



WVJS



VOL XXXV-#1 WEST VALLEY JOGGERS & STRIDERS February 2006

Saturday Workouts

- | | |
|---|--|
| 02/04/06 8 x 0.66-Mile Tennis Court Loop Relay | 04/08/06 16 x 300 Relay |
| 02/11/06 Farwell/Herriman (4.68 miles) | 04/15/06 Dou/Sar/Frtvle (2.75 miles) |
| 02/18/06 Valentine Team Race (5.4 miles) | 04/22/06 12 x 600 Relay |
| 02/25/06 Farwell (3.54 miles) | 04/29/06 Farwell/Herriman (4.68 miles) |
| 03/04/06 4 x 1.46-mile WVC Loop Relay | 05/06/06 36 x 200 Relay |
| 03/11/06 Short Six (5.74 miles) | 05/13/06 16 x 400 Relay |
| 03/18/06 Valle Vista (3.0 miles) | 05/20/06 Farwell (3.54 miles) |
| 03/25/06 18 x 0.33-Mile Tennis Court Loop Relay | 05/27/06 8 x 0.66 Mile Tennis Court Loop Relay |
| 04/01/06 Triangle Run (4.76 miles) | 06/03/06 Short Six (5.74 miles) |

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

- 03/04/06 NorCal 10M (1.0)
- 03/12/06 50+ 8K (1.0)
- 03/19/06 Across The Bay 12K (1.5)
- 04/09/06 HP 10K (2.0)
- 05/14/06 Zippy 5K (1.0)
- 05/29/06 Marin 10K (1.0)
- 06/24/06 Shriner's 8K (1.0)
- 07/09/06 Fleet Feet Road Mile (1.0)
- 09/17/06 Jamba Juice 5K (2.0)
- 09/24/06 Heritage Oaks 10K (tba)
- 10/15/06 Humboldt Half Marathon (1.5)
- 11/12/06 Clarksburg 30K (2.0)
- 12/03/06 Cal Intl Marathon (2.0)
- 12/17/06 Christmas Relays (1.0)

Racer of the Year

- Fastest Farwell Time
- Cumulative Saturday Races
- Fastest Marathon
- Fastest Half Marathon
- Fastest of 2 Designated Track Miles
- Fastest of 2 Designated Track 5Ks
- The following USATF Races – 50+,
12K, HP 10K, Zippy 5K, Fleet Feet
Mile, Jamba 5K, Clarksburg 30K
- 04/02/06 Great Race – 4 miles
- 06/18/06 Holy City Race – 9.08M
- 08/12/05 Dammit Run – 5 Miles
- 10/29/06 Hollister Road Mile

Other Popular Races

- 02/04/06 Mission 10-Miler
- 02/05/06 SF Half Marathon
- 02/11/06 Campbell Valentine 10K
- 02/12/06 Together With Love 5K/10K
- 03/04/06 Juana Run – 8K
- 03/26/06 San Jose Half Marathon
- 04/23/06 Santa Cruz Half Marathon
- 04/30/06 Big Sur 5K
- 05/07/06 Devil Mountain 5K/10K
- 05/13/06 Mt.View Human Race 5K
- 05/21/06 Bay to Breakers 12K
- 05/21/06 Run For Lupus 5K
- 05/21/06 San Carlos 5K/10K

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:30 PM. We run intervals with 50% rest, rotating weekly through 12 x 400, 6 x 800, 4 x 1200, and 3 x 1600s.

Sunday Runs

A group leaves from WVC parking area at 7:00 AM. They run 7-15 miles at 6:30-8:00 pace.

2005 PA/USATF Grand Prix

Open Men

Our open men's team finished 7th.

Open Women

Our open women's team finished 5th. Becki Kriege finished 10th in the short-race division, Johanna Wans finished 22nd, Amanda Gerhardt finished 29th, Missy Sudan finished 146th, and Angela Stearns finished 159th. Johanna finished 2nd in the long-race division, Becki finished 20th, Amanda finished 58th, Kari Cornwell finished 27th, and Carol Mendoza finished 149th. Becki is the team captain.

Short Races

Slim Pickens	3	Al Murray	42	Mike Smith	66
Mike Kriege	21	Jeff Rohrer	61	Dave Piazza	68
Brian Davis	38	Tom O'Connor	66	Michael Moore	113

Long Races

Slim Pickens	3	Mike kriege	51	Andy Williams	103
Tom O'Connor	28	Mike Toney	68	Ranjeet Sudan	124
Jeff Rohrer	36				

40+ Women

Our 40+ women finished 6th. Marian Richard finished in 46th in the short-race and 30th in the long-race division. Alice Isaacson and Kelly Emo finished 98th and 100th in the

40+ Men

Our 40+ team finished 5th. Al Murray is our 40+ team captain. Individually, club members finished as follows:



short race division and Kelly finished 75th in the long-race division. Kelly is the team captain.

50+ Men

Our 50+ men finished 2nd. Jim Bordoni is our 50+ team captain. Individually, club members finished as follows:

<u>Short Races</u>			
Bill Dunn	6	Brian Davis	26
Jim Bordoni	8	Mark Goldman	30
Ron Kiyono	14	Danny Moon	48
Neil Gelblum	18	Norm Takeuchi	49
		Jeff Bedolla	84
		Chris Cassell	105
		Art Mitchum	115
		John Pickens	125
<u>Long Races</u>			
Jim Bordoni	3	Ron Kiyono	16
Tom O'Connor	12	Dennis Kurtis	38
Neil Gelblum	13	John Pickens	41
Dan Anderson	15	Joe Johnson	67
		Dwight Cornwell	56
		Jeff Bedolla	58

50+ Women

We did not field a complete 50+ team in any races during 2005. Kat Powell and Gail Campbell finished 14th and 21st in the short-race division. Kat, Gail, and Chris Blue finished 9th, 19th, and 52nd in the long-race division.

60+ Men

Our 60+ men finished 1st. Joe Hurtado is the team captain. Individually, club members finished as follows:

<u>Short Races</u>			
Bob Schmitt	4	Ken Noel	18
Joe Hurtado	5	Rich Stiller	27
Neal Chappell	9	Dave Norlander	28
Dick Chimenti	11		
		Tim Rostege	37
		John Peterson	42
		Tom Zades	95
<u>Long Race</u>			
Joe Hurtado	3	Dave Norlander	14
Bob Schmitt	5	Tim Rostege	29
		Ken Noel	34

70+ Men

Our 70+ men finished 2nd. Bill Flodberg is the team captain. Individually, club members finished as follows:

<u>Short Races</u>			
Bill Flodberg	2	Ed Singleton	6
Eddie Reyna	3	Glynn Wood	7
		Jerry Lewis	13
<u>Long Races</u>			
Bill Flodberg	2	Eddie Reyna	5
		Ed Singleton	11

2005 PA/USATF XC Grand Prix – by Jeff Rohrer

This fall the Masters Men fielded a team for five of the final six meets in the nine meet PA-USATF XC Series. In the team competition we finished 6th, but had we participated in a 6th meet we would have easily finished 5th and with an outside shot at 4th. Since 1994 I have run many of the XC meets, but rarely had the opportunity to run as part of a WVJS team. At nearly every meet people remarked to me that they were surprised that WVJS was fielding a XC team. Regularly fielding a XC team is another way to get new club members. The following club members ran at least one meet -- Brian Davis, Dino Delyani, Bill Dunn, Rich Hahn, Mike Kriege, Dennis Kurtis, Nory McAllister, Mike Moore, Al Murray, Tom O'Connor, Slim

Pickens, Ranjeet Sudan. I would like to thank all that participated, but especially Slim and Tom who ran all five meets while also running all 3 PA-USATF road races during the same time period. Thanks to our captain Al, who helped us pull together a team for the last few meets. I had a lot more fun running as part of a team and I hope we can do it again next year. Some of you that did not join us have said you want to run a few meets next year and we have at least one runner turning 40 who has expressed interest. We will start planning when the schedule is released next summer. My writeups for all of the XC races are shown under the race results section of this bulletin.

2005 Highlights & Lowlights

The Saturday workouts are the primary activity of the club. We've been running them for about 38 years and have been running at West Valley College since about 1974.

Our top dogs for 2005 in the Saturday workouts were **Slim Pickens**, **Mike Kriege**, and **Andy Lief**. **Slim** won 9 times, **Mike** won 7 times, and **Andy** won 4 times.

As regards our relays, which comprise approximately half of our Saturday workouts, no one individual hogged the wins. 36 different runners were on the winning team during 2005. **Aaron Lee**, **John Peterson**, and **Jake White** were on the winning team 3 times. Four other runners were on the winning team twice and the remainder were on the winning team once.

Jeff Bedolla had the most personal records (PRs) for the year with 8. **Aaron Lee** had 7 (and 6 times last year), and **John Peterson** and **Tom O'Connor** had 5 each

Danny Moon led the personal worsts (PWs) list with 6. Danny also had 4 PWs in 2004 and 5 in 2003.

Jim Wurm ran exactly 17 minutes over his PR for the Farwell/Herriman course on May 14th with a scintillating 45:39.

Another time, Jim stopped for a potty break at the tennis court bathroom just 100 yards before finishing his Douglas course run. This added about 5 minutes to his time.

Slim Pickens broke the men's 45+ course record for Farwell in August. **Tim Rostege** was the former record holder.

Georgia Riley set three women's 60+ course records during 2005 and broke one of her own 60+ course records.

Becki Kriege scored a rare outright win for the ladies when we ran the Valle Vista course on January 1 of 2005.

The best group performance was probably the track 5K on 1/29 when 9 club members broke 18 flat.

Don Packwood should get an oscar for acting prior to the start of the tennis court loop relay on February 5. He nearly had a nervous breakdown as he passionately explained that he would not be able to run anywhere near his 23-minute rating. And, he was right but for the wrong reason. He went out and ran a full two minutes under his rating. And, he didn't seem a bit embarrassed about this treachery.

Racing Highlights and Miscellaneous

Tim Riley has been making a nice recovery from his hip replacement surgery and highlighted his comeback by winning our annual handicap race in June. **Slim Pickens** broke the handicap course record that day by 6 seconds while running his last loop at 5-minute flat pace. **Becki Kriege** tied her own course record.

Mike Kriege won our annual Valentine team race.

Dave Piazza ran the San Francisco half marathon in January in 1:21:57 to finish second in the 45+ division. **Dan Anderson** finished 1st in the 50+ division in this race with a time of 1:23:22.

Dennis Kurtis won the Stanford 50+ race in March.

Slim Pickens finished 3rd in the 45+ division at the National 10K road championships in September with a time of 33:45.

Cecil Baumgartner broke 24 hours at the prestigious Western States 100-miler in June. **Damon Lease** got close to successfully finishing this race but was pulled at the 93.5-mile aid station because he missed the time standard by a slight amount.

Mark Pasos finished 5th in the 45+ division for the 200 meters at the National Masters track championships in Hawaii. He also qualified for the finals in the 100 meters but skipped those finals to concentrate on the 100 meters.

Joe Hurtado ran the Chicago Marathon in 3:15:35 in October to finish 4th in the 60+ division out of nearly 300 runners in that division.

Danny Moon at the advanced age of 58 broke 5 minutes in the mile during our annual downhill mile. This was the 26th year in a row that he broke 5 in the mile.

Neil Gelblum, age 54, broke 3 hours at the California International Marathon with a time of 2:56+.

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.

Danny Moon and Kelly Emo did another good job of hosting our annual awards dinner on 1/21/06. 57 attended the dinner. Runner of the Year and Racer of the Year plaques were handed out. The winners of those awards are listed later in this bulletin. Slim Pickens and Becki were the overall winners of the Racer of the Year contest for the men and women. The Cum Sat plaque winners included Scott Bang (elite division), Al Murray (A division), Dino Delyani (B division), Dave Norlander (C division), John Peterson (D division), and Chris Blue (E division). Jim Bordoni, Tom O'Connor, and Don Packwood were given gift certificates for their outstanding assistance with the Saturday workouts. Neil Gelblum won the Pathfinder award because he got lost twice while running with us this year, including once on the well-known tennis court loop relay. Walt Van Zant won the Bag award to hide his face because he dropped out of the tennis court loop relay. Tom O'Connor won the basket award for his spectacular finish over the last two miles of the Houston Marathon.

Scott Bang is playing a major role in the "17776" play at the Saratoga Civic Theatre on Thursday through Sunday from 1/28/06 through 2/18/06.

Jim Howe and Dwight Cornwell will turn 60 on February 16th and July 15th. David Furst, who is not competing now, will turn 60 on September 4. Becki Kriege, who started running with us when she was 14, turns 40 in September. Andy Lief turns 40 in June.

Congrats to Helen Wong, who recently learned that she had passed the difficult CPA exam.

Art Mitchum says that he has gotten a new job that should allow him to run with the club more often this year.

McKayla Plank successfully completed her first season with Iona College in New York. She finished 4th at the league finals (2nd on her team) as Iona won the league championship for the first time in four years.

Bob Rea, our club rep in New Zealand, had an eventful 2005. He qualified to run on a regional team that would run in the national road running championships by running a 37:19 10K (Bob is 52 years old). Bob was scheduled to run on an 8-man 50-mile relay team that had won the national championship the previous year. Alas, for an unknown reason Bob fainted while riding his bike, falling off his bike and injuring his head badly enough that he broke a couple of ribs, broke his collarbone, and sustained a head injury that caused him double vision and may cause him double vision for the rest of his life. Thus, he could not run on the relay team. Bob has now recovered from the broken bones but not the double vision. He hopes to visit us in late May.

We haven't seen Gary Waggoner in quite a while but he reports that he is still running and will get out to see us on a Saturday one of these days.

Norm Saucedo hasn't been out to see us in several months. First, he had an operation on his back. Next, he strained his hamstring while just walking that it turned black and blue.

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>**

2005 RUNNER OF THE YEAR CONTEST

Contest points were earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. Scoring 4,000 points wins a gold award, those scoring 3,000+ wins a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. The final scores for 2005 were:

Joe Hurtado	3202	1040	4242	Gold Award	The previous winners have been:					
Jeff Rohrer	2665	500	3165	Silver Award	1978	Phil Sanfillipo	4865	1992	Jim Whalen	3603
Jim Bordoni	1931	1120	3051	Silver Award	1979	Phil Sanfillipo	5022	1993	Tim Rostege	3928
Tom Warfel	1947	1020	2967	Bronze Award	1980	Phil Sanfillipo	5659	1994	Joe Hurtado	4037
Tom O'Connor	1713	1120	2833	Bronze Award	1981	Ted Pawlak	7103	1995	Tom Warfel	4113
Neil Gelblum	1488	860	2348	Bronze Award	1982	Ted Pawlak	6405	1996	Tom Warfel	3961
Dave Norlander	1222	940	2162	Bronze Award	1983	Mike Hicks	5355	1997	Tom Warfel	4089
John Peterson	1364	760	2124	Bronze Award	1984	Don Dugdale	5004	1998	Joe Hurtado	4012
Todd Hayes	1361	620	1981		1985	Don Dugdale	4084	1999	Joe Hurtado	3881
Walt Van Zant	585	1100	1685		1986	Bob Herndon	4303	2000	Joe Hurtado	4260
Chris Cassell	713	580	1293		1987	Don Dugdale	4341	2001	Joe Hurtado	3972
					1988	Frank Ruona	4032	2002	Joe Hurtado	3946
					1989	Jake White	3841	2003	Joe Hurtado	4119
					1990	Tom Warfel	4231	2004	Joe Hurtado	4027
					1991	Tom Warfel	4118	2005	Joe Hurtado	4242

2005 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 19 designated events. The top finisher in each division for each event received 25 points, the second finisher received 24 points, etc. Since you could only use your best 8 performances, the maximum score was 200 points (8 x 25). The final results for 2005 for all who scored Grand Prix races included in the events count double. The final results for 2005 for all who scored in three or more races are as follows:

Elite Division

Bob Pickens (8)	200
Mike Kriege (8)	193
Jim Bordoni(8)	188
Scott Bang (8)	181
Dave Piazza (7)	153
Brian Davis (6)	140
Andy Williams (6)	138
Mike Smith (4)	82
Howe,Jim (3)	61

A Division

Jeff Rohrer (8)	200
Becki Kriege(8)	194
Al Murray (8)	194
Johanna Wans (8)	190
Bill Dunn (8)	187
Neil Gelblum (8)	184
Amanda Gerhardt (8)	176
Ron Kiyono (8)	176
Danny Moon (8)	167
Mark Isaacson (6)	119
Neal Chappell (6)	114
Missy Sudan (6)	114
Todd Hayes (4)	79
Nory McAllister (3)	65
Dave Fergus (3)	53

B Division

Tom O'Connor (8)	200
Bob Schmitt (8)	193
Joe Hurtado (8)	189
Dino Delyani (8)	184
Kelly Emo (8)	173
Jeff Bedolla (8)	171
Mark Goldman (7)	167
Carol Mendoza (7)	146
Aaron Lee (6)	143
Dick Chimenti (6)	137
Marian Richard (4)	86
Liz Nast (4)	79
	187

C Division

Dave McIntyre (8)	198
Dave Norlander (8)	194
Chris Cassell (8)	173
Norm Takeuchi (7)	168
Mike Kolesnik (7)	165
Rich Hahn (6)	140
Gail Campbell (6)	136
Rich Stiller (5)	114
Helen Wong (4)	82
Tom Warfel (3)	61

D Division

Tim Rostege (8)	199
Ken Noel (8)	193
Kat Powell (8)	193
John Peterson (8)	192
Tom Zades (8)	185
John Pickens (7)	168
Becky Norlander (4)	98
Don Packwood (4)	78
Elaine Erickson (3)	60
Dena Noble (3)	56

E Division

Bill Flodberg (8)	200
Eddie Reyna (8)	194
Tim Riley (8)	182
Chris Blue (6)	145
Georgia Riley (6)	144

E Division (continued)

Betty Root (6)	129
Walt Van Zant (4)	93
Ed Singleton (3)	72
Madelyn Moon (3)	61

SATURDAY WORKOUT RESULTS

9/24/05 – 18 x 0.33-Mile Tennis Court Loop

Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Cassell-Lee-Burke	6:15	40:01
2	Sudan-Blancas-Delyani	6:15	40:21
3	Warfel-Conroy-Pala	6:45	41:10
4	Petersn-Fergus-Moon	6:30	41:34
5	McIntyr-Hayes-Rohrer	8:15	41:54
6	NorIndr-Mendoza-Prince	6:45	43:28
7	DeMartn-Paso-Williams	-0-	44:02
8	Packwd-Wng-Roberts	6:15	44:51

Dick Barrett Trophy Winner – Greg Burke Team

Thanks to Jim Bordoni for timing, handicapping the race and to Dimitrios Stefanidis and Tom O'Connor for helping with the timing. It was difficult to handicap this workout as there were 8 unexpected runners that showed up for the run.

10/01/05 - Step Up & Down Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Bedolla/D.Moon	7:30	37:49
2	Peterson/Hansen	6:00	37:55
3	M.Moon/Kappler	1:30	37:55
4	Roberts/McPhail	2:30	38:05
5	Powell/Murray	3:30	38:41
6	Hurtado/Stefan	7:45	38:45
7	Norlander/Lee	7:15	38:49
8	Collins/Gelbum	4:45	38:50
9	Benham/Delyani	7:30	40:04

Dick Barrett Trophy Winners – Jeff Bedolla & Danny Moon

Jim Bordoni did a good job of putting the teams together and timing them.

10/8/05 – Valle Vista – 3.0 Miles

1	Andy Lief	16:44	
2	Scott Bang	17:41	
3	John Mintz	18:21	
4	Mike Moore	18:27	
5	Al Murray	18:35	
6	Brian Conroy	18:48	PR
7	Neil Gelblum	18:56	
8	Hank Lawson	18:59	
9	Nory McAllister	19:01	
10	Missy Sudan	19:14	

11	Ranjeet Sudan	19:45
12	Kristina Park	19:49
13	Dino Delyani	20:05
14	Dave McIntyre	20:12
15	Bob Schmitt	20:33
16	Dimitri Stefanidis	20:36
17	Jeff Bedolla	20:41
18	Bob Pickens	20:45
19	Jake Roberts	21:01
20	Dave Norlander	22:16
21	Kelly Emo	22:53
22	Carl Peterson	23:25
23	John Peterson	24:02
24	Ken Noel	24:12
25	Kat Powell	26:11
26	Betty Root	30:46
27	Stan DeMartinis	44:53

Phantom Dick Barrett Trophy Winner – Andy Lief

Easy win for Andy. One PR – 4-second improvement by Brian Conroy. Stan improved his seasonal PR by 3 minutes.

10/15/05 – 6 x 1600M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Hanson/Murray	4:00	39:38
2	McIntyre/Roberts	2:00	39:56
3	Lawson/Pala	5:15	40:03
4	Goldman/Velasquez	3:30	40:03.1
5	White/Gelblum	2:15	40:25
6	Cassell/Beyers	2:00	40:31
7	Warfel/D.Moon	2:15	40:46
8	Delyani/Lee	3:30	40:55
9	Rostege/Wong	-0-	45:33

Dick Barrett Trophy Winner – Julianne Hanson & Al Murray

Al Murray brought his team from two seconds back at the start of his last leg to a 100-meter victory. A.J. Pala had the best average at 5:46. All teams were rated to finish in 40 minutes even except the Wong team, which was given an arbitrary start a few moments before we started.

10/22/05 – Triangle Run – 4.76 Miles

1	Andy Lief	27:24
2	Andy Williams	28:32
3	Dave Piazza	29:33

4	AJ Pala	31:27
5	Floyd Gerhardt	31:58
6	Jake Roberts	32:07
7	Katy Spink	32:26
8	Bob Schmitt	33:02
9	Dave McIntyre	33:31
10	Jeff Bedolla	34:41
11	Joe Hurtado	34:59
12	Tim Rostege	35:09
13	Dave Norlander	35:40
14	John Peterson	38:04
15	Tom Warfel	38:18
16	Don Packwood	39:01
17	Nancy Petty	39:58
18	Kat Powell	41:20
19	Zerlina Casillas	44:23
20	Jose Casillas	44:24
21	Stan DeMartinis	93:00*

* Got lost.

Dick Barrett Trophy Winner – Andy Lief

10/29/05 – 12 x 800 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Powell/White	-0-	42:28
2	Gelblum/Bang	2:15	42:44
3	Norlander/D.Moon	6:30	43:04
4	Schmitt/McAllister	7:15	43:11
5	Hurtado/Roberts	7:15	43:16
6	Peterson/Dunn	7:00	43:52
7	Bedolla/McIntyre	5:30	43:59
8	Warfel/Bordoni	7:00	44:00
9	Vo/Pala	4:45	44:56

Dick Barrett Trophy winner = Kat Powell

Easy win for the White team. AJ Pala had the best average at 2:43 per run.

11/5/05 – 8 x 0.66M Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	D.Peterson/J.Peterson	:15	39:22
2	Noel/Van Zant	-0-	41:19
3	Powell/Benham	2:30	41:32
4	Z.Casillas/J.Casillas	3:30	41:44
5	Norlander/Goldman	8:15	41:50
6	Hurtado/B.Kriege	9:45	42:07
7	Cassell/Bordoni	8:45	42:10
8	Rostege/Delyani	8:00	42:23
9	Schmitt/Gelblum	9:45	42:27

10	Hayes/C.Peterson	8:30	42:28
11	Hadi/Lobbess	3:30	42:49
12	M.Moon/Pasos	1:30	43:04
13	M.Kriege/D.Moon	6:15	44:21

35	Madelyn Moon	27:00
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11	AJ Pala	31:32
12	Neil Gelblum	31:37
13	Dave Fergus	31:53
14	Mark Goldman	32:13
15	Jake Roberts	32:17
16	Aaron Lee	32:20
17	Ron Blancas	32:29
18	Joe Hurtado	32:56
19	Kelly Emo	33:10
20	Carl Petersen	35:14
21	Chris Cassell	35:54
22	Dave Norlander	38:08
23	Chris Blue	39:44
24	Uyenthi Tran	39:56
25	Marcia Morrison	41:28
26	Kat Powell	44:48
27	Tom Warfel	45:19

Dick Barrett Trophy Winner - Chris Cassell

Mike Kriege stayed with Andy for about a mile before Andy started pulling away for the win. Andy got within 7 seconds of his PR. No one else came close to a PR. Becki Kriege led a good women's field. Chris Cassell took home the weekly trophy because he broke his 50+ PR by 6 seconds.

11/19/05 – 8 x 1200 Relay

Pl	Team	Start	Finish
1	Stan/M.Moon/Howe	-0-	53:12
2	Wong/C.Pickens	11:30	53:19
3	O'Connor/Moore	20:00	53:22
4	Murray/B.Kriege	20:00	53:24
5	Hurtado/Fergus	16:00	53:51
6	Rostege/Delyani	15:15	54:15
7	Rohrer.B.Pickens	22:00	54:28
8	Noble/J.Peterson	11:30	54:40
9	Powell/Norlander	11:00	55:14
10	Warfel/Schmitt	15:15	55:32
11	McPhail/White	11:00	55:35
12	McIntyre/Hayes	18:00	55:52
13	Vo/Pala	14:00	58:21

Dick Barrett Trophy Winner – Carl Peterson

The 3-man Howe team started first and barely held on for the win. Slim Pickens, who is still recovering from his great 1:49:03 2nd master finish at the Clarksburg 30K 6 days ago, had the best average at 3:47 per run. Becki Kriege led the ladies with a 4:09 average. Joe Hurtado, who along with Bob Schmitt and Dave Norlander helped our 60+ team win the team title at Clarksburg, led the 60+ runners with a 4:47 average. Tom O'Connor, another Clarksburg finisher, led the 50+ men with a 4:13 average. Todd Hayes was in the hospital for two days this week with pneumonia but still managed to finish the workout with a respectable 4:35 average.

11/26/05 – Farwell/H – 4.68M

1	Andy Williams	27:54	PR
2	Jeff Rohrer	27:59	
3	Becki Kriege	28:04	
4	Bob Pickens	28:05	
5	Scott Bang	28:26	
6	Todd Hayes	30:02	
7	Norry McAllister	30:17	PR
8	Brian Conroy	30:29	
9	Missy Sudan	30:46	
10	Dino Delyani	31:17	

Dick Barrett Trophy Winner – Andy Williams

Andy Williams and Scott Bang started fast and built a big lead before they started coming back to Becki and Jeff, who were running together. Andy held on for the win but Scott got caught. Andy's time improved his PR by 13 seconds. Becki led the ladies while running her best time on this course since she set the women's record of 27:32 in August 1989. Other notable accomplishments included Norry improving his PR by 38 seconds, Kelly Emo moving to #5 on the 40+ list with her 29-second improvement of her 40+ best, Chris Blue recording the #5 women's 55+ best, Todd Hayes improving his 55+ PR by 48 seconds, and Chris Cassell improving his 50+ PR by 54 seconds.

12/3/05 – Farwell – 3.54M

1	Scott Bang	21:15	
2	Dave Piazza	21:18	
3	Tom O'Connor	21:37	PR
4	Slim Pickens	21:38	
5	Al Murray	22:28	
6	Norry McAllister	22:29	PR
7	Brian Conroy	22:48	
8	Todd Hayes	22:51	
9	Missy Sudan	22:58	
10	Kristina Park	22:59	
11	Dino Delyani	23:17	
12	Ron Blancas	23:21	
13	Aaron Lee	23:21	
14	Danny Moon	23:53	
15	Dick Chimenti	23:54	
16	Bob Schmitt	24:14	
17	Dave Fergus	24:36	
18	Joe Hurtado	24:40	
19	Carol Mendoza	25:37	

Dick Barrett Trophy Winner – Ken Noel

Not a close battle for first place as Dan Peterson, who was running with us for the first time, estimated that He would average 6 minutes per run and then ran 4:22 under that estimate. Good races for 6th through 10th places as the spread between these 5 places was 21 seconds. Pity Roger Lobbess. He was matched against a fast lot of anchor runners on his last lap and fell from 5th place to 11th place during this loop. Jim Bordoni led the men with a total time of 15:14.5. Becki Kriege led the ladies with a total time of 15:15.0. All teams were rated to finish in 43 minutes even.

11/12/05 – Dou/Sara/Fruitvle – 2.75M

1	Andy Lief	14:58
2	Mike Kriege	15:25
3	Jeff Rohrer	16:03
4	Becki Kriege	16:07
5	Al Murray	16:18
6	Stephan Bambury	16:36
7	Hank Lawson	16:47
8	Missy Sudan	17:05
9	John Mintz	17:07
10	Norry McAllister	17:09
11	Jullianne Hanson	17:30
12	Brian Conroy	17:40
13	Kristina Park	17:53
14	Danny Moon	18:01
15	Jim Howe	18:06
16	Aaron Lee	18:21
17	Dave McIntyre	18:36
18	Dave Fergus	18:59
19	Rich Stiller	19:12
20	Jake White	19:52
21	Carl Petersen	20:30
22	Chris Cassell	20:39
23	Mandy Benham	20:43
24	Tom Warfel	21:01
25	Helen Wong	21:25
26	John Peterson	22:20
27	Kat Powell	23:28
28	Ken Noel	23:40
29	Walt Van Zant	24:06
30	Roger Lobbess	24:15
31	Zerlina Casillas	25:40
31	Jose Casillas	25:40
33	Don Packwood	25:50
34	Rich Collins	25:58

20	Tim Rostege	25:43
21	Helen Wong	26:26
22	Dave Norlander	26:28
23	Carl Petersen	26:57
24	Chris Cassell	27:08
25	Uyenthi Tran	29:49
26	Tom Warfel	30:09
27	Marcia Morrison	30:26
28	Chris Blue	30:45
29	Roger Lobbes	30:59
30	Dena Noble	31:47
31	Kat Powell	42:32

Dick Barrett Trophy Winner - Tom O'Connor

Close win for Scott as he sprinted by Dave about 150 yards from the finish. Tom O'Connor took home the trophy as he improved his PR by an impressive 92 seconds. Dick Chimenti was the top 60+ finisher although he was outsprinted by 58-year-old Danny Moon. Nory improved his PR by 25 seconds. Missy scored a close win over Kristina to lead the ladies. Marcia Morrison improved her 55+ PR by 5 seconds while beating another 55+ woman runner – Chris Blue - by 19 seconds. Dino Delyani came within 4 seconds of his PR. Brian Conroy missed his PR by 10 seconds. Dena Noble claimed that she just jogged the course. Kat Powell joined the list of club members who have accidentally run the 4.19-mile Farwell/Fruitvale course rather than Farwell. Weather was clear and crisp – low 40's. Jim Bordononi timed the workout and typed the results.

12/10/05 – 4 x 1.46M WVC Campus Loop

Relay

Pl	Team	Start	Finish
1	Mendoza/A.Lee	10:00	48:13
2	Kiselev/Bang	13:45	48:40
3	Blancas/K.Park	12:15	48:55
4	M.Moon/D.Moon	2:15	49:13
5	Vo/Tran	:15	49:41
6	Collins/Lobbes	-0-	50:15
7	Warfel/Howe	7:45	50:25
8	J.Peterson/Norlander	8:30	50:43
9	G.Riley/Noble	2:15	51:15
10	Fergus/Pala	13:15	51:26
11	Root/Cassell	:15	51:53

Dick Barrett Trophy Winner – Carol Mendoza & Aaron Lee

No close races this morning. Scott Bang led the guys with a 8:38 average and Kristina Park led the ladies with a 9:02 average. Stan ran 5

minutes faster for this workout than he did 3 months ago.

12/17/05 – Short Six – 5.74 Miles

1	Slim Pickens	33:39	
2	Jeff Rohrer	35:50	
3	Becki Kriege	36:52	
4	Todd Hayes	37:51	
5	Norry McAllister	38:03	PR
6	Missy Sudan	38:46	
7	Dino Delyani	39:15	
8	Joe Hurtado	41:25	
9	Mark Goldman	41:53	
10	Kelly Emo	42:06	
11	Bob Schmitt	42:21	
12	Dave McIntyre	42:54	
13	Tim Rostege	43:02	
14	Mike Kolesnik	43:17	PR
15	Carl Petersen	43:52	
16	Neil Gelblum	44:54	
17	Dave Norlander	46:29	
18	A.J. Pala	47:16	
19	Chris Cassell	47:55	
20	Tom Warfel	49:34	
20	Rich Stiller	49:34	
22	Dena Noble	50:09	
23	Kat Powell	50:35	PR
24	Marcia Morrison	50:48	

Dick Barrett Trophy Winner – Norry McAllister

There was a small turnout on this cold morning to run our toughest course but they produced many notable performances. Slim ran to an easy win while recording the #9 time by a 45+ runner on this course, just 57 seconds behind the record holder – Bill Meinhardt. Becki Kriege led the ladies. Todd Hayes ran the #7 time by a male 55+ runner. Norry McAllister continued his string of recent good runs by improving his PR by 28 seconds. Neil Gelblum led 4 runners off course by missing the Ten Acres turnoff. Joe Hurtado, yelled at the runners to turn back but Neil was too far ahead to hear. The 4 runners who missed the turnoff included Kelly Emo (Has run the course 26 times prior to today), Bob Schmitt (9 previous runs), Neil Gelblum (8 previous runs), and Mark Goldman (3 previous runs). Tim Rostege knocked 188 seconds off his 65+ best to move to #4 on the 65+ list. Mike Kolesnik improved his PR by nearly 3 minutes. Carl Petersen ran the #8 time by a 65+ runner. Kat Powell improved her PR by 2 seconds. And, Marcia Morrison improved her 55+ best by 68 seconds.

12/24/05 – Valle Vista – 3.0M

1	Slim Pickens	17:01	
2	Al Murray	18:23	
3	Tom O'Connor	18:25	PR
4	Nory McAllister	18:36	PR
5	Todd Hayes	18:39	
6	Jim Bordononi	18:43	
7	Becki Kriege	19:01	
7	Missy Sudan	19:01	
9	Ron Blancas	19:18	
10	Dino Delyani	19:52	
11	Danny Moon	20:26	
12	Dick Chimenti	20:43	
13	Joe Hurtado	21:02	
14	Carol Mendoza	21:28	
15	Tim Rostege	21:42	
16	Mike Kolesnik	21:44	
17	Carl Petersen	22:31	PR
18	Dave Norlander	22:58	
19	Rich Stiller	23:36	
20	Helen Wong	23:38	
21	Roger Lobbes	25:26	
22	Julie Sobzcak	26:05	
23	Tim Riley	26:49	
24	Ken Noel	27:16	
24	Walt Van Zant	27:16	
26	Stan DeMartinis	46:02	

Dick Barrett Trophy Winner – Carl Petersen

Slim won by about a quarter mile. Tom O'Connor improved his PR by 29 seconds and Nory improved his PR by 25 seconds. Todd's time put him #9 on the men's 55+ list. Danny returned from his Caribbean cruise the night before this run, feigned fatness and lack of conditioning because of the cruise in order to set up Dick Chimenti, and then stormed to a 17-second victory over Dick Chimenti. Tim Rostege recorded the #7 time for a 65+ runner. Carl Petersen took home the weekly trophy because he improved his PR by 54 seconds while moving to #8 on the 65+ list. Tim (artificial hip) Riley ran this course for the first time in 4+ years. Julie ran this course for the first time in 18+ years.

12/31/05 - All Courses Day

Jorn Jensen	20:48	VV
Becki Kriege	20:48	VV
Joe Hurtado	27:36.4	VV
Slim Pickens	27.4	Trian
Tom Warfel	30.30	Farw
Nory McAllister	31.08	Trian
Al Murray	31.10	Trian
Aaron Lee	32.56	Trian
Kat Powell	34:48	Farw

Neil Gelblum 45:45 Short
6
Stan DeMartinis 64:12 Farw

Dick Barrett Trophy Winner - Slim Pickens

As per Jim Bordoni, here is how everyone did on this very rainy morning. Valle Vista had one 50-yard segment flooded to about a 2-foot depth. Joe Hurtado stopped for a moment to measure the depth and then had trouble regaining his momentum because of the resistance of the water. Slim improved his yearly Triangle best by 73 seconds despite the bad weather.

1/7/06 – Triangle Run – 4.76 Miles

1	Scott Bang	29:12	
2	Dave Piazza	29:21	
3	Jeff Rohrer	29:30	
4	Andy Williams	29:36	
5	Slim Pickens	30:02	
6	Todd Hayes	30:37	
7	Nory McAllister	30:55	PR
8	Aaron Lee	31:26	PR
9	Kristina Park	31:48	
10	Dino Delyani	31:54	
11	Brian Conroy	31:55	
12	Bill Dunn	32:08	
13	Mark Goldman	32:31	
14	Bob Schmitt	32:50	
15	Dick Chimenti	33:04	
16	Joe Hurtado	33:08	
17	Dave McIntyre	34:41	
18	Tim Rostege	34:54	
19	Kelly Emo	34:57	
20	Mike Kolesnik	35:38	
21	Dave Norlander	37:08	
22	Tom Warfel	37:10	
23	Chris Cassell	38:01	
24	John Peterson	41:36	
25	Rich Stiller	41:37	
26	Dena Noble	41:40	
27	Carl Petersen	42:06	
28	Marcia Morrison	42:09	
29	Kat Powell	42:52	
30	Ken Noel	43:43	
30	Walt Van Zant	43:43	
32	Jeff Bedolla	43:48	
33	Tim Riley	44:08	
34	Roger Lobbes	47:45	
34	Niven Ismail	47:45	
36	Don Packwood	59:21	
37	Stan DeMartinis	74:13	

Dick Barrett Trophy Winner – Stan DeMartinis

Good turnout for our first Saturday run of the new year as Scott Bang scored a close win over Dave Piazza, Jeff Rohrer, and Andy Williams. Kristina Park led the ladies. Nory McAllister and Aaron Lee ran the only PRs with 13-second and 18-second improvements. Todd Hayes improved his 55+ PR by 61 seconds to move to #12 on the 55+ list. Bob Schmitt led the 60+ runners. Tim Rostege improved his 65+ PR by 15 seconds to move to #7 on the 65+ list and to lead the seven 65+ runners that ran this morning. Don Packwood power walked the course in 59:21. 83-year-old Stan DeMartinis took a bad fall but refused to be driven back to the finish and instead completed his run – 19 minutes faster than the last time that he ran the course. Don Packwood, after completing his walk, helped Jim Bordoni and Tom O'Connor time the run.

1/14/06 – 6 x 1600M Relay

Pl	Team	Start	Finish
1	Lobb/B.Pickens	1:00	39:40
2	Rostege/Emo	-0-	40:42
3	Tran/R.Nast	1:00	40:51
4	Hahn/Beyers	2:30	41:28
5	Gelblum/Dunn	5:00	42:08
6	J.Peterson/O'Connor	2:15	42:14
7	McIntyre/Schmitt	2:30	42:37
8	Delyani/Hurtado	2:45	42:37.1
9	Norlander/Conroy	2:45	42:46
10	D.Moon/Murray	3:45	43:13
11	Ford/A.Lee	-0-	44:00

Dick Barrett Trophy Winner – Roger Lobbes

Just the real runners ran this morning as we were hit with intermittent showers and had to run on a rain-slickened track. The star of the day was Slim Pickens, who averaged 5:08 per run under the adverse conditions. His partner, Roger Lobbes showed remarkable improvement by running 74 seconds under his rating. Only five of the twenty-two runners ran under their rating. Rob Nast had the second best average at 5:32. Kelly Emo led the ladies with a 6:34 average. Tom O'Connor led the 50+ runners with a 5:56 average. Bob Schmitt was the top 60+ runner at 6:32 per run. Bob Schmitt had a great race with Joe Hurtado for 7th place over the last 200 meters. Bob had passed Joe after making up 80 meters on him but then had to hold on to beat Joe by a couple of inches. Rich Stiller, rather than risk and injury on the slick track, averaged 4:13.5 for four runs with a 4-

minute rest between runs on the tennis court loop.

1/21/06-Dou/Fuitvle/Sar-2.75M

1	Slim Pickens	14:53	
2	Andy Lief	15:06	
3	Jorn Jensen	15:42	
4	Scott Bang	15:52	
5	Dave Piazza	16:03	
6	Jeff Rohrer	16:08	
7	Tom O'Connor	16:10	PR
8	Andy Williams	16:25	
9	Bill Dunn	16:47	
10	Al Murray	16:52	
11	Nory McAllister	16:53	PR
12	Missy Sudan	16:59	
13	Brian Conroy	17:11	
14	Todd Hayes	17:30	
15	Aaron Lee	17:34	PR
16	Neil Gelblum	17:53	
17	Dino Delyani	18:01	
18	Mark Goldman	18:10	
19	Bob Schmitt	18:19	
20	Joe Johnson	18:21	
21	Mike Kolesnik	18:45	PR
22	Dave McIntyre	18:55	
23	Joe Hurtado	18:56	
24	Kelly Emo	19:02	
25	Tim Rostege	19:24	
26	Carl Petersen	20:36	
27	Dave Norlander	20:38	
28	Chris Cassell	21:47	
29	Tom Warfel	21:49	
30	John Peterson	22:09	
31	Roger Lobbes	22:43	PR
32	Chris Blue	22:55	
33	Ken Noel	23:08	
33	Walt Van Zant	23:08	
35	Tim Riley	23:32	
36	Pauline Beatty	23:32	
37	Georgia Riley	24:00	
38	Ken Napier	24:57	
39	Annette McPhail	24:58	
40	Don Packwood	29:31	
41	Stan DeMartinis	45:55	

Dick Barrett Trophy Winner – Tim Riley

Not a great morning for running. Light rain and it was slick from the mud in the double-gate area. However, there were numerous good performances. Slim Pickens won while recording the #6 time by a 45+ runner for this course. This is a notable accomplishment as the 6 runners in front of him – Dave Rivera, Bill Meinhardt, Tim Rostege, Bill Dunn, and David

Furst – were all outstanding 45+ runners. Tom O'Connor knocked 40 seconds off his PR with a time that tied Joe Hurtado for #15 on the 50+ list. 66 club 50+ runners have run this course. Nory McAllister continued to run PRs with a 16-second improvement this time. Missy Sudan led all of the ladies. Bill Dunn improved his 55+ PR by 4 seconds. This allowed him to jump over Danny Moon and Rod MacKinlay on the 55+ list into 8th place, one second behind Norm Saucedo. Todd Hayes ran the #15 time by a 55+ runner. Brian Conroy missed his PR by 6 seconds. Joe Hurtado, who turned 65 last Sunday, started running like a 65+ runner. He led the 8 65+ runners who ran today, moving to #4 on that list. Rim Rostege recorded the #8 time by a 65+ runner and Carl Petersen ran the #10 time. Tim Riley improved his 65+ best by 3 1/2 minutes.

1/28/06 – 5K on the Track

1	Slim Pickens	16:52.0
2	Mike Kriege	17:56.8
3	Jeff Rohrer	17:58.1
4	Tom O'Connor	17:58.8
5	Andy Williams	18:03.4
6	Dave Piazza	18:06.2
7	Becki Kriege	18:08.1
8	Jim Bordoni	18:17.0
9	Al Murray	18:46.6
10	Bill Dunn	19:04.7
11	Missy Sudan	19:11.6
12	Norry McAllister	19:17.8
13	Brian Conroy	19:26.4
14	Ranjeet Sudan	19:37.9
15	Ron Blancas	19:41.1
16	Neil Gelblum	19:42.5
17	Aaron Lee	19:43.5

18	Dino Delyani	19:57.1
19	AJ Pala	20:26.5
20	Bob Schmitt	20:29.7
21	Dimitrios Stefan	20:30.0
22	Dave McIntyre	20:37.0
23	Joe Hurtado	20:38.4
24	Mike Kolesnik	21:04.5
25	Kelly Emo	21:15.5
26	Tim Rostege	22:12.7
27	Dave Norlander	22:15.2
28	Helen Wong	22:24.2
29	Tom Warfel	22:30.9
30	Carl Petersen	22:56.3
31	Chris Cassell	23:18.4
32	Jeff Bordolla	23:54.8
33	John Peterson	24:03.6
34	Uyenthi Tran	24:40.9
35	Pauline Beatty	25:10.5
36	Ken Noel	25:32.2
37	Pamela Wusthof	25:43.6
38	Roger Lobbes	25:50.2
39	Dena Noble	25:55.0
40	Chris Blue	25:55.5
41	Tim Riley	26:10.1
42	Walt Van Zant	26:28.2
43	Kat Powell	26:31.2
44	Matt Kriege	26:37.2
45	Georgia Riley	27:05.9
46	Louis Vo	28:35.6
47	Madelyn Moon	29:51.2
48	Don Packwood	31:17.x
49	Stan DeMartins	48:14.x
50	Danny Moon	DNF PU

Dick Barrett Trophy Winner – Don Packwood

It was cold this morning (45 degrees), which is probably not conducive to running fast times for

a 5K. But, there were a lot of fast times anyway. Slim led the way again as he weaved his way around the many runners on his was to a 16:52. Newly-turned 50+ runner, Tom O'Connor, continued to run very well as he sped to a sub-18:00 minute performance. Becki, who had not been running well lately, ran 18:08 to lead the ladies. She led a pack of male runners for much of the race but wasn't strong enough to break away from them. 53-year-old Jim Bordoni, who had dropped off somewhat this past year, had probably his best race in a year with his 18:17 finish. Aaron Lee improved 1 minute on his 5K time from last February. Bob Schmitt led the 60+ runners. Joe Hurtado was the second 60+ finisher as he equaled his track 5K best from last year at 20:38. Kelly Emo was the top 40+ woman finisher, bettering her 2005 track best by 43 seconds. Dave McIntyre has been doing a lot of distance running lately in preparation for the half marathon next week. As a result, he said that he felt very strong while running 20:30 – 1 1/2 minutes better than last year. Tim Rostege ran 3 seconds faster than last year to beat fellow 65+ runners Dave Norlander and Carl Petersen by 3 and 44 seconds. Georgia Riley beat her other 60+ woman competitor – Madelyn Moon. Don Packwood ran the first mile and then walked the last 2 miles before we started our run and then combined with Danny Moon and Stan DeMartinis to help at the finish line. Danny started the stop watch, ran 6 1/2 laps before collapsing on the track and claiming that he stopped only because he wanted to help Don and Stan with the timing. I considered his story for about 1 second before deciding that this definitely counted as a DNF.

RACE RESULTS

9/10/05 – GG Park XC Race-4+ Miles

Women

15	Amanda Gerhardt	25:49
20	Becki Kriege	26:12
37	Julianne Hansen	27:06
51	Missy Sudan	27:45
67	Carol Mendoza	29:00

40+ Men

10	Slim Pickens	23:08
16	Brian Davis	23:43
20	Mike Kriege	23:56
36	Jeff Rohrer	24:52
69	Tom O'Connor	26:17

This is a nationally famous XC venue that has been the site of National, Regional, and other Championship meets. The course is two loops of an approximately two-mile loop for a distance that is just a shade over 4 miles. This race is typically the 2nd or 3rd most competitive meet of the season. We just managed to get five 40+ runners for this meet with Slim, Brian, Mike K, Tom, and Jeff running. Rich Stiller was ready, willing, and able (truth be told, Rich was disputing the "able" part) to be the 5th runner, had we needed one. The men's 40+ team finished 3rd. This was Brian's final race before turning 50 and he had a good one finishing 16th.

The 15 runners ahead of Brian were all younger. It is easy for to write that this capped a great decade for Brian running in the Masters division. The open women, led by Amanda, finished 4th.

10/1/05-Presidio Challenge-3.55M

40+ Men

6	Slim Pickens	21:34
13	Mike Kriege	22:21
20	Jeff Rohrer	23:13
42	Michael Moore	24:35
56	Tom O'Connor	25:37
57	Brian Conroy	25:40*
60	Ranjeet Sudan	25:59

*Competes for the Spartans

This is the shortest race of the XC grand prix series at 3.55 mile but it is very hilly and difficult. Only a few days before the race we were one runner shy of a team but Mike M. and Ranjeet came through and we fielded a six member team of Robert, Mike K, Mike M., Ranjeet, Tom, and Jeff. Between Golden Gate and this meet Tom entered the 50+ division. The race was run in a thick fog, giving it a Scottish XC kind of feel. Unfortunately the smell of damp eucalyptus ruined that effect. We finished 4th. To give you an idea how tough this course is, Slim averaged 6:03 per mile and a few days ago he averaged 5:52 per mile for 30K on the roads.

10/9/05 – Portland Marathon

Rich Hahn 3:29:48
This time qualified Rich to run in the 2007 Boston Marathon, when he will be in the 45+ age category.

10/9/05 – Chicago Marathon

Joe Hurtado 3:15:35 4th-60+
There were approximately 300 runners in the 60+ division.

10/16/05–Humboldt Half Mar

Slim Pickens	1:15:03	2nd-45+
Tom O'Connor	1:27:34	
Johanna Wans-F	1:28:27	3rd-25+
Ron Kiyono	1:29:07	5th-55+
Jim Bordoni	1:29:14	
Bob Schmitt	1:35:33	
Joe Hurtado	1:37:08	
Jeff Bedolla	1:42:17	
John Pickens	1:52:52	
Kat Powell	1:59:40	
Bill Flodberg	2:04:57	2nd-70+
Eddie Reyna	2:05:06	2nd-75+

10/16/05 –Firetrails 50-Miler

23 Todd Hayes 8:54:55

10/22/05 - Shoreline 5K XC Race

23 Amanda Gerhardt	19:02
28 Danielle Zelinski	19:13*
29 Julianne Hansen	19:15
44 Missy Sudan	19:50
45 Kristina Park	19:51
68 Angela Stearns	21:06
85 Kelly Emo	21:52
94 Gail Campbell	23:19

Our ladies finished 6th in this race.

10/22/05 -Shoreline 4.6M XC Race

42 Bob Pickens	24:11
91 Jeff Rohrer	26:26
107 Al Murray	27:28
109 Tom O'Connor	27:35
124 Ranjeet Sudan	28:52
126 Norry McAllister	29:15
134 Dino Delyani	29:58
151 Rich Hahn	32:21

Over the years this meet has seen very hot weather, strong winds, and even some light rain. The conditions were ideal this year. The meet is held on and around the hill that overlooks the Shoreline Amphitheater. The course is sometimes listed at 4.6 miles and about 1/3 of it is on the roads, making it a bit of a hybrid course. This is the only meet we ran where the Open and Masters Men ran together and the start is tight. Luckily, no one ended up on the ground. Early in the week before the race we were one runner shy of a team. Rich Hahn agreed to be the 5th, if we needed him, only two days after a successful Portland Marathon where he qualified to run the Boston Marathon. Later in the week Dino, Norry, and Ranjeet decided to run. but I convinced Rich to come out to give us eight runners, Slim, Al, Tom, Ranjeet, Norry, Dino, Rich, and Jeff. We finished as the 4th Masters Team. Slim was 6th in the 40+ division and Tom was 8th in the 50+ division.

10/22/06-Blue Lake 5K

Len Edholm 26:06 1st-60+

10/29/05 - Tamalpa Challenge XC Race - 4.25M

23 Bob Pickens	25:44
34 Jeff Rohrer	26:12
48 Al Murray	27:08
55 Tom O'Connor	27:30
87 Dino Delyani	29:39

If Golden Gate is not the 2nd most competitive meet of the series, then it is this meet. The course is in China Camp State Park and they always seem to have great weather for this well organized meet. This year was no exception. Compared to previous years they shortened the course to 4.25 miles, getting rid of all but about 2/3 mile of asphalt and replacing the rest of the road with narrow trails. The course features miles of narrow trails and plenty of rocks. Elbows are often needed to pass. We were one runner short of team until Dino came

through on Wednesday night. Our team finished 8th. Tom was the 10th 50+ runner. As is their tradition, they gave a beer glass after the race and served a local microbrewery beer to make sure everyone had a functional glass.

10/30/05 - Hollister Road Mile

1 Bob Pickens	4:37	1st-40+
3 Scott Bang	4:56	1st-30+
5 Tom O'Connor	5:11	1st-50+
7 Dimitrios Stefanidis	5:13	
9 Danny Moon	5:23	2nd-50+
11 Dave McIntyre	5:31	3rd-40+
15 Mark Pasos	5:47	
40 Walt Van Zant	7:12	1st-60+
52 Ken Napier	7:43	1st-70+
60 Madelyn Moon	8:25	1st-60+
70 Diane Dellarmo	9:02	
77 Alexandra Carter	9:43	

10/30/05 – Silicon Valley Marathon

5K Race

4 Kelly Emo 21:15

Half Marathon Race

Andy Lief	1:19:47
Joe Johnson	1:38:12
Chris Cassell	1:53:41
Mike Kolesnik	1:53:49
Marcia Morrison	2:18:43

11/6/05 –PA XC Champtionships

Open women – 4 Miles

75 Khristina Park	26:55*
76 Missy Sudan	27:11
134 Carol Mendoza	30:08

* Competes for Aggies

Masters Men – 6 Miles

5 Bob Pickens	34:48	
15 Mike Kriege	36:17	
25 Brian Davis	37:18	3rd-50+
40 Jeff Rohrer	38:27	
57 Al Murray	39:44	
60 Dennis Kurtis	39:57	
63 Tom O'Connor	40:02	
64 Bill Dunn	40:17	
81 Ranjeet Sudan	41:29	
83 Brian Conroy	41:38*	
124 Rich Hahn	46:30	

* Competes for Spartans

The men's 40+ team finished 4th, 3 points out of 3rd and the the men's 50+ team finished second. Good showing by both teams. The 2005 XC season is now

complete with our 40+ team finishing 6th and our 50+ team finishing 11th (ran only one race). Our open women competed in two races, finishing 8th for the season.

11/6/05 – Big Sur Half Marathon

Georgia Riley 2:01:14 5th-60+

11/13/05 - Clarksburg 30K

8 Bob Pickens 1:49:03
 46 Neil Gelblum 2:10:17
 51 Tom O'Connor 2:10:41
 59 Johanna Wans 2:14:21
 76 Jeff Rohrer 2:16:34
 81 Joe Hurtado 2:17:34
 90 Bob Schmitt 2:19:08
 96 Jim Bordoni 2:21:10
 125 Dave Norlander 2:30:39
 158 Joe Johnson 2:49:45
 165 Gail Campbell 2:53:34
 170 John Pickens 2:54:46
 188 Kat Powell 3:02:24
 213 Eddie Reyna 3:28:02
 233 Bill Flodberg 4:40:58

11/13/05 –Clarksburg 20M

2 John Mintz 2:13:22

11/19/05 - Santa Cruz Turkey Trot

5K

6 Danielle Zelinski 19:12 1st –Wom
 7 Julianne Hansen 19:26 2nd-Wom
 20 Kelly Emo 21:03 1st 40+
 58 Glynn Wood 26:11 1st-70+

10K

18 Norry McAllister 40:36
 57 Mike Kolesnik 46:18

Norry broke his 10K PR by 30 seconds in this race.

Kids 1K

21 Dana Emo 5:08 (1st- 8 +)
 57 Laura Emo 9:17

11/20/05 – Danny Moon Downhill Mile

1 Scott Bang 4:39
 2 Slim Pickens 4:56
 3 Danny Moon 4:57
 4 Tom O'Connor 4:57
 5 Norry McAllister 5:05
 6 Dimitrios Stefanidis 5:15
 7 Neil Gelblum 5:17 PR
 8 Dave McIntyre 5:20
 9 Mark Pasos 5:31
 10 Kelly Emo 5:42

11 Rich Hahn 5:49
 12 John Peteerson 5:55
 13 Chris Cassell 5:56
 14 Robert O'Connor 6:14
 15 Rick Kananen 6:43
 16 Walt Van Zant 6:50
 17 Georgia Riley 6:59
 18 Ken Napier 7:22

The sun was shining but the air was cold (mid 40s) for the 50th annual Rocketman Mile, which is run by Danny in his quest to get under 5 minutes the mile each year. Danny's supporting cast consisted of 17 runners this year. All wanted to help Danny but also were competing for the glory of a fast time on this downhill course.

Dave McIntyre took off like he was shot from a cannon with Danny caught in his draft for the first 300 meters. Then, Scott Bang took over. He set a target for Danny through the first half mile at 1:20, and Scott started getting away at that point as he would eventually beat Danny by 18 seconds. So, Slim Pickens came up along side Danny to help him the rest of the way. Tom O'Connor got near Danny at the end but missed catching him by a few yards. Danny's splits (provided by Dimitrios) were 62 at the end of the first quarter, 2:25 at the half mile, and 3:38 at the end of the third quarter. (Some of the runners believe that although the overall course has been measured correctly that the first quarter is mis-marked because the 2nd quarter is downhill and most runners are not going to drop from a 62 to an 83 and then come back with a 73 on the 3rd quarter) This is the 26th consecutive year that Danny, who turned 58 in September, has broken the 5-minute mile barrier.

Scott Bang missed the course record, which he set last year, by two seconds. Danny Moon, Dimitrios Stefanidis, and Dave McIntyre are the only club members to run this race all 4 years. 18 finishers broke the previous high of 11 finishers.

Race Directors Rich Stiller and Madelyn Moon did a SUPERB job of timing and set up! Juanita Luna (Hollister Mile Race Director), Roger Lobbes, Linda Legregni and Tom Warfal did a great job as support staff. Madelyn made fresh cookies and had orange juice and water for everyone to enjoy

after the race. We then drove to Carrow's, where Rich and Danny treated everyone to breakfast.

11/24/05 – Downtown San Jose 5K – Elite Race

Slim Pickens 16:30

11/24/05 – Downtown San Jose 5K

Julianne Hansen 21:17 1st-16+
 Chris Baker 22:01 1st-50+
 Kelly Emo 22:27 1st-40+
 Mandy Benham 25:03 5th-40+

11/24/05 – Downtown San Jose 10K

Dave McIntyre 45:56

12/4/05 – Cal Intl Marathon

Neil Gelblum 2:56:44 3rd-50+
 Christina Wilk 3:20:25 PR
 Kat Powell 4:34:16

12/11/05 – Lake Merced Xmas Relays -

4.464M per Leg

40+ Men A Team (4th)

Al Murray 27:18
 Jeff Rohrer 26:59
 Slim Pickens 25:51
 Mike Kriege 26:03
 1:46:11

50+ Men A Team (1st)

Jim Bordoni 27:54
 Bill Dunn 27:18
 Tom O'Connor 27:52
 Brian Davis 25:58
 1:49:02

Open Women (5th)

Missy Sudan 28:48
 Becki Kriege 27:28
 Amanda Gerhardt 28:32
 Johanna Wans 30:41
 1:55:29

40+ Men B Team

Mike Kolesnik 32:16
 Nory McAllister 29:10
 Dino Delyani 29:37
 Ken Hsu 27:54
 1:58:57

50+ Men B Team (5th)

Mark Goldman 29:30
 Joe Johnson 30:11
 Todd Hayes 28:14
 Paul Armstrong 32:21



	2:00:16	lead that he had at the start of his anchor leg over Don Paul of Excelsior's 50+ team. Dick Chimenti started his anchor leg for the 60+ lead with a slight lead over Robert Gormley of Tamalpa, lost the lead after about a half mile, and then recaptured the lead and pulled away for the win. Our women's open team finished 5th in their very competitive division.	34 Tim Rostege 38:18 1st-60+	
			44 Carl Petersen 40:14 2nd-60+	
60+ Men's Team (1st)				
Joe Hurtado	30:28			1/8/06-Cal 10
Rich Stiller	31:08		Tom O'Connor 64:42 1st-50+	
Bob Schmitt	30:24		Jim Howe 68:41 1st-55+	
Dick Chimenti	<u>29:33</u>		Mike Kolesnik 78:03	
	2:01:33		Ed Reyna 95:46 1st-75+	
Open Team				
Helen Wong	33:00	Brian Conroy anchored the Spartan's 50+ team to a 4th place finish. Al Murray ran 28:37 for his 2nd leg as a member of the Angel Field Ancients.		1/15/06-Houston Marathon
Rich Hahn	31:30		Kat Powell 4:56:47	
Angela Stearns	32:03		Marcia Morrison 5:03:32	
Kelly Emo	<u>33:05</u>			1/15/06-Phoenix Half Marathon
	2:09:38		Mike Kolesnik 1:45:29	
40+ Women's Team				
Kelly Emo	31:06			1/29/06 - Chinese New Years Run
Kat Powell	38:54			5K
Alice Isaacson	34:44		4 Slim Pickens 16:39	
Mandy Benham	<u>34:20</u>		30 Pamela Wusthof 25:31	
	2:19:04			10K
			8 Dave Piazza 38:09	
			12 Dan Anderson 38:50	
			27 Dino Delyani 43:02	
Good day for the eight teams that represented the club today. Obviously, the highlights were the first place finishes by our men's 50+ and 60+ teams. Brian Davis ran his anchor leg in 25:58 to extend the small				
		12/24/05 – McFarland 4-Miler		
		Tom O'Connor won the 50+ division of this race with a time of 23:12, a new course record for 50+ runners.		
		1/1/06 – Rio Resolution 3-Miler		
		Glynn Wood 25:15 1st-70+		
		Georgia Riley 25:49 1st-60+		
		Tim Riley 27:50		
		1/1/06 – Resolution Run – 5M		
		5 Scott Bang 31:09		
		20 Greg Burke 36:13 3rd-50+		
		27 Kelly Emo 37:15 1st-40+		

2005 CUMULATIVE SATURDAY STANDINGS

Elite Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Pickens,Bob	0:15:08	0:35:37	0:16:48	0:35:34	0:18:50	0:33:38	0:26:35	0:35:32	0:27:44	0:36:07	0:33:39	0:35:34	2:18:44
Bang,Scott	0:15:49	0:37:14	0:17:41	0:37:26	0:20:53	0:37:17	0:28:26	0:38:01	0:28:19	0:36:52	0:35:23	0:37:24	2:26:31
Williams,Andy	0:16:05	0:37:51	0:17:36	0:37:15	0:20:55	0:37:21	0:27:54	0:37:18	0:28:32	0:37:09	0:36:16	0:38:20	2:27:18
Bordoni,Jim	0:16:57	0:39:54	0:18:43	0:39:37	0:22:19	0:39:51	0:30:00	0:40:06	0:31:09	0:40:34	0:37:21	0:39:29	2:36:29
Blancas,Ron	0:00:00	0:00:00	0:19:18	0:40:51	0:23:21	0:41:42	0:32:29	0:43:26	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Hanson,Jullianne	0:17:30	0:41:11	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Jensen,Jorn	0:00:00	0:00:00	0:17:51	0:37:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:34:41	0:36:40	0:00:00
Kriege,Mike	0:15:08	0:35:37	0:16:38	0:35:13	0:20:35	0:36:45	0:27:00	0:36:06	0:00:00	0:00:00	0:33:34	0:35:29	0:00:00
Lief,Andy	0:14:58	0:35:14	0:16:44	0:35:25	0:20:08	0:35:57	0:00:00	0:00:00	0:27:24	0:35:41	0:33:51	0:35:47	0:00:00
Lobbes,Roger	0:24:15	0:57:05	0:25:26	0:53:50	0:30:59	0:55:20	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Moore,Mike	0:00:00	0:00:00	0:18:14	0:38:36	0:00:00	0:00:00	0:00:00	0:00:00	0:30:33	0:39:47	0:00:00	0:00:00	0:00:00
Nast,Rob	0:00:00	0:00:00	0:16:55	0:35:49	0:20:22	0:36:22	0:00:00	0:00:00	0:00:00	0:00:00	0:34:05	0:36:02	0:00:00
Pala,AJ	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:31:32	0:42:09	0:00:00	0:00:00	0:47:16	0:49:58	0:00:00
Petersen,Carl	0:00:00	0:00:00	0:00:00	0:00:00	0:26:57	0:48:08	0:35:14	0:47:06	0:00:00	0:00:00	0:43:52	0:46:22	0:00:00
Piazza,Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:21:15	0:37:57	0:00:00	0:00:00	0:29:33	0:38:29	0:00:00	0:00:00	0:00:00
Russell,Ray	0:17:19	0:40:45	0:18:58	0:40:09	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Toney,Mike	0:16:03	0:37:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
A Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Rohrer,Jeff	0:15:56	0:37:30	0:17:21	0:36:44	0:20:59	0:37:28	0:27:51	0:37:14	0:28:16	0:36:48	0:35:14	0:37:15	2:25:37
Kriege,Becki	0:16:02	0:37:44	0:17:49	0:37:43	0:21:00	0:37:30	0:28:04	0:37:31	0:28:57	0:37:42	0:36:52	0:38:58	2:28:44
Murray,Al	0:16:08	0:37:58	0:18:21	0:38:51	0:20:58	0:37:26	0:29:25	0:39:20	0:31:10	0:40:35	0:36:37	0:38:42	2:32:39
McAllister,Nory	0:17:09	0:40:22	0:18:36	0:39:22	0:22:29	0:40:09	0:30:17	0:40:29	0:31:08	0:40:32	0:38:03	0:40:13	2:37:42
Hayes,Todd	0:18:02	0:42:27	0:18:39	0:39:29	0:22:51	0:40:48	0:30:02	0:40:09	0:31:38	0:41:11	0:37:51	0:40:01	2:39:03
Gelblum,Neil	0:17:16	0:40:38	0:18:56	0:40:05	0:22:50	0:40:46	0:31:37	0:42:16	0:31:00	0:40:22	0:38:21	0:40:32	2:40:00
Fergus,Dave	0:17:36	0:41:25	0:20:36	0:43:36	0:24:29	0:43:43	0:31:53	0:42:37	0:32:14	0:41:58	0:39:38	0:41:54	2:46:26
Sudan,Missy	0:17:05	0:40:12	0:19:01	0:40:15	0:22:58	0:41:01	0:30:46	0:41:08	0:37:58	0:49:26	0:38:46	0:40:59	2:46:34
Moon,Danny	0:18:01	0:42:24	0:20:23	0:43:09	0:23:53	0:42:39	0:33:36	0:44:55	0:34:49	0:45:20	0:41:18	0:43:39	2:52:00
Conroy,Brian	0:17:17	0:40:41	0:18:48	0:39:48	0:22:48	0:40:43	0:30:09	0:40:18	0:31:16	0:40:43	0:00:00	0:00:00	0:00:00
Dunn,Bill	0:16:51	0:39:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Gerhardt,Floyd	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:31:58	0:41:37	0:00:00	0:00:00	0:00:00
Isaacson,Mark	0:17:00	0:40:01	0:18:57	0:40:07	0:24:33	0:43:50	0:00:00	0:00:00	0:30:16	0:39:25	0:39:52	0:42:09	0:00:00
Park,Kristina	0:17:53	0:42:05	0:19:49	0:41:57	0:22:59	0:41:03	0:33:33	0:44:51	0:00:00	0:00:00	0:41:55	0:44:19	0:00:00
Roberts,Jake	0:15:54	0:37:25	0:21:01	0:44:29	0:00:00	0:00:00	0:32:17	0:43:10	0:28:26	0:37:01	0:40:30	0:42:49	0:00:00
Spink,Katy	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:32:26	0:42:14	0:00:00	0:00:00	0:00:00
Stefanidis,Dimitri	0:20:49	0:49:00	0:19:01	0:40:15	0:22:16	0:39:46	0:31:32	0:42:09	0:00:00	0:00:00	0:38:29	0:40:41	0:00:00
Wans,Johanna	0:17:01	0:40:03	0:00:00	0:00:00	0:00:00	0:00:00	0:32:38	0:43:38	0:30:43	0:40:00	0:45:02	0:47:36	0:00:00
B Div	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
O'Connor,Tom	0:16:50	0:39:37	0:18:25	0:38:59	0:21:37	0:38:36	0:31:45	0:42:27	0:31:12	0:40:37	0:38:26	0:40:38	2:38:15
Delyani,Dino	0:17:28	0:41:07	0:19:52	0:42:03	0:23:17	0:41:35	0:31:17	0:41:49	0:31:59	0:41:39	0:39:15	0:41:29	2:43:08
Schmitt,Bob	0:18:03	0:42:29	0:20:31	0:43:26	0:23:54	0:42:41	0:31:25	0:42:00	0:33:02	0:43:01	0:40:18	0:42:36	2:47:13
Hurtado,Joe	0:18:04	0:42:31	0:20:25	0:43:13	0:23:50	0:42:34	0:32:00	0:42:47	0:32:49	0:42:44	0:40:22	0:42:40	2:47:30
Bedolla,Jeff	0:18:28	0:43:28	0:20:15	0:42:52	0:24:54	0:44:28	0:32:57	0:44:03	0:33:33	0:43:41	0:40:34	0:42:53	2:50:41
Emo,Kelly	0:19:12	0:45:11	0:21:09	0:44:46	0:25:41	0:45:52	0:33:10	0:44:20	0:33:55	0:44:10	0:41:53	0:44:16	2:55:00
Chimenti,Dick	0:17:48	0:41:54	0:20:43	0:43:51	0:23:54	0:42:41	0:31:57	0:42:43	0:00:00	0:00:00	0:40:05	0:42:22	0:00:00
Goldman,Mark	0:17:56	0:42:13	0:00:00	0:00:00	0:23:15	0:41:31	0:32:13	0:43:04	0:31:28	0:40:58	0:40:10	0:42:28	0:00:00
Howe,Jim	0:18:06	0:42:36	0:00:00	0:00:00	0:23:05	0:41:13	0:31:04	0:41:32	0:00:00	0:00:00	0:39:32	0:41:47	0:00:00
Lee,Aaron	0:17:34	0:41:21	0:19:40	0:41:38	0:23:07	0:41:17	0:30:52	0:41:16	0:31:44	0:41:19	0:00:00	0:00:00	0:00:00
Lee,Jonathan	0:18:48	0:44:15	0:21:11	0:44:50	0:00:00	0:00:00	0:00:00	0:00:00	0:34:39	0:45:07	0:46:47	0:49:27	0:00:00
Nast,Liz	0:00:00	0:00:00	0:00:00	0:00:00	0:24:37	0:43:58	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Sudan,Ranjeet	0:00:00	0:00:00	0:19:45	0:41:48	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Wilk,Christina	0:18:04	0:42:31	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
C Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
McIntyre,Dave	0:18:36	0:43:47	0:20:12	0:42:46	0:24:42	0:44:06	0:32:44	0:43:46	0:33:31	0:43:38	0:42:49	0:45:16	2:52:34

Peterson,John	0:19:44	0:46:27	0:20:57	0:44:21	0:26:42	0:47:41	0:33:39	0:44:59	0:35:03	0:45:38	0:43:28	0:45:57	2:59:33
Zades, Tom	0:22:23	0:52:41	0:24:39	0:52:11	0:28:18	0:50:32	0:38:25	0:51:22	0:38:43	0:50:25	0:48:18	0:51:03	3:20:46
Noel, Ken	0:21:26	0:50:27	0:24:09	0:51:07	0:27:49	0:49:40	0:37:43	0:50:25	0:41:32	0:54:05	0:50:29	0:53:22	3:23:08
Packwood, Don	0:23:20	0:54:55	0:24:47	0:52:28	0:33:07	0:59:08	0:40:41	0:54:23	0:39:01	0:50:48	0:53:22	0:56:25	3:34:18
Powell, Kat	0:22:40	0:53:21	0:26:11	0:55:25	0:30:19	0:54:08	0:43:40	0:58:23	0:41:20	0:53:49	0:50:35	0:53:28	3:34:45
Beatty, Pauline	0:27:08	1:03:52	0:24:59	0:52:53	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Erickson, Elaine	0:00:00	0:00:00	0:00:00	0:00:00	0:31:04	0:55:29	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Gavin, Ed	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:35:34	0:47:33	0:36:15	0:47:12	0:00:00	0:00:00	0:00:00
Lee, Jonathan	0:18:48	0:44:15	0:21:11	0:44:50	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Low, Brian	0:19:50	0:46:41	0:00:00	0:00:00	0:27:30	0:49:06	0:00:00	0:00:00	0:35:31	0:46:15	0:00:00	0:00:00	0:00:00
McMahon, Mike	0:00:00	0:00:00	0:25:26	0:53:50	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Noble, Dena	0:22:41	0:53:23	0:00:00	0:00:00	0:31:47	0:56:45	0:39:22	0:52:38	0:00:00	0:00:00	0:50:09	0:53:01	0:00:00
Pickens, John	0:21:39	0:50:57	0:24:27	0:51:45	0:28:05	0:50:09	0:40:34	0:54:14	0:00:00	0:00:00	0:48:17	0:51:02	0:00:00
Saucedo, Norm	0:27:24	1:04:29	0:23:26	0:49:36	0:32:16	0:57:37	0:00:00	0:00:00	0:47:47	1:02:13	0:57:36	1:00:53	0:00:00
Tran, Uyenthi	0:21:45	0:51:12	0:25:08	0:53:12	0:28:29	0:50:52	0:37:36	0:50:16	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
White, Jake	0:19:50	0:46:41	0:00:00	0:00:00	0:25:16	0:45:07	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
E Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Blue, Christine	0:22:45	0:53:33	0:26:51	0:56:50	0:30:45	0:54:55	0:39:44	0:53:07	0:41:06	0:53:31	0:51:36	0:54:33	3:32:47
Riley, Georgia	0:23:40	0:55:42	0:25:58	0:54:58	0:30:55	0:55:13	0:41:02	0:54:51	0:43:07	0:56:08	0:55:27	0:58:37	3:40:09
VanZant, Walt	0:24:06	0:56:43	0:27:16	0:57:43	0:32:43	0:58:25	0:44:19	0:59:15	0:47:40	1:02:04	0:54:50	0:57:58	3:50:54
Riley, Tim	0:27:07	1:03:49	0:26:49	0:56:46	0:36:12	1:04:39	0:45:30	1:00:50	0:46:50	1:00:59	0:56:50	1:00:05	3:59:18
Root, Betty	0:27:10	1:03:56	0:30:46	1:05:08	0:35:04	1:02:37	0:47:22	1:03:19	0:48:40	1:03:22	0:59:06	1:02:28	4:08:08
Moon, Madelyn	0:27:00	1:03:33	0:31:20	1:06:20	0:35:20	1:03:06	0:48:43	1:05:08	0:50:20	1:05:32	1:00:49	1:04:17	4:13:32
DeMartinis, Stan	0:41:31	1:37:43	0:44:53	1:35:00	1:04:12	1:54:39	1:21:46	1:49:19	1:09:31	1:30:31	1:40:01	1:45:44	6:41:54
Collins, Rich	0:25:58	1:01:07	0:30:16	1:04:04	0:33:19	0:59:30	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Flodberg, Bill	0:00:00	0:00:00	0:24:54	0:52:42	0:29:46	0:53:09	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lewis, Jerry	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:46:21	1:01:58	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McCarten, Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:40:12	1:11:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McPhail, Annette	0:24:58	0:58:46	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Morrison, Marcia	0:00:00	0:00:00	0:26:21	0:55:47	0:30:26	0:54:21	0:41:28	0:55:26	0:00:00	0:00:00	0:50:48	0:53:42	0:00:00
Wurm, Jim	0:24:00	0:56:29	0:00:00	0:00:00	0:00:00	0:00:00	0:45:49	1:01:15	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00