



WVJS



VOL XXXXIII-#1 WEST VALLEY JOGGERS & STRIDERS Jan 2014

Saturday Workouts

01/11/14	Doug/Sara/Frtvle (2.75M)	03/22/14	18 x 0.33M Tennis Court Loop Relay
01/18/14	8 x 0.66M Tennis Court Loop Relay	03/29/14	Triangle Run (4.76M)
01/25/14	5K on the track	04/05/14	16 x 300 Relay
02/01/14	Farwell/H (4.68M)	04/12/14	Doug/Sara/Frtvle (2.75M)
02/08/14	Farwell (3.54M)	04/19/14	Step-up & Step-down Relay
02/15/14	12 x 800 Relay	04/26/14	Farwell/H (4.68M)
02/22/14	Valentine Team Race (5.4M)	05/03/14	36 x 200 Relay
03/01/14	4x1.46M WVC Loop Relay	05/10/14	16 x 400 Relay
03/08/14	Short Six (5.74M)	05/17/14	Farwell (3.54M)
03/15/14	Valle Vista (3.0 miles)	05/24/14	8 x 0.66M Tennis Court Loop Relay

The 3-mile warm-up starts at 7:30 AM and the event starts a little after 8 AM. We meet at the top of the West Valley College track.

Upcoming Races

PA-USATF Championships

03/01/14	NorCal 10-Mile (1.5)
03/16/14	Across The Bay 12K (1.0)
04/06/14	Sactown 10M Run (2.0)
04/19/14	Zippy 5K (1.0)
05/10/14	Pacific ThereX 5K4Play (1.0)
05/26/14	Marin Memorial Day 10K (1.0)
xx/xx/xx	San Rafael Miracle Mile 1.0)
10/19/14	Humboldt Half Marathon (1.5)
11/09/14	Clarksburg Half Marathon (1.5)
11/27/14	Sil Val 5K (2.0) – Open only
12/07/14	Cal Intl Marathon (2.0)
12/14/13	Xmas Relays (1.0)

Racer of the Year

Fastest Farwell Time
 Fastest Marathon
 Fastest Half Marathon
 Fastest of 2 Designated Track Miles
 Fastest of 2 Designated Track 5Ks
 The Great Race
 Holy City Race
 Dammit Race
 Bang Road Mile (if held)
 ATB 12K
 Sacramento 10M
 Zippy 5K
 Marin 10K
 San Rafael Road Mile
 Santa Cruz XC Race
 Cal International Marathon

Other Races

01/12	Foster City 10 Miler
01/25	Coyote Hills 5K/10K/Half Mara
01/25	San Juan Baustista 5K/10M
01/26	Jenny's Light 5K/10K in Los Gatos
02/02	Kaiser 5K/Half Mar
02/02	Santa Cruz 5K/10K
02/08	Campbell Valentine 5K/10K
02/09	Pacific Grove 5K/10K
02/22	Double Road Race-San Jose
02/22	Juana Run-5K/8K in Palo Alto
03/01	Hellyer 5K/10K/Half Mara
03/09	Mardi Gras Madness 5K

Miscellaneous Drivel

The parking fee at West Valley College is \$2 per day every day of the week from 7AM to 10PM. The Fall and Spring parking fees are \$40 each. The summer fee is \$20. The fine for parking without a permit is \$30.

Remember to let **Walt VanZant** know as soon as possible on Saturday mornings whether or not you are going to run in the scheduled relay (when we have a relay). If you wait until you get back from the warm up and sometimes even later, it is difficult to properly place you.

Congratulations to **Liz Nast** who was one of thirty-six teachers voted as teachers of the year in Santa Clara County for 2013.

Here is how some of our club members, their children, and their grandchildren did during the past cross country season – **Jack Bordoni** finished the season as the #7 runner on the Stanford team, one of the elite teams in the united States. His best time during the season was the 24:23 that he ran for 8K at the Bronco Invite (4:54 per mile pace). He was also given honorable mention for the Pac-12 All-Academic cross country team. Junior **Mary Kriege** finished as the top runner at Santa Clara University for the third year in a row. Her best time of the season was 21:03 for 6K at the Western Regional meet (5:39 per mile). **Heather Rohrer** made the university of Hawaii XC team as a freshman. **Jose Pina** of Lincoln high school and

Daniel Chirraev of Prospect high school has excellent seasons, topped off by them finishing first and second at the Blossom Valley Athletic League league finals. Jose subsequently went on to qualify for the State Meet with his performance at the CCS Meet. Daniel missed qualifying by two places. **Zoe McAllister** finished 133rd out of 405 runners at the National Junior Olympics XC championships in the 11/12 year-old category with a time of 12:03. During the track season ran the 100M in 15.2, the 800M in 2:42, and the mile in 5:58, all as an 11-year-old.

Alvin Jackson had a heart valve operation a few months back. He says that he is doing fine and has been riding his stationary bike. He expects to visit us for one of our Saturday runs as soon as the weather gets warmer for our morning runs.

Tim Rostege has not been out to run with us for quite awhile. He says that he was consistently feeling tired and running slow. He has now gone off his statin medicine and started training. He feels much better and will be out to run with us as soon as he gets into better condition.

Carol Bednar was in a car accident and injured herself so badly that she will not be able to run for several months.

Former club member **Christine Kennedy** was just voted into the USATF Masters Hall of Fame. She has had a great running career and, hopefully, will continue to have a great running career. She is well deserving of this honor.

Club runners who are looking forward to moving into a new age grouping during the first half of this year include **Brian Low** (70 in June), **Tim Riley** (70 in May), **Georgia Riley** (70 in June), **Carl Tuck** (80 in March), **Gary Waggoner** (50 in February), **Glynn Wood** (80 in April), and **Tom Zades** (70 in February). However, Tom's birthday is on 2/29 and there is no 2/29 this year. So, he may have to wait until 2016.

Dave Norlander has been injured almost all of this year, running just 305 miles during the year, but has been doing a nice job of timing most of our Saturday workouts. All club members appreciate his efforts.

Jim Whalen has moved from Pacific Grove to Roseville to be closer to his family. He is in for a vast change in weather during the summer.

Jake White has become one of the premier high school coaches in the Central Coast Section as his boys cross country team finished as the 8th best team in the section. And, his entire team (after that minor rebellion) will be returning next year. He also coached a very good girls team.

Brian Davis and **Kat Powell** finished as our top male and female runners for 2013 in our Racer of the Year contest. This was Brian's second consecutive win.

George Lo has won our Runner of the Year contest for the third year in a row. **Joe Hurtado** holds the record with eight consecutive wins and has won 12 times. The record for points scored is 7,103 points (all miles) that was set by **Ted Pawlak** in 1981. **Frank Ruona**, who is in charge of the Tamalpa club, won in 1988 with 4,032 points.

The club has a pro football pool, which we split into three sections – the first half of the season, the second half of the season, and the playoffs. **Don Rebal** won the first half and **Dino Delyani** won the second half. The playoffs are in process. Dino scored the most points in the pool for the entire season. Dino has carried his scouting of teams to an extreme as last week he traveled to Boston to watch the New England practices.

17 club members attended the annual club meeting on 1/5/14. When it was discovered that the club had a surplus of at least \$5,100, we voted to give all in attendance a payment of \$300 each for their services at the meeting. We then celebrated by drinking champagne and having a nice catered meal. Thanks to all our fellow club members who were not able to attend this meeting for their generosity in allowing us to do this. It is believed that the unwritten club bylaws allow us to do this.

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>

DENNIS KURTIS (by Jeff Rohrer)

As Dennis told us earlier in the season, this was his last season running with us as he is retiring and moving to the Sunshine State. I was going to write an official farewell in the summary of the Championship race, but upon further reflection I thought it should be the subject of a separate correspondence.

I believe you all know that Dennis is an outstanding runner. He certainly helped us win a number of XC and Road Championships. His accomplishments are many and his PRs are outstanding. Frankly I only know a few of them, but here are a few to give you a taste. Dennis was a Division I XC and track runner. In 1983, many years before I met Dennis, we both ran in the Cherry Blossom 10 miler and we both ran our all time PRs (flat course, perfect day, loads of competition). Dennis ran low 49s! I ran a time I am quite proud of but I was literally well over a mile behind him. Dennis is also one of the few to run a sub 3 hour marathon in 5 different decades.

Ok, while I am super impressed by all of that, what I have always appreciated about Dennis is that he is not full of himself and he is a great teammate. The first is one of things that makes him a great training partner. He has mentored a couple of teammates to be much better runners. Being grounded also is one of things that allows Dennis to be a great teammate. Dennis will race when he is less than his best when it means helping the team. I have seen him toe the line a number of times when he is not in top shape or is battling an injury. In XC that is leading by example. One of first times I met Dennis he was not in top shape and he ran on the same Masters B team at the X-mas Relays with me. I tell you this because there are guys that are not as good as Dennis that would refuse to do that. In fact we had a guy quit the team around that time when he wasn't placed on the A team (a guy that was full of himself). Dennis ran a lot of races for us and when he did not show I always knew he was too injured or sick to go.

While I love winning meets and championships, I run XC for fun and Dennis has helped make it a lot of fun. I am sure I speak for others too when I say it has been a privilege to train and race with you. Good luck in Florida! The guys that have been winning the 60-64 age groups down there are in for a big surprise!

Thanks for all you've done for WVJS Masters XC,
Sincerely,
Jeff

2013 RUNNER OF THE YEAR CONTEST-FINAL RESULTS

Contest points were earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. The final scores for 2013 for those who reported their scores prior to the preparation of this club bulletin are:



Runner	Miles	Sat Pts	Total	Runner	Miles	Sat Pts	Total
George Lo	3,121	740	3,861 Gold	Maneesh Agarwal	1,244	160	2,415 Bronze
Ken Camet	3,181	400	3,588 Gold	Jorn Jensen	2,204	80	2,284 Bronze
Jim Bordoni	1,941	810	2,736 Silver	Walt Van Zant	791	980	1,771 Bronze
Tom Warfel	1,966	770	2,738 Silver	Neil Gelblum	1,040	560	1,600 Bronze
Norry McAllister	1,715	810	2,525 Silver	Dave Norlander	305	1,220	1,525 Bronze
Geoff Bradley	1,826	640	2,466 Bronze	Jeff Rohrer	955	520	1,475

Previous winners have been:

1978 Phil Sanfillipo	4865	1990 Tom Warfel	4231	2002 Joe Hurtado	3946
1979 Phil Sanfillipo	5022	1991 Tom Warfel	4118	2003 Joe Hurtado	4119
1980 Phil Sanfillipo	5659	1992 Jim Whalen	3603	2004 Joe Hurtado	4027
1981 Ted Pawlak	7103	1993 Tim Rostege	3928	2005 Joe Hurtado	4242
1982 Ted Pawlak	6405	1994 Joe Hurtado	4037	2006 John Mintz	5920
1983 Mike Hicks	5355	1995 Tom Warfel	4113	2007 Joe Hurtado	4053
1984 Don Dugdale	5004	1996 Tom Warfel	3961	2008 Joe Hurtado	4044
1985 Don Dugdale	4084	1997 Tom Warfel	4089	2009 Neil Gelblum	3621
1986 Bob Herndon	4303	1998 Joe Hurtado	4012	2010 Joe Hurtado	3787
1987 Don Dugdale	4341	1999 Joe Hurtado	3881	2011 George Lo	4264
1988 Frank Ruona	4032	2000 Joe Hurtado	4260	2012 George Lo	3941
1989 Jake White	3841	2001 Joe Hurtado	3972		

2013 PA/USATF Road Grand Prix

40+ Men

Our 40+ men's team finished in 9th place. Jorn Jensen is our team captain. He and Calvin Do finished in 42nd and 51st places in the short race division for 40+ runners.

50+ Men

Our 50+ men's team finished first. Ken Camet is our 50+ team captain. Individually, several club members did well in the 50+ category. In the short-race division Brian Davis finished in 3rd place, Ken Camet finished in 8th, Dino Delyani finished in 10th, Norry McAllister finished in 20th, Barry Farrara finished in 23rd, David Woodruff finished in 27th, Ray Rodriguez finished in 28th, Jeff Rohrer finished in 36th, Adam Pince finished in 44th, and Mike Krey finished in 47th. Brian, Ken, Ray, Barry, and Dino finished 3rd, 6th, 17th, 25th, and 26th in the long-race division.

60+ Men

Our 60+ men's team finished in 2nd place. Scott Graham is the team captain. Individually, Bill Dunn finished in 2nd place in the short-race division and was followed by Jim Bordoni in 3rd, Mark Goldman in 23rd, Des Knuckey in 28th, and Dan Anderson in 31st. Bill Dunn, Ron Kioyno, and Dan Anderson finished in 7th and 24th and 40th places in the long-race division.

70+ Men

Our 70+ men's team finished in 2nd place. Eddie Reyna is the team captain. Individually, Dick Chimenti, Bob Lord, Joe Hurtado, Bill Dodson, and Carl Petersen, and finished in 2nd, 4th, 4th, 6th, and 9th, in the short-race division. Joe Hurtado, Bill Dodson, Carl Petersen, Bob Lord, Bill Jones, and Dave Norlander finished in 2nd, 5th, 7th, 8th, 17th, and 19th places in the long-race division.

80+ Men

Eddie Reyna won both the short-race and long-race divisions in this age category.

2013 PA/USATF XC Prix by Jeff Rohrer)

Well, we have come to the end of another XC season. We once again had over 3 months of racing with our second straight 12 meet season. Weather wise I believe it was a rather uneventful year. No rain storms or extremely hot weather. This was a bit of a difficult year for us as we were missing a number of runners due to injury. All in all I still believe we did rather well. Our Masters, Seniors, Super Seniors, and Veterans teams finished 4th, 2nd (tied), 2nd, and 2nd, respectively. The number 1 goal is to have fun and I for one certainly did. I enjoyed running a new course in Martinez and the Tamalpa Challenge's return to China Camp.

In the Championship Meet our teams, from youngest to oldest, were 5th, 3rd, and 2nd (we had no Vets team). We had 17 runners at the meet with 2 running their first meet for us this year. The course was a bit longer than last year due to a very small detour we did on each lap. Despite some rain the week prior to the meet, the course was in

good shape. Andy Lief, after a few missed seasons due to a series of maladies, showed up to tackle the longest meet of the season. He was joined on our Masters team by Jose Pina, our top finisher, Jorn Jensen, Tom Fahey, and two Seniors, Mike Kriege and Andy Williams. Our 3rd place Seniors team was led by Ray Rodriguez who was closely followed by Roberto Palos, running his first meet as a Senior, and Barry Farrara. Brian Davis completed our scoring team and Dino Delyani and I were scored as the displacers. Our Super Seniors were led by Dennis Kurtis, who was second Super Senior overall, despite running with a bad hamstring. Bill Dunn, running his first XC meet of the season, and Dan Anderson were other scorers with Jeff Bedolla and Joe Hurtado.

Jeff Bedolla completed his 2nd straight season of running all 12 meets. This year he appeared to hold up better (no nagging injuries). Joe Hurtado joined Jeff in running all 12 meets.



FINAL 2013 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 final standings for 2013 for all who scored in four or more races is shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races as two races. The 2nd number is the total number of events competed in.

Elite Division

Brian Davis (8-8)	200	Gold
Jorn Jensen (6-4)	147	
Scott Bang (6-4)	145	
Bary Farrara (6-3)	142	
Calvin Do (5-3)	117	
Ray Rodriguez (116)	116	

A Division

Ken Camet (8-12)	200	Gold
Geoff Bradley (8-7)	195	Gold
Norry McAllister (8-9)	190	Gold
Andy Williams (4-3)	86	

B Division

George Lo (8-13)	200	Gold
Dino Delyani (810)	198	Gold
Mike Krey (8-8)	175	Silver
Bill Dunn (8-6)	184.5	
Jim Bordoni (8-6)	184	
David Woodruff (8-5)	178	
Aaron Lee (7-5)	139	
Jeff Bedolla (6-5)	110	
Neil Gelblum (5-5)	98	
Becki Kirege (4-3)	96	

C Division

Mark Goldman (8-7)	183	Gold
Robert Navarrete (8-8)	178	Bronze
Maneesh Agarwal (7-7)	174	Bronze
Dave McIntyre (7-7)	145	Bronze
Jeff Rohrer (7-5)	171	
Dan Anderson (7-4)	162	
Dick Chimenti (7-4)	150	
Carol Bednar (6-4)	122	
Glenn Kishi (6-5)	108	
Ron Kiyono (4-3)	98	
Des Knuckey (4-3)	91	
Jim Howe (4-4)	87	

D Division

Joe Hurtado (8-10)	200	Gold
Bill Dodson (8-10)	192	Gold
Bob Lord (8-9)	189	Silver
Carl Petersen (8-5)	174	
Uyenthi Tran (5-3)	123	
Mike Kolesnik (4-3)	111	

E Division

Eddie Reyna (8-8)	200	Gold
Kat Powell (8-8)	200	Gold
Pauline Beatty (4-4)	98	

SATURDAY WORKOUT RESULTS

8/17/13 – Farwell – 3.54M

1 Bjorn Samson	22:36.5
2 Kristina Park	23:12.9
3 Ken Camet	23:32.5
4 Dave McIntyre	26:00.5
5 Jack Smith	27:21.5
6 Danny Moon	29:44.9
7 Pablo Rodriguez	30:07.1
8 Pauline Beatty	30:56.0
9 Sophia Bourgoin	31:10.0
10 Ida Rosenblum	31:30.4
11 Chris Blue	31:57.7
12 Don Packwood	32:09.4
13 Rick Kananen	32:51.9
14 Marcia Morrison	33:02.0
15 Dave Norlander	34:03.6
16 Carl Petersen	35:12.9
17 Walt Van Zant	37:44.5

Dick Barrett Trophy Winner – Marcia Morrison

Bjorn jumped off to a big lead and was never threatened thereafter. Kristina led the ladies with her second place finish. Marcia won the

weekly trophy because she broke the women's 65+ course record for Farwell.

8/24/13- 36 x 200M Relay

PI Team

1 Park/R.Jacobson/McIntyre	23:47
2 Lo/Bourgoim/Bradley	24:31
3 Bordoni/Rodriguz/K.Vergo	24:47
4 Conroy/Hayes/T.Vergo	25:44

Dick Barrett Trophy Winner – Dave McIntyre

All teams started together this morning with the McIntyre team taking the lead right away and then gradually pulling away until they won by about 200 meters. Geoff Bradley had the best splits for the guys at 35.7 and Kristina Park led the ladies with a 36.5 average.

Thanks to Carl Petersen and Gary Vergo for timing the runners.

8/31/13-Short Six-5.74M

1 Ken Camet	35:59
2 Andy Williams	38:19

3 Dino Delyani	38:38
4 Jim Bordoni	40:56
5 Dick Chimenti	46:39
6 Robert Navarrete	48:08
7 George Lo	48:08
8 Mike Krey	49:05
9 Aaron Lee	49:06
10 Dave McIntyre	49:58
11 Pablo Rodriguez	50:06
12 Kat Powell	51:41
13 Pauline Beatty	53:47
14 Marcia Morrison	54:29
15 Rich Collins	56:44
16 Tim Riley	65:20
17 Carl Petersen	65:56
18 Tom Warfel	70:52

Dick Barrett Trophy Winner – Ken Camet

Easy win for Ken as he took a whopping 78 seconds off his all-time PR. Marcia Morrison improved her 65+ women's record by 190 seconds. Dick Chimenti recorded the 5th best-ever 70+ time for this course.

9/7/13-4 x 1.46M WVC Campus Loop Relay

Pl	Team	Time
1	Goldman/T.Vergho	41:51
2	Wong/McIntyre	42:18
3	Collins/Samson	43:55
4	Packwood/Bang	44:01
5	Norlander/Bordoni	44:51
6	L.Nast/K.Vergho	45:07
7	Petersen/ParkB.Kriege	47:56

Dick Barrett Trophy Winner – Tyler Vergho

9/14/13-18x0.33M Tennis Court Loop Relay

Pl	Team	Strt	Finish
1	Navarrete/Krey/McAllister	2:09	37:21
2	K.Vergho/T.Vergho/Lo	2:09	37:29
3	Packwood/Delyani/Bradley	-0-	37:32

Dick Barrett Trophy Winner-Don Packwood

(Writeup by Danny Moon)

This was a close finish after some on the spot real time handicapping by our timing team of Carl Peterson, Ed Gavin and Danny Moon. Don Packwood ran his guts out, racking up his foot on the last run which earned him the weekly trophy. Don never made it to the Country Inn for breakfast and was seen riding home with the trophy in hand to show Lorna of his success. Geoff and Dino had great runs trying to catch the pack.

9/21/13-Valle Vista – 3.0M

1	Norry McAllister	18:19
2	Ken Camet	18:30
3	Andy Williams	18:33
4	Kristina Park	19:29
4	Becki Kriege	19:29
6	Suraj Jagota	19:58
7	Mike Krey	20:45
8	Robert Navarrete	21:37
9	Rob Jacobson	21:40
10	Mark Goldman	22:07
11	Jim Howe	22:23
12	Helen Wong	22:32
13	Dave McIntyre	22:37
14	Brian Low	24:36
15	Pablo Rodriguez	25:06
16	Kat Powell	25:15
17	Rich Collins	31:34

Dick Barrett Trophy Winner – Norry McAllister

Norry took the lead during the final downhill and won by about 50 yards. He improved his 55+ best by 4 seconds. Ken Camet finished 2nd, tying his 50+ best. Pablo improved his

65+ PR by 75 seconds. The overlooked performance of the day was by Kat Powell, who improved her 60+ best by nearly 3 minutes, moving to #2 on the women's 60+ all-time list.

9/28/13-Step-Up & Down Relay

Pl	Team	Start	400M
1	Conroy/Williams	1:00	32:07
2	Wong/Bradley	1:00	32:27
3	Lo/Navarrete	1:00	32:32
4	Rodriguez/Camet	-0-	33:08

Dick Barrett Trophy Winner - Andy Williams

(Writeup by Danny Moon)

Pablo Rodriguez started off giving his team to an early lead while his partner Ken Camet would work his way back to the lead until Andy Williams and Brian Conroy kicked it into gear to take over the lead and capture first place. A great effort by all made for some close exchanges and good times. Ken Camet had the fastest splits just 5 seconds ahead of Andy Williams who was only 1 second ahead of Geoff Bradley. Aaron Lee ran with George Lo each leg giving George that extra boost he needed. Andy heard he might get the trophy so he kept on running and was seen running near the bathroom by Dave Piazza. Thanks to our timers, Carl Peterson, Catherine Frye, and Danny Moon.

10/5/13-6 x 1600M Relay

Pl	Team	Time
1	Taylor/Camet	37:50
2	Lawson/Park	38:44
3	Wong/Bordoni	40:09
4	Howe/Mi.Kriege	?
5	Krey/Conroy	?

After an extensive investigation, the above is the best guess as to the results for this relay.

10/12/13-Triangle – 4.76M

1	Jorn Jensen	28:01
2	Mike Kriege	28:17
3	Geoff Bradley	29:12
4	Norry McAllister	29:14
5	Ken Camet	29:22
6	Andy Williams	29:58
7	Dino Delyani	31:13
8	Gary Waggoner	31:40
9	George Lo	32:43
10	Paul Taylor	33:58
11	Mark Goldman	34:11

12	Todd Hayes	34:19
13	Robert Navarrete	34:38
14	Jim Howe	35:18
15	Jeff Bedolla	36:21
16	Helen Wong	36:22
17	Joann Dahlkoetter	36:49
18	Becki Kriege	38:16
18	Dave Piazza	38:16
20	Brian Low	38:57
21	Pablo Rodriguez	39:27
22	Kat Powell	39:49 PR
23	Davve Norlander	44:16
24	Dave McIntyre	44:41
25	Carl Petersen	52:49
26	Tom Warfel	67:31 RW

Dick Barrett Trophy Winner – Joann Dahlkoetter

Excellent running conditions this morning with the temperature in the low 50s and no wind. And, many of our fastest club members showed up to run. The result was a lot of fast times. Jorn Jensen led the way for the guys with a 28:01 and Helen Wong led the ladies with a 36:22. Mike Kriege bettered his 50+ best by 60 seconds to move into a 9th place tie in that category with Bill Dunn. Norry improved by 15 seconds to move to #5 on the 55+ all-time list, one second in front of Bill Meinhardt, one of the club's best-ever runners. Ken Camet missed his 50+ best by 4 seconds. Dino beat his 55+ best by 19 seconds. Gary Waggoner improved his 45+ PR by 65 seconds, Mark Goldman bettered his 60+ PR by 16 seconds and Jim Howe bettered his 65+ best by 40 seconds. Joann Dahlkoetter was the star of the day as she broke the women's 60+ club record by nearly 4 minutes. Kat Powell also broke the previous women's 60+ record for this course with her 39:49, which was her all-time PR for this course. Kat has been running the course for nearly 10 years. Pablo Rodriguez knocked 3 minutes off his PR. Thanks to Danny Moon, Don Packwood, and Neil Gelblum for helping at the finish line.

10/19/13-12 x 800M Relay

1	Navarrete/Krey	38:10
2	Wong/Lee	38:22
3	Bourgoin/McAllister	40:22
4	Chimenti/Piazza	42:29
5	Norlander/Delyani	42:48

Dick Barrett Trophy Winner – Navarrete/Krey Team

All teams started together with the Krey and Lee teams staying within a few steps of each other through the first 10 runs before the Krey team finally got away for the win. Norry had the best average at 2:47. Andy Williams also ran the relay, starting with Norry on each run and averaged about 2:52 per run. Thanks to Carl Petersen, Neil Gelblum, and Danny Moon for helping at the finish line.

10/26/13-Dou/Sar/Frtvle-2.75M

1	Norry McAllister	16:34
2	Andy Williams	17:07
3	Gary Waggoner	17:25
4	Phil Spink	18:07
5	George Lo	18:43
6	Paul Taylor	19:02
7	Robert Navarrete	19:18
8	Matt Kriege	19:23
9	Brian Conroy	19:29
10	Mark Goldman	19:39
11	Hank Lawson	20:15
12	Helen Wong	20:58
13	Pablo Rodriguez	23:31
14	Rich Hahn	24:18
15	Tom Warfel	26:02

Dick Barrett Trophy Winner – Pablo Rodriguez

Second win for Norry in the last three times that we have run a road run on Saturday. Age group PRs for us included a 16-second improvement by Mark Goldman of his 60+ best, a 20-second improvement by Gary Waggoner of his 45+ best, and a 33-second improvement by our trophy winner, Pablo, of his 65+ best. Thanks to Jim Bordoni, Carl Petersen, and Danny Moon for helping at the finish line.

11/2/13-8x0.66M Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Goldman/McAllister	:45	34:00
2	Taylor/Spink	:45	34:20
3	Navarrete/Lo	-0-	34:41
4	Zelinski/Delyani	1:15	35:07
5	Wong/Camet	1:15	36:03

Phantom Dick Barrett Trophy Winner – Mark Goldman & Norry McAllister

Norry McAllister started the last leg 20 yards out of the lead, took the lead shortly after the started of his leg, and won by about 100 yards.

Norry had the best average at 3:44. Thanks to Danny Moon, Carl Petersen, and Dave Piazza for their help at the finish line.

11/9/13 – Farwell/H – 4.68M

1	Geoff Bradley	28:23 PR
2	Suraj Jagota	28:27
3	Norry McAllister	28:29 PR
4	Andy Williams	29:43
5	Gary Waggoner	29:58
6	Maneesh Agarwal	30:41 PR
7	David Garza	32:00
8	George Lo	32:05
9	Todd Hayes	32:53
10	Paul Taylor	33:00
11	Dave Piazza	33:32
12	Robert Navarrete	33:45
13	Mark Goldman	34:20
14	Jeff Bedolla	36:37
15	Kat Powell	40:14
16	Rich Hahn	43:31
17	Tom Warfel	47:34
18	Walt Van Zant	64:48 RW

Dick Barrett Trophy Winner - Norry McAllister

There were many notable performances on this ideal running-weather morning - low 50s and no wind. The top three runners ran near each other throughout the race with Geoff showing his superior sprint speed at the end to get the win. There were three all-time PRs, including the PR by Norry, who at age 56 and having run this course many times, improved his PR by 20 seconds. This put him #4 on the 55+ list amongst some of the gods of club distance running (Tim Rostege, Dwight Cornwell, Bill Meinhardt). Age group PRs were set by Gary Waggoner (53-second improvement on his 45+ best), Todd Hayes (173-second improvement on his 60+ best), Mark Goldman (16-second improvement on his 60+ best), and Kat Powell (152-second improvement on her 60+ best and also #2 on the women's 60+ list). Robert Navarrete missed his 55+ best by one second. Thanks to Danny Moon, Dave Norlander, and Don Packwood for helping at the finish line.

11/16/13-4 x 1.46M WVC Campus Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Navarrete/Taylor	2:10	43:09
2	Wong/Delyani	3:25	43:29
3	Collins/McAllister	-0-	43:56
4	Norlander/Lo	:40	46:01

Dick Barrett Trophy Winner - Helen Wong & Dino Delyani

An uneventful day except for Navarrete running off course on his first loop. Norry had the best splits at 17:04 and Kristina, who ran alongside Dino on each of her loops, led the ladies at 18:26. Thanks to Tom Warfel for putting this relay together and managing the timing of the relay along with Chris Blue's help.

11/23/13 – Farwell – 3.54M

1	Norry McAllister	21:36.6
2	Geoff Bradley	22:04.6
3	Gary Waggoner	22:45.4
4	Kevin Breit	22:53.4
5	Robert Navarrete	25:18.4
6	Mark Goldman	25:19.9
7	Claire Liang	25:59.9
7	Courtney Conlan	25:59.9
9	Brian Conroy	26:04.1
10	Paul Taylor	26:06.6
11	Dave Piazza	26:13.9
12	Ken Camet	26:17.0
13	Dave McIntyre	26:30.6
14	Helen Wong	26:45.7
15	George Lo	26:48.8
16	Dick Chimenti	27:14.0
17	Catherine Frye	28:34.7
18	Brian Low	29:44.7
19	Kat Powell	29:48.4 PR
20	Pablo Rodriguez	32:50.5
21	Rich Collins	32:54.0
22	Tom Warfel	33:11.1

Dick Barrett Trophy Winner – Rich Collins

Another good performance by Norry this morning as he won, knocked 17 seconds off his 55+ best, and recorded the 7th best-ever time by a club 55+ runner on this course. One all-time PR and several age-group PRs. Kat Powell PRd by one second and improved her 60+ PR by 3 minutes while breaking the women's 60+ course record. Gary Waggoner improved his 45+ best by 17 seconds, Mark Goldman improved his 60+ best by 13 seconds, Rich Collins improved his 70+ best by 43 seconds, and Dick Chimenti recorded the #5 course best by a 70+ runner. Claire Liang and Courtney Conlan, two sub-20-minute Crystal Springs runners from Prospect high school, ran with us for the first time. Ralph Poole visited us from Seattle for the first time in quite awhile.

Ralph holds all of the 65+ course records except Farwell and has times in the top 5 for all of the courses in the 60+ age-group. He is also well known for passing runners (including your editor) by running backwards while he was passing them. Thanks to Carl Petersen, Dave Norlander, and Danny Moon for helping at the finish line.

11/30/13-8 x 1200M Relay

Pl	Team	Start	Finish
1	J.Taylor/B.Krieg-Park	:30	37:02
2	Camet/Lo	:30	37:59
3	Conway/McAllister	1:00	38:10
4	Bedolla/M.Kriege	:30	38:26
5	Wong/Delyani	-0-	39:02
6	Krey/P.Taylor	-0-	39:50

Dick Brrett Trophy Winner – Brian Conroy

All teams were rated to finish at 39:00. Not good handicapping. Easy win for the Josh Taylor team. Norry McAllister and Mike Kriege had the fastest times at 16:53 and 16:55.

12/7/13-Short Six-5.74M

1	Gary Waggoner	37:44
2	Dino Delyani	38:45
3	Becki Kriege	39:42
4	Paul Taylor	41:47
5	Dave Piazza	42:13
6	Robert Navarrete	42:46
7	Catherine Frye	48:31
8	Helen Wong	48:32
9	Dave McIntyre	49:06
10	Tom Warfel	57:28

Dick Barrett Trophy Winner – Gary Waggoner

Gary Waggoner ran to his 2nd-ever Saturday road run win while knocking 105 seconds off his 45+ best. Gary's only other Saturday course win came 10 years ago on 12/20/03, when he ran his PR of 34:50 for this same course. Dino Delyani (Mr. Consistency) missed his age-group PR by 14 seconds. 47-year-old Becki Kriege ran this course for the first time in three years, recording the #3 best 45+ time by a club woman runner. Dave Piazza was pleased to make the top 50 list for 55+ runners with his 42:13. That puts him at #43. Tom Warfel improved his pathetic 65+ best by 13 minutes. This is the start of one of Tom's many comebacks from an injury. Thanks to Dave Norlander and Jim Bordoni

for bravely enduring the very cold weather to time us this morning.

12/14/13 – Valle Vista – 3.0M

1	Dino Delyani	19:34
2	Paul Taylor	20:57
3	Robert Navarrete	21:01
4	Mike Krey	21:07
4	Geoff Bradley	21:07
6	Aaron Lee	21:21
7	Matt Kriege	23:23
8	Jeff Bedolla	23:28
9	Neil Gelblum	24:10
10	Jime Howe	24:41
11	George Lo	24:52
11	Ken Camet	24:52
13	Bob Lord	25:26
14	Kat Powell	25:56
15	Rich Collins	27:23
16	Pauline Beatty	28:04
17	Tom Warfel	29:06

Dick Barrett Trophy Winner – Dino Delyani

Dino blasted away from his fellow 55+ runners (the first 4 finishers were 55+) at the start and finished in front by nearly a quarter of a mile. His effort not only gave him the win but improved his 55+ best by 11 seconds. Those improving their age-group PRs included Robert Navareete with a 17-second improvement of his 55+ best and Rich Collins with a 84-second improvement of his 70+ best. Rich's performance moved him from last to 2nd to last in the 70/74 category and put your editor into last place in that division for all of the courses.

Recently-turned 75+ runner Bob Lord recorded the 3rd best-ever 75+ time for this course. Thanks to Dave Norlander and Carl Petersen for helping at the finish line.

12/21/13 – 6 x 1600M Relay

Pl	Team	Start	Finish
1	Agarwal/Bordoni	8:30	45:03
2	Navarrete/B.Kriege	7:30	46:02
3	Collins/Wong	-0-	46:13
4	Lawson/Delyani	7:30	46:30
5	Goldman/Park	8:15	47:18

Dick Barrett Trophy Winner – Robert Navarrete

Easy win for the Bordoni team. Maneesh Agarwal had the fastest splits with a 5:56 average. Thanks to Dave Norlander, Don

Packwood, and Dave Piazza for helping at the finish line.

12/28/13-All Courses Day

Dou/Sar.Frtvle-2.75M

1	Mark Goldman	20:05
2	Helen Wong	20:21
3	Todd Hayes	20:47
4	Jeff Bedolla	20:52
5	Neil Gelblum	21:29
6	Catherine Frye	21:35
7	Casey Reinking	21:36
8	Brian Low	22:11
9	Matt Kriege	23:16
9	Joe Hurtado	23:16
11	Carol Bednar	23:34
12	Marian Richard	23:35
13	Rich Collins	25:30

Valle Vista - 3.0M

1	Pauline Beatty	27:33
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Farwell-3.54M

1	Aaron Lee	29:09.8
2	Ron Blancas	29:10.5

Farwell/H - 4.68M

1	Norry McAllister	31:31
1	Kristina Park	31:31
1	Becki Kriege	31:31
4	Jim Bordoni	33:55
5	Bob Lord	40:23

Triangle - 4.76M

1	Tom Warfel	47:31
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Short Six - 5.74M

1	Jorn Jensen	40:46
1	Geoff Bradley	40:46
3	Jeff Rohrer	42:40
4	Robert Navarrete	42:41
5	Kat Powell	51:48

Dick Barrett Trophy Winner - Bob Lord

Final road runs of the year. Bob Lord ran the only PR, bettering his old PR by 4 minutes and moving to #2 on the 75+ list. Becki Kriege recorded the #3 best by a club woman 45+ runner. Timing and recording of times was courtesy of Dave Norlander and Carl Petersen. Chris Blue was in charge of calling out incorrect names as the runners crossed the finish line. She did a lousy job. Didn't call out a single bogus name.

1/4/14-Triangle Run – 4.76M

1	Norry McAllister	31:00	11	Joe Hurtado	41:20	time PR by Robert as he improved his PR by 56 seconds. Gary improved his 45+ best by 30 seconds. Tom Warfel improved his 65+ best (set last week) by 4 minutes. Thanks to Dave Norlander and Dave Piazza for helping out at the finish line.
2	Gary Waggoner	31:10	12	Kat Powell	43:31	
3	Dino Delyani	31:31	13	Tom Warfel	43:50	
4	Andy Williams	32:36				
5	George Lo	32:41				
6	Jim Bordoni	32:48				
7	Jeff Rohrer	33:21				
8	Robert Navarrete	33:40 PR				
9	Mike Krey	33:45				
10	Catherine Frye	39:49				

Dick Barrett Trophy Winner – Robert Navarrete

First road run of the year. Good weather conditions in that it was in the low 40s rather than in the 30s. Close win for Norry. One all-

RACE RESULTS

8/3/13-Salinas Half Marathon

145 Robert Navarrete 1:44:10

8/10/13-Dammit Race-5.0M

63 George Lo 37:23 5th-40+
 Dave McIntyre 43:27 1st-Hvywt
 240 Kat Powell 49:00 2nd-60+
 328 Pauline Beatty 56:03 8th-55+

8/17/13-UCSC XC Challenge-4.0M

Women's Race

56 Marian Richard 29:36
 71 Carol Bednar 30:56
 73 Heather Rohrer 31:04
 90 Dalia Rodriguez 33:10
 92 Uyenthi Tran 33:20
 100 Kat Powell 37:59
 Our 40+ women finished 8th.

Master Men's Race

11 Jose Pina 23:02
 12 Jorn Jensen 23:13
 16 Barry Farrara 23:29
 17 Calvin Do 23:31
 21 Ray Rodriguez 24:01
 27 Roberto Palos 24:42
 29 Geoff Bradley 24:56
 34 Mike Kriege 25:14
 37 Norry McAllister 25:39
 38 Andy Williams 25:41
 53 Dino Delyani 27:15
 63 George Lo 28:10
 66 Dave Woodruff 28:13
 69 Jeff Rohrer 28:35
 71 Mike Krey 28:45
 82 Dan Anderson 30:06
 87 Robert Navarrete 30:47
 90 Jeff Bedolla 31:06
 97 Anthony Carrillo 32:04
 103 Joe Hurtado 34:15
 105 Bob Lord 34:47
 117 Eddie Reyna 48:58

Our 40+ men's team finished 3rd, our 50+ men finished 1st, and our 70+ men finished 2nd.

8/24/13-Widener XC Race-3.43M

Master Men's Race

7 Jorn Jensen 19:39
 13 Calvin Do 19:59
 15 Barry Farrara 20:08
 37 Mike Kriege 22:29
 72 Jeff Bedolla 26:08
 81 Joe Hurtado 32:06

Our 40+ men finished 3rd.

8/24/13-Tamalpa Headlands 50K

Bill Dodson 7:32:11
 Kat Powell 8:15:18

Kat was very pleased with her run as she improved her PR for this course by over an hour.

8/25/13-Santa Rosa Marathon

189 Maneesh Agarwal 3:23:27
 314 Neil Gelblum 3:35:20 3rd-60+
 There were 1138 finishers in this race.

8/31/13- Rebels XC Challenge

Women's Race-5K

65 Dalia Rodriguez 24:34
 75 Ida Rosenblum 27:25

Master Men's Race-7K

12 Ray Rodriguez 26:21
 13 Jose Pina 26:38
 22 Mike Kriege 27:20
 27 Tom Fahey 27:44
 53 Jeff Bedolla 32:59
 58 Kristian Petersen 35:29
 59 Joe Hurtado 36:25
 61 Bob Lord 37:18
 68 Dave Norlander 40:29
 Both our 40+ men and our 70+ men finished 2nd

9/2/13-42nd Annual Shettler Handicap

Race – 3.06M

		Finish	Actual	
Pl	Runner	Time	Start	Time
1	Danny Moon	30:35	6:45	23:50
2	Don Packwood	31:00	3:55	27:05
3	Dave Norlandr	31:21	3:55	27:26
4	Kat Powell	31:24	5:15	26:09
5	Nicky McAllistr	31:25	5:45	25:40
6	Aaron Lee	31:27	10:55	20:32
7	Jeff Rohrer	31:29	11:25	20:04
8	Mark Goldman	31:31	10:00	21:31
9	Pablo Rodrigz	31:33	6:15	25:18
10	Mike Krey	31:37	11:10	20:27
11	Dave Woodruff	31:38	11:25	20:13
12	Mike Kriege	31:39	13:35	18:04
13	Jeff Bedolla	31:41	9:05	22:36
14	Bill Dodson	31:45	7:10	24:35
15	Jim Bordoni	31:46	11:10	20:36
16	Scott Bang	31:49	12:40	19:09
17	Mane Agarwal	31:54	12:25	19:29
18	Tom O'Connor	31:58	10:10	21:48
19	Brian Davis	31:59	13:45	18:14
20	Kristina Park	32:05	13:05	19:00
21	George Lo	32:10	11:25	20:45
22	Robt Navarrete	32:12	10:55	21:17
23	Joe Hurtado	32:13	7:55	24:18
24	Pauline Beatty	32:15	6:35	25:40
25	Danielle Zelinski	32:17	10:55	21:22
26	Jim Howe	32:17	10:00	22:17
27	Brian Low	32:31	7:25	25:06
28	Andy Williams	32:32	13:05	19:27
29	Todd Hayes	32:39	9:40	22:59
30	Dave McIntyre	32:46	9:40	23:06
31	Sean Williams	33:14	13:35	19:39
32	Rick Kananen	33:16	5:55	27:21
33	Maria Kurtis	34:05	9:40	24:25
34	Dennis Kurtis	34:06	9:40	24:26
35	Brian Conroy	34:07	11:45	22:22
36	Chris Blue	34:23	6:35	27:48
37	Alex Williams	34:41	12:25	22:16

38	Phil Spink	34:54	11:55	22:59
39	Glenn Kishi	35:23	10:10	25:13
40	Jacki Rohrer	36:20	8:25	27:55

Fastest Scratch Male Runner = Mike Kriege
 Fastest Scratch Female Runner = Kristina Park
 Cheap Red Wine Award = Phil Spink

Easy win for Danny as he came from about 50yards back at the start of the final lap to win by about 100 yards at the end.

9/8/13-Golden Gate Park XC-4M

Women's Race

78	Marian Richard	30:17
98	Carol Bednar	31:34
108	Joann Dahlkoetter	32:33
116	Dalila Rodriguez	33:20
128	Kat Powell	36:34

Our 40+ women finished 7th.

Master Men's Race

12	Jose Pina	23:19
13	Jorn Jensen	23:21
28	Barry Farrara	24:14
29	Ray Rodriguez	24:20
32	Brian Davis	24:36
47	Andy Williams	25:39
55	Mike Kriege	26:09
57	Tom Fahey	26:38
64	Dennis Kurtis	27:05
69	Dino Delyani	27:46
76	George Lo	28:26
78	Jeff Rohrer	28:27
86	Mike Krey	28:50
88	Dave Woodruff	29:04
96	Tom O'Connor	29:46
104	Robt Navarrete	30:50
105	Jeff Bedolla	30:50
113	Todd Hayes	32:36
118	Glenn Kishi	33:28
120	Joe Hurtado	34:22
125	Bill Dodson	35:02

Our 40+ men finished 5th, our 50+ men finished 1st, and our 60+ men finished 2nd.

9/14/13-NorCal XC Race-8K

79	Jeff Bedolla	41:59
86	Joe Hurtado	46:38

9/14/13-Tamalpa Headlands 100M

Kat Powell	34:30
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This was Kat's first finish of a 100-miler. Bill Dodson dropped out at 41 miles due to knee pain on the downhill portions of the course.

9/21/13-Garin Park XC Challenge-5K

Master Men's Race

1	Jose Pina	18:01
16	Jorn Jensen	18:40
19	Barry Farrara	18:53
23	Roberto Palos	19:12
31	Mike Kriege	19:47
50	Dino Delyani	21:28
60	George Lo	21:58
72	Tom O'Connor	22:56
78	Dan Anderson	23:44
81	Jeff Bedolla	24:15
96	Bill Dodson	27:09
97	Joe Hurtado	27:27
102	Dave Norlander	29:08
104	Todd Hayes	29:54

Our 50+ men , our 60+ men, and our 70+ men finished 2nd.finished 2nd,

Women's Race

54	Marian Richard	23:07
69	Danielle Zelinski	24:34*
70	Carol Bednar	24:40

* = Competes for another team.

9/28/13-San Juan Bautista Double Road

Race (5K & 10K)

Brian Davis	37:17-18:36 = 55:54	1st-55+
Bill Dunn	20:45-42:05 = 62:50	1st-65+
Ron Kiyono	21:31-43:24 = 64:55	3rd-65+
Dahlkoetter	23:50-47:44 = 71:34	1st-60+
Kat Powell	26:26-51:53 = 78:19	2nd-60+

9/28/13-Willow Hills XC-5K

Master Men's Race

17	Ray Rodriguez	18:49
33	Tom Fahey	20:09
39	Jeff Rohrer	20:59
43	Dino Delyani	21:07
61	Jeff Bedolla	23:52
63	Kristian Petersen	24:24
71	Joe Hurtado	26:38
73	Bill Dodson	26:50
77	Dave Norlander	28:38

Our 50+ men finished 4th and our 70+ men finished 2nd.

Women's Race

48	Marian Richard	22:35
60	Carol Bednar	23:45
67	Dalia Rodriguez	25:28

Our 40+ women finished 5th.

10/5/13-Presidio Challenge XC-5K

Master Men's Race

4	Jose Pina	18:42
6	Jorn Jensen	18:50
9	Barry Farrara	19:19
11	Roberto Palos	19:26
26	Andy Williams	20:25
37	Dennis Kurtis	21:19
44	Norry McAllister	21:52
48	Scott Bang	22:04
52	Jeff Rohrer	22:11
53	Dino Delyani	22:15
71	Aaron Lee	23:46
74	Dan Anderson	24:16
75	Robert Navarrete	24:32
77	Jeff Bedolla	24:56
78	Todd Hayes	25:03
82	Kristian Petersen	25:50
93	Joe Hurtado	28:39
97	Dave Norlander	30:19

Our 40+ men finished 1st, our 50+ men finished 4th, and our 60+ men finished 1st,

Women's Race

43	Marian Richard	24:11
58	Carol Bednar	26:05

10/6/13-SJ Rock 'n' Roll Half Marathon

George Lo	1:32:22
Ron Kiyono	1:38:34 2nd-65+
Rob Jacobson	1:43:11
Bill Dodson	1:51:45 1st-75+
Kat Powell	1:57:36 5th-60+
Bob Lord	2:16:05 4th-70+

10/12/13-Dick Collins 50M

Bill Dodson	12:47:15
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Very tough day for Bill. Difficult course and he was not not feeling well. But, he finished and was very happy to do so.

10/20/13-Humboldt Half Marathon

54	Brian Davis	1:20:25 2nd-55+
80	Ken Camet	1:23:59 7th-50+
121	Bill Dunn	1:32:18 1st-65+
225	Joe Hurtado	1:50:47 2nd-70+
245	Kat Powell	1:52:31 2nd-60+
541	Eddie Reyna	2:37:12 1st-80+

Brian, Ken, Bill, and Joe combined to win the 50+ team competition.

10/26/13-Aggies XC Race-4.2M

Master Men's Race

3	Jose Pina	22:45
15	Mike Kriege	24:28
16	Roberto Palos	24:36
23	Geoff Bradley	25:09
30	Dennis Kurtis	26:01

44	Tom Fahey	27:03
52	Dino Delyani	27:40
55	Jeff Rohrer	27:48
69	Todd Hayes	29:14
72	Dave Woodruff	29:32
73	Dan Anderson	30:17
82	Jeff Bedolla	31:58
90	Joe Hurtado	34:22
91	Kristian Petersen	35:01
92	Bill Dodson	35:11
94	Dave Norlander	36:10

Our 40+ men finished 2nd, our 50+ men finished 7th, our 60+ team finished 2nd, and our 70+ team finished 1st.

Women's Race

83	Kat Powell	35:27
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11/10/13- Clarksburg Half Marathon

54	Ray Rodriguez	1:20:35 3rd-50+
58	Brian Davis	1:21:20 2nd-55+
78	Ken Camet	1:25:06 9th-50+
107	Dino Delyani	1:31:56 7th-55+
196	Joe Hurtado	1:48:21 3rd-70+
238	Dalila Rodriguez	1:56:10 8th-40+
254	Kat Powell	1:58:52 3rd-60+
298	Dave Norlander	2:08:10 4th-70+
396	Eddie Reyna	2:33:45 1st-80+

Both our men's 50+ and 70+ teams finished 2nd.

11/2/13-Tamalpa Challenge XC-4.1M

Master Men's Race-4.1M

6	Jose Pina	23:33
11	Jorn Jensen	24:13
19	Ray Rodriguez	24:59
21	Roberto Palos	25:10
23	Barry Farrara	25:17
30	Brian Davis	25:56
35	Andy Williams	26:23
48	Dennis Kurtis	27:29
54	Tom Fahey	27:53
72	Tom O'Connor	29:09
77	Jeff Rohrer	29:40
85	Dan Anderson	30:12
89	Todd Hayes	30:21
102	Jeff Bedolla	32:53
109	Kristian Petersen	34:17
119	Joe Hurtado	36:16
121	Bill Dodson	37:01
123	Dave Norlander	37:12

Our 40+ team finished 2nd, our 50+ team finished 1st, our 60+ team finished 2nd, and our 70+ team finished 2nd.

Women's Race

90	Dalia Rodriguez	33:40
106	Kat Powell	37:35

11/16/13-Pacific Grove 5K

Georgia Riley	30:33 2nd-65+
Time Riley	32:20 3rd-65+

11/17/13-Ancil Hoffman XC Race-6K

Master Men's Race

18	Ray Rodriguez	21:29
20	Mike Kriege	21:50
51	Dan Anderson	25:29
59	Jeff Bedolla	28:07
68	Joe Hurtado	30:41

Women's Race

55	Dalia Rodriguez	27:45
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11/23/13-Santa Cruz Turkey Trot-5K

126	Georgia Riley	30:49 1st-65+
162	Tim Riley	34:40 3rd-65+

11/24/13-PA XC Championships

Women's Race-4M

122	Dalia Rodriguez	31:11
165	Kat Powell	41:00 9th-60+

Master Men's Race-6M

17	Jose Pina	35:34
25	Jorn Jensen	36:23
33	Ray Rodriguez	37:19 7th-50+
35	Roberto Palos	37:21 8th-50+
36	Barry Farrara	37:32 9th-50+
46	Brian Davis	38:24 4th-55+
54	Andy Williams	38:54
56	Mike Kriege	39:28
67	Dennis Kurtis	40:18 2nd-60+
71	Andy Lief	40:40
84	Tom Fahey	42:00
100	Dino Delyani	43:03
106	Bill Dunn	43:17 3rd-65+
112	Dan Anderson	44:41
121	Jeff Rohrer	46:32
137	Jeff Bedolla	50:24
144	Joe Hurtado	53:12 4th-70+

Our men's 40+ team finished 5th, the men's 50+ team finished 3rd, and the men's 60+ team finished 2nd.

11/28/13-Applied Materials Turkey Trot

Elite 5K Race

55	Jose Pina	16:07 1st-40+
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5K Race

127	Brian Conroy	21:13 3rd-55+
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158	Des Knuckey	21:51 3rd-60+
363	Uyenthi Tran	24:24 9th-40+
486	Nicky McAllister	25:19 5th-50+
766	Paul Armstrong	27:48

10K Race

14	Calvin Do	36:09 1st-40+
22	Roberto Palos	36:31 1st-50+
44	Ellie Lemco	38:23
48	Norry McAllister	38:32 2nd-55+
53	Ken Camet	38:47 3rd-50+
95	Kevin Breit	40:20 9th-35+
154	George Lo	41:50
286	Mark Goldman	44:09 1st-60+
314	Paul Taylor	44:36 9th-55+
324	Mike Krey	44:43 10th-55+
356	Robert Navarrete	45:04
786	Joann Dahlkoetter	48:58 2nd-60+
1141	Bill Jones	51:01 3rd-70+
1688	Jose Casillas	53:49

11/30/13-Fremont Quarry Turkey 5K/10K

5K

44	Kelly Emo	24:33 1st-45+
301	Tim Riley	36:13 2nd-65+

10K

2	Ray Rodriguez	37:32 1st-50+
47	Dalila Rodriguez	50:50 1st-40+

12/8/13-Cal International Marathon

314	Ken Camet	2:59:31 7th-50+
316	Ray Rodriguez	2:59:17 8th-50+
363	Brian Davis	3:02:21 5th-55+
585	George Lo	3:11:19
760	Tom Fahey	3:17:00
868	Geoff Bradley	3:20:56
1814	Joe Hurtado	3:44:15 1st-70+
1956	Ron Kiyono	3:46:34 4th-65+
3229	Dalia Rodriguez	4:16:06
4041	Bill Dodson	4:36:17 1st-75+
4686	Kat Powell	4:53:04
6186	Eddie Reyna	6:50:16 2nd-80+

The runners' place is as they came across the finish line. Their time is their chip time. We had a very good 50+ men's team but only finished 2nd. Our men's 40+ team finished 7th and our men's 70+ team finished 2nd.

12/14/13-Xmas Relays

Our 70+ team finished 3rd in that division.

The times of the team members were –

1st Leg-Joe Hurtado	36:11
2nd Leg-Bill Dodson	37:14
3rd Leg-Walt Van Zant	53:27
4th Leg-Carl Petersen	50:37



12/22/13-Pleasanton Double Road Race

Jose Pina 34:05-16:55 = 51:00 1st-40+
Jose Pina Jr 34:44-16:28 = 51:12 1st-19-
Brian Davis 39:26-20:06 = 59:32 2nd-50+
Bill Dunn 42:12-20:51 = 63:03 3rd-60+
Ron Kiyono 44:30-22:03 = 66:33 6th-60+
J Dahlkoetter 47:07-23:44 = 70:51 2nd-60+
Bill Jones 50:44-25:06 = 75:30 2nd-70+

Kat Powell 53:14-26:57 = 80:11 4th-60+
Eddie Reyna 83:02-36:54 = 99:56 5th-70+
There was no 80+ division for Eddie.

12/31/13-Coastal Trails 6Hr/12Hr/24Hr Runs

6-Hour Run

Bill Dodson 29.8M

12-Hour Run

Kat Powell 39.4M
Kat said that she completed her run 31 seconds before midnight and then drank champagne and watched the fireworks with her fellow runners.

