



WVJS



VOL XXXVI-#2 WEST VALLEY JOGGERS & STRIDERS July 2007

Saturday Workouts

08/04/07	One Mile on the Track	10/06/07	Step-Up & Down Relay
08/11/07	12 x 600 Relay	10/13/07	6 x 1600 Relay
08/18/07	Annual Handicap Race	10/20/07	Triangle Run (4.76 miles)
08/25/07	Farwell (3.54 miles)	10/27/07	12 x 800 Relay
09/01/07	36 x 200 Relay	11/03/07	Dou/Sar/Frtvle (2.75 miles)
09/08/07	Short Six (5.74 miles)	11/10/07	8 x 0.66M Tennis Court Loop Relay
09/15/07	4 x 1.46M WVC Loop Relay	11/17/07	Farwell/Herriman (4.68 miles)
09/22/07	18 x 0.33M Tennis Court Loop Relay	11/24/07	8 x 1200 Relay
09/29/07	Valle Vista (3.0 miles)	12/01/07	Farwell (3.54 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

08/11/07	Susan Anthony Wom 5K (2.0)
09/16/07	Banana Chase 5K (2.0)
09/23/07	Heritage Oaks 10K (2.0)
10/21/07	Humboldt Half Marathon (1.5)
11/11/07	Clarksburg 30K (2.0)
11/22/07	Seagate 5K (Open) (2.0)
12/02/07	Cal Intl Marathon (TBA)
12/16/07	Xmas 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 –
 Banana 5K, Clarksburg 30K
 08/11/07 Dammit Run – 5M
 09/23/07 Almaden Times 2M
 10/28/07 Hollister Road Mile

Other Popular Races

08/11/07	Dammit Run – 5 Miles
08/19/07	Run Thru Redwoods 10K
09/23/07	Almaden Times 2M
10/28/07	Hollister Road Mile
11/04/07	Silicon Valley Marathon
11/11/07	Big Sur Half Marathon

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

2007 PA/USATF Grand Prix

Open Men

Our open men's team is currently in 5th place. Bryan Chow is in 11th place in the short race division. Aaron Lee is our team captain.

Open Women

Our open women's team is in 5th place. Individually, Missy Sudan is in 6th place in the short race division and 13th place in the long race division. Johanna Fogolin is in 24th place in the short race division and 32nd place in the long race division. Missy is the team captain.

40+ Men

Our 40+ men's team is in 3rd place. Al Murray is our team captain. Individually, Slim Pickens and Ole Agesen are in 11th and 21st places in the short race division and Matt Nolan is in 14th place in the long race division.

40+ Women

Our 40+ women's team is in 7th place.. Becki Kriege is in 6th place in shte short race division and Marian Richard is in 9th place in the long race division. Kelly is the team captain.

50+ Men

Our 50+ men's team is in first place. Jim Bordoni and Tom O'Connor are our 50+ team captains. Individually, Dennis Kurtis is in 3rd place, Brian Davis is in 7th place, Tom O'Connor is in 8th place, Bill Dunn is in 9th place, Jim Bordoni is in 16th place, and Ron Kiyono is in 17th place in the short race division. Tom is in 7th place, Jim is in 9th place, Dennis Kurtis is in 10th place, Ron is in 11th place, Brian is in 15th place, and Dan Anderson is in 16th place in the long race division

50+ Women

Our 50+ women's team is in 5th place. Elaine Erickson and Chris Blue are in 15th and 17th places in the long race division. Kat Powell is the team captain.

60+ Men

Our 60+ men's team is in 2nd place. Joe Hurtado is the team captain. Individually, Joe Hurtado is in 6th place, Jim Howe is in 7th place, Bob Schmitt is in 13th place, and Dick Chimenti is in 15th place, in the short race division. Joe Hurtado is in 4th place, Bob Schmitt is in 7th, Carl Petersen is in 9th, and John Peterson is in 18th place in the long race division.

70+ Men



Our 70+ men's team is in 2nd place.. Eddie Reyna is the team captain. Individually, Eddie is in 3rd and Ed Singleton is in 4th place

in the short race division. Eddie is in first place in the long race division.

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. Our annual handicap race will be run on Saturday, 8/11/07, followed by a breakfast.

Mike Gruber attempted to run the Avenue of the Giants Marathon on May 6th but had to drop out at 16 1/2 miles because his left calf cramped up badly. He ran the first half of the marathon in 1:31:51. All club members should be happy to know that Mike immediately removed his club jersey so that the club would not be identified with a DNF. Mike redeemed himself in June by running a road 5K in 18:39. Mike said that it only took him 3 years of traing (6,000 miles of running) to get down to a 6-minute pace for a 5K. Mike ran the 3-mile Valle Vista course in 15:50 way back in 1980 when he was 21.

McKayla Plank competed in the NCAA division 1 track championships in the 1500 meters.. She missed qualifying for the finals by one place as she ran a great 4:19.29.

Damon Lease finished his 5th 100-mile race in 10 tries a few days ago – the Vermont 100 miler. His time was 26+ hours.

Mike Bordoni ran his all-time track mile best a couple of weeks ago – 4:32.5.

Becki Kriege has been out of commission lately with a broken bone in her foot. She expects to be back racing soon.

Bryan Chow finished 6th in the National Junior Olympics 5K on the track with a time of 15:39.

Jim Angelopoulos opened a running store in Morgan Hill on 4/21/07 by the name of GO RUN SPORTS. The web address for his store is www.gorunsports.com. He says that he will give club members only some unbelievable prices on the latest shoe models. Ask for Jim personally and let him know which brand and model you wear. He'll even ship them to you if you can't make it to Morgan Hill.

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>

2007 RUNNER OF THE YEAR CONTEST

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. 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.

2007 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 17 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. The standings to date for 2007 for all who scored in four or more races are as follows:.

Elite Division

Bob Pickens (8)	189
Dennis Kurtis (8)	185
Mike Bordoni (7)	174
Dave Piazza (8)	165
Brian Davis (8)	164
Rob Nast (5)	117
Mike Kriege (5)	108
Bryan Chow (4)	98

A Division

Al Murray (8)	200
Jeff Rohrer (8)	193
Tom O'Connor (8)	186
Missy Sudan (8)	183
Jim Bordoni (8)	181
Bill Dunn (8)	165
Ron Kiyono (8)	159
Dino Delyani (8)	151
Aaron Lee (8)	148
Norry McAllister (7)	138
Mike Smith (6)	121
Ron Blancas (5)	101
David Woodruff (4)	80
Brian Conroy (4)	77

B Division

Art Mitchum (8)	194
Joe Hurtado (8)	191
Dave McIntyre (8)	190
Bob Schmitt (8)	186
Mike Kolesnik (8)	180
Jim Howe (7)	175
Carol Bednar (8)	167
Steve Chamberlin (6)	124

C Division

Carl Petersen (8)	194
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Joe Johnson (8)	192
Mike Krey (7)	175

Rich Hahn (7)	165
Marion Richard (6)	148



Jeff Bedolla (6)	130	Kat Powell (8)	181	Chris Blue (7)	168
Helen Wong (6)	130	John Peterson (6)	137	Georgia Riley (7)	163
		Jim Myers (4)	91	Ed Singleton (7)	162
D Division		Tom Warfel (4)	90	Tim Riley (7)	157
Dave Norlander (8)	198			Ruby Hurtado (4)	84
Uyenthi Tran (8)	195	E Division			
Chris Cassell (8)	188	Eddie Reyna (8)	196		

2007 All-Comer Meets Grand Prix

This is the first year that we are holding a track Grand Prix based upon results at the Los Gatos winter and summer all-comer meets. We will score your best four events out of eight possible events – 60M, 100M, 200M, 400M, 800M, 100M/Mile, 2 miles, and 5K. Each event will be scored using the WAVA age-graded performance tables. Shown below are the scores through the 7/12 all-comer meet for all who competed in three events or more.

Event Scores

Pl	Runner	Total	60M	100M	200M	400M	800M	1500/Mile	2 Mile	5K
1	Mark Pasos (47)	340.9		90.32	88.81	84.97	76.82			
2	Jim Bordononi (54)	326.1				77.12	84.22	83.08	81.65	
3	Bob Pickens (46)	320.0			67.39	77.06	84.37	78.93	79.68	74.96
4	David Woodruff (49)	306.7				74.42	79.34	78.01	74.93	
5	Chris Cassell (52)	301.7	79.80	77.23	73.75	70.90	69.59			
6	Mike Kriege (47)	249.6					81.54	82.71	85.40	
7	Jeff Candello (51)	239.8					78.64	81.30	79.84	
8	Mike Kolesnik (51)	206.7		69.54		66.51	70.62			
9	Aaron Lee (33)	197.6					67.60	66.84	63.12	

Event Times

Pl	Runner	Total	60M	100M	200M	400M	800M	1500/Mile	2 Mile	5K
1	Mark Pasos (47)	340.0		11.98	24.58	56.97	2:28.46			
2	Jim Bordononi (54)	326.1				66.14	2:23.19	5:17.29	11:32.12	
3	Bob Pickens (46)	320.0			32.17	62.37	2:14.14	5:13.12	11:05.34	18:47.22
4	David Woodruff (49)	306.7				65.99	2:25.97	5:24.31	12:04.06	
5	Chris Cassell (52)	301.7	9.11	14.49	30.67	70.85	2:50.48			
6	Mike Kriege (47)	249.6					2:19.87	5:01.14	10:25.61	
7	Jeff Candello (51)	239.8					2:29.61	5:16.24	11:30.49	
8	Mike Kolesnik (51)	206.7		15.66		72.79	2:41.49			
9	Aaron Lee (33)	197.6					2:32.80	5:36.93	12:50.18	

SATURDAY WORKOUT RESULTS

5/19/07 – Farwell – 3.54M

1	Mike Bordononi	19:41.8	PR
2	Rob Nast	20:10.7	PR
3	Dennis Kurtis	20:22.8	PR
4	Andy Williams	20:27.9	PR
5	Slim Pickens	21:05.4	
6	Al Murray	21:22.0	
7	Becki Kriege	21:27.1	
8	Bjorn Samson	21:35.9	
9	Jim Bordononi	21:38.5	
10	Jeff Rohrer	21:43.2	
11	Missy Sudan	21:50.6	
12	Bill Dunn	22:16.6	
13	Kristina Park	22:32.8	
14	Jim Howe	22:56.4	
15	Dave McIntyre	23:10.5	PR
16	Brian Conroy	23:20.6	
17	Mike Krey	24:04.9	PR
18	Steve Chamberlin	24:57.1	
19	Joe Hurtado	25:04.3	
20	Mike Kolesnik	25:37.8	

21	Tim Rostege	25:38.2	
22	Rich Hahn	25:54.2	
23	Helen Wong	26:15.1	
24	Jeff Bedolla	26:26.8	
25	Dave Norlander	26:43.2	
26	Brian Low	26:59.2	
27	Paul Rodriguez	27:17.0	PR
28	Jim Myers	27:42.6	
29	Chris Cassell	29:06.2	
30	Mark Raven	29:08.0	
31	Roger Lobbes	30:55.4	PR
32	Rich Collins	31:00.9	
33	Dena Noble	31:13.1	
34	Rich Stiller	31:13.6	
35	Kat Powell	32:24.9	
36	Walt Van Zant	36:08.3	

Dave McIntyre improved by 40 seconds. Dennis Kurtis recorded the #6 time by a 50+ runner. Mike Bordononi won his 6th road run (including track 5K) out of 7 tries for the year while improving his PR by 9 seconds. Becki led the ladies. Rob led the men 40+ runners, Dennis led the 50+ men, and Jim Howe led the 60+ men. Thanks to Danny & Madelyn Moon, Kelly Emo, and Stan DeMartinis for helping at the finish line.

5/26/07-8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Norlander/Delyani	7:00	40:47
2	Blue/Krey	4:30	41:03
3	Rodriguez/J.Bordononi	8:15	41:38
4	VanZant/Conroy	1:00	41:48
5	D.Moon/Wong	6:30	41:59
6	Murray/Eng	7:30	42:16
7	Hahn/C.Petersen	5:45	42:29
8	Noble/Russell	7:15	43:01
9	T.Riley/Collins	-0-	43:03
10	Rostege/McIntyre	7:30	43:19

Phantom Dick Barret Trophy Winner – Dave McIntyre
A lot of good running this morning – 8 PRs out of 36 runners. Paul Rodriguez PR'd by 3 minutes.

Dick Barrett Trophy Winner – Dino Delyani

Dave Norlander put his team into the lead with about 300 yards to go on the second to last loop and then Dino Delyani, who PRd by 41 seconds, lengthened the lead as their team won by about 80 yards. Mike Krey PRd by 17 seconds. Jim Bordoni did not PR but at the advanced age of 54 missed his PR by only 1 second. Ray Russell ran a great 3:27 on his last loop to bring his team from last place to 8th. Chris Blue did not PR but still ran her best time for this workout in over 4 years. Tim Riley ran the same exact time as he did the last time we ran this workout in February – 23:04.

6/02/07 – Short Six – 5.74 Miles

1	Mike Bordoni	33:40	PR
2	Al Murray	37:28	
3	Norry McAllister	37:50	
4	David Woodruff	37:56	
5	Kristina Park	38:07	
6	Dino Delyani	38:27	
7	Aaron Lee	38:43	PR
8	Carl Petersen	42:20	
9	Tim Rostege	42:22	
10	Jeff Bedolla	44:40	
11	Uyenti Tran	46:06	
12	Rosa Hellen	46:14	
13	Jim Myers	46:34	
14	Paul Rodriguez	47:11	PR
15	Dave Norlander	47:28	
16	Chris Cassell	48:52	
17	John Peterson	48:58	
18	Chris Blue	50:40	
19	Kat Powell	53:39	
20	Rich Collins	56:16	
21	Walt Van Zant	57:12	
22	Tom Warfel	58:07	
23	Ruby Hurtado	69:02	
	Steve Chamberlin	NT	*

* Got lost.

Dick Barrett Trophy Winner – Paul Rodriguez

Good morning for racing as we had cool weather. Mike Bordoni ran easy because he had a race the next day but still PRd by 36 seconds while breaking the family record for this course by 15 seconds. Aaron Lee improved his PR by 20 seconds. Tim Rostege improved his 65+ best by 27 seconds. Paul Rodriguez took home the weekly trophy because he improved his PR by a whopping 2 1/2 minutes. Buby improved her 65+ course record by 14 minutes.

Norry missed his PR by 1 second. Dino missed his PR by 4 seconds. Good battle between Carl Petersen and Tim Rostege for 65+ honors as Carl managed to get away from Tim during the last 100 yards to win by 2 seconds. Steve Chamberlin got lost as he missed the turn onto Sobey Rd from Quito. We're not sure how far he ran.

6/09/07 – All Courses Day

Douglas – 2.75M

1	Ray Russell	16:57	
2	Paul Rodriguez	21:00	PR
3	Tom Warfel	24:23	
4	Rich Stiller	24:30	
5	Walt Van Zant	24:52	

Valle Vista – 3.0M

1	Dennis Kurtis	16:56	
2	Andy Williams	17:17	PR
3	Al Murray	18:14	
4	Missy Sudan	18:14	
5	Bill Dunn	18:27	
6	Norry McAllister	18:42	
7	Kristina Park	18:47	
8	Frank Prabel	18:59	
9	Jim Howe	19:14	
10	Aaron Lee	19:17	
11	Dave McIntyre	21:12	
12	Carl Petersen	21:23	PR
13	Helen Wong	21:32	
14	Jeff Bedolla	21:52	
15	Uyenti Tran	23:08	PR
16	John Peterson	24:05	
17	Rick Kananen	26:19	
18	Rich Collins	27:04	

Farwell – 3.54M

1	Joe Hurtado	25:23.6	
2	Tim Rostege	25:35.8	
3	Kat Powell	32:57	

Farwell+ - 4.25M

1	Joe Johnson	30:02	
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Farwell/Herriman – 4.68M

1	Jeff Rohrer	29:37	
2	Steve Chamberlin	33:04	

Triangle – 4.76M

1	Mark Goldman	32:23	
2	Jonathan Lee	36:31	

Short Six – 5.74M

1	Tom O'Connor	37:34	PR
2	Roger Lobbes	54:25	

Dick Barrett Trophy Winner – Bill Dunn

There were a lot of good performances this morning. Dennis Kurtis ran the #4 time by a 50+ runner on the Valle Vista course (behind Tim Rostege, Bill Meinhardt, and Roger Bryan). Andy Williams continued his good running by improving his PR by 19 seconds. Missy Sudan ran her best time on the Valle Vista course in over three years and moved into first place of the A division of the Cum Sat contest. Bill Dunn, who is less than two months from turning 60, improved his 55+ PR for Valle Vista by 9 seconds. His time was also 11 seconds under the 60+ Valle Vista course record. Jim Howe recorded the #4 time by a 60+ runner on the Valle Vista course. Aaron Lee missed his Valle Vista PR by 4 seconds. Carl Petersen improved his 65+ PR by 23 seconds to move into #9 on the 65+ list and also move into the Cum Sat contest lead for the C division. Uyenti Tran improved her Valle Vista PR by 11 seconds. Tom O'Connor improved his Short Six PR by 11 seconds.

6/16/07-16 x 300 Relay

Pl	Team	Start	Finish
1	Russell/Woodruff	4:15	19:34
2	Dunn/M.Bordoni	5:15	19:42
3	M.Sudan/Bambury	4:15	19:57
4	Hurtado/D.Moon	2:30	19:57
5	Mitchum/Park	4:15	20:00
6	Norlander/Goldman	2:30	20:16
7	Conroy/Pickens	5:00	20:24
8	Noble/Wong	1:30	20:27
9	Collins/Rodriguez	1:00	20:37
10	L.Nast/Bednar	2:45	20:40
11	Napier/Bedolla	-0-	20:48
12	Van Zant/Cassell	1:00	21:17
13	Schmitt/Krey	4:15	21:32
14	McIntyre/Murray	3:30	21:47
	Ju/Lim		22:40

Dick Barrett Trophy Winner – David Woodruff

Tough workout due to the lack of rest in between runs. The Woodruff team came from 6th place with 3 laps to go to win this morning. The Bordoni team passed 8 teams during the last 3 laps to finish 2nd.

6/23/07 – Valle Vista – 3.0 Miles

1	Rob Nast	16:47	PR
2	Dave Piazza	17:57	
3	Dave Woodruff	18:40	
4	Dino Delyani	19:26	
5	Dave McIntyre	19:35	PR
6	Magness Wikland	19:47	

7	Steve Chamberlin	20:12	
8	Mike Krey	20:35	
9	Kristina Park	20:37	
10	Todd Hayes	21:19	
11	Jeff Bedolla	21:39	
12	Erick Cherng	21:40	
13	Helen Wong	21:57	
14	Dave Norlander	22:35	
15	Rosa Hellen	23:05	
16	Paul Rodriguez	23:50	PR
17	Mark Raven	23:53	
18	Tom Warfel	24:22	
19	Chris Blue	24:35	
20	Arturo Rodriguez	24:40	
21	Rich Collins	24:41	
22	Roger Lobbes	26:24	
23	Tim Riley	29:52	
24	Don Packwood	33:28	

Dick Barrett Trophy Winner – Dave McIntyre

Many club members were running in the Shriner's 8K this morning and the Corporate Regional meet later today. So, we had a light turnout. Rob improved his PR by 8 seconds while running to an easy win. Dave McIntyre improved his PR by 8 seconds and Paul Rodriguez improved his PR by 57 seconds. Chris Blue moved to #3 on the women's 55+ list with a 37-second improvement on her 55+ best. Rich Collins knocked 17 seconds off his 60+ best. Tom Warfel was able to complete the run despite having spent a couple of nights in the hospital this week. Kristina pushed her baby in a baby jogger all of the way up the Fruitvale hill and still had enough strength to finish in the top half of the field.

6/30/07 – One Mile on the Track

Heat #1 6:20 and Up

1	Jeff Bedolla	6:29.3
2	Carl Petersen	6:34.0
3	Tim Rostege	6:37.4
4	Uyenthi Tran	6:37.9
5	Chris Cassell	6:39.5
6	Dave Norlander	6:50.4
7	John Peterson	6:57.6
8	Rich Collins	7:14.1
9	Chris Blue	7:23.0
10	Pauline Beatty	7:34.8
11	Roger Lobbes	7:42.4
12	Kat Powell	7:54.0
13	Georgia Riley	8:23.7
14	Madelyn Moon	8:57.7
15	Debbie Powell	11:17.7
16	Stan DeMartinis	16:46.x

Heat #2 5:30 to 6:20

1	Bill Dunn	5:33.4
2	Dave McIntyre	5:35.8 PR
3	Aaron Lee	5:36.7
4	Frank Prabel	5:38.1
5	Art Mitchum	5:39.9
6	Brian Conroy	5:47.7
7	Mark Goldman	6:05.6
8	Mike Kolesnik	6:10.4
9	Mike Krey	6:14.7
10	Danny Moon	6:16.5
11	Joe Hurtado	6:17.6

Heat #3 5:30 and Under

1	Mike Bordoni	4:42.7
2	Rob Nast	5:00.0
3	Bob Pickens	5:08.0
4	Dave Woodruff	5:24.8
5	Al Murray	5:28.1

Race #1 was a good 5-man battle for the first 3 laps until Jeff pulled away for an easy win. Bill Dunn battled Art Mitchum in the 2nd race through 3 laps with Art Mitchum leading. But, the effort proved too difficult for Art and he faded to 5th place during the last lap while Bill went on for the win. Mike Bordoni scored an easy win during the last race. Rob missed breaking 5:00 by a fraction and timed himself in 4:59.7.

7/7/07-Triangle Run-4.76M

1	Jorn Jensen	27:27
2	Scott Bang	27:40
3	Bob Pickens	28:00
4	Andy Williams	28:11 PR
5	Al Murray	29:39
6	Kristina Park	30:28
7	Brian Conroy	30:42 PR
8	Frank Prabel	30:56
9	Aaron Lee	30:59 PR
10	Dave McIntyre	31:56 PR
11	Jeff Rohrer	33:02
12	Neil Gelblum	33:26
13	Todd Hayes	33:50
14	Joe Johnson	33:50
15	Joe Hurtado	34:23
16	Tim Rostege	34:53
17	Helen Wong	34:56
18	Jeff Bedolla	35:11
19	Uyenthi Tran	37:09 PR
20	Mike Kolesnik	37:41
21	Dave Norlander	38:05
22	John Peterson	39:10
23	Chris Blue	39:12
24	Kat Powell	40:22

25	Rich Collins	41:22
26	Tom Warfel	41:34
27	Roger Lobbes	41:56
28	Ed Singleton	45:21
29	Tim Riley	47:05

Dick Barrett Trophy – Uyenthi Tran

Jorn Jensen ran a Saturday road run with us for the first time since May of 2006 and cruised to the win, bettering his 2006 Triangle PR by 27 seconds. Kristina Park led the ladies. Dave McIntyre continued to run well with a 69 second improvement on his PR. Uyenthi improved her PR by 34 seconds and hubby, Aaron, improved his PR by 15 seconds. Andy Williams also improved his PR by 15 seconds. Chris Blue improved her 55+ PR by 50 seconds and Kat improved her 55+ best by 23 seconds. 76-year-old Ed Singleton ran his best ever Saturday road run (based upon the 10K equivalent chart prepared by Jim Whalen).

7/14/07-5K on the Track

1	Scott Bang	17:20.7
2	John Kimura	17:39.4
3	Al Murray	17:55.2
4	Mike Kriege	17:58.6
5	Matt Bordoni	18:19.5
6	Andy Williams	18:26.8
7	Missy Sudan	18:52.6
8	David Woodruff	18:54.5
9	Jim Bordoni	18:56.9
10	Bill Dunn	19:15.2
11	Alp Mimaroglu	19:25.9
12	Tom O'Connor	19:27.1
13	Jim Howe	19:39+
14	Dave McIntyre	19:44.6 PR
15	Brian Conroy	19:45.4
16	Aaron Lee	19:53.8
17	Magnus Wiklund	20:26.1
18	Dimitrios Stefan	20:40.1
19	Todd Hayes	20:52.4
20	Mike Krey	20:59.6
21	Mike Kolesnik	21:06.7
22	Joe Hurtado	21:06.8
23	Carl Petersen	22:04.7
24	Jeff Bedolla	22:09.5
25	Steve Chamberlin	22:18.1
26	Helen Wong	23:03.2
27	Uyenthi Tran	23:10.2
28	Dave Norlander	23:40.3
29	Jim Myers	24:00.9
30	John Peterson	24:16.4
31	Danny Moon	24:34.3
32	Matt Kriege	24:36.6
33	Rich Stiller	24:45.5

34	Chris Cassell	25:15.6
35	Chris Blue	25:39.5
36	Mary Kriege	25:41.5
37	Kat Powell	25:51.3
38	Pauline Beatty	25:54+
39	Georgia Riley	26:58+
40	Tim Riley	27:28+
41	Walt Van Zant	33:50.3
42	Don Packwood	34:12.2

Dick Barrett Trophy Winner - Mike Bordoni

Scott Bang took the lead at the start and led all of the way for the win, finishing with a last lap of 69. Missy Sudan scored an easy win over all of the ladies.

7/21/07-Dou/Sar/Frtvale-2.75M

1	Mike Bordoni	14:52
2	Jean Harris	15:39
3	Jeff Candello	16:33
4	Dave Woodruff	16:41
5	Bill Dunn	16:46
6	Missy Sudan	17:21
7	Magnus Wiklund	17:24
8	Brian Conroy	17:35
9	Dave McIntyre	17:42 PR
10	Steve Chamberlin	18:38 PR

11	Todd Hayes	18:43
12	Joe Johnson	18:54
13	Helen Wong	19:22
14	Jeff Bedolla	19:27
15	Tim Rostege	20:00
16	Liz Nast	20:27
17	Dave Norlander	20:45
18	Matt Kriege	20:50
19	Kelly Emo	21:15
20	Rosa Hellen	21:15 PR
21	John Peterson	21:48
22	Jim Myers	22:04
23	Paul Rodriguez	22:24
24	Kat Powell	23:01
25	Dena Noble	23:42
26	Pauline Beatty	23:59
27	Rick Kananen	23:58
28	Mike Kolesnik	24:56
29	Ed Singleton	27:36
30	Don Packwood	30:35 RW
31	Stan DeMartinis	62:est

effort while saving himself for the Wharf to Wharf race tomorrow but still won easily and came within 15 seconds of his PR. Jeff Candello led the 50+ runners. Dave McIntyre ran his 5th consecutive PR. Steve Chamberlin PRd by 12 seconds. Helen Wong ran her best time on this course in 3 1/2 years. Jeff Bedolla ran his best for this course in 2 years. Liz Nast posted the 8th best-ever women's 45+ time for this course. Rosa Hellen knocked 70 seconds off her PR. John Peterson ran his best time on this course since his knee surgery and was very pleased to dip under 8-minutes per mile pace. Kat Powell improved her 55+ PR by 39 seconds to move to #6 on the women's 55+ list. Al Murray did a good job of protecting the runners as they crossed Fruitvale and the finish line crew of Jim Bordoni, Becki Kriege, Chris Blue, and Georgia Riley did an excellent job.

Phantom Dick Barrett Trophy Winner – Bill Dunn

It was slightly warmish this morning. Despite the weather conditions, there were many good performances. Mike Bordoni ran at moderate

RACE RESULTS

4/20/07-Santa Barbara 5K

Kelly Emo	21:31	2nd-40+
Dana Emo	54:32	

5/12/07-Silicon Valley Human Race 5K

Kelly Emo	22:17	2nd-40+
Dana Emo	48:12	

5/28/07 - Marin Memorial Day 10K

11	Bryan Chow	32:32	2nd-13+
36	Ole Agesen	34:39	
54	Dennis Kurtis	35:40	2nd-50+
60	Bob Pickens	36:04	
62	Mike Kriege	36:11	
77	Al Murray	36:58	
86	Becki Kriege	37:19	1st-40+
92	Brian Davis	37:41	
98	Alp Mimaroglu	37:53	5th-13+
102	Dave Piazza	38:02	
105	Jeff Rohrer	38:10	
108	Tom O'Connor	38:12	
122	Missy Sudan	39:02	
137	Norry McAllister	39:37	
149	Jim Howe	40:15	3rd-60+
153	Aaron Lee	40:23	
165	Dino Delyani	40:46	
177	Bill Dunn	41:16	4th-55+

221	Bob Schmitt	43:17	2nd-65+
223	Marian Richard	43:19	5th-45+
235	Joe Hurtado	43:57	5th-65+
238	Steve Chamberlin	43:58	
253	Laura Melendez	44:45	
282	Dave Norlander	46:13	
285	Carol Bednar	46:28	
287	Joe Johnson	46:35	
311	Jeff Bedolla	48:15	
329	Gina Krieg	49:40	
332	Uyenthi Tran	49:45	
418	Kat Powell	55:30	
435	Eddie Reyna	56:45	1st-75+
486	Ed Singleton	61:40	3rd-75+

17-year-old Bryan Chow led 32 club members with a fast 32:32 time. Ole led our 40+ men runners. Dennis Kurtis led our 50+ runners. Jim Howe led our 60+ runners. Eddie Reyna led our 70+ runners. Becki Kriege led all of our women while finishing first in the 40+ division. Our men's open team finished 7th, our women's open team finished 8th, our men's 40+ team finished 3rd, our women's 40+ team finished 8th, our men's 50+ team finished first, and our men's 60+ team finished 2nd.

5/28/07 - Marin Memorial Day 2.5N

30	Rich Hahn	17:25	5th-40+
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5/29/07 – PAUSATF Open Track

Championships

Bob Pickens and Mark Pasos represented WVJS at the PAUSATF Open Track Championships\ at College of San Mateo. Despite some heavy winds, both did well against the much younger competition.

Bob Pickens

400m	- 61.79
1500m	- 4:29:81

Mark Pasos

100m	- 12.61 (w = -2.5)
200m	- 25.88

6/2/07-Vineman's Showdown Triathlon

Georgia Riley	1:30:59	1st-60+
Tim Riley	1:33:24	3rd-60+

This race consisted of a 1/4M swim, 9M bike, and a 5K run.

6/3/07-Danskin Women's Triathlon

Kelly Emo	1:33:11	4th -40+
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1/2M swim, 14M bike, 5K run. Very competitive race in Los Angeles. 17:57 for

the swim, 48:00 for the bike, and 23:10 for the run.

6/3/07 - Don Bowden Mile

Men

Mike Bordoni	4:37.0	
Bryan Chow	4:40.5	3rd-14+
Bob Pickens	4:47.8	
Mike Kriege	5:01.0	
Dennis Kurtis	5:05.0	5th-50+
Jim Bordoni	5:08.1	
Tom O'Connor	5:17.6	
Jeff Rohrer	5:18.6	
Mike Smith	5:29.6	
Bill Dunn	5:29.6	2nd-55+
Brian Davis	5:31.9	
Art Mitchum	5:33.4	4th-55+
Ron Kiyono	5:38.7	
Dick Chimenti	5:59.4	
Mike Kolesniki	6:03.6	
Joe Johnson	6:11.6	
Rich Hahn	6:18.2	
Joe Hurtado	6:20.2	2nd-65+
Eddie Reyna	8:26.4	2nd-75+
Ken Napier	8:34.4	3rd-75+
Ed Singleton	8:53.2	4th-75+

Women

Johanna Fogolin	5:23.4	
Becki Kriege	5:28.1	4th-40+
Missy Sudan	5:31.2	1st-35+
Danielle Zeliński	5:39.5	
Laura Melendez	5:51.5	

6/10/07 – Henry Coe 5K & 10K

5K

Bill Flodberg	41:39	2nd-60+
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10K

Dan Anderson	42:08	1st-50+
Dave Norlander	49:30	2nd-60+

Tough conditions – warm weather, rolling hills, and small creeks to cross.

6/16/07-Fall City Days 5K

19 Mike Gruber	18:39
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6/17/07-Holy City Race-9.1M

1 Bob Pickens	57:05
2 Dennis Kurtis	58:08
3 Al Murray	58:20
4 Dave Piazza	58:55
5 Jeff Rohrer	62:14
6 Justin Fogarty	65:31
7 Aaron Lee	65:55

8 Dino Delyani	66:21
9 Dave McIntyre	67:18
10 Dick Chimenti	67:45
11 George Bruder	69:04
12 Steve Chamberlin	69:42
13 Joe Johnson	71:04
14 Carl Petersen	73:30
15 Carol Bednar	76:03
16 Uyenthi Tran	77:07
17 Keith Lubliner	78:18
18 Rick Kananen	80:49
19 Kevin Cunningham	81:12
20 Billy Mackey	81:31
21 Chris Blue	81:47
22 Chris Cassell	82:38
23 Tom Warfel	83:38
24 Kat Powell	96:18

Our race director, Bob Pickens, scored his 4th win for this race in 9 years. Carol Bednar won for the ladies. Dennis Kurtis led the 50+ men while recording the all-time #8 time for 50+ men. Dick Chimenti, who holds the 60+ course record, scored his 2nd 60+ win.

6/23/07 - Shriner's 8K

33 Dennis Kurtis	27:25	1st-50+
52 Andy Lief	28:39	
65 Mike Kriege	29:02	
69 Al Murray	29:06	
77 Brian Davis	29:25	
87 Bob Pickens	29:58	
99 Tom O'Connor	30:40	
109 Missy Sudan	31:04	2nd-35+
110 Tony Scardina	31:06	
111 Bill Dunn	31:06	2nd-55+
123 Ron Kiyono	31:33	5th-55+
125 Johanna Fogolin	31:41	4th-25+
128 Jim Howe	31:49	4th-60+
132 Dwight Cornwell	31:56	5th-60+
138 Alp Mimaroglu	32:08	5th-16+
161 Laura Melendez	33:19	2nd-20+
183 Dick Chimenti	34:18	
192 Joe Hurtado	34:48	1st-65+
217 Joe Johnson	36:13	
355 John Pickens	43:57	
385 Ed Reyna	46:20	3rd-75+
416 Ed Singleton	48:19	4th-75+

6/23/07-SJ Mountain Bike Triathlon

Kelly Emo 1:17:36 2nd-40+
This race consisted of a 500M swim, a 10M bike, and a 5K run. Kelly's splits were 8:41, 44:01, and 22:46.

6/24/07-SJ Intl Triathlon

Kelly Emo	2:29:52	5th-40+
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This race consisted of a 1.25K swim, a 40K bike, and a 10K run. Kelly's splits were 26:10, 72:18, and 46:59. This was Kelly's second triathlon in 2 days and her second 5th place finish this year in international triathlon competitions. This should be good enough to earn her an invitation to the USA Triathlon age group nationals next year.

7/4/07 – Morgan Hill One Mile

19 Dana Emo	9:18	1st-9+
71 Lauren Emo	14:07	3rd-5+

7/4/07 – Morgan Hill 5K

79 Kelly Emo	21:49	2nd-40+
80 Rich Hahn	21:51	

7/14/07-Summer Duathlon #2-Sacramento

Kelly Emo 1:35.57
Kelly was the first woman finisher overall in this race that consisted of a 5K run, a 16 mile bike, and another 5K run. Kelly ran her first 5K in 22:04, her bike ride in approximately 51 minutes, and her last 5K in approximately 23 minutes.

7/4/07 – Carnation Run For The Pies 5K

26 Mike Gruber	18:31
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There were 420 runners in this race.

7/7/07 – June Lake Sprint Triathlon

12 Kelly Emo	55:55
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This race was run at an altitude of 8700 feet and consisted of a 400-meter swim, 8.2-mile bike ride, and a 2-mile trail run (16:30).

7/21/07 – Vermont 100-Miler

Damon Lease	26:xx
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This is the fifth time that Damon has finished a 100-miler in ten tries.

7/22/07 – Wharf to Wharf – 6M

Mike Bordoni	33:29
Mike Matthews	33:39
Rob Nast	33:40
Jorn Jensen	34:20
Kristina Park	38:27
Mike Kolesnik	44:29

7/26/07-Natl Junior Olympics 5K

7 Bryan Chow	15:39.23
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This was a 5K on the track. Bryan missed 6th place by 0.17 seconds.



2006-07 LOS GATOS ALL-COMER MEET RESULTS

	Winter	Jan. 6	Jan. 13	Jan. 20	Jan. 27	Feb. 3	Feb. 10	Feb. 17	Feb. 24
	'07 Best								
60 METERS									
Chris Cassell	9.11				9.11				
Helen Cassell	10.05				10.05				
100 METERS									
Mark Pasos	12.23		12.23						
Chris Cassell	15.01		15.02				15.01		
Helen Cassell	15.74				15.74				
Scotty McIntyre	20.20							20.20	
200 METERS									
Mark Pasos	24.87	25.08	24.87	24.94					
Alp Mimaroglu	27.33						27.33		
Chris Cassell	31.56		31.56				31.73		
Robert Pickens	32.17						32.17		
400 METERS									
Mark Pasos	0.57.11	0.57.20		0.58.16			0.57.11		
Alp Mimaroglu	1.01.79						1.01.79		
Robert Pickens	1.02.89				1.04.83	1.06.00	1.05.34	1.02.89	
Rachel Skokowski	1.04.10				1.04.10				
Dave McIntyre	1.08.79							1.08.79	
Mike Kolesnik	1.12.79							1.12.79	
Chris Cassell	1.13.98				1.13.98				
800 METERS									
Robert Pickens	2.18.68			2.26.57	2.23.02	2.21.59		2.18.68	
Mike Kriege	2.19.87		2.21.40	2.19.87					
Jim Bordoni	2.23.19					2.23.19			
Rachel Skokowski	2.26.96							2.26.96	2.27.34
Mark Pasos	2.28.46					2.28.46			
Jeff Candello	2.29.61					2.29.61			
Mike Kolesnik	2.41.49							2.41.49	
Chris Cassell	2.50.48		2.50.48						
Aaron Lee	2.53h							2.53h	
1500 METERS									
Paul Skokowski	4.40.79								4.40.79
Jim Bordoni	4.55.17								4.55.17
MILE									
Mike Kriege	5.01.14		5.06.17	5.01.14					
Alp Mimaroglu	5.05.14				5.23.99			5.05.14	
Paul Skokowski	5.07.63	5.12.79						5.07.63	
Jeff Candello	5.16.24				5.16.24				
Jim Bordoni	5.17.29			5.17.29					
Becki Kriege	5.24.82	5.31.20	5.24.82						
Dimitri Stefanidis	5.25.05								5.25.05
Jeff Rohrer	5.26.29			5.26.29					



Ray Russell	5.29.29		5.29.29				
Rachel Skokowski	5.32.79	5.37.86	5.32.79	5.51.93			
Brian Conroy	5.32.94				5.32.94	5.36.68	
Tom O'Connor	5.35.37		5.35.37				
Missy Sudan	5.38.71		5.38.71				
Carol Bednar	6.12.53		6.12.53				
Dave McIntyre	6.23h						6.23h

2-MILE

Mike Kriege	10.25.61				10.54.89	10.25.61	
Andy Lief	10.43.2h			10.43.2h			
Becki Kriege	11.01.89	11.38.97	11.23.85		11.01.89		
Paul Skokowski	11.23.34	11.25.43			11.23.34		
Jeff Candello	11.30.49			11.30.49			
Jim Bordoni	11.32.12	11.43.10	11.32.12				
Jeff Rohrer	11.35.17			11.35.17			
Brian Conroy	11.48.27	11.53.34	11.48.27			12.27.09	
Alp Mimaroglu	11.49.51	11.49.51			13.23.14		
Aaron Lee	12.50.18						12.50.18

5000 METERS

Andy Lief	17.08.95						17.08.95
Bjorn Sampson	17.49.05						17.49.05
Robert Pickens	18.47.22						18.47.22

LONG JUMP

Helen Cassell					12' 0"		
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NOTES:

FinishLynx times from Hank's website when available. Otherwise hand times noted with "h".

Data collection aided greatly by Robert Pickens.

Mile start times:			2:25	2:10	2:10		2:50	2:50
2-Mile start times:		2:10	2:50	3:45	3:00	3:20	4:05	3:40 (5K)