



# WVJS



## VOL XXXVIII-#2 WEST VALLEY JOGGERS & STRIDERS July 2009

### Saturday Workouts

07/18/09	Dou/Sar/Fruitvale (2.75M)	09/19/09	18 x 0.33-Mile Tennis Court Loop Relay
07/25/09	Farwell/H (4.68M)	09/26/09	Valle Vista (3.0 miles)
08/01/09	One Mile on the Track	10/03/09	Step-up & Step-down Relay
08/08/09	12 x 600 Relay	10/10/09	6 x 100 Relay
08/15/09	Farwell (3.54 miles)	10/17/09	Triangle Run (4.76 miles)
08/22/09	36 x 200 Relay	10/24/09	12 x 800 Relay
08/29/09	Annual Handicap Race	10/31/09	Dou/Sar/Fruitvale (2.75 miles)
09/05/09	Short Six (5.74 miles)	11/07/09	8 x 0.66-Mile Tennis Court Loop Relay
09/12/09	4 x 1.46-mile WVC Loop Relay	11/14/09	Farwell/H (4.68M)

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

10/18/09	Humboldt Half Mar (1.5)
11/08/09	Clarksburg 30K (2.0)
11/26/09	Synaptics 5K (2.0)
12/06/09	Cal Intl Mar (2.0)
12/13/09	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
08/08/09 Damit Run
08/22/09 Santa Cruz XC Race
09/13/09 Banana Chase 5K (tentative)
10/25/09 Hollister Road Mile
11/08/09 Clarksburg 30K

#### Other Popular Races

07/19/09	Jungle Run-10K/Half Marathon
07/26/09	San Francisco Marathon
08/16/09	Race Thru the Redwoods 10K
08/29/09	10K on the Bay in Hayward
09/19/09	Pleasanton 5K/10K
10/04/09	Bridge to Bridge 7K/12K
10/11/09	Primo's Run-5K/Half Mar
10/18/09	Sawyer Camp Trail 5K/10K

#### 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.

## IN MEMORIAM

We mourn the death of our friend and fellow runner, Linda Legregni. She lost her lengthy battle with cancer on Monday, 7/6/09, passing peacefully in her home with her husband, Ron, by her side. Linda joined our club about 10 years ago and was one of the regulars at Carrows for breakfast after our Saturday workouts. She enjoyed organizing San Jose Giant baseball parties for us and enjoyed bringing her white poodle, Zoe, to club workouts. Linda had a long and successful career at IBM, where she met her husband. They transferred from New York to San Jose and settled in Los Gatos. She was an extraordinary woman who enjoyed running, obedience training with her dog, traveling with her husband, entertaining friends, bird watching, and loved reading mystery novels. She will be missed dearly by all who were fortunate to know her.

## 2009 PA/USATF Road Grand Prix

#### Open Men

Our open men's team is presently in 8th place. Aaron Lee is our team captain. Individually, Duncan Weru is in 2nd place in the short race division.

#### Open Women

Our open women's team is presently tied for 2nd place. Missy Sudan is the team captain. Individually, Johanna Fogolin and Missy Sudan are in 15th and 25th places in the short race division. Johanna is in 11th place in the long race division.

#### 40+ Men

Our 40+ men's team is presently in 4th place. Al Murray is our team captain. Individually, Scott Bang is in 25th place and Magnus

Wiklund in 30th place in the short race division. Scott is in 5th place in the long race division.

#### 40+ Women

Our 40+ women's team is presently in 4th place. Kelly Emo and Carol Benar are the team captains. Individually, Becki Kriege is in 5th place in the short race division. Marian Richard is in 22nd place in the long race division.

#### 50+ Men

Our 50+ men's team is presently in 2nd place. Tom O'Connor is our 50+ team captain. Individually, Brian Davis, Dave Piazza, Norry McAllister, Jim Bordoni, and David Woodruff are in 5th, 17th, 18th, 22nd, and 26th places in the short race division. Brian, Tom O'Connor, Neil Gelblum, Dave, Woodruff, Dave Piazza, Dan Anerson,



and Norry are in 2nd, 6th, 11th, 12th, 16th, 18th, and 24th places in the long race division.

#### **50+ Women**

Our 50+ women's team is presently in 4th place. Kat and Pauline Beatty are the team captains. Christine Kennedy is in 1st place in the long race division. She also leads the long race division for the 40+ women and is in 4th place for the open women in the long race division. Pauline Beatty is in 21st place in the long race division.

#### **60+ Men**

Our 60+ men's team is presently in 1st place. Joe Hurtado is the team captain. Individually, Bill Duun, Jim Howe, and Joe Hurtado, are in 1st, 2nd, and 4th places in the short race division. Bill, Jim, Joe, Ron, and Bob Schmitt are in 1st, 3rd, 5th, 6th, and 9th places in the long race division.

#### **60+ Women**

Our 60+ women's team is presently in 2nd place. Chris Blue is the team captain. Individually, Victoria Kros, Chris Blue, and Marcia Morrison are in 3rd, 5th, and 16th places in the short race division. Chris is in 8th place in the long race division.

#### **70+ Men**

Our 70+ men's team is presently in 1st place for the fifth year in a row. Eddie Reyna is the team captain. Individually, Carl Petersen, Neal Chappell, Dave Norlander, Bob Lord, Carl Tuck, Eddie Reyna, and Glynn Wood are in 3rd, 4th, 6th, 9th, 10th, 11th, and 14th places in the short race division. Carl, Dave, Eddie, and Bob are in 2nd, 3rd, 4th, and 6th places in the long race division.

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## **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.

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>

**Duncan Weru** is presently in 2nd place in the open division of the Pacifica Association grand prix with just one race remaining. He trails first place by a score of 300 to 291. The first place finisher can win as much as \$750 and the second place finisher can win as much as \$500.

**Christine Kennedy** won the women's 50+ division of the Boston Marathon with a time of 2:56:32. **Dennis Kurtis** finished 2nd in the men's 55+ division with a time of 2:50:27. It should also be noted that for the second year in a row that the Running Times magazine ranked Christine as the #2 women's 50+ runner in America right behind Joant Benoit-Samuelson.

**Jim Howe** was given honorable mention in the 60+ category by Running Times for the past year.

**Kelly Emo** finished first overall in a race for the first time in her life at the Mermaid Duathlon on June 7th.

**Scott Bang** won our Holy city race for the 4th time in the last 6 years.

**Cecil Baumgartner**, **Todd Hayes**, and **Damon Lease** all qualified for the Western States 100-miler this year. All have previously completed this course. But, this was not their year as all had to drop out. The temperatures ranged into the 100s this year and there was a high dropout rate.

Two weeks after **Cecil's** dropout at the Western States 100, he was elated to break 20 minutes in the 5K. Cecil says that it was so long since he broke 20 that he only vaguely recalls previously breaking that barrier.

**Chris Blue** recently broke the women's 55+ record for the Valle Vista course.

**Jo Ann Dahlkoetter** broke the women's 55+ record for the Triangle course and ran the #2 55+ time for the Douglas course.

**Ken Noel** just completed 7 weeks of chemotherapy for prostate cancer. He expects to round in sufficient shape to compete with and beat his fellow turtles (he calls them pigeons but don't tell **Tom Zades**, **Tim Riley**, **Don Packwood**, and **Chris Cassell** that he said that).

Our high schoolers did well during the past track season. **Katie Nast** finished first in her league finals and had a seasonal best of 11:26 in the 3200. Freshman **Jack Bordoni** finished 4th in the frosh/soph division of the tough WCAL finals with a time of 2:05. **Mary Krieger** finished 3rd in the WCAL 3200 finals on a 93-degree day with a time of 11:52. Her brother, **Matt**, finished 3rd in the West Valley league's finals with a time of 11:16.

**Neal Chappell** and Gail Campbell just moved into new age categories. Neal turned 70 and Gail turned 60.

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## **2009 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 at the end of each quarter.

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## **2009 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. You must compete in at least 7 different races in order to be eligible for an award. The 2009 standings through 7/7/09 are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races. The 2nd number is the total number of events completed in.

**Elite Division**

Duncan Weru (8-6)	200
Scott Bang (8-9)	190
Brian Davis (8-6)	184
Matt Nolan (8-4)	174
John Weru (7-4)	169
Bob Pickens (8-6)	168
Dave Piazza (8-5)	156
Tom O'Connor (6-4)	127
Magnus Wiklund (5-3)	105
Jean Harris (3-2)	72
Matt Tompkins (3-2)	68
Andy Williams (3-3)	64
Al Murray (3-2)	59
Mike Bordoni (2-1)	46
Rob Nast (2-2)	44
Jon Kimura (2-1)	40
Derrick Peterman (2-1)	32
Dennis Kurtis (1-1)	25
Andy Lief (1-1)	25
Jack Bordoni (1-1)	25
Ole Agesen (1-1)	23
Marc Ostrowski (1-1)	22
Mike Kriege (1-1)	20

**A Division**

Jeff Rohrer (8-7)	200
Tony Scardina (8-4)	186
Neil Gelblum (8-8)	185
Bill Dunn (8-7)	175
David Woodruff (8-7)	174
Johanna Fogolin (8-5)	156
Scott McLeod (7-4)	155
Jim Bordoni (7-5)	152
Aaron Lee (8-8)	149
Christine Kennedy (6-4)	145
Ken Camet (7-4)	143
Becki Kriege (7-4)	140
Miissy Sudan (8-6)	137
Norry McAllister (6-3)	130
Jim Howe (6-3)	104
Mike Smith (4-2)	88
Frank Prabel (2-2)	43
Dan Anderson (2-1)	42
Ken Hsu (1-1)	25

**B Division**

Dino Delyani (8-7)	195
Tim Souza (8-5)	189
Joe Hurtado (8-11)	184
Mike Krey (8-5)	183
Carol Bednar (8-7)	176
Art Mitchum (5-3)	121
Ron Kiyono (4-2)	98
Paul Taylor (4-4)	94
Todd Hayes (4-3)	92
Dave McIntyre (4-3)	79
Brian Conroy (3-3)	70
Heather Rohrer (3-2)	64
Rikke Preisler (3-2)	59
Mary Kriege (2-1)	50
Des Knuckey (2-2)	39
Alex Williams (1-1)	17

**C Division**

Glenn Kishi (8-8)	194
Carl Petersen (8-9)	190
Helen Wong (8-7)	187
Rich Hahn (8-5)	181
Kelly Emo (5-4)	116
Marian Richard (4-2)	100
Neal Chappell (4-2)	98
JoAnn Dahlkoetter (4-2)	98
Jeff Bedolla (4-4)	85
Danny Moon (2-2)	50
Norm Takeuchi (2-1)	46
Tim Rostege (2-2)	43
Mike Kolesnik (1-1)	23

**D Division**

Uyenthi Tran (8-8)	200
Dave Norlander (8-6)	197
Bob Schmitt (8-6)	190
Pauline Beatty (8-6)	178
Bob Lord (6-4)	137
John Pickens (4-2)	86
Chris Cassell (3-3)	61
Brian Low (2-2)	47
Rick Kananen (2-2)	41
Liz Nast (1-1)	25
Ken Bloesch (1-1)	23

**E Division**

Kat Powell (8-6)	196
Chris Blue (8-6)	194
Eddie Reyna (8-6)	188
Georgia Riley (8-6)	155
Victoria Kros (6-3)	150
Ruby Hurtado (8-4)	150
Carl Tuck (6-3)	132
Tim Riley (5-4)	104
Glynn Wood (4-2)	92
Tom Warfel (4-4)	83
Rich Collins (3-3)	70
Walt Van Zant (3-2)	58
Tom Zades (3-3)	57
Don Packwood (3-3)	55
Elaine Erickson (2-1)	46
Marcia Morrison (2-1)	46
George Moss (2-1)	40
Ed Singleton (2-1)	36
Diane Bordoni (2-1)	34
Ed Gavin (1-1)	25
Alvin Jackson (1-1)	25
Jim Myers (1-1)	23

**SATURDAY WORKOUT RESULTS****4/4/09-16 x 300 Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>								
1	J.Rohrer/M.Wiklund	5:00	19:44	3	Powell/Bunker	-0-	20:03	7	Hurtado/Gelblum	2:45	20:13
2	Kishi/Krey	1:30	19:44	4	M.Sudan/Lee	3:45	20:04	8	McIntyre/B.Pickens	4:00	20:14
				5	U.Tran/Wong	1:45	20:05	9	O'Connor/McLeod	5:00	20:33
				6	Myers/D.Moon	1:30	20:13	10	Burke/Conroy	4:15	20:47

11 Zades/Norlander :15 21:07

Dick Barrett Trophy Winner – Aaron Lee

Several very close races this morning. The Wiklund team came from behind to barely edge the Krey team. 19 seconds later, the Bunker, Lee, and Wong teams had another close battle for third place. And 8 seconds later, the Moon, Gelblum, and Pickens teams had a hotly contested battle for sixth place. Aaron Lee received the weekly trophy because he did such a good job of putting the teams together. The timers, who alleged that they did not miss any splits, included old reliables Jim Bordoni, Madelyn Moon, and Pablo Rodriguez.

**4/11/09 – Dou/Sar/Frtvle – 2.75M**

1	Jean Harris	15:42	
2	Scott Bang	15:52	
3	Bjorn Samson	16:13	
4	Dave Piazza	16:17	
5	Scott McLeod	16:22	
6	Nory Mcallister	16:40	
7	Tim Souza	16:49	
8	Jim Bordoni	16:56	
9	Bill Dunn	16:57	
10	Marc Ostrowski	17:01	
11	Dave Woodruff	17:16	
12	Missy Sudan	17:27	
13	Jim Howe	17:31	
14	Dino Delyani	17:37	
15	Aaron Lee	17:43	
16	Neil Gelblum	17:46	
17	Brian Conroy	17:51	
18	Ken Camet	17:59	
19	Paul Taylor	18:09	
20	Todd Hayes	18:15	
21	Mike Krey	18:21	PR
22	Danny Moon	18:59	
23	Joann Dahlkoetter	19:18	
24	Dave McIntyre	19:25	
25	Kelly Emo	19:27	
26	Helen Wong	19:38	
27	Tim Rostege	19:53	
28	Dave Norlander	20:40	
29	Ed Gavin	21:32	
30	Pauline Beatty	22:07	
31	Tom Warfel	22:28	
32	Kat Powell	22:58	
33	Julie Sobzcak	23:29	
34	Jim Myers	24:03	
35	Tim Riley	24:09	

36	Joe Hurtado	24:15
37	Marcia Morrison	24:45
38	Georgia Riley	25:17
39	Don Packwood	25:30
40	Chris Cassell	25:35
41	Tom Zades	25:38
42	Walt Van Zant	25:54
43	Carl Petersen	27:03

Dick Barrett Trophy Winner – Mike Krey

50-yard win by Jean as the three Rancho San Antonio Park criminals took the top three spots this morning. Mike Krey took home the weekly trophy as he was the only runner to set a PR. But, there were many notable performances. Dave Piazza came within one second of his 50+ PR. Norry missed his all-time PR by 4 seconds. Tim Souza knocked 55 seconds off his 45+ best. Neil Gelblum improved his 55+ best by 18 seconds. Danny Moon, thanks to the coaching he receives from the Saratoga high school girl distance runners, improved his 60+ best by 75 seconds. Joann Dahlkoetter ran the #2 all-time best for 55+ ladies behind Jutta McCormick. Dave Norlander recorded the #3 all-time best by a club 70+ runner. Ed Gavin improved his 45+ best by 2 minutes. Marcia moved to #3 on the women's 60+ list. Don Packwood knocked 20 seconds off his 65+ best. And, Tom Zades moved to #20 on the 65+ list (out of 20).

**4/18/09 – Farwell/H -4.68M**

1	Bob Pickens	29:37
2	Chris Lele	29:52
3	Frank Prabel	31:16
4	Brian Conroy	31:20
5	Danny Moon	33:28
6	Dick Chimenti	35:35
7	Brian Low	38:48
8	Ed Gavin	38:50
9	Kelly Emo	40:51
10	Pablo Rodriguez	41:25
11	Don Packwood	42:28
12	Marcia Morrison	43:30
13	Chris Cassell	44:46
14	Jim Myers	44:49
15	Tom Zades	45:15
16	Tom Warfel	46:15

Dick Barrett Trophy Winner -Danny Moon

Small turnout this morning as many club members were saving themselves for the Zippy 5K tomorrow. But, the elite timers (Jim Bordoni, Mike Krey, Rich Hahn, and Aaron Lee) did show up to view this spectacle. Slim Pickens won for the first time in quite awhile. Danny Moon took home the weekly trophy for improving his 60+ PR by 4 minutes. Dick Chimenti ran the #12 best-ever by a 65+ runner, just in front of Howard Powers. Don Packwood improved his soft 65+ PR by 5 minutes. Pablo Rodriguez ran his first Saturday workout in nearly 4 months. Marcia Morrison ran this course for the second consecutive time in exactly 43:30. Ed Gavin ran for the last time as a 45+ runner as he turns 50 tomorrow. Jim Myers led the turtle brigade. Tom Zades moved to last place on another 65+ list (Thanks Tom. I appreciate being relieved of one of my many last-place listings).

**4/25/09 – Step Up & Down Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	
<u>Finish</u>			
1	Beatty/D.Moon	1:30	34:53
2	T.Riley/Delyani	:15	36:09
3	Wong/Pickens	6:00	36:23
4	Zades/Gelblum	-0-	37:06

Dick Barret Trophy Winner – Dino Delyani

Small turnout this morning as there were three competing races this weekend. Easy win for the Danny Moon team but the trophy was given to the Delyani team because Joe Hurtado helped pace all of the other teams (what a stud). Slim Pickens had the best average at 80 seconds per lap. Helen Wong led the ladies (1) with an average of 102 per lap. Our brilliant timing crew included Jim Bordoni, Uyenthi Tran, and Aaron Lee.

**5/2/09-36x200 Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Noel/Woodruff/J.Bordoni	-0-	25:35
2	Low/Gelblum/Burke	1:45	26:13
3	Myers/Norlander/Moon	:45	26:25
4	Blue/Bedolla/Dunn	1:00	26:41
5	Powell/Bloesch/A.Lee	:45	26:46
6	Zades/Krey/Conroy	1:45	26:57

7 Louie/McIntyre/Beatty -0- 27:25  
 8 Collins/U.Tran/Delyani 1:15 28:07

Dick Barrett Trophy winner – Tom Zades?

The Jim Bordoni team started first and still led by 200 meters at the finish. Jim probably had the best average at 34.5 per run. Dino Delyani strained a muscle. Otherwise, his team would have finished a bit higher. Good timing job by Carl Petersen.

**5/9/09 – 16 x 400 Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Myers/Murray	-0-	25:19
2	McLeod/Mitchum	4:30	25:42
3	Van Zant/Dunn	-0-	25:49
4	Norlander/Bang	3:30	25:53
5	Collins/Hurtado	-0-	26:00
6	McIntyre/B.Kriege	3:15	26:01
7	Bednar/R.Nast	4:00	26:15
8	Prabel/Woodruff	4:30	26:24
9	Zades/Williams	1:00	26:25
10	Wong/Souza	3:30	26:43
11	Gelblum/Moon	4:15	26:47
12	Tran/Lee	3:15	26:48
13	Rostege/Conroy	3:15	26:54

Dick Barrett Trophy Winner = Dave Woodruff

Easy win for the Murray team as Jim Myers ran 29 seconds under his rating and Al Murray ran 41 seconds under his rating. The Mitchum team got a good deal when I gave Scott McLeod his old rating of 11:15 rather than rating him at 10:30 (he ran 10:26 when we ran this same relay in March). He ran 10:27 today. Scott Bang led the guys with a 72.8 average. Becki led the ladies with an 84.6 average. 60+ runner Bill Dunn ran very well with a 79.3 average. Thanks to Ken Bloesch and Carl Petersen who timed this difficult to record relay.

**5/16/09 – Farwell – 3.54 Miles**

1	Scott Bang	20:25.6
2	Rob Nast	21:19.2
3	Andy Williams	21:37.3
4	Tim Souza	21:55.7
5	Jim Bordoni	22:16.5
6	Scott McLeod	22:25.4
7	Bill Dunn	22:28.1
8	Frank Prabel	22:35.1
9	Dino Delyani	22:45.6 PR

10	Becki Kriege	22:47.9
11	Bob Rea	22:48.9
12	Brian Conroy	22:50.4
13	Mike Kriege	22:57.5
14	Missy Sudan	23:11.5
15	Neil Gelblum	23:35.2
16	Mike Krey	24:20.1
17	Des Knuckey	25:17.8
18	Joe Hurtado	25:24.2
19	Tim Rostege	26:39.3
20	Glen Kishi	26:48.0 PR
21	Helen Wong	27:12.4
22	Rich Hahn	27:19.8
23	Brian Low	27:35.7
24	Jeff Bedolla	27:43.6
25	Bob Lord	28:47.3
26	Carol Bednar	29:17.6
27	Bob Schmitt	30:01.3
28	Joann Dahlkoetter	30:05.3 *
29	Carl Petersen	30:45.3
30	Kat Powell	30:49.6
31	Chris Blue	30:59.7
32	Rich Collins	32:05.7
33	Tim Riley	34:18
34	Chris Cassell	34:21.5
35	Tom Zades	35:07
36	Georgia Riley	38:15

\* Missed Douglas turn. So, ran 4.25 miles

Dick Barrett Trophy Winner – Dino Delyani

Warmish morning as the temperature eventually reached 96 degrees today. Scott Bang missed his 40+ best by 4 seconds while easily winning. There were many other significant achievements. Glenn Kishi improved his PR by 37 seconds. 51-year-old Dino Delyani (he turns 52 on Wednesday) broke his all-time PR by 5 seconds. Jim Bordoni took 14 seconds off his 55+ best. Bill Dunn missed his 60+ PR by 3 seconds. Frank Prabel came within 6 seconds of his PR. Bob Rea visited us from New Zealand for the first time in about 3 years and was fast enough to run the 20th best-ever time by a 55+ runner. Neil Gelblum improved his 55+ PR by 21 seconds. Bob Lord ran the 4th best-ever 70+ time and Chris Blue ran the 2nd best-ever 60+ time for women. Tim Riley led the turtle group, narrowly beating Chris Cassell

**5/23/09-0.66M Tennis Court Loop Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
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1	Chappell/Martinelli	1:15	35:08
2	Norlander/L.Nast	-0-	36:07
3	Gelblum/Prabel	3:30	36:15
4	Beatty/D.Moon	-0-	36:23
5	Warfel/Krey	-0-	36:51
6	Cassell/Piazza	:15	36:58
7	Collins/Delyani	:15	36:59
8	T.Riley/M.Wiklund	-0-	37:04
9	Low/Andy Williams	3:15	37:08
10	Bedolla/Alex Williams	:45	37:25
11	Zades/Pickens	-0-	37:34
12	Rostege/Knuckey*	-0-	37:52

\* Kat Powell replaced Knuckey for his last two runs because he strained his hamstring.

Dick Barrett Trophy Winner – Dave Norlander & Liz Nast

The Chappell/Martinelli team won by a wide margin this morning but we gave the trophy to the Norlander/Nast team because the first place team received a generous handicap rating due to the unknown knowledge of their running abilities. We had several fast performances. Bob Pickens averaged 3:34 per run, Magnus Wiklund averaged 3:35, Dan Martinelli averaged 3:41, Dave Piazza averaged 3:42, and Andy Williams averaged 3:44. Chris Cassell led the turtle group with a 5:26 average and is now on the brink of being ejected from that group due to his improvement. Neil Gelblum, after again requesting a soft handicap because he wasn't feeling sharp, then proceeded to run his best time for this workout in 3+ years. And, he was one minute faster than the last time we ran this workout in January.

**5/30/09 – Short Six – 5.74 Miles**

1	Duncan Weru	31:16 PR
2	John Weru	32:28
3	Jack Bordoni	35:33 PR
4	Andy Williams	35:52
5	Jeff Rohrer	36:15
6	Norry McAllister	36:49
7	Bob Pickens	37:32
8	Scott McLeod	37:32 PR
9	Frank Prabel	38:00
10	Tim Souza	38:09
11	Brian Conroy	38:10
12	Neil Gelblum	38:23
13	Al Murray	39:57
14	Todd Hayes	40:33

15	Mike Krey	41:07
16	Tim Rostege	43:55
17	Glenn Kishi	44:28
18	Dave Norlander	44:53
19	Helen Wong	46:58
20	Jeff Bedolla	46:59
21	Joe Hurtado	47:06
22	Carl Petersen	47:51
23	Ed Gavin	49:33
24	Kat Powell	50:37
25	Tom Warfel	50:39
26	Chris Blue	51:33
27	John Purvis	52:32
28	Maureen Riley	52:38
29	Rich Collins	53:08
30	Tom Zades	54:52
31	Tim Riley	56:05
32	Chris Cassell	56:17

Dick Barrett Trophy Winner – Jack Bordonni

Great run for Duncan. He drifted off course when he originally turned right onto Sobey from Austin. This probably cost him about 30 seconds. Still, his time put him #8 on the all-time list between David Furst's 31:15 and Jose Palalia's 31:17. His brother, who has just started running after an injury, finished second. Jack Bordonni took home the weekly trophy because he improved his PR by 6 minutes. Andy Williams improved his 45+ best by 74 seconds. Tim Souza missed his PR (31:46) that he set 20 years ago by 6+ minutes. Neil Gelblum improved his 55+ PR by 67 seconds to move to #12 on the 55+ list of the 57 55+ runners who have run this course. Dave Norlander ran the #3 70+ best behind Ray Stewart and Carl Petersen. Chris Blue recorded the #2 60+ women's time. Tom Zades knocked 2:19 off his 65+ best to lead the turtle group of himself, Tim Riley, and Chris Cassell.

**6/6/09 – All Courses Day**

**Dou/Sar/Frtvle-2.75M**

1	Frank Prabel	17:06
2	Becki Kriege	17:12
3	Slim Pickens	17:13
4	Brian Conroy	17:15
5	Liz Nast	20:07
6	Iris Louie	25:28

**Valle Vista-3.0M**

1	Jean Harris	18:06
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2	Mike Krey	20:36
3	Tim Rostege	22:01
4	Carl Petersen	24:39
5	Chris Blue	24:52
6	Tom Warfel	26:34

**Farwell-3.54M**

1	Danny Moon	25:59
2	Dave Norlander	28:16
3	Ed Gavin	29:40
4	Maureen Riley	29:55
5	Chris Cassell	33:19
6	Tim Riley	35:35

**Farwell/H-4.68M**

1	Tim Souza	29:30
2	Todd Hayes	31:51

**Triangle-4.76M**

1	Jeff Rohrer	30:00
2	Magnus Wiklund	30:35
3	Scott McLeod	30:39
4	Jeff Bedolla	37:50
5	Brian Low	38:00
6	Kat Powell	43:24

Dick Barrett Trophy Winner – Tim Souza

This was our first of two all-courses days for the year (the next one is in December). The closest race of the day was the Douglas run with the top four runners finishing within 9 seconds of each other. We had several good performances. Chris Blue broke the women's 60+ record for the Valle Vista course by 66 seconds. Tim Souza improved his 45+ best by 3½ minutes. Dave Norlander ran the 4th best-ever time for the Farwell course. And, Brian Conroy improved his 50+ PR by 9 seconds.

**6/13/09 – 16 x 300 Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Lord/Mitchum	2:30	20:16
2	Louie/Hurtado	-0-	20:16
3	Jackson/Pickens	3:00	20:47
4	Wong/Martinelli	4:00	20:49
5	VanZant/Norlander	-0-	20:52
6	Tran/Piazza	4:00	20:56
7	Collins/Rohrer	2:45	21:16
8	T.Riley/Krey	1:15	21:41
9	Noble/Moon	1:45	21:51
10	McIntyre/McLeod	4:45	22:11

Dick Barrett Trophy Winner – Joe Hurtado

All teams were rated to finish at 20 minutes flat but none made it. Close race for first place with Art Mitchum edging Joe Hurtado at the finish line. Also, close battle for third place among four teams.

**6/20/09 – Valle Vista – 3.0 Miles**

1	Jack Bordonni	17:21 PR
2	Andy Williams	17:50
3	Dave Piazza	17:57
4	Magnus Wiklund	18:15
5	Jeff Rohrer	18:17
6	Norry McAllister	18:23
7	Frank Prabel	18:59
8	Brian Conroy	18:59
9	Dino Delyani	19:36
10	Neil Gelblum	20:00
11	Brian Low	23:51
12	Jeff Bedolla	23:59
13	Rich Collins	24:54
14	Tom Warfel	25:09
15	Maureen Riley	25:18
16	Kat Powell	25:21
17	Sean Williams	25:30
18	Iris Louie	26:50
19	Tim Riley	27:00
20	Don Packwood	27:37
21	Chris Cassell	27:56
22	Walt Van Zant	28:10
23	Jim Myers	28:37

Phantom Dick Barrett Trophy Winner – Jack Bordonni

Jack Bordonni improved his PR by 3 minutes while running to an easy win this morning. Maureen Riley led the ladies. Dino took the lead in the B Division of the Cum Sat contest with his run. Don Packwood improved his 65+ best by 3 minutes.

**6/27/09-Mile Runs on the Track**

**Heat #1 7:00 and Up**

1	Helen Wong	6:40.0
2	Brian Low	7:04.2
3	Rich Collins	7:07.7
4	Pauline Beatty	7:12.0
5	Chris Blue	7:36.0
6	Tom Warfel	7:40.0
7	Iris Louie	7:47.7
8	Walt Van Zant	7:51.5
9	Tim Riley	7:57.8

10 Tom Zades 8:18.5  
 11 Georgia Riley 9:09.2

Don Packwood 10:58

27 Alvin Jackson 45:28  
 28 Chris Cassell 45:54  
 29 Georgia Riley 48:51  
 30 Dena Noble 50:09  
 31 Tom Warfel 53:17  
 Danny Moon DNF

Dick Barrett Trophy Winner - Uynethi Tran

**Heat #2 6:00 to 6:59**

1 Neil Gelblum 6:02.9  
 2 Mike Krey 6:14.9  
 3 Carol Bednar 6:21.6  
 4 Uyenthi Tran 6:29.8 PR  
 5 Joe Hurtado 6:32.7  
 6 Kelly Emo 6:39.8  
 7 Bob Lord 6:50.2  
 8 Alvin Jackson 6:55.8  
 9 Mike Kolesnik 6:56.8  
 10 Jeff Bedolla 6:57.7  
 11 Tim Rostege 6:59.3  
 12 Helen Wong 7:24.1

Runaway wins in all three races. Uyenthi Tran took home the weekly trophy as she PRd by 8 seconds.

Dick Barrett Trophy Winner – Joann Dahlkoetter

**7/4/09-Triangle Run-4.76 Miles**

**Heat #3 5:59 and Under**

1 Jack Bordoni 5:06.0  
 2 Jean Harris 5:16.3  
 3 Scott Bang 5:21.4  
 4 Jim Bordoni 5:21.7  
 5 Dave Piazza 5:27.2  
 6 Dave Woodruff 5:28.9  
 7 Jeff Rohrer 5:31.5  
 8 Art Mitchum 5:35.2  
 9 Frank Prabel 5:35.9  
 10 Brian Conroy 5:36.5  
 11 Ken Camet 5:38.0  
 12 Dino Delyani 5:40.7  
 13 Aaron Lee 5:54.5  
 14 Al Murray 6:02.7  
 15 Paul Taylor 6:22.9

1 Scott Bang 28:52  
 2 Magnus Wiklund 29:43  
 3 Becki Kriege 30:23  
 4 Brian Conroy 30:37 PR  
 5 Matt Kriege 31:20  
 6 Mike Kriege 31:20  
 7 Dino Delyani 31:29  
 8 Dave Woodruff 31:41  
 9 Missy Sudan 32:07  
 10 Aaron Lee 33:27  
 11 Bill Dunn 33:30  
 12 Joann Dahlkoetter 33:32  
 13 Todd Hayes 33:51  
 14 Paul Taylor 34:41  
 15 Joe Hurtado 34:58  
 16 Helen Wong 35:36  
 17 Carl Petersen 36:32  
 18 Tim Rostege 37:23  
 19 Brian Low 37:30  
 20 Mary Kriege 38:19  
 21 Jeff Bedolla 38:28  
 22 Dave Norlander 39:58  
 23 Kat Powell 42:12  
 24 Iris Louie 44:??  
 25 Rosanna Kennedy 44:??  
 26 Tim Riley 45:26

Scott led the way this morning, winning by nearly one minute. Becki led the ladies. The star of the day was Joann as she broke the women's 55+ course record, set 13½ years ago by Jutta McCormick, by 85 seconds. Brian Conroy ran the only PR. He also took over the lead in the B division of the Cum Sat contest by 65 seconds over Dino Delyani. Danny Moon felt lousy but was enlivened when he passed several runners going down Fruitvale, but then got very tired going up Saratoga. So, he cut back at Douglas, finishing first for this course but also earning the dreaded DNF. Ken Bloesch did an excellent job of timing over the past few weeks but could not make it out today. So, Mike Krey, Madelyn Moon, and Cecilia Wiklund filled in admirably for him.

Race Walking

**RACE RESULTS**

**3/1/09-Napa Marathon**

553 Kelly Emo 3:54:39

**4/4/09-Big Bunny 5K**

Dave Woodruff 18:43 1st-50+  
 Rich Hahn 21:31

**4/5/09-Zimbabwe Run – 1 Mile**

**7th-8th Grade Race**

1 Heather Rohrer 6:05

**4/5/09-Carlsbad Road Mile**

Dana Emo 7:41 PR  
 Dana cracked the 8-minute mile for the first time while knocking 40 seconds off her PR.

**4/5/09-Carlsbad 5K**

Kelly Emo 22:16  
 Tim Riley 27:11  
 Georgia Riley 29:32

Tim was happy in that he improved his Carlsbad time by 47 seconds from 2 years ago. Georgia was disappointed because she was nearly 3 minutes slower.

**4/5/09-American River 50-Mile Race**

102 Todd Hayes 8:38:11 1st-50+

**4/18/09 – Ruth Anderson 50K**

2 Todd Hayes 3:55:50

6 Tim Souza 4:05:27  
 13 Cecil Baumgartner 4:31:08  
 32 Kat Powell 6:47:40

Two ultras in the space of 13 days for Todd. First ultra race for Tim.

**4/19/08 – River City Marathon**

2 Neil Gelblum 3:09:47 1st-50+  
 29 Glenn Kishi 3:54:48

There were approximately 90 runners in this race.

**4/19/09 – Valley Forge Run – 5 Miles**

Ken Noel 47:42

**4/19/09 – Zippy 5K**
**Men**

10	Duncan Weru	15:23
26	John Weru	16:13
65	Mike Bordoni	17:39
67	Scott Bang	17:43
74	Brian Davis	18:01
76	Matt Nolan	18:05
80	Magnus Wiklund	18:14
83	Jeff Rohrer	18:19
92	David Piazza	18:34
94	Norry McAllister	18:39
103	Slim Pickens	18:50
104	Tony Scardina	18:51
106	Scott McLeod	18:53
107	Mike Smith	18:53
117	David Woodruff	19:19
119	Bill Dunn	19:27
124	Jim Bordoni	19:38
126	Ken Camet	19:45
130	Dino Delyani	19:57
139	Aaron Lee	20:26
147	Jim Howe	20:54
151	Mike Krey	21:00
165	Joe Hurtado	22:22
167	Rich Hahn	22:34
203	Tim Riley	28:37
207	Carl Tuck	28:56
210	Ed Reyna	29:25
216	George Moss	30:31
223	Ed Singleton	33:41

Our open men finished 9th, the 40+ men finished 4th, and the 50+ men, 60+ men, and 70+ men all finished 2nd.

**Women**

24	Johanna Fogolin	19:10
38	Missy Sudan	20:03
67	Heather Rohrer	21:16
68	Rikke Preisler	21:17
69	Marian Richard	21:21
80	Jo Ann Dahlkötter	22:10
84	Kelly Emo	22:39
88	Uyenthi Tran	22:50
102	Carol Bednar	24:15
120	Victoria Kros	26:14
123	Christine Blue	26:26
167	Georgia Riley	32:05
177	Ruby Hurtado	33:42

Our open women finished 7th, and the 40+ women finished 4th.

**4/20/09 – Boston Marathon**

Dennis Kurtis	2:50:27	2nd-55+
Christine Kennedy	2:56:32	1st-50+
Tom O'Connor	3:00:16	

Great performances by all three club members at this big race.

**4/25/09 – Pat's Run – 4.2 Miles**

23	Tony Scardina	24:39	2nd-43+
24	Matt Bordoni	24:43	
29	Jim Angelopoulos	25:11	3rd-43+
173	Kelly Emo	29:41	1st-43+

**4/26/09 – Big Sur 5K**

2	Duncan Weru	15:27	1st-25+
14	John Weru	16:20	
34	Scott Bang	17:40	5th-40+
39	Magnus Wiklund	18:04	
45	Brian Davis	18:37	
46	Jeff Rohrer	18:38	5th-45+
50	Scott McLeod	18:48	
58	Tim Souza	19:16	
62	Bill Dunn	19:25	2nd-60+
63	Jim Bordoni	19:26	3rd-55+
66	Johanna Fogolin	19:33	3rd-30+
74	Missy Sudan	19:54	2nd-35+
83	Aaron Lee	20:20	5th-35+
88	Becki Kriege	20:34	3rd-40+
120	Joe Hurtado	22:09	3rd-65+
121	Joann Dahlkoetter	22:13	2nd-55+
137	Glenn Kishi	23:08	
141	Uyenthi Tran	23:31	
183	Carl Petersen	25:33	4th-70+
199	Victoria Kros	25:58	3rd-60+
203	Christine Blue	26:13	4th-60+
227	Bob Schmitt	26:59	
252	Marcia Morrison	28:14	
274	Glynn Wood	29:13	1st-75+
276	Carl Tuck	29:15	2nd-75+
278	Ed Reyna	29:17	3rd-75+
291	Walt Van Zant	29:39	
296	Georgia Riley	29:46	
297	Diane Bordoni	29:50	
431	Ruby Hurtado	34:04	4th-65+

Our 40+ men, 50+ men, 60+ men, 60+ women, and our 70+ men all finished 2nd. Our open women finished 3rd and our open men finished 4th.

**4/26/09 – Great Race – 4.0 Miles**

12	Bob Pickens	23:27	6th-40+
13	Alp Mimaroglu	23:32	3rd-19+
14	Derrick Peterman	23:35	
21	Norry McAllister	24:09	2nd-50+
26	Ken Camet	24:59	
28	Frank Prabel	25:18	
31	Brian Conroy	25:30	4th-50+
33	Jim Howe	25:38	1st-60+
55	Mike Krey	26:50	8th-50+
76	Greg Burke	27:33	2nd-60+
90	Liz Nast	27:57	2nd-40+

108	David McIntyre	28:32
438	Tom Zades	36:11
461	Chris Cassell	36:36
910	Betty Root	47:00

**5/2/09-The Relay-199 Miles**

2 Jorn Jensen 22:18:35  
Jorn put together this team that ran against 227 other teams and finished 2nd overall, 52 minutes behind Google and 21 minutes in front of the next team. They finished first in the sub-master division.

**5/3/09-Devil Mountain 5K**

12	Mike Smith	18:29	3rd-40+
25	Art Mitchum	20:05	2nd-55+

**5/3/09 – Devil Mountain 10K**

28	Jim Howe	41:26	2nd-60+
93	Tim Rostege	47:00	2nd-65+

**5/9/09 – Race For The Cure 5K-Sacto**

Glenn Kishi 22:25 PR  
Glenn broke 23 minutes for the first time.

**5/9/09-Quicksilver 50-Miler**

30	Cecil Baumgartnr	9:28:42	2nd-50+
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**5/9/09-Quicksilver 50K**

65	Kat Powell	8:13:15	
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**5/10/09-Castroville Artichoke 5K**

Tim Riley	28:27	4th-60+
Georgia Riley	30:11	

**5/16/09-Heart & Sole 5K-Salinas**

61	Glynn Wood	27:12	1st-75+
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**5/17/09 – San Carlos 5K**

10	Marc Ostrowski	19:00	2nd-40+
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**5/17/09-San Carlos 10K**

1	Bob Pickens	39:09	1st-40+
7	David Piazza	41:11	1st-50+
13	Dino Delyani	42:57	2nd-50+

**5/17/09 – Morgan Hill Triathlon**

Johanna Fogolin	1:52:30	3rd-30+
Kely Emo	1:56:59	9th-45+
Dave McIntyre	2:24:54	

This race consisted of a ¾-mile swim, a 16-mile bike, and a 5-mile run. This was Johanna's first-ever triathlon. Dave finished 8th in the Clydesdale division.

**5/25/09 – Marin 2.5-Mile Race**

28	Heather Rohrer	17:14	1st-13+
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89 George Moss 23:36 1st-70+

**5/25/09 – Marin 10K**

7 Duncan Weru 31:01 5th-19+  
 77 Matt Nolan 36:10 10th-45+  
 98 Brian Davis 37:21 7th-50+  
 101 Bob Pickens 37:33  
 121 Jeff Rohrer 38:17  
 126 David Piazza 38:24  
 129 Norry McAllister 38:31  
 130 Tony Scardina 38:33  
 150 Neil Gelblum 39:15 4th-55+  
 151 Ken Camet 39:17  
 162 Scott McLeod 39:32  
 163 Becki Kriege 39:33 4th-40+  
 167 Bill Dunn 39:47 5th-60+  
 169 Al Murray 39:53  
 173 Jim Howe 39:59 6th-60+  
 177 David Woodruff 40:04  
 188 Johanna Fogolin 40:32 9th-30+  
 193 Missy Sudan 40:42 5th-35+  
 209 Art Mitchum 41:08 8th-55+  
 245 Mike Krey 42:32  
 252 Aaron Lee 42:46  
 257 Tim Souza 42:55  
 315 Carol Bednar 46:30  
 319 Glenn Kishi 46:39  
 327 Neal Chappell 46:46 2nd-70  
 333 Joe Hurtado 47:04 3rd-65+  
 343 Uyenthi Tran 47:15  
 344 Dave Norlander 47:18 3rd-70+  
 345 Carl Petersen 47:19 4th-70+  
 353 Rich Hahn 47:47  
 360 Helen Wong 48:03  
 377 Bob Lord 48:51 5th-70+  
 385 Pauline Beatty 49:21  
 421 John Pickens 52:00  
 506 Bob Schmitt 59:17 4th-65+  
 510 Ed Reyna 59:25 1st-75+  
 514 Glynn Wood 59:37 2nd-75+  
 539 Carl Tuck 63:36 4th-75+

Our 70+ men finished 1st, Our 50+ and 60+ men finished 2nd, our 40+ men finished 5th, our open women finished 6th, and our open men finished 10th.

**5/30/09-See Jane Run Half Marathon**

45 Kelly Emo 1:46:24

**6/7/09 – Statutto Race-8K**

8 Tony Scardina 30:23

**6/7/09 - Mermaid Duathlon in Fremont**

1 Kelly Emo 1:06:34

This was Kelly's first-ever outright win of a race. The event consisted of 1.5-mile run, a 10-mile bike, and a 2.5-mile run.

**6/7/09 – Lake Chabot Trail Half Marathon**

21 Neil Gelblum 1:41:58 1st-50+

**6/7/09-Lupus 5K**

32 Gina Kriege 23:02 2nd-40+  
 58 Bob Lord 24:37 1st-70+  
 77 Alvin Jackson 25:53 4th-60+  
 172 Janneth Mitchum 32:45  
 173 Art Mitchum 32:46

**6/13/09-Utah Valley 5K**

John Pickens 25:37 1st-60+  
 This race was run at a 4500-foot elevation.

**6/14/09-Escape From Alcatraz Triathlon**

980 Kelly Emo 3:27:51 8th-45+  
 Kelly swam 1.5 miles in 52:50, biked 18 miles in 71:21, and ran 8 miles in 70:57.

**6/14/09 – Holy City Race – 9.1 Miles**

1 Scott Bang 57:15  
 2 Bob Pickens 57:45  
 3 Andy Williams 58:55  
 4 Marc Ostrowski 62:10  
 5 Neil Gelblum 63:01  
 6 Jeff Rohrer 66:22  
 7 Dino Delyani 67:03  
 8 Todd Hayes 68:36  
 9 Joe Hurtado 71:35  
 10 Helen Wong 72:12  
 11 Glenn Kishi 72:31  
 12 Carl Petersen 78:40  
 13 Pauline Beatty 78:46  
 14 Jeff Bedolla 80:34  
 15 Kat Powell 83:59  
 16 Tom Warfel 93:20  
 17 Chris Cassell 97:27

**6/20/09-Silicon Valley Mt.Bike Sprint**

**Triathlon**

61 Kelly Emo 1:29:48 1st-45+

**6/20/09 – Shriner's 8K**

3 Duncan Weru 24:40 2nd-25+  
 59 Jean Harris 28:31  
 72 Brian Davis 29:13 5th-50+  
 99 Tony Scardina 30:39  
 102 Ken Camet 30:51  
 115 Becki Kriege 31:22 7th-40+  
 123 Jim Howe 32:12 2nd-60+  
 128 Bill Dunn 32:23 4th-60+  
 162 Scott Bang 33:58

169 Aaron Lee 34:07  
 184 Mary Kriege 35:15 1st-16-  
 185 Carol Bednar 35:16  
 193 Neal Chappell 35:31 1st-70+  
 206 Glenn Kishi 35:50  
 213 Joe Hurtado 36:16 3rd-65+  
 223 Dave Norlander 36:46 2nd-40+  
 250 Uyenthi Tran 37:49  
 251 Carl Petersen 37:56 3rd-70+  
 261 Bob Lord 38:28 4th-70+  
 291 John Pickens 39:51  
 319 Victoria Kros 40:49 2nd-60+  
 334 Chris Blue 41:26 5th-60+  
 404 Ed Reyna 46:10 1st-75+  
 465 Georgia Riley 49:55 4th-65+  
 553 Ruby Hurtado 55:52 6th-65+  
 Our 60+ and 70+ men finished 1st, our 60+ women finished 2nd, our open women finished 4th, and our 40+ and 50+ men finished 6th.

**6/20/09-Mountain Mike Triathlon**

61 Kelly Emo 1:29:24 1at-45+  
 Kelly swam 500 meters in 9:58, biked 10 miles in 49:00, and ran 5K in 27:39.

**6/27/09-Western States 100M**

Cecil Baumgartner 14:58  
 Todd Hayes 8:30  
 Damon Lease 6:30  
 It was very hot for the 100-miler this year (100+ degrees) and all three club members had to drop out. Cecil dropped out at 62 miles because of an achilles tendon injury (he will have surgery on his tendon in August), Todd dropped out at 29.7 miles because of a severe asthma attack, and Damon dropped out at 23.8 miles due to a hamstring injury that slowed him so much that he missed the cut-off time at Duncan Canyon.

**6/27/09-Seattle Rock & Roll Marathon**

Kat Powell 4:36:58

**7/4/09-4 On The 4th-4.085M**

Andy Lief 23:00 2nd-36+  
 Adam Prince 23:56 1st-46+  
 Jeff Candello 24:27 2nd-46+  
 Neil Gelblum 26:21 1st-56+  
 Glenn Kishi 29:14  
 Rick Kananen 35:31 4th-56+  
 Tom Zades 37:34 5th-56+

**7/9/09-Thursday Night Ventura 5K**

Cecil Baumgartner 19:59  
 Sue Francis 23:59