



# WVJS



## VOL XXXIV-#1 WEST VALLEY JOGGERS & STRIDERS July 2015

### Saturday Workouts

07/18/15	Farwell/H (4.68M)	09/26/15	Valle Vista (3.0 miles)
07/25/15	5K on the track	10/03/15	Step-up & Step-down Relay
08/01/15	One Mile on the Track	10/10/15	6 x 1600 Relay
08/08/15	36 x 200 Relay	10/17/15	Triangle Run – 4.76M
08/15/15	12 x 600 Relay	10/24/31	Doug/Sara/Frtvle (2.75M)
08/22/15	Farwell (3.54M)	10/31/15	8 x 0.66M Tennis Court Loop Relay
08/29/15	16 x 400 Relay	11/07/15	Farwell/H (4.68M)
09/05/15	4 x 1.46M WVC Loop Relay	11/14/15	8 x 1200 Relay
09/12/15	Short Six (5.74M)	11/21/15	Farwell (3.54M)
09/19/15	18 x 0.33M Half Tennis Court Loop Relay	11/28/15	4 x 1.46M WVC 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

07/12/15	San Rafael Miracle Mile (1.0)
10/18/15	Humboldt Half Marathon (1.5)
11/08/15	Clarksburg Half Marathon (1.5)
12/06/15	Cal Intl Marathon (2.0)
12/13/15	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
World Hunger 5K (canceled ?)
08/09/15 Scott Bang Road Mile
08/22/15 Santa Cruz XC Race
12/06/15 Cal Intl Marathon

#### Other Races

07/1	Xmas in July 5K in Los Altos
07/19	Palo Alto Double 8K-\$59 entry fee
07/25	Firefly 5K in San Jose-\$25/\$55 entry fee
08/01	Emerge 5K at Almaden
08/15	FroYo Run in San Jose-5K/10K-\$39 fee
08/16	Race thru Redwoods 10K –Cowell Prk
08/22	Double Road Race In San Jose-\$49

### Miscellaneous Drivel

Club member **Bill Dodson** turned 80 on 2/28/15 and went after the 80/84 50K record the next day in the National Championships in Caumsett State Park on Long Island. He won the 80+ division and beat all of the youngsters in the 70+ division but missed the American record for that distance by a mere 8 seconds. His time was 5:55:06. That's a long time to be out in the cold as it snowed during the race.

He had no one near him during the latter stages of the race but still pushed it as he knew that he was close to the record. However, the weather hindered his efforts. The temperature was in the mid 20s during the last 20K and it snowed. He slipped and fell a few minutes before the finish and then slipped, tripped, or collapsed just short of the finish line and had to crawl over the line,

In April, Bill broke the 80+ American record for the 100K by 2 ½ hours with a time of 15:05. One week later he broke the American 80+ record for 50 miles at the Ruth Anderson race by over 3 hours with a time of 10:16:17.

Ultra Running Magazine voted **Bill's** 10:38 for the Ruth Anderson 50 Mile run as the 5th best performance for 2014 for men who are 50 or older. Age is taken into consideration when doing the voting.

As shown later in this club bulletin, **George Lo** won our Runner of the Year contest for the 4th year in a row. **Joe Hurtado** has won 12 times during the 37 years that we have been holding this contest. **Tom Warfel** has won 5 times and **Phil Sanfillipo** and **Don Dugdale** have won 2 times. Ted Pawlak has the top two marks with 7,103

miles in 1981 and 6,405 miles in 1982. Ted had no Saturday points in those totals.

**Jeff Rohrer** ran the Douglas course on 1/11/14 when the temperature was 48 degrees and there was no wind. This year he ran the Douglas course on 1/10/15 when the temperature was 47 degrees and there was no wind. And, his time was the same – 18:30.

**Marion Carter**, age 84, had to give up running about 10 years back because of a bad knee but was still able to do a lot of hiking. But, finally it became too painful to hike. So, he got a knee replacement at Kaiser in September and is now back to hiking at Rancho without pain.

**Cecil Baumgartner** qualified for the 2016 Boston Marathon by running under the 3:55 standard with a time of 3:37:43 at the Mountains 2 Beach Marathon in Ojai.

**Kat Powell** was very pleased to run her all-time best 10K – 51:42 at the Marin 10K. This also put her into the 80% category for her age at 80.34%. Kat also ran her all-time best marathon with a 4:27:59 at the Modesto Marathon. So, she will also be on the starting line next April with Cecil.

**Paul Armstrong** coached his varsity girls to the IEI Camino league championship this past season.

**Jake White** had a pacemaker placed in his chest a few weeks back and has been feeling super but his running times have not improved.



**Joann Dahlkoetter**, who has been a member of our club for 18 years, decided that she needed a change for a variety of reasons. So, she has joined the Impala running club. She said that she enjoyed her time with us and wishes us well.

**Bill Dunn** moved to Colorado in May and in his first race there won the biggest trophy that he has ever won. A picture of the trophy can be seen on his Facebook website.

**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

\$50 each. The summer fee is \$25. 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>

## SUMMARY OF 2014 YEAR

As regards the men in road grand prix competition, the 50+ team led the way by finishing first. Our 60+ men and 70+ men finished 2nd. our 40+ team finished 6th and our open men did not field a team in any race.

Our men's 50+ team had 3 first place finishes and three 2nd place finishes out of 10 races.

Our men's 60+ team had three 2nd place finishes out of the 5 races that we competed in.

Our men's 70+ team had 6 first place finishes and three 2nd place finishes. We lost by 2 points to Tamalpa. If we could have fielded a team in either the Humboldt Half or the CIM, we would have won.

During 2014, our women's teams did not score in any road grand prix races.

As regards individual accomplishments in the Grand Prix competition, the following runners finished in the top 10 in their age group divisions:

Men	50+Short	50+Long	60+Short	60+Long	70+ Short	70+ Long
Brian Davis	8th	2nd				
Ray Rodriguez		6th				
Barry Farrara		7th				
Jim Bordon			4th			
Joe Hurtado				7th	2nd	1st
Bob Lord					1st	
Dave Norlander					5th	
Bill Dodson					6th	3rd
Eddie Reyna						9th

Eddie was 2nd in the 80+ long & 3rd in the 80+ short division

Kat Powell				7th
Joann Dahlkoetter			3rd	

As regards ultra competition, we have agreed that we will not score in ultra competition. Rather our runners will score for the Stevens Creek Striders or Quicksilver. Correspondingly, the Stevens Creek Striders and Quicksilver may score for us when they run in road grand prix races.

Club members who competed in the ultra grand prix during 2014 included Todd Hayes, who finished 5th in the 60+ division, Bill Dodson, who finished 1st in the 70+ division and Kat Powell, who won the women's 60+ division.

Our top dogs for 2014 in the Saturday workouts were **Gary Waggoner**, who won 6 times, **Jorn Jensen**, who won 4 times, **Norry McAllister**, who won 4 times, **Calvin Do**, who won 3 times, and **Geoff Bradley**, who won 3 times.

**Kristina Park** led the ladies as she was the first woman finisher for a Saturday course on 16 occasions.

As regards our relays, which comprise about 40% of our Saturday workouts, 26 different runners were on the winning team during 2014. **Dino Delyani, Paul Taylor, Kristina Park, and Gary Waggoner** were on the winning team 3 times each.

There were very few all-time PRs this year. Robert Navarrete, Bob Lord, and Bill Dodson PRd twice each and Brian Davis Dennis Kurtis, and Roberto Palos PRd once.

Running an age-group PR on one of our 6 Saturday courses is very difficult as we have been running these courses for 40 years and have had many outstanding runners. This year course records were broken 13 times.

**Bob Lord** broke the 75+ course records for the Douglas course

**Bill Dodson** broke the 75+ record for Farwell.

**Chris Blue** broke the 65+ record for the Triangle course.

**Uyenthi Tran** won our annual handicap race. **Jorn Jensen** had the fastest men's scratch time at this race and **Kristina Park** had the fastest time for the ladies.

**Jorn Jensen, Mike Krey, and Tom O'Connor** were members of the winning Valentine Day club race, winning the first shot at the Valentine candy.

**Norry McAllister** won the Holy City race this year. **Bob Pickens** again ably directed this race.

**Jim Bordon** and **Kristina Park** were the winners of our track mile contest. Jim scored 82.44 points for his 5:38 mile and Kristina scored 82.94 points for her 5:34 mile to lead the ladies.

## FINAL 2014 RUNNER OF THE YEAR CONTEST RESULTS

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. The final scores for 2014 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	3121	740	3861 Gold	Mark Goldman	1552	480	2032 Bronze
Brian Davis	3,000	60	3060 Silver	Walt Van Zant	863	1140	2003 Bronze
Ken Camet	2421	320	2741 Silver	Aaron Lee	1271	260	1531 Bronze
Tom Warfel	1826	910	2736 Silver	Calvin Do	1415	100	1515 Bronze
Norry McAllister	1863	740	2603 Silver	Neil Gelblum	1199	260	1459
Joe Hurtado			Silver	Dave Norlander	421	970	1391
Jim Bordoni	1731	660	2391 Bronze	Brian Low	742	240	982
Gary Waggoner	1668	700	2368 Bronze	Dick Chimenti	825	140	965
Geoff Bradley	1492	660	2152 Bronze	Bob Lord	597	140	737
Jorn Jensen	2002	80	2082 Bronze				

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 George Lo	3861

## FINAL 2014 WVJS RACER OF THE YEAR CONTEST RESULTS

Placings in this contest are based upon your best 8 performances in 15 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 7 different events in order to be eligible for an award.** The standings to date for 2014 for all who have scored in three or more races are as 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 completed in.

### Elite Division

Jorn Jensen (8-7)	200	Gold
Brian Davis (8-8)	199	Silver
Calvin Do (4-3)	99	

### A Division

Ray Rodriguez (8-5)	198
Norry McAllister (8-7)	197 Gold
Ken Camet (8-9)	193 Silver
Barry Farrara (7-4)	171
Scott Bang (6-5)	135
Geoff Bradley (5-4)	114
Tom Lockhart (5-3)	105
Gary Waggoner (3-3)	72

### B Division

Dino Delyani (8-13)	198	Gold
George Lo (8-7)	198	Gold
Jim Bordoni (8-8)	193	Silver
Mike Krey (6-4)	129	
Aaron Lee (5-4)	108	
Kristina Park (3-3)	75	
Scott Graham (3-3)	54	

### C Division

Robt Navarette (8-7)	194	Gold
Mark Goldman (8-7)	181	Silver
Dave McIntyre (8-11)	178	Bronze
Dan Anderson (7-4)	173	
Brian Conroy (6-5)	148	
Todd Hayes (6-5)	134	
Jeff Bedolla (7-6)	131	
Neil Gelblum (6-6)	120	
Glenn Kishi (5-4)	101	
Bill Dunn (4-3)	92	
Paul Taylor (4-4)	84	

### D Division

Dick Chimenti (4-3)	77	
Joe Hurtado (8-8)	195	Gold
Bill Dodson (8-10)	193	Silver
Bob Lord (8-7)	193	Silver
Dave Norlander (8-10)	184	Bronze
Uyenthi Tran (4-3)	92	

### E Division

Kat Powell (8-8)	200	Gold
Eddie Reyna (7-4)	170	
Tom Warfel (4-4)	92	
Don Packwood (3-3)	65	
Walt Van Zant (3-3)	60	

## 2015 PA/USATF Road Grand Prix



**40+ Men**

Our 40+ men's team is presently in 7th place. Jorn Jensen is our team captain. He is in 14th place in the short race division for 40+ runners. Jose Pina is in 32nd place

**40+ Women**

Our 40+ women's team is presently in 6th place. Becki Kriege is the team captain. Dalila Rodriguez, Becki Kriege, Helen Wong, and Carol Bednar are in 35th, 53rd, 70th, and 83rd places in the short race division and Dalila is in 46th place in the long race division.

**50+ Men**

Our 50+ men's team is presently in 1st place. Ken Camet is our 50+ team captain. Individually, Ray Rodriguez, Dino Delyani, Ken Camet, Tom O'Connor, Norry McAllister, Glenn Kishi, Robert Navarrete, Jeff Rohrer, and Rich Hahn, are in 5th, 10th, 11th, 17th, 23rd, 36th, 36th, 60th, and 83rd places in the short race division. Ray Rodriguez, Dino Delyani, Can Camet, and Robert Navarrete are in 9th, 36th, 36th, and 56th places in the long race division.

**60+ Women**

We have not scored as a team in this division. Individually, Kat Powell is in 10th place in the long race division.

**60+ Men**

Our 60+ men's team is presently in 2nd place. Tom O'Connor is the team captain. Individually, Norm Takeuchi, Mark Goldman, Mike Krey, Jim Bordoni, Scott Graham, and Dan Anderson are in 12th, 12th, 15th, 21st, 35th, and 35th places in the short race division. Bill Dunn and Norm Takeuchi are in 19th and 22nd places in the long race division.

**70+ Men**

Our 70+ men's team is presently in 2nd place. Eddie Reyna is the team captain. Individually, Bob Lord, Dave Norlander, Bill Dodson, Joe Hurtado, and Eddie Reyna are in 3rd, 7th, 8th, 11th, and 15th places in the short race division. Joe Hurtado, Eddie Reyna, Bob Lord, and Bill Dodson are in 1st, 5th, 7th, and 8th places in the long race division.

**80+ Men**

Bill Dodson and Eddie Reyna are in 2nd and 3rd places in the short race division. Eddie and Bill are 2nd and 3rd in the long race division. Bill is only 2 points out of the lead in the short race division. If he runs and finishes 1st in the remaining long division races, he will win the long race division.

**SATURDAY WORKOUT RESULTS**

**12/27/14 – All Courses Day**

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

1 Gary Waggoner	16:30
2 Brian Low	23:20
3 Dave McIntyre	23:35
4 Dave Norlander	26:49

**Valle Vista – 3.0M**

1 Jeff Rohrer	20:42
2 George Lo	20:51
3 Heather Rohrer	29:22
4 Tom Warfel	29:37
5 Don Packwood	31:44

**Farwell – 3.54M**

1 Jorn Jensen	22:08.0
2 Kristina Park	23:13.0
3 Scott Bang	23:22.6
4 Dino Delyani	23:36.5
5 Robert Navarrete	27:52.1
5 Mark Goldman	27:52.1
7 Helen Wong	27:55.7

**Short Six – 5.74M**

1 Ellie Lemco	42:56 PR
2 Catherine Frye	46:48
3 Jeff Bedolla	53:07

4 Kat Powell 53:44

Dick Barrett Trophy Winner – Tom Warfel

Very cold weather this morning (mid 30s).

Still, Gary came within 2 seconds of his 50+

PR while winning his race by 7 minutes. 70+

runner Brian Low finished 2nd, completing all

of the Saturday courses for the year and

winning the D division Cum Saturday

competition. Ellie Lemco, turned left onto

Chester rather than continuing to 10 Acres

before turning left. This added about 0.20M to

her distance but she still bettered her course

PR by 17 seconds. Tom Warfel took home the

weekly trophy as he knocked 3 minutes off his

70+ best and averaged under 10 minutes per

mile. And, he did not double his PR of 16:34.

Dino ran the Farwell course for the 4th time

this year. His time range for these 4 runs was

23:31 to 23:41. Thanks to Danny Moon and

Kevin Breit for helping at the finish line.

3 Graham/Smart 7:00 46:32

4 Eng/Conroy 7:15 47:04

5 Norlander/Bang 4:00 47:49

6 Tran/Lee 6:00 48:08

7 Packwood/Park -0- 48:16

Phantom Dick Barrett Trophy Winner – Dino Delyani & Helen Wong

Very cold this morning (33 degrees), which

slowed our older runners (all of us). The

Delyani team took the lead during the 4th run

and went on to win by about 100 yards. For

the first time in quite awhile, a female led all of

us as Kristina averaged 5:58 per 1600M. Mr

Saturday, Ray Russell (famous for winning

many of our Saturday runs), made a rare

celebrity appearance, signing several

autographs. He then joined us for breakfast.

He wondered where George Maes was as he

needed to have his car painted. Dino Delyani

continued his downward spiral as he ran 2

seconds slower than the last time that we ran

this workout. Thanks to Jim Bordoni and Mike

Krey (both recovering from surgeries) for

braving the cold weather in order to time us.

Horrible handicapping job by an unidentified

**1/3/15 – 6 x 1600M Relay**

Pl	Team	Start	Finish
1	Wong/Delyani	5:15	45:31
2	Wallen/Lo	5:00	45:50

handicapper. We did not have a single close finish.

Dick Barrett Trophy Winner – George Lo

Phantom Dick Barrett Trophy Winner – Gary Waggoner

**1/10/15 – Dou/Sar/Frtvle – 2.75M**

1	Roberto Palos	16:16 PR
2	Gary Waggoner	16:20
3	Norry McAllister	16:56
4	Scott Bang	17:15
5	Kristina Park	17:26
6	Dino Delyani	17:36
7	Jeff Rohrer	18:30
8	George Lo	18:40
9	Ken Camet	19:42
10	Mark Goldman	20:18
11	Matt Kriege	20:27
12	Todd Hayes	20:30
13	Hank Lawson	20:35
14	Dave McIntyre	20:50
15	Helen Wong	21:17
16	Catherine Frye	21:28
17	Kat Powell	23:53
18	Dave Norlander	24:15
19	Walt Van Zant	31:21
20	Don Packwood	32:07*

\* Started 3 minutes late and finished in 35:07.

Dick Barrett Trophy Winner – Roberto Palos

Balmy weather this Saturday (high 40s). Close race between two 50+ runners with Roberto getting the win. He improved his time from the only other time that he ran this course in June 2012 by 2 minutes. Gary improved his 50+ best by 8 seconds. Todd Hayes beat his 60+ PR by 12 seconds. Several other runners ran close to their age-group PRs. Norry, who had just returned from a non-running 2-week vacation and family reunion in London, ran very well to finish 3rd. Kristina Park came within 22 seconds of her 40+ PR to lead the ladies. Your editor, running with binoculars, lost sight of the last runner in front of me after 600 meters. Thanks to Danny Moon, Carl Petersen, and Jim Bordoni for helping at the finish line.

**1/17/15-8 x 0.66M Tennis Court Loop Relay**

Pl	Team	Start	Finish
1	McIntyre/Park	0:45	35:45
2	Wallen/Lo	1:00	36:17
3	Frye/Delyani	1:30	36:36
4	Moon/McAllister	1:15	36:42
5	Mi.Kriege/B..Kriege	1:30	36:57
6	Ma.Kriege/Eng	0.15	37:14
7	Norlander/Waggoner	-0-	37:33

When Kristina showed up for our relay, she coughed a few times and stated that she was coming down with a cold and would just run at moderate effort. So, her rating was changed from 16:15 to 17:30. She then led her team to victory by about 150 meters while running a combined time of 15:58. Gary Waggoner had the best splits with a 3:45.0 average. Norry, two weeks removed from a no-training vacation in London, averaged 3:48 per run. I guess that the dreary, foggy weather this morning reminded him of the balmy weather in London during his vacation. George Lo took home the weekly trophy. Thanks to Ken Camet (suffering from plantar fasciitis) and Jim Bordoni (recovering from shoulder surgery) and Carl Petersen (recovering from a slow walk) for helping at the finish line.

**1/24/15-5K on the Track**

1	Gary Waggoner	18:22.6 *
2	Tom O'Connor	18:50.4 *
3	Norry McAllister	18:53.9 **
4	Scott Bang	19:43.0
5	Dino Delyani	19:59.3
6	Brian Conroy	20:12.5 *
7	Becki Kriege	20:16.0
8	Aaron Lee	20:21.1 *
9	Jeff Rohrer	20:55.6 **
10	Dave Piazza	21:06.5 *
11	George Lo	21:07.8
12	Bill Dunn	21:38.2 **
13	Robert Navarrete	21:58.4
14	Mark Goldman	22:00.7 *
15	Dave McIntyre	22:50.8 *
16	Paul Taylor	23:03.6
17	Jim Bordoni	24:01.4
18	Glenn Kishi	24:34.2 **
19	Uyenthi Tran	24:39.4 **
20	Bill Dodson	24:53.1 *
21	Jeff Bedolla	25:03.4
22	Bob Lord	25:24.6
23	Kat Powell	28:10.9 **
24	Hank Lawson	31:21.7
25	Don Packwood	32:30.1
26	Walt Van Zant	35:09.8 *
27	Tom Warfel	38:32.4
	Brian Davis	DNF **

\* Ran faster than last year.

\*\* Did not run last year

\*\* Dropped out due to hamstring strain

Gary Waggoner continued to run well as he pulled away from Tom O'Connor over the last mile. Tom, who will turn 60 in September, clung within a few yards of Gary for the first two miles before he dropped off a bit. Dave Piazza was ecstatic about his run as he improved nearly two minutes from his track 5K of last year. Becki has run the track 5K three times in a row. Her times in order have been 20:18, 20:17, and 20:16. At this rate, she will crack 20 flat when she turns 65 or she will have to run more 5Ks. Jim Bordoni is still recovering from surgery and has been ordered by his doctor not to run. So, he jogged his 5K this morning. Dave McIntyre improved his time from last year by a little over a minute. Don Packwood improved by about a minute per mile on his Douglas run (2.75 miles) from two week ago. Tom Warfel ran with us for the first time since his ablation procedure of a few weeks ago.

**1/31/15-Farwell/H – 4.68M**

1	Gary Waggoner	28:33
2	Tom O'Connor	29:10
3	Norry McAllister	29:37
4	Dino Delyani	30:40
5	Becki Kriege	32:02
6	George Lo	32:21
7	Bill Dunn	32:26
8	Paul Taylor	34:55
9	Hank Lawson	35:28
10	Todd Hayes	36:43
11	Jim Bordoni	36:46
12	Robert Navarrete	38:48
13	Glenn Kishi	39:10
14	Dave Norlander	46:53
15	Don Packwood	55:13
	Geoff Bradley	DNF

Dick Barrett Trophy Winner – Bill Dunn

59-year-old Tom O'Connor hung with Gary Waggoner for a mile before Gary began to pull away and went on to win by 37 seconds. Tom's run put him #10 on the 55+ list, pushing webmaster Dick Chimenti into 11th place. Bill Dunn ran the 4th best-ever time for this course by a 65+ runner. Bill, when he was a youngster (39) ran this course in 25:17 in September 1986. Two club members got injured during the race. Geoff strained his calf muscle and had to retreat to the start. Robert



Navarrete pulled his hamstring but was able to stagger to the finish. Thanks to Matt Kriege for helping at the finish line.

**2/7/15 – Farwell – 3.54M**

1	Gary Waggoner	21:55.0
2	Norry McAllister	22:14.1
3	Dino Delyani	23:32.4
4	Becki Kriege	23:42.1
5	Kristina Park	23:55.7
6	George Lo	24:34.2
7	Jeff Rohrer	24:41.5
8	Bill Dunn	24:53.9
9	Robert Navarrete	25:48.7
10	Mark Goldman	26:17.0
11	Matt Kriege	27:07.6
12	Rob Jacobson	27:09.7
13	Jim Bordoni	27:42.5
14	Jeff Bedolla	31:19.0
15	Kat Powell	33:14.9
16	Dave Norlander	34:29.8
17	Don Packwood	38:18.3
18	Tom Warfel	47:32.x

Dick Barrett Trophy Winner – Jeff Rohrer

Gary Waggoner took a significant early lead, Norry cut into this lead in the middle of the run, and then Gary pulled away again to win by about 100 meters. Becki led the ladies. Dino continued his falloff since last August. He ran 23:31 in August, 23:38 in November, 23:36 in December, and 23:32 today. So, even though his last 3 performances appear to be improvements, he has lost a second overall. Jeff Rohrer took home the weekly trophy. He was the only one to improve his age-group PR, which he did by 16 seconds. In the process, he passed Robert Navarrete, Tom Warfel, and Brian Low on the 55+ list. Although the temperature was nice this morning (low 60s), the high humidity apparently affected many of the performances as most of us did not run fast times. Thanks to Matt Kriege, Mike Krey, and Geoff Bradley for helping at the finish line.

**2/14/15-12 x 800M Relay**

Pl	Team	Start	Finish
1	Tran/Do	-0-	36:43
2	Dunn/Waggoner	2:15	37:56
3	Lee/Delyani	2:15	38:13
4	J.Rohrer/McAllister	3:00	38:23
5	Lo/Park	2:30	38:39

Dick Barrett Trophy Winner – Bill Dunn

A runaway win for the Tran/Do team. Calvin, Gary and Norry had the best averages for the guys at 2:33, 2:46 and 2:47. Kristina led the ladies with an average of 2:55.

**2/21/15- Club Team Race at WVC-5.37M**

Individual Results

Pl	Runner	Time
1	Gary Waggoner (C)	34:17
2	Norry McAllister (D)	35:45
3	Dino Delyani (D)	37:12
4	George Lo (A)	38:51
5	Aaron Lee (B)	39:00
6	Becki Kriege (C)	39:38
7	Ken Camet (C)	39:38
8	Robert Navarrete	40:26
9	Calvin Do (B)	33:04 *
10	Todd Hayes (A)	41:10
11	Paul Taylor (A)	43:33
12	Geoff Bradley	42:34
13	Rob Jacobson	42:39
14	Dave McIntyre (B)	43:07
15	Catherine Frye (D)	44:11
16	Jeff Bedolla (C)	46:17
17	Uyenthi Tran (D)	47:20
18	Don Packwood (B)	60:36
19	Walt Van Zant (A)	66:02
20	Alvin Jackson	73:00

\*Started 8 minutes late.

Team Scores

1	Team C (3/8/ 9/13) = 33
2	Team A (1/6/10/16) = 33
3	Team B (1/7/11/15) = 35
4	Team D (4/5/12/14) = 35

Ties were broken by comparing the finishing places of the 4th runner on each team.

**2/28/15 – 4 x 1.46M WVC Loop Relay**

Pl	Team	Start	Finish
1	D.Eason/McIntyre	-0-	43:48
2	Sousa/Camet	3:45	45:53
3	Warfel/Waggoner	-0-	46:02
4	Dunn/Delyani	9:00	47:29
5	H.Eason/Bradley	1:30	48:30
6	Nic.McAllister/Lee	4:45	48:35
	Chimentì/Samson	7:45	

Dick Barrett Trophy Winner – Tim Sousa and Camet

The McIntyre team started first and stayed there throughout the race, winning by a little

over 2 minutes. Norry brought his two friends from New Zealand – Darren and Helen Eason – but saved himself for a race tomorrow. Dick Chimentì’s partner, Bjorn Samson, slipped about 250 yards from the end of his first leg, injuring his hip and not being able to finish. Tim Sousa made a rare appearance at a club workout. Gary Waggoner had the best average at 8:41. Thanks to Danny Moon and Jim Bordoni for helping at the finish line.

**3/7/15 – Short Six – 5.74M**

1	Gary Waggoner	36:31
2	Norry McAllister	37:54
3	Dino Delyani	39:17
4	George Lo	40:40
5	Bill Dunn	41:20
6	Ken Camet	41:54
7	Todd Hayes	42:45
8	Mark Goldman	43:12
9	Tim Souza	44:56
10	Hank Lawson	45:37
11	Al Murray	46:18
12	Dick Chimentì	47:14
13	Helen Wong	48:15
14	Glenn Kishi	49:36
15	Aaron Lee	49:57
16	Uyenthi Tran	50:20
17	Jeff Bedolla	50:37
18	Don Packwood	69:10
19	Tom Warfel	70:13
20	Walt Van Zant	80:09 RW

Dick Barrett Trophy Winner – Bill Dunn

Gary Waggoner romped to an easy win on this difficult course while improving his 50+ best by 5 seconds. Helen Wong led the ladies. Bill Dunn took home the weekly trophy, moving to #3 on the 65+ list. Uyenthi Tran improved her 40+ best by 6 minutes and Jeff Bedolla improved his 60+ best by 67 seconds. Tom Warfel and Don Packwood missed their 65+ and 70+ PRs by 13 and 17 minutes. Thanks to Mike Krey and Dave Norlander for helping at the finish line.

**3/14/15-Valle Vista – 3.0M**

1	Norry McAllister	18:23
2	Andy Williams	18:31
3	Dino Delyani	19:34
4	Kristina Park	19:38
5	George Lo	20:23
6	Ken Camet	20:34
7	Bill Dunn	20:42
8	Al Murray	21:46



9	Todd Hayes	21:48	9	Robert Navarrete	34:54	5	Bill Dunn	18:28
10	Hank Lawson	21:54	10	Mike Krey	36:16	6	Dave Piazza	18:57
11	Mark Goldman	22:13	11	Dave McIntyre	37:14	7	Mike Krey	19:30
12	Dave McIntyre	22:32	12	Des Knuckey	39:37	8	Mark Goldman	20:16
13	Tim Souza	22:38	13	Helen Wong	39:55	9	Helen Wong	21:10
14	Helen Wong	23:48	14	Bob Lord	41:20	10	Matt Kriege	21:28
15	Jeff Bedolla	24:23	15	Bill Dodson	43:04	11	Scott Bang	21:28
16	Glenn Kishi	25:05	16	Dave Norlander	45:41	12	Jeff Bedolla	22:04
17	Bob Lord	25:09	17	Chris Blue	46:54	13	Becki Kriege	22:13
18	Brian Low	25:37	18	Tim Rostege	49:35	14	George Lo	24:41
19	Kat Powell	25:44	19	Tom Warfel	51:21	15	Kat Powell	25:30
20	Dave Norlander	28:07	20	Don Packwood	53:59	16	Dave Norlander	25:56
21	Chris Blue	30:34	21	Walt Van Zant	56:10	17	Glenn Kishi	27:33
22	Don Packwood	31:14 PW				18	Chris Blue	27:38
23	Tim Rostege	31:52		Dick Barrett Trophy Winner – Bill Dodson				
24	Walt Van Zant	39:34 RW						

Dick Barrett Trophy Winner – Dick Barrett

Norry passed Andy on the Fruitvale downhill and gradually pulled away for the win this morning. Kristina led the ladies. Always hard-running Dino took home the weekly because he tied his 55+ PR. Bill Dunn also tied his 65+ PR and George Lo improve his 45+ best by 28 seconds. Thanks to Danny Moon and Scott Bang for helping at the finish line.

**3/21/15-18 x 0.33M Half Tennis Court Loop Relay**

1	Rostege/Aubuchon/Lee	-0-	37:42
2	Krey/Ma.Kriege/Lo	:15	37:48
3	Bedolla/Delyani/Lawson	:30	38:09

Dick Barrett Trophy Winner – Aaron Lee team

The 1st-place team started first and finished first. The 2nd-place team started second and finished second. The 3rd-place team started third and finished third. If we had all started together, The Lo team would have won in 37:33, the Lawson team would have finished 2nd in 37:39, and the Lee team would have finished 3rd in 37:42. It was a good competitive race. Joseph Aubuchon ran with us for the first time in nearly 5 years.

**3/28/15 – Triangle – 4.76M**

1	Norry McAllister	30:58
2	Dino Delyani	31:40
3	Ken Camet	31:43
4	Kristina Park	31:45
5	Geoff Bradley	32:19
6	George Lo	32:24
7	Bill Dunn	33:01
8	Mark Goldman	34:11

Norry won our race this morning and as a result became the first club member to complete all of the Saturday courses this year. 42 seconds later Dino Delyani became the second club member to finish all of the courses. And, an additional 44 seconds later George Lo became the third member to complete all of the courses. Bill Dodson took home the weekly trophy because he broke the 80+ course record by 8+ minutes. Bill Dunn registered the 4th best-ever time by a 65+ runner. Mark Goldman tied his 60+ PR, just a few weeks short of his 65th birthday. Thanks to Danny Moon and Matt Kriege for helping at the finish line.

**4/4/15-16 x 300M Relay**

Pl	Team	Time
1	McIntyre/Matt Kriege	18:23
2	Kishi/Park	18:43
3	Dodson/Camet	18:48
4	Wong/Moon	19:19
5	Norlander/Delyani	19:36
6	Lo/Goldman	19:50
7	Rostege/McAllister	20:09

Dick Barrett Trophy Winner – Tim Rostege & Norry McAllister

When we ran this relay last year Norry was on the winning team. This year he was on the team that finished a distant last. But, he took his poor finish well. So, he was given the trophy.

**4/11/15 – Dou/Sara/Frtvle – 2.75M**

1	Norry McAllister	17:01
2	Ken Camet	17:35
3	Kristina Park	17:48
4	Geoff Bradley	18:23

Dick Barrett Trophy Winner – Bill Dunn

Easy win for Norry. Kristina led the ladies. Bill Dunn, who is now down to his final few weeks in the Santa Clara valley, took home the weekly trophy for recording the 4th best-ever 65+ time on this course. Dave Piazza, who keeps our 50+ records, improved his 55+ best by 130 seconds but, sadly, moved to just #51 on the 55+ list. Thanks to Jim Myers for recording the times at the finish line.

**4/18/15-Step Up & Step Down Relay**

Team	Start	Finish
Matt Kriege/Park	3:30	35:26
Camet/Lee	3:15	35:42
Norlander/Delyani	-0-	36:31
Souza/Conroy	1:00	36:32
Rostege/Bordoni	-0-	37:58

Dick Barrett Trophy Winner – Jim Bordoni

No close races this morning except for 3rd place. The Park team won by nearly 100 meters. Tim Souza slowed during his last run in order give Dino Delyani and Brian Conroy a chance to have a good battle over the last 400 meters with Dino barely edging Brian for 3rd place. Jim Bordoni was given the trophy for his running hard with no one near him and not complaining when he finished last. The three fastest times of the day were run by Dino, Brian, and Kristina Park. Thanks to Todd Hayes and Danny Moon for an excellent job of timing.

**4/25/15 – Farwell/H – 4.68M**

1	Dino Delyani	30:59
2	Jim Bordoni	33:39
3	Tim Souza	35:35
4	Joann Dahlkoetter	35:45

5	Helen Wong	36:51
6	Jeff Bedolla	40:21
7	Kat Powell	40:24
8	Dave Norlander	45:53
9	Tom Warfel	51:18
10	Don Packwood	52:14

Dick Barrett Trophy Winner – Joann Dahlkoetter

Dino scored a rare win this morning (Maybe his first-ever win). Joann was the star of the day as she shattered the women's 60+ record by 4 minutes and 16 seconds. We had a large turnout but most were spectators as they were resting for either the Great Race or the Sacto 12K, which would be run the next day.

**5/2/15 – 36 x 200M Relay**

Pl	Team	Start	Finish
1	Knuckey/Krey/Bang	2:00	27:57
2	Conroy/Dodson/VanZant	-0-	29:25

Dick Barrett Trophy Winner - Walt Van Zant

Just 6 runners this morning but a sizable crowd of visitors, watching while resting for a race tomorrow. The Bang team won by nearly a lap. Mike Krey had the fastest splits with a 42 average. Your editor won the trophy as I was the only runner over my rating. Thanks to Jim Bordoni for timing us on the other side of the track and Danny Moon, Dave Norlander, Chris Blue, and possibly others for helping at the finish line.

**5/9/15 – 16 x 400M Relay**

Pl	Team	Start	Finish
1	Norlander/Bang	:15	26:37.3
2	Dodson/Camet	1:35	26:44.1
3	Taylor/Lo	3:00	27:06.6
4	Waggoner/Bordoni	4:15	27:13.6
5	Rostege/Park	:15	27:14.6
6	McIntyre/Delyani	3:15	27:24.7

Phantom Dick Barrett Trophy Winner – Rich Collins

Although Jim Bordoni ran the relay, he set up the teams and got Helen Wong and Rich Collins to do the timing and he computed the results when he got home. All teams were rated to finish in 27:00 and we all finished reasonably close to that time. Kristina Park had the fastest splits of the day at 79+ per run.

**5/16/15 – Farwell – 3.54M**

1	Andy Williams	22:12.9
2	Gary Waggoner	22:30.2
3	Dino Delyani	23:14.8
4	Scott Bang	23:27.4
5	George Lo	23:53.3
6	Geoff Bradley	24:37.3
7	Dave Piazza	24:40.5
8	Jim Bordoni	25:00.5
9	Mike Krey	25:08.8
10	Robert Navarrete	25:19.9
11	Paul Taylor	26:16.9
12	Al Murray	26:27.5
13	Mark Goldman	26:38.4
13	Norry McAllister	26:38.4
15	Des Knuckey	27:01.6
16	Joann Dahlkoetter	27:12.1
17	Matt Kriege	28:15.1
18	Bob Lord	28:31.9
19	Jeff Bedolla	30:01.4
20	Bill Dodson	30:05.8
21	Kat Powell	30:14.9
22	Dave Norlander	33:46.5
23	Tim Rostege	34:50.2
24	Don Packwood	36:16.8
25	Alvin Jackson	47:01.2
26	Walt Van Zant	50:44.3 RW

Dick Barrett Trophy Winner – Bob Lord

Andy Williams began pulling away from the field after we turned onto Farwell and eventually won by about 100 yards. Gary Waggoner, gradually working his way back from an injury, finished 2nd. The stars of the day were Joann, Bob Lord, and Bill Dodson. Each set age-group records. Joann broke Kat's women's 60+ record by 2+ minutes. Bob Lord broke Bill Dodson's 75+ record for men by 76 seconds. And, Bill broke Stan DeMartinis' 80+ record by 9 minutes. All were worthy of receiving the weekly club trophy but Bob got it because Joann and Bill had recently received the trophy. Other notable accomplishments this morning included Andy improving his 50+ best by 3 seconds, George Lo improving his 45+ best by 41 seconds, and Alvin being able to run with us for the first time in a little over 2 years. Dave Piazza, keeper of our top 50 list for all of the Saturday courses, made it into the top 50 for 55+ runners who have run this course. Thanks to Becki for recording the times at the finish line.

**5/23/15- 8 x 0.66M Tennis Court Loop Relay**

Pl	Team	Start	Finish
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1	Lawson/Matt Kriege	:15	38:51
2	Moon/Taylor	:15	39:12
3	Kishi/Bradley	4:00	39:32
4	McIntyre/Bang	5:30	39:52
5	Packwood/Waggoner	-0-	40:09
6	Wong/Jeff Rohrer	3:45	41:01
7	McAllister/Krey	3:00	41:06
8	H.Rohrer/Park	6:00	41:33
9	Norlander/Delyani	2:15	42:28

Dick Barrett Trophy Winner – Danny Moon

All teams were rated to finish in 41 minutes. Alas, I mistakenly told the first two teams to start 2 minutes sooner than they should have started. Otherwise, the Bradley team would have finished first. The fastest times of the day were run by Gary Waggoner at 15:23 and Kristina Park at 15:44. Danny Moon was given the weekly trophy as he allegedly came back from his cruise minus 1.5 pounds. Some club members were suspect of this claim when they saw that large bump protruding from underneath the front of his running shirt. Thanks to Jim Bordoni and Carl Petersen for doing a good job at the finish line despite my frequently calling out the wrong names of the finishers.

**5/30/15 – Short Six – 5.74M**

1	Roberto Palos	36:08 PR
2	Gary Waggoner	36:36
3	Scott Bang	38:57
4	Kristina Park	39:23
5	Geoff Bradley	40:27
6	George Lo	40:30
7	Dave McIntyre	45:45
8	Jeff Rohrer	48:04
9	Heather Rohrer	48:05
10	Todd Hayes	48:14
11	Norry McAllister	48:15
12	Des Knuckey	48:16
13	Kat Powell	49:39
14	Bob Lord	51:26
15	Jeff Bedolla	53:11
16	Chris Blue	58:25
17	Dave Norlander	58:42
18	Don Packwood	68:50
18	Nancy Kirk	68:50
20	Dena Noble	NT

Dick Barrett Trophy Winner – Kat Powell

There were several exceptional performances this morning. Roberto won while improving his all-time PR by 7 seconds. Gary Waggoner



continued his comeback from an injury with a 2nd place finish, missing his 50+ PR by just 5 seconds. Kat Powell, who is 6 months shy of turning 65, broke Georgia Riley's 60+ club record for this course. And, Kat came within 11 seconds of breaking her all-time PR for this course. George Lo knocked 10 seconds off his 45+ PR. Dave McIntyre is nearly 4 years into the 50+ age category and was still able to come within 13 seconds of his 50+ PR. Dave Norlander's run this morning put him into the lead of the E division of the Cum Saturday contest. Danny Moon and Jim Bordoni helped at the finish line. Jim helped out despite having to walk with the aid of crutches because of a wrenched knee.

**6/6/15 – All Courses Day**

**Douglas – 2.75M**

1 Dick Chimenti	21:42
2 Dave Norlander	25:50
3 Tim Rostege	26:11
4 Tom Warfel	26:51
4 Rich Stiller	26:51
6 Rich Collins	28:06

**Valle Vista – 3.0M**

1 Kristina Park	19:46
2 Jeff Rohrer	20:44
3 Heather Rohrer	24:38

**Farwell – 3.54M**

1 Ken Camet	22:59.0
2 Norry McAllister	23:11.1
3 Dino Delyani	23:21.1
4 Des Knuckey	26:32.6
5 Kat Powell	30:15.9

**Farwell/H-4.68M**

1 Ellie Lemco	29:53
2 Scott Bang	32:00
3 Geoff Bradley	34:05
4 Walt Van Zant	56:59

**Triangle – 4.76M**

1 George Lo	33:19
2 Todd Hayes	35:37
3 Helen Wong	38:43

**Short Six – 5.74M**

1 Robert Navarrete	42:44
2 Mike Krey	43:12
3 Paul Taylor	44:13
4 Jeff Bedolla	51:15
5 Don Packwood	63:13

**Dick Barrett Trophy Winner – Kristina Park**

Kristina Park took home the weekly trophy this morning as she was the first person across the line. Jeff Bedolla was the only runner to better their age-group PR with a 29-second improvement. Todd Hayes recorded the 14th best-ever time for a 65+ runner in his first run on the Triangle course as a 65+ runner. Mike Krey was worried that he would run a PW for the Short Six course this morning, even writing down his previous worst time as a reminder, and his fears were fulfilled with a 48-second disimprovement in his PW. But, he still ran the 27th best-ever time out of the 53 65+ runners who have run this course. Thanks to Slim Pickens and Danny Moon for helping at the finish line.

**6/13/15 – Valle Vista – 3.0M**

1 Gary Waggoner	18:31
2 Joseph Aubuchon	18:44 PR
3 Kristina Park	19:16
4 Norry McAllister	19:28
5 Dino Delyani	19:33
6 Bjorn Samson	20:06
7 George Lo	20:20
8 Dave Piazza	20:58
9 Robert Navarrete	21:12
10 Mike Krey	21:24
11 Mark Goldman	21:55
12 Des Knuckey	22:10
13 Grant Jacobson	22:13
14 Rob Jacobson	22:24
15 Ida Rosenblum	22:51
16 Joann Dahlkoetter	23:47
17 Carol Bednar	24:14
18 Bob Lord	24:53
19 Jeff Bedolla	25:21
20 Kat Powell	25:55
21 Tom Warfel	32:38

**Dick Barrett Trophy Winner – Joseph Aubuchon**

Gary Waggoner, who was out for quite awhile with an injury, scored his first win in over three months. Joseph Aubuchon finished 2nd and took home the weekly trophy with a 68 second improvement on his all-time PR. Kristina led the ladies with her 3rd place finish. Joanne broke the women's 60+ record by 65 seconds. Dave Piazza broke his 55+ PR by 32 seconds to edge into the top 50 on the 55+ list. Mike Krey again failed in his attempt to run a PW. And, topped that accomplishment off by

recording the #30 time of the 56 60+ runners who have run this course. Robert Navarrete improved his 55+ PR by 6 seconds at the age of 59. Bob Lord missed his own 75+ course record by 26 seconds. Thanks to Don Packwood, Danny Moon, and Danny Moon for helping at the finish line.

**6/20/15 – 3000M/1500M/800M**

**3000M**

1 Bjorn Samson	11:20.9
2 Joseph Aubuchon	11:28.6
3 Kristina Park	11:29.4
4 Dino Delyani	12:00.2
5 Robert Navarrete	12:47.5
6 Paul Taylor	12:49.1
7 Jeff Rohrer	12:50.2
8 Mike Krey	12:52.4
9 Todd Hayes	12:56.5
10 Helen Wong	13:43.5
11 Jeff Bedolla	14:58.1
12 Kat Powell	15:28.8
13 Dave Norlander	16:50.6
14 Tom Warfel	17:11.6

**2 Mile Equivalent**

1 Bjorn Samson	12:15.7
2 Joseph Aubuchon	12:23.5
3 Kristina Park	12:24.4
4 Dino Delyani	12:57.6
5 Robert Navarrete	13:48.7
6 Paul Taylor	13:50.4
7 Jeff Rohrer	13:51.6
8 Mike Krey	13:54.0
9 Todd Hayes	13:58.4
10 Helen Wong	14:49.1
11 Jeff Bedolla	16:09.7
12 Kat Powell	16:42.8
13 Dave Norlander	18:11.1
14 Tom Warfel	18:33.8

**1500M**

1 Joseph Aubuchon	5:15.6
2 Scott Bang	5:18.6
3 Norry McAllister	5:23.2
4 Ken Camet	5:24.1
5 Danielle Zelinski	6:01.4
6 Matt Kriege	6:01.9
7 Robert Navarrete	6:05.8
8 Todd Hayes	6:10.6
9 Mike Krey	6:16.2
10 Helen Wong	6:51.5
11 Jeff Beodlla	7:20.4
12 Kat Powell	8:16.3

**One Mile Equivalent**



1	Joseph Aubuchon	5:40.7
2	Scott Bang	5:44.0
3	Norry McAllister	5:49.0
4	Ken Camet	5:49.9
5	Danielle Zelinski	6:30.2
6	Matt Kriege	6:30.7
7	Robert Navarette	6:34.9
8	Todd Hayes	6:40.1
9	Mike Krey	6:46.2
10	Helen Wong	7:24.3
11	Jeff Beodlla	7:55.5
12	Kat Powell	8:55.9

**800M**

1	Bjorn Samson	2:33.2
2	Kristina Park	2:34.7
3	Ken Camet	2:42.6
4	Scott Bang	2:49.8
5	Dino Delyani	2:51.6
6	Joseph Aubuchon	2:53.3
7	Danny Moon	3:04.5
8	Becki Kriege	3:05.3
9	Robert Navarette	3:09.0
10	Mike Krey	3:16.1
11	Todd Hayes	3:23.2
12	Helen Wong	3:32.3
13	Jeff Beodlla	3:50.7
14	Rich Collins	4:11.1
15	Kat Powell	4:32.5
16	Jeff Rohrer	4:32.8

Dick Barrett Trophy Winner - None

This morning we had beautiful weather for our annual 800, 1500, 3000 track races. Carl Peterson, Jim Bordonni, Robert Pickens, and Danny Moon did a great job with timing duties.

**6/27/15 – One Mile on the Track**

**Heat #1**

1	Hank Lawson	6:39.4
2	Tim Souza	6:52.7
3	Mark Goldman	6:53.9
4	Slim Pickens	6:54.8
5	Helen Wong	6:57.6
6	Bob Lord	7:05.9
7	Jeff Bedolla	7:30.3
8	Bill Dodson	7:52.8
9	Kat Powell	8:16.3
10	Dave Norlander	8:20.4
11	Tom Warfel	8:23.5
12	Tim Rostege	8:45.9
13	Nancy Kirk	10:02.8

**Heat #2**

1	Jorn Jensen	5:00.9
2	Joseph Aubuchon	5:23.1
3	Kristina Park	5:29.9
4	Gary Waggoner	5:37.3
5	Geoff Bradley	5:39.8
6	Norry McAllister	5:42.9
7	Dino Delyani	5:45.3
8	Brian Conroy	5:53.8
9	Daniel Tran	5:56.3
10	Bob Rea	6:02.6
11	Aaron Lee	6:12.0
12	Jeff Rohrer	6:18.1
13	Robert Navarette	6:19.1
14	Phil Spink	6:19.9
15	Danielle Zelinski	6:21.2
16	Dave McIntyre	6:26.5
17	Paul Taylor	6:27.4
18	Todd Hayes	6:29.4
19	Al Murray	6:33.1

Dick Barrett Trophy Winner – Jorn Jensen

It was a good turnout on this warm morning. We had a guest, Daniel Tran, from Orange County and a former club runner, Bob Rea, visiting from New Zealand. Kristina Park led the women with an excellent time of 5:29 and Jorn Jensen led the men with a great time of 5:00. Thanks to the timers who helped make this report possible - Aaron Lee, Paul Taylor, Slim Pickens, Helen Wong, and Madelyn Moon.

**7/4/15 – Triangle – 4.76M**

1	Kristina Park	33:00
2	George Lo	33:59
3	Paul Taylor	36:38
4	Al Murray	37:39
5	Helen Wong	38:08
6	Jeff Bedolla	41:03
7	Jeff Rohrer	41:23
7	Heather Rohrer	41:23
9	Tom Warfel	55:31
10	Nancy Kirk	55:32
11	Don Packwood	57:44

Dick Barrett Trophy Winner – George Lo

Kristina joined in with the starting group about 150 yards after the start and reluctantly finished at 32:19 (with our encouragement to finish). We then added 41 seconds to her time (the time when she joined the race). No PRs of any kind on this humid morning. Thanks to Danny for doing the timing.

**RACE RESULTS**

**2/2/14-Kaiser Half Marathon**

303	George Lo	1:30:51
880	Robert Navarrete	1:42:51
1089	Glenn Kishi	1:45:53
2888	Dave McIntyre	2:11:50

**10/19/14 – Humboldt Half Marathon**

36	Barry Farrara	1:19:14	1st-50+
64	Brian Davis	1:24:54	2nd-55+
97	Tom Lockhart	1:33:06	5th-50+
109	Bill Dunn	1:35:43	1st-65+
227	Joe Hurtado	1:55:52	2nd-70+
238	Kat Powell	1:57:18	5th-60+

Our 50+ team finished first in this race.

**12/7/14 – Cal Intl Marathon (Revised)**

188	Calvin Do	2:48:34
379	Ken Camet	3:00:11
428	Ray Rodriguez	3:03:48
591	Tom Fahey	3:10:41
749	Brian Davis	3:15:59
1498	Todd Hayes	3:36:53
1550	Tom Lockhart	3:38:26
2930	Joe Hurtado	4:10:45
3239	Bill Dodson	4:19:19
3938	Neil Gelblum	4:38:12

**1/1/15-Resolution Run – 5M**

10	Ellie Lemco	32:23	2nd-Wom
12	Scott Bang	32:40	
18	John Smart	34:14	
24	Kevin Breit	36:39	
42	Scott Graham	38:37	2nd-60+
158	Dan Duston	50:40	
162	Norm Gould	51:11	

**1/18/15 – DSE Waterfront 10M**

Kat Powell	92:14	1st-60+
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**2/1/15-Kaiser Half Marathon**

31	Matt Tompkins	1:15:59	3rd-35+
548	Mark Goldman	1:36:49	4th-60+



2179 Bob Lord 1:59:51 1st-75+  
 2539 Dave McIntyre 2:04:32

**2/1/15-Kaiser 5K**

141 Kelly Emo 24:02 2nd-50+

**2/21/15 – San Jose Double Road Race**

Kat Powell 81:50 1st-60+

**2/22/15-Natl Masters 8K Championships**

211 Neal Chappell 38:59 1st-75+  
 215 Dick Chimenti 39:16 9th-70+  
 235 Dave Norlander 42:37 3rd-75+

Our 75+ guys finished 3rd in a field of 5 teams in the 70+ division in this National championship race.

**2/28/15-Juana Run-8K**

5 Matt Tompkins 27:46  
 56 George Lo 34:23  
 149 Dave Norlander 42:00 2nd-70+

**3/7/15 – Way To Cool 50K**

Kat Powell 7:01:52

**3/22/15-Reach For A Star 5K**

55 Ray Rodriguez 17:40 4th-50+  
 60 Jorn Jensen 17:53 9th-45+  
 101 Norry McAllister 19:09 3rd-55+  
 121 Dino Delyani 19:53 4th-55+  
 137 Ken Camet 20:17  
 159 Bill Dunn 21:03 2nd-65+  
 171 Dan Anderson 21:46 9th-60+  
 172 Robert Navarrete 21:48 6th-55+  
 181 Mark Goldman 22:33 10th-60+  
 184 Dave McIntyre 22:45  
 204 Dalila Rodriguez 23:49 9th-40+  
 206 Joann Dahlkoetter 23:57 3rd-60+  
 222 Bob Lord 25:22 2nd-75+  
 228 Joe Hurtado 25:39 4th-70+  
 230 Dave Norlander 25:54 3rd-75+  
 237 Bill Dodson 26:50 1st-80+  
 238 Kat Powell 27:03 10th-60+

Our women's 40+ team finished 6th, our men's 50+ team finished 3rd (49 secs behind the 1st place team), our men's 60+ team finished 3rd, and our men's 70+ team finished 2nd.

**3/29/15 – Modesto Marathon**

557 Kat Powell 4:27:59 1st-60+

**4/4/15 –American River 50M**

Kat Powell 12:05:44

**4/12/15-Sactown 10M**

79 Ray Rodriguez 60:31 2nd-50+  
 141 Dino Delyani 68:42 4th-55+  
 220 Robert Navarrete 76:22  
 304 Dalia Rodriguez 82:49  
 386 Kat Powell 89:06 9th-60+  
 399 Joe Hurtado 89:57 2nd-70+  
 682 Eddie Reyna 2:24:08 1st 80+

Our men's 50+ team finished 3rd.

**4/18/15 – Spring Forward 5K**

4 Jose Pina 16:37 2nd-40+  
 8 Joseph Aubuchon 18:29 2nd-30+  
 9 Norry McAllister 19:00 1st-50+  
 13 Bill Dunn 20:27 1st-60+  
 29 Kelly Emo 22:46 1st-50+  
 63 Nicky McAllister 25:26 2nd-40+  
 301 Tim Riley 36:38 2nd-70+

**4/18/15 – Spring Forward 10K**

2 Roberto Palos 35:23 1st-50+  
 22 Mark Goldman 44:20 1st-60+  
 23 Dan Anderson 44:27 2nd-60+

**4/19/15 – Ruth Anderson 50K**

Kat Powell 5:46:18 PR

Kat broke the women's 60+ course record by 10 minutes.

**4/20/15 – Boston Marathon**

George Lo 3:09:58  
 Glenn Kishi 3:51:21

**4/26/15 – Capital City Classic – 12K**

30 Ray Rodriguez 44:46 3rd-50+  
 59 Ken Camet 49:39 10th-50+  
 87 Bill Dunn 55:55 1st-65+  
 98 Norm Takeuchi 58:16 6th-60+  
 101 Dalila Rodriguez 58:55 3rd-40+  
 118 Bob Lord 63:56 1st-75+  
 121 Kat Powell 64:18 5th-60+  
 125 Bill Dodson 65:07 1st-80+  
 133 Joe Hurtado 66:29 5th-70+  
 276 Eddie Reyna 105:13 4th-80+

Our men's 50+ team finished 2nd and our men's 70+ team finished 2nd.

**5/3/15-Pacific THERx 5K4Play**

45 Jorn Jensen 17:16  
 58 Calvin Do 17:46  
 107 Dino Delyani 19:45  
 108 Ken Camet 19:51  
 122 Tom O'Connor 20:34

135 Becki Kriege 21:09  
 138 Jeff Rohrer 21:28  
 140 Jim Bordoni 21:29 8th-60+  
 157 Norm Takeuchi 22:45 10th-60+  
 158 Glenn Kishi 22:57  
 160 Helen Wong 23:28  
 163 JoAnn Dahlkoetter 23:30 3rd-60+  
 171 Catherine Frye 24:15  
 179 Carol Bednar 23:48  
 181 Bob Lord 25:08 6th-70+  
 189 Bill Dodson 26:49 1st-80+  
 191 Dave Norlander 26:56 8th-70+  
 216 Eddie Reyna 46:48 4th-80+

Our women's 40+ team finished 5th, our men's 50+ team finished 1st, our men's 60+ team finished 2nd, and our men's 70+ team finished 2nd.

**5/9/15 – Quicksilver 100K**

Kat Powell 9:48:58

Took a couple of bad tumbles during this race.

**5/10/15 – Pacific Grove Double Road Race**

Kat Powell NT 3rd-60+

**5/24/15 – Mountain 2 Beach Half Marathon**

374 Sue Francis 1:55:23 4th-60+

**5/24/15 – Mountain 2 Beach Marathon**

519 Cecil Baumgartner 3:37:43  
 Cecil needed to break 3:55 in order to qualify for the Boston Marathon and he easily made it.

**5/25/15 – Marin 10K**

73 Jorn Jensen 36:00 9th-45+  
 99 Ray Rodriguez 37:26 8th-50+  
 162 Ken Camet 40:14  
 179 Tom O'Connor 40:47 6th-55+  
 183 Dino Delyani 40:51 7th-55+  
 213 George Lo 41:57  
 282 Mike Krey 44:57  
 289 Mark Goldman 45:10 1st-65+  
 330 Robert Navarrete 46:55  
 340 Norm Takeuchi 47:24  
 346 Glenn Kishi 47:46  
 353 Dalila Rodriguez 48:07  
 418 Bob Lord 51:37 2nd-75+  
 419 Kat Powell 51:42  
 432 Carol Bednar 52:19  
 487 Jeff Bedolla 57:14  
 496 Dave Norlander 58:25 3rd-75+



Our men's 40+ team finished 8th, our women's 40+ team finished 8th, our men's 50+ team finished 3rd, and our men's 60+ team finished 4th,

**6/14/15 – Lupus 5K**

Kelly Emo 24:43 1st-50+  
Kat Powell 26:01 1st-60+

**6/21/15 – Holy City Race – 9.08M**

1 Gary Waggoner 60:59 1st-50+  
2 Brian Davis 62:10 2nd-50+  
3 Ken Camet 62:48 3rd-50+  
4 Tom O'Connor 63:52 4th-50+  
5 Scott Bang 64:02 1st-40+  
6 Norry McAllister 65:04 5th-50+  
7 Dino Delyani 67:20 6th-50+  
8 George Lo 68:15 2nd-40+  
9 Mark Goldman 74:38 1st-60+  
10 Glenn Kishi 77:22 7th-50+

11 Ida Rosenblum 78:07 1st-Wom  
12 Dave McIntyre 83:12 8th-50+  
14 Jeff Bedolla 89:56 2nd-60+  
16 Dave Norlander 92:05 1st-70+  
17 Kat Powell 94:08 1st-60+

**7/4/15 – Morgan Hill 5K**

15 Jose Pina 16:34 5th-40+  
19 Juan Rivera 16:40  
30 Jorn Jensen 17:02  
33 Ray Rodriguez 17:13 1st-50+  
52 Omar Pina 17:54  
91 Tom O'Connor 19:12 5th-60+  
95 Norry McAllister 19:18 3rd-55+  
97 Ken Camet 19:25 5th-50+  
102 Dino Delyani 19:43 4th-55+  
137 Mlike Krey 21:05 7th-60+  
147 Robert Navarrete 21:24 5th-55+  
164 Mark Goldman 22:13 2nd-65+  
173 Dalila Rodriguez 22:27

190 Norm Takeuchi 22:51 9th-60+  
198 Joann Dahlkoetter 23:14 5th-60+  
199 Glenn Kishi 23:10  
222 Scott Graham 23:50 10th-60+  
256 Bob Lord 24:59 1st-75+  
299 Bill Dodson 25:59 1st-80+  
321 Kat Powell 26:38 10th-60+  
327 Dave Norlander 26:56 2nd-75+  
337 Rich Hahn 27:14  
578 Eddie Reyna 42:50 3rd-80+

Our men's 40+ team finished 4th, our men's 50+ team finished 1st, our men's 60+ team finished 2nd, and our men's 70+ team finished 1st.

