



# WVJS



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## VOL XXXIII-#1 WEST VALLEY JOGGERS & STRIDERS June 2004

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### Saturday Workouts

06/19/04 16 x 300 Relay	08/21/04 Farwell (3.54 miles)
06/26/04 One Mile on the Track	08/28/04 Annual Handicap Race
07/03/04 Valle Vista (3.0 miles)	09/04/04 36 x 200 Relay
07/10/04 Triangle Run (4.76 miles)	09/11/04 Short Six (5.74 miles)
07/17/04 Doug/Sara/Frtvle (2.75 miles)	09/18/04 4 x 1.46-mile WVC Loop Relay
07/24/04 5K on the Track	09/25/04 18 x 0.33-Mile Tennis Court Loop Relay
07/31/04 Farwell/Herriman (4.68 miles)	10/02/04 Step-up & Step-down Relay
08/07/04 12 x 600 Relay	10/09/04 Valle Vista (3.0 miles)
08/14/04 One Mile on the Track	10/16/04 6 x 1600 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 track.

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### Upcoming Races

#### PA-USATF Championships

06/19/04 Shriner;s 8K (1.0)  
07/11/04 Fleet Feet Mile (1.0)  
09/19/04 Jamba Juice 5K (2.0)  
09/26/04 Heritage Oaks 10K (3.0)  
10/17/04 Humboldt Half Mar (1.5)  
11/07/04 Clarksburg 30K (2.0)  
12/05/04 Cal Intl Marathon (2.0)  
12/12/04 Xmas Relays (1.0)

#### Racer of the Year

Fastest Farwell Time  
Cumulative Saturday Races  
Fastest Marathon  
Fastest of 2 one-milers on the track  
Fastest of 2 5Ks on the track  
06/27/04 Run For The Law 5K  
07/11/04 Fleet Feet Mile  
08/01/04 Alameda 10K  
09/19/04 Jamba Juice 5K

#### Other Popular Races

07/04/04 Morgan Hill 5K  
07/10/04 Bonfonte Garden 5K/10K  
07/11/04 Jungle Run H.Mara in LG  
07/25/04 Wharf to Wharf 6-Miler  
08/01/04 San Francisco Marathon  
08/14/04 Dammit Run  
08/29/04 Mt. Madonna Challenge  
09/26/04 Trailblazer 5K/10K

#### Wednesday Night Workouts

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

#### Sunday Runs

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

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## 2004 PA/USATF Grand Prix

#### Open Men

We have fielded a team in one race so far this year and presently are in 8<sup>th</sup> place.. Jake Roberts is our open team captain for 2004.

#### Open Women

Presently, we are in 5<sup>th</sup> place. Missy Sudan, Becki Kriege, and Johanna Wans are in 4<sup>th</sup>, 6<sup>th</sup>, and 13<sup>th</sup> places in the short-race division. Missy and Katy Spink are in 22<sup>nd</sup> and 25<sup>th</sup> places in the long-race division. Becki is the team captain.

#### 40+ Men

Presently, we are in 5<sup>th</sup> place. Bob Pickens and Brian Davis are in 8<sup>th</sup> and 19<sup>th</sup> places in the short-race division and 3<sup>rd</sup> and 14<sup>th</sup> in the long-race division.. Al Murray is our 40+ team captain.

#### 40+ Women

We have competed in two races so far this year and are in 9<sup>th</sup> place. Marian Richard is in 12<sup>th</sup> place in the long-race division. We need a team captain. Any volunteers?

#### 50+ Men

Presently, we are in 4<sup>th</sup> place. Jim Bordoni and Bill Dunn are in 5<sup>th</sup> and 19<sup>th</sup> places in the short-race division and 6<sup>th</sup> and 8<sup>th</sup> in the long-race division. Ron Kiyono and Dan Anderson are 9<sup>th</sup> and 10<sup>th</sup> in the long-race division. Jim is our 50+ team captain.

#### 50+ Women

We are taking a rest this year. So far, we have not competed in any races. Georgia Riley and Christine Blue are in 21<sup>st</sup> and 23<sup>rd</sup> places in the short-race division. Christine is in 24<sup>th</sup> place in the long-race division. Georgia is the team captain.

#### 60+ Men





McKayla Plank	5:24.23			5:24.23
Danielle Zelinski	5:37.95	5:37.95		
Greg Burke	5:43.41	5:53.01	5:44.16	5:43.41
Ben Sgrist	5:48.75			5:48.75
<b>2-MILE</b>				
Bob Pickens	10:09.05		10:34.62	10:09.05
Andy Lief	10:28.71		10:28.71	
Bob Toney	10:47.37	12:02.43		10:47.37
Scott Bang	10:49.15		10:49.15	10:56.20
Mike Toney	11:18.90			11:18.90
Danielle Zelinski	11:51.80	12:49.50	11:51.80	
Hank Lawson	12:30.15			12:30.15
<b>5000 METERS</b>				
Bob Toney	17:14.07			17:14.07
Mike Toney	17:32.09			17:32.09
Danielle Zelinski	18:58.81			18:58.81

### Miscellaneous Drivel

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

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

McKayla Plank finished 4<sup>th</sup> in the CCS 2-mile, missing the last qualifying spot for the state meet by a few yards. She also got a 5<sup>th</sup> in the mile.

Dimitrious Stefanidis recently ran 2:09 for the 800.

Ben Sgrist ran the 800 in 2:20 at the County Middle School Meet and the mile in 5:17 at the Top 8 Meet.

Katie Nast ran 2:33 and 5:29 at the County Middle School Meet (7<sup>th</sup> grade) for the 800 and mile to get 2nd and 1st.

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>

### 2004 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 16 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). The results to date for 2004 for all who have scored in three or more races are as follows..

<b>Elite Division</b>		Danny Moon (4)	88	Tom Warfel (3)	69
Bob Pickens (7)	175	Jeff Rohrer (3)	73		
Dave Piazza (7)	164	Johanna Wans (3)	64	<b>D Division</b>	
Jim Bordoni (4)	87			John Peterson (6)	147
Jeff Bedolla (4)	79	<b>B Division</b>		Chris Cassell (5)	119
Brian Davis (3)	71	Dino Delyani (7)	163	Jim Myers (3)	67
Mike Toney (3)	66	Joe Hurtado (6)	133	<b>E Division</b>	
Jake Roberts (3)	61	Mark Isaacson (5)	125	Kat Powell (5)	116
Norry McAllister (3)	60	Bob Schmitt (5)	120	Tom Zades (5)	109
		Dave McIntyre (4)	88	Stan DeMartinis (5)	108
<b>A Division</b>		Carol Mendoza (3)	67	Marcia Morrison (4)	93
Missy Sudan (5)	123				
Becki Kriege (5)	116	<b>C Division</b>			
Neil Gelblum (5)	116	Kelly Emo (5)	122		

### SATURDAY WORKOUT RESULTS

**1/3/04 – Valle Vista–3.0M**

1	Slim Pickens	16:12	
2	Andy Lief	16:15	PR
3	Jorn Jensen	16:40	PR
4	Scott Bang	17:08	
5	Ray Russell	17:10	
6	Dave Piazza	17:20	
7	Al Murray	17:46	
8	Floyd Gerhardt	17:51	PR
9	Jim Bordoni	17:56	
10	Mike Toney	18:28	
10	Missy Sudan	18:28	
12	Amanda Gerhardt	18:34	
13	Katy Spink	18:45	
14	Dave Fergus	18:59	
15	Todd Hayes	19:19	
16	Bob Schmitt	19:39	PR
17	Demitrios Stefanid	19:43	
18	Marty Eng	20:00	
19	Neil Gelblum	20:06	
20	Danny Moon	20:19	PW
21	Mark Isaacson	20:36	
22	Helen Wong	20:50	
23	Dino Delyani	20:54	
24	Dave Norlander	21:07	
25	Jose Casillas	21:20	
26	Tim Rostege	21:28	
27	Ed Gavin	21:55	
28	Joe Hurtado	22:20	
29	John Peterson	22:21	
30	Chris Cassell	22:58	
31	Tom Warfel	23:09	
32	Dave McIntyre	24:05	
33	Ken Noel	24:13	PW
34	Amelia Carchidi	24:50	
35	Dena Noble	24:55	
36	Pauline Beatty	24:55	
37	Marcia Morrison	26:01	
38	Dave McCarten	26:34	
39	Ken Napier	26:42	PW
40	Kat Powell	27:41	
41	Stan DeMartinis	34:39	PW

Dick Barrett Trophy Winner – Jorn Jensen

Despite the very cold weather this morning, there were several very good performances. Slim Pickens and Andy ran neck-and-neck until they turned to go downhill on Fruitvale with about 3/4 of a mile to go. Then, Slim began to edge away and held on for the win. Andy knocked 17 seconds off his PR. Jorn finished 3<sup>rd</sup> while improving his PR by 37 seconds. Ray Russell won the battle of the 45+ runner with a come-from-behind

win over Dave Piazza. Floyd Gerhardt improved his PR by 12 seconds. Missy Sudan ran in with Mike Toney while leading the ladies. Amanda Gerhardt and Katy Spink ran the #8 and #9 times by club women runners (but they have run 17:48 and 17:30 for this course prior to joining the club). Bob Schmitt improved his PR by 3 seconds. Marcia Morrison knocked 52 seconds off her 55+ PR. Long-time club members Danny Moon, Ken Noel, Ken Napier, and Stan DeMartinis all ran PWs.

**1/10/04 – 6 x 1600 Relay**

Pl	Team	Start	Finish
1	DeMartinis/Emo	-0-	48:35
2	Powell/McCarten	-0-	49:11
3	Noble/Norlander	7:45	49:24
4	Sousa/D.Moon	13:30	49:46
5	Waggoner/Russell	17:15	49:56
6	Casillas/Fergus	12:45	50:00
7	Rohloff/Isaacson	13:30	50:11
8	Warfel/Rostege	7:45	50:19
9	M.Moon/Roberts	1:45	50:32
10	Nast/Kriege	13:00	50:35
11	Park/Bang	17:00	50:41
12	Collins/Wilk	7:45	51:16
13	McIntyre/Chimenti	13:00	53:15
14	Zades/Myers	8:30	53:23

Dick Barrett Trophy Winner – Stan DeMartinis

Kelly Emo came from behind during her last mile as her team won by about 150 meters. Ray Russell and Scott Bang had the best average at 5:23. Kristina Park led the ladies at 5:50. Tim Sousa ran with us for the first time in quite awhile. Dick Chimenti, after loafing for most of the relay, ran a fast last lap to escape last place. Tom Zades, who was soundly beaten by Dena Noble, ran a remarkable 141 seconds over his rating.

**1/17/04 – Triangle Run – 4.76 Miles**

1	Andy Lief	26:42	PR
2	Mike Toney	28:04	
3	Slim Pickens	28:25	
4	Jake Roberts	28:41	
5	Floyd Gerhardt	29:00	PR
6	Jim Bordoni	29:11	
7	Dave Fergus	29:26	
8	Amanda Gerhardt	29:35	
9	Missy Sudan	29:44	

10	Katy Spink	29:56	
11	Becki Kriege	31:00	
12	Kristina Park	31:12	
13	Tim Souza	31:37	
14	Dick Chimenti	31:51	
15	Bob Schmitt	31:53	
16	Marty Eng	32:01	
17	Julie Rohloff	32:16	
18	Danny Moon	32:24	PW
19	Liz Nast	33:19	
20	Christina Wilk	33:34	PR
21	Dave Norlander	34:39	
22	Joe Sigrist	34:47	PR
23	Dino Delyani	35:06	
24	Jeff Bedolla	35:12	
25	Ben Sigrist	35:36	PR
26	Dave McIntyre	35:43	
27	Ed Gavin	36:06	
28	Joe Hurtado	36:13	
29	Norm Saucedo	36:14	
30	Tom Warfel	38:03	
31	John Peterson	38:31	
32	Jim Myers	38:17*	
33	Dena Noble	39:31	
34	Tom Zades	40:47	
35	Georgia Riley	41:34	
36	Kat Powell	49:07	
37	Stan DeMartinis	57:58	

\* Started 1-minute late.

Dick Barrett Trophy Winner – Andy Lief

Andy Lief disappeared from the pack early on his way to an 82-second win. Mike Toney led the 40+ runners with his 2nd place finish. Slim Pickens, still celebrating his great 54:54 run on the Cal 10 course last Sunday, cruised to a 3rd place finish. Later in the day, he ran a 4:43 mile at the Los Gatos all-comers meet. Jim Bordoni led the 50+ men. Amanda Gerhardt led a deep field of good women runners, pulling away from Missy over the last half mile. Danny Moon complained about a large pack of women runners passing him at about the 2-mile mark. Obviously, he was delusional because the times of the 6 women who finished in front of him indicated that they must have passed him shortly after they exited the college entrance. Dick Chimenti edged Bob Schmitt for 60+ honors. Christina Wilk improved her PR by 4 minutes and Joe Sigrist improved his PR by 3 minutes. Dena Noble beat Tom Zades again.

**1/24/04–Doug/Sara/Frtvle–2.75M**

1	Scott Bang	15:27	
2	Slim Pickens	15:31	
3	Dave Piazza	15:44	
4	Mike Toney	15:53	
5	Jim Bordoni	15:54	
6	Floyd Gerhardt	16:21	
7	Missy Sudan	16:25	
8	Dave Fergus	16:27	
9	Amanda Gerhardt	16:35	
10	Katy Spink	17:02	
11	Dick Chimenti	17:29	
12	Neil Gelblum	17:31	
13	Marty Eng	17:44	
14	Danny Moon	17:53	
15	Dimitrios Stefanids	18:08	
16	Dino Delyani	18:15	
17	Helen Wong	18:28	
18	Liz Nast	18:32	
19	Kelly Emo	18:37	
20	Cecil Baumgartner	18:55	
21	Jeff Bedolla	19:37	
22	Dave McIntyre	20:05	
23	John Peterson	20:56	
24	Chris Cassell	21:18	
25	Patrick Rowland	21:31	
26	Jim Myers	21:41	
27	Tom Warfel	22:07	
28	Ken Noel	22:25	
29	Pauline Beatty	23:00	
30	Georgia Riley	23:15	
31	Marcia Morrison	23:31	
32	Walt Van Zant	23:42	PW
33	Joe Hurtado	25:04	
34	Ken Napier	25:20	PW
35	Sue Francis	25:26	
36	Rich Stiller	25:28	
37	Johnathan Brown	26:18	
38	Rick Kananen	DNF	

Phantom Dick Barrett Trophy Winner – Scott Bang

We had a very good turnout when consideration is given to the fact that the weather in the hour before the start of the race was terrible – raining moderately and very low and threatening clouds over West Valley College. So, only the real runners showed up for this run. Fortunately, there was only a light rain during the race. Scott Bang finally showed a glimpse of his former greatness by winning a Saturday road run for the first time since August 2<sup>nd</sup>. Slim Pickens led the 40+ men runners. Missy led our fast women runners, missing

her PR by 6 seconds. Jim Bordoni led the 50+ men. Dave Fergus continued on his road to respectability, averaging under 6:00 per mile for a road run for the first time in quite awhile. Dick Chimenti, who retired from IBM for the last time on Friday, led the 60+ runners. Cecil Baumgartner and Sue Francis visited us for the first time since they moved to Ojai. Cecil threatened his PW. Sue jogged the course with Rich Stiller. There were no PRs this morning but we did have 2 PWs.

**1/31/04 – 8 x 0.66M Tennis Court Loop**
**Relay**

Pl	Team	Start	Finish
1	Napier/VanZant	2:00	43:29
2	Roberts/Carchidi	5:30	43:50
3	Peterson/J.Pickens	5:30	43:57
4	Root/Riley	-0-	44:13
5	Chimenti/Russel	13:30	44:19
6	Schmitt/Bordoni	13:30	44:35
7	DeMartinis/Norlander	-0-	44:38
8	Warfel/Waggoner	8:00	44:40
9	Wong/Nast	10:45	45:05
10	Powell/Zades	1:15	45:29
11	Bedolla/D.Moon	12:00	45:37
12	Noel,Cassell	8:00	45:44

Dick Barrett Trophy Winner – Ken Napier

Ken Napier and myself were voted into the hall of ill fame last week because we were the only ones to run PWs on the Douglas course last Saturday. Thanks to favorable handicapping, we redeemed ourselves by winning the relay this morning. Ken put us into the lead during his last leg and I held on. Ray Russell and Jim Bordoni were the stars of the morning. Ray averaged 3:27 per run on this cold morning and the aging Jim Bordoni broke his all-time PR for this workout. Liz Nast led the ladies while coming within 7 seconds of her PR.

**2/7/04 – 5K on the Track**

1	Andy Lief	16:43
2	Ray Russell	17:47
3	Dave Piazza	17:52
4	Mike Toney	17:56
5	Amanda Gerhardt	18:14
6	Missy Sudan	18:18
7	Dave Fergus	18:31
8	Kristina Park	19:08
9	Becki Kriege	19:10
10	Mark Isaacson	19:23
11	Neil Gelblum	19:25

12	Jake Roberts	19:29
13	Danny Moon	19:47
14	Bob Schmitt	19:56
15	Dino Delyani	20:41
16	Ed Gavin	21:53
17	Joe Hurtado	22:03
18	Jeff Bedolla	22:10
19	Tim Rostege	22:53
20	Jim Myers	23:17
21	Tom Warfel	23:45
22	Chris Cassell	23:47
23	Amelia Carchidi	23:59
24	Pauline Beatty	24:10
25	Rich Collins	24:30
26	Annette McPhail	26:53
27	Ken Napier	27:33
28	Tom Zades	27:38
29	Kat Powell	27:50
	Ken Noel	DNF
	Betty Root	DNF
	Des Knuckley	DNF

It was a great day for the race – cool, clear, and no wind. Andy took the lead immediately and never faltered – winning wire to wire. His mile splits were 5:17/5:21/5:26. A pack of three, Ray Russell, Mike Toney, and Dave Piazza, had a great race for second place with the lead changing many times. Ray finally pulled away, beating Dave by 5 seconds and Mike by 9 seconds. Our lady runners had a fine race with Amanda taking top honors with a nifty 18:14 over Missy's 18:18. Kristina and Becki followed in 19:08 and 19:10. We ended up with 4 ladies in the top 9. Kat Powell ran a lap short but got re-booted and ran the extra timed lap, which we added to her "short 5K." Inasmuch as Ken Napier was needed to time the workout, he was allowed to run his 5K the next day.

**2/14/04 – Farwell/Herriman- 4.68M**

1	Bob Pickens	25:10	PR
2	Mike Toney	26:50	PR
3	Dave Piazza	27:16	
4	Amanda Gerhardt	28:07	PR
5	Floyd Gerhardt	28:20	
6	Missy Sudan	28:22	PR
7	Jim Bordoni	28:46	
8	Katy Spink	29:04	
9	Neil Gelblum	29:30	PR
10	Kristina Park	29:52	
11	Bob Schmitt	30:32	PR

12	Dino Delyani	30:53	PR
13	Dimitrios Stefa	31:16	
14	Marty Eng	31:31	
15	Danny Moon	31:38	NPW
16	Liz Nast	31:42	PR
17	Dave Norlander	32:36	
18	Des Knuckery	33:47	
19	Dave McIntyre	34:02	
20	Jeff Bedolla	34:02	
21	Ed Gavin	34:26	
22	Joe Hurtado	34:38	
23	John Peterson	35:49	
24	Tom Warfel	36:16	
25	Rich Stiller	37:30	
26	Chris Cassell	37:34	
27	Ken Noel	39:09	
28	Becky Norlander	39:17	
29	Dena Noble	39:26	
30	Tom Zades	40:01	
31	Annette McPhail	42:57	
32	Don Packwood	43:41	
33	Ken Napier	45:26	PW
33	Walt Van Zant	45:26	PW
35	Stan DeMartinis	62:30	PW

Dick Barrett Trophy Winner - Slim Pickens

There was a lot of good running this morning as 8 of the 35 runners ran PRs. It was a very close call as to who deserved the weekly trophy. Slim Pickens got it for breaking his PR by 41 seconds and recording the #3 all-time 40+ time (behind David Furst and Frank Ruona). However, a good case could be made for giving the trophy to Amanda Gerhardt as she recorded the #2 all-time best by a woman. Becki holds the course record. Katy is one second behind in 3rd place and Missy tied the 4<sup>th</sup> best time (by Sue Francis) with her 28:22. Kristina Park, who finished 10<sup>th</sup> this morning, has the 7<sup>th</sup> best-ever time. Mike Toney finished 2nd while improving his PR by 18 seconds. He is now tied with Dave Piazza for #12 on the 45+ list. Bob Schmitt improved his PR by 13 seconds to stay #6 on the 60+ list. Liz Nast knocked 27 seconds off her PR. Danny avoided a PW by one second to get a NPW (Near Personal Worst). Dave Norlander came within 37 seconds of his 60+ best (set in 1999). He turns 65 on 3/1. His time today would put him #3 on the 65+ list. Dena Noble beat Tom Zades again. Tom felt better when we told him that if he could

run the same time when he turns 60 on 2/29 that it would put him #29 out of 31 on the 60+ list. Annette McPhail buried Don Packwood over the last mile. Ken Napier held back to stay with Walt. Stan added 8 minutes to his PW.

**2/21/04 - 26th Annual WVJS Race - 5.37M**

<u>Pl</u>	<u>Runner</u>	<u>Time</u>	
1	Bob Pickens (A)	30:51	
2	Andy Lief (B)	30:55	
3	Jorn Jensen (C)	31:19	PR
4	Mike Toney (E)	32:01	PR
5	Dave Piazza (F)	32:05	
6	Rob Nast	32:22	
7	Floyd Gerhardt (I)	32:52	PR
8	Katy Spink (F)	32:54	PR
9	Jake Roberts (G)	32:57	PR
10	Missy Sudan (G)	33:19	PR
11	Jim Bordononi (H)	33:20	
12	Amanda Gerhardt (H)	34:27	PR
13	Scott Bang (D)	34:56	PU
14	Neil Gelblum	34:58	
15	Todd Hayes (E)	35:14	
16	Mark Isaacson (B)	35:29	PR
17	Norry McAllister (I)	36:00	
18	Becki Kriege (C)	36:05	
19	Bob Schmitt (D)	36:08	
20	Johanna Wans	36:10	
21	Dino Delyani (A)	37:17	
22	Danny Moon (C)	37:38	PW
23	Liz Nast (I)	38:41	
24	Helen Wong (C)	38:52	
25	Dave Norlander (A)	39:10	
26	Joe Hurtado (B)	39:58	
27	Dave McIntyre (D)	40:49	
28	Tom Warfel (F)	41:51	
29	John Peterson (G)	43:00	
30	Ken Noel (I)	43:16	PW
31	Jim Myers (E)	44:17	
32	Amelia Carchidi (H)	45:10	
33	Dena Noble (H)	45:48	
34	Tom Zades (G)	47:08	
35	Georgia Riley (F)	48:52	
36	Annette McPhail (E)	49:11	
37	Walt Van Zant (B)	49:45	PW
38	Dave McCarten (D)	52:56	
39	Stan DeMartinis (A)	73:22	PW

Dick Barrett Trophy Winner – Katy Spink

**Team Results**

- 1 Team I 6/15/19/26 = 66
- 2 Team F 5/ 7/24/31 = 67
- 3 Team B 2/14/22/33 = 71

- 4 Team G 8/ 9/25/30 = 72
- 5 Team C 3/18/20/34 = 75
- 6 Team A 1/17/21/36 = 75
- 7 Team E 4/13/27/32 = 76
- 8 Team H 10/11/28/29 = 78
- 9 Team D 12/16/23/35 = 86

We had a lot of good performances this morning. Katy Spink was the top performer as she knocked 31 seconds off her PR to record the 2<sup>nd</sup> best-ever time by a woman runner on this course. Alas, Floyd Gerhardt sprinted by her in the last few yards to give his team a one point victory over Katy's team. Slim Pickens scored a narrow win over Andy Lief. Jorn and Mike Toney ran with Slim and Andy for the first two miles. Then Slim and Andy pulled away and then Slim got away from Andy on the final downhill. Missy Sudan improved her PR by 19 seconds to move to #5 on the women's list and Amanda improved her PR by 32 seconds to move to #8. Jim Bordononi recorded the #7 time by a 50+ runner. Jake Roberts improved his PR by 5 1/2 minutes. Bob Schmitt led the 60+ men. Liz Nast led the 40+ ladies. Tom Warfel and Ken Noel continued to run better as they recover from their injuries. Dena Noble, despite running a PW, again beat Tom Zades. Georgia Riley led the 50+ ladies. Annette was pleased to slaughter Walt for the second week in a row. The members of the top 6 teams won boxes of Valentine candy. Thanks to Madelyn Moon, Linda Legregni, and Gary Waggoner for helping to time the race and compile the results.

**2/28/04 – Farwell – 3.54 Miles**

1	Bob Pickens	19:49.5
2	Jorn Jensen	19:50.1 PR
3	Dave Piazza	20:18.7
4	Rob Nast	20:31.6
5	Neil Gelblum	22:32.0 PR
6	Mike Toney	22:32.7
7	Joe Beyers	23:21.7
8	Bob Schmitt	23:30.2
9	Kristina Park	23:34.5
10	Liz Nast	24:05.7 PR
11	Dave Norlander	24:39.8
12	Christina Wilk	26:00.8 PR
13	Joe Hurtado	26:11.1
14	Daren Lee	26:12.0
15	Tom Warfel	26:32.7
16	Rich Stiller	26:38.6

17	Ken Noel	26:49.9
18	Amelia Carchidi	27:23.4
19	Chris Cassell	27:25.4
20	Jim Myers	28:22.0
21	Dena Noble	30:01.5
22	Rick Kananen	30:02.6 PW
23	Tom Zades	31:17.4
24	Annette McPhail	32:08.1
25	Dave McCarten	33:06.7
26	Ken Napier	33:16.8 PW
27	Stan DeMartinis	46:22.6

themselves. Thus, the Nast/Stefanidis team was given credit for the win. Ray Russell was the top runner for the guys as he ran 16:04 and Liz Nast led the ladies with a time of 19:05. Another good performance by 65-year-old Dave Norlander as he ran his best time (19:25) for this workout since January of 2002. Jake Roberts PRd by 155 seconds with his time of 16:50.

We had a surprisingly large turnout to run the difficult Short Six course this morning. Slim Pickens scored a narrow win over Rob Nast and Amanda Gerhardt edged Katy Spink and Liz Nast to lead the ladies. Bob Schmitt improved his PR by 6 seconds while moving up a notch to #6 on the 60+ list. Dick Chimenti came down from his home in the mountains to run with us. Dave McIntyre was seen walking on Ten Acres.

Dick Barrett Trophy Winner – Christina Wilk

Despite the cold morning (40 degrees?), there were some good performances this morning. Bob Pickens outsprinted Jorn for the win but Jorn improved his PR by 14 seconds. Mike Toney, Kristina Park, and Joe Hurtado loafed while saving themselves for races later in the day. Liz Nast improved her PR by 24 seconds and Christina Wilk improved her PR by 29 seconds. Joe Beyers improved his 50+ best by two minutes. Neil Gelblum led the 50+ men runners and Bob Schmitt led the 60+ men runners. Dave Norlander turns 65 in two days. If he had been 65 today, he would have recorded the #2 65+ time for this course. Tom Zades turns 60 tomorrow. His time today would have put him #28 out of 30 on the 60+ list. The injured Dena Noble was again patiently waiting for Tom at the finish line. Jim Bordonni, Pat Rowland, and Don Packwood ably manned the finish line.

**3/6/04 – 4 x 1.46-Mile WVC Loop Relay**

Pl	Team	Start	Finish
1	Nast/Stefanidis	12:45	50:08
2	Cassell/Roberts	12:00	50:14
3	Myers/Russell	13:15	50:26
4	Warfel/Piazza	13:00	50:28
5	McIntyre/Bedolla	10:30	50:39
6	Peterson/Delyani	10:45	50:52
7	Zades/Noble	4:30	50:58
8	Rostege/Norlander	9:30	51:00
9	McCarten/Carchidi	:30	51:41
10	DeMartinis/D.Moon	-0-	52:44
	M.Moon/Gelblum	-0-	46:20

All teams were rated to finish at 50:00. The Madelyn Moon/Neil Gelblum team finished 3:40 under that rating but are not listed as first because they were rated by

**3/13/04 – Short Six – 5.74 Miles**

1	Bob Pickens	34:43	
2	Rob Nast	34:44	
3	Jim Bordonni	36:50	
4	Floyd Gerhardt	37:07	
5	Amanda Gerhardt	37:10	
6	Katy Spink	37:15	
7	Missy Sudan	37:20	
8	Neil Gelblum	37:49	
9	Bob Schmitt	38:41	PR
10	Jeff Rohrer	38:55	
11	Kristina Park	39:13	
12	Mark Isaacson	39:44	
13	Dino Delyani	40:25	
14	Danny Moon	40:35	PW
15	Joe Hurtado	40:54	
16	Dick Chimenti	41:36	
17	Jake Roberts	52:13	
18	Aaron Lee	42:14	
19	Christina Wilk	42:18	
20	Dave McIntyre	44:11	
21	Amelia Donaldson	44:27	
22	Marty Eng	44:28	
23	Helen Wong	44:38	
24	Rich Stiller	44:39	
25	John Peterson	44:44	PR
26	Ed Lock	45:15	
27	Tom Warfel	46:37	
28	Tim Rostege	47:54	
29	Chris Cassell	48:23	
30	John Pickens	48:28	
31	Brian Low	48:28	
32	Tom Zades	51:36	
33	Annette McPhail	52:34	
34	Marcia Morrison	54:20	
35	Dave McCarten	58:18	
36	Tina Shaner	60:35	
37	Betty Root	61:52	
38	Ken Noel	63:12	
38	Norm Saucedo	63:12	
40	Stan DeMartinis	75:00	

Dick Barrett Trophy Winner – John Peterson

**3/20/04 – 18 x 0.33-Mile Tennis Court Loop Relay**

Pl	Team	Start	Finish
1	Bang/Russell/Smith	8:45	38:34
2	Wagg/Fergus/Gelblum	5:45	39:19
3	Pasos/Wong/R.Nast	4:45	39:36
4	Noel/Saucedo/L.Nast	-0-	39:56
5	Warfel/Pogue/Burke	3:45	40:22
6	Root/Williams/Isaacson	2:00	40:27

Dick Barrett Trophy Winner – Ray Russell

The Russell team started last and easily won. They were greatly added by the last-minute addition to their team of a runner found jogging around the campus before the high school meet. This runner, Dwight Smith, ran 99 seconds under his rating. All teams were rated to finish in 40:00. Ray Russell, Scott Bang, and Rob Nast had the top splits for the guys. Liz Nast had the best splits for the ladies. Jim Bordonni and Don Packwood did an excellent job of getting everyone's splits at the half way point of the course.

**3/27/04 – Valle Vista – 3.0 Miles**

1	Bob Pickens	16:03	
2	Jim Angelopoulos	16:47	
3	Ray Russell	16:57	
4	Rob Nast	17:06	PR
5	Dave Piazza	17:31	
6	Jim Bordonni	17:50	
7	Missy Sudan	17:55	PR
8	Andy Williams	18:15	
9	Neil Gelblum	18:24	
10	Kristina Parks	18:34	
11	Becki Kriege	18:42	
12	Todd Hayes	18:49	
13	Joe Beyers	18:52	
14	Danielle Zelinski	19:08	PR
15	Dave Fergus	19:14	
16	Danny Moon	19:15	
17	Julie Rohloff	19:26	
18	Demitrios Stefani	19:27	

19	Dick Chimenti	19:28	
20	Liz Nast	19:48	PR
21	Joe Hurtado	19:54	
22	Dino Delyani	20:21	
23	Kelly Emo	20:31	
24	Dave Norlander	20:43	
25	Dave McIntyre	20:55	
26	Patrick Rowland	21:05	PR
27	Rich Stiller	21:13	
28	Christina Wilk	21:16	
29	Helen Wong	22:03	
30	John Peterson	22:11	
31	Tim Rostege	22:13	
32	Chris Cassell	22:33	
33	Rick Kananen	23:00	
34	Tom Warfel	23:02	
35	John Pickens	23:05	
36	Dena Noble	23:12	
37	Amelia Carchidi	23:16	PR
38	Ken Noel	23:21	
39	Georgia Riley	25:33	
40	Tom Zades	27:58	
41	Tina Shaner	28:37	
42	Betty Root	29:08	
43	Stan DeMartinis	36:59	

Dick Barrett Trophy Winner – Amelia Carchidi

Bob Pickens romped to an easy win while coming within 12 seconds of his PR. Missy Sudan became the 3<sup>rd</sup> club woman runner to crack 18:00 while leading the ladies. Ray Russell moved to #12 on the 45+ list. Dave Norlander recorded the #3 65+ time. Neil Gelblum improved his 50+ best by 7 seconds. Patrick Rowland improved his PR by over 2 minutes.

**4/3/04 – 16 x 300 Relay**

Pl	Team	Start	Finish
1	Saucedo/Noel	4:45	23:10
2	Uyenthi/Collins	4:15	23:27
3	Pasos/A.Lee	6:30	23:29
4	Hurtado/Norlander	6:30	23:35
5	D.Moon/Fergus	8:00	23:48
6	McIntyre/Schmitt	7:30	24:33
7	M.Moon/Shaner	:45	24:48
8	Rostege/Wong	6:30	24:52
9	Root/McPhail	2:45	25:06
10	DeMartinis/Zades	-0-	25:31

Dick Barrett Trophy Winner – Norm Saucedo & Ken Noel

Easy win for the aging Saucedo/Noel team (both are 65+). 2<sup>nd</sup> through 5<sup>th</sup> places were fairly close. Then, a big gap back to

6<sup>th</sup> place. Good timing crew of Tom Warfel, Don Packwood, and Jim Bordoni.

**4/10/04 – Triangle Run – 4.76M**

1	Jorn Jensen	26:48	PR
2	Dave Piazzza	28:22	
3	Andy Williams	28:47	
4	Floyd Gerhardt	28:49	PR
5	Missy Sudan	29:16	PR
6	Becki Kriege	29:33	
7	Neil Gelblum	30:15	
8	Amanda Gerhardt	30:16	
9	Johanna Wans	30:17	
10	Nory McAllister	30:26	
11	Mark Isaacson	30:33	PR
12	Kristina Park	30:48	
13	Bob Schmitt	31:07	PR
14	Dick Chimenti	31:16	
15	Todd Hayes	32:19	
16	Jake Roberts	32:58	
17	Mike Toney	32:59	
18	Aaron Lee	33:00	
19	Dave Norlander	33:12	
20	Joe Hurtado	34:06	
21	Helen Wong	35:14	
22	John Peterson	35:51	
23	Jeff Howell	36:59	
24	Chris Cassell	37:15	
25	Ken Noel	37:18	
26	John Pickens	37:19	PR
27	Brian Low	37:42	
28	Marty Eng	38:27	
29	Uyenthi Tran	38:45	
30	Rich Collins	38:52	
31	Tom Warfel	41:02	
31	Jim Myers	41:02	
33	Tom Zades	41:48	
34	Jerry Lewis	42:36	
35	Annette McPhail	43:37	
36	Tina Shaner	46:29	
37	Betty Root	46:42	
38	Stan DeMartinis	66:36	

Dick Barrett Trophy Winner – John Pickens

Jorn won the run this morning by over a quarter mile. John Pickens took home the weekly trophy with a 50-second improvement on his PR. Missy led the ladies while improving her PR by 24 seconds, which moved her to #3 on the all-time women's list. Bob Schmitt improved by 31 seconds while moving to #3 on the 60+ list. Dave Piazza led the 40+ men and Neil led the 50+ men. The

ladies put 5 runners in the top 12. Danny Moon ran a short course, allegedly to get back in time to help the timers (but we already had 3 timers). The aging Jerry Lewis made a celebrity appearance for the first time in awhile. Rich Collins improved his 60+ best by over 4 minutes. Floyd Gerhardt knocked 11 seconds off his PR. Tom Zades recorded his first 60+ effort on this course, putting him #27 out of 28 on the 60+ list.

**4/17/04 – 12 x 600 Relay**

Pl	Team	Start	Finish
1	M.Moon/Zades	-0-	35:52
2	Tran/Noel	6:00	36:03
3	A.Lee/Myers	8:00	36:26
4	Bang/Russell	14:00	36:58
5	Blue/Collins	5:00	37:05
6	Williams/McIntyre	11:30	37:07
7	Carchidi/J.Pickens	4:45	37:20
8	Fergus/Stefanidis	12:30	37:22
9	DeMartinis/D.Moon	1:30	37:33
10	Shaner/Wurm	2:45	38:26
11	Rowland/Howell	10:45	38:56

Dick Barrett Trophy Winner – Scott Bang & Ray Russell

The Bang/Scott team was given the weekly trophy because they started last and got within less than one lap of the first place team – Madelyn Moon and Tom Zades. All teams were rated to finish at 36:45.

**4/24/04 – 36 x 300 Relay**

Pl	Team	Start	Finish
1	Pasos/L.Nast/Norlan	6:00	29:32
2	Isaacson/Moon/Bang	9:15	29:46
3	Noble/Root/Zades	2:15	30:37
4	Shaner/M.Moon/McPhail	-0-	30:55
5	Flores/Lindgren/Cass	8:00	31:11
6	Myers/Kananen/Wong	6:00	31:17
7	Goldman/Mcinty/Krieg	8:00	31:57
8	Carchidi/Noel/Saucedo	4:30	32:40

Dick Barrett Trophy Winner – Mark Pasos/Liz Nast/Dave Norlander

All teams were rated to finish in 30:15. The first place team ran 43 seconds under their rating, winning by 70+ yards. Jim Bordoni timed all of the runners at the 200-mark so that we could get everyone's splits. Alas, the timers at the start line, either did not know what Jim was attempting to do or screwed up. They got the times at the start/finish line every 3



laps. So, we were unable to determine all of the splits.

**5/1/04–Doug/Sara/Frtvle–2.75M**

1	Slim Pickens	14:51
2	Dave Piazza	15:29
3	Rob Nast	15:35PR
4	Jim Bordoni	15:36
5	Ray Russell	15:56
6	Andy Williams	16:05
7	Jeff Rohrer	16:13
8	Mike Toney	16:17
9	Missy Sudan	16:43
9	Becki Kriege	16:43
11	Johanna Wans	16:56PR
12	Brian Conley	17:05
13	Dimtri Stefanidis	17:06PR
14	Neil Gelblum	17:34
15	Ben Sigrist	17:50PR
16	Mark Goldman	18:02
17	Greg Burke	18:14
18	Liz Nast	18:30
19	Jose Casillas	18:30
20	Greg Bunker	18:37
21	Joe Hurtado	18:39
22	Dave Norlander	18:40
23	John Lindgren	18:46
24	Dave McIntyre	18:48
25	Keith Corbin	18:54
26	Patrick Rowland	18:57PR
27	Christina Wilk	18:58
28	Joe Sigrist	19:06PR
29	Jeff Bedolla	19:12PR
30	Rich Stiller	19:23
31	John Peterson	19:31PR
32	Chris Cassell	20:36
33	Pauline Betty	21:40
34	Amelia Carchidi	21:44PR
35	Tom Warfel	21:47
36	Tom Zades	22:17
37	Dena Noble	22:25
38	Ken Noel	22:33
39	Georgia Riley	22:48
40	Annette McPhail	22:48
41	Christine Blue	22:56
42	Kat Powell	23:27PR
43	Millie Williams	26:42
44	Betty Root	27:00
45	Madelyn Moon	28:13
46	Stan DeMartinis	34:58

Big turnout this morning. Easy win for Slim. 10 PRs. Jim Bordoni ran #5 50+ time. Dave Norlander ran the #33 65+ time. Good timing job by Packwood and Danny Moon. Slim Pickens felt good enough to hand out the finishing sticks after his run.

**5/8/04 – 16 x 400 Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Francis/Myers	1:00	26:25
2	McPhail/Wong	1:00	26:35
3	M.Moon/Lawson	0-	26:45
4	Wilk/Bang	5:45	26:46
5	Warfel/Park	1:00	27:05
6	Pasos/Delyani	4:30	27:23

7	Cassell/Toney	4:30	27:27
8	Zades/Noel	1:15	27:44
9	Saucedo/Nast	3:45	27:48

Dick Barrett Trophy Winner – Annette McPhail

The Myers team took the lead during the 13th lap and then held on for the win. The Lawson team had a chance to win but Hank ran easy on the last lap because he did not realize that two teams were in front of him. Scott Bang had the best splits for the guys with a 71+ average, including a 60.5 final lap. Kristina Park led the ladies with a 75 average. Tom Zades had the most remarkable series, averaging 99 seconds per run for his first 5 runs and 110 for his last 3 runs. Good timing job by Jim Bordoni and Don Packwood.

**5/15/04–Farwell/Herriman–4.68M**

1	Jorn Jensen	25:55	PR
2	Rob Nast	27:11	
3	Mike Toney	28:36	
4	Neil Gelblum	29:57	
5	Gary Waggoner	29:58	
6	Mark Isaacson	30:22	PR
7	Bob Schmitt	30:40	
8	Mark Goldman	30:53	
9	Nory McAllister	30:55	
10	Joe Beyers	31:50	
11	Joe Hurtado	32:00	
12	Dave Norlander	32:36	
13	Aaron Lee	32:39	
14	Becki Kriege	33:12	
14	Jake Roberts	33:12	
16	Helen Wong	34:05	
17	Christina Wilk	34:59	
18	Tom Warfel	35:32	
19	John Peterson	36:29	
20	Uyenthi Tran	36:41	
21	Brian Low	38:03	
22	Kelly Emo	38:42	
23	Rick Kananen	39:15	
24	Dena Noble	39:24	
25	Georgia Riley	39:43	
26	Marcia Morrison	40:42	
27	Ken Noel	43:28	
27	Rich Stiller	43:28	
27	Norm Saucedo	43:28	
30	Betty Root	46:52	
31	Madelyn Moon	47:52	
32	Stan DeMartinis	69:25	

Dick Barrett Trophy Winner – Mark Isaacson

Jorn took the lead shortly after leaving the starting line and raced to a 48-second PR while easily winning this morning. Mark Isaacson improved his PR by 75 seconds to take home the weekly trophy. Dave Norlander moved to #3 on the men's 65+ list. Stan DeMartinis took a fall but got up to finish the course.

**5/22/04 – Farwell – 3.54 Miles**

1	Bob Pickens	19:02.6
2	Scott Bang	20:38.3
3	Ray Russell	20:50.3
4	Mike Toney	20:56.0PR
5	Andy Williams	21:03.1
6	Jeff Rohrer	21:18.5
7	Missy Sudan	21:24.0
8	Becki Kriege	21:40.1
9	Gary Waggoner	21:52.6
10	Neil Gelblum	22:05.0PR
11	Mark Isaacson	22:26.6PR
12	Brian Conley	22:42.4
13	Demitrios Stefani	22:46.1PR
14	Todd Hayes	22:49.0
15	Hank Lawson	22:58.1
16	Bob Schmitt	23:18.8
17	Mark Goldman	23:35.9
18	Dino Delyani	23:46.5
19	Jake Roberts	23:47.8
20	Danny Moon	23:48.8
21	Greg Burke	23:59.9
22	Joe Hurtado	24:01.9
23	Aaron Lee	24:03.9PR
24	Kelly Emo	25:11.7
25	Dave Norlander	25:22.4
26	John Peterson	25:31.1PR
27	Chris Cassell	26:19.5
28	Helen Wong	27:11.0
29	Brian Low	27:44.1
30	Keith Corbin	29:03.3
31	M.Corbin	29:04.6
32	Dena Noble	29:46.8
33	Marcia Morrison	30:25.4
34	Rich Stiller	31:09.3
34	Ken Noel	31:09.3
34	Norm Saucedo	31:09.3
34	Jim Myers	31:09.3
38	Betty Root	34:17.x
39	Madelyn Moon	37:43.x
40	Stan DeMartinis	44:42.x

Dick Barrett Trophy Winner – Neil Gelblum

Slim Pickens came within 4 seconds of his PR while winning this morning. Missy Sudan pulled away from Becki during the last mile to lead the ladies. Neil Gelblum took home the weekly trophy for improving

his course PR by 27 seconds at the advanced age of 53. Bob Schmitt continued to run very well in his 60s, coming within 2 seconds of his PR. Dave Norlander recorded the #4 all-time best for a 65+ runner, missing 2<sup>nd</sup> place by 2 seconds. Danny Moon was very pleased to not run a PW but was amazed at how many runners passed him after the first mile. Stan did not fall down this week. Todd Hayes took a break from running his 50-mile races to post a respectable time this morning.

**5/29/04 – 8 x 0.66M Tennis Court Loop Relay**

Pl	Team	Start	Finish
1	M.Moon/D.Moon	-0-	39:23
2	J.Sigrist/A.Lee	6:45	39:39
3	Norlander/L.Nast	6:45	39:48
4	B.Sigrist/Flores	9:45	39:50
5	Stefanidies/Russell	11:15	39:54
6	Root/Wong-Wilk	-0-	39:55
7	Noble/Warfel	3:00	39:58
8	Conroy/Bang	11:15	40:01
9	Casillas/R.Nast	9:45	40:12
10	G.Riley/McIntyre	3:00	40:32
11	Wurm/Peterson	3:30	40:39
12	Park/Gelblum	10:45	40:49

Dick Barrett Trophy Winner = Madelyn Moon

The Moon team started first this morning, lost the lead during the 1<sup>st</sup> leg, then took the lead during the 2<sup>nd</sup> leg and held it the rest of the way. Scott Bang led the guys with a 3:23 average. Ray Russell was 2<sup>nd</sup> at 3:26 and Rob Nast was next at 3:29. Kristina Park led the ladies with a 3:40 average. Christina Wilk PRd by 70 seconds as she averaged 4:03. Liz Nast complained that she was in poor condition but still PRd (by half a second) while averaging 4:07.

**6/5/04 – Short Six – 5.74 Miles**

1	Dave Piazza	34:07
2	Mike Toney	34:51
3	Andy Williams	35:42
4	Jeff Rohrer	36:50
5	Gary Waggoner	38:18
6	Mark Isaacson	38:21
7	Brian Conroy	39:13
8	Bob Schmitt	39:18

9	Dino Delyani	39:45
10	Todd Hayes	41:17
11	Joe Hurtado	41:24
12	Liz Nast	42:04
13	Greg Burke	42:15
14	Johanna Wans	42:17
15	Kelly Emo	42:22
16	Tom Warfel	42:24
17	Jake Roberts	42:36
18	Christina Wilk	42:51
19	Helen Wong	43:38
20	Chris Cassell	45:40
21	Brian Low	45:40
22	Amelia Donaldson	46:05
23	Ed Lock	46:06
24	Bill Flodberg	48:46
25	Betty Root	59:46
26	Jim Myers	62:02
27	Stan DeMartinis	77:47

Dick Barrett Trophy Winner – Mark Isaacson

Small group to run this difficult course this morning. Dave Piazza led the way as he improved his 45+ best by 10 seconds to move up 3 notches on the 45+ list to #11. He and Mike Toney completed all of the courses for the year with this run to get to 2<sup>nd</sup> and 3<sup>rd</sup> places on the Cum Sat list. Liz Nast ran this course for the first time, leading all of the ladies. Mark Isaacson took home the weekly trophy for knocking 44 seconds off his 45+ best. Tom Warfel was very happy that he improved his yearly best on this course by 4 minutes. Chris Cassell and Brian Low had a terrific sprint at the end with Chris getting the nod. Bill Flodberg recorded the #3 70+ time for this course. Betty Root was thrilled to come within 9 seconds of her 55+ PR. Stan started ahead of time and Jim Myers, who started with everyone else, slowed to run in with Stan. Bob Pickens, Aaron Lee, Neil Gelblum, Danny Moon, and Don Packwood helped with the timing.

**6/12/04 - All Courses Day**

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

1	Missy Sudan	16:57
2	Dino Delyani	17:59
3	Greg Burke	18:29

4	Aaron Lee	18:35
5	Dena Noble	23:31
6	John Peterson	23:31
7	Tom Zades	25:24
8	Stan DeMartinis	35:34
9	Walt Van Zant	36:37PW

**Farwell-3.54M**

1	Kat Powell	31:52
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**Farwell/Herriman-4.68M**

1	Dave Piazza	26:49PR
2	Todd Hayes	30:15
3	Jeff Bedolla	34:34

**Modified Triangle-4.19M**

1	Neil Gelblum	28:24
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**Triangle Run-4.76M**

1	Mike Toney	28:24
2	Nick Song	33:20
3	Tom Warfel	33:28
4	Rich Stiller	33:45
5	A.J.Pala	34:20
6	Mark Goldman	35:38
7	Helen Wong	35:52
8	Keith Goldman	36:00
9	Christina Wilk	38:29
10	Jake Roberts	38:30
11	Gary Waggoner	38:30

**Short Six-5.74M**

1	Slim Pickens	34:40
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Dick Barrett Trophy Winner – Tom Warfel

Dave Piazza improved his Farwell/Herriman PR by 1 second and recorded the #12 time for a 45+ runner but he was gone by the time that we gave out the weekly trophy. So, we gave the trophy to another worthy candidate – Tom Warfel. Tom has been running very well lately and this morning he improved his yearly best for the Triangle course by 5 minutes. Neil Gelblum attempted to run the Triangle course but got lost when he cut over at Farwell while running up Hwy 9. The course that Neil ran is the reverse course that is normally run when runners get lost while running the Farwell course and keep going down Saratoga Ave rather than cutting over at Douglas.

**RACE RESULTS**

**1/11/04 - Stockton 10-Miler**

Bob Pickens	54:54	3rd-40+
Andy Lief	57:42	
Brian Davis	59:13	9th-40+

Mike Toney	59:27
Dave Piazza	60:14
Al Murray	61:14
Jake Roberts	61:26

Jim Bordoni	62:20	5th-50+
Dan Anderson	63:23	7th-50+
Ron Kiyono	64:34	5th-55+
Bill Dunn	64:59	6th-55+

Rick Reitz	67:54	
Bob Schmitt	68:04	3rd-60+
Jim Reitz	69:35	4th-60+
Rich Hahn	70:22	
Joe Hurtado	70:24	5th-60+
Walt Radloff	79:48	
Howard Powers	111:52	2nd-75+

Our men's 40+ team probably finished 4th, our men's 50+ team probably finished 3rd, and our men's 60+ team probably finished 1st.

**1/17/04 – San Diego Road Mile**

1 Kelly Emo	6:14	1 <sup>st</sup> -35+
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**1/18/04–San Diego Half Mar**

Kelly Emo	1:35:47
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**1/25/04 – Las Vegas Half Mar**

Dave Norlander	1:35:48	5 <sup>th</sup> -60+
Becky Norlander	2:03:05	

**2/1/04–Home Depot Half Mar**

Robert Pickens	1:14:38	2 <sup>nd</sup> -40+
David Piazza	1:20:47	3 <sup>rd</sup> -45+
Jake Roberts	1:22:38	
Norry McAllister	1:29:25	
Kelly Emo	1:34:38	
Dino Delyani	1:38:02	
David McIntyre	1:52:38	
John Peterson	1:52:44	
Marcia Morrison	2:06:39	

**2/7/04 – Jed Smith 50K**

Todd Hayes	4:07+	1 <sup>st</sup> -50+
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**2/7/04 – San Juan Bautista 5K**

Jose Casillas	21:53	
Bill Flodberg	26:14	1 <sup>st</sup> -70+

**2/7/04–San Juan Bustista 10-M**

Dave Norlander	74:43	3 <sup>rd</sup> -60+
Becky Norlander	83:50	2 <sup>nd</sup> -20+

**2/7/04 – Stadium of Dreams 5K**

Cecil Baumgartner	21:12	1 <sup>st</sup> -45+
Sue Francis	22:59	1 <sup>st</sup> -50+

**2/8/04-Davis Stampede 10K**

George Moss	56:30	3 <sup>rd</sup> -65+
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**2/8/04-Orient Express 4 Miler**

Dick Chimenti	27:04	1 <sup>st</sup> -60+
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**2/14/04Campbl Valentine's 10K**

5 Jorn Jensen.	35:54	4 <sup>th</sup> -30+
6 Jim Angelpulos	36:01	1 <sup>st</sup> -40+
13 Jake Roberts	37:43	6 <sup>th</sup> -30+
16 Mark Isaacson	39:46	8 <sup>th</sup> -40+
26 Kelly Emo	42:05	1 <sup>st</sup> -Wo
70 Pauline Beatty	48:35	1 <sup>st</sup> -40+
73 Amelia Carchidi	49:13	3rd-19+
125 Georgia Riley	53:41	1 <sup>st</sup> -50+

Jorn pushed the baby jogger for the entire race.

**2/28/04 - Juana Run - 8K**

29 Katy Spink	30:04	2 <sup>nd</sup> -20+
32 Amanda Gerhardt	30:19	1 <sup>st</sup> -30+
36 Becki Kriege	30:34	2 <sup>nd</sup> -30+
37 Missy Sudan	30:39	3 <sup>rd</sup> -30+
124 Joe Sigrist	37:36	
201 Kelly Emo	40:14	
296 Kat Powell	44:27	3 <sup>rd</sup> -50+

**2/28/04 - Juana Run 1M**

2 Jim Bordoni	5:08	1 <sup>st</sup> -50+
5 Dimitrios Stefanidis	5:16	
9 Ron Kiyono	5:38	2 <sup>nd</sup> -50+
15 Ben Sigrist	5:47	4th

**3/14/04 – Fifty Plus 8K Race**

3 Dan Anderson	30:15	3 <sup>rd</sup> -50+
14 Dave Norlander	34:32	1 <sup>st</sup> -65+
19 Walt Radloff	36:00	
21 Jeff Bedolla	36:45	
31 Jim Myers	39:25	
Tom Zades	42:34	
42 Glynn Wood	41:52	3 <sup>rd</sup> -65+
50 Kat Powell	43:21	4 <sup>th</sup> -50+
59 Bill Flodberg	44:51	2 <sup>nd</sup> -70+
114 Joyce Friedlander	59:19	
121 Jack Friedlander	72:17	

**3/14/04 – Dublin 5K**

15 Jake Roberts	17:40
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**3/21/04-Across The Bay 12K**

26 Bob Pickens	41:19	3 <sup>rd</sup> -40+
58 Brian Davis	43:43	4th-45+
90 Dave Piazza	46:06	
105 Jim Bordoni	46:51	
109 Missy Sudan	47:03	5th-30+
110 Katy Spink	47:06	4th-25+
116 Dan Anderson	47:21	
118 Bill Dunn	47:22	3rd-55+
131 Jeff Rohrer	47:49	
144 Becki Kriege	48:11	5th-35+
153 Ron Kiyono	48:31	
193 Johanna Wans	50:17	
217 Bob Schmitt	50:46	4th-60+
220 Carol Mendoza	50:53	

228 Dino Delyani	51:09	
263 Joe Hurtado	52:10	5th-60+
268 Norry McAllister	52:17	
278 Marian Richard	52:31	
293 Jim Reitz	53:01	
427 Dave McIntyre	56:25	
599 John Peterson	59:54	
814 Becky Norlander	63:56	
1037 Elaine Erickson	67:25	
2173 Joyce Friedlander	89:35	5th-65+
2299 Stan Demartinis	96:05	1st-80+
2490 Jack Friedlander	115:19	2nd-80+

**3/6/04-Palo Alto Vista Trail Half Mar**

Kelly Emo	2:03:30	1 <sup>st</sup> -35+
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Very hilly

**3/21/04-Mercury/News 5K**

Julie L'Heureaux	24:42	4th-40+
Bill Flodberg	25:34	1st-70+

**3/21/04-Mercury/News 10K**

Jim Angelopoulos	35:55	4th-40+
Jeff Bedolla	46:26	
Gail Campbell	46:43	1st-50+
Kat Powell	54:30	5th-50+

**3/21/04-Carson City 2M**

Kelly Emo	13:44	2 <sup>nd</sup> Wo
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This race was run at 5,000 feet.

**3/28/04 – Santa Cruz 10K**

Gail Campbell	45:56	1 <sup>st</sup> -50+
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**3/28/04-Morgan Hill Wildflower 5K**

Kelly Emo	21:22	1 <sup>st</sup> Wom
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**4/4/04 – The Great Race – 4.0M**

Robert Pickens	20:53	1 <sup>st</sup> -40+
Jim Angelopoulos	22:07	4 <sup>th</sup> -40+
Rob Nast	22:17	5 <sup>th</sup> -40+
David Piazza	22:51	
Scott Bang	22:59	4 <sup>th</sup> -30+
Jim Bordoni	23:14	1 <sup>st</sup> -50+
Kristina Park	24:30	1 <sup>st</sup> -30+
Mark Isaacson	24:56	
Danny Moon	25:35	4 <sup>th</sup> -50+
Norry McAllister	25:49	
Katie Nast	26:14	1 <sup>st</sup> -13-
Liz Nast	26:25	5 <sup>th</sup> -40+
David McIntyre	27:04	
Dino Delyani	27:29	
Kelly Emo	27:53	
Jeff Bedolla	28:02	
Ben Sigrist	28:17	
Joe Sigrist	28:29	

Gail Campbell	29:16	3 <sup>rd</sup> -50+
John Peterson	29:18	1 <sup>st</sup> -60+
Chris Cassell	29:56	
Pauline Beatty	30:12	
John Pickens	31:09	
Georgia Riley	32:36	
Kat Powell	33:47	
Diane Bordoni	34:39	
Marcia Morrison	34:59	
Tom Zades	35:13	
Jim Myers	36:33	
Betty Root	37:17	
Madelyn Moon	38:18	

**4/10/04-Big Bunny 5K**

Kelly Emo	20:40	2 <sup>nd</sup> Wo
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**4/17/04 – HP 10K Race**

26 Slim Pickens	33:13	5th-40+
45 Jorn Jensen	34:35	
70 Brian Davis	35:53	5th-45+
94 Al Murray	37:26	9th-45+
107 Jim Bordoni	37:48	9th-50+
113 Dan Anderson	38:07	
115 Missy Sudan	38:12	2nd-30
116 Becki Kriege	38:14	2nd-35
124 Katy Spink	38:32	4th-25+
137 Kristina Park	39:02	4th-30+
138 Johanna Wans	39:03	8th-25+
170 Mark Isaacson	40:06	
171 Bill Dunn	40:10	6th-55+
181 Bob Schmitt	40:30	4th-60+
211 Carol Mendoza	41:22	
214 Joe Hurtado	41:33	6th-60+
220 Dino Delyani	41:26	
249 Jim Reitz	42:39	9th-60+
254 Dave Norlander	42:58	2nd-65
340 Jeff Bedolla	45:21	
425 Chris Cassell	48:28	
436 Brian Low	48:49	
442 John Peterson	48:58	
599 Elaine Erickson	53:02	
608 Kat Powell	53:11	
613 Georgia Riley	53:16	5th-55+
621 Christine Blue	53:35	6th-55+
634 Bill Flodberg	53:58	4th-70+
678 Tom Zades	55:20	
991 Joyce Friedlandr	70:46	3rd-65+
1053 Stan DeMartinis	83:59	1st-80+
1072 Jack Friedlander	91:38	2nd-80

**4/17/04-Ruth Anderson 50M**

3 Todd Hayes	4:07:34	1 <sup>st</sup> -50+
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**4/19/04 – Boston Marathon**

Neil Gelblum	3:39:26	
Kelly Emo	3:44:45	

**4/25/04 – Big Sur 5K**

25 Bob Pickens	16:35.0	
42 Brian Davis	17:35.0	4th-45+
52 Jim Bordoni	18:05.0	3rd-50+
58 Jeff Rohrer	18:30.0	
65 Missy Sudan	18:42.0	2nd-30+
69 Kristina Park	18:52.0	3rd-30+
77 Johanna Wans	19:03.0	4th-25+
78 Bill Dunn	19:06.0	3rd-55+
107 Dick Chimenti	20:04.0	3rd-60+
124 Bob Schmitt	20:35.0	4th-60+
132 Joe Hurtado	20:47.0	5th-60+
141 Jose Casillas	21:05.0	
167 Jeff Bedolla	21:54.0	
248 Glynn Wood	25:12.0	2nd-70+
272 Bill Flodberg	25:54.0	3rd-70+
357 Diane Bordoni	28:06.0	
629 Stan DeMartinis	38:27.0	1st-80+

**4/25/04 - Big Sur Marathon**

Kat Powell	4:56:48	
Kat was very happy with her PR, especially since this is a very tough course and the weather was warm.		

**4/25/04 – Lupus 5K**

Greg Burke	21:XX	3rd 50+
Kelly Emo	22:XX	
Elaine Erickson	26:16	
Georgia Riley	26:37	3rd 50+

**5/8/04-Quicksilver 50M**

Todd Hayes	8:53:35	2 <sup>nd</sup> -50+
Cecil Baumgartner	9:37:04	

**5/8/04-The Human Race 10K**

Aaron Lee	44:00	
Dave Norlander	44:47	2 <sup>nd</sup> -50+
Uyenthi Tran	50:00	
Dave became a professional after this race by accepting \$100 in prize money.		

**5/9/04 – Zippy 5K**

**Men**

41 Bob Pickens	16:16	
80 Brian Davis	17:07	
83 Dave Piazza	17:13	
94 Jim Bordoni	17:35	
115 Jeff Rohrer	18:15	
126 Neil Gelblum	18:39	
140 Ron Kiyono	19:07	
155 Mark Isaacson	19:34	
161 Dick Chimenti	19:41	
170 Bob Schmitt	19:55	
178 Mark Goldman	20:22	
180 Jim Reitz	20:24	

190 Joe Hurtado	20:51	
191 Jose Casillas	20:52	
196 Dave McIntyre	21:04	
204 Jeff Bedolla	21:36	
237 Bill Flodberg	24:56	
265 Stan DeMartinis	36:34	

**Women**

10 Becki Kriege	18:25	
18 Johanna Wans	18:52	
73 Carol Mendoza	21:02	
81 Marian Richard	21:13	
89 Kelly Emo	21:58	
138 Kat Powell	26:12	
141 Marcia Morrison	26:47	

**5/15/04-Ojai Heart & Sole 5K**

Cecil Baumgartner	20:20	2 <sup>nd</sup> -40+
Sue Francis	21:56	1 <sup>st</sup> -50+

**5/23/04-Run For The Law 5K in Ventura**

Cecil Baumgartner	20:13	3 <sup>rd</sup> -45+
Sue Francis	22:05	2 <sup>nd</sup> -50+

**5/31/04 – Pacific Sun 10K**

Brian Davis	35:51	4th-45+
Jim Bordoni	36:47	5th-50+
Jeff Rohrer	37:33	
Missy Sudan	37:33	3rd-30+
Becki Kriege	37:34	2nd-35+
Neil Gelblum	38:49	
Johanna Wans	39:03	
Ron Kiyono	39:34	
Norry McAllister	41:06	
Mark Goldman	41:16	
Bob Schmitt	41:29	3rd-60+
Joe Hurtado	42:04	
Jim Reitz	42:20	
Marian Richard	43:22	
Dave Norlander	43:27	3rd-65+
Kelly Emo	44:07	
Carol Mendoza	44:45	
Jeff Bedolla	45:53	
John Pickens	51:22	
Bill Flodberg	52:58	2nd-70+
Kat Powell	54:20	
Sue Pickens	62:45	
Joyce Friedlandr	71:43	4th-65+
Stan Demartinis	81:24	1st-80+
Jack Friedlander	88:56	2nd-80+

**5/x/04 – Silver State 50M**

Todd Hayes 9:57:47 3<sup>rd</sup>-50+  
 As per Todd, this is the toughest 50 mile race I've tried. Very difficult with 10,000 feet of climbing. Low point is 4700 feet



at the finish. High point is 9,000. I patches of snow on the course. I will  
 passed one guy who had a mild case of want to do this one again.  
 altitude sickness. Plenty of small

## 2004 CUMULATIVE SATURDAY STANDINGS

<b>Elite Div.</b>	<b>DOUGLASS</b>		<b>VALLE VISTA</b>		<b>FARWELL</b>		<b>FARWEL HERR</b>		<b>TRIANGLE</b>		<b>SHORT SIX</b>		<b>TOTAL</b>
Pickens,Bob	0:14:51	0:34:57	0:16:03	0:33:58	0:19:02	0:33:59	0:25:10	0:33:39	0:28:25	0:37:00	0:34:40	0:36:39	2:18:11
Piazza,Dave	0:15:29	0:36:27	0:17:20	0:36:41	0:20:18	0:36:15	0:26:49	0:35:51	0:28:22	0:36:56	0:34:07	0:36:04	2:22:25
Toney,Mike	0:15:53	0:37:23	0:18:28	0:39:05	0:20:56	0:37:23	0:26:50	0:35:52	0:28:04	0:36:33	0:34:51	0:36:50	2:25:02
Angelopoulos, Ji	0:00:00	0:00:00	0:16:47	0:35:32	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Bang,Scott	0:15:27	0:36:22	0:17:08	0:36:16	0:20:38	0:36:51	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Bedolla,Jeff	0:19:12	0:45:11	0:00:00	0:00:00	0:00:00	0:00:00	0:34:02	0:45:30	0:35:12	0:45:50	0:00:00	0:00:00	0:00:00
Bordoni,Jim	0:15:36	0:36:43	0:17:50	0:37:45	0:00:00	0:00:00	0:28:46	0:38:27	0:29:11	0:38:00	0:36:50	0:38:56	0:00:00
Gerhardt,Floyd	0:16:21	0:38:29	0:17:51	0:37:47	0:00:00	0:00:00	0:28:20	0:37:53	0:28:49	0:37:31	0:37:07	0:39:14	0:00:00
Goldman,Mark	0:18:02	0:42:27	0:00:00	0:00:00	0:23:35	0:42:07	0:30:53	0:41:17	0:35:38	0:46:24	0:00:00	0:00:00	0:00:00
Jensen,Jorn	0:00:00	0:00:00	0:16:40	0:35:17	0:19:50	0:35:25	0:25:55	0:34:39	0:26:48	0:34:54	0:00:00	0:00:00	0:00:00
Lee,Aaron	0:18:35	0:43:44	0:00:00	0:00:00	0:24:03	0:42:57	0:32:39	0:43:39	0:33:00	0:42:58	0:42:14	0:44:39	0:00:00
Lief,Andy	0:00:00	0:00:00	0:16:15	0:34:24	0:00:00	0:00:00	0:00:00	0:00:00	0:26:42	0:34:46	0:00:00	0:00:00	0:00:00
McAllister,Nory	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:30:55	0:41:20	0:30:26	0:39:38	0:00:00	0:00:00	0:00:00
Murray,Al	0:00:00	0:00:00	0:17:46	0:37:36	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Nast,Rob	0:15:35	0:36:41	0:17:06	0:36:12	0:20:31	0:36:38	0:27:11	0:36:20	0:00:00	0:00:00	0:34:44	0:36:43	0:00:00
Roberts,Jake	0:00:00	0:00:00	0:00:00	0:00:00	0:23:47	0:42:28	0:33:12	0:44:23	0:28:41	0:37:21	0:42:13	0:44:38	0:00:00
Russell,Ray	0:15:56	0:37:30	0:16:57	0:35:53	0:20:50	0:37:12	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Souza,Tim	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:31:37	0:41:10	0:00:00	0:00:00	0:00:00
Tran,Uyenthi	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:36:41	0:49:03	0:38:45	0:50:27	0:00:00	0:00:00	0:00:00
Waggoner,Gary	0:00:00	0:00:00	0:00:00	0:00:00	0:21:52	0:39:03	0:29:58	0:40:04	0:38:30	0:50:08	0:38:18	0:40:29	0:00:00
<b>A Div.</b>	<b>DOUGLASS</b>		<b>VALLE VISTA</b>		<b>FARWELL</b>		<b>FARWEL HERR</b>		<b>TRIANGLE</b>		<b>SHORT SIX</b>		<b>TOTAL</b>
Sudan, Missy	0:16:25	0:38:38	0:17:55	0:37:56	0:21:24	0:38:13	0:28:22	0:37:55	0:29:16	0:38:06	0:37:20	0:39:28	2:30:42
Gelblum, Neil	0:17:31	0:41:14	0:18:24	0:38:57	0:22:05	0:39:26	0:29:30	0:39:26	0:30:15	0:39:23	0:37:49	0:39:59	2:35:34
Moon, Danny	0:17:53	0:42:05	0:19:15	0:40:45	0:23:48	0:42:30	0:31:38	0:42:17	0:32:24	0:42:11	0:40:35	0:42:54	2:45:33
Fergus, Dave	0:16:27	0:38:43	0:18:59	0:40:11	0:00:00	0:00:00	0:00:00	0:00:00	0:29:26	0:38:19	0:00:00	0:00:00	0:00:00
Gerhardt, Amanc	0:16:35	0:39:02	0:18:34	0:39:18	0:00:00	0:00:00	0:28:07	0:37:35	0:29:35	0:38:31	0:37:10	0:39:17	0:00:00
Hayes, Todd	0:00:00	0:00:00	0:18:49	0:39:50	0:22:49	0:40:45	0:30:15	0:40:26	0:32:19	0:42:05	0:41:17	0:43:38	0:00:00
Kriege, Becki	0:16:43	0:39:21	0:00:00	0:00:00	0:21:40	0:38:41	0:33:12	0:44:23	0:29:33	0:38:29	0:00:00	0:00:00	0:00:00
Kriege, Mike	0:00:00	0:00:00	0:18:42	0:39:35	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lanoisellee, Patr	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lawson, Hank	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Park, Kristina	0:00:00	0:00:00	0:18:34	0:39:18	0:23:34	0:42:05	0:29:52	0:39:56	0:30:48	0:40:06	0:39:13	0:41:27	0:00:00
Plank, McKayla	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Rohrer, Jeff	0:16:13	0:38:10	0:00:00	0:00:00	0:21:18	0:38:02	0:00:00	0:00:00	0:00:00	0:00:00	0:36:50	0:38:56	0:00:00
Spink, Katy	0:17:02	0:40:05	0:18:45	0:39:41	0:00:00	0:00:00	0:29:04	0:38:52	0:29:56	0:38:59	0:37:15	0:39:23	0:00:00
Stefanidis, Dimit	0:17:06	0:40:15	0:19:27	0:41:10	0:22:46	0:40:39	0:31:16	0:41:48	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Wans, Johanna	0:16:56	0:39:51	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:30:17	0:39:26	0:42:17	0:44:42	0:00:00

## 2004 CUMULATIVE SATURDAY STANDINGS



B Div	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Delyani,Dino	0:17:59	0:42:20	0:20:21	0:43:05	0:23:46	0:42:26	0:30:53	0:41:17	0:35:06	0:45:42	0:39:45	0:42:01	2:47:50
Hurtado,Joe	0:18:39	0:43:54	0:19:54	0:42:07	0:24:01	0:42:53	0:32:00	0:42:47	0:34:06	0:44:24	0:40:54	0:43:14	2:49:34
Baker,Chris	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Beyers,Joe	0:00:00	0:00:00	0:18:52	0:39:56	0:23:21	0:41:42	0:31:50	0:42:33	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Chimenti,Dick	0:17:29	0:41:09	0:19:28	0:41:12	0:00:00	0:00:00	0:00:00	0:00:00	0:31:16	0:40:43	0:41:36	0:43:58	0:00:00
Isaacson,Mark	0:00:00	0:00:00	0:20:36	0:43:36	0:22:26	0:40:04	0:30:22	0:40:36	0:30:33	0:39:47	0:38:21	0:40:32	0:00:00
Kananen,Rick	0:00:00	0:00:00	0:23:00	0:48:41	0:30:02	0:53:38	0:39:15	0:52:28	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kurasch,Steve	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lee,Jonathan	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McIntyre,Dave	0:18:48	0:44:15	0:20:55	0:44:17	0:00:00	0:00:00	0:34:02	0:45:30	0:35:43	0:46:30	0:44:11	0:46:42	0:00:00
Nast,Liz	0:18:30	0:43:33	0:19:48	0:41:55	0:24:05	0:43:00	0:31:42	0:42:23	0:00:00	0:00:00	0:42:04	0:44:28	0:00:00
Schmitt,Bob	0:00:00	0:00:00	0:19:39	0:41:36	0:23:18	0:41:36	0:30:32	0:40:49	0:31:07	0:40:31	0:38:41	0:40:53	0:00:00
Sudan,Ranjeet	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
C Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Wilk,Christina	0:18:58	0:44:38	0:21:16	0:45:01	0:26:00	0:46:26	0:34:59	0:46:46	0:33:34	0:43:42	0:42:18	0:44:43	2:57:05
Wong,Helen	0:18:28	0:43:28	0:20:50	0:44:06	0:27:11	0:48:33	0:34:05	0:45:34	0:35:14	0:45:53	0:43:38	0:46:07	2:59:26
Warfel,Tom	0:21:47	0:51:16	0:23:02	0:48:45	0:26:32	0:47:23	0:35:32	0:47:30	0:33:28	0:43:35	0:42:24	0:44:49	3:02:45
Stiller,Rich	0:19:23	0:45:37	0:21:13	0:44:55	0:26:38	0:47:34	0:37:30	0:50:08	0:33:45	0:43:57	0:44:39	0:47:12	3:03:08
Armstrong,Paul	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Baumgartner,Ce	0:18:55	0:44:31	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Casillas,Jose	0:18:30	0:43:33	0:21:20	0:45:09	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Emo,Kelly	0:18:37	0:43:49	0:20:31	0:43:26	0:25:11	0:44:58	0:38:42	0:51:44	0:00:00	0:00:00	0:42:22	0:44:47	0:00:00
Hahn,Rich	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Meinhardt,Bill	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Norlander,Dave	0:18:40	0:43:56	0:20:43	0:43:51	0:24:39	0:44:01	0:32:36	0:43:35	0:33:12	0:43:14	0:00:00	0:00:00	0:00:00
Packwood,Don	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:43:41	0:58:24	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Rostege,Tim	0:00:00	0:00:00	0:21:28	0:45:26	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:47:54	0:50:38	0:00:00
Rowland,Patrick	0:18:57	0:44:36	0:21:05	0:44:38	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Saucedo,Norm	0:00:00	0:00:00	0:00:00	0:00:00	0:31:09	0:55:37	0:43:28	0:58:07	0:36:14	0:47:11	1:03:12	1:06:48	0:00:00
Sigrist,Ben	0:17:50	0:41:58	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:35:36	0:46:21	0:00:00	0:00:00	0:00:00
White,Jake	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
D Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Peterson,John	0:19:31	0:45:56	0:22:11	0:46:57	0:25:31	0:45:34	0:35:49	0:47:53	0:35:51	0:46:41	0:44:44	0:47:17	3:03:37
Cassell,Chris	0:20:36	0:48:29	0:22:33	0:47:44	0:26:19	0:47:00	0:37:34	0:50:13	0:37:15	0:48:30	0:45:40	0:48:16	3:09:57
Noel,Ken	0:22:25	0:52:46	0:23:21	0:49:26	0:26:49	0:47:53	0:39:09	0:52:20	0:37:18	0:48:34	1:03:12	1:06:48	3:32:14
Browne,Bob	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Gavin,Ed	0:00:00	0:00:00	0:21:55	0:46:24	0:00:00	0:00:00	0:34:26	0:46:02	0:36:06	0:47:00	0:00:00	0:00:00	0:00:00
Low,Brian	0:00:00	0:00:00	0:00:00	0:00:00	0:27:44	0:49:31	0:38:03	0:50:52	0:37:42	0:49:05	0:45:40	0:48:16	0:00:00
Myers,Jim	0:21:41	0:51:02	0:00:00	0:00:00	0:28:22	0:50:39	0:00:00	0:00:00	0:38:17	0:49:51	1:02:22	1:05:56	0:00:00
Noble,Dena	0:22:25	0:52:46	0:23:12	0:49:07	0:29:46	0:53:09	0:39:24	0:52:40	0:39:31	0:51:27	0:00:00	0:00:00	0:00:00
Norlander,Becky	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:39:17	0:52:31	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Sigrist,Joe	0:19:06	0:44:57	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:34:47	0:45:17	0:00:00	0:00:00	0:00:00
VanZant,Walt	0:23:42	0:55:47	0:00:00	0:00:00	0:00:00	0:00:00	0:45:26	1:00:44	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
E Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Zades,Tom	0:22:17	0:52:27	0:27:58	0:59:12	0:31:17	0:55:52	0:40:01	0:53:30	0:40:47	0:53:06	0:51:36	0:54:33	3:33:56
DeMartinis,Stan	0:34:58	1:22:18	0:34:39	1:13:21	0:44:42	1:19:49	1:02:30	1:23:33	0:57:58	1:15:29	1:15:00	1:19:17	5:09:47
Beatty,Pauline	0:21:40	0:51:00	0:24:55	0:52:45	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Blue,Christine	0:22:56	0:53:59	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Collins,Rich	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:38:52	0:50:36	0:00:00	0:00:00	0:00:00
Carchidi,Amelia	0:21:44	0:51:09	0:23:16	0:49:15	0:27:23	0:48:54	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Flodberg,Bill	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:48:46	0:51:33	0:00:00
Lewis,Jerry	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:42:36	0:55:28	0:00:00	0:00:00	0:00:00
McCarten,Dave	0:00:00	0:00:00	0:26:34	0:56:14	0:33:06	0:59:06	0:00:00	0:00:00	0:00:00	0:00:00	0:58:18	1:01:38	0:00:00
McPhail,Annette	0:22:48	0:53:40	0:00:00	0:00:00	0:32:08	0:57:23	0:42:57	0:57:25	0:43:37	0:56:48	0:52:34	0:55:34	0:00:00
Moon,Madelyn	0:28:13	1:06:25	0:00:00	0:00:00	0:37:43	1:07:21	0:47:52	1:04:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Morrison,Marcia	0:23:31	0:55:21	0:26:01	0:55:04	0:30:25	0:54:19	0:40:42	0:54:25	0:00:00	0:00:00	0:54:20	0:57:26	0:00:00
Napier,Ken	0:25:20	0:59:38	0:26:42	0:56:31	0:33:16	0:59:24	0:45:26	1:00:44	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Pickens,John	0:00:00	0:00:00	0:23:05	0:48:52	0:00:00	0:00:00	0:00:00	0:00:00	0:37:19	0:48:35	0:48:28	0:51:14	0:00:00
Powell,Kat	0:23:27	0:55:12	0:27:41	0:58:36	0:31:52	0:56:54	0:00:00	0:00:00	0:49:07	1:03:57	0:00:00	0:00:00	0:00:00
Riley,Georgia	0:22:48	0:53:40	0:25:33	0:54:05	0:00:00	0:00:00	0:39:43	0:53:06	0:41:34	0:54:07	0:00:00	0:00:00	0:00:00
Root,Betty	0:27:00	1:03:33	0:29:08	1:01:40	0:00:00	0:00:00	0:46:52	1:02:39	0:46:42	1:00:48	0:59:46	1:03:11	0:00:00
Shaner,Tina	0:00:00	0:00:00	0:28:37	1:00:35	0:34:17	1:01:13	0:00:00	0:00:00	0:46:29	1:00:32	1:00:35	1:04:02	0:00:00
Valles,Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Wurm,Jim	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00