



# WVJS



## VOL XXXV-#2 WEST VALLEY JOGGERS & STRIDERS June 2006

### Saturday Workouts

06/10/06 All Courses Day	08/12/06 12 x 600 Relay
06/17/06 18 x 0.33-Mile Tennis Court Loop Relay	08/19/06 Annual Handicap Race
06/24/06 Valle Vista (3.0 miles)	08/26/06 Farwell (3.54 miles)
07/01/06 One Mile on the Track	09/02/06 36 x 200 Relay
07/08/06 Triangle Run (4.76 miles)	09/09/06 Short Six (5.74 miles)
07/15/06 5K on the track	09/16/06 4 x 1.46-mile WVC Loop Relay
07/22/06 Doug/Sara/Frtvle (2.75 miles)	09/23/06 18 x 0.33-Mile Tennis Court Loop Relay
07/29/06 Farwell/Herriman (4.68 miles)	09/30/06 Valle Vista (3.0 miles)
08/05/06 One Mile on the Track	10/07/06 Step-up & Step-down 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.

### Upcoming Races

#### PA-USATF Championships

06/24/06 Shriner's 8K (1.0)  
 07/09/06 Fleet Feet Road Mile (1.0)  
 08/12/06 Anthony Wom 5K (2.0)  
 09/17/06 Jamba Juice 5K (2.0)  
 09/24/06 Heritage Oaks 10K (tba)  
 10/15/06 Humboldt Half Marathn (1.5)  
 11/12/06 Clarksburg 30K (2.0)  
 11/23/06 Seagate 5K (2)  
 12/03/06 Cal Intl Marathon (2.0)  
 12/17/06 Christmas Relays (1.0)  
 08/12/06 race is for women only  
 11/23/06 race if for open men only

#### Racer of the Year

Fastest Farwell Time  
 Cumulative Saturday Races  
 Fastest Marathon  
 Fastest Half Marathon  
 Fastest of 2 Designated Track Miles  
 Fastest of 2 Designated Track 5Ks  
 The following USATF Races –Fleet  
 Feet Mile, Jamba 5K, Clarksburg 30K  
 06/18/06 Holy City Race – 9.08M  
 08/12/05 Dammit Run – 5 Miles  
 10/29/06 Hollister Road Mile

#### Other Popular Races

06/11/06 Aptos Women's 5 Mile  
 07/04/06 Morgan Hill 5K  
 07/08/06 Bonfante Gardens 5K,10K  
 07/16/06 Jungle Run Half Marathon  
 07/23/06 Wharf to Wharf-6M  
 07/30/06 San Francisco Marathon  
 08/06/06 Alameda 10K  
 08/12/06 Dammit Run-5M  
 08/20/06 Felton 10K  
 09/10/06 Palo Alto Baylands 5K/10K  
 09/24/06 Trailblazer 5K/10K  
 09/24/06 Almaden 2M/10K  
 09/30/06 Quicksilver Half Marathon

### Wednesday Night Workouts

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

### Sunday Runs

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

## 2006 PA/USATF Grand Prix

#### Open Men

Our open men's team is currently in 7th place. We have no team captain. Any volunteers?

#### Open Women

Our open women's team is currently in 4th place. Individually, Becki Kriege is in 6th, Amanda Gerhrdt is in 12th, and Missy Sudan is in 14th place in the short race division. Becki is in 15th place in the long race division. Becki is the team captain.

#### 40+ Men

We are currently in 4th place. Al Murray is our 40+ team captain. Individually, Mike Kriege and Slim Pickens are in

13th and 15th places in the short race division and Slim is in 13th place in the long race division.

#### 40+ Women

We are currently in 4th place. Marian Richard is in 19th place in the short race division and 9th in the long race division. Kelly Emo is in 11th place in the long race division. Kelly is the team captain.

#### 50+ Men

We are currently in first place, five points in front of Excelsior. Jim Bordoni is our 50+ team captain. Individually, Brian Davis is in 5th place, Tom O'Connor is in 7th place, Jim Bordoni is in 9th place, Bill Dunn is in 11th place, Dan Anderson is in 15th place, and Ron Kiyono is in 19th place in



the short race division. Brian leads the long race division with Tom O'Connor in 7th, Ron Kiyono in 8th, Jim Bordoni in 9th, Dan Anderson in 13th, and Bill Dunn in 15th.

### 50+ Women

We currently are in 5th place. Kat Powell is in 10th place in the short race division and 11th place in the long race division. Gail Campbell is in 9th place in the long race division. Kat Powell is the team captain.

### 60+ Men

Our 60+ men are currently in 2nd place, 3.5 points behind Tamalpa. Joe Hurtado is the team captain. Individually, Bob Schmitt is in 5th, Jim Howe is in 6th, Joe Hurtado is in 12th, Dave Norlander is in 14th, Dick Chimenti is in 16th, and Rich Stiller is in 19th in the short race division. Bob Schmitt is in 5th, Joe Hurtado is in 7th, Carl Petersen is in 15th, and Dave Norlander and Tim Rostegge are in 17th place in the long race division.

### 70+ Men

Our 70+ men are currently in 2nd place. Jerry Lewis is the acting team captain. Individually, Eddie Reyna is in 2nd, Jerry Lewis and George Moss are in 5th, and Carl Tuck is in 8th place in the short race division. Eddie Reyna is in 4th place in the long race division.

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## 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.

McKayla Plank is back home for the summer after a successful first college season of running. Her highlights were finishing 2nd at the Junior National XC championships in February, which qualified her for the world XC championships, and then finishing as the top American at the world XC championships in Japan in February.

Katie Nast had a difficult start to her freshman high school track season at Saratoga high school as she suffered from a thyroid disorder. However, she was able to recover and finished 2nd at her league finals 3200 and got her 2-mile time down to 11:43 at the qualifier meet for the CCS semifinals.

Dwight Cornwell turns 60 on 7/15 and intends to travel to the Bay Area from Colorado on that day and run with us. He won a race outright for the first time this past Saturday in South Dakota with a very fast 17:37 for 5K.

8th grader Matt Kriege and 7th grader Mary Kriege got their mile times down to 6:11 and 6:26 at the end of their brief middle school track season.

George Maes is still happily living in Las Vegas and periodically sends us a card with his best wishes.

We haven't seen Jim Wurm is a while because he is working on a 1-year contract to help clean up the mess left by Katrina in New Orleans.

The West Valley College track is scheduled to be closed to the public until 6/26. We will continue to meet on Wednesday evenings and Saturday mornings but will run outside the track.

Joe Hurtado ran the London Marathon in April in a fast 3:21:18. This got him a nice plaque. He and Ruby then spent an additional two weeks traveling around Europe.

John Mintz won the Ruth Anderson 50-miler in April, running the 50 miles at sub 7:50 per mile pace. Cecil Baumgartner and Todd Hayes finished behind him in 3rd and 6th places.

Slim Pickens won the San Francisco Kaiser Half Marathon 45+ division in February with a very good time of 1:15:38.

Brian Davis won the 50+ division on the difficult 10-mile Redding course in 58:09. He also ran the San Francisco Kaiser 5K in 17:03.

Good run for 50+ runner Tom O'Connor at the Carlsbad 5K as he ran 18:05.

Becki Kriege was the first woman finisher at the Juana 8K with a time of 29:35.

The elderly Mike Kriege (46) ran a great 34:43 at the Marin 10K.

Dan Anderson was the first 50+ finisher at the 4-mile Great Race in April with a time of 23:19. He was closely followed in that division by Tom O'Connor in 23:27. Dan also won the 50+ division at the Santa Cruz half marathon in 1:24:30.

Ken Napier (age 74) ran the entire Santa Cruz Half Marathon with his grand daughter at 11:00+ per mile pace. He did not intend to run the whole race but felt so good that he just kept going.

Mike Gruber, who lives in the state of Washington, was very pleased to run a 5K in 18:49 last Sunday.

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>

## 2006 RUNNER OF THE YEAR CONTEST

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. Scoring 4,000 points wins a gold award, those scoring 3,000+ wins a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel.

## 2006 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 17 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. The standings to date for 2006 for all who scored in three or more races are as follows:

### Elite Division

Bob Pickens (8)	197
Mike Kriege (8)	196
Brian Davis (8)	182
Dave Piazza (8)	175
Dan Anderson (8)	163
Jeff Rohrer (8)	161
Mike Smith (8)	158
Jim Bordoni(8)	154
Scott Bang (5)	113
Rob Nast (3)	72
Andy Williams (3)	68

### A Division

Becki Kriege (8)	199
Al Murray (8)	194
Tom O'Connor (8)	189
Missy Sudan (8)	173
Bill Dunn (8)	172
Amanda Gerhardt (8)	170
Ron Kiyono (8)	148
Jim Howe (5)	85
Johanna Fogolin (4)	74
Ranjeet Sudan (4)	70
Katy Spink (4)	66
Neil Gelblum (3)	66
John Mintz (3)	66
Todd Hayes (3)	52

### B Division

Dino Delyani (8)	198
Bob Schmitt (8)	186
Carol Mendoza (8)	182
Joe Hurtado (8)	178
Dave McIntyre (8)	173
Mike Kolesnik (8)	165
Kelly Emo (8)	157
Marian Richard (6)	128
Aaron Lee (4)	98
Jeff Bedolla (5)	88
Joann Dahlkoetter (4)	74
Liz Nast (3)	65

### C Division

Rich Hahn (8)	200
Dave Norlander (7)	168
Tim Rostege (6)	145
John Peterson (6)	132
Rich Stiller (3)	71
Gail Campbell (3)	70
Gina Krieg (3)	68
Norm Takeuchi (3)	67

### D Division

Chris Cassell (7)	167
Carl Petersen (6)	149
Tom Warfel (4)	99
Jim Myers (3)	70
Uyenthi Tran (3)	69
Elaine Erickson (3)	68

### E Division

Kat Powell (8)	200
Eddie Reyna (8)	186
Jerry Lewis (6)	134
Tim Riley (5)	108
Georgia Riley (5)	107
Chris Blue (4)	95
George Moss (4)	92
Dena Noble (3)	73

## SATURDAY WORKOUT RESULTS

### 2/4/06 – 8 x 0.66M Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Corea/Pala	10:30	44:51
2	Collins/Dunn	9:15	45:22
3	Stan-Madelyn/Bordoni	-0-	45:25
4	McPhail/Gelblum	8:30	45:37
5	Norlander/Mendoza	12:00	46:16
6	VanZant/Noel	6:00	46:18

7	Noble/Chimenti	10:00	47:07
8	Bedolla/Schmitt	11:45	47:26
9	Lobbess/D.Moon	11:00	47:40

Dick Barrett Trophy Winner – Bill Dunn

Good running conditions this morning. A little drizzle that stopped just before the start of our

run. Temperature was in the mid to low 50s.

The Pala team took the lead during the 7th lap and cruised to an easy win. The real battle was for 2nd place. The golden oldies trio of Bill Dunn, Jim Bordoni, and Neil Gelblum started the last lap within 5 seconds of each other. Jim had the best last lap split at 3:37 but Bill's 3:40 was good enough to hold on for the 2nd place finish.

Jim and Bill had the best averages at 3:39 and 3:45. Carol Mendoza led the ladies with a 4:09 average. Bob Schmitt edged Dick Chimenti for 60+ honors by 1 second. Stan DeMartinis and Madelyn Moon ran 2 intervals each as Jim Bordonis's partner. Stan missed his rating by 115 seconds but Madelyn offset that by running 126 seconds under her rating.

**2/11/06 – Farwell/H – 4.68 Miles**

1	Dave Piazza	27:56	
2	Andy Williams	28:19	
3	Tom O'Connor	28:30	PR
4	Slim Pickens	28:30	
5	John Mintz	28:34	
6	Becki Kriege	28:58	
7	Al Murray	29:13	
8	Missy Sudan	29:31	
9	Bill Dunn	29:48	
10	Todd Hayes	30:16	
11	Kristina Park	30:21	
12	Dino Delyani	31:04	
13	Bob Schmitt	31:26	
14	Mark Goldman	31:41	
15	Carol Mendoza	33:31	
16	Dave Norlander	34:54	
17	Tom Warfel	35:21	
18	David Corea	36:59	
19	Joe Hurtado	37:20	
20	Rich Stiller	37:21	
21	Chris Cassell	38:00	
22	Jeff Bedolla	39:12	
23	John Peterson	40:28	
24	Ken Noel	40:49	
24	Walt Van Zant	40:49	
26	Dena Noble	45:20	
27	Kat Powell	47:08	
28	Stan DeMartinis	76:33	

Dick Barrett Trophy Winner – Tom O'Connor

Good weather conditions this morning for fast running (mid 50s and no wind). Dave Piazza led the pack for his first win in a while. Tom O'Connor improved his PR by over 3 minutes while leading all of the 50+ runners. Becki led the ladies. Missy improved her time on this course from 2005 by 75 seconds. Kristina improved her 2005 time by 3 minutes. Dino Delyani missed his PR by 11 seconds. Bob Schmitt led the 60+ runners. Mark Goldman improved his 55+ best by 32 seconds. Rich Stiller ran well, missing his PR by a mere 12 1/2 minutes. Ken Noel pulled me to a 3 1/2 minute improvement on my 65+ PR. Stan improved his 2005 best by 5 minutes.

**2/18/06 - 28th Annual WVJS Race**

<u>Pl</u>	<u>Runner</u>	<u>Time</u>
1	Mike Kriege (B)	31:34
2	Jorn Jensen (C)	32:08
3	Dave Piazza (E)	33:25
4	Jeff Rohrer (D)	33:45
5	Andy Williams	34:18
6	John Mintz (H)	34:49
7	Kristina Park (C)	34:55
8	Missy Sudan (J)	35:17
9	Neil Gelblum (I)	35:28
10	Bill Dunn (I)	35:42
11	Amanda Gerhardt (G)	35:59
12	Ron Blancas (H)	36:02
13	Mark Goldman (G)	36:35
14	Floyd Gerhardt (D)	36:45
15	Katy Spink (E)	36:50
16	Dino Delyani (F)	37:04
17	Bob Schmitt (C)	37:13
18	Kelly Emo (A)	38:45
19	Dave McIntyre (A)	39:02
20	Slim Pickens (A)	39:06
21	Joe Hurtado (B)	39:20
22	Carl Petersen (I)	40:02
23	Carol Mendoza (B)	40:31
24	Tim Rostege (D)	41:22
25	Dave Norlander (E)	41:40
26	Helen Wong (F)	42:05
27	Ed Lock	42:46
28	Tom Warfel (G)	42:47
29	Chris Cassell (J)	44:09
30	Jeff Bedolla (J)	44:57
31	Uyenthi Tran (I)	45:43
32	Mike Kolesnik (H)	45:54
33	Ken Noel (G)	47:21
34	Dena Noble (E)	47:23
35	Chris Blue (F)	48:03
36	Jim Myers (A)	49:11
37	Georgia Riley (C)	49:50
38	Pauline Beatty (H)	50:49
39	Annette McPhail (B)	50:53
40	Kat Powell (D)	51:00
41	Danny Moon (F)	52:23
41	April Chu (J)	52:23
	Ray Russell	DNF

**Team Scores**

1	Team I	8/ 9/22/31 = 70
2	Team J	7/11/29/30 = 77
3	Team E	3/15/26/34 = 78
4	Team C	2/17/23/37 = 79
5	Team D	4/14/25/40 = 83
6	Team G	10/13/28/33 = 84
7	Team F	6/16/27/35 = 84
8	Team B	1/21/24/39 = 85

9	Team H	5/12/32/38 = 87
10	Team A	18/19/20/36 = 93

Mike Kriege won for the second year in a row, breaking away from Jorn on the Montewood hill. Mike improved his winning time from last year by 13 seconds. The team of Neil Gelblum, Bill Dunn, Carl Petersen, and Uyenthi Tran was the team winner. Neil and Carl were the stars of the team as they finished 4 and 7 places under their ratings. Kristina Park led a fast group of women runners with a 34:55. Bob Schmitt ran the exact time as last year – 37:13. Carol Mendoza improved her time from last year by 39 seconds. Ken Noel improved his time by 2 1/2 minutes but got nothing for his efforts as his candy for being a member of the G team was erroneously give to Chris Blue. Ken said that he did not mind but laid 300 feet of rubber when driving from the scene of the crime. Jim Myers and Georgia Riley improved by 2 minutes. Thanks to Tom Warfel for marking the course and to Jim Bordonis, Aaron Lee, and Madelyn Moon for helping at the finish line.

**2/25/06 – Farwell – 3.54 Miles**

1	Rob Nast	20:38.5	
2	Dave Piazza	21:11.9	
3	Andy Williams	21:20.1	
4	Becki Kriege	21:50.7	
5	Amanda Gerhardt	21:53.5	PR
6	Missy Sudan	21:59.1	
7	AJ Pala	21:59.5	
8	Ron Blancas	22:06.4	PR
9	Bill Dunn	22:08.0	
10	Al Murray	22:24.4	
11	Todd Hayes	22:42.0	
12	Dino Delyani	23:17.4	
13	Bob Schmitt	24:17.7	
14	Dave McIntyre	24:38.6	
15	Joe Hurtado	24:46.1	
16	Liz Nast	24:57.1	
17	Mike Kolesnik	25:19.3	PR
18	Tom Warfel	25:31.1	
19	Dave Norlander	25:38.3	
20	Kelly Emo	25:50.6	
21	Helen Wong	25:50.6	
22	Murray Hartman	26:37.2	
23	Ed Lock	26:47.1	
24	Jeff Bedolla	27:29.3	
25	Chris Cassell	28:21.8	
26	Uyenthi Tran	28:48.0	
27	John Peterson	29:16.3	
28	Rich Stiller	29:18.9	
29	Chris Blue	30:14.9	
30	Kat Powell	30:23.1	

31	Ken Noel	30:28.3
32	Tim Riley	30:56.9
33	Georgia Riley	33:38.7 PW
34	Elaine Erickson	33:39.0
35	Matt Kriege	37:06.0
36	Louis Vo	38:19.3
37	Stan DeMartinis	61:08.x

3	Kristina Park	38:21
4	Todd Hayes	38:57
5	Ron Blancas	39:09
6	Cameron Han	39:09
7	Dino Delyani	39:48
8	Dave McIntyre	41:46
9	Aaron Lee	44:17
10	Tom Warfel	47:39
10	Rich Stiller	47:39
12	Jenny Han	49:16
12	Uyenthi Tran	49:16
14	Sam Cai	49:42
15	John Peterson	49:56
16	Dena Noble	51:32
17	Kat Powell	51:54
18	Walt Van Zant	52:22
19	Jeff Bedolla	58:36
19	April Chu	58:36

21	Jeff Bedolla	25:22
22	Ken Noel	25:26
23	Arlene Hadi	25:31
24	Kat Powell	26:28
25	Rich Collins	26:34
26	Louis Vo	28:43
27	Matt Kriege	29:07
28	Mike Kriege	29:08
29	Mike Kolesnik	29:16
30	Stan DeMartinis	53:33

Dick Barrett Trophy Winner – Amanda Gerhardt

Rob Nast ran to a 33-second win this morning. Becki led a closely-bunched group of fast ladies. Amanda improved her PR by 18 seconds while moving to #8 on the open women's list. Missy improved her 2005 PR by 59 seconds. Ron Blancas improved his PR by 75 seconds. Bill Dunn moved to #9 on the 55+ list, one place behind Tim Rostege. Todd Hayes improved his 55+ PR by 36 seconds. Dino ran 23:17 for the second time in a row, just 4 seconds off his PR. Mike Kolesnik improved his PR by 76 seconds. Rich Stiller improved his 60+ PR by 95 seconds. Chris Blue Moved to #5 on the 55+ list, one place ahead of Marcia Morrison. Tim (replacement hip) Riley knocked 6 minutes off his 2005 best. Georgia added 3 minutes to her PW. Stan improved by 3 minutes over last year.

**3/4/06 – 4 x 1.46M WVC Campus Loop Relay**

Pl	Team	Start	Finish
1	Noel/Song	3:15	43:55
2	Noble/Hayes	3:00	44:47
3	Van Zant/Conroy	3:15	44:59
4	Tran/L.Nast	3:00	45:39
5	Packwood/Pala	:45	45:53
6	Palm/Goldman	8:30	45:57
7	Rostege/M.Kriege	9:00	46:00
8	Dunn/Piazza	11:30	46:08
9	Warfel/R.Nast	9:00	46:27
10	M.Moon/Smith	-0-	46:47
11	Corea/Bang	9:30	47:31
12	D.Moon/Delyani	8:30	48:02

Dick Barrett Trophy Winner – Ken Noel

It was very cold during the warmup this morning (high 30s) but warmed up a bit for the start of the relay. Easy win for the Noel/Song team. Mike Kriege and Rob Nast had the fastest times for the guys at 16:30 and 16:47. Becky Palm led the ladies at 18:22.

**3/11/06 – Short Six – 5.74 Miles**

1	Dave Piazza	35:28
2	Scott Bang	38:16

Dick Barrett Trophy – Rich Stiller

It stopped raining shortly before the start of our run and we got no snow or rain during the run. In fact, the weather conditions were reasonably good for fast running. Dave Piazza was the star of the morning. He immediately took the lead and kept stretching it throughout the run to win by nearly 3 minutes. Scott Bang held off Kristina, the first woman finisher, to finish second. Dena Noble came from well behind Powell and Van Zant during the last two miles to post a respectable time. Rich Stiller improved his 60+ PR by 2 minutes to take home the weekly trophy.

**3/18/06 – Valle Vista – 3.0 Miles**

1	Scott Bang	17:51
2	Andy Williams	18:06
3	AJ Pala	18:40 PR
4	Kristina Park	18:43
5	Nick Song	19:00
6	Scott Smith	19:11
7	Ranjeet Sudan	19:30 PR
8	Becky Palm	19:31
9	Mark Goldman	20:10
10	Dave McIntyre	20:26
11	Liz Nast	20:31
12	Julianne Hansen	20:34
13	Greg Burke	21:18
14	Danny Moon	21:49
15	Dave Norlander	22:05
16	Helen Wong	22:34
17	Tom Warfel	22:43
18	Kelly Emo	22:58
19	Chris Cassell	23:24
20	Sammy Cison	24:27

Dick Barrett Trophy Winner- Kristina Park

Scott and Andy duked it out for over two miles before Scott pulled away on the downhill for the win. Kristina continued to run well as she led the ladies. AJ knocked two minutes off his PR.

**3/25/06 – 18 x 0.33-Mile Tennis Court Loop Relay**

Pl	Team	Start	Finish
1	Warfel-Blancas-Piazza	1:15	35:14
2	Wang-Delyani-Mi.Kriege	:15	36:17
3	Wong-L.Nast-Burke	:30	36:48
4	Wusthof-Prince-Pickens	-0-	36:51
5	McPhail-D.Moon-Bang	:15	37:00
6	Tran-Hurtado-Conroy	:30	37:42
7	Kananen-Cassell-Murray	-0-	37:56
8	M.Kriege-McIntyre-Bordn	1:15	37:58
9	Noble-Schmitt-R.Nast	1:15	38:11
10	Noel-Norlander-Mintz	:30	38:52
11	DeMartinis-Packwood		50:39

Dick Barrett Trophy Winner – Dave Piazza

Dave Piazza took home the weekly trophy as he claimed that this was the first time in the many years that he has been a member of the club that he was on a winning relay team. Scott Bang led all of the guys with a 1:38.7 average. Liz Nast led the ladies with a 2:03.0 average. Rob Nast and Mike Kriege led the 40+ guys with 1:40.7 and 1:41.8 averages. Jim Bordoni led the 50+ men with a 1:43.5 average. And, Bob Schmitt led the 60+ men with a 2:05.0 average. Stan DeMartinis and Don Packwood alternated running 6 complete loops around the tennis courts, Don walking his loops.

**4/1/06 – Triangle Run – 4.76 Miles**

1	Mike Kriege	27:22	PR
2	Jorn Jensen	27:54	
3	Andy Williams	29:08	
4	Amanda Gerhardt	30:04	
5	Missy Sudan	31:24	
6	Mark Goldman	31:48	

7	AJ Pala	32:39
8	Joe Hurtado	32:54
9	Rich Stiller	33:02
10	Carol Mendoza	33:23
11	Ed Lock	36:28
12	Dave Norlander	36:50
13	Scott Bang	37:13
14	Dave Fergus	37:14
15	Ken Noel	40:58
16	Kat Powell	41:32
17	Tom Warfel	44:39
18	Stan DeMartinis	84:14

Dick Barrett Trophy Winner – Mike Kriege

Mike Kriege scored an easy win while improving his PR by 54 seconds and moving to #7 on the 45+ list. Amanda led the ladies. Joe Hurtado ran the 2nd best-ever time by a club 65+ runner. Rich Stiller improved his 60+ PR by 8 1/2 minutes.

**4/9/06 – 16 x 300 Relay**

Pl	Team	Start	Finish
1	L.Nast/K.Nast	8:15	25:06
2	Park/Pasos	8:15	25:16
3	Blancas/S.Smith	10:15	25:33
4	Hurtado/Norlander	8:00	25:37
5	Cassell,Song	9:15	25:43
6	Delyani/Reinking	10:15	25:52
7	Corea/Pala	9:45	25:56
8	Hayes/Burke	10:00	26:02
9	Bang/Schmitt	10:15	26:05
10	Collins/A.Gerhardt	8:30	26:12
11	Dunn/Mendoza	10:00	26:17
12	Kananen/Murray	8:15	26:18
13	Rostege/M.Sudan	8:15	26:21
14	Bordoni/Richard	10:30	26:24
15	G.Riley/Piazza	8:15	26:25
16	McPhail/B.Kriege	8:45	26:58
17	Vo/Rohloff	8:15	27:05
18	DeMartinis/Noble	-0-	27:19

Dick Barrett Trophy Winner – Blancas/Smith Team

The Nast team took the lead during the 10th lap and then held on to win by about 30 yards. The Noble team started first and still had the lead through about 10 laps and then saw all 17 teams behind them whiz by during the last two laps. Runners were rated at about 75% of their actual time from the half tennis court loop relay that we ran a couple of weeks ago. This proved to be a bad rating system as 15 of the 18 teams ran under their estimated finish of 26:45.

**4/15/06 – Dou/Sar/Fruitvle – 2.75M**

1	Andy Lief	15:28
2	Rob Nast	15:49
3	Dave Piazza	15:57
4	Scott Bang	16:14
5	Tom O'Connor	16:28
6	AJ Pala	16:30
7	Amanda Gerhardt	16:31
8	Kristina Park	16:34
9	Missy Sudan	16:39
10	Bill Dunn	16:55
11	Brian Conroy	17:16
12	Al Murray	17:27
13	Jim Howe	17:28
14	Dino Delyani	17:44
15	Dave McIntyre	18:07
16	Mike Kolesnik	18:15
17	Joe Hurtado	18:20
18	Bob Schmitt	18:27
19	Dave Fergus	18:33
20	Rich Stiller	18:51
21	Kelly Emo	19:03
22	Ray Russell	19:06
23	Greg Burke	19:35
24	Dave Norlander	19:44
25	Carl Petersen	20:17
26	Uyenthi Tran	20:48
27	Aaron Lee	20:49
28	Chris Cassell	20:55
29	Steven O'Connor	21:06
30	David Prince	21:27
31	Annette McPhail	22:22
32	Ken Noel	22:42
33	Rick Kananen	23:23
34	Kat Powell	23:40
35	Tim Riley	23:51
36	Georgia Riley	24:03
37	Louis Vo	25:48
38	Don Packwood	32:38
39	Stan DeMartinis	45:50

Dick Barrett Trophy Winner - Amanda Gerhardt

A lot of good runs this morning as Andy won by about 100 yards over Rob. Close race for first among the ladies as Amanda squeaked out a close win over Kristina and Missy. AJ improved his PR by 63 seconds. Bill Dunn recorded the #11 time by a 55+ runner, Jim Howe recorded the #6 60+ time, and Joe Hurtado tied Norm Saucedo for #2 on the 65+ list. Mike Kolesnik improved his PR by 30 seconds. Uyenthi improved her PR by 37 seconds. Annette

moved to #9 on the women's 50+ list. Don Packwood walked the course in a brisk 32:38.

**4/29/06 – Farwell/Herriman – 4.68M**

1	Mike Kriege	26:48
2	Slim Pickens	27:38
3	Scott Bang	28:04
4	Dave Piazza	28:29
5	Amanda Gerhardt	29:44
6	Jim Bordoni	29:45
7	Bill Dunn	29:50
8	Brian Conroy	29:52
9	Missy Sudan	30:05
9	Becki Kriege	30:05
11	Jeff Rohrer	30:15
12	Dino Delyani	31:06
13	Mark Goldman	31:54
14	Bob Schmitt	32:04
15	Carol Mendoza	32:16
16	Dimitr Stefanidis	32:36
17	Mike Kolesnik	32:49
18	Dave Fergus	33:22
19	Mike Krey	33:27
20	Dave McIntyre	34:17
21	Carl Petersen	34:23
22	Rich Stiller	34:51
23	Tim Rostege	35:51
24	Dave Norlander	36:34
25	Chris Cassell	36:39
26	Tom Warfel	36:41
27	Rick Kananen	39:36
28	Jeff Bedolla	39:27
29	Kat Powell	48:26

Dick Barrett Trophy Winner – Carl Petersen

There were a lot of good performances this morning. Mike won by a lot. Amanda had a great kick to nip Jim Bordoni (who has good sprint speed) and led the ladies. Brian knocked 17 seconds off his PR. Carl Petersen improved his PR by 51 seconds. Bill Dunn missed his 55+ PR by just 2 seconds. Dino missed his PR by only 13 seconds. Tim Rostege recorded the 10th best-ever time by a 65+ runner for this course.

**5/13/06 – 36 x 200 Relay**

PlTeam	Start	Finish
1Noel-Mendoza-Stefanidis	-0-	24:23
2Noble-Schmitt-Krey	-0-	25:04
3Tran-Norlander-Benham	-0-	25:15
4Chamberlain-Kolesnik-Lee	2:15	25:24
5Pasos-Conroy-Bordoni	4:15	25:34
6White-R.Nast-Pickens	4:15	26:10
7Delyani-Dunn-Bang	4:45	26:38

Dick Barrett Trophy Winner - Carol Mendoza

Thanks to the great efforts of Tom O'Connor and Danny Moon at the 200 mark and Todd Hayes and Roger Lobbes at the finish line, we were able to get all 36 splits for all 7 teams.

Carol Mendoza, who averaged 37 seconds per run, had an outstanding day as she led her team to an easy win. The Krey and Benham team duked it out for the first 12 1/2 laps before the Krey team finally pulled away to finish second. The Lee and Bordoni teams finished third and fourth as they needed about one more lap of running to get up to second place. Scott Bang, Slim Pickens, Rob Nast, and Jim Bordoni had the fastest splits of the day as their averages ranged from the mid 32s to the high 33s.

**5/13/06 – 16 x 400 Relay**

Pl	Team	Start	Finish
1	Blum/Wong	-0-	27:24
2	Goldman/Murray	7:00	28:22
3	Dunn/Lee	6:45	28:26
4	Mendoza/Conroy	7:00	28:41
5	Stefanidis/Pala	7:30	28:42
6	K.Nast/Kolesnik	5:15	28:44
7	Collins/Noble	-0-	28:50
7	D.Moon/VanZant	-0-	28:50
9	Williams/Pickens	9:00	29:02
10	Hurtado/Chamberlain	5:30	29:04
11	Noel/Tran	2:30	29:07
12	Blue/Cassell	2:45	29:33
13	Rostege/Delyani	5:15	29:45
14	Benham/Krey	5:15	29:51

Dick Barrett Trophy Winner – Mark Goldman & Al Murray

Not a close race for first but the remainder of the teams were reasonably bunched. Slim Pickens led the guys with a 71 average and Carol Mendoza led the ladies with an 82 average. Good improvement for Al Murray who averaged 74 per run. Thanks to Todd Hayes, Tom O'Connor, and Neil Gelblum for helping with the timing.

**5/20/06 - Farwell - 3.54 Miles**

1	Jorn Jensen	20:28.8
2	Bob Rea	21:14.5
3	Mike Norcia	21:38.3
4	Al Murray	21:44.1
5	Scott Bang	22:00.0
6	Tom O'Connor	22:00.7

7	Bill Dunn	22:31.4
8	Brian Conroy	22:56.7
9	Ranjeet Sudan	23:10.9
10	Jeff Rohrer	23:14.5
11	Dave Fergus	23:37.8
12	Aaron Lee	24:01.7
13	Dimitrios Stefanidis	24:41.3
14	Bob Schmitt	24:51.4
15	Joe Hurtado	24:53.1
16	Mike Krey	25:12.1
17	Dave Norlander	26:48.6
18	Brian Low	27:14.4
19	Jeff Bedolla	27:16.1
20	Rick Kananen	27:52.1
21	Helen Wong	28:24.1
22	Kat Powell	35:18.9
23	Stan DeMartinis	60:59.x

Dick Barrett Trophy Winner - Bob Rea

Jorn Jensen ran to an easy win this morning. 50+ runner, Bob Rea, visited us from New Zealand. And, he ran well as he finished 2nd and tied Jerry Lewis and Jake White For #18 on the 50+ list. Joe Hurtado ran the #2 time by a 65+ runner for this course.

**5/27/06 – 8 x 0.66M Tennis Court Loop Relay**

Pl	Team	Start	Finish
1	Emo/Fergus	17:00	50:36
2	McPhail/M.Moon/Stan	-0-	50:45
3	Lee/Williams	20:00	50:51
4	Cassell/Warfel	14:45	51:10
5	C.Petersen/Tran	14:45	51:37
6	Armstrong/Pala	20:00	51:49
7	D.Moon/McIntyre	17:00	51:52
8	Norlander/Krey	17:15	52:07
9	Stefanidis/Conroy	20:45	52:28
10	Powell/Russell	15:00	52:45
11	Noel/Van Zant	10:15	52:47
	Collins/Gelblum	12:00	49:48

Dick Barrett Trophy Winner – Kelly Emo & Dave Fergus

Close win for the Fergus team on this cool and windy morning. Andy Williams, who cried when he was rated at 15:00 instead of at his estimate of 15:30 (he finally agreed to a 15:15 rating) led the way with a total time of 14:54. Kelly Emo led the ladies at 16:56. Brian Conroy led the 50+ runners at 15:34. Dave Norlander led the 60+ runners at 18:07. 83-year-old Stan DeMartinis ran 85 seconds faster than the last time that he ran this workout. Neil Gelblum asked to be rated at 21:20 and then ran 17:24. He sounded so

sincere in his request that he may have missed his true talent in life – becoming a politician.

**6/3/06 – Short Six – 5.74 Miles**

1	Slim Pickens	33:26	
2	Scott Bang	35:22	
3	Andy Williams	35:47	
4	Jeff Rohrer	36:56	
5	McKayla Plank	36:57	PR
5	Becki Kriege	36:57	
7	Amanda Gerhardt	37:15	
7	Kristina Park	37:15	
9	Brian Conroy	37:55	PR
10	AJ Pala	39:29	
11	Aaron Lee	39:31	PR
12	Mark Goldman	39:50	
13	Steve Chamberlin	40:33	
14	Bob Schmitt	40:45	
15	Mike Krey	41:32	
16	Todd Hayes	41:52	
17	Joe Hurtado	42:10	
18	Kelly Emo	42:41	
19	Mike Kolesnik	44:05	
20	Dave McIntyre	45:04	
21	Rich Stiller	45:05	
22	Dave Norlander	45:06	
23	Brian Low	45:44	
24	Helen Wong	46:28	
25	Chris Cassell	47:13	
26	Jeff Bedolla	47:27	
27	Jake White	47:49	
28	Dena Noble	53:00	
29	Uyenthi Tran	55:48	
30	Kat Powell	58:02	
31	Georgia Riley	58:21	
32	Rich Collins	58:50	
33	Don Packwood	70:02	
	Tom Warfel	DNF	
	Tim Riley	DNF	

Dick Barrett Trophy Winner – McKayla Plank

Several good performances on this mildly warmish morning. Slim Pickens ran to an easy win while recording the #6 45+ time for this course. McKayla improved her PR by 3 minutes while moving into a 7th place tie with Joann Dahlkoetter on the all-time women's open list. Amanda Gerhardt missed her PR by 17 seconds just 5 days after running a hard 10K. Brian Conroy and Aaron Lee improved their PRS by a little over one minute each. Joe Hurtado recorded the #3 time by a 65+ runner. Rich Stiller improved his 60+ PR by two minutes. Uyenthi Tran got lost, turning left and running up Chester for awhile before turning back to Sobey

Rd. Tom Warfel had to drop out due to a calf pull. Don Packwood walked the entire course at a blazing 12+ minutes per mile. Thanks to Slim for setting up a water stop at the end of Chester (just before the turn onto Allendale).

## RACE RESULTS

### 2/5/06 – SF Kaiser Half Marathon

Bob Pickens	1:15:38	1st-45+
Mike Matthews	1:16:57	2nd-35+
Rob Nast	1:20:13	
Dan Anderson	1:23:24	2nd-50+
Dave Piazza	1:24:17	
Tom O'Connor	1:25:36	
Aaron Lee	1:31:27	
Dino Delyani	1:31:45	
Joe Hurtado	1:34:05	1st-65+
Liz Nast	1:40:46	
Mike Kolesnik	1:42:44	
Gail Campbell	1:48:23	3rd-55+
Dave McIntyre	1:50:16	
John Peterson	1:53:08	
Chris Cassell	1:55:01	
Uyenthi Tran	2:02:39	
Kat Powell	2:05:12	

### 2/5/06 – SF Kaiser 5K

Brian Davis	17:03	1st-50+
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### 2/11/06 - Campbell Valentine 10K

3	Jorn Jensen	36:45	2nd-30+
7	Neil Gelblum	39:11	2nd-50+
11	Nory McAllister	40:41	2nd-40+
25	Kelly Emo	43:09	1st-40+
105	Dave Pogue	55:24	

### 2/12/06 - Together With Love 10K

Glynn Wood	27:51	1st-70+
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### 2/19/06 – Austin Half Marathon

Rich Hahn	1:37:49	
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### 3/4/06 – Reding 10-Miler

31	Brian Davis	58:59	1st-50+
34	Bob Pickens	59:08	5th-45+
57	Al Murray	63:07	
69	Mike Smith	64:41	
71	Tom O'Connor	64:55	
79	Jim Bordoni	66:20	
81	Ron Kiyono	66:33	3rd-55+
96	Bob Schmitt	69:21	3rd-60+
115	Joe Hurtado	71:23	2nd-65+
121	Marian Richard	72:03	3rd-45+
128	Kelly Emo	73:01	3rd-40+
130	Carol Mendoza	73:18	
133	Joe Johnson	73:59	

137	Mikr Kolesnik	74:27	
141	Dave Norlander	75:16	3rd-65+
188	Jeff Bedolla	86:32	
206	Kat Powell	91:31	5th-55+
234	Eddie Reyna	101:21	2nd-75+

Our men's 50+ team finished first, our men's 60+ team finished second and both our men's and women's 40+ teams finished fourth in this grand prix race.

### 3/4/06 - Juana Run - 8K

21	Becki Kriege	29:35	1st-Wom
29	Kristina Park	31:04	3rd-30+
30	Neil Gelblum	31:10	3rd-50+
37	Ranjeet Sudan	31:58	
50	Jim Howe	33:20	1st-60+
68	Art Mitchum	34:19	
86	Carl Petersen	35:43	3rd-60+
402	Joyce Friedlander	60:37	4th-60+
421	Jack Friedlander	69:37	1st-80+

### 3/5/06 – Napa Marathon

Andy Lief	3:01:15	
Aaron Lee	3:47:44	

### 3/5/06 – Napa 5K

Uyenthi Tran	24:27	1st-30+
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### 3/12/06 - 50+ 8K Results

#### 50 & Over Race

5	Larry Hyde	29:59	5th-50+
7	Dan Anderson	30:10	
8	Tom O'Connor	30:20	
9	Bill Dunn	30:40	1st-55+
14	Brian Davis	31:17	
16	Jim Bordoni	31:22	
23	Neil Gelblum	31:59	
28	Ron Kiyono	32:20	
31	Mark Goldman	32:53	
33	Jim Howe	33:06	5th-60+
41	Dick Chimenti	33:53	
42	Bob Schmitt	33:58	
51	Joe Hurtado	34:55	4th-65+
52	Joe Johnson	35:11	
57	Carl Petersen	35:56	
58	Tim Rostege	36:04	
60	Dave Norlander	36:11	
62	Norm Takeuchi	36:30	

88	Kat Powell	42:40	5th-55+
89	Jim Myers	42:48	
97	George Moss	43:59	3rd-70+
107	Ed Reyna	46:24	1st-75+
118	Jerry Lewis	48:41	

Our men's 50+ and 70+ teams finished first and our men's 60+ team finished second. Brian Davis was leading the race near the end when he ran off course.

### 49 & Under Race

34	Mike Kriege	28:23	
38	Robert Pickens	28:43	
53	Becki Kriege	29:57	5th-30+
60	Alistair Murray	30:16	
66	Mike Smith	30:51	
67	Melissa Sudan	30:52	
72	Amanda Gerhardt	31:29	
77	Katy Spink	32:13	
90	Carol Mendoza	33:14	
106	Richard Hahn	35:53	

Our open women finished 3rd and our 40+ men finished 4th in this grand prix race.

### 3/19/06 - Emerald Across The Bay 12K

Brian Davis	44:40	2nd-50+
Mike Kriege	44:50	
Bob Pickens	44:57	
Dave Piazza	46:26	
Jeff Rohrer	46:43	
Becki Kriege	46:52	1st-35+
Dan Anderson	47:11	
Mike Smith	47:37	
Bill Dunn	47:49	2nd-55+
Missy Sudan	48:09	4th-35+
Al Murray	48:18	
Ron Kiyono	48:46	3rd-55+
Tom O'Connor	48:55	
Amanda Gerhardt	49:14	5th-35+
Jim Bordoni	49:21	
Johanna Fogolin	49:33	
Todd Hayes	50:34	
Dino Delyani	51:18	
Bob Schmitt	53:10	5th-60+
Joe Hurtado	54:22	2nd-65+
Marian Richard	54:33	3rd-45+
Art Mitchum	54:55	



Kelly Emo	55:03		Rich Hahn	28:03.3		108	Jeff Rohrer	18:49	
Carol Mendoza	55:16		Carl Petersen	28:05.1	4th-60+	111	Bill Dunn	18:57	3rd-55+
Mike Kolesnik	55:36		Tim Rostege	28:33.3	5th-60+	116	Ron Kiyono	19:11	5th-55+
Rich Hahn	55:39		Norm Takeuchi	28:37.8		124	Ranjeet Sudan	19:29	
Carl Petersen	55:55	5th-65+	Gina Krieg	28:38.0	5th-40+	128	Jim Howe	19:35	3rd-60+
Tim Rostege	57:29		Tom Warfel	29:32.2		129	Dino Delyani	19:41	
David McIntyre	57:57		Chris Cassell	30:24.6		143	Dave McIntyre	20:17	
Gail Campbell	61:03	2nd-55+	Jonathan Lee	30:29.0		151	Bob Schmitt	20:49	7th-60+
Kat Powell	66:55		Jeff Bedolla	32:29.1		153	Mike Kolesnik	21:07	
John Peterson	67:10		Kat Powell	32:56.8	3rd-50+	156	Rich Stiller	21:54	8th-60+
Dena Noble	67:37		Jim Myers	33:07.2		169	Chris Cassell	23:41	
Chris Blue	68:05		Annete McPhail	33:11.7	4th-50+	180	Matt Kriege	27:51	
Elaine Erickson	70:36		John Peterson	33:54.8		183	Eddie Reyna	28:08	1st-75+
Eddie Reyna	72:46	2nd-75+	Georgia Riley	34:20.9	3rd-60+	185	Jerry Lewis	28:11	5th-70+
Georgia Riley	74:38		Tim Riley	35:27.3		187	George Moss	28:34	6th-70+
Tim Riley	78:53		Alison Rohrer	35:29.5					
			Matthew Kriege	38:57.2					
			Mary Kriege	38:58.7					
			Lindsay Calicchi	42:22.5					
			Pauline Beatty	42:25.5					
			Ben McAllister	48:20.1					
			Norry McAllister	48:21.2					
			Rachel Rohrer	61:05.2					

Our 50+ men's team finished first, our 60+ men's team finished 2nd, our open women's team finished 4th, our 40+ men finished 4th, our 50+ women finished 4th, and our 40+ women finished 7th.

### 3/26/06-Run For Zimbabwe Mile Runs

Jack Bordoni	6:27	
Kienna Kulzer	8:13	
Bryce Kulzer	9:45	
Jerry Lewis	8:26	

Jack Bordoni is 12 years old. Kienna and Bryce are the 9 and 7-year old grandchildren of Jerry Lewis.

### 4/2/06 – The Great Race

Bob Pickens	22:01.0	2nd-40+
Rob Nast	22:34.5	4th-40+
Scott Bang	23:03.6	3rd-30+
Becki Kriege	23:18.6	1st-Wom
Dan Anderson	23:19.2	1st-50+
David Piazza	23:25.4	
Tom O'Connor	23:27.2	2nd-50+
Al Murray	23:34.5	
Jim Bordoni	23:58.8	3rd-50+
Kristina Park	23:59.1	2nd-30+
Michael Moore	24:04.4	
John Mintz	24:29.5	
Brian Conroy	25:12.2	
John Combs	25:22.0	
Jim Howe	25:28.5	1st-60+
Katie Nast	25:46.9	1st-14+
Dino Delyani	25:54.7	
Sammy Cai	26:24.0	
Bob Schmitt	26:26.8	2nd-60+
Liz Nast	26:41.5	2nd-40+
Mike Kolesnik	26:53.0	
Dave McIntyre	27:11.8	
Kelly Emo	27:32.5	3rd-40+

### 4/9/06-Carlsbad 5K

Tom O'Connor	18:05	9th-50+
Kelly Emo	21:37	

### 4/9/06-Carlsbad Road Mile

Dana Emo	8:21PR	
49-second PR for 8-year-old Dana.		

### 4/9/06 – Pear Blossom 10 Mile

Kat Powell	87:46	3rd-55+
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### 4/15/06 – Old Mill Run – 10K

Dick Chimenti	43:17	1st-60+
Ken Napier	60:35	2nd-70+

### 4/22/06-Ruth Anderson 50-Miler

1	John Mintz	6:30:12	
3	Cecil Baumgartner	7:51:19	1st-50+
6	Todd Hayes	8:06:01	3rd-50+

Great run for John as he averaged well under 8-flat per mile.

### 4/23/06 – Zippy's 5K

#### MEN

47	Bob Pickens	16:49	5th-45+
52	Mike Kriege	16:58	7th-45+
66	Brian Davis	17:40	4th-50+
68	Scott Bang	17:42	
79	Dave Piazza	17:57	
86	Al Murray	18:11	
91	Jim Bordoni	18:20	8th-50+
94	Mike Smith	18:23	
97	Tom O'Connor	18:29	

Our 50+ men won this race by 14 seconds, our 70+ men finished 2nd, our 60+ men finished 3rd, and our 40+ men finished 5th.

#### WOMEN

12	Becki Kriege	18:08	5th-35+
15	Amanda Gerhardt	18:27	6th-35+
18	Missy Sudan	18:34	7th-35+
26	Johanna Fogolim	18:59	8th-25+
37	Katy Spink	19:42	6th-30+
42	Carol Mendoza	19:55	
66	Marian Richard	21:07	8th-45+
70	Kelly Emo	21:38	
79	Joann Dahlkoetter	22:14	5th-50+
101	Kat Powell	26:13	3rd-55+

Our open women finished 3rd and our 40+ women finished 6th.

### 4/23/06 – London Maraton

Joe Hurtado	3:21:18	
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### 4/23/06 – Santa Cruz Half Marathon

Dan Anderson	1:24:30	1st-50+
Uynethi Tran	1:49:37	
Valerie Toaramina	2:25:53	
Ken Napier	2:25:53	

Ken Napier was an unofficial entrant in this race, running all of the way with his granddaughter at a pace of 11:08 per mile.

### 4/29/06 – Washington 5K

14	Mike Gruber	19:15	
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### 4/30/06-Big Sur Marathon

94	Ron Blancas	3:18:17	
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### 4/30/06-Run For The Future 5K

7	Larry Hyde	18:29	1st-50+
15	Steve Chamberlin	21:05	2 <sup>nd</sup> -30+

**4/30/06 – Run For The Future 10K**

51	Dave Norlander	47:39	1 <sup>st</sup> -60+
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**4/30/06 – Pat's Run – 4.2M**

22		Michael King	
23	Ron Kiyono	26:00	2nd-50+
28	Dennis Kurtis	26:22	5th-50+
57	Liz Nast	27:53	1st-43+
76	Kelly Emo	28:19	1st-40+
92	Jose Casillas	29:02	
112	Gina Krieg	29:28	3rd-43+
137	Jonathan Lee	29:49	
304	Dena Noble	33:07	
365	Chris Blue	34:04	3rd-50+
421	Georgia Riley	34:46	2nd-60+

**5/7/06-Wildflower Triathlon (King City)**

Rich Hahn	3:29:21
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Rich swam 1500 meters in 35:13, biked 40K in 1:50:31, and ran 10K in 50:10. He took 7:38 to transition from the swim to the bike and 5:39 to transition from the bike to the run.

**5/7/06 – Devil Mountain 5K**

11	Mike Smith	18:13	3rd-40+
27	Art Mitchum	19:33	2nd-50+
61	Norm Takeuchi	21:31	

**5/13/06 – Mt.View Human Race 5K**

51	Alice Isaacson	22:40
204	Dana Emo	35:47
205	Scott Emot	35:48

**5/13/06 – Mt.View Human Race 10K**

21	Mike King	39:53	
37	Kelly Emo	44:55	1st-40+
39	Dave Norlander	45:33	1st-60+
118	Kat Powell	56:44	4th-50+
		25:49	3rd-40/42

**5/13/06 – Big Basin Trail Run – 10.5M**

4	John Mintz	88:26	2nd-35+
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**5/14/06 – Artichoke 5K in Castroville**

	Georgia Riley	29:10	2nd-60+
	Tim Riley	29:50	1st-60+

**5/29/06 - Marin 10K**

26	Mike Kriege	34:43	3rd-45+
50	Bob Pickens	36:01	
56	Brian Davis	36:19	4th-50+
70	Al Murray	37:01	
76	Dave Piazza	37:29	
84	Becki Kriege	37:46	2nd-35+
91	Ken Hsu	38:00	
92	Mike Smith	38:06	
98	Jeff Rohrer	38:17	
99	Tom O'Connor	38:18	
100	Kristina Park	38:19*	5th-35+
106	Jim Bordoni	38:28	
115	Dan Anderson	38:43	
124	John Mintz	39:00	
127	Amanda Gerhardt	39:07	
136	Missy Sudan	39:20	
139	Bill Dunn	39:24	4th-55+
148	Ron Kiyono	39:45	
192	Steve Chamberlin	41:58	
204	Carol Mendoza	42:27	
213	Bob Schmitt	42:50	5th-60+

218	Marian Richard	42:59	3rd-45+
222	Joe Hurtado	43:18	2nd-65+
254	Kelly Emo	44:42	
256	Rich Hahn	44:46	
260	Joann Dahlkoetter	45:07	5th-50+
262	Dave Norlander	45:09	5th-65+
337	Gina Krieg	49:17	
345	Jeff Bedolla	49:50	
412	Kat Powell	54:47	4th-55+
434	Eddie Reyna	56:58	2nd-75+
441	Carl Tuck	57:56	4th-70+
451	Jerry Lewis	58:45	

\* Competes for another club.

Good turnout for this race. Our 50+, 60+, and 70+ men's teams all finished 2nd, our 40+ men's and women's teams finished 5th, and our open women's team finished 6th. Our open men's team of Mike Smith (age 41), Jeff Rohrer (age 46), John Mintz (age 39), Bill Dunn (age 58), and Ron Kiyono (age 58) finished 5th.

**6/3/06 –Deadwood, South Dakota 5K**

1	Dwight Cornwell	17:37
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This was Dwight's first outright win in his 25 years of running. Dwight turns 60 in a month.

**6/4/06-Unidentified Half Marathon**

5	Dwight Cornwell	1:22:27	1st-50+
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**6/4/06 – Duvall Days 5K**

7	Mike Gruber	18:49
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Schmitt,Bob	0:18:19	0:43:07	0:00:00	0:00:00	0:24:17	0:43:22	0:31:26	0:42:01	0:32:50	0:42:45	0:40:45	0:43:05	0:00:00
<b>C Div.</b>	<b>DOU</b>		<b>VALLE</b>		<b>FAR</b>		<b>FARWE</b>		<b>TRIA</b>		<b>SHO</b>		<b>TOTAL</b>
Norlander,Dave	0:20:38	0:48:34	0:22:05	0:46:45	0:25:38	0:45:46	0:34:54	0:46:39	0:36:50	0:47:58	0:45:06	0:47:40	3:05:11
Kananen,Rick	0:00:00	0:00:00	0:00:00	0:00:00	0:27:52	0:49:46	0:39:36	0:52:56	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Peterson,John	0:22:09	0:52:08	0:00:00	0:00:00	0:29:16	0:52:16	0:40:28	0:54:06	0:41:36	0:54:10	0:49:56	0:52:47	0:00:00
Rostege,Tim	0:19:24	0:45:40	0:00:00	0:00:00	0:00:00	0:00:00	0:35:51	0:47:56	0:34:54	0:45:27	0:00:00	0:00:00	0:00:00
Stiller,Rich	0:00:00	0:00:00	0:00:00	0:00:00	0:29:18	0:52:19	0:34:51	0:46:35	0:33:02	0:43:01	0:45:05	0:47:39	0:00:00
Wong,Helen	0:00:00	0:00:00	0:22:34	0:47:46	0:25:50	0:46:08	0:00:00	0:00:00	0:00:00	0:00:00	0:46:28	0:49:07	0:00:00
<b>D Div.</b>	<b>DOU</b>		<b>VALLE</b>		<b>FAR</b>		<b>FARWE</b>		<b>TRIA</b>		<b>SHO</b>		<b>TOTAL</b>
Warfel, Tom	0:21:49	0:51:21	0:22:43	0:48:05	0:25:31	0:45:34	0:35:21	0:47:16	0:37:10	0:48:24	0:47:39	0:50:22	3:10:13
Cassell,Chris	0:21:47	0:51:16	0:23:24	0:49:32	0:28:21	0:50:37	0:36:39	0:49:00	0:38:01	0:49:30	0:47:13	0:49:55	3:15:25
Beatty,Pauline	0:23:32	0:55:23	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
Erickson,Elaine	0:00:00	0:00:00	0:00:00	0:00:00	0:33:39	1:00:05	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lobbess,Roger	0:22:43	0:53:28	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:47:45	1:02:10	0:00:00	0:00:00	0:00:00
Low,Brian	0:00:00	0:00:00	0:00:00	0:00:00	0:27:14	0:48:38	0:00:00	0:00:00	0:00:00	0:00:00	0:45:44	0:48:21	0:00:00
Noel,Ken	0:23:08	0:54:27	0:25:26	0:53:50	0:30:28	0:54:24	0:40:49	0:54:34	0:40:58	0:53:21	0:00:00	0:00:00	0:00:00
Packwood,Don	0:29:31	1:09:28	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:59:21	1:17:17	1:10:02	1:14:02	0:00:00
Petersen,Carl	0:20:36	0:48:29	0:00:00	0:00:00	0:00:00	0:00:00	0:34:23	0:45:58	0:42:06	0:54:49	0:00:00	0:00:00	0:00:00
Tran,Uyenthi	0:00:00	0:00:00	0:00:00	0:00:00	0:28:48	0:51:26	0:00:00	0:00:00	0:00:00	0:00:00	0:49:16	0:52:05	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	0:47:49	0:50:33	0:00:00
<b>E Div.</b>	<b>DOU</b>		<b>VALLE</b>		<b>FAR</b>		<b>FARWE</b>		<b>TRIA</b>		<b>SHO</b>		<b>TOTAL</b>
Blue,Christine	0:22:55	0:53:56	0:00:00	0:00:00	0:30:14	0:53:59	0:00:00	0:00:00	0:00:00	0:00:00	0:58:50	1:02:12	0:00:00
Collins,Rich	0:00:00	0:00:00	0:26:34	0:56:14	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
DeMartinis,Stan	0:45:55	1:48:04	0:53:33	1:53:21	1:00:59	1:48:54	1:16:33	1:42:20	1:14:13	1:36:38	0:00:00	0:00:00	0:00:00
McPhail,Annette	0:24:58	0:58:46	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
Morrison,Marcia	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:42:09	0:54:53	0:00:00	0:00:00	0:00:00
Napier,Ken	0:24:57	0:58:43	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
Noble,Dena	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:45:20	1:00:36	0:41:40	0:54:15	0:51:32	0:54:28	0:00:00
Powell,Kat	0:00:00	0:00:00	0:26:28	0:56:01	0:30:23	0:54:15	0:43:26	0:58:04	0:41:32	0:54:05	0:51:54	0:54:52	0:00:00
Riley,Georgia	0:24:00	0:56:29	0:00:00	0:00:00	0:33:38	1:00:04	0:00:00	0:00:00	0:00:00	0:00:00	0:58:21	1:01:41	0:00:00
Riley,Tim	0:23:32	0:55:23	0:00:00	0:00:00	0:30:56	0:55:14	0:00:00	0:00:00	0:44:08	0:57:28	0:00:00	0:00:00	0:00:00
VanZant,Walt	0:23:08	0:54:27	0:00:00	0:00:00	0:00:00	0:00:00	0:40:49	0:54:34	0:43:43	0:56:55	0:52:22	0:55:21	0:00:00