



# WVJS



## VOL XXXI-#1 WEST VALLEY JOGGERS & STRIDERS May 2001

### Saturday Workouts

05/26/01	Valle Vista (3.0 miles)	07/21/01	12 x 800 Relay
06/02/01	One Mile on the Track	07/28/01	Farwell (3.54 miles)
06/09/01	Triangle Run (4.76 miles)	08/04/01	5K on the Track
06/16/01	16 x 400 Relay	08/11/01	Short Six (5.74 miles)
06/23/01	Doug/Sar/Frtvle (2.75 miles)	08/18/01	16 x 300 Relay
06/30/01	18 x 0.33-Mile Tennis Court Loop Relay	08/25/01	Valle Vista (3.0 miles)
07/07/01	Farwell/Herriman (4.68 miles)	09/01/01	Step Up & Step Down Relay
07/14/01	One Mile on the Track	09/08/01	Annual Handicap Race

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

05/28/01 Zippy 5K (1)  
 06/09/01 Sacramento 8K (1)  
 07/01/01 Capitol Mile (1)  
 10/06/01 Fleet Feet 5K in Alameda (1)  
 10/21/01 Humboldt Half Marathon (1.5)  
 11/11/01 Clarksburg 30K (2)  
 12/02/01 Cal Intl Marathon (2)  
 12/16/01 Christmas Relays (1)

#### Racer of the Year

Fastest Farwell Time  
 Cumulative Saturday Races  
 Fastest Marathon  
 Fastest of 2 5Ks on the track  
 Fastest of 2 One-Miles on the track  
 Fastest Farwell Time  
 06/17/01 Holy City Race  
 07/01/01 Capitol Mile  
 10/28/01 Silicon Valley Half Marathon  
 11/04/01 Run For The Law 5K

#### Other Popular Races

We may add one more race in Sep or Oct

### Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:15 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.

## 2001 PA/USATF Grand Prix

#### Open Men

Rich Hahan (735-8910) is in charge of this team. We finished 7th for 2000 and 6th in the first race for 2001. No team results have been posted by the PAUSATF since that race.

#### Open Women

Becki Kriege (257-9056) is in charge of this team. We finished 5th for 2000 and 5th in the first race of 2001.

#### 40+ Men

Thanks to our winning the Christmas Relays, we won the trophy award in this division for the second time in the last few years. We finished 2nd behind Excelsior in the first race of 2001. It appears that we also finished 2nd at Houlihan's, 3rd at Compaq, and 2nd at the Big Sur..

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### 40+ Women

Sue Francis (730-1944) and Antonina Ettare (279-6034) are in charge of this team. We finished 4th for 2000.

### 50+ Men

Dick Chimenti (247-5650) is in charge of this team. We finished 4th for 2000.

### 50+ Women

Ruby Hurtado (732-1018) is in charge of this team. We finished in 4th place for 2000.

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### 60+ Men

Stan DeMartinis (867-7013) is in charge of this team. We finished first in this division for 2000.

### 70+ Men

Stan DeMartinis is in charge of this team. We finished first in this division for 2000.

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## Club Dues

The annual club dues of \$15 per person (\$1 for students) and \$20 per family are now payable. Checks should be made out to the Van Zant Charitable Trust (for an Hawaiian vacation) or to the West Valley Joggers & Striders. Please give your money to Ken Napier, Walt Van Zant, or Sue Francis.

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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 \$30 each. The summer fee is \$18. The fine for parking without a permit is \$25.

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). He skips the warm up so that he can do a better job of putting balanced teams together and getting the relay started as soon as possible. If you wait until you get back from the warm up and sometimes even later, it is difficult to properly place you.

Thanks to Jim Whalen for taking the time to help put this club bulletin together.

Several club members had a good year on the 2000 grand prix circuit. Howard Powers won the 70+ division. Brian Davis finished 2<sup>nd</sup> in the men's 40+ division, Ralph Poole finished 2<sup>nd</sup> in the men's 60+ division, and Becki Kriege finished 3<sup>rd</sup> in the open women's short race division. Other top 20 finishers included Ray Russell (7<sup>th</sup> in 40+), Jeff Cowling (11<sup>th</sup> in 40+), Bob Pickens (17<sup>th</sup> in 40+), Neal Chappell (12<sup>th</sup> in 60+), Norm Saucedo (16<sup>th</sup> in 60+), Eddie Reyna (16<sup>th</sup> in 60+), Gene Antonides (18<sup>th</sup> in 60+), Stan DeMartinis (3<sup>rd</sup> in 70+), Boyce Jacques (4<sup>th</sup> in 70+), Eddie Reyna (5<sup>th</sup> in 70+), Frank Cunningham (6<sup>th</sup> in 70+), Dave Valles (11<sup>th</sup> in 70+), Marian Richard (7<sup>th</sup> in 40+), Kathy Frank (7<sup>th</sup> in 50+), Gail Campbell (9<sup>th</sup> in 50+), and Chris Hallen (15<sup>th</sup> in 50+).

Big cash winners from the grand prix included Brian Davis with \$400, Becki Kriege with \$375, Ralph Poole with \$100, and Howard Powers with \$50.

During 2000, Dimitrios Stefanidis ran 14 PRs at the Saturday workouts. Grace Voss and Dave McIntyre had 5 PRs. Janny Moon led the PW parade with 4.

Saturday course record breakers for 2000 included Howard Powers in the 75+ division on all of the courses except Valle Vista, Becki Kriege for the open women's Triangle course, and Bob Ebert for the 45+ men on the Triangle course.

Club members who won road races outright during 2000 included Rick Reitz (4 times), Brian Davis, and Ray Russell.

Bill Meinhardt continues to run sparingly because of a bad knee. He does a lot of biking and occasionally runs a 5K (at a pace much faster than most 60+ runners).

Jim and Maureen Whalen have moved to Pacific Grove to join the growing crowd of WVJS club members who have moved there (either full time or for the weekends). Tim and Georgia Riley have also bought a home in the Pacific Grove area.

Madelyn Moon while jogging the Valle Vista course with Linda Legregni tripped and fell for the second time in a year. This time she broke her arm and had to have surgery to place a plate in her arm.

Old-time club member Don Rebal and his wife, Marilyn, will be traveling from Montana to visit the San Jose area in mid June.

Peter and Nao Wei will be moving back to San Jose from North Carolina at the beginning of June.

Gail Campbell at the ancient age of 51 was still able to crank out fast miles at the Los Gatos all-comers meets during January. She was the top woman finisher in two meets with times of 6:13.6 and 6:14.0.

Cecil Baumgartner is presently leading the 40+ division in the ultra distance grand prix.

Stan DeMartinis has been slowed by a hamstring injury for many months. However, he continues to come out on every Saturday morning and help us with the timing. His efforts are very much appreciated.

George Maes continues to enjoy life in Las Vegas. He sends us a post card every few months, wishing us well.

Danny Moon and Kelly Emo did another good job of MCing our annual club awards dinner in January.

Joe Hurtado finished 2<sup>nd</sup> in the 60+ division at Boston Marathon in February – a great accomplishment in such a big race.

35-year-old Ralph Poole won a Saturday road race (the Douglas course) in late March. It was the first time that a 60+ runner had won a club event.

Listed at the end of the club member are top 20 lists by age category for all of our Saturday courses and our all-time marathon list for times recorded as a club member.

### Youth Notes

Jim Bordonni has merged his age-group runners with our club. Some of the highlights for this group are included in the next two paragraphs.

McKayla Plank, despite being offered a scholarship to Wilcox high school, has decided to enroll at Mitty next year. She will be a great addition to their team. Some of her recent accomplishments include a 2:23.2 800M (broke the league record by 8 seconds), a 3:58.0 1200 as the second part of a double, a 4:57.7 1500, a first place finish in the St. Joseph XC invitational with a course record of 5:48 for the one mile distance, and a first place finish at the Hampton Phillips middle school 1600M.

Kevin Murphy finished 3<sup>rd</sup> in his 6<sup>th</sup> grade league 800M finals with a PR of 2:34.4. Matt Grimes finished 2<sup>nd</sup> in the 7<sup>th</sup> grade 800 with a time of 2:38.2 – a significant improvement on his PR. He also finished 2<sup>nd</sup> in the 1200 with a time of 4:26.7 and 4<sup>th</sup> in the 400 with a time of 69.3, a PR.

As most of you know we have a club web page. We have changed our address (URL): **The address is: <http://www.wvjs.org>**

## 2000 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 15 designated events. The top finisher in each division for each event received 25 points, the second finisher received 24 points, etc. Since you could only use your best 8 performances, the maximum score was 200 points (8 x 25). The final results for 2000 for runners who competed in three events or more are as follows:

<u>Elite Division</u>		<u>B Division</u>		<u>D Division</u>	
Ray Russell (8)	197	Cecil Baumgartner (8)	194	Walt Van Zant (8)	192
Dave Fergus (8)	191	Rich Hahn (8)	193	Ken Napier (8)	186
Bob Pickens (8)	187	Tom Warfel (8)	189	Howard Powers (8)	169
Scott Bang (5)	116	Ralph Poole (6)	141	Tom Zades (6)	146
Brian Davis (3)	74	Tim Rostege (6)	141	Elaine Erickson (5)	119
Jeff Cowling (3)	63	Rich Stiller (4)	82	John Pickens (4)	89
Charles Lighty (3)	62	Art Mitchum (3)	73	Ed Reyna (3)	66
		Jose Casillas (3)	66	Don Packwood (3)	62
<u>A Division</u>		<u>C Division</u>		<u>E Division</u>	
Jim Bordonni (8)	193	Kelly Emo (8)	197	Stan DeMartinis (8)	176
Jeff Rohrer (8)	187	Sue Francis (8)	183	Antonina Ettare (7)	173
Becki Kriege (8)	179	Pauline Beatty (8)	164	Chris Hallen (7)	168
Danny Moon (8)	175	Ken Noel (5)	124	Dave McCarten (6)	140
Joe Hurtado (8)	167	Dimitr Stefanidis (5)	121	Madelyn Moon (6)	135
Dick Chimenti (7)	144	Danielle Zelinski (5)	106	Betty Root (4)	81
Eddie Tico (5)	104	Norm Saucedo (4)	92	Terri Kinsch (4)	77
Todd Hayes (5)	98	Dave Norlander (5)	90	Grace Voss (3)	72
Mike Bordonni (3)	75	Jim Myers (5)	90	Rich Collins (3)	65
Matt Bordonni (3)	69	Russ Kinsch (4)	85.5	Annette McPhail (3)	65
Al Murray (3)	59	Marian Richard (4)	81		
		Brian Low (3)	64.5		
		Dave McIntyre (3)	64		
		Ed Gavin (3)	64		
		Gail Campbell	57		



## Runner of the Year Contest

Contest points were earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. Scoring 4,000 points wins a gold award, those scoring 3,000+ win a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel for 2001. The final scores for 2000 were:

<b>Gold Winners</b>			
Runner	Miles	Sat Pts.	Total
Joe Hurtado	3220	1040	4260
Cecil Baumgartner	3015	1000	4015

<b>Silver Winners</b>			
Runner	Miles	Sat Pts.	Total
Tom Warfel	2314	900	3214
Jeff Rohrer	2833	320	3153
Rich Hahn	2175	940	3115

<b>Bronze Winners</b>			
Runner	Miles	Sat Pts.	Total
Russ Kinsch	1415	820	2235
Mark Winitz	1887	320	2207
Georgia Riley	1534	640	2174
Walt Van Zant	1237	900	2137
Jim Bordoni	1448	560	2008

<b>Barely Missed</b>			
Runner	Miles	Sat Pts.	Total
Dave Norlander	958	900	1858

<b>Missed Badly</b>			
Runner	Miles	Sat Pts.	Total
Pauline Beatty	1313	440	1753
Ken Napier	816	800	1616
Danny Moon			
Bill Meinhardt			
Jim Whalen			

The previous winners have been:

1978	Phil Sanfillipo	4865
1979	Phil Sanfillipo	5022
1980	Phil Sanfillipo	5659
1981	Ted Pawlak	7103
1982	Ted Pawlak	6405
1983	Mike Hicks	5355
1984	Don Dugdale	5004
1985	Don Dugdale	4084
1986	Bob Herndon	4303
1987	Don Dugdale	4341
1988	Frank Ruona	4032
1989	Jake White	3841
1990	Tom Warfel	4231
1991	Tom Warfel	4118
1992	Jim Whalen	3603
1993	Tim Rostege	3928
1994	Joe Hurtado	4037
1995	Tom Warfel	4113
1996	Tom Warfel	3961
1997	Tom Warfel	4089
1998	Joe Hurtado	4012
1999	Joe Hurtado	3881
2000	Joe Hurtado	4260

## SATURDAY WORKOUT RESULTS

### 12/16/00 - Triangle Run - 4.76

<b>Miles</b>		
1	Ray Russell	28:15*
2	Jeff Rohrer	28:17
3	Todd Hayes	29:45
4	Jim Bordoni	29:46
5	Dave Fergus	30:09
6	Jonathan Lee	31:33
7	Ralph Pool	31:58
8	Ron Nelson	31:58
9	Rich Hahn	32:36
10	Cecil Baumgartner	34:55
11	Ed Gavin	35:07
12	Kelly Emo	36:42
13	Jim Myers	36:57
14	Walt VanZant	37:39
15	Dave Norlander	39:10
16	Pauline Beatty	39:49
17	Russ Kinsch	39:49
18	Rich Stiller	39:55
19	Tom Warfel	39:56

20	Georgia Riley	40:18
21	Dena Noble	40:18
22	Joe Hurtado	40:19
23	Howard Powers	42:37
24	Terri Kinsch	45:21

\* Started 1:00 late. Actual time was 27:15

### **Dick Barrett Trophy Winner - Georgia Riley**

Another win for Ray. Kelly led the ladies. Georgia Riley recorded the #3 time for a 55+ woman runner. Terri Kinsch ran her 50+ PR.

### **12/23/00 - Douglas/Sar/Frtvle - 2.75 Miles**

1	Ray Russell	15:28
2	Dave Piazza	15:35
3	Dave Fergus	15:47
4	Katie Spink	16:18
5	Floyd Gerhardt	16:19

6	Jonathan Lee	16:36
7	Becki Kriege	16:44
8	Danny Moon	17:00
9	Mark Isaacson	17:28
10	Dick Chimenti	17:31
11	Nick Butterfield	17:35
12	Ron Nelson	17:38
13	Tom Warfel	17:44
14	Ralph Poole	17:51
15	Dimitrios Stefanidis	18:30
16	Jim Bordoni	18:31
17	Greg Burke	18:40
18	Dave McIntyre	18:45
19	Brian Low	18:59
20	Bill Flodberg	20:34
21	Dena Noble	20:52 PR
22	Joe Hurtado	21:12
23	Pauline Beatty	21:23
24	Chris Hallen	22:01 PR
25	Hanna Laine	22:39

26	Walt Van Zant	23:01
27	Howard Powers	23:11
28	Dan Duston	23:33
29	Russ Kinsch	25:05
30	Rich Stiller	25:05
31	Linda Legregni	26:58
32	Dave McCarten	27:02

**Dick Barrett Trophy Winner - Chris Hallen**

Ray and Dave had a good race on this typically cold December morning with Ray finally getting away with a quarter mile to go. Katie Spink led the ladies. Danny Moon, fresh from fattening up on his Caribbean cruise, wasn't ready for his battle with Becki this morning. He hopes to lose a few pounds during the week and go after Becki on the Valle Vista course next week. Ron Nelson improved his 55+ PR by 77 seconds. Chris and Dena improved their overall PRs by 16 and 5 seconds.

**12/30/00 - All Courses Day**

Doug/Sar/Frtvle - 2.75 Miles

1	Ray Russell	15:30
2	Diana Kirk	18:53
3	Dave Norlander	20:54
4	Sue Francis	22:33
5	Rich Stiller	22:34
6	Ralph Poole	24:35
7	Bob Shuck	24:37
8	Ken Napier	24:38
9	Terri Kinsch	25:47
10	Linda Legregni	25:49
11	Russ Kinsch	25:51
12	Howard Powers	28:16

Valle Vista - 3.0 Miles

1	Jeff Rohrer	17:47
2	Becki Kriege	18:01
3	Kristina Mathias	18:10
4	Danny Moon	19:31
5	Rich Hahn	19:46 PR
6	Walt Van Zant	25:13

Farwell - 3.54 Miles

1	Ron Nelson	22:54.7
2	Tom Warfel	23:21.1
3	Ed Gavin	26:36.7
4	Rich Collins	29:17.0
5	Georgia Riley	29:44.3

Farwell/Herriman - 4.68 Miles

1	Robert Pickens	30:21
2	Dave Fergus	30:24
3	Dave Piazza	30:25

4	Mark Stauffer	31:03
4	Jim Bordoni	31:03
6	Pauline Beatty	37:44

Triangle Run - 4.76 Miles

1	Joe Hurtado	34:14
2	Don Packwood	38:15
3	Chris Hallen	39:30
4	Antonina Ettare	39:35
5	Dave McCarten	45:52

**Dick Barrett Trophy Winner - Becki Kriege**

This was our traditional all-courses day, which we run on the last Saturday of the year. It was again very cold this morning (high 30s?). Becki was given the weekly trophy because she won her dual with Danny Moon. Danny now vows that he will start training seriously and will be ready for Becki in a couple of months. Rich Hahn, who turned 39 on Christmas Day, had the only PR of the day, a 12-second improvement on his Valle Vista PR. Bob Shuck, who has been injured for at least a couple of years, completed a Saturday course for the first time in a long time despite warming up and running without gloves or a sweat shirt. Stan DeMartinis also had a birthday during December. He turned 78 but was still able to competently time our workout.

**1/6/01 - 8 x 0.66-Mile Tennis Court Loop Relay**

Pl	Team	Strt	Finish
1	Isaacson/Hayes	6:00	36:47
2	Lee/Chimenti	5:45	37:02
3	Baumgartner/Mathias	5:45	37:19
4	VanZant/McCormick	-0-	37:34
5	Francis/Norlander	2:30	37:45
6	Noble/R.Kinsch	1:00	37:54
7	Butterfield/Stefanidis	5:45	38:04
8	Napier/Packwood	-0-	38:08
9	Saucedo/Warfel	4:00	38:15
10	Myers/Kirk	2:15	38:20
11	Beatty/Noel	1:00	38:26
12	M.Moon/D.Moon	1:00	40:29

**Dick Barrett Trophy Winner - Todd Hayes**

Another 30+ degree morning. However, 24 hearty souls tried the workout. The Hayes team started last, grabbed the lead shortly before the end of the 7th loop and then went on to win by 15 seconds. Kristina led all of the runners with a 3:45 average. Jonathan Lee led the guys with a 3:50 average. Jim Bordoni, Rich Hahn, and Stan DeMartinis ably timed the workout.

**1/13/01 - Farwell/Herriman - 4.68 Miles**

1	Dave Piazza	28:31
2	Scott Bang	29:57
3	Todd Hayes	30:16
4	Dick Chimenti	30:30
5	Kristina Mathias	30:33
6	Tom Warfel	30:34
7	Becki Kriege	30:35
8	Ralph Poole	31:00
9	Cecil Baumgartner	31:20
10	Dave Fergus	31:32
11	Rich Hahn	31:34
12	McKayla Plank	31:57
13	Joe Hurtado	32:08
14	Jim Bordoni	32:35
15	Dimitr Stefanidis	32:50
16	Sue Francis	34:50
17	Walt Van Zant	35:49
18	Russ Kinsch	35:59
19	Jim Myers	36:00
20	Pauline Beatty	36:58
21	Tim Riley	37:22
22	Elaine Erickson	37:38
23	Antonina Ettare	37:50
24	Ken Napier	38:04
25	Rich Collins	38:07
26	Don Packwood	38:49
27	Georgia Riley	39:11
28	Dan Duston	40:26
29	Chris Hallen	41:02
30	Howard Powers	44:26

**Dick Barrett Trophy Winner - Georgia Riley**

Dave Piazza cruised to an easy win this morning. Kristina led the ladies with a close win over Becki. There was a close race for 4th place as four runners finished within 5 seconds of each other. McKayla ran well in her first try at this course. Antonina knocked about a minute off her 45+ PR. Georgia got the weekly trophy because she knocked 90 seconds off her PR.

**1/20/01 - 4 x 1.46 Mile WVC Loop Relay**

Pl	Team	Start	Finish
1	Ettare/Hayes	2:45	42:23
2	T.Riley/Hahn	2:30	42:47
3	Noble/Poole	2:30	43:02
4	Laine/J.Bordoni	3:30	43:16
5	Hallen/Isaacson	2:45	43:26
6	McSwain/Rostege	2:15	43:39
7	Emo/Francis	4:15	43:42
8	Packwood/Sherwood	3:00	43:47

9	McCormick/Noel	3:30	43:55	19	Tim Riley	26:49.7	25	Jim Myers	23:16.6
10	Norlander/Spink	6:15	44:00	20	Chris Sherwood	26:56.3	26	Rich Stiller	23:16.7
11	Gavin/Kriege	6:00	44:05	21	Don Packwood	27:03.1	27	Pauline Beatty	23:39.1
12	T.Kinsch/Fergus	-0-	44:15	22	Mark Winitz	27:17.4	28	Walt Van Zant	23:43.2
13	G.Riley/Stefinids	2:45	44:22	23	Dave Norlander	27:19.6	29	Rich Collins	24:04.6
14	Beatty/Myers	2:30	44:30	24	Pauline Beatty	27:48.8	30	John Pickens	24:23.7
15	J.Pickens	2:15	44:55	25	Rich Collins	28:16.7	31	Tom Zades	24:27.0
16	Winitz/Piazza	6:15	45:16	26	Jim Myers	28:21.8	32	Hanna Laine	24:28.1
17	Napier/Van Zant	2:30	46:45	27	Russ Kinsch	28:22.4	33	Chris Hallen	24:32.1
				28	Ken Napier	28:55.3	34	Georgia Riley	24:35.1
				29	Georgia Riley	29:28.2	35	Ken Napier	24:47.2
				30	Antonina Ettare	29:47.3	36	Ed Reyna	25:03.3
				31	Jim Wurm	30:04.9	37	Linda Legregni	28:17.3
				32	Dan Duston	30:35.5		Diana Kirk	DNF (9 laps)
				33	Terri Kinsch	32:36.3		Terri Kinsch	DNF (6 laps)

### Dick Barrett Trophy Winner - Antonina Ettare

It was cold this morning (40 degrees?), which was very conducive to PWs. And many of us were down to the task as 7 PWs were recorded. Katie Spink had the best splits of the day at 8:30 and 8:26 for a 16:56 total. She was closely followed by Jim Bordoni and Dave Piazza at 16:57. Todd Hayes and Antonina ran very well to finish 37 seconds under their rating and 24 seconds in front of the second place team. Todd's time of 17:23 was his best for this workout since April of 1994. Terri Kinsch also ran well to finish 39 seconds under her rating. Alas, her partner ran 114 seconds over his rating. Rich Hahn improved his PR for this workout by 35 seconds with a combined time of 18:25. Todd led the 50+ men and Ralph Poole led the 60+ men. Sue Francis led the 40+ ladies at 19:37 and Jutta, who is now 60, led the 50+ ladies at 20:40. Ken Napier and Walt ran a spectacular 165 seconds over their rating. Ken got the team honors by finishing 96 seconds over his rating. Danny Moon did not run the workout, avoiding a PW. Ray Russell recorded our splits, noting at least 40% of them correctly.

### 1/27/01 - Farwell - 3.54 Miles

1	Jim Bordoni	20:30.0
2	Dave Piazza	20:42.6
3	Jeff Rohrer	20:46.4
4	Becki Kriege	21:51.1
5	Todd Hayes	22:04.1
6	Marlon Menezes	22:11.3
7	Dick Chimenti	22:32.2
8	Jonathan Lee	22:40.2
9	Chris Baker	22:44.3
10	Ron Nelson	22:51.8
11	Ralph Poole	23:00.9
12	Tom Warfel	23:12.2
13	Rich Hahn	23:37.8
14	Tim Rostege	23:50.8
15	Dimitrios Stefanidis	23:57.2
16	McKayla Plank	25:00.7
17	Sue Francis	25:12.3
18	Joe Hurtado	26:49.3

### Dick Barrett Trophy Winner - Jim Bordoni

Again, it was very cold this morning (mid 30s?). Dave Piazza had a 30 yard lead when he turned onto Douglas from Saratoga Ave with 1.05 miles to go. However, he was unfamiliar with the course and angled up Shadow Oaks instead of Douglas. Jim Bordoni finally got Dave's attention and got him turned around. But, Dave was too tired to make up the lost ground and finished 2nd. Becki led the ladies, Todd led the 50+ men, Ralph Poole led the field of six 60+ runners, Sue Francis led the 40+ ladies, and Georgia led the 50+ ladies.

### 2/3/01 - 5K on the Track

1	Slim Pickens	16:57.3
2	Scott Bang	17:14.2
3	Dave Piazza	17:32.6
4	Jim Bordoni	17:37.8
5	Jeff Rohrer	17:43.1
6	Dave Fergus	17:51.7
7	Becki Kriege	18:30.9
8	Jonathan Lee	18:51.4
9	McKayla Plank	19:29.1
10	Tom Warfel	19:35.2
11	Joe Hurtado	19:43.2
12	Rich Hahn	20:09.5
13	Dimitrios Stefanidis	20:19.7
14	Tim Rostege	20:32.8
15	Kelly Emo	20:38.1
16	Marian Richard	20:55.3
17	Cecil Baumgartner	21:01.4
18	Sue Francis	21:04.6
19	Norm Saucedo	21:25.1
20	Ed Gavin	21:35.7
21	Dave Norlander	22:09.4
22	Don Packwood	22:41.8
23	Elaine Erickson	23:13.6
24	Tim Riley	23:14.6

### Dick Barrett Trophy Winner - Slim Pickens

Good weather this morning. The temperature was in the mid 40s and there was no rain or wind. Scott ran with Slim for about half the race before Slim gradually pulled away for the win.

### 2/17/01 - Short Six - 5.74 Miles

1	Dave Piazza	33:27	PR
2	Bob Pickens	34:12	
3	Jeff Rohrer	34:31	PR
4	Dave Fergus	35:37	
5	Becki Kriege	36:36	
6	Jim Bordoni	36:51	
7	Todd Hayes	37:13	
8	Kristina Mathias	37:15	
9	Mark Isaackson	37:19	PR
10	Ralph Poole	37:20	PR
11	Ron Nelson	38:25	
12	Tom Warfel	38:34	
13	Jonathan Lee	38:55	
14	Cecil Baumgartner	38:59	
15	Rich Hahn	39:15	
16	McKayla Plank	39:43	PR
17	Tim Rostege	40:10	
18	Sue Francis	41:30	
19	Chris Sherwood	41:54	
20	Danielle Zelinski	42:11	
21	Dave Norlander	44:04	
22	Joe Hurtado	44:32	
23	Walt Van Zant	45:27	
24	Pauline Beatty	46:02	
25	Tom Zades	46:06	
26	Don Packwood	46:15	
27	Ken Napier	47:12	
28	Dena Noble	47:36	
29	Chris Hallen	49:11	
30	Jim Myers	49:12	
31	Rich Stiller	49:14	
32	Eddie Reyna	49:14	

33	Annette McPhail	52:58
34	Dave McCarten	54:31
35	Marcia Morrison	55:03
36	Howard Powers	57:56

**Dick Barrett Trophy Winner - Jeff Rohrer**

Good weather this morning -- 50 degrees and overcast -- and many of us took advantage of the conditions to run well. Dave Piazza scored an easy win while improving his PR by 44 seconds and moving to #19 on the 40+ list. We have been running this course for about 27 years and have had a lot of good 40+ runners run the course. So, that is a significant accomplishment. Jeff Rohrer has been trying for 6 years to break his PR of 34:40 and finally accomplished his goal with a 9-second improvement. Todd Hayes improved his 50+ PR by 18 seconds. Ralph Poole, one month shy of 35, knocked 33 seconds off his PR. We missed wishing Ron Nelso a happy 58th birthday but he did have a happy birthday as he moved to #11 on the 55+ list with a 2+ minute improvement on his 55+ best. Cecil improved his 45+ best by a couple of minutes while moving to #47 on that list. McKayla improved her PR by 23 seconds, enabling her to move by three runners to #13 on the women's all-time list. Sue Francis ran her best time on this course in 2 years. Pauline improved her 40+ best by 34 seconds. Don Packwood ran his best time on this course in 5 years while improving his 60+ PR by 7 minutes. Thanks to Stan DeMartinis for again timing our workout. He was ably assisted by Janny Moon and Linda Legregni.

**2/24/01 - 8 x 0.66-Mile Tennis Court Loop Relay**

Pl	Team	Strt	Finish
1	Hahn/Powers	-0-	38:56
2	Stefanidis/R.Pickens	8:30	38:58
3	Warfel/Napier	3:00	39:13
4	Rohrer/Spink	9:45	39:16
5	Noel/Zades	2:15	39:46
6	R.Kinsch/Laine	1:45	39:52
7	Saucedo/McPhail	:45	39:53
8	Plank/Piazza	8:00	40:11
9	McCormick/T.Riley	2:30	40:36

**Dick Barrett Trophy Winner - Rich Hahn**

This was a miserable morning for running -- cold, windy, and a light to moderate rain. Still 18 mildly mentally disturbed runners on the workout. We were supposed to run 3 x 1600 on the track but decided instead

to run the tennis court loop relay.

Howard Powers ran in a trench coat that made him appear to be a flasher. He flung off his coat to the horror of all at the start of the last leg and the lightening of his load was just enough to enable him to hold off Bob Pickens for the win. Bob and Dave Piazza had the best cumulative times for the workout at 14:12.59 and 14:13.02. Katy Spink led the ladies at 14:51.

**3/3/01 - Valle Vista - 3.0 Miles**

1	Dave Piazza	16:44	PR
2	Arturo Rodriguez	17:01	
3	Jeff Rohrer	17:05	
4	Jim Bordoni	17:07	
5	Katy Spink	17:30	
6	Ray Russell	17:31	
7	Bob Pickens	17:32	
8	Becki Kriege	18:16	
9	Marlon Menezes	18:20	PR
10	Todd Hayes	18:47	
11	Greg Burke	18:48	
12	Ralph Poole	18:49	PR
13	Tom Warfel	18:52	
14	Cecil Baumgartner	19:11	
15	Jonathan Lee	19:33	
16	Dick Chimenti	19:34	
17	Joe Hurtado	19:40	
18	Tim Rostege	19:49	
19	Dimitrios Stefanidis	19:57	
20	Kelly Emo	20:16	
21	Norm Saucedo	20:23	
22	Russ Kinsch	20:32	
23	Sue Francis	20:38	
24	Rick Kananen	20:47	
25	Dave Norlander	21:04	
26	Jim Myers	22:06	
27	Walt Van Zant	22:28	
28	Ed Gavin	22:48	
29	Tom Zades	22:53	
30	Tim Riley	23:04	
31	Dena Noble	23:11	
32	Pauline Beatty	23:13	
33	Mark Winitz	23:19	
34	Chris Hallen	23:55	
35	Georgia Riley	24:38	
36	Antonina Ettare	25:00	
37	Eddie Reyna	25:13	
38	Linda Legregni	26:50	PR
39	Terri Kinsch	26:53	
40	Wendy ?	26:55	
41	Madelyn Moon	27:42	
42	Howard Powers	28:35	

**Dick Barrett Trophy Winner - Ralph Poole**

The temperature was in the 30s during our warmup but increased to the mid 40s by the time we started - not a temperature conducive to fast times but better than freezing temperatures. Dave Piazza raced neck and neck with Slim Pickens for the first mile before pulling away for the win. Arturo finished second while recording the all-time #4 time for 50+ runners. Katy Spink of the Aggies led the ladies while running 8 seconds under the club course record. Ralph Poole, 13 days short of turning 65, knocked 18 seconds off his PR while moving to #2 on the 60+ list, 11 seconds behind Norm Saucedo's record. Norm broke Ken Napier's 65+ record by 41 seconds. Cecil, the leader of the 40+ division of the ultra grand prix, improved his 45+ record by 70 seconds. Joe Hurtado's and Tim Rostege's times moved them to #s 4 and 7 on the 60+ list. Georgia moved to #2 on the women's 55+ list and Chris Hallen moved to #7 on the 50+ list. Terri Kinsch improved her 50+ best by two minutes.

**3/10/01 - Triangle Run - 4.76 Miles**

1	Dave Piazza	26:53	PR
2	Becki Kriege	30:34	
3	Dave Fergus	30:42	
4	Ralph Poole	30:48	
5	Tom Warfel	31:20	
6	Rich Hahn	31:54	
7	Dimitrios Stefanidis	32:10	
8	Joe Hurtado	32:15	
9	Russ Kinsch	32:44	
10	Norm Saucedo	33:09	
11	Sue Francis	33:33	
12	Jim Myers	35:24	
13	Kevin Murphy	35:54	
14	Bill Flodberg	37:26	
15	Tom Zades	37:29	
16	Pauline Beatty	37:43	
17	Tim Riley	37:46	
18	Ken Napier	37:50	
19	Gill Gilchinn	38:03	
20	Georgia Riley	39:03	
21	Antonina Ettare	40:23	
22	Howard Powers	41:03	
23	Chris Hallen	41:56	
24	Annette McPhail	42:07	
25	Terri Kinsch	42:15	
26	Linda Legregni	46:07	
26	Don Packwood	46:07	

**Dick Barrett Trophy Winner - Norm Saucedo**

Good running weather this morning - sunny and brisk. As can be seen, Dave Piazza ran to a whopping victory while

knocking 39 seconds off his PR. Becki ed the ladies while finishing second overall. Joe Hurtado moved to #5 on the 50+ list. Norm recorded the All-time best or 65+ runners and Howard Powers knocked 15 seconds off his 75+ course record. Georgia's time moved her to #2 on he women's 55+ list and Terri Kinsch mprove her 50+ PR by over three minutes.

### 3/17/01 - 12 x 0.33-Mile Tennis

#### Court Loop Relay

1	Stefanidis/Myers/Murphy	35:10
2	Isaacson/Mathias/Chimenti-McPhail	
	3	36:33
3	Bordoni/Napier/Beatty	36:34
4	Piazza/Legregni/Plank	37:14
5	Warfel/D.Moon/Hahn	37:45
6	R.Kinsch/Noble/Boyle	37:57
7	Burke/Ettare/Zades	38:16

#### **Dick Barrett Trophy Winner - Murphy Team**

We had a small turnout for the relay this morning as many were saving their best or the 50+ race tomorrow. All teams started together. There was a close battle or second place. Otherwise, the competition was not close. The Murphy team scored an easy win. Jim Bordoni at he advanced age of 48 set a PR for this workout with a total time of 9:39 (1:36.5 per run).

### 3/24/01 - Step Up & Step Down Relay

1	D.Moon/Mathias	29:14
2	Kriege/Francis	30:13
3	Myers/Butterfield	30:41
4	Nelson/Zades	32:40
5	Wurm/Kananen	32:53
6	Warfel/Napier	33:10
7	R.Kinsch/Beatty	33:35
8	Burke/T.Kinsch	33:43
9	Norlander/Packwood	34:21
10	Stiller/J.Pickens	34:32
11	Stefanidis/M.Moon	35:41

#### **Dick Barrett Trophy Winner - Mathias Team**

All teams started even. We think that we got the correct order of finish. In any event, the Mathias team won by a fair amount.

### 3/31/01 - Doug/Sara/Frtvle - 2.75 Miles

1	Ralph Poole	17:04	PR
2	Ron Nelson	17:05	
3	Tom Warfel	17:11	

4	Demetrios Stefanidis	17:15	
5	Danny Moon	17:31	
6	Kristina Mathias	17:32	
7	Joe Hurtado	17:33	
8	Russ Kinsch	17:43	
9	Melissa Mencil	18:21	
10	Sue Francis	18:26	
11	Brian Boyle	18:40	
12	Kelly Emo	18:43	
13	Dave Norlander	19:11	
14	Jim Myers	19:30	
15	Ken Noel	20:15	
16	Ed Gavin	21:33	
17	Pauline Beatty	21:44	
18	Tom Zades	22:05	
19	Georgia Riley	22:09	
20	Dan Duston	22:40	
21	John Pickens	22:44	PW
22	Doug Thompson	22:47	
23	Bob Pickens	22:48	
24	Dave McCarten	23:40	
25	Rich Collins	24:31	PW
26	Madelyn Moon	26:11	PW

#### **Dick Barrett Trophy Winner - Ralph Poole**

Having a woman win a club road run is a rare event. It has happened less than five times in the club's history. But, this morning an even more rare event occurred. A 60+ runner finished first. Ralph Poole at the advanced age of 65 led the race most of the way and then held off Ron Nelson's furious kick to win by 0.7 seconds. Ron, a kid of 58, just could not match strides with Ralph this morning. Kristina led the ladies and Demetrios led the open men.

### 4/7/01 - 12 x 800 Relay

1	Hurtado/Mathias	35:01
2	Warfel/Butterfield	35:10
3	Mencil/Kriege	35:15
4	Hahn/D.Moon	35:32
5	Piazza/Ettare	38:17
6	Isaacson/Wurm	38:42
7	Stefanidis/Reyna	39:06
8	Chimenti/Napier	39:12
9	Saucedo/Zades	39:35
10	M.Plank/Beatty	40:08
11	D.Norlandr/B.Norland	40:27
12	Burke/T.Kinsch	41:26
13	R.Kinsch/Powers	42:14
14	Myers/Peterson	45:58

#### **Dick Barrett Trophy Winner - Peterson Team**

### 4/14/01 - Farwell/Herriman - 4.68 Miles

1	Jeff Rohrer	27:33	
2	Scott Bang	28:16	
3	Katy Spink	28:27	
3	Becki Kriege	28:27	
5	Kristina Mathias	29:20	
6	Ralph Poole	29:34	PR
7	Tom Warfel	29:45	
8	Ron Nelson	29:47	
9	Dimitrios Stefanidis	30:08	PR
10	Todd Hayes	30:16	
11	McKayla Plank	30:41	PR
12	Russ Kinsch	30:51	
13	Mlssy Mencil	30:55	
14	Rich Hahn	31:02	PR
15	Tim Rostege	31:17	
16	Danny Moon	31:43	PW
17	Sue Francis	32:12	
18	Cecil Baumgartner	32:13	
19	Jim Myers	33:13	
20	Rick Kananen	33:41	
21	Brian Boyle	33:45	
22	Dave Norlander	34:00	
23	Tom Zades	35:30	
24	Don Packwood	36:14	
25	Dena Noble	36:40	PR
26	Ken Napier	37:00	
27	Pauline Beatty	37:05	
28	Jim Wurm	37:26	
29	Sally Plank	39:43	
30	Dave McCarten	40:30	
31	Terri Kinsch	41:11	
32	Antonina Ettare	41:13	
33	Nao Wei	41:14	
34	Howard Powers	43:46	
35	Linda Legregni	44:08	

#### **Dick Barrett Trophy Winner - McKayla Plank**

There were a lot of good performances this morning. Jeff Rohrer won while coming within 13 seconds of his PR. McKayla Plank, an 8th-grader, knocked 76 seconds off her PR while moving to #10 on the women's all-time list. Ralph Poole improved his PR by 13 seconds while breaking the 65+ course record by over 4 minutes. Russ Kinsch ran his best time on this course in nearly 4 years. Jim Wurm did not get lost while running this course for the first time in over 15 years. Nao ran it for the first time in 10+ years.



**1/21/01 - 16 x 300 Relay**

Pl	Team	Strt	Finish
1	Baker/Murphy	3:15	20:21
2	Isaacson/R.Kinsch	4:30	20:40
3	T.Kinsch/McPhail	-0-	20:50
4	Bronson/N.Wei	2:45	20:52
5	Myers/Mendel	4:15	21:06
6	Mathias/D.Moon	5:30	21:18
7	Zades/Norlander	3:15	21:21
8	Duston/Collins	1:45	21:49

**Dick Barrett Trophy Winner - Chris Baker & Kevin Murphy**

This was a small turnout for the workout as most club members were saving themselves for the Compaq 10K tomorrow. Kevin Murphy did a good job of holding the lead after his teammate, Chris Baker, gave him the lead. John Bronson made a good showing with his partner, Nao Wei, who couldn't quite catch Annette McPhail on the final leg. Kristina Mathias and Janny Moon had the fastest splits of the day.

**1/28/01 - 4 x 1.46-Mile WVC Loop Relay**

Pl	Team	Strt	Finish
1	T.Kinsch/R.Kinsch	-0-	42:19
2	Wurm/Piazza	6:30	44:10
3	Myers/D.Moon	7:45	44:10
4	Collins/Kriege	5:00	44:56
5	Hayes/Warfel	9:15	44:59
6	Zades/Stefanidis	8:00	46:37
7	Noble/Baumgartner	5:15	47:27
8	Napier/Bronson	4:45	47:42
9	Legregni/Beatty	:15	49:17

**Dick Barrett Trophy Winner - Terri Kinsch**

Bad handicapping and no close races this morning as the Kinch team raced to an easy win. Dave Piazza had the best cumulative time at 16:11. Jim Wurm ran somewhat slower than his best time of 15:55 in July 1979 with a 21:29.

**1/5/01 - Farwell - 3.54 Miles**

1	Bob Pickens	19:59.8	PR
2	Dave Piazza	20:13.6	PR
3	Katy Spink	21:11.8	PR
4	Jim Bordoni	21:28.8	
5	Floyd Gerhardt	21:59.6	
6	Ron Nelson	22:44.6	
7	Mark Isaacson	23:02.2	
8	Nick Butterfield	23:06.3	
9	Demetrios Stefanidis	23:20.3	
10	Rick Kananen	23:51.0	

11	Sue Francis	23:55.3	
12	Cecil Baumgartner	24:01.1	
13	Tim Rostege	24:02.9	
14	Norm Saucedo	24:04.5	
15	Kelly emo	24:53.2	
16	Ralph Poole	25:20.0	
16	Joe Hurtado	25:20.0	
18	Dave McIntyre	25:44.0	
19	Don Packwood	25:53.2	
20	Tom Zades	26:17.6	
21	Ken Napier	26:59.3	
22	Walt Van Zant	27:18.1	
23	Dena Noble	27:38.9	PR
24	Paul Armstrong	28:18.2	
25	Pauline Beatty	28:24.0	
26	Chris Hallen	28:34.7	
27	Dan Duston	28:37.7	
28	John Pickens	28:50.6	
29	Georgia Riley	29:05.2	
30	Tim Riley	29:19.0	
31	Terri Kinsch	29:47.0	
32	Howard Powers	30:46.7	
33	Linda Legregni	33:46.4	
34	Rich Stiller	33:47.7	

**Dick Barrett Trophy Winner - Howard Powers**

Slim Pickens dipped under 20 minutes for the first time with his win this morning. Demetrios missed his PR by 9 seconds because he took a wrong turn when he should have turned onto Douglas from Saratoga. Norm broke the 65+ course record by 76 seconds. Ralph Poole recorded the #2 65+ time. However, Ralph ran 23:00 back in January when he was a kid of 64. Today, he and Joe Hurtado decided to take it easy and run together. Don Packwood knocked 70 seconds off his 60+ PR. Chris Hallen moved to #7 on the women's 50+ list. Georgia Riley recorded the #3 women's 55+ time. Howard Powers broke his own 75+ course record by 41 seconds.

**5/12/01 - Short Six - 5.74 Miles**

1	Bob Pickens	33:24	
2	Katy Spink	35:12	
3	Jim Bordoni	35:32	
4	Becki Kriege	36:17	
5	Kristina Mathias	36:59	
6	Dick Chimenti	37:22	
7	Ralph Poole	38:00	
8	Tom Warfel	38:16	
9	Dimitrios Stefanidis	38:33	PR
10	Danny Moon	39:12	PW
11	Russ Kinsch	39:45	

12	Joe Hurtado	40:27	
13	Rich Hahn	40:36	
14	Jake White	40:46	
15	Rick Kananen	42:47	
16	Jim Myers	43:23	
17	Dave McIntyre	43:56	
18	Tom Zades	44:44	
19	Mike McMahan	45:18	
20	Ed Gavin	46:02	
21	Pauline Beatty	46:28	
21	Dena Noble	46:28	
23	Dan Duston	47:24	
24	Chris Hallen	47:29	
25	Rich Collins	47:29	
26	Georgia Riley	48:08	
27	Antonina Ettare	48:55	
28	Tim Riley	49:55	PW
29	Terri Kinsch	51:01	
30	Dave McCarten	51:27	
31	Howard Powers	52:02	
32	Ed Reyna	52:07	

**Dick Barrett Trophy Winner - Ralph Poole**

There were many notable performances this morning. Slim Pickens scored an easy win with his 40+ best. Katy Spink and Becki Kriege ran together for three miles before Katy pulled away to lead the women. Ralph Poole took home the weekly trophy as he knocked 5 1/2 minutes off the men's 65+ course record. Danny Moon, although running better lately, added 84 seconds to his PW. Russ Kinsch ran his best time on this course in 3 1/2 years. Joe Hurtado recorded the #9 time by a 60+ runner. Jake White ran well while running this course for the first time in 5 years. Rick Kananen ran it for the first time in 4 years. Rich Collins ran his best time on this course in 3 years and much better than the horrible 54:32 that he ran last December. Georgia Riley moved to #2 on the women's 55+ list with her 48:08. Tim Riley added 6 minutes to his PW - a remarkable performance. Terri Kinsch continued her excellent running of late with the #8 time by a 50+ woman runner. Ed Reyna made a wrong turn and got lost.

## RACE RESULTS

### 11/18/00 - Davis Turkey Trot 5K

Jutta McCormick 21:43 1st-60+

### 12/17/00 - Miracle Mile

Fred Martin 4:51 2nd-50+  
 Gregg Bunker 4:57 3rd-50+  
 Jutta McCormick 5:34 1st-60+  
 Rich Stiller 6:06  
 George Moss 7:29 3rd-60+

### 12/17/00 -Miracle Mile 5K

Dave Piazza 17:22 2nd-40+  
 Jutta McCormick 23:04 1st-60+

### 1/1/01 - Los Gatos 5-Miler

Norm Gould 32:14 2nd-50+  
 Bob Lilly 32:16 3rd-50+  
 Todd Hayes 32:30 4th-50+  
 Nick Butterfield 33:29  
 Greg Bunker 33:34  
 Rich Hahn 34:08  
 Tim Rostege 34:30 1st-60+  
 Dave McIntyre 35:08  
 Kelly Emo 35:14 2nd-30+  
 Jake White 35:17  
 Judi Shade 35:29 1st-50+  
 Cecil Baumgartner 36:39  
 Sue Francis 37:53 2nd-40+  
 Pauline Beatty 38:19 3rd-40+  
 Tim Riley 41:09  
 Chris Hallen 41:42 3rd-50+  
 Dave Barry 41:42  
 Georgia Riley 43:31 4th-50+

### 1/1/01 - Rio Resolution 5K

Brian Davis 16:45  
 Brian won this race outright.

### 1/1/01 - Rio Resultion Run - 6.8 Miles

Kathy Frank ? 2nd-50+  
 Mark Winitz ? 4th-50+

### 1/7/01 - Hearst Castle Half Marathon

Kathy Frank 1:42:20 1st-50+

### 1/7/01 - Cal 10

Bob Ebert 54:14 1st-45+  
 Brian Davis 56:16 4th-45+  
 Dan Sauers 57:22  
 Dave Piazza 58:19  
 Dan Anderson 58:35  
 Charles Lighty 59:13  
 Craig Whichard 59:16  
 Katy Spink 60:50 4th-25+

Jim Bordoni 60:57  
 Becki Kriege 61:16 3rd-30+  
 Bill Dunn 61:45  
 Jeff Rohrer 63:01  
 Todd Hayes 64:25  
 Fred Martin 65:00 5th-55+  
 Norm Gould 65:45  
 Cecil Baumgartner 67:58  
 Marian Richard 68:10 4th-40+  
 Ralph Poole 68:28 5th-60+  
 Tina Lount-Prete 68:34  
 Rich Hahn 68:51  
 Walt Radloff 70:07  
 Joe Hurtado 70:08  
 Tim Rostege 71:14  
 Kelly Emo 73:43  
 Ed Gavin 76:47  
 Mark Winitz 77:14  
 Elaine Erickson 80:45  
 Chris Hallen 81:33 4th-50+  
 Walt Van Zant 82:31  
 Dave Valles 84:04 1st-75+  
 Bill Flodberg 84:26 2nd-65+  
 Gene Antonides 84:28 3rd-65+  
 Ed Reyna 85:39 1st-70+  
 Georgia Riley 88:44 5th-55+  
 Marcia Morrison 96:08  
 Howard Powers 102:43 2nd-75+  
 Ruby Hurtado 120:22

### 2/10/01 - Valentine Day Team Race - 5.34 Miles

Pl	Runner	Time
1	Dave Piazza (I)	31:20
2	Dave Fergus (B)	32:08
3	Katy Spink (G)	33:26
4	Becki Kriege (K)	33:30
5	Jim Bordoni (F)	34:23
6	Jonathan Lee (E)	35:12
7	Dick Chimenti (D)	35:21
8	Tom Warfel (H)	36:11
9	McKayla Plank (A)	36:37
10	Rich Hahn	36:41
11	Joe Hurtado (C)	37:07
12	Kelly Emo (A)	37:30
13	DimitriosStefanidis	37:51
14	Rick Kananen	38:37
15	Sue Francis (D)	38:46
16	Ken Noel (C)	39:14
17	Dave Norlander (B)	40:12
18	Pauline Beatty (J)	40:18
19	Jim Myers (G)	40:19
20	ElaineErickson (H)	41:05
21	Norm Saucedo	41:14

22 Don Packwood (I) 41:36  
 23 Kevin Murphy 42:05  
 24 Tim Riley (F) 42:11  
 25 Jutta McCormick (E) 42:22  
 26 Walt Van Zant (K) 42:27  
 27 Jim Wurm (A) 43:05  
 28 Tom Zades (J) 43:24  
 29 Chris Hallen (F) 43:25  
 30 Dena Noble (C) 43:47  
 31 Rich Collins (H) 44:18  
 32 Hanna Laine 44:38  
 33 Antonina Ettare (K) 44:43  
 34 Georgia Riley (E) 45:01  
 35 Danny Moon (J) 46:58  
 36 Annette McPhail (G) 46:59  
 37 Dave McCarten (I) 51:15  
 38 Madelyn Moon (B) 53:51  
 39 Howard Powers (D) 61:16  
 40 Ira Karp 61:20

The letter in parenthesis shows the team that the runner was a member of.

#### Team Scores

1	Team A	42
2	Team B	48
2	Team C	48
2	Team F	48
5	Team G	49
6	Team I	50
7	Team H	51
8	Team D	52
8	Team K	52
10	Team E	54
11	Team J	67

We lucked out on the weather this morning. It rained moderately during the warmup and fairly hard shortly after we finished. But, during the actual run, nary a drop came down. We started and finished under the gym overhang, just as we did last year, because of the rain threat rather than using the normal start/finish in the tennis court parking lot. This probably shortened the normal 5.37-mile course by about 50 yards.

Dave Piazza, who was running the course for the first time, was assisted by Dave Fergus, who kept yelling the directions. Piazza took off when they reached Fruitvale with about a mile to go to score the easy win. Katy led the ladies as she was assisted by Becki, who yelled at her a couple of times when she drifted off course.

Team A, led by the outstanding

performances of McKayla Plank and Jim Wurm, won three boxes of Valentine candy for their win. All teams were rated to score between 50 and 52 points. McKayla ran 3 places better than estimated and Jim a whopping 5 places. Jim attributed his performance to the fact that he now only eats 6 donutes per day rather than a dozen. Danny Moon, slowed by the effects of a recent surgery, led his team to a last place finish by finishing 22 places farther back than expected. Danny was in 4th place after about 2 miles and then quickly worked his way back through the field to finish 35th. Annette had pity on him and let him finish just in front of her.

Some notable performers included Pauline Beatty, who improved by 3 1/2 minutes over last year, Kevin Murphy, who started slow and then moved through the field, easily passing Jim Wurm and Walt Van Zant going up the Sobey hill and pulling away from a pack of 4 over the last mile, Annette McPhail, who improved by 4 minutes, Georgia Riley, who improved by 4 minutes, Sue Francis, who improved by 2 1/2 minutes, and Danny who ran 12 minutes slower than last year. Pansies who failed to run because of the potential terrible weather included Ed Gavin and Grace Voss. During our breakfast discussion after the race, some felt that these DNS (did not start) should count as double points in the unknown runner contest.

### 2/11/01 - Jed Smith 50K

Cecil Baumgartner 3:49:27 1st-50/54

### 2/24/01 - Almond Blossom 1 Mile

Fred Martin 5:40 1st-50+  
Fred said that it was very windy and rainy during this race, accounting for his drop from 5:18 last year to 5:40 this year.

### 2/24/01 - Almond Blossom 8K

Fred Martin 32:53 4th-50+  
The weather got even worse during the 8K, which started a few minutes after the finish of the mile. Fred was happy that he could just finish the race.

### 3/3/01 - Run For The Seals 4M

Ken Noel 28:58 4th-60+  
Jutta McCormick 30:45 1st-60+

### 3/4/01 - Napa Valley Marathon

Dave McIntyre 3:56:xx  
The was the first time under 4 hours for Dave -- Not bad for a 215 heavyweight runner.

### 3/11/01 - Mercury/News 10K

Bob Ebert	32:50	3rd-40+
Bob Pickens	33:42	6th-40+
Dan Sauers	34:11	
Mark Stauffer	35:54	
Gilbert Munoz	36:03	
Dan Anderson	36:27	
Jeff Rohrer	36:38	
Greg Burke	40:07	
Tim Rostege	42:21	
Art Mitchum	42:24	
Greg Bunker	44:41	
Kathy Frank	45:02	1st-50+
Ed Gavin	46:38	
Tom Zades	48:29	
Jonathan Lee	50:04	

### 3/15/01 - 50+ 8K

Arturo Rodriguez	28:28	5th-50+
Norm Gould	31:17	
Ralph Poole	31:26	1st-65+
Tom Warfel	32:01	
Fred Martin	32:14	
Joe Hurtado	32:32	2nd-60+
Dick Chimenti	32:48	
Walt Radloff	33:02	
Rod MacKinlay	33:19	5th-60+
Tim Rostege	33:30	
Rick Kananen	34:08	
Ken Noel	34:10	
Norm Saucedo	34:33	5th-65+
Dave Norlander	35:14	
Jutta McCormick	37:16	3rd-60+
Tom Zades	38:10	
Dave Bauer	38:25	
Bill Flodberg	38:54	
Gene Antonides	39:03	
Glynn Wood	40:52	
Georgia Riley	40:57	
Ed Reyna	41:28	3rd-70+
John Pickens	43:00	
Howard Powers	44:00	1st-75+
Boyce Jacques	44:22	
Terri Kinsch	44:30	
Madelyn Moon	46:07	
Helen MacKinlay	47:14	
Ruby Hurtado	47:33	
Jack Friedlander	50:22	4th-75+
Joyce Friedlander	51:36	

### 3/25/01 - Houlihan's 12K

Bob Ebert	41:16	2nd-45+
Dan Sauers	42:18	1st-50+
Brian Davis	42:51	4th-45+
Bob Pickens	43:05	
Dave Piazza	44:53	
Charles Lighty	44:55	
Katy Spink	44:58	

Craig Whichard	45:12	
Dan Anderson	45:15	
Jeff Rohrer	45:19	
Fred Martin	49:26	
Ralph Poole	49:33	1st-65+
Joe Hurtado	50:18	2nd-60+
Rich Hahn	51:07	
Cecil Baumgartner	51:18	
Marian Richard	51:26	
Tina Lount-Pretre	51:33	
Art Mitchum	51:54	
Marlon Menezes	53:38	
Kelly Emo	54:20	
Kathy Frank	55:03	2nd-50+
Ken Noel	58:13	
Norm Saucedo	59:07	5th-65+
Elaine Erickson	59:47	
Pauline Beatty	59:50	
Demetruis Olsen	60:08	
Jutta McCormick	60:41	2nd-60+
Mark Winitz	61:35	
Dena Noble	62:03	
Antonina Ettare	63:15	
Chris Hallen	63:27	
Tim Riley	64:03	
Ed Reyna	65:05	3rd-70+
Georgia Riley	66:24	
Annette McPhail	70:36	
Howard Powers	73:07	1st-75+
Ruby Hurtado	77:20	
Dave McCarten	77:42	
Jack Friedlander	80:18	2nd-75+
Joyce Friedlander	84:46	

### 3/31/01 - Juana Run - 1 Mile

Jutta McCormick 6:45 1st-60+

### 3/31/01 - Carlsbad 5K

Arturo Rodriguez 17:19 6th-50+

### 4/1/01 - The Great Race - 4.0

<u>Miles</u>		
Bob Pickens	21:15	2nd-40+
Jim Angelopoulos	21:42	3rd-30+
Scott Bang	21:53	5th-30+
Dave Piazza	22:29	3rd-30+
Jeff Rohrer	23:00	4th-40+
Norm Gould	24:31	4th-50+
Dimitrios Stafanidis	24:58	
Tom Warfel	25:06	5th-50+
Rich Hahn	25:35	
Dick Chimenti	25:38	
Bob Lilly	25:48	
Ralph Poole	25:50	1st-60+
Gregg Bunker	26:25	
Tim Rostege	26:44	2nd-60+
Norm Saucedo	26:48	3rd-60+
Jim Bordoni	26:48	

Kelly Emo	26:53		Bob Pickens	35:18		Luis Casillas	20:28	3rd-15+
Cecil Baumgartner	26:56		Dave Piazza	35:45		Marian Richard	20:49	4th-40+
Sue Francis	27:02	3rd-40+	Brian Davis	35:58		Sue Francis	21:12	1st-45+
McKayla Plank	27:41	3rd-	Dan Anderson	36:01		Kathy Frank	21:32	1st-50+
Under14			Jeff Rohrer	36:48		Ken Noel	21:37	
Jim Myers	27:58		Becki Kriege	37:49	4 <sup>th</sup> -30+	Norm Saucedo	21:45	3rd-65+
Dena Noble	29:50		Ralph Poole	39:34	1 <sup>st</sup> -65+	Rod MacKinlay	21:59	
Tom Zades	30:13		Dimitrios Stefanidis	39:54		Pauline Beatty	22:57	
Pauline Beatty	30:17		Jim Bordoni	40:31		Bill Flodberg	23:11	4th-65+
John Pickens	31:41		Joe Hurtado	40:45	2 <sup>nd</sup> -60+	Walt Van Zant	23:14	
Dan Duston	32:18		Tom Warfel	41:07		Jutta McCormick	23:35*	2nd-60+
Georgia Riley	32:26		Rich Hahn	41:26		Glynn Wood	24:51	
Ephraim Romesberg	33:31	3rd-70+	Marian Richard	41:59	5 <sup>th</sup> -40+	Mark Winitz	25:01	
Dave McCarten	34:01		Kelly Emo	42:24		Georgia Riley	25:19	4th-55+
Terri Kinsch	34:43		Sue Francis	42:29	1 <sup>st</sup> -45+	Antonina Ettare	25:21	5th-45+
Linda Legregni	36:00		Tim Rostege	42:43	4 <sup>th</sup> -60+	John Pickens	25:23	
Joyce Friedlander	37:01	1st-60+	Rick Kananen	43:14		Chris Hallen	25:23	5th-50+
Jack Friedlander	40:26		Ken Noel	43:21	5 <sup>th</sup> -60+	Tim Riley	25:35	

#### **4/7/01 - American River 50-Miler**

Cecil Baumgartner	7:54:47	
Todd Hayes	8:40:xx	
Cecil improved his course PR by 6:15 while coming from 15 minutes behind Todd at the 30-mile mark to edge him by 46 minutes. Cecil said the course was very muddy.		

#### **4/8/01 - Nicky's Rainbow 10K**

Dan Anderson	31:51	2nd-40+
Dan finished 2nd overall in this race.		

#### **4/8/01 - Discovery Bay 5K**

Georgia Riley	24:00	2nd-50+
Tim Riley	27:02	

#### **4/16/01 - Boston Marathon**

Joe Hurtado	3:07:26	2nd-60+
Laura Lopez	3:42:48	
Chris Hallen	4:07:28	

#### **4/22/01 - Compaq 10K**

Dan Sauers	33:48	1 <sup>st</sup> -50+
Jim Angelopoulos	34:49	

Norm Saucedo	44:30	3 <sup>rd</sup> -65+
Pauline Beatty	47:57	
Don Packwood	47:59	
Jutta McCormick	48:06	2 <sup>nd</sup> -60+
Tom Zades	48:27	
Elaine Erickson	48:55	
Walt Van Zant	49:02	
Mark Winitz	50:18	
Anna Luo	50:49	
Eddie Reyna	52:02	2 <sup>nd</sup> -70+
Antonina Ettare	52:06	4 <sup>th</sup> -45+
Jack Friedlander	62:06	1 <sup>st</sup> -75+
Joyce Friedlander	67:48	4 <sup>th</sup> -60+

#### **4/29/01 - Big Sur 5K**

Bob Ebert	16:35	2nd-45+
Dan Sauers	16:47	1st-50+
Brian Davis	17:30	
Bob Pickens	17:31	
Craig Whichard	17:41	
Scott Bang	17:49	
Jeff Rohrer	18:00	
Katy Spink	18:03*	3rd-25+
Jim Bordoni	18:52	
Jose Casillas	20:13	
Joe Hurtado	20:25	3rd-60+

Ed Reyna	25:43	2nd-70+
Howard Powers	26:56	1st-75+
Diane Bordoni	27:41	
Helen MacKinlay	29:05	4th-60+
Ruby Hurtado	29:57	

#### **4/29/01 - Strawberry Run For**

##### **Lupus 5K**

Mark Isaackson	?	2nd-40+
Dick Chimenti	19:34	2nd-50+
Greg Bunker	19:xx	3rd-50+
Kelly Emo	21:10	2nd-30+
McKayla Plank	21:1x	1st-13
Sally Plank	?	

#### **5/6/01 - Devil Mountain 5K**

Gail Campbell	21:42	2nd-50+
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#### **5/11/01 - Human Race 5K**

Greg Burke	18:17	2nd-40+
Gail Campbell	20:31	1st-40+

#### **5/11/01 - Human Race 10K**

Dave Norlander	43:12	3rd-40+
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