



WVJS



VOL XXXXIII-#1 WEST VALLEY JOGGERS & STRIDERS May 2013

Saturday Workouts

06/08/13	All Courses Day	08/17/13	Farwell (3.54M)
06/15/13	Valle Vista (3.0 miles)	08/24/13	36 x 200 Relay
06/22/13	Triangle Run (4.76M)	08/31/13	Short Six (5.74M)
06/29/13	Doug/Sar/Frtvle (2.75M)	09/07/13	4x1.46M WVC Loop Relay
07/06/13	800/1500/3000 Day	09/14/13	18 x 0.33M Tennis Court Loop Relay
07/13/13	One Mile on the track	09/21/13	Valle Vista (3.0 miles)
07/20/13	Farwell/H (4.68M)	09/28/13	Step-up & Step-down Relay
07/27/13	5K on the track	10/05/13	6 x 1600 Relay
08/03/13	One Mile on the track	10/12/13	Triangle Run (4.76M)
08/10/13	12 x 600 Relay	10/19/13	12 x 800 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

07/21/13	San Rafael Mile (1.0)
10/20/13	Humboldt Half Marathon (1.5)
11/10/13	Clarksburg Half Marathon (1.5)
11/28/13	Sil Val 5K (2.0) – Open only
12/08/13	Cal Intl Marathon (2.0)
12/15/13	Xmas Relays (1.0)

Racer of the Year

	Fastest Farwell Time
	Fastest Marathon
	Fastest Half Marathon
	Fastest of 2 Designated Track Miles
	Fastest of 2 Designated Track 5Ks
06/16	Holy City Race
07/21	San Rafael Road Mile
08/10	Dammit Race
08/17	Santa Cruz XC Race

Other Races

06/16	Run in Name of Love 5K/Carmel
06/16	San Francisco Marathon
06/23	Packard 5K/10K-Palo Alto
06/30	The Alamo Run-5K in Alamo
07/04	Redwood City 5K
07/04	Morgan Hill 5K
07/07	Golden Gate Park 10K
07/14	Xmas in July 5K-Los Altos
07/14	Jungle Run in Los Gatos

Miscellaneous Drivel

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

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

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>

Annual club dues of \$20 per person or \$30 per family (\$1 for students) are now due. Members who joined the club after 10/31/12 are paid through the end of 2013.

A reckless driver made an unsuccessful attempt to kill **Don Packwood** Saturday, 5/11. Don was pedaling along De Anza Blvd. on the way to Carrow's after the workout. A jerk in a silver Explorer went through a red left turn arrow, tried to get through in front of Don, who was crossing the intersection, but didn't clear. Don could not react in time to avoid hitting the right rear fender and falling hard. The jerk decided that since he had already gone through a red light and caused an accident that he would add leaving the scene of an accident to his list of infractions. He got away with it. Big Mac, who was close behind and more concerned with Don's condition, did not get the license plate number. Mac called 911, and soon 5 emergency vehicles were at the scene. Don refused an ambulance ride to a hospital and rode his bike home.

Carl Petersen broke his own club 75+ record for 75+ runners and the Farwell/H 75+ record. Subsequently, **Bill Dodson** came back to break Carl's 75+ Triangle record.

Georgia Riley broke the women's 65+ record for the Triangle course and **Marcia Morrison** then broke Georgia's 65+ record for the Short Six course.

Becki Kriege broke a 17-year-old club women's 45+ record set by **Sue Francis** for the Triangle course.

Geoff Bradley finally lost a club Saturday road run on 6/1 after scoring 9 consecutive wins.

Sixty year old **Jim Bordoni** ran a 2:31 800 meter at the Bay Area Senior Games.

Don Dugdale, who authored times of 14:05 for the Douglas course, 15:47 for the Valle Vista course, 18:38 for Farwell, 25:21 for Farwell/H, 25:47 for Triangle, and 31:01 for the Short Six a few years back, has now turned to writing a book. It covers the stories of four diverse families during the period of 1846 through 2000. More information regarding this book, which sells for \$19, can be found at <http://www.wemaychoose.com>

Jose Pina Jr, who attends Lincoln high school, ran 4:27 for the 1600M and 9:24 for the 3200M during his sophomore season.

Grant Jacobson had another good season with his Cupertino high school team as he improved his 1600M and 3200M times to 5:03 and 11:04, the latter time coming on a very warm day.

Paul Armstrong coached his Cupertino varsity boys and varsity girls to 3rd place finishes during their El Camino league dual meet season.

Jake White coached his Lynbrook varsity boys to a 2nd place finish and his varsity girls to a 3rd place finish during the Deanza Athletic league dual meet season.

Dave Norlander broke a bone in his foot that would not heal. So, he had surgery wherein they put a screw into his bone in order to help it heal. He seems to be getting better and may soon start to do a little jogging.

Kat Powell (6?) and **Bill Dodson** (4?) ran at least a combined 10 ultra races during the first few months of this year.

Dick Chimenti turned 70 in January and has been tearing up the competition since that time except for a guy by the name of Hans Schmidt. 70+ club members have been considering taking up a collection to pay for Hans taking a long vacation in Siberia near the time of the Cal Intl Marathon and Xmas Relays.

Todd Hayes has been suffering from Achilles tendinitis for many months. He has laid off from running quite a bit but has also run a couple of ultras recently to insure that his Achilles stays injured.

Alvin Jackson had successful surgery to repair his heart valve. He is doing well and will be able to run in the future but this surgery takes a long time to recover from.

2013 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 (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. . The point totals through 3/31/13 are as follows:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>
Ken Camet	939	100	1,039	Tom Warfel	516	180	696
Jim Bordoni	480	300	780	Walt Van Zant	262	230	492

2012 PA/USATF Road Grand Prix

Open Men

Our open men's team has not yet scored this year. Aaron Lee is our team captain

Open Women

Our open women's team has not yet scored this year.

40+ Men

Our 40+ men's team is presently in 8th place. Jorn Jensen is our team captain. He and Calvin Do are in 34th and 42nd places in the short race division for 40+ runners.

40+ Women

Our 40+ women's team has not yet scored this year. Becki Kriege is in 13th place in the short-race division of this age group.

50+ Men

Our 50+ men's team is presently in first place, leading by 9.5 points. Ken Camet is our 50+ team captain. Individually several club members are doing well in the 50+ category. In the short-race division Brian Davis is in 2nd place, Ken Camet is in 5th, Dino Delyany is in 10th, Norry McAllister is in 14th, Barry Farrara is in 19th, Ray Rodriguez is in 21st, Jeff Rohrer is in 26th, David Woodruff is in 32nd, Adam Pince is in 34th, and Mike Krey is in 37th, Brian, Ken, and Barry are in 4th, 5th, and 12th in the long-race division.

50+ Women

Our 50+women's team has not yet scored this year.

60+ Men

Our 60+ men's team is presently in 2nd place. Scott Graham is the team captain. Individually, Bill Dunn is in 2nd place in the short-race division and is followed by Jim Bordoni in 4th, Mark Goldman in 19th, Des Knuckey in 25th, and Dan Anderson in 28th. Bill Dunn and Dan Anderson are in 6th and 23rd places in the long-race division.

60+ Women

Our 60+women's team has not yet scored this year.

70+ Men

Our 70+ men's team is presently in 2nd place, 3.5 points out of first. Eddie Reyna is the team captain. Individually, Dick Chimenti, Joe Hurtado, Bob Lord, Bill Dodson, And Carl Petersen are in 2nd, 4th, 5th, 7th, and 9th places in the short-race division. Joe Hurtado, Bill Dodson, Carl Petersen, Bob Lord, and Bill Jones are in 2nd, 4th, 6th, 7th, and 10th places in the long-race division.

80+ Men

Eddie Reyna leads both the short-race and long-race divisions in this age category.

2013 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 receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 7 different events in order to be eligible for an**

award. The remaining events included in this contest are listed on page 1. . The standings to date for 2013 for all who have scored in three or more races are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races as two races. The 2nd number is the total number of events competed in.

Elite Division

Scott Bang (8-5)	200
Scott Bang (6-4)	196

A Division

Ken Camet (8-8)	200
Norry McAllister (8-6)	172
Geoff Bradley (5-4)	122
Ron Blancas (3-3)	68

B Division

Dino Delyani (8-5)	194
George Lo (8-7)	189
Mike Krey (8-6)	171
Bill Dunn (6-3)	140
Jim Bordoni (6-4)	106
Becki Kriege (4-3)	97

C Division

Mark Goldman (6-4)	134
Dan Anderson (5-3)	116
Glenn Kishi (6-5)	114
Robert Navarrete (5-5)	112
Jeff Rohrer (4-3)	97
Des Knuckey (4-3)	91
Maneesh Agarwal (3-3)	74
Jim Howe (3-3)	63
Dave McIntyre (3-3)	56

D Division

Joe Hurtado (8-7)	198
Bill Dodson (8-5)	185
Bob Lord (8-5)	183
Carl Petersen (8-5)	175
Mike Kolesnik (4-3)	92

E Division

Eddie Reyna (6-3)	150
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SATURDAY WORKOUT RESULTS

1/5/13 – 6x1600M Relay

Pl	Team	Start	Finish
1	Wong/Williams	4:00	42:30
2	Blue/B.Kriege	-0-	42:53
3	Tran/Garza	2:30	43:27
4	Norlander/McAllister	3:30	43:31
5	Spink/Lee	4:15	43:33
6	Russell/Samson	3:00	44:01
7	Zelinski/Navarrete	3:00	44:05
8	Goldman/Pickens	3:00	44:17
9	Packwood/Bang	2:15	44:36
10	Bedolla/Lo	4:15	44:49
11	McIntyre/Krey	3:15	45:03
12	Beatty/Waggoner	3:00	45:20
13	Moon/Bordoni	4:15	45:29
14	Rosenblum/Delyani	4:15	45:54

Dick Barrett Trophy Winner – Norlander & McAllister

Big turnout for a track workout this morning. The Williams team won handily. Thereafter, there were several close finishes. Bjorn Samson led the guys with a 5:39 average and Becki Kriege led the ladies with a 6:09 average.

1/12/13 – Triangle Run – 4.76 Miles

1	Geoff Bradley	29:16 PR
2	Ken Camet	29:18 PR
3	Roberto Palos	29:25
4	Norry McAllister	29:41
5	Andy Williams	29:50
6	Scott Bang	31:26
7	Dino Delyani	31:45

8	Kristina Park	31:45
9	George Lo	32:49
10	Dave Piazza	34:43
11	Phil Spink	35:45
12	Dave McIntyre	36:08
13	Danielle Zelinski	36:15
14	Jeff Bedolla	37:20
15	Glenn Kishi	38:17
16	Joe Hurtado	39:12
17	Carl Petersen	39:26
18	Bob Lord	40:07 PR
19	Dave Norlander	42:07
20	Chris Blue	42:21
20	Pauline Beatty	42:21
22	Kat Powell	44:30
23	Don Packwood	45:35
24	Alvin Jackson	46:10
25	Georgia Riley	46:53
26	Mike Kolesnik	48:54
26	Slim Pickens	48:54
28	Tim Riley	49:40
29	Tom Warfel	63:31

Dick Barrett Trophy Winner – Geoff Bradley

Low 30s when we arrived for the run this morning. Amazingly, 29 runners and alleged-runners showed up for this run and we had a fair amount of very good performances. Geoff Bradley came from behind during the last 200 meters to sprint by Ken Camet and Roberto Palos for the win, receiving the weekly trophy for this performance. Geoff improved his PR by 67 seconds,

Ken improved his PR by 2½ minutes. Bob Lord improved his PR by 47 seconds. Kristina Park led the ladies. Joe Hurtado led a group of five elite 70+ runners. Carl Petersen set his 3rd 75+ course record and Georgia Riley broke her own 65+ course record by 2+ minutes. Kat Powell ran the 4th best-ever time for a club 60+ woman runner, moving slightly ahead of Madelyn Moon. Dave McIntyre improved his 50+ best by 54 seconds. Norry moved to #11 on the men's 55+ list with a 58-second improvement of his 55+ best. Thanks to Jim Bordoni for doing the timing.

1/19/13-Dou/Sa/Frtvle-2.75 Miles

1	Geoff Bradley	16:30 PR
2	Scott Bang	16:48
3	Norry MAllister	16:51
4	Grant Jacobson	17:29 PR
5	Kristina Park	17:31
6	Dino Delyani	17:40
7	George Lo	18:13
8	Mike Krey	18:21
9	Scott Graham	18:24
10	Phil Spink	18:34
11	Jeff Rohrer	19:02
12	Danielle Zelinski	19:08
13	Robert Navarrete	19:24
14	Des Knuckey	19:51
15	Rob Jacobson	20:10
16	Carol Bednar	20:17
17	Al Murray	20:48
17	Slim Pickens	20:48
19	Jeff Bedolla	21:01
20	Joe Hurtado	21:47

21	Helen Wong	21:48
22	Bob Lord	21:59
23	Becki Kriege	22:46
23	Liz Nast	22:46
25	Dave Norlander	22:47
26	Neil Gelblum	23:20
27	Carl Petersen	23:31
28	Kat Powell	23:36
29	Tim Rostege	23:50
30	Don Packwood	24:40
31	Georgia Riley	26:33
32	Tim Riley	27:32
33	Walt Van Zant	29:22
34	Jim Myers	30:23
35	Rich Hahn	43:39

Dick Barrett Trophy Winner – Geoff Bradley

Mid 30s when we arrived for the run and probably near 40 during the race. Geoff Bradley took home the weekly trophy as a reward for winning the race and improving his PR by 15 seconds. Kristina Park led the ladies. Norry finished 3rd, improving his 55+ best by 7 seconds. Another 55+ runner, Mike Krey, missed his all-time PR by 5 seconds. Danielle Zelinski missed her PR by 7 seconds. Her PR was set way back in August 1999. Carol Bednar's time put her #9 on the women's 45+ list. Al Murray ran this course for the first time in nearly 5 years and did not get lost. Scott Graham led the 60+ runners and Joe Hurtado led the 70+ crowd. Bob Lord missed his 70+ best by 6 seconds. Liz Nast ran a Saturday course with us for the first time since completing her cancer treatments. Kat Powell missed her 60+ best by 2 seconds. We had seven 70+ runners in the race and some who ran like 70+ runners. Thanks to Jim Bordoni and Pablo Roriguez for timing us. Jim Also stopped the traffic as we raced across Fruitvale Ave 300 yards after the start.

1/26/13-5K on the Track

1	Geoff Bradley	18:13.5 *
2	Ken Camet	18:18.4
3	Scott Bang	18:41.7
4	Norry McAllister	19:00.4 *
5	Becki Kriege	19:20.6
6	Kristina Park	19:28.9
7	George Lo	19:32.1 *
8	Dino Delyani	19:56.0 *
9	Mike Krey	20:39.6
10	Jim Bordoni	20:42.6
11	Maneesh Agarwal	20:45.3
12	Slim Pickens	20:51.1
13	Dave Piazza	21:08.2

14	Jeff Rohrer	21:26.6 *
15	Helen Wong	21:41.2 *
16	Robert Navarrete	22:04.0
17	Glenn Kishi	22:37.1 *
18	Jeff Bedolla	22:51.0
19	Dave McIntyre	22:57.x *
20	Carol Bednar	23:19.8
21	Jim Howe	23:23.8
22	Neil Gelblum	23:59.3
23	Ed Gavin	24:05.5
24	Bob Lord	24:37.5
25	Joe Hurtado	24:37.6 *
26	Bill Dodson	24:38.3
27	Mike Kolesnik	24:58.0
28	Carl Petersen	25:01.5
29	Pauline Beatty	25:36.1
30	Don Packwood	27:15.2
31	Chris Blue	27:50.4
32	Walt Van Zant	32:31.0
33	Jim Myers	34:31.x
34	Tom Warfel	36:46.x
34	Rich Stiller	36:46.x

* Ran faster than their 2012 track 5K.

Dick Barrett Trophy Winner – Geoff Bradley

Good race for first place on this balmy morning (low 50s) with the top three finishers staying together for about six laps, when Scott started to drop back. Then, with 500 meters to go Geoff Bradley surged and Ken gradually dropped back as Geoff pulled away to a 30-meter margin a victory at the finish line. Becki led the ladies, including 4 very good 40+ runners. Ken led the 50+ runners and Jim Bordoni led the 60+ runners. Bob Lord and Joe Hurtado led the six 70+ runners as they sprinted down the last straightaway with Bob winning by about an inch. Thanks to Pablo Rodriguez, Madelyn Moon, and Bob Pickens for helping at the finish line.

2/2/13-8x0.66M Tennis Court Loop

Relay

Pl	Team	Start	Finish
1	Gavin/McAllister	3:30	37:36
2	Gelblum/Waggoner	2:00	37:50
3	Warfel/Delyani	-0-	38:49
4	Rostege/Bang	3:15	39:11
5	Van Zant/Bradley	-0-	39:50
6	Moon/B.Kriege	4:15	40:01
7	Norlander/Spink	3:00	40:02
8	Petersen/Graham	2:30	40:03

9	Kev Vergho/Zelinski	3:15	40:31
10	Packwood/Park	3:15	40:33
11	Tyler Vergho/Wong	4:30	40:44

Dick Barrett Trophy Winner – Danielle Zelinski

Low fog this morning but better than normal temperature for early morning at this time of year at 50 degrees. Norry McAllister brought his team from a 17-second deficit at the start of the last loop to a 14-second winning margin. Scott Bang led all of the guys with a 3:42 average. Kristina Park led the ladies with a 3:53 average. Kevin Vergho ran with us for the first time in 21+ years and brought his son, Tyler, with him. Tyler is in middle school. They could not persuade grandpa Gary Vergho, who used to regularly run with us many years ago, to come to the workout. Thanks to Jim Bordoni and Pablo Rodriguez for timing us. Danielle took home the weekly trophy because she anchored the team that came closest to par for the relay – 40:30.

2/9/13-Farwell/H-4.68 Miles

1	Geoff Bradley	28:48	PR
2	Scott Bang	29:40	
3	Andy Williams	30:01	
4	Dino Delyani	30:24	
5	Kristina Park	30:41	
6	George Lo	31:22	
7	Ken Camet	31:35	
8	Gary Waggoner	32:03	
9	Mike Krey	32:16	
10	Dave Piazza	32:26	
11	Glenn Kishi	34:17	
12	Carol Bednar	35:00	
13	Robert Navarrete	35:17	
14	Dave McIntyre	35:59	
15	Jeff Bedolla	36:14	
16	Neil Gelblum	37:41	
17	Joe Hurtado	38:17	
17	Missy Sudan	38:17	
19	Carl Petersen	39:06	
20	Dave Norlander	40:37	
21	Chris Blue	41:14	
22	Pauline Beatty	41:17	
23	Don Packwood	42:03	
24	Kat Powell	43:22	
25	Alvin Jackson	47:36	
26	Chris Cassell	59:37	

Dick Barrett Trophy Winner – Kristina Park

Despite the cold weather (high 30s at the start), there were a lot of good performances this morning.

Geoff Bradley remained perfect for 2013 with three wins for the three Saturday courses that we have run. Kristina Park ran well again to lead the ladies and to win the weekly trophy. Carl Petersen broke the 75+ course record by 2 minutes. Carol Bednar recorded the all-time #8 best by a club woman runner. Chris Blue remained at #2 on the women's 60+ list but improved her age-group PR by 73 seconds and now trails #1 by 67 seconds. Kat Powell recorded the #4 time for 60+ women. Andy Williams improved his 50+ best by 41 seconds. 55+ runner Dino Delyani missed his all-time PR by 5 seconds. George Lo missed his all-time PR by 16 seconds. Glenn Kishi improved his 50+ PR by 2 minutes. Thanks to Jim Bordoni, Rich Hahn, and Danny Moon for helping at the finish line.

2/23/13-Farwell-3.54M

1	Geoff Bradley	21:07 PR
2	Ken Camet	21:18 PR
3	Norry McAllister	21:53
4	Andy Williams	22:15
5	Jean Harris	22:22
6	Bjorn Samson	22:28
7	Kristina Park	22:47
8	Ron Blancas	22:54
9	Dino Delyani	22:58
10	Scott Bang	23:21
11	Phil Spink	23:25 PR
12	Jim Bordoni	23:28
13	Maneesh Agarwal	23:30
14	Gary Waggoner	23:33
15	Mike Krey	24:41
16	Danielle Zelinski	25:07
17	Robert Navarrete	25:35
18	Carol Bednar	25:37
19	Jeff Bedolla	27:09
19	Neil Gelblum	27:09
21	Ed Gavin	27:25
22	Helen Wong	27:58
23	Dave McIntyre	28:23
24	Bob Lord	29:19
25	Glenn Kishi	29:28
26	Catherine Frye	29:29
27	Carl Petersen	29:56
28	Pauline Beatty	30:58
29	George Lo	31:04
30	Ida Rosenblum	31:05
31	Joe Hurtado	31:44
32	Don Packwood	33:07
33	Kat Powell	33:47
34	Alvin Jackson	33:52
35	Jim Myers	38:17
36	Tom Warfel	53:43 RW

Dick Barrett Trophy Winner – Jim Bordoni

Geoff Bradley pounced on Ken Camet shortly after he and Ken came into the final straightaway and sprinted to his fourth win in the four times that we have run a Saturday course this year. He PRd by 48 seconds and Ken PRd by 38 seconds. Kristina led the ladies. Other notable performances included Jim Bordoni recording the 10th best-ever time by a club 60+ runner (51 sixty year-olds have run this course), pushing Joe Hurtado's 23:29 to 11th place., Carol Bednar running the 9th best time by a female 45+ runner, Carl Peterson improving his own 75+ course record by 43 seconds, Phil Spink improving his PR by 4 ½ minutes, Norry improving his 55+ best by 10 seconds, Dino improving his 55+ best by 1 second, Gary Waggoner improving his 45+ best by 20 seconds, Danielle running 72 seconds better than her 2012 time, Jim Myers running 68 seconds better than his 2012 time, and the injured Tom Warfel strolling through a 15-minute per mile walk to finish in 53 minutes. Thanks to Aaron Lee and Dave Norlander for helping at the finish line. Aaron will never make it as a doctor as his handwriting was excellent.

3/2/13-4x1.46M WVC Campus Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	K.Vergho/T.Vergho	-0-	45:21
2	Bedolla/Knuckey	4:15	45:31
3	Piazza/Zelinski	5:00	46:00
4	Navarrete/Delyani	7:30	46:17
5	Gelblum/Waggoner	6:00	46:29
6	Collins/McAllister	3:15	46:52
7	Lee/Bradley	10:15	47:21
8	Frye/Park	6:30	47:32
9	Gavin/Powell	:15	48:23
10	Goldman/Wong	5:00	49:25

Dick Barrett Trophy Winner – Kevin Vergho & Tyler Vergho

The Vergho team started first and stayed there the rest of the race. Norry McAllister led the guys, nipping Geoff Bradley by 0.4 seconds. Kristina led the ladies. Gary Vergho came out to see us for the first time in about 20 years. Tom Warfel and Rich Stiller teamed up at an unknown time to record a team time of 70:46. Tom impressed us with his splits of 21:21 and 21:04 but

Rich was even more impressive with splits of 14:32 and 13:49. Thanks to Jim Bordoni, Dave Norlander, Danny Moon, and Pablo Rodriguez for setting up the relay and helping at the finish line.

3/9/13-Short Six-5.74M

1	Geoff Bradley	36:07 PR
2	Roberto Palos	36:15 PR
3	Adam Prince	36:22
4	Andy Williams	37:17
5	Kristina Park	38:01
6	Dino Delyani	38:31
7	Gary Waggoner	39:29
8	Ron Blancas	39:29
9	Phil Spink	40:34
10	Mike Krey	40:59
11	Dave Piazza	41:37
12	Aaron Lee	41:40
13	Des Knuckey	42:26
14	Robert Navarrete	43:00
15	Helen Wong	43:02
16	Mark Goldman	44:00
17	Neil Gelblum	44:16
18	Jeff Bedolla	44:30
19	Dave McIntyre	45:32
20	Ken Camet	45:47
21	George Lo	45:48
22	Tyler Vergho	46:22
23	Ed Gavin	46:42
24	Kevin Vergho	47:48
25	Bob Lord	48:52 PR
26	Carl Petersen	50:43
27	Mike Kolesnik	52:12
28	Kat Powell	54:37
29	Pauline Beatty	58:01
29	Lindsay Garcia	58:01
31	Don Packwood	69:09
32	Tom Warfel	89:07

Dick Barrett Trophy Winner – Geoff Bradley

The top three finishers hit the college entrance bunched and then Geoff unleashed his kick to easily score his 5th consecutive road win of the year. Roberto and Adam, who will turn 50 later this year, finished 2nd and 3rd. Kristina led the ladies. Andy Williams, running for the first time on this course as a 50+ runner, tied Jeff Rohrer and Ken Camet on the 50+ list, just one second behind Don Dugdale. Club members running age group PRs included Dino Delyani (29 seconds in 55+ group), Gary Waggoner (79 seconds in 45+ group), Dave McIntyre (93 seconds in 50+ group), and Ed Gavin (9 seconds in 50+ group). Carl Petersen missed the 75+ course record by 36 seconds. He will have to run much better the next

time that we run this course if wants to hold off Bob Lord, who will turn 75 late this year. Thanks to Rich Hahn and Danny Moon for timing the runners.

3/16/13-Valle Vista-3M

1	Geoff Bradley	17:49 PR
2	Roberto Palos	18:14
3	Scott Bang	18:22
4	Andy Williams	18:23
5	Bjorn Samson	18:50
6	Kristina Park	18:56
7	Gary Waggoner	19:33
8	George Lo	20:01
9	Jim Bordoni	20:03
10	Phil Spink	20:12 PR
11	Jeff Rohrer	20:32
12	Aaron Lee	20:33
13	Des Knuckey	20:37
14	Danielle Zelinski	21:17 PR
15	Carol Bednar	21:41
16	Neil Gelblum	22:10
17	Mark Goldman	22:21
18	Jeff Bedolla	22:37
19	Ed Gavin	23:06
20	Ida Rosenblum	23:47
21	Catherine Frye	24:09
22	Bill Dodson	26:00
23	Heather Rohrer	26:06
24	Alvin Jackson	26:26
25	Carl Petersen	27:14
26	Kat Powell	28:04
27	Chris Blue	28:32
28	Rich Collins	28:47
29	Georgia Riley	29:29
30	Jim Myers	33:01
31	Don Packwood	35:19 RW

Dick Barrett Trophy Winner – Danielle Zelinski

Geoff extended his Saturday road winning streak to 6 with an easy win this morning. He also improved his PR by 34 seconds. Kristina again led the ladies. Phil Spink improved his PR by 76 seconds. Danielle improved her PR by 50 seconds. Carol Bednar ran the #9 best-ever by a club woman 45+ runner. Bill Dodson became the 4th club 75+ runner to complete this course while saving himself for a 12K race tomorrow. Kat Powell improved her 60+ best by 2 seconds, Rich Collins improved his 70+ best by 12 seconds. This run completed our first cycle of running the six Saturday courses with 7 club members now having completed all of the courses early in the year. Our finish line helpers this morning included Dave Norlander, Ken Camet, Jim Myers, and Danny Moon

3/23/13-18x0.33M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Chimenti/Bedolla/Delyi	2:15	39:59
2	Collins/Jackson/Park	-0-	40:28
3	Navarr/Krey/M.Kriege	3:45	40:59
4	Gavin/Wong/Waggoner	3:30	41:32
5	Rosenblm/Gelblum/Lo	3:45	41:53
6	T.Riley/T.Verg/Samson	:30	42:34
7	Petersen/K.Ver/Spink	3:30	42:48

Dick Barrett Trophy Winner – Jeff Bedolla

70+ runner Dick Chimenti put his team into the lead during the 16th leg and his two teammates lengthened the lead as the Delyani team ran 61 seconds under their team rating for the win. Bjorn had the best total individual time at 10:22 and Kristina Park led the ladies with the second best overall time of 11:06. Danny Moon ran 6 consecutive half-lappers in 16:13. Jim Bordoni took all of the splits at the halfway point before driving to San Francisco to compete in a track meet. Thanks to Don Packwood and Dave Norlander for taking the splits at the start/finish line. Dave learned this week that he may have to wear the cast on his foot for possibly another four weeks.

3/30/13-Triangle – 4.76 Miles

1	Geoff Bradley	28:43 PR
2	Norry McAllister	29:49
3	Scott Bang	30:32
4	Becki Kriege	30:38
5	Kristina Park	30:59
6	Dino Delyani	31:32
7	Ken Camet	31:48
8	George Lo	31:56
9	Aaron Lee	33:32
10	Des Knuckey	33:40
11	Robert Navarrete	34:36
12	Mark Goldman	35:05
13	Phil Spink	35:33 PR
14	Helen Wong	35:43
15	Neil Gelblum	35:57
16	Jeff Bedolla	36:20
17	Scott Graham	36:28
18	Danielle Zelinski	37:34
19	Ed Gavin	37:44
20	Catherine Frye	38:48
21	Bill Dodson	39:11
22	Joe Hurtado	39:42
23	Carl Petersen	40:33
24	Dave McIntyre	40:42
25	Kat Powell	42:25

26	Don Packwood	56:06 RW
27	Tom Warfel	73:21

Dick Barrett Trophy Winner – Becki Kriege

Geoff easily won for the 7th Saturday road run in a row. Becki broke the women's 45+ record, which was set by Sue Francis 17 years ago, by 8 seconds. Bill Dodson broke Carl Petersen's 75+ record, which was set a few months ago, by 15 seconds. Kat Powell improved her 60+ best by 2 minutes to move #3 on the women's 60+ list. Dino improved his 55+ best by 4 seconds.

4/6/13-16 x 300M Relay

Pl	Team	Finish
1	Samson/Rosenblum	16:29
2	Bang/T.Vergo	16:35
3	Bordoni/Woodruff	16:36
4	Park/Gelblum	16:38
5	Waggoner/Krey	16:46
6	Bradley/Moon	17:07
7	Goldman/McAllister	17:19
8	Wong/K.Vergo	17:55
9	B.Kriege/Chimenti	18:03

Dick Barrett Trophy Winners – Bjorn Samson & Ida Rosenblum

The Rosenblum team grabbed the lead near the end of the first half of the relay and then held onto a narrow win over the Tyler Vergho team. Dave Norlander did a great job of putting together a competitive race as the first five teams finished within 17 seconds of each other. He was ably assisted at the finish line by Matt Kriege and Carl Petersen.

4/13/13 - Dou/Sar/Frvtle

1	Geoff Bradley	16:02 PR
2	Ken Camet	16:20 PR
3	Scott Bang	16:36
4	Bjorn Samson	16:42
5	Kristina Park	17:23
6	Dino Delyani	17:32
7	Maneesh Agarwal	17:41
8	Gary Waggoner	17:45
9	Jeff Rohrer	18:13
10	Mike Krey	18:18
11	Dave Woodruff	18:24
12	Des Knuckey	18:25
13	Phil Spink	18:59
14	Bill Dunn	19:00
15	Robert Navarrete	19:12
16	Danielle Zelinski	19:34
17	Neil Gelblum	19:58

18	Jeff Bedolla	20:01	9	Ed Gavin	36:53
19	Aaron Lee	20:04	10	Catherine Frye	37:47
20	Ida Rosenblum	20:18 PR	11	George Lo	44:45
21	Helen Wong	20:58	12	Uynethi Tran	44:52
22	Mike Kolesnik	21:27	12	Danny Moon	44:52
23	Dave McIntyre	21:50	12	Chris Blue	44:52
24	Heather Rohrer	21:55	15	Georgia Riley	49:59
25	Bob Lord	22:15	16	Tim Riley	51:03
26	Carl Petersen	23:01	17	Tom Warfel	54:27
27	Kat Powell	23:08	18	Don Packwood	54:37 RW
28	Pauline Beatty	23:33			
29	Bill Dodson	24:33			
30	Joe Hurtado	26:58			
31	Don Packwood	31:11 RW			
32	Rich Stiller	42:44			
32	Tom Warfel	42:44			

Dick Barrett Trophy Winner - Ken Camet

Geoff Bradley, despite losing maybe 20 seconds early in the run while retying his shoelaces, won a Saturday road race for the 8th time in a row. He improved his PR by 28 seconds, which allowed him to jump past 36 runners on the overall all-time list. There were many other notable performances this morning. Ken Camet improved his PR by 17 seconds. Ida improved her PR by 41 seconds. Kristina led all of the ladies. Dino improved his 55+ best by 8 seconds. Gary Waggoner improved his 45+ best by 8 seconds. Jeff Rohrer ran his best time on this course in nearly 3 years. Dave Woodruff ran his best time on this course in 2+ years. Bill Dunn recorded the #8 all-time best by a club 65+ runner. Neil Gelblum improved his 65+ best by 29 seconds. Kat Powell took 29 seconds off her 60+ PR. Bill Dodson ran a 50-mile race last Saturday and a 10-mile race the next day and then came back this Saturday to run the #4 best by a club 75+ runner. Rich Stiller and Tom Warfel had a nice time strolling the course. Thanks to Dave Norlander, Pablo Rodriguez, and Danny Moon for helping at the finish line.

4/20/13-Farwell/H – 4.68M

1	Andy Williams	29:27
2	Kristina Park	30:04
3	Gary Waggoner	30:51
4	Maneesh Agarwal	31:20
5	Scott Bang	34:10
6	Helen Wong	34:14
7	Jeff Bedolla	34:51
8	Neil Gelblum	35:31

Dick Barrett Trophy Winner – Jeff Bedolla

Geoff Bradley was not able to come to the workout this morning. So, someone other than him won a Saturday run for the first time this year. Andy Williams won while bettering his 50+ best by 34 seconds. Kristina led the ladies, coming within 14 seconds of her 40+ best, which is #4 on our all-time women's 40+ list. Gary Waggoner improved his 45+ PR by 40 seconds. Jeff Bedolla, 3 months shy of his 60th birthday, broke his 55+ best by 16 seconds and took home the weekly trophy. Thanks to Dave Norlander, Jim Bordononi, and Rich Hahn for helping at the finish line.

4/27/13 – Step Up & Down Relay

1	Gelblum/Williams	30:13
2	Wong/Park	30:38
3	McIntyre/Bordononi	31:24
4	Moon/Delyani	32:05
5	Jacobson/Woodruff	32:05
6	Petersen/Bradley	34:04

Dick Barrett Trophy Winners – Neil Gelblum

No handicapping this morning as all of the teams started from scratch. The ladies team gave the guys a battle for first place during the first four legs as they held the lead at that time. But, then Neil Gelblum stepped up the pace during his 1600 meter leg to give his team a 40-meter lead and they then gradually continued to pull away for the win. Kristina Park had the fastest splits of the day with a total time of 14:03. She was closely followed by Andy Williams at 14:07 and Geoff Bradley at 14:08. Good crew at the finish line, including Dave Norlander, Scott Graham, and Norry McAllister.

5/4/13-18 x 0.33M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Waggoner/Wong/Lo	3:00	38:53
2	Bedolla/Koles/Bradley	3:00	40:30
3	Bourgoin/Goldmn/Krey	-0-	41:13

Dick Barrett Trophy Winner – Helen Wong

Small Turnout this morning as some club members were saving themselves for a Grand Prix 5K race the next day. Dave Norlander recorded the times at the finish line.

5/11/13- 16 x 400M Relay

1	U.Tran/Navarrete	-0-	24:59
2	Sophia/Knuckey	-0-	25:13
3	D.Moon/Park	3:00	26:29
4	Rodriguez/Lee	-0-	26:33
5	Bednar/Krey	2:45	26:37
6	Petersen/McAllister	:30	26:45
7	McIntyre/Bradley	4:30	26:48
8	Wong/Goldman	2:00	27:03
9	Collins/Delyani	1:00	27:25
10	K.Vergo/T.Vergo	3:30	27:27
11	Hurtado/Bedolla	1:30	27:40
12	H.Rohrer/J.Rohrer	2:30	27:54
13	Beatty/Lo	2:00	28:12

Dick Barrett Trophy Winner = Uyenthhi Tran

The three teams that started first finished 1st, 2nd, and 4th as the Navarrete team gradually pulled away throughout the run to win by about 60 meters. Geoff Bradley, Norry McAllister, and Kristina Park had the best overall times at 10:02, 10:24, and 10:36. Thanks to Dave Norlander and Gary Vergo for recording the splits. This was a difficult relay to correctly time as there were many close finishes at the end of runs.

5/18/13 – Farwell – 3.54Miles

1	Geoff Bradley	21:27
2	Bjorn Samson	21:58
3	Norry McAllister	22:13
4	Andy Williams	22:23
5	Garry Waggoner	23:02
6	Dino Delyani	23:04
7	Jim Bordononi	23:13
8	Becki Kriege	23:25
9	George Lo	23:34
10	Jeff Rohrer	23:50
11	Mike Krey	24:06
12	Phil Spink	24:31
13	Robert Navarrete	25:15
14	Des Knuckey	25:20
15	Neil Gelblum	25:20
16	Rob Jacobson	25:30

17	Mark Goldman	25:32	line. We may lose Dave as a timer fairly	8	Robert Navarrete	43:28
18	Norm Takeuchi	25:49 PR	soon as the bone in his foot that he broke	9	Rob Jacobson	43:32
19	Carol Bednar	26:37	several months ago is just about ready to	10	Todd Hayes	44:18
20	Todd Hayes	26:40	take on the rigors of jogging.	11	Scott Graham	44:58
21	Jeff Bedolla	26:42		12	Phil Spink	45:03
22	Ida Rosenblum	27:07		13	Joe Hurtado	48:22
23	Kathryn Frye	27:47		14	Bill Dodson	49:15
24	Bob Lord	28:12		15	Dave McIntyre	50:02
25	Heather Rohrer	28:29		16	Brian Low	50:14
26	Scott Graham	28:46		17	Kat Powell	52:53
27	Brian Low	29:13		18	Sophie Bourgoïn	53:47
28	Sophie Bourgoïn	30:41		19	Marcia Morrison	57:39
29	Kat Powell	31:08		20	Tom Warfel	58:19
30	Joe Hurtado	34:12		21	Don Packwood	60:59
31	Rich Collins	35:09		22	Carl Petersen	63:21
32	Don Packwood	42:59 RW				

5/25/13-0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Rodriguez/Waggoner	-0-	37:22
2	Wong/Krey	3:15	38:13
3	Rosenblum/Samson	4:45	38:41
4	Beatty/Knuckey	:30	40:02
5	H.Rohrer/J.Rohrer	2:30	40:37

Phantom Dick Barrett Trophy Winner – Pablo Rodriguez

The Waggoner team started first and stayed there throughout the race. Bjorn Samson had the best average at 3:44. Helen Wong led the ladies at 4:33 per run. Thanks to Dave Norlander and Carl Petersen for helping at the finish line and Jim Bordoni for being available to help.

6/1/13 – Short Six – 5.74M

1	Norry McAllister	36:46
2	Roberto Palos	36:47
3	Geoff Bradley	37:26
4	Andy Williams	37:38
5	George Lo	38:55
6	Dino Delyani	39:16
7	Mark Goldman	42:28

Phantom Dick Barrett Trophy Award Winner – Norm Takeuchi

Geoff Bradley continued his winning streak, winning for the 9th time in 9 tries this season. Becki Kriege led the ladies. Norm Takeuchi had the only overall PR. Jim Bordoni improved his 60+ PR by 15 second, moving to #8 on the men's 60+ list. Mark Goldman broke his 60+ PR by 30 seconds. Gary Waggoner knocked 31 seconds off his 45+ best. And, Kat Powell improved her 60+ best by nearly 2 minutes. Her time moved her to #3 on the women's 60+ list. Thanks to Dave Norlander and Pablo Rodriguez for helping at the finish

Dick Barrett Trophy Winner – Norry McAllister

Close win for Norry as he nipped Roberto by 0.6 seconds. Norry improved his 55+ best by 20 seconds as he moved to #6 on the 55+ list. Kat led the ladies but Marcia broke Georgia's 65+ women's course record by 20 seconds. Thanks to Dave Norlander and Catherine Frye for doing the timing. Also, there were many cheerleaders at the finish line, including Chris Blue, Pablo Rodriguez, Carl Petersen, Danny Moon, and Madelyn Moon.

RACE RESULTS

8/12/12-Skyline 50K-Castro Valley

Bill Dodson	6:32:17
Kat Powell	7:40:44

8/25/12-Tamalpa Headlands 50K

Bill Dodson	7:38:35
Kat Powell	9:16:06

It was very foggy , windy, and cold all day.

1/1/13-Rio Grill Resolution Run-5K

144	Georgia Riley	32:05	5th-60+
211	Tim Riley	36:25	
364	Glynn Wood	45:05	6th-70+

1/13/13-Cal 10 in Stockton

15	Ken Camet	67:36	2nd-50+
21	Dan Anderson	72:06	1st-60+
23	Maneesh Agarwal	72:38	
26	Jim Howe	74:25	1st-65+

1/26/13-Hollister 10M

12	Jorn Jensen	60:18	1st-40+
16	Barry Farrara	61:21	1st-50+
67	Scott Graham	76:19	5th-60+

1/26/13-Hollister 5K

142	Glynn Wood	39:29	4th-70+
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1/26/13-Coyote Hills 5K

24	Kelly Emo	26:50	2nd-45+
108	Georgia Riley	34:20	2nd-65+
154	Tim Riley	37:21	1st-65+

Race distance was actually 3.4766 miles

1/26/13-Copper 10K in Copperopolis

10	Dick Chimenti	48:40	1st-70+
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Hilly course.

2/2/13-Orient Express 4-Miler

Dick Chimenti	29:46	1st-70+
Norm Takeuchi	29:54	2nd-50+

2nd consecutive 70+ win for our webmaster.

2/2/13-Jed Smith 50K

43	Todd Hayes	4:56:24	1st-60+
53	Bill Dodson	5:13:10	2nd-70+
83	Tim Souza	6:15:19	
93	Kat Powell	7:08:36	2nd-60+

2/3/13-Kaiser Half Marathon

31	Matt Tompkins	1:17:43	4th-35+
219	George Lo	1:28:08	
491	Ron Kiyono	1:35:03	1st-65+
871	Robert Navarrete	1:41:07	
1378	Bill Jones	1:47:24	1st-70+
2474	Dave McIntyre	1:57:49	
2474	Bob Lord	1:58:23	3rd-70+
3956	Mike Kolesnik	2:16:16	

2/9/13-Campbell Valentine 5K

1	Jose Pina Jr	16:24.2	1st-13+
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17	Liv Brashears	21:36.6	1st-13-
25	Norry McAllister	22:18.0	5th-50+
26	Zoe McAllister	22:18.0	1st-12-
32	Kira Brashears	22:39.7	2nd-13+
35	Kelly Emo	22:49.7	3rd-40+
43	Carol Stephenson	23:37.7	3rd-40+
73	Nicky McAllister	27:08.5	2nd-50+

2/9/13-Campbell Valentine 10K

1	Jose Pina	34:30.9	1st-40+
12	Phil Spink	43:13.6	2nd-20+
28	Aaron Lee	47:01.8	8th-30+

2/14/13-NorCal Half Marathon

Marcia Morrison	2:18:20	1st-60+
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3/2/13-Nor Cal 10-M

58	Brian Davis	63:21	3rd-55+
61	Ken Camet	63:28	4th-50+
72	Scott Bang	65:53	
170	Joe Hurtado	83:49	2nd-70+
171	Bill Dodson	83:50	2nd-75+
194	Bob Lord	90:01	3rd-70+
196	Carl Petersen	90:11	3rd-75+

Our 50+ team finished 4th and our 70+ team finished 2nd.

3/3/13-Napa Marathon

82	George Lo	3:07:33	
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3/10/13-408K 8K

29	Jim Angelopoulos	31:26.4	1st-50+
70	Ron Kiyono	33:49.6	1st-65+
98	Jim Howe	34:42.6	2nd-65+
227	Kelly Emo	37:38.5	3rd-45+
338	Alice Isaacson	39:14.6	2nd-55+
492	Victoria Kros	41:09.0	1st-60+
924	Chris Blue	45:01.1	3rd-60+
1549	Georgia Riley	49:34.4	1st-65+

3/17/13-Across The Bay 12K

89	Brian Davis	46:09	1st-55+
93	Ken Camet	46:16	4th-50+
127	Norry McAllister	48:21	6th-55+
169	Dino Delyani	50:47	8th-55+
216	Mike Krey	53:19	
287	Dan Anderson	56:32	6th-60+
291	Robert Navarrete	56:36	
345	Bill Jones	58:46	2nd-70+
442	Joe Hurtado	61:23	4th-70+
466	Bill Dodson	62:02	2nd-75+
743	Michael Kolesnik	68:07	46
852	Kat Powell	69:53	9th-60+
2066	Tim Riley	98:06	

Our 50+ team finished 1st and our 70+ team finished 2nd.

3/19/13-5K in Philadelphia

10	Jeff Rohrer	21:31	3rd-50+
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Temperature was 34 degrees during this race.

4/6/13-American River 50 Mile

Bill Dodson	11:01:00
Kat Powell	12:22:14

4/7/13-Sactown 10-Miler

68	Barry Farrara	59:38	3rd-50+
82	Brian Davis	61:26	3rd-55+
94	Ken Camet	62:18	4th-50+
154	George Lo	68:07	
160	Dino Delyani	68:25	10th-55+
166	Bill Dunn	68:44	1st-65+
363	Joe Hurtado	83:22	3rd-70+
407	Catherine Frye	84:58	
427	Carl Petersen	86:27	2nd-75+
489	Bob Lord	90:02	4th-70+
578	Bill Dodson	95:11	3rd-75+
1005	Eddie Reyna	126:07	1st-80+

Our 50+ team finished 2nd, our 60+ team finished 1st, and our 70+ team finished 1st. If you look at the results above, you will note that Bill Dodson ran a 50-mile race the day before this race.

4/7/13-Santa Cruz Half Marathon

25	Ray Rodriguez	1:25:59	
307	Matt Kriege	1:50:32	
865	Marcia Morrison	2:21:51	

4/14/13-Artichoke Half Marathon

93	Marcia Morrison	2:18:56	1st-60+
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4/20/13-Ruth Anderson 50K

45	Kat Powell	6:48:08	
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4/21/13-Zippy 5K

69	Brian Davis	18:19	1st-55+
83	Ken Camet	18:44	7th-50+
92	Norry Mcallister	18:55	3rd-55+
101	Scott Bang	19:21	
117	Dino Delyani	20:06	4th-55+
125	Bill Dunn	20:21	2nd-65+
126	Jim Bordoni	20:24	1st-60+
134	David Woodruff	20:37	6th-55+
141	Aaron Lee	20:49	
142	Mike Krey	20:52	7th-55+
143	Jeff Rohrer	20:54	
144	George Lo	20:56	
153	Des Knuckey	21:38	
158	Robert Navarrete	21:59	8th-55+
162	Mark Goldman	22:12	6th-60+

164	Dan Anderson	22:17	7th-60+
194	JoAnn Dahlkoetter	23:38	
		4th-55+	
196	Dick Chimenti	23:44	2nd-70+
199	Ida Rosenblum	23:55	
204	Joe Hurtado	24:23	4th-70+
208	Glenn Kishi	24:34	
224	Bob Lord	25:41	6th-70+
234	Carl Petersen	26:46	1st-75+
272	Ron Blancas	32:48	
294	Eddie Reyna	37:52	1st-80+

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

4/27/13-Bay Area Senior Games

50M
9.30 Carl Tuck

100M
17.10 Bill Dodson
18.40 Carl Tuck

200M
36.10 Bill Dodson
41.10 Carl Tuck

400M
1:19.50 Bill Dodson

800M
2:31.20 Jim Bordoni
3:13.00 Bill Dodson

1500
6:51.00 Bill Dodson

4/28/13 -Great Race - 4M

8	Geoff Bradley	23:10	2nd-40+
13	Ken Camet	23:59	3rd-50=
15	Norry Mcallister	24:08	1st-55+
33	George Lo	26:28	5th-40+
34	Manee Agarwal	26:29	6th-40+
40	Mike Krey	26:53	2nd-55+
42	Dan Anderson	27:07	1st-60+
51	Des Knuckey	27:45	2nd-60+
63	Mark Goldman	28:01	3rd-60+
	Robrt Navarrete	28:02	
95	Glenn Kishi	29:10	
98	Jim Howe	29:22	1st-65+
102	Zoe Mcallister	29:31	2nd-13-
121	David Mcintyre	30:18	
127	Norm Gould	30:35	5th-60+
160	Mike Kolesnik	31:22	
263	Nicky Mcallister	33:58	
440	Antonina Ettare	37:14	8th-55+

5/2/13-Splash & Dash in Stevens Creek Park

10 Bjorn Samson 46:36
28 Jeff Rohrer 52:12 5th-50+

This race consisted of a 1500M swim in the reservoir followed by a 5K run in the park.

5/4/13-Pacific Western 5K (3.22M)

8 Neil Gelblum 22:08 1st-60+
137 Tim Riley 35:29 1st-65+

5/5/13-TherX5K4Play

61 Brian Davis 18:19 1st-55+
70 Ken Camet 18:43 5th-50+
100 Dino Delyani 20:18 3rd-55+
102 Bill Dunn 20:27 2nd-65+
106 Jim Bordoni 20:32 1st-60+
119 Jeff Rohrer 21:13
121 Becki Kriege 21:17 4th-45+
123 Tom O'Connor 21:26
148 Norm Takeuchi 23:03
152 Dick Chimenti 23:08 2nd-70+
159 Glenn Kishi 23:21
169 Mike Kolesnik 24:43
171 Joe Hurtado 24:44 4th-70+
174 Bob Lord 24:55 5th-70+
186 Bill Dodson 25:57 2nd-75+
192 Carl Petersen 26:37 3rd-75+
250 Eddie Reyna 35:52 2nd-80+

Our 50+ men finished 1st and 2nd, our 60+ men finished 2nd, and our 70+ men finished 2nd.

5/5/13-Miwok 60K

Kat Powell 10:06:59 PR

5/11/13-Hayward Hills Challenge 5K

Neil Gelblum 21:12 1st-60+

5/12/13-Skopje Half Marathon

Rebecca Norlander 2:04:37 10th-35+
Dave Norlander located this half marathon race for his daughter to score a top 10 finish in her age group. Skopje is located in Macedonia (formerly the Yugoslav Republic).

5/19/13-Ohlone 50K

Kat Powell 9:41 1st-60+
This was Kat's 3rd ultra race finish of the month.

5/27/13-Marin Memorial 10K

69 Jorn Jensen 35:43 8th-40+
82 Calvin Do 36:08
92 Barry Farrara 36:34 2nd-50+
95 Ray Rodriguez 36:53 3rd-50+
110 Brian Davis 37:20 3rd-55+
114 Ken Camet 37:24 5th-50+
123 Geoff Bradley 37:47
132 Adam Prince 38:19 8th-50+
148 Norry McAllister 39:05 5th-55+

194 Becki Kriege 41:15 3rd-45+
196 Dino Delyani 41:24 6th-55+
208 George Lo 41:54
213 Bill Dunn 42:03 2nd-65+
216 David Woodruff 42:09 9th-55+
224 Jim Bordoni 42:28 4th-60+
248 Mike Krey 43:19
270 Mark Goldman 44:38 6th-60+
317 Joann Dahlkoetter 46:54 5th-55+
342 Dick Chimenti 48:15 2nd-70+
349 Carol Bednar 48:46
366 Robert Navarrete 49:44
367 Joe Hurtado 49:43 4th-70+
369 Bill Dodson 49:48 2nd-75+
509 Eddie Reyna 70:23 1st-80+

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

6/2/13-Hellyer Vibha 5K

2 Maneesh Agarwal 19:44 1st-40+

6/2/13-Hellyer Vibha 10K

10 Neil Gelblum 45:31 1st-60+
31 Ida Rosenblum 51:48 3rd-30+

6/2/13-Hellyer Vibha Half Marathon

19 Lisa Low 1:38:42 1st-30+
38 Jim Howe 1:44:45 1st-60+

