



# WVJS



## VOL XXXVII-#1 WEST VALLEY JOGGERS & STRIDERS April 2008

### Saturday Workouts

03/15/08	Farwell/Herriman (4.68 miles)	05/17/08	Farwell (3.54 miles)
03/22/08	18 x 0.33-Mile Tennis Court Loop Relay	05/24/08	8 x 0.66 mile Tennis Court Loop Relay
03/29/08	Triangle Run (4.76 miles)	05/31/08	Short Six (5.74 miles)
04/05/08	16 x 300 Relay	06/07/08	All Courses Day
04/12/08	6 x 1600 Relay	06/14/08	16 x 300 Relay
04/19/08	Step-Up & Step-Down Relay	06/21/08	Valle Vista (3.0 miles)
04/26/08	Farwell/Herriman (4.68 miles)	06/28/08	One Miles on the Track
05/03/08	36 x 200 Relay	07/05/08	Triangle Run (4.76 miles)
05/10/08	16 x 400 Relay	07/12/08	5K on the Track

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

03/16/08	Across The Bay 12K (1.5)
04/20/08	Zippy 5K (1.0)
04/27/08	Big Sur 5K (2.0)
05/26/08	Marin Memorial Day 10K (1.0)
06/21/08	Shriners 8K (1.0)
07/12/08	Don Bowden Mile (1.0)
09/21/08	Banana Chase 5K (1.5)
10/05/08	Rock N Roll Half Marathon (1.5)
10/19/08	Humboldt Half Marathon (1.5)
11/09/08	Clarksburg 30K (2.0)
11/27/08	Seagate 5K (open) (2.0)
12/04/08	Cal Intl Marathon (2.0)
12/18/08	Xmas Relays (1.0)

#### Racer of the Year

Fastest Farwell Time
Cumulative Saturday Races
Fastest Marathon
Fastest Half Marathon
Fastest of 2 Designated Track Miles
Fastest of 2 Designated Track 5Ks
The following USATF Races – 10M, 12K, Zippy 5K, Marin 10K, Bowden Mile, Banana 5K, Clarksburg 30K
06/15/08 Holy City Race – 9.08M
08/16/08 Dammit Run – 5 Miles
08/30/08 Santa Cruz XC Race
10/26/08 Hollister Road Mile

#### Other Popular Races

04/06/08	Run For Zimbabwe 8K
04/06/08	Great Highway 4M
04/12/08	Santa Cruz Half Marathon
04/20/08	The Great Race
05/04/08	Devil Mountain 5K/10K
05/10/08	Human Race 5K/10K
05/17/08	Heart & Sole 5K/10K
05/24/08	Morgan Hill 5K/10K
06/01/08	Run For Lupus 5K
06/07/08	Henry Coe Park 5K/10K
06/08/08	Dipsea Race

### Wednesday Night Workouts

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

### Sunday Runs

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

## 2007 PA/USATF Grand Prix

#### Open Men

Our open men's team finished 4th. Bryan Chow finished 14th in the short race division. Aaron Lee is our team captain.

#### Open Women

Our open women's team finished 4th. Individually, Missy Sudan finished 9th in the short race division. Missy is the team captain.

#### 40+ Men

Our 40+ men's team finished 3rd. Al Murray is our team captain. Individually, Slim Pickens and Al Murray finished 19th and 21st in the short race division.

#### 40+ Women

Our 40+ women's team finished 11th. Becki Kriege finished 3rd in the short race division and Marian Richard finished 29th in the long race division. Kelly Emo is the team captain.

#### 50+ Men

Our 50+ men's team won for the second year in a row. Tom O'Connor is our 50+ team captain. Individually, **Dennis Kurtis won the short race division**. Brian Davis finished 6th, Tom O'Connor finished 7th, Bill Dunn finished 9th, Jim Bordonni finished 11th, Ron Kiyono finished 13th and Norry McAllister finished 29th in the short race division. Tom finished 3rd, Brian finished 5th, Dennis Kurtis finished 7th, and Joe Johnson finished 19th in the long race division

#### 50+ Women

Our 50+ women's team finished 5th. Kat Powell finished 10th in the long race division. Kat and Pauline Beatty are the team captains.

#### 60+ Men

Our 60+ men's team finished 2nd. Joe Hurtado is the team captain. Individually, Jim Howe finished 6th, Joe Hurtado finished 7th, Bill Dunn finished 8th, and Bob Schmitt finished 12th in the short race division. Joe finished 3rd, Jim finished 5th, Carl finished 5th, and Bob finished 11th in the long race division.

#### 70+ Men



Our 70+ men's team finished 2nd. Eddie Reyna is the team captain. Individually, Eddie finished 2nd, Ed Singleton finished 4th and Ken Napier finished 9th in the short race division. **Eddie won the long**

**race division for the second year in a row** and Carl Petersen finished 3rd, Glynn Wood finished 12th, and Ed Singleton finished 15th.

Our annual meeting was held on January 6. Notes from this meeting can be found at <http://www.wvjs.org/Meeting.html>.

**1/6/08 – Annual Meeting**

**1/26/08 – Annual Club Awards Dinner**

Danny Moon and Kelly Emo did another good job of directing our annual awards dinner. The highlights and lowlights for 2007 noted at the meeting included –

**Grand Prix Competition**

Our team highlight for 2007 in road running was the 1st place finish by our 50+ men's team. This was their second consecutive win. There were 8 teams competing in that division. Our men's 60+ team finished 2nd in a field of 6. Our men's 70+ team finished 2nd for the fourth consecutive year. Our men's 40+ team finished 3rd in a field of 11 teams. And, our open men finished 4th in a field of 10 teams. Our open women finished 4th out of 11 teams. And, our 40+ women and 50+ women finished in 11th and 7th places.

Our 50+ men won eight races and got second in the remaining four races. Our 60+ men garnered 6 team wins for the season and our 70+ men won 2 races.

We concluded the road racing season by competing in the popular Lake Merced Xmas Relays where our 60+ men finished first, our 50+ men finished second, our open women finished fourth, and our 40+ men finished fifth.

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

Men	50+Short	50+Long	60+Short	60+Long	70+Short	70+Long
Dennis Kurtis	1st	7th				
Brian Davis	6th	5th				
Tom O'Connor	7th	3rd				
Bill Dunn	9th		8th			
Joe Hurtado		8th	7th	3rd		
Jim Howe			6th	5th		
Carl Petersen				6th	3rd	
Eddie Reyna					2nd	1st
Ed Singleton					4th	
Ken Napier					9th	

  

Women	OpenShort	40+Short	50+Long
Missy Sudan	9th		
Becki Kriege		3rd	
Kat Powell			10th

As regards the cross country grand prix, our men's 40+ team finished first in a very competitive field of 10 teams and our 50+ men finished 2nd out of 11 teams.

We had 32 enthusiastic club runners participate in the 9-race series over a 2 1/2-month period. The 40+ team won 5 of the 9 races and our 50+ team won 3 of the 9 races

**Dennis Kurtis, Andy Lief, and Mike Matthews** got top 10 finishes in the individual 40+ competition with 4th, 7th, and 9th place finishes. **Dennis Kurtis** finished as the top 50+ competitor. **Larry Hyde, Brian Davis, and Tom O'Connor** also finished in the top ten with 5th, 8th, and 9th place finishes. And, **Bill Dunn** finished 2nd in the 60+ division.

Our ultra team finished 8th in the overall competition. Individually, **Yuki Negoro** got 17th place in the 40+ division and **Cecil Baumgartner** and **Todd Hayes** got 9th and 14th places in the 50+ division.

**Saturday Workouts**

The Saturday workouts are the primary activity of the club. We've been running them for about 40 years and have been running at West Valley College since about 1974.

Our top dogs for 2007 in the Saturday workouts were **Mike Bordoni** and **Scott Bang**. **Mike** won 10 times and **Scott** won 7 times. **Rob Nast** and **Dave Piazza** won twice. Other winners included **Mike Kriege, Becki Kriege, Dennis Kurtis, Slim Pickens, Andy Williams, Jorn Jensen, and Jeff Rohrer**.

As regards our relays, which comprise about 40% of our Saturday workouts, 27 different runners were on the winning team during 2007. **Dino Delyani** and **Jeff Bedolla** were on the winning team 3 times and **Mike Krey, Tim Rostege, Norry McAllister, Ray Russell, Pauline Beatty, and Kat Powell** were on the winning team twice.

**Norry McAllister** and **Dave McIntyre** had the most PRs for the year with 11 each. **Paul Rodriguez** had 8 PRs, **Mike Bordoni** had 7, **Mike Krey** had 6, **Andy Williams** had 5, **Kat Powell** and **Aaron Lee** had 4 each. **Aaron** had 7 PRs in 2006 and 6 in 2005.

**Bill Dunn** turned 60 in August and since then broke the 60+ course record for the Douglas and Triangle courses.

**Carl Petersen** turned 70 in October and since then broke the 70+ course record for the Douglas and Valle Vista courses.

**Becki Kriege** broke her own overall women's Short Six course record in March, which record she set 18 years ago. This was also a 40+ record and she also broke the women's 40+ record for the Triangle course during the past year.

Several club members got lost during 2007 while running the Saturday courses. **Ed Singleton** fell for the trick of following the trail sign that pointed the runners out to Los Gatos-Saratoga Rd about of half mile from the end of the Farwell course. **Dave Norlander** ran right by the college entrance at the end of a Saturday run instead of turning into the college. Dave has been running our courses for about 20 years. **Mike Bordon** got lost while running the Short Six course during March. **Kat Powell** forgot to run back 100 meters when we were running the repeat 300s relay in April. Recently, she got to the starting line for her relay team about minute late and would have been even later if her partner hadn't located her. **Steve Chamberlin** stayed on Sobey Rd instead of turning onto Chester when running the Short Six course in June. **Joe Johnson** ran the popular 4.19-mile course in June instead of turning onto Douglas while running the Farwell course. **Mike Kolesnik** got lost while running Farwell/H in July. There may have been others who got lost during the year. But, in summary, there were a lot of lost souls this year.

Tim Riley and Walt Van Zant had the most last-place finishes for 2007 with 3 each. Others at the awards dinner who finished last at least once included Stan DeMartinis, Ruby Hurtado, Tom Warfel, Kat, and John Pickens.

### **Racing Highlights and Miscellaneous**

**Mike Kriege** won our Valentine race for the third year in a row.

**Slim Pickens** won our Holy City race for the 4th time in the past 9 years.

**Joe Johnson** after winning the booby prize at our annual handicap race in 2006 came storming back to win the race this year. This was a great race as the top 35 finishers finished within 90 seconds of each other. Don Packwood, who was race walking, led the race with 200 yards to go. Yet, he finished 31st.

**Dennis Kurtis** won the 50+ race at Stanford in March. He also won the Legends 5K in Honolulu against many famous runners, including Frank Shorter and Alberto Salazar, ran near a 5:30 pace while finishing as the first 50+ runner at the Shriner's 8K, ran a spectacular 34:31 at the National Masters 10K road championships to win the 50+ division, and ran 1:19:31 at the Humboldt Half Marathon.

**Scott Bang** won the Hollister Road Mile and the Danny Moon Downhill Mile, the latter in 4:30.5.

**Mark Pasos** finished first in the 100, 200, and 400 in the 45+ division at the Canadian masters track championships and finished 7th and 5th in the 100 and 200 at United States masters track championships. He also won the club Los Gatos all-comers meets grand prix, with times of 11.98 in the 100, 24.58 in the 200, and 56.97 in the 400.

The **Bordon** family of Jim, Mike, Matt, and Jack ran a sub-4:00 1600 meter relay time with a 3:58.0, which is sub-60 pace per runner.

**Mike Bordon** ran his track mile PR with a 4:32.5 and ran 9:57 to win the Almaden road 2-mile.

**McKayla Plank** broke the Iona College mile record with a 4:42. She also missed qualifying for the NCAA finals in the 1500 by one place with a 4:19.

**Bryan Chow** finished 7th in the National Junior Olympics track 5k with a time of 15:39. He also ran 32:32 at the Marin 10K.

**Ken Napier** was inducted into the Bakersfield Hall of Fame for his performances in track and cross country. He was a member of their Southern California cross country championship team 50 years ago. State cross country championships are now run and the Southern California teams completely dominate. So, if there had been a state championship 50 years ago, Bakersfield would most likely have won it.

**Kristina Park** pushed her baby jogger over the hilly Valle Vista course on June 23rd, finishing 9th out of 24 runners – a highlight for her and a lowlight for the 15 runners who finished behind her.

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## **Miscellaneous Drive**

**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.

Ken Noel turned 70 on 3/3/08 and was looking forward to competing in a new age division. However, he came down with the flu and was out of action for several weeks. He is now getting back in shape and may be available for the upcoming 5K grand prix races.

Rich Hahn also was ill prior to the Napa Marathon, missing a lot of training. So, he tried walk/running the marathon and was happy to finish in 3:58.

Cecil Baumgartner ran the Los Angeles Marathon as a training run, finishing it in 3:15:11.

Christine Kennedy broke the Across the Bay 12K course record for 50+ women by over 2 1/2 minutes.

Our 40+ men's team finished first at the NorCal 10-miler. Included on this team were a 66-year-old runner, a 69-year-old runner, and a 70-year old runner. See the results section to see how fast these super oldies ran.

Tom O'Connor has been injured for several weeks but still plans to run the Boston marathon.

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.

### 2007 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+ wins a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. The final scores for 2007 were:

Joe Hurtado	3073	980	4053	Gold Award
Jeff Rohrer	2665	500	3165	Silver Award
Jim Bordoni	1931	1120	3051	Silver Award
Tom Warfel	1947	1020	2967	Bronze Award
Tom O'Connor	1713	1120	2833	Bronze Award
Neil Gelblum	1488	860	2348	Bronze Award
Dave Norlander	1222	940	2162	Bronze Award
John Peterson	1364	760	2124	Bronze Award
Todd Hayes	1361	620	1981	
Walt Van Zant	585	1100	1685	
Chris Cassell	713	580	1293	

The previous winners have been:

1978 Phil Sanfillipo	4865	1992 Jim Whalen	3603
1979 Phil Sanfillipo	5022	1993 Tim Rostege	3928
1980 Phil Sanfillipo	5659	1994 Joe Hurtado	4037
1981 Ted Pawlak	7103	1995 Tom Warfel	4113
1982 Ted Pawlak	6405	1996 Tom Warfel	3961
1983 Mike Hicks	5355	1997 Tom Warfel	4089
1984 Don Dugdale	5004	1998 Joe Hurtado	4012
1985 Don Dugdale	4084	1999 Joe Hurtado	3881
1986 Bob Herndon	4303	2000 Joe Hurtado	4260
1987 Don Dugdale	4341	2001 Joe Hurtado	3972
1988 Frank Ruona	4032	2002 Joe Hurtado	3946
1989 Jake White	3841	2003 Joe Hurtado	4119
1990 Tom Warfel	4231	2004 Joe Hurtado	4027
1991 Tom Warfel	4118	2005 Joe Hurtado	4242
		2006 John Mintz	5920

### 2007 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 19 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. The final standings for 2007 for all who scored in four or more races are as follows:

#### Elite Division

Mike Bordoni (8)	200	Tom O'Connor (8)	200	Art Mitchum (8)	197
Bob Pickens (8)	194	Jeff Rohrer (8)	199	Dave McIntyre (8)	196
Scott Bang (8)	191	Jim Bordoni (8)	193	Joe Hurtado (8)	193
Dennis Kurtis (8)	190	Missy Sudan (8)	192	Bob Schmitt (8)	188
Al Murray (8)	184	David Woodruff (8)	183	Mike Kolesnik (8)	179
Brian Davis (8)	184	Bill Dunn (8)	174	Steve Chamberlin (8)	172
Dave Piazza (8)	170	Ron Kiyono (8)	174	Carol Bednar (8)	167
Bryan Chow (6)	148	Norry McAllister (8)	172	Mark Goldman (6)	138
Becki Kriege (7)	139	Mike Smith (6)	161	Dick Chimenti (4)	91
Rob Nast (5)	114	Alp Mimaroglu (7)	152	Neal Chappel (4)	90
Mike Kriege (5)	107	Dino Delyani (8)	149		
Ole Agesen (4)	94	Aaron Lee (8)	148		
Andy Williams (4)	86	Laura Melendez (6)	120		
Magnus Wiklund (4)	76	Brian Conroy (6)	110		
		Ron Blancas (5)	95		

#### B Division

<u>A Division</u>	Jim Howe (8)	200
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#### C Division

Joe Johnson (8)	200	Jeff Bedolla (6)	129	Chris Cassell (8)	192
Carl Petersen (8)	199	Norm Takeuchi (5)	109	John Peterson (7)	151
Rich Hahn (8)	188	Danny Moon (4)	84	Mandy Beaman (6)	136
Mike Krey (7)	174			Jim Myers (5)	110
Helen Wong (8)	172	<u>D Division</u>		Tom Warfel (5)	108
Kelly Emo (8)	171	Dave Norlander (8)	197*	Dena Noble (5)	103
Marion Richard (7)	164	Kat Powell (8)	197		
		Uyenthi Tran (8)	196		



<b>E Division</b>		Ed Singleton (8)	186	Walt Van Zant (4)	82
Eddie Reyna (8)	200	Tim Riley (8)	181	Don Packwood (4)	73
Chris Blue (8)	195	Ruby Hurtado (8)	176		
Georgia Riley (8)	188	Elaine Erickson (4)	98		

## 2007 All-Comer Meets Grand Prix

This is the first year that we are holding a track Grand Prix based upon results at the Los Gatos winter and summer all-comer meets. We will score your best four events out of eight possible events – 60M, 100M, 200M, 400M, 800M, 100M/Mile, 2 miles, and 5K. Each event will be scored using the WAVA age-graded performance tables. Shown below are the scores through the 7/12 all-comer meet for all who competed in three events or more.

### Event Scores

Pl	Runner	Total	60M	100M	200M	400M	800M	1500/Mile	2 Mile	5K
1	Mark Pasos (47)	352.0	87.88	90.32	88.81	84.97	76.82			
2	Bob Pickens (47)	332.4			67.39	78.40	85.84	85.58	79.68	81.34
3	Jim Bordoni (54)	326.8				77.12	84.22	83.78		
4	Tom O'Connor (51)	309.1				68.14	74.33	79.25	77.17	78.38
5	David Woodruff (49)	306.7				74.42	79.34	78.01	74.93	
6	Chris Cassell (52)	304.7	81.14	77.55	75.12	70.90	69.59			
7	Dave McIntyre (45)	295.2	77.98		74.89	73.96		68.33		
8	Mike Kolesnik (48)	278.1		69.54	68.31	68.72	71.49		64.05	
9	Mike Kriege (47)	249.6					81.54	82.71	85.40	
10	Scott Bang (39)	240.1				78.60	81.19	80.29		
11	Jeff Candello (51)	239.8					78.64	81.30	79.84	
12	Aaron Lee (33)	197.6					67.60	66.84	63.13	

### Event Times

Pl	Runner	Total	60M	100M	200M	400M	800M	(1500)/Mile	2 Mile	5K
1	Mark Pasos (47)	352.0	8.00	11.98	24.58	56.97	2:28.46			
2	Bob Pickens (47)	332.4			32.17	61.75	2:12.87	(4:29.73)	11:05.34	17:26.81
3	Jim Bordoni (54)	326.8				66.14	2:23.19	5:14.66		11:32.12
4	Tom O'Connor (51)	309.1				73.16	2:38.30	5:24.40	11:54.34	18:41.14
5	David Woodruff (49)	306.7				65.99	2:25.97	5:24.31	12:04.06	
6	Chris Cassell (52)	304.7	8.96	14.43	30.11	70.85	2:50.48			
7	Dave McIntyre (45)	295.2	8.90		28.75	64.52		5:58.92		
8	Mike Kolesnik (48)	278.1		15.66	32.19	70.95	2:40.74		14:00.58	
9	Mike Kriege (47)	249.6					2:19.87	5:01.14	10:25.61	
10	Scott Bang (39)	240.1				58.31	2:12.53	4:52.36		
11	Jeff Candello (51)	239.8					2:29.61	5:16.24	11:30.49	
12	Aaron Lee (33)	197.6					2:32.80	5:36.93	12:50.18	

## SATURDAY WORKOUT RESULTS

### 12/8/07-All Courses Day

#### Douglas-2.75M

1	Jeff Rohrer	16:41
2	Bill Dunn	16:45
3	Becki Kriege	17:47
4	Dave Norlander	22:45
5	Ken Noel	23:37
5	Jim Myers	23:37
8	Don Packwood	30:10

RW

#### Valle Vista-3.0M

1	Matt Kriege	22:06
2	Missy Sudan	22:08
3	Bob Schmitt	23:58
4	Chris Blue	25:16
5	Tim Riley	27:06
6	Georgia Riley	27:27

7 Tom Warfel 28:20

8 Walt Van Zant 28:32

#### Farwell-3.54M

1	Tom O'Connor	22:00.4
2	Tim Rostege	26:12.1
3	Helen Wong	27:27.1
4	Joe Hurtado	30:09.4
5	Marian Richard	30:09.9
6	Casey Ranking	32:32
7	Carol Bednar	34:18.5*
8	Kat Powell	35:01.1*

\*Got lost. Ran 4.19M

#### Farwell/H-4.68M

1	John Weru	26:16
2	Mike Bordoni	26:37 PR
3	Norry McAllister	28:59 PR

4 Jim Bordoni 29:30

5 Frank Prabel 30:24

6 Brian Conroy 30:32

7 Joe Johnson 31:43

8 Jeff Bedolla 34:01

#### Triangle-4.76M

1	Scott Bang	27:36
2	Neil Gelblum	33:53
3	Brian Low	37:04
4	Paul Rodriguez	38:34 PR

#### Short Six-5.74M

1	Al Murray	36:30
2	Kristina Park	40:05
3	Dave McIntyre	47:45

#### 12/15/07 – Short Six – 5.74 Miles

1	Jeff Rohrer	36:11
2	Kristina Park	38:10
3	Neil Gelblum	39:30
4	Missy Sudan	39:40
5	Todd Hayes	40:39
6	Jeff Bedolla	42:38
7	Joe Johnson	42:39
8	Carl Petersen	44:15
9	Dave McIntyre	44:18
10	Bob Schmitt	47:33
11	Paul Rodriguez	47:33
12	Kat Powell	50:44
13	Chris Blue	51:53
13	Bob Pickens	51:53
15	Dave Norlander	52:26
16	Tom Warfel	53:54
17	Ken Noel	54:56
18	Tim Riley	56:46

Dick Barrett Trophy Winner – Carl Petersen

Easy win for Jeff. Carl Petersen ran 2nd best-ever time by a 70+ runner. Kat ran the #7 time by a 55+ woman.

**12/22/07 – Valle Vista – 3.0 Miles**

1	Mike Bordoni	17:15
2	Jeff Rohrer	17:58
3	Al Murray	18:04
4	Norry McAllister	18:04 PR
5	Tom O'Connor	18:13 PR
6	Dennis Kurtis	18:14
7	Frank Prabel	18:54 PR
8	Jim Howe	19:06
9	Kristina Park	19:08
10	Dino Delyani	19:17 PR
11	Becki Kriege	19:22
12	Brian Conroy	19:40
13	Aaron Lee	19:54
14	Neil Gelblum	19:59
15	Paul Taylor	20:15
16	Bill Dunn	21:07
17	Joe Hurtado	21:11
18	Marian Richard	21:11
19	Carl Petersen	21:29
20	Tim Rostege	21:39
21	Helen Wong	22:22
22	Dave Norlander	22:24
23	Mike Krey	22:32
24	Dave McIntyre	22:58
25	Tom Warfel	23:35
26	Paul Rodriguez	23:36 PR
27	Bob Schmitt	23:45
28	Slim Pickens	24:11

29	Pauline Beatty	25:06
30	Kat Powell	25:16
31	Chris Blue	25:39
32	Dena Noble	26:35

Dick Barrett Trophy Winner – Dino Delyani

Very cold this morning (32 degrees when we started our warmup and not much warmer when we started the race). Despite these cold conditions, we had 5 PRs and a couple of age-group PRs. Mike Bordoni led all of the guys and Kristina Park led all of the ladies. Carl Petersen broke Dave Valles' 70+ course record, set 12 years ago, by 4 seconds. Jim Howe tied Ken Napier for #3 on the men's 60+ list. Marian Richard recorded the #7 time for 45+ women. Pauline Beatty recorded the #10 time by a 50+ woman. Norry McAllister continued to run well as his time tied for #23 with Todd Hayes on the men's 50+ list. This is a significant accomplishment as many top 50+ runners have run this course. career).

**12/29/07-All Courses Day**

1	Al Murray	17:08	Dou
2	Joe Johnson	20:15	VV
3	Dave Norlander	23:43	Dou
4	Tim Riley	25:23	Dou
5	Neil Gelblum	27:03	Far
6	Mike Krey	27:04	Far
7	Carl Petersen	28:25	Far
8	Pauline Beatty	30:19	Far
9	Andy Williams	31:28	FH
10	Todd Hayes	32:44	FH
11	Walt Van Zant	33:35	Far
12	Paul Taylor	33:43	Tri
13	Norry McAllister	36:28	SS
14	Tom Warfel	36:50	FH
15	Frank Prabel	37:06	SS
16	Bill Dunn	37:15	SS
17	Paul Rodriguez	38:14	Tri
18	Joe Hurtado	38:45	FH
19	Jeff Bedolla	49:39	SS
20	Kat Powell	52:57	SS
21	Georgia Riley	38:45*	

\* Got lost

We had balmy weather conditions this morning (mid 40s). Al Murray finished

first but the star of the day was Norry McAllister, who led the Short Six course runners while knocking 81 seconds off his PR. Bill Dunn recorded the #2 best-ever time for a 60+ runner for the Short Six course behind Ulrich Kaempf's 36:45 record. Paul Rodriguez PRd by 20 seconds for the Triangle course.

**1/5/08-Triangle –4.76 Miles**

1	Dennis Kurtis	27:32 PR
2	Scott Bang	27:41
3	Al Murray	29:22
4	Becki Kriege	29:34
5	Jeff Rohrer	29:45
6	Frank Prabel	29:51 PR
7	Tom O'Connor	30:01
8	Bill Dunn	30:03
9	Paul Taylor	31:06 PR
10	Dino Delyani	31:38
11	Missy Sudan	32:08
12	Bjorn Samson	32:10
13	Neil Gelblum	32:33
14	Joe Johnson	32:49 PR
15	Joe Hurtado	34:48
16	Carl Petersen	34:58
17	Jeff Bedolla	35:16
18	Tim Rostege	35:24
19	Dave McIntyre	35:38
20	Helen Wong	35:46
21	Ray Russell	35:53
22	Mike Krey	36:00
23	Kelly Emo	37:21
24	Bob Schmitt	37:54
25	Danny Moon	38:21
26	Kat Powell	40:45
27	Carol Bednar	41:47
28	Tom Warfel	42:43
29	Ken Noel	46:15
30	Don Packwood	56:42 RW

Dick Barrett Trophy Winner – Frank Prabel

Balmy weather again this morning (high 40s) but with strong trade winds and heavy rain for several minutes during the run. Still, there were several good performances. Dennis Kurtis at age 54 won our race while recording the 4th best-ever time for a 50+ runner on this course (behind Dwight Cornwell at 26:41, Tim Rostege at 27:01, and Bill Meinhardt at 27:07). Bill Dunn improved his own 60+ course record by 35 seconds. Carl Petersen ran the #3 time by a 70+ runner (behind Dave Valles at 34:42 and Ray Stewart at 34:45). Paul Taylor

improved his PR by 157 seconds, Joe Johnson improved his PR by 56 seconds, Frank Prabel improved his PR by 32 seconds, Dennis improved his PR by 26 seconds, and Dino improved his 50+ best by 8 seconds.

**1/12/08-6 x 1600M Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Blancas/Eng	4:15	42:14
2	Rileys/Conroy	-0-	42:17
3	Rodriguez/Dunn	3:00	42:39
4	Krey/Gerhardt	3:30	42:43
5	Van Zant.Kurtis	:15	42:52
6	Collins/Woodruff	1:00	42:53
7	Bednar/Johnson	3:15	43:06
8	Blue/Delyani	1:00	43:14
9	Wong/D.Moon	2:45	43:39
10	Noel/Sudan	1:00	44:09
11	Noble/Goldman	2:15	44:39
12	Hurtado/Murray	7:15	44:42
13	Rostege/Bedolla	3:15	44:56
14	Norlander/McIntyre	3:30	45:00
15	Powell/Hayes	1:45	45:20

Dick Barrett Trophy Winner – Paul Rodriguez

Marty Eng started his last mile with about a 100-meter lead on Brian Conroy and barely held on for the win. Dennis Kurtis had the best average at 5:34 per run. He was followed by Al Murray at 5:46, Dave Woodruff at 5:47, and Brian Conroy at 5:52. Missy Sudan led the ladies at 6:00. Amanda Gerhardt ran her first Saturday workout in 11 months, averaging 6:15. Paul Rodriguez showed great improvement with a 7:13 average.

**1/19/08-Dou/Sar/Frtvle-2.75M**

1	Scott Bang	15:15
2	Dennis Kurtis	15:38
3	Todd Overbo	16:19
4	Jeff Rohrer	16:21
5	Becki Kriege	16:25
6	Al Murray	16:37
7	Magnus Wiklund	16:39
PR		
8	Dave Woodruff	16:42
9	Bill Dunn	16:47
10	Frank Prabel	16:59
PR		
11	Tom O'Connor	17:14

12	Missy Sudan	17:21
13	Jim Howe	17:29
14	Kristina Park	17:35
15	Paul Taylor	17:41
16	Ron Blancas	17:45
17	Dav Woodruff Jr	17:47
18	Jason Woodruff	18:14
19	Aaron Lee	18:17
20	Todd Hayes	18:22
21	Neil Gelblum	18:25
22	Joe Johnson	18:34
23	Ray Russell	18:53
24	Dave McIntyre	18:57
25	Joe Hurtado	19:09
26	Carl Petersen	19:17
27	Jeff Bedolla	19:23
28	Mike Krey	19:30
29	Helen Wong	19:45
30	Tim Rostege	19:51
31	Danny Moon	20:14
32	Kelly Woodruff	20:25
33	Bob Schmitt	20:28
34	Kelly Emo	20:40
35	Paul Rodriguez	20:42

PR

36	Carol Bednar	21:03
37	Dave Norlander	21:22
38	Tom Warfel	22:04
39	Catherine Frye	22:22

PR

40	Kat Powell	22:36
41	Pauline Beatty	23:04
42	Chris Blue	23:31
43	Rich Stiller	23:32
44	Tim Riley	24:21
45	Rich Collins	24:55
46	Walt Van Zant	25:11
47	Elaine Erickson	25:35
48	Georgia Riley	25:39
49	Ampan Woodruff	29:22
50	Don Packwood	31:54

RW

Dick Barrett Trophy Winner – Carl Petersen

The temperature was 34 degrees when we got to the college this morning, less than ideal running conditions. But, despite the conditions, we had a very large turnout with many notable performances. Scott Bang, two months short of turning 40, averaged 5:32 per mile to score an easy win. Dennis

Kurtis ran the 6th best-ever 50+ time. Becki Kriege knocked 2 seconds off her 40+ PR. Magnus improved his PR by 45 seconds. Dave Woodruff Sr missed his PR by 2 seconds. He brought 4 other members from his family and all ran well. Bill Dunn missed his own 60+ course record by 2 seconds. Frank Prabel improved by 7 seconds. Paul Taylor improved by 56 seconds. Carl Petersen broke the 70+ course record, set by Dave Valles 13 years ago, by 5 seconds. Cathy Frye improved her PR by 71 seconds. Kat missed her PR by just 6 seconds. Danny Moon was ecstatic that he missed his PR by just 5 1/2 minutes as he posted the 29th best-ever time by a 60+ runner (25 have run the course). Less-than-notable performance other than Danny's run included Ray Russell missing his PR by 5 minutes, Dave Norlander missing his PR by 5 minutes, Tom "Waffle" missing his PR by 7 minutes, Rich Stiller running 9 minutes over his PR, Rich Collins running 9 minutes over his PR, and Walt Van Zant running 10 minutes over his PR. The latter two had an epic battle with several sprint passes (or it seemed that way). Rich spurted the last mile in 9:19 to get the win. Thanks to Jim Bordoni and Madelyn Moon for doing the timing. It is important that we have volunteers to help with the timing on Saturdays, especially when 50 show up to run.

**1/26/08-5K on the Track**

1	Scott Bang	17:26.0
2	Al Murray	18:27.6
3	Jeff Rohrer	18:28.4
4	Becki Kriege	18:29.6
5	Dave Woodruff	18:58.9
6	Jim Bordoni	19:01.0
7	Bill Dunn	19:01.5
8	Frank Prabel	19:19.2
9	Stephanie Bambury	19:24.7
10	Jim Howe	19:41.1
11	Missy Sudan	19:42.7
12	Kristina Park	19:43.5
13	Paul Taylor	19:53.1
14	Neil Gelblum	20:27.1
15	Amanda Gerhardt	20:55.6
16	Joe Hurtado	21:14.4
17	Joe Johnson	21:17.6
18	Ray Russell	21:35.8
19	Todd Hayes	21:45.3
20	Arturo Rodriguez	21:56.3
21	Carl Petersen	21:57.2

22	Mike Krey	21:59.6
23	Jeff Bedolla	22:20.8
24	Tim Rostege	22:52.4
25	Danny Moon	23:17.2
26	Bob Schmitt	23:51.3
27	Paul Rodriguez	23:53.6
28	Tom Warfel	24:16.4
29	Kat Powell	25:07.4
30	Pauline Beatty	25:19.2
31	Rick Kananen	26:05.9
32	Chris Blue	26:21.1
33	Don Packwood (RW)	34:51
34	Elaine Erickson	25:21.3*

\* Inadvertently ran 1 lap short.

Dick Barrett Trophy Winner – Jim Howe

Surprisingly after all of the rain that we had yesterday, we had good conditions for our race this morning – no water on the track, temperature in the mid 50s, and clear skies – but it was somewhat windy. Scott ran to an easy win but behind him there were several good battles. Al Murray and Jeff Rohrer trailed Becki by about 25 yards through most of the race but threw in big kicks on the last lap to get 2nd and 3rd places. Woodruff, Bordoni, and Dunn had a close battle for 5th place. And Arturo Rodriguez, Carl Petersen, and Mike Krey had a close race for 20th place.

**2/2/08-8x0.66M Tennis Court Loop Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Johnson/O'Connor	4:30	36:18
2	T.Riley/Overbo	-0-	36:24
3	Rostege/Kurtis	4:30	36:40
4	Norlander/Bedolla	:15	36:46
5	Collins/Prabel	-0-	37:09
6	P.Rodriguez/Bednar	:30	37:14
7	D.Moon/Sudan	3:45	37:26
8	Blue/Russell	5:22	37:32
9	Krey/Park	4:15	37:47
10	Noble/Mitchum	:45	38:54
11	Hurtado/Conroy	4:45	38:58

Dick Barrett Trophy Winner – Chris Blue

Tom O'Connor took the lead from Jeff Bedolla midway through the last loop and then held off Todd Overbo for the win. Dennis Kurtis and Todd Overbo had the best averages for the guys at 3:35 and 3:37. Missy Sudan and Kristina Park led the gals

at 3:54 and 3:58. Paul Rodriguez continued to improve as he knocked 43 seconds off his PR for this workout. Chris Blue, who turned 39 yesterday, took home the weekly trophy because her team came closest to their rating for this workout as all teams were rated to finish at 37:30. Art Mitchum ran with us for the first time since March of last year.

**2/9/08 – Valle Vista – 3.0 Miles**

1	Andy Williams	17:34
2	Todd Overbo	17:44
3	Al Murray	18:20
4	Frank Prabel	18:22 PR
5	Bill Dunn	18:23
6	Kristina Park	19:00
7	Missy Sudan	19:17
8	Aaron Lee	19:20
9	Todd Hayes	19:27
10	Paul Taylor	19:30 PR
11	Dino Delyani	19:38
12	Amanda Gerhardt	19:41
13	Marty Eng	20:20
14	Joe Johnson	20:22
15	Ray Russell	20:44
16	Mike Krey	21:10
17	Jeff Bedolla	21:15
18	Carl Petersen	21:50
19	Dave McIntyre	21:54
20	Joe Hurtado	22:04
21	Danny Moon	22:33
22	Paul Rodriguez	22:38
PR		
23	Helen Wong	22:51
24	Tom Warfel	24:08
25	Bob Schmitt	24:12
26	Chris Blue	24:36
27	Kat Powell	24:58
28	Dena Noble	26:21
29	Don Dugdale	26:47
30	Tim Riley	26:50
31	Ben Tryon	26:54
32	Georgia Riley	28:20
33	Rich Collins	29:01
33	Jim Myers	29:01
35	Don Packwood	34:28

RW

Dick Barrett Trophy Winner – Andy Williams

Due to construction on Los Gatos/Saratoga Rd, we changed the course from Farwell/H this morning to Valle Vista. We are scheduled to run Valle Vista on 3/15 but will run Farwell/H that day. Andy scored a close win over Todd. Kristina led the ladies. Frank Prabel improved his PR by 32 seconds, Paul Taylor improved his PR by 45 seconds, and Paul Rodriguez improved his PR by 58 seconds. Bill Dunn broke Norm Saucedo's 60+ course record by 15 seconds. Norm set the record 9+ years ago. Don Dugdale ran with us for the first time in 5 years. Tom Zades, who helped with the timing, commented that Dena ran another great race.

**2/16/08-30th Annual WVJS Race-5.37M**

<u>Pl</u>	<u>Runner</u>	<u>Time</u>
1	Jon Kimura (E)	31:24
2	Jorn Jensen (B)	31:38
3	Andy Williams (F)	32:34 PR
4	Mike Kriege (D)	32:58
5	Becki Kriege	33:10 PR
6	Al Murray (G)	33:21
7	Adam Prince (C)	33:55
8	Jeff Rohrer (I)	33:57
9	Tom O'Connor (A)	34:26
10	Bill Dunn (K)	34:37 PR
11	Ron Blancas (F)	34:59 PR
12	Stephanie Bambury (K)	35:00 PR
13	Dave Woodruff (J)	35:14
14	Missy Sudan (I)	35:21
15	Paul Taylor (G)	35:53
16	Dino Delyani (H)	35:59 PR
17	Amanda Gerhardt	36:06
18	Frank Prabel (J)	36:23
19	Aaron Lee (E)	36:33
20	Neil Gelblum (D)	36:51
21	Marty Eng	37:14
22	Art Mitchum	37:31 PR
23	Mark Goldman (A)	37:45
24	Joe Johnson (B)	38:05 PR
25	Ray Russell (C)	38:59
26	Dave McIntyre (A)	39:11
27	Joe Hurtado (B)	39:13
28	Carl Petersen (E)	39:48 PR
29	Mike Krey (C)	40:30
30	Tim Rostege (I)	40:49
31	Rich Hahn (H)	41:10
32	Matt Kriege (D)	41:35 PR
33	Danny Moon (J)	41:48
34	Bob Schmitt	42:38
35	Helen Wong (F)	43:00
36	Kelly Emo	43:11



37	Carol Bednar (G)	43:13
38	Dave Norlander (K)	43:19
39	Tom Warfel (J)	43:31
40	Mary Kriege (I)	44:40
41	Paul Rodriguez (K)	45:22
42	Rick Kananen (F)	46:13
43	Kat Powell (H)	46:38 PR
44	Pauline Beatty (G)	47:36
45	Dena Noble (E)	48:23
46	Tim Riley (D)	51:17
47	Georgia Riley (C)	51:33
48	Chris Cassell	52:52
49	Walt Van Zant (B)	58:01 PW
50	Don Packwood (A)	62:16 RW

13	Carl Petersen	25:16.0
14	Mike Krey	25:18.6
15	Tim Rostege	25:37.0
16	Dave McIntyre	25:50.0
17	Kelly Emo	26:01.2
18	Mark Isaacson	26:17.4
19	Helen Wong	27:47.8
20	Dave Norlander	28:09.6
21	Magnus Wiklund	28:18.1
21	Cecilia Wiklund	28:18.1
23	Bob Schmitt	28:45.7
24	Tom Warfel	29:05.8
25	Kat Powell	29:49.2
26	Dena Noble	30:09.7
27	Chris Blue	30:18.9
28	Pauline Beatty	30:25.0
29	Jim Myers	32:35.0
30	Georgia Riley	33:03.7
31	Tim Riley	33:09.4
32	Don Packwood	40:27

9	T.Riley/Samson	:15	42:25
10	Krey/Lee	3:30	42:51
11	Collins/Rohrer	-0-	42:57

Dick Barrett Trophy Winner – Neil Gelblum

Neil Gelblum brought his team from 4th place to 1st place during the 3rd leg and then Ray Russell held on to the lead during the final leg for the win. Bjorn Samson ran 72 seconds slower than the last time that he ran this workout but was good enough to lead all of the guys with a cumulative time of 17:26. Becki Kriege, who ran alongside Jeff Rohrer, led the ladies with a cumulative time of 17:36. 7-year-old Cecilia Wiklund averaged 7:40 per mile for this tough workout.

**3/8/08 – Short Six – 5.74 Miles**

1	Scott Bang	34:17
2	Al Murray	35:48
3	Jeff Rohrer	36:15
4	Jim Howe	36:50
5	Frank Prabel	37:16
6	Missy Sudan	37:25
7	David Woodruff	37:38 PR
8	Jim Bordoni	37:41
9	Dino Delyani	38:05 PR
10	Brian Conroy	38:15
11	Paul Taylor	38:41
12	Aaron Lee	38:51
13	Bjorn Samson	39:56
14	Joe Hurtado	41:43
15	Tim Rostege	42:13
16	Dave McIntyre	42:18
17	Joe Johnson	42:44
18	Mike Krey	43:11
19	Mark Isaacson	44:17
20	Jeff Bedolla	44:37
21	Helen Wong	47:04
22	Catherine Frye	47:18
23	Dave Norlander	48:20
24	Pauline Beatty	48:38
25	Kat Powell	49:28 PR
26	John Pickens	51:33
27	Tom Warfel	51:34
28	Chris Cassell	55:50
29	Tim Riley	56:14
30	Jim Myers	56:46
31	Georgia Riley	57:07
32	Don Packwood	67:02 RW

Phantom Dick Barrett Trophy Winner – Kat Powell

**Team Scores**

1	Team F	4/11/31/37 = 83
2	Team I	9/14/27/35 = 85
3	Team E	2/18/25/40 = 85
4	Team H	6/16/28/38 = 88
5	Team A	1/20/23/44 = 88
6	Team K	10/12/33/36 = 91
7	Team B	3/21/24/43 = 91
8	Team G	7/15/32/39 = 93
9	Team J	13/17/30/34 = 94
10	Team D	5/19/29/41 = 94
11	Team C	8/22/26/42 = 98

Jon Kimura ended Mike Kriege's 3-year winning streak for this race with a 14-second win over Jorn Jensen. The Team F team of Andy Williams, Ron Blancas, Helen Wong, and Rick Kananen won the team title and the right to first pick of the Valentine candy. Becki Kriege and Stephanie Bambury recorded the #3 and #10 all-time bests for woman runners.

**2/23/08-Farwell-3.54M**

1	Scott Bang	20:10.6
2	Al Murray	21:29.8
3	Jeff Rohrer	21:31.9
4	Ron Blancas	22:02.0
PR		
5	Frank Prabel	22:29.1
PR		
6	Dave Woodruff	22:35.7
7	Todd Hayes	23:03.9
8	Paul Taylor	23:16.3
PR		
9	Dino Delyani	23:27.9
10	Aaron Lee	23:33.3
11	Ray Russell	23:57.1
12	Neil Gelblum	24:11.6

Dick Barrett Trophy Winner-Scott Bang

Scott won by about a quarter mile this morning. Close battle for 2nd place between Al Murray and Jeff Rohrer. Several notable performances. Carl Petersen ran the 2nd best-ever time by a 70+ runner, just 10 seconds behind Dave Valles' record. Cecilia Wiklund, who I think is just 7 years old, averaged 7:59 per mile for this tough course. Ron Blancas, Frank Prabel, Paul Taylor, and Kat Powell ran PRs. Good finish line help from Jim Bordoni, Tom Zades, and Rick Kananen.

**3/1/08-4 x 1.46M WVC Loop Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	
<u>Finish</u>			
1	Gelblum/Russell	3:45	
40:26			
2	Gerhardt/Mitchum	4:04	
40:43			
3	Warfel/Conroy	:45	
40:50			
4	L.Nast/Delyani	2:00	
41:03			
5	Frye/McIntyre	-0-	
41:24			
6	Chimenti/Taylor	3:15	
41:29			
7	C.Wiklund/Prabel	:45	41:40
8	Rostege/Hayes	2:30	41:51

Good turnout to run this difficult course. Scott Bang led the way, winning by about a quarter of a mile. Jim Howe recorded the #2 all-time 60+ time, missing Ulrich Kaempf's record by 6 seconds. Dino Delyani and Kat Powell, who have been running this course for several years, recorded all-time PRs. Jim Bordoni moved to #7 on the 55+ men's list. Joe Hurtado and Tim Rostege recorded their 65+ bests to move to #4 and #6 on the 65+ list. Pauline Beatty recorded the #8 women's 50+ best. Tim Riley improved his 60+ best by 32 seconds.

**3/15/08 – Valle Vista – 3.0 Miles**

1	Katie Nast	19:31
1	Amanda Gerhardt	19:31
3	Dave McIntyre	21:07
4	Tim Rostege	21:38
5	Liz Nast	21:45
6	Helen Wong	23:18
7	Dave Norlander	23:35
8	Pauline Beatty	24:04
8	Danny Moon	24:04
10	Rick Kananen	24:57
11	Ken Noel	27:30
12	Rich Collins	31:51
13	Kat Powell	34:57

**Farwell/H – 4.68 Miles**

1	Dave Piazza	28:20
2	Paul Taylor	30:59 PR
3	Rich Hahn	35:03
4	Hank Lawson	37:40
5	Tom Warfel	39:07
6	Don Packwood	53:05 RW

Dick Barrett Trophy Winner – Paul Taylor

We ran the Valle Vista course a few weeks ago in place of Farwell/H due to construction work. So, we were supposed to run Farwell/H today. However, several runners were unaware of the change. So, all were given the option of running either course. The majority chose Valle Vista. The women dominated the first race, taking four out of the top six places with Katie and Amanda tying for first. Dave Piazza scored an easy win on the Farwell/H course. Paul

Taylor took home the weekly trophy as he PRd by 69 seconds.

**3/22/08–18 x 0.33M Tennis Court Loop**

**Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	J.Pickns/Mitchum.Kurtis	1:30	36:28
2	Kriege/Kennedy/L.Nast	1:30	37:57
3	Warfel/Wong/Taylor	:30	38:04
4	Beatty/Bedolla/Sudan	1:15	38:15
5	Noble/Rostege/Rohrer	1:15	38:24
6	Norlander/Hahn/Krey	-0-	38:26
7	Noel/dunn/Bang	3:00	38:38
8	Blue/Hurtado/Russell	1:15	38:56
9	T.Riley/Burke/Do.Kurtis	2:00	41:28

Dick Barrett Trophy Winner – Dennis Kurtis Team

Easy win for the Dennis Kurtis team. Scott Bang led the guys with a total time of 9:39 for the workout. Jeff Rohrer was second at 10:13. Missy Sudan led the ladies at 10:45 and was followed by Christine Kennedy at 11:37. Good job of getting all the splits by Tom O'Connor, Tom Zades, Madelyn Moon, and Bob Schmitt.

**3/29/08-Triangle-4.76 Miles**

1	Scott Bang	27:11	
2	Al Murray	28:40	
3	Jean Harris	28:41	
4	Jeff Rohrer	28:45	
5	Andy Williams	28:49	
6	Becki Kriege	28:55	
7	Magnus Wiklund	29:21	
8	Missy Sudan	30:13	
9	Christine Kennedy	30:48	
10	Paul Taylor	30:55	PR
11	Dino Delyani	31:08	
12	Amanda Gerhardt	31:18	
13	Aaron Lee	31:30	
14	Neil Gelblum	31:46	
15	Todd Hayes	32:58	
16	Dick Chimenti	33:10	
17	Joe Johnson	33:28	
18	Kristina Park	33:42	
19	Joe Hurtado	34:34	
20	Bob Pickens	34:43	
21	Mike Krey	34:44	
22	Dave McIntyre	35:02	
23	Carl Petersen	35:34	
24	Jeff Bedolla	35:46	

25	Rich Hahn	36:42	
26	Helen Wong	37:44	
27	Bob Schmitt	39:08	
28	Pauline Beatty	39:09	
29	Dave Norlander	39:11	
30	Kelly Emo	39:13	
31	Kat Powell	40:03	PR
32	Katherine Frye	41:28	
33	Chris Blue	41:30	
34	Tom Warfel	44:12	
35	Rich Collins	44:13	
36	Ken Noel	45:46	
37	Chris Cassell	46:37	
38	Rick Kananen	47:01	
39	Don Packwood	54:08	RW
	Tim Rostege	DNF	

We had a light rain this morning, which may have helped the performances. This was Scott Bang's 40th birthday and he celebrated by winning by over a quarter of a mile. Christine Kennedy was the star of the morning as she broke the women's 50+ record by 2 1/2 minutes. Becki Kriege broke her own women's 40+ record by 8 seconds. Dick Chimenti recorded the #5 time by a 65+ runner, 1 second behind Norm Saucedo and 2 seconds in front of Dave Norlande. Pauline Beatty improved her 55+ best by 45 seconds. Kat Powell improved her all-time PR by 1 second to move to #4 on the 55+ list. Ken Noel ran the #8 70+ best. Rich Collins became the only 65+ runner to run slower than Walt Van Zant. But, he has 4+ more years to improve on his time.

**4/5/08–18 x 0.33M Tennis Court Loop Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Collins/Prabel/Kennedy	1:00	37:57
2	Bedolla/B.Pickens/Mac	3:00	38:06
3	Norland/Delyani/Hurtad	1:15	38:12
4	Noble/Wiklund/L.Nast	1:15	38:12
5	Warfel/Rohrer/Johnson	3:00	38:40
6	Conroy/Mitchum/Samsn	7:00	38:56
7	Blue/Taylor/Krey	1:15	39:00
8	Dunn/Murray/Piazza	7:00	39:07
9	Packwood/Bordoni/Bordni	-0-	39:24
10	Bednar/D.Moon/Wong	2:00	40:21

Dick Barrett Trophy Winner – McIntyre team

We were scheduled to run the popular 16 x 300 relay this morning. However, the track was closed because they were reseeding the

football field. So, we ran the half tennis court loop relay for the second time in three weeks. The Kennedy team took the lead

during the 15th of the 18 intervals and then held off the McIntyre team for the

win. All teams were rated to finish at 39:15.

## RACE RESULTS

### 10/14/07-Rock & Roll Half Maraton

Jorn Jensen	1:19:08	
Magnus Wiklund	1:25:45	
Jim Howe	1:26:33	1st-60+
Melissa Sudan	1:28:19	5th-35+
Bill Dunn	1:28:41	2nd-60+
Ron Kiyono	1:29:11	2nd-55+
Jim Anderson	1:29:35	
Jim Angelopoulos	1:31:34	
Mark Goldman	1:31:58	4th-55+
Aaron Lee	1:36:10	
Mike Kolesnik	1:48:08	
Johnathan Lee	1:50:23	
Brian Low	1:51:22	
Kat Powell	1:54:46	
Chris Blue	1:59:26	
Dena Noble	2:07:58	

### 11/4/07-Silicon Valley Half Marathon

13 Magnus Wiklund	1:26:30	2nd-40+
17 Norry McAllister	1:28:46	2nd-50+

### 12/1/07-E-Race 5K at Lake Cunningham

#### Men

1 Alp Mimaroglu	18:03	
10 Michael King	19:15	5th-40+

#### Women

4 Kelly Emo	21:27	1st-40+
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### 12/1/07-E-Race 10K at Lake Cunninham

5 Norry McAllister	39:20	1st-50+
9 Ron Kiyono	40:47	2nd-50+

### 12Ks of Xmas-12K

17 Mike Gruber 47:34 1st-40+  
Mike was pleased to finish 17th in a field of 935 runners on this hilly course and to win the 40+ division.

### 12/16/07-Lake Merced Xmas Relays-

#### 4.464M per leg

#### Open Men (3rd)

Bryan Chow	23:19
Mike Bordoni	25:14
Scott Bang	25:36
Matt Thompkins	<u>24:33</u>
	1:38:42

#### 40+ Men A Team (5th)

Mike Kriege	26:14
Al Murray	26:24
Dave Piazza	26:38
Matt Nolan	25:48
Time lost on a handoff	<u>1:49</u>
	1:46:53

#### 50+ Men A Team (2nd)

Tom O'Connor	27:17
Jim Bordoni	28:10
Mike Dyer	26:21
Brian Davis	<u>26:06</u>
	1:47:54

#### 40+ Men B Team (7th)

Dave Woodruff	27:06
Jeff Rohrer	27:58
Frank Prabel	28:03
Slim Pickens	<u>29:08</u>
	1:52:15

#### 50+ Men B Team (4th)

Ron Kiyono	28:40
Brian Conroy	28:09
Dino Delyani	29:16
Norry McAllister	<u>27:10</u>
	1:53:15

#### 60+ Men's Team (1st)

Joe Hurtado	30:42
Dick Chimenti	30:47
Jim Howe	28:55
Bill Dunn	<u>27:41</u>
	1:58:05

#### Open Women (4th)

Becki Kriege	26:32
Laura Melendez	30:15
Helen Wong	32:36
Amanda Gerhardt	<u>29:21</u>
	1:58:44

#### 40+ Men C Team

Mike Kolesnik	32:40
Dave McIntyre	32:34
Kristian Petersen	33:03
Al Murray	<u>28:40</u>

#### 50+ Men C Team

Norm Takeuchi	33:08
Joe Johnson	30:27
Paul Armstrong	35:27
Paul Taylor	<u>29:12</u>
	2:08:14

#### Couples Team

Uyenthi Tran	34:01
Mandy Benham	35:16
Jim Bordoni	31:03
Aaron Lee	<u>29:14</u>
	2:09:34

### 1/1/08-Los Gatos Resolution Run-5.31M

2 Dennis Kurtis	31:32	1st-50+
3 Scott Bang	31:41	1st-30+
4 Mike Matthews	31:56	1st-40+
5 John Kimura	32:27	2nd-18+
8 Alp Mimaroglu	33:25	3rd-18+
9 Jeff Candello	34:28	2nd-50+
15 Tom O'Connor	36:08	
18 Todd Hayes	37:26	5th-50+
32 Norm Gould	40:03	
34 Liz Nast	40:19	2nd-40+
49 Rich Hahn	42:27	
62 Kim Matthews	44:22	
97 Chris Blue	47:11	2nd-50+
151 Tim Riley	54:14	
153 Georgia Riley	54:24	2nd-60+

### 1/13/08-Cal 10

Andy Williams	60:30	1st-45+
Jim Howe	66:58	1st-65+

### 1/20/08-Sawyer Camp Trail 10K

44 Jeff Bedolla	45:05
55 Kelly Emo	47:12
72 Kat Powell	52:35

### 2/3/08-Kaiser Half Marathon

38 Andy Lief	1:21:05	2-40+
70 Al Murray	1:23:35	6-45+
115 Dave Piazza	1:26:28	9-45+
117 Bill Dunn	1:26:34	2-60+



**100 METERS**

Mark Pasos	<b>11.98</b>	12.22	11.99		11.98	12.19	12.43
Dimitri Stefanidis	<b>13.17</b>	13.71	13.58	13.99	13.17	13.33	

**200 METERS**

Mark Pasos	<b>24.48</b>		24.48				25.64
Cecilia Wiklund	<b>41.24</b>		43.70	41.24			

**400 METERS**

Dimitri Stefanidis	<b>0.58.89</b>	1.02.73	1.00.49	1.00.17	0.59.95	0.58.95	0.58.89
Rachel Skokowski	<b>1.07.78</b>	1.07.78					

**800 METERS**

Scott Bang	<b>2.10.79</b>				2.14.42	2.10.79	
Jim Bordoni	<b>2.19.70</b>	2.21.52					2.19.70
Jeff Rohrer	<b>2.27.12</b>			2.30.66	2.27.12		
Aaron Lee	<b>2.37.17</b>			2.37.17			

**MILE**

Scott Bang	<b>4.57.03</b>			4.57.03			
Jim Bordoni	<b>5.20.28</b>			5.20.28			
Jeff Rohrer	<b>5.24.22</b>			5.35.88	5.24.22		
Magnus Wiklund	<b>5.31.70</b>		5.31.70				
Paul Skokowski	<b>5.32.02</b>	5.32.02					
Becki Kriege	<b>5.36.49</b>	5.36.49					
Aaron Lee	<b>5.54.41</b>			5.54.41			
Matthew Campbell	<b>6.14.47</b>		6.14.47	6.17.17			

**2-MILE**

Magnus Wiklund	<b>11.21.49</b>			11.21.49			
Tony Scardina	<b>11.25.10</b>	11.25.10	11.27.12				
Jeff Rohrer	<b>11.37.80</b>			11.59.4h	11.37.80		
Jim Bordoni	<b>11.40.71</b>		11.40.71				
Brian Conroy	<b>11.50.77</b>				11.50.77		

**5000 METERS**

Magnus Wiklund	<b>18.24.8h</b>						18.24.8h
Brian Conroy	<b>20.07.3h</b>						20.07.3h