



# WVJS



## VOL XXXII-#2 WEST VALLEY JOGGERS & STRIDERS August 2002

### Saturday Workouts

08/31/02	Annual Handicap Race	11/02/02	Triangle Run (4.76 miles)
09/07/02	Farwell/Herriman (4.48 miles)	11/09/02	8 x 0.66-Mile Tennis Court Loop Relay
09/14/02	18 x 0.33-Mile Tennis Court Loop Rly	11/16/02	Doug/Sara/Frtvle (2.75 miles)
09/21/02	Farwell (3.54 miles)	11/23/02	8 x 1200 Relay
09/28/02	Step-up & Step-down Relay	11/30/02	Farwell/Herriman (4.68 miles)
10/05/02	Short Six (5.74 miles)	12/07/02	4 x 1.46-mile WVC Loop Relay
10/12/02	6 x 1600 Relay	12/14/02	Farwell (3.54 miles)
10/19/02	Valle Vista (3.0 miles)	12/21/02	Short Six (5.74 miles)
10/26/02	12 x 800 Relay	12/28/02	All Courses Day

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

09/29/02	Heritage Oaks 10K
10/20/02	Humboldt Half Marathon
11/10/02	Clarksburg 30K
12/08/02	Cal Intl Marathon

#### Racer of the Year

Fastest Farwell Time	
Cumulative Saturday Races	
Fastest Marathon	
Fastest of 2 5Ks on the track	
Fastest of 2 one-milers on the track	
8/31/02	Club Handicap Race
9/29/02	Carousel 5K
10/27/02	Silicon Valley 10K
10/27/02	Hollister Road Mile

#### Other Popular Races

08/25/02	Mt.Madonna Challen-12K
09/15/02	Ron's Wildlife 55/10K
09/20/02	Paly Alto Moonlight 5/10K
10/06/02	Los GatosChiropractic 5K

### 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.

## 2002 PA/USATF Grand Prix

#### Open Men

We are off to a slow start this year, scoring in only two races, and, we had to use older runners in those races.

#### Open Women

As is the case with the guys, we off to a slow start. We have scored in only one race - the Compaq 10K.

#### 40+ Women

Presently, we are in 6th place, having scored in two races. Sue Francis and Antonina Ettare are in charge of this team.

Hopefully, we will do better later in the year. Becki Kriege is in 4th place in the long-race individual competition. Becki (257-9056) is in charge of this team.

#### 40+ Men

We are presently in 4th place. Slim Pickens is in 2nd place in individual competition and Brian Davis is in 16th. Slim and Rich Hahn are in charge of this team.

#### 50+ Men

We are in 5th place, 6 points behind the Buffalo Chips. Bill Dunn and Dan Sauers are in 12th and 16th places in



the individual competition. Danny Moon is in charge of this team.

### **50+ Women**

We are in 3rd place. Georgia Riley and Christine Hallen are in 19th and 21st places in the individual competition. Georgia is in charge of this team.

### **60+ Men**

We are in 2nd place, 8.5 points behind Tamalpa through the Zippy 5K race. In the individual competition, Joe Hurtado is in 3rd place, Tim Rostege is in 5th place, Bob Schmitt is in 8th place, Norm Saucedo is in 11th place, and Ken Noel is in 13th.

### **70+ Men**

We have yet to field a team in this division this year. Tamalpa leads with 20 points. Individually, Jack Friedlander and Eddie Reyna are in 2nd and 3rd places.

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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.

Thanks to Kelly Emo for preparing most of the miscellaneous drivel and to Jim Bordoni for keeping track of all of the club members' performances at the all-comer meets.

Remember to come to workout a few minutes before warm-up if you wish to be included on a relay team. Several times our fearless leaders have had to miss workout and the "rag-tag" team of replacement organizers (Don Packwood and crew) need our assistance to organize and handicap the teams.

8-year-old Alexxa Noble recently started to run and at the first Los Gatos all-comers meet she beat all of the 8 and 9-year-old boys and girls in the 60 and 100 with times of 10.03 and 16.6.

Babies have been the theme of the WVJS team this spring as three new little one's have been seen racing around the club courses in identical new jog strollers. It started with little Lauren Emo, Kelly's 2nd daughter showing up and being pushed in her new jog stroller by "grandpa" Danny Moon. Next, Amanda Gerhardt's new boy Max has been speeding by in an identical gray and yellow stroller, usually pushed by dad. Finally, the club came together and surprised new mom Missy with the same jog stroller for her new baby Anil and She's been zipping around as well. WVJS should get some promotional benefit from Graco, who manufactures the strollers as we are starting the new running mom trend.

Several new 60+ runners have been continuing the long trend of super senior excellence. Madelyn Moon has been making mince meat of the women's 60+ records and Bob Schmitt has been running very well, giving regular super senior runners like Norm and Joe someone to chase.

Danny Moon is once again making his assault on the sub 5:00 mile by regular races at the All Comer meets. He's getting close, running a 5:11 on 8/8 but it looks like it will take a downhill mile this year.

Bob (Slim Pickens) is having an excellent year, getting very close to his all time PRs for the mile and 5k and also picking up a coveted fleece vest from the Wharf to Wharf against a strong and international field.

The WVJS gambling society is distraught this year, as Papa Ken has decided that he has way too much going on to handle the annual football pool. Word is he has started a gambling ring focused on fishing. WVJS is actively recruiting a replacement bookie.

Antonina Ettare, running very well this summer, has been taking lessons from Lance Armstrong and showing up each Saturday morning with her fabulous tour de Saratoga bike and gear.

Len Edholm, who started the club way back in 1967 and became the club's first president visited us from Oregon during June. He brought with him another early club member, Bob Blonder. Both of them dragged through one of our original courses, the Short Six.

Jerry Lewis, as is the case with many of our old geezers, has been suffering from a variety of ailments - sciatica from diving into the pool (without water?), iron deficiency, and a numb left leg when he runs. But, he will still keep running. Jerry was a low-34 10K runner in his 40s.

Roger and Karin Bivens got a nice write-up in the Los Altos Town Crier for their efforts in the "Escape From Alcatraz" triathlon on June 16th. They had to swim 1.5 miles in the bay, bike 18 hilly miles in San Francisco, and then run 8 miles. Roger finished 3rd in the 60+ division and Karin finished 1st in the 55+ division.

George Maes still thinks about the WVJS, sending us periodic post cards from his home in Las Vegas. He has been there for 4 years. It was 110 degrees in Vegas when he sent his last card. He also wants to know when Ray Russell wants him to paint his car.

Brian Vickery, who ran with us for a couple of years in the early 1990s, died of cancer in June at the age of 61. He was an excellent runner, running the 10K in the low 37s as a 50+ runner.

Dave Garcia related an interesting story about Jake White recently.

Back in the 80's, when Jake was a killer runner, he entered a triathlon. The race included runners, horse and rider, and bikes. Jake's team included a top equestrian member and Gil Uresti as the cyclist.

As the story goes, Jake was running up a steep incline and came up to a horse and rider. The horse looked at Jake, Jake at the horse and it was a race to the transition area. They were running stride for stride, head to head, and keeping an eye on each other. As each one had their moment of strength, they would surge slightly ahead. When they got to the top of the hill and transition area, both the runner and horse slumped head down. They again eyed each other and Jake hugged the horse. The horse put it's head over Jake's shoulder. They recovered head to head



in an embrace. At that moment, there was no hierarchical difference between man and beast, just two competitors.

Slim Pickens won our Holy City race for the second year in a row in June. His winning margin was 9 minutes.

Todd Hayes, who joined the club in early 1990, had never won a club road run until May of this year. Then, he came back a few weeks later to win another road race. And, he is 52 years old. He is aging gracefully.

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>

### 2002 Los Gatos All-Comer Meet Results

	<u>Best</u>	<u>6/27</u>	<u>7/11</u>	<u>7/18</u>	<u>7/25</u>	<u>8/1</u>	<u>8/8</u>	<u>8/15</u>
<u>60 METERS</u>								
Alexxa Noble	10.4			10.4				
J. P. Campbell	10.8							10.8
Matt Campbell	14.1							14.1
<u>100 METERS</u>								
Alexxa Noble	16.7			16.7				
J. P. Campbell	17.1							17.1
Matt Campbell	21.9							21.9
<u>200 METERS</u>								
D. Stefanidis	25.4		26.9	26.4		25.9	25.4	25.7
Danny Moon	28.0				28.0			
John Bronson	28.2						28.2	
Jose Casillas	28.4			0:28.4			28.5	
Dave McIntyre	28.8						28.8	
<u>400 METERS</u>								
Mike Bordoni	52.5r	52.5r	55.8r					
D. Stefanidis	56.0				56.5	56.0	57.2	56.0
Matt Bordoni	56.3r	56.3r	58.8r					
Greg Bunker	59.4				59.4			
Art Mitchum	60.5				60.5			
Des Knuckey	61.0	61.0						
Jose Casillas	61.9			61.9			62.7	
Paul Armstrong	62.4							62.4
Dave Pogue	62.5	65.4			62.5			
Dick Chimenti	63.3	65.3		63.3			63.4	
John Bronson	64.5	66.3	64.5		65.3	65.4	66.4	64.8
Jay Noble	69.5			69.5				
J. P. Campbell	81.0				81.0			85.8
Jack Bordoni	85.7r	85.7r						
<u>800 METERS</u>								
D. Stefanidis	2:14.0				2:14.0	2:14.6	2:14.3	2:14.0
Jim Bordoni	2:15.0				2:15.0	2:15.6		
Ray Russell	2:15.2						2:15.2	
Art Mitchum	2:16.0				2:17.6		2:16.0	
Jose Casillas	2:29.3						2:29.3	
John Bronson	2:30.4	2:32.5	2:30.4				2:35.5	2:32.4
Dick Chimenti	2:42.8	2:42.8						
Katie Nast	2:47.8		2:49.4			2:47.8		
<u>1500 METERS</u>								
J. Aubuchon	4:20.3							4:20.3
Jeff Rohrer	4:36.9							4:36.9
<u>MILE</u>								
Ray Russell	4:59.2			5:05.8	4:59.2			4:59.9
Jeff Rohrer	4:59.9	5:11.5	5:09.7	5:08.5	5:06.5	4:59.9		
Danny Moon	5:11.0	5:21.8	5:20.3		5:18.3	5:21.1	5:11.0	5:15.5
D. Stefanidis	5:21.6		5:21.7	5:21.6				
Dave McIntyre	5:54.5			5:54.5				
Dick Chimenti	5:58.5	5:58.5						



Katie Nast	6:05.0		6:05.0		6:19.0	6:07.6
Jake White	6:19.0				6:19.0	
Rich Stiller	7:42.9			7:42.9		
Madelyn Moon	7:43.1	7:55.3	7:51.5	7:45.8	7:43.1	7:50.7

**2-MILE**

J. Aubuchon	10:41.0					10:41.0
Jeff Rohrer	10:49.4	11:27.8	11:17.1	11:08.9	11:08.9	10:57.2
Ray Russell	10:55.9	11:32.5				10:55.9
Rich Hahn	13:00.7	13:00.7				
Kelly Emo	13:07.3	13:07.3				
Dave McIntyre	13:09.0					13:09.0

**5000 METERS**

Bob Pickens	16:53.3					16:53.3
Jeff Rohrer	17:33.6					17:33.6
Rich Hahn	19:59.5					19:59.5

**10000 METERS**

McKayla Plank	38:57.6	38:57.6
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**2002 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 can only use your best 8 performances, the maximum score is 200 points (8 x 25). Listed below are all who have scored in three events or more for this year.

**Elite Division**

Bob Pickens (8)	200
Jim Bordoni (8)	191
Becki Kriege (7)	150
Jeff Rohrer (6)	132
Scott Bang (4)	94
Brian Davis (3)	72

**A Division**

Tom Warfel (8)	172
Todd Hayes (7)	166
Danny Moon (7)	165
Dimitrios Stefanidis (5)	112
Bill Dunn (4)	99
Dick Chimenti (4)	88
Al Murray (3)	67
Mark Isaacson (3)	62

**B Division**

Rich Hahn (8)	191
Joe Hurtado (8)	185
Kelly Emo (8)	172
Sue Francis (7)	153
Cecil Baumgartner (6)	149
Dave Norlander (6)	130
Dave McIntyre (5)	109
Rich Stiller (5)	100
Tim Rostege(4)	84
Rick Kananen (4)	75
Robert Salinas (4)	70

**C Division**

Don Packwood (7)	169
Jim Myers (7)	166
Tom Zades (7)	163
Norm Saucedo (4)	98

Ed Gavin (3)	70
Fely Castillo (3)	62

**D Division**

Pauline Beatty (8)	199
Walt Van Zant (5)	122
Dena Noble (5)	121
Chris Hallen (3)	71
Jim Wurm (3)	66

**E Division**

Georgia Riley (7)	172
Ken Napier (5)	119
Annette McPhail (5)	115
Madelyn Moon (5)	112
Antonina Ettare (4)	100
Dave McCarten (4)	82
Stan DeMartinis (3)	58

**RUNNER OF THE YEAR CONTEST**

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. Scoring 4,000 points wins a gold award, those scoring 3,000+ wins a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. The final scores for 2002 for the first half of the year are:

Tom Warfel	1488	500	1988	Rich Hahn	749	320	1069
Joe Hurtado	1342	540	1882	Don Packwood	516	500	1016
Todd Hayes	1090	360	1450	Walt Van Zant	501	460	961
Jeff Rohrer	1290	100	1360	Stan DeMartinis	312	520	832
Jim Myers	827	420	1247	Mark Winitz	759	20	779
Jim Bordoni	819	420	1239	Ken Napier	254	440	694
Dave Norlander	702	420	1122				

## SATURDAY WORKOUT RESULTS

### 5/25/02 - 8 x 0.66-Mile Tennis

#### Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Norlander/Butterfield	3:30	36:51
2	Ettare/Schmitt	1:45	37:04
3	Myers/Hegglund	6:00	37:22
4	McPhail/Stefanidis	1:45	37:22
5	VanZant/Kriege	3:00	37:22
6	Noble/D.Moon	4:00	38:18
7	Noel/Mathias	5:45	38:23
8	Beatty/Emo	1:45	39:22
9	Hamilton/Zades	-0-	39:26
10	G.Riley/Burke	4:00	40:07

Dick Barrett Trophy Winner – Bob Schmitt

Dave Norlander said that he would run slow, was rated to run slow, but then got competitive and ran fast. So, his team won. Georgia Riley said that she would run slow, was rated to run fast, and then ran slow. So, her team finished last. We had a good battle for third place as Mike Hegglund just sneaked by in the final yard to pass Becki and Dimitrios, who were duking it out. Mike had the best average of the day at 3:29. Kristina led the ladies at 3:45. Tom Zades' daughter ran with us for the first time. The workout proved to be too difficult but she did get through 3 before having to give up. Antonina ran the workout in 18:47, her best performance for this workout in 5 years. She ran the same workout last November in 20:24.

### 6/1/02-Farwell/Herriman-4.68M

1	Todd Hayes	28:12
2	Floyd Gerhardt	28:15
3	Christian Saucedo	28:23
4	Bob Pickens	28:24
5	Becki Kriege	28:29
6	Katy Spink	28:59
7	Kristina Mathias	29:12
8	Dick Chimenti	29:50
9	Stephanie Hovancik	30:01
10	Danny Moon	30:34
11	Amanda Gerhardt	31:18
12	Bob Schmitt	31:36
13	Rick Kananen	31:58

14	Rich Hahn	32:01
15	Dave Norlander	32:10
16	Kelly Emo	32:14
17	Norm Saucedo	32:34
18	Joe Hurtado	33:44
19	Sue Francis	33:52
20	Cecil Baumgartner	34:32
21	Ken Noel	34:40
22	John Peterson	34:45
23	Antonina Ettare	36:58
24	Tom Warfel	36:59
25	Jim Myers	37:35
26	Ed Gavin	37:38
27	Pauline Beatty	38:02
28	Annette McPhail	40:58
29	Madelyn Moon	46:25

Todd Hayes had never won a club road run in his many years of running with the club prior to 5/4/02. Now, he has won twice within the space of one month as he scored a close win over Floyd. Becki led a strong women's field as five of the top eleven finishers were women. Bob Schmitt led the six 60+ runners that competed this morning. Norm Saucedo recorded the #2 time by a 65+ runner for this course.

### 6/8/02 - 16 x 300 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Ettare/Armstrong	-0-	17:52
2	Myers/Casillas	2:00	17:57
3	Emo/Kriege	2:00	18:03
4	Hurtado/Chimenti	2:00	18:04
5	Hayes/Pickens	4:00	18:08
6	Gavin/Hovancik	2:00	18:10
7	Schmitt/D.Moon	2:15	18:15
8	Mathias/Bang	4:00	18:17
9	Van Zant/Norlander	:30	18:21
10	Napier/Kurasch	-0-	18:48
11	Noble/Goslicka	:30	19:14
12	Butterfield/Zelinski	3:30	19:20
13	Beatty/Noel	-0-	19:32

Dick Barrett Trophy Winner – Paul Armstrong

The Armstrong team started first and stayed there throughout the race but the Casillas team got close at the end. Slim

Pickens led all of the guys with an average of 49.1 per run. Kristina Mathias and Danielle Zelinski led the ladies with 55.6 and 56.0 averages. The Noel team finished last because Ken injured his leg early in the run and had to take it easy. All teams were rated to finish in 18:15 with the top 9 teams finishing close to that standard.

### 6/15/02 – Farwell – 3.54 Miles

1	Jim Bordoni	20:30	
2	Katy Spink	22:17	
3	Jonathan Lee	23:55	
4	Danielle Zelinski	24:11	PR
5	Tom Warfel	24:14	
6	Norm Saucedo	24:23	
7	Sue Francis	25:02	
8	Jim Myers	25:21	
9	Don Packwood	26:04	
10	Ken Noel	26:18	
11	John Pickens	31:42	
12	Stan DeMartinis	42:18	

Dick Barrett Trophy Winner – Katy Spink

A very light turnout this morning. Jim Bordoni ran within 19 seconds of his 45+ best while scoring an easy win. Danielle improved her PR by 101 seconds while running well within herself.

### 6/22/02 – Short Six – 5.72 Miles

1	Greg Burke	37:34	PR
2	Danny Moon	37:43	
3	Dick Chimenti	37:54	
4	Johanna Wans	38:27	
5	Nick Butterfield	38:47	
6	Jonathan Lee	39:39	
7	Tom Warfel	39:42	
8	Katy Spink	40:53	
9	Floyd Gerhardt	40:53	
10	Amanda Gerhardt	41:43	
11	Dave McIntyre	42:13	PR
12	Danielle Zelinski	43:17	
13	Dave Norlander	43:49	
14	Dena Noble	49:27	
15	Pauline Beatty	49:37	
16	Jim Myers	49:37	
17	Antonina Ettare	55:11	
17	Annette McPhail	55:11	

19	Madelyn Moon	57:23
	Len Edholm	48:24*
	Bob Blonder	53:57*

6	Don Packwood	6:03.4
7	Tom Warfel	6:04.1
8	Dave Norlander	6:05.3
9	Joe Hurtado	6:10.2
10	Jim Myers	6:24.5

16	Joe Hurtado	27:35
19	Dave McCarten	30:23
20	Stan DeMartinis	36:12

\* Ran a short course

Dick Barrett Trophy Winner – Madelyn Moon

Danny Moon came close to winning his first Saturday road run in quite awhile, leading by half a minute for much of the race. But, Greg came on strong to catch Danny with about 200 meters to go and then to sprint away to victory. Johanna easily led the ladies. Greg improved his PR by 50 seconds and Dave McIntyre improved his PR by a minute. Madelyn broke the women's 60+ record by 11 minutes. Len Edholm and Bob Blonder, who were two of the original members of the club when it was formed in 1970, ran with us. They started ahead of the regular racers and then ran short by a little bit because they did not remember the course. Len, who was the first president of the club, and Bob then joined us for breakfast at Carrow's.

**6/29/02 - One Mile Runs on the Track**

**Race #1 - 6:15 & Over**

1	Tom Zades	6:47.1
2	Antonina Ettare	6:48.5
3	Pauline Beatty	7:05.3
4	Danielle Zelinski	7:12.3
4	Angela Morrish	7:12.3
6	Jim Wurm	7:13.0
7	Ken Napier	7:41.6
8	Annette McPhail	7:45.7
9	Madelyn Moon	7:59.0
10	Stan DeMartinis	9:57.2

Tom Zades took the lead right away, building a lead of over 20 meters with laps of 92, 3:17, and 5:05. Antonina closed rapidly during the last lap but ran out of time.

**Race #2 - 5:30/6:14**

1	Jonathan Lee	5:29.3
2	Steve Kurasch	5:34.2
3	Dick Chimenti	5:45.9
4	Dave McIntyre	5:54.0
5	Kelly Emo	5:57.4

Kelly started fast and led the pack through an opening lap of 83. Then Jonathan took over and rapidly pulled away for an easy lap with laps of 2:50, 4:10 before finishing with a 79. Several runners had very fast finishes, including Dick Chimenti (79), Dave McIntyre, and Don Packwood.

**Race #3 - Sub 5:30**

1	Slim Pickens	4:37.6
2	Joseph Aubuchon	4:51.5
3	Christian Saucedo	5:02.0
4	Mike Hegglund	5:02.5
5	Jim Bordoni	5:04.1
6	Mike Kriege	5:11.5
7	Jeff Rohrer	5:16.5
8	Dimitrios Stefanidis	5:17.4
9	Danny Moon	5:24.2
10	Becki Kriege	5:28.9

Bob Pickens started at moderate pace and then just got faster and faster. He ran 70.0, 70.5, 60.0, and 67.0. Joseph stayed with him for a lap but then had to let go. Christian, Mike, and Jim were happy to get so close to 5:00. Mike ran his best mile in quite awhile.

Dick Barrett Trophy Winner - Bob Pickens

**7/6/02 - Valle Vista - 3.0 Miles**

1	Becki Kriege	18:11
2	Floyd Gerhardt	18:14
3	Katy Spink	18:32
4	Steve Kurasch	19:08
5	Chris Baker	19:33 PR
6	Amanda Gerhardt	19:51
7	Tom Warfel	19:52
8	Liz Nast	20:25
9	Dave Norlander	20:53
10	Paul Armstrong	22:22
11	Missy Sudan	22:27
12	Dena Noble	23:07
13	Ed Gavin	24:37
14	Tom Zades	25:22
15	Annette McPhail	27:00
16	Rich Stiller	27:35
16	Bob Schmitt	27:35

Dick Barrett Trophy Winner - Becki Kriege

Floyd took the early lead and held it for about 2 miles before Becki got by him and built up a significant lead. Floyd rallied at the end but ran out of time. Chris Baker improved his PR by 14 seconds. Steve Kurasch improved his 45+ best by 30 seconds. Missy ran well, four weeks after delivering her first baby. Dena Noble smashed her arch rival - Tom Zades.

**7/13/02 - 5K on the WVC Track**

**Race #1 (7:15 AM)**

1	Jim Bordoni	17:41
2	Al Murray	19:04
3	Dick Chimenti	19:13
4	Jim Wurm	24:47
5	Walt Van Zant	24:55
6	Ken Napier	26:47
7	Madelyn Moon	27:33

**Race #2 (8:10 AM)**

1	Bob Pickens	15:59
2	Rob Nast	16:52
3	Joseph Aubuchon	17:32
4	Jeff Rohrer	18:04
5	Becki Kriege	18:18
6	Todd Hayes	18:46
7	Kristina Mathias	18:48
8	Danny Moon	19:14
9	Tom Warfel	20:13
10	Hank Lawson	20:21
11	Dimitrios Stefanidis	20:22
12	Bob Schmitt	20:23
13	Joe Hurtado	20:24
14	Dave Norlander	20:43
15	Kelly Emo	20:51
16	Liz Nast	20:54
17	Dave McIntyre	20:59
18	Brian Boyle	21:05
19	Bob Browne	21:18
20	Jim Myers	21:49
21	Rich Stiller	22:44
22	Mike Corrick	22:49
23	Antonina Ettare	23:07
24	Tom Zades	23:36
25	Annette McPhail	25:40
26	Ernesto Lava	25:45
27	Chris Cassell	25:52

28	Eddie Reyna	25:53
29	Ray Holzworth Jr	27:08
30	Dave McCarten	29:48

Phantom Dick Barrett Trophy Winner - Slim Pickens

Bob ran splits of 5:09, 10:19, and 15:27 on his way to the fastest club track 5K since Don Hogue ran 15:44 in February 1997. Todd Hayes led the 50+ men. Bob Schmitt barely edged Joe Hurtado for 60+ honors. Becki led the ladies and Liz Nast led the 40+ ladies. Dave McIntyre probably ran a track 5K PR. Antonina ran her best track 5K since 1998. Ray Holzworth Sr came out to visit us for the first time in quite awhile and helped with the timing.

**7/20/02 - 12 x 600 Relay**

Pl	Team	Start	Finish
1	Rohrer/J.Bordoni	14:45	38:02
2	Browne/Chimenti	12:00	38:08
3	Norlander/G.Riley	8:30	38:33
4	DeMartinis/Hallen	-0-	38:36
5	McPhail/Ettare	6:15	38:53
6	Noble/Myers	10:00	39:29
7	Corrick/Francis	11:00	39:43
8	Saucedo/Warfel	11:30	39:45
9	Aubuchon/Pickens	16:45	39:46
10	Cassell/Zades	9:00	40:04

Phantom Dick Barrett Trophy Winner- Jeff Rohrer & Jim Bordoni

It was an unusual Saturday workout. Walt was not there to set up the teams. This happens sometimes, but usually Ken Napier takes over. Ken was in Alaska fishing, and Danny Moon was with Walt running in the Corporate Nationals in Sacramento. That left us chickens to mind the farm.

How I got stuck setting up the teams for the relay can be stated in one word, "stupidity". I was unloading the timer from my truck when Sue Francis pulled up and said, "I've got the bulletin board, clipboard, and chronometer. Here, you take these while I put up the bulletin board." And, I was stupid enough to take them. Before I knew what hit me, people were coming up to say they would run, and I was setting up teams.

It turned out there were an even number of runners, and I was not required to make any severe mismatches of ability; so, teams went together rather easily. I only had to estimate the time of Chris Cassell, Bob Browne, and Joseph Aubuchon, and I must not have done too badly because all teams finished in the same lap. The team of Stan DeMartinis - Chris Hallen was still in the lead after Stan finished his sixth run, but things got really competitive at that point. The phantom trophy went to the team of Jeff Rohrer and Jim Bordoni who overcame a 14:45 handicap to win. A very strong effort was also turned in by the team of Bob Browne and Dick Chimenti, who came in second by six seconds, making up a 12 minute handicap. It seemed like the Aubuchon/Pickens team might be in trouble when Stan DeMartinis was starting his sixth leg and their team had two more legs to go, but the race was nearly half over before their team was allowed to start. Chris Hallen hung on to take fourth; so, their team put out an excellent effort as well.

Brian Low, who hadn't been out since having his torn ACL repaired after a skiing accident, showed up in his orthopedic brace and helped me time. It was good seeing him again. I want to acknowledge Dave Norlander, who helped me calculate the starting times (by Don Packwood).

**7/27/02 - Triangle Run - 4.76 M**

1	Ray Russell	29:12	
2	Todd Hayes	30:05	
3	Becki Kriege	30:17	
4	Danny Moon	30:44	
5	Al Murray	30:48	
6	Steve Kurasch	31:31	
7	Chris Baker	31:43	PR
8	Jonathan Lee	32:24	PW
9	Bob Schmitt	32:27	
10	Joe Hurtado	32:44	
11	Tom Warfel	32:47	
12	Jeff Rohrer	33:15	
13	Dave Norlander	34:36	
14	Mike Corrick	35:25	PR
15	Ken Noel	37:32	
16	Dena Noble	38:02	
17	Dimitrios Stefanidis	38:36	

17	Jim Myers	38:36
19	Georgia Riley	39:38
20	Chris Cassell	40:09
21	Eddie Reyna	40:43
22	Brian Low	40:48
22	Kelly Emo	40:48
24	Annette McPhail	43:30
25	Madelyn Moon	45:31

Dick Barrett Trophy Winner - Bob Schmitt

Mr. Saturday, Ray Russell, won his first Saturday road run in 10 months. He cruised the opening downhill mile in 5:52, leaving him 22 seconds behind Todd. However, Todd then decided to ease up and Ray surged. So, Todd was caught within a half mile and Ray kept pulling farther and farther away as the race went on. Todd won when we last ran this course on May 4th with a great 28:27. Danny Moon passed Al Murray coming down the final hill and then barely hung on to get 4th place. Jonathan Lee recorded a PW, adding 51 seconds to his previous worst. Chris Baker improved his PR by 21 seconds and Mike Corrick improved his PR by nearly 2 minutes. Bob Schmitt scored a close win over Joe Hurtado to lead all of the 60+ runners. His time was the 8th all-time best by a male 60+ runner. Eddie Reyna recorded the #4 70+ time. Madelyn Moon established a new women's 60+ course record. Brian Low ran his first road run since recovering from his knee surgery.

**8/3/02 - 36 x 200 Relay**

Pl	Team	Strt	Finish
1	McPhail/Napier/VZ	1:15	28:21
2	DeMartini/Emo/Sudan	-0-	28:47
3	Ettare/L.Nast/McInt	5:00	28:59
4	Noel/Hurtado/Gavin	5:15	29:00
5	Jensen/Rohr/D.Moon	8:30	29:04
6	Wurm/Browne/Butterf	5:30	29:06
7	Mathias/Bordon/Hegg	9:30	
8	Chimenti/Casill/Aubu	9:00	29:31
9	Hayes/Stefa/R.Pickn	9:30	29:34
10	Peterson/Schmitt/Sau	5:15	
11	M.Moon/J.Pickn/Holz	1:00	30:48

Dick Barrett Trophy Winner - Annette McPhail

Easy win for the Van Zant team this morning. There was a good battle between 3 teams for 3rd place and another 3-way battle for 7th place. Joseph Aubuchon had the best average for the day at 30.8. However, Slim Pickens and Mike Heggund were very close to his time. Kristina Mathias was the fastest of the ladies at 34.8. Dimitrios ran very well to average 32.5 (he ran a 25.9, 56.0, and 2:14 triple on Thursday night at the all-comers meet).

**8/10/02 - Doug/Sar/Frtvale -  
2.75 Miles**

1	Slim Pickens	14:37	
2	Andy Lief	15:34	
3	Joseph Aubuchon	15:38	
4	Jeff Rohrer	15:45	
5	Christian Saucedo	15:55	PR
6	J.T.Jensen	16:02	
7	Jim Bordoni	16:14	
8	David Aubuchon	16:19	
9	Kristina Mathias	16:24	
10	Becki Kriege	16:50	
11	Dick Chimenti	17:02	
12	Todd Hayes	17:13	
13	Danny Moon	18:05	PW
14	Rich Hahn	18:10	
15	Bob Schmitt	18:13	PR
16	Joe Hurtado	18:43	
17	Liz Nast	18:56	
18	Dave McIntyre	19:01	
19	Missy Sudan	19:21	
20	John Peterson	19:42	
21	Ken Noel	20:18	
22	Jim Myers	20:21	
23	Tom Warfel	20:49	
24	Rich Stiller	20:50	
25	Sue Francis	20:52	
26	Norm Saucedo	21:03	
27	Antonina Ettare	22:03	
28	Georgia Riley	22:44	
29	Eddie Reyna	23:04	
30	Chris Cassell	23:11	
31	Pauline Beatty	23:29	
32	John Pickens	23:32	
33	Rich Collins	23:41	
34	Annette McPhail	23:44	
35	Ken Napier	23:50	
36	Madelyn Moon	24:36	
37	Dave McCarten	25:48	
38	Stan DeMartinis	33:00	PW

Dick Barrett Trophy Winner - Christian Saucedo

It was very warm this morning (80 degrees ?) but still there were many good performances. Slim Pickens did not take the lead until after the half mile mark but then accelerated away to win by about a minute while coming within 16 seconds of his PR. Joseph Aubuchon ran the final uphill mile in 5:31 to finish 3rd. Jeff Rohrer came within 4 seconds of his all-time PR while improving his 40+ best. Christian Saucedo improved his PR by 15 seconds. Kristina, who has been running very well over the last few weeks, led the ladies. 59-year-old Dick Chimenti led the 50+ runners. Danny Moon ran great on Thursday night at the all-comers meet as he recorded a 5:11 mile. But, this left him exhausted this morning. He added 34 seconds to his PW (He has been running this course for 17 1/2 years). Bob Schmitt improved his PR by 13 seconds to lead the five 60+ runners. His time puts him #11 on the 60+ list. Liz Nast led the 40+ ladies. 60+ runner, John Peterson, improved his PR by over 3 minutes. Eddie Reyna led the three 70+ runners with the #3 best-ever by a 70+ runner. Annette McPhail ran the 10th best-ever time by a club woman 50+ runner. Madelyn Moon broke the women's 60+ record by 4 minutes.

**8/17/02 - One Mile Runs on the Track**

Race #1 - Sub 5:30

1	Slim Pickens	4:40.2
2	Joseph Aubuchon	4:47.7
3	Andy Lief	5:05.0
4	Scott Bang	5:10.7
5	Art Mitchum	5:25.6
6	Al Murray	5:33.2

We ran some of the fast runners in the first race so that Scott Bang could get over to Los Gatos high school to help out with the Damit race. Slim and Joseph ran together through laps of 71 and 2:22 before Slim gradually pulled away. He passed through the 1320 in 3:31 and finished with a 69 for a 4:40. Joseph improved 4 seconds on his 6/29/02 mile run.

Race #2 - 6:15 & Over

1	Ed Gavin	6:19.4
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2	Walt Van Zant	6:39.6
3	Tom Murphy	6:42.8
4	Ash Mirza	6:46.5
5	Dena Noble	6:47.7
6	Ken Noel	6:54.2
7	Susan Pickens	7:06.7
8	John Pickens	7:15.7
9	Georgia Riley	7:20.2
10	Ken Napier	7:34.6
11	Dave McCarten	7:43.1
12	Madelyn Moon	7:47.0
13	Stan DeMartinis	9:41.9

Ed Gavin and Susan Pickens battled for the lead early in the race before Ed ran away to an easy win. Walt was happy to sneak in with a 92 to break 6:40. Ken Noel ran easy because of many injuries. Ken Napier improved his 6/29 mile by 7 seconds. Madelyn improved hers by 12 seconds and the aging (almost 80) Stan DeMartinis improved by 16 seconds.

Race #3 - 5:30-6:14

1	Todd Hayes	5:29.8
2	Mark Isaacson	5:38.0
3	Cecil Baumgartner	5:46.3
4	Bob Browne	5:54.3
5	Kevin Murphy	5:59.5
6	Matt Grimes	6:06.2
7	Tom Warfel	6:11.3
8	Brian Boyle	6:12.4
9	Dave Norlander	6:13.5
10	Don Packwood	6:25.4

Todd Hayes ran all alone for the victory with splits of 83, 2:46, and 4:09 enroute to his 5:29. Mark and Cecil had a great battle for 2<sup>nd</sup> place through 3 laps before Mark proved to be the superior runner today. Still, Cecil was happy with his sub 5:50. Dave Norlander, fresh from a near non-running 3- week vacation was happy to run 6:13.

Race #4 - Sub 5:30

1	Christian Saucedo	4:55.1
2	Jim Bordoni	5:02.2
3	Jeff Rohrer	5:11.2
4	Danny Moon	5:22.0
5	Dimitrios Stefanidis	5:33.9

Christian took the lead right away in this race and was closely followed by Jim. Christian opened with a 74, came through the half in 2:30, and the 1320 in



3:46 before unleashing a 69 final lap. Jim finished with a 74 to get 5:02. Jeff improved his 6/29 time by 5 seconds. Dimitrios felt lousy right from the start

and struggled to a time 16 seconds slower than his 6/29 time. But, he still has the pleasant memory of the 55.9 400 that he ran on Thursday night.

## RACE RESULTS

### 6/16/02 – 39<sup>th</sup> Annual Holy City Race – 9.08 Miles

1	Bob Pickens	52:24
2	Jeff Rohrer	61:14
3	Tom Warfel	67:45
4	Dave Norlander	68:57
5	Rich Hahn	69:24
6	Kelly Emo	70:17
7	Rick Kananen	70:47
8	Joe Hurtado	70:56
9	Jim Myers	73:52
10	Sue Francis	74:26
11	Pauline Beatty	78:25
12	Dena Noble	80:41

Slim Pickens won this race for the second year in a row with an outstanding time of 52:24, which knocked 77 seconds off his winning time of last year. He is now tied with Bob Ebert for #6 on the all-time 40+ list. Pauline Beatty again did a good job of directing this race. She assembled more helpers than we had racers. This was our lowest turnout ever for this race, which used to draw several hundred to conquer Melody Lane and the remainder of this difficult course.

### 6/22/02 – Shriner's 8K

Robert Pickens	26:27	
Brian Davis	28:59	
Becki Kriege	29:25	2nd-35+
Jeff Rohrer	29:44	
Neal Chappell	33:08	3rd-60+
Joe Hurtado	33:20	4th-60+
Robert Schmitt	33:31	5th-60+
Rich Hahn	33:40	
Ken Noel	36:39	
John Pickens	41:46	
Ed Reyna	41:58	1st-70+

### 6/30/02 - Run For The Law 5K

Gilbert Munoz	16:49	1st-Ovrl
Jim Bordoni	17:50	1st-40+
Matt Bordoni	18:55	2nd Age
Nick Butterfield	19:13	2nd-40+
Danny Moon	19:27	1st-50+

Greg Burke	19:56*	
Tony Hilton	20:22	3rd-40+
Rich Stillier	21:15	3rd-50+
Rich Hahn	21:21	
Kelly Emo	21:28	
Don Packwood	23:05	3rd-60+
Pauline Beatty	24:39	
Tom Zades	24:48	
Walt VanZant	26:04	
Madelyn Moon	28:59	
*Unofficial Runner		

Jim Bordoni finished 5th overall.

### 7/4/02 - San Ramon 5K

16	Bill Dunn	18:12	1st-50+
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### 7/4/02 - 20th Annual Twin Lakes 5-Miler

Once again, Kelly Emo made her usual trek up to the Eastern Sierra for the long fourth of July weekend. Whenever possible, she attempts to race in a local five-miler near Bridgeport, California. The race is a cross-country 5-mile run around Lower Twin lake on a hilly combination of dirt road, dirt trail, paved road and sand. The kicker is that it is at 7800' elevation. This adds a whole new definition to the term oxygen debt. The course scenery is incredible as the whole race traverses around the lower twin lake with towering mountains in the background.

The race starts at 8:00 am on the 4th of July. Awards are given after a hometown 4th of July parade in downtown Bridgeport. The parade is a favorite of kids and Kelly's daughter, Dana, had a great time as the parade participants throw candy.

About 80 people ran in the race. The race usually has between 50-100 participants. It is very competitive or so it seems as the locals run a good pace. The first place male finished in 28:47

and the first place female ran 32:44. Both were over 40 years old. They give trophy awards to the top three men and women. Age-group winners get recognized at the ceremony but no prize or hardware. Once again (for the third time) Kelly placed one place out of the money as the 4th woman, (first in her age group) with a 37:15. Second and third overall women were two local high school girls, finishing in 33:09 and 36:05 respectively. The third place high school girl passed Kelly on the last of the rolling hills at mile 3, when she had to walk to recover the oxygen debt. That's the challenge of 7800'.

### 7/7/02 - PA/USATF Road Mile Races

#### 60+ Men

8	Bob Schmitt	6:11.0
9	Don Packwood	6:11.8
10	Joe Hurtado	6:13.0
14	Walt Van Zant	6:56.4
15	Eddie Reyna	7:37.7

Eddie Reyna won the 70+ division to move into 3rd place for the year. We finished 2nd behind Tamalpa in the 60+ team competition.

#### 50+ Men

7	Art Mitchum	5:19.3
8	Danny Moon	5:19.9
13	Todd Hayes	5:36.9

Hoys Excelsior won the team competition. We got 2nd.

#### 50+ Women

7	Georgia Riley	7:12.9
9	Madelyn Moon	7:55.7
11	Marcia Morrison	8:02.9

Impala won this race and we finished 2nd.

### 40+ Men - Race #1



1	Jim Bordoni	5:03.8
	Jeff Rohrer	5:11.1
	Dimitr Stefanids	5:19.4
	Dave McIntyre	5:43.0
	Rich Hahn	5:53.3

**40+ Men - Race #2**

5	Slim Pickens	4:35.5
19	Brian Davis	4:56.5

Great race by Bob Pickens to finish 5th in a loaded 40+ field. Jim was pleased to finish first in his heat. The Aggies won this race and Excelsior finished 2nd. We finished 3rd.

**Open Men - Race #2**

2	Joseph Aubuchon	4:43.2
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We put McIntyre, Hahn, VanZant, and Reyna with Aubuchon to get 6th in the open team competition.

**7/14/02 - Monterey Challenge Triathlon**

This triathlon was slightly longer than a sprint triathlon with a half mile swim, 16 mile bike and 4 mile run. The swim was in the ocean. Prior to the start of the race, the director warned all competitors about exceptionally large swells. He wasn't kidding as the swimmers faced four foot waves to get out to the swim course. Kelly Emo had to dive under two such waves to get out to the first buoy but it was actually quite fun. She found herself in a good position near the front of the pack for the swim-bike transition (the swim took around 14 minutes) and then got on her bike. Generally, the bike is her weakest event but on this day she felt strong and started to pass a lot of competitors on the hilly out-and-back course.

Around a mile from the turnaround point Kelly was really pushing the pace on a downhill. Then it happened. She heard a hissing noise, then a flapping noise and her bike went squirly. Sure enough, she had experienced her first race flat tire in this her 6th triathlon. She pulled over and had such a sad look on her face that some kind male competitor on a mountain bike pulled over and asked if she needed help. Knowing that she would be disqualified for receiving assistance but wanting to finish the course and get a workout, she accepted. Between the two of them, they got the tire back in business in around 10 minutes. She went on to finish the bike course and was now comfortably in the back of the pack. Since she didn't have the fighting spirit in the run, she treated it as a tempo run and finished the four miles in around 30 minutes. She broke two hours with a 1:57 but was well off her goal of 1:45. Kelly's new goal is to practice changing her bike tire every week until she can get it done in under five minutes.

**7/28/02 - Wharf To Wharf Race - 6 Miles**

Women

9	Tenaya Adams	33:55*
18	Kristina Mathias	36:33*
21	Katy Spink	37:05*
83	Liz Nast	41:32 *
92	Kelly Emo	41:55

Men

40	Bob Pickens	32:27
52	Rob Nast	32:48*
69	Dan Sauers	33:33*
72	Jim Angelopoul	33:42
xx	Art Mitchum	38:10
xx	Rich Hahn	40:18
xx	Jonathan Lee	43:10
xx	Rick Kananen	45:07
xx	Dave McCarten	59:58

\* Compete for the Aggies

**8/4/02 - Alameda 10K**

29	Dan Anderson	36:25	1st-50+
36	Bill Dunn	37:23	1st-55+

**8/4/02 - Senior California State Championships**

400M

Art Mitchum	60.0	2nd-50+
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800M

Art Mitchum	2:17	1st-50+
John Bronson	2:30	5th-50+

1500M

Art Mitchum	5:04	1st-50+
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**8/17/02 - Reykjavik, Iceland Marathon**

Rebecca Norlander	3:53:44
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This was Becky's first full marathon. and it could be the northern most marathon run by a WVJS member.

**8/17/02 - Oregon 5K**

Len Edholm	23:35	1st-60+
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**8/17/02 - Dammit Run - 5M**

Dave McIntyre	37:07	2nd-Clydale
Joe Hurtado	?	
Pauline Beatty	?	

**2002 CUMULATIVE SATURDAY STANDINGS**



Elite Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Bordoni,Jim	0:15:48	0:37:17	0:17:26	0:36:54	0:20:30	0:36:36	0:27:35	0:36:53	0:28:10	0:36:41	0:35:17	0:37:18	2:24:46
Kriege,Becki	0:16:46	0:39:28	0:18:11	0:38:29	0:21:27	0:38:18	0:28:29	0:38:05	0:29:24	0:38:17	0:36:22	0:38:27	2:30:39
Gerhardt,Floyd	0:16:05	0:37:51	0:18:14	0:38:36	0:21:21	0:38:07	0:28:15	0:37:46	0:29:15	0:38:05	0:40:53	0:43:13	2:34:03
Spink,Katy	0:16:46	0:39:28	0:17:58	0:38:02	0:21:46	0:38:52	0:28:59	0:38:45	0:28:57	0:37:42	0:40:53	0:43:13	2:35:19
Adams,Tenaya	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:35:55	0:37:58	0:00:00
Aubuchon,Jose	0:15:38	0:36:48	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Bang,Scott	0:15:33	0:36:36	0:16:57	0:35:53	0:20:16	0:36:17	0:00:00	0:00:00	0:00:00	0:00:00	0:34:52	0:36:57	0:00:00
Corrick,Mike	0:20:16	0:47:42	0:00:00	0:00:00	0:00:00	0:00:00	0:35:43	0:47:45	0:35:25	0:46:07	0:00:00	0:00:00	0:00:00
Hegglund,Mike	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:30:35	0:40:53	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Pickers,Bob	0:14:21	0:33:46	0:17:39	0:37:22	0:00:00	0:00:00	0:28:24	0:37:58	0:30:24	0:39:35	0:00:00	0:00:00	0:00:00
Rohrer,Jeff	0:15:45	0:37:04	0:17:22	0:36:46	0:00:00	0:00:00	0:00:00	0:00:00	0:33:15	0:43:18	0:00:00	0:00:00	0:00:00
Russell,Ray	0:00:00	0:00:00	0:17:17	0:36:35	0:20:47	0:37:07	0:29:46	0:39:48	0:29:12	0:38:07	0:35:36	0:37:38	0:00:00
Saucedo,Christ	0:15:55	0:37:28	0:00:00	0:00:00	0:00:00	0:00:00	0:28:23	0:37:57	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
<b>A Div.</b>	<b>DOUGLASS</b>	<b>VALLE VISTA</b>	<b>FARWELL</b>	<b>FARWEL HERR</b>	<b>TRIANGLE</b>	<b>SHORT SIX</b>	<b>TOTAL</b>						
Hayes,Todd	0:17:13	0:40:37	0:18:42	0:39:35	0:21:32	0:38:27	0:28:12	0:37:42	0:28:27	0:37:03	0:37:55	0:40:05	2:32:01
Chimenti,Dick	0:17:02	0:40:05	0:19:30	0:41:17	0:22:24	0:40:00	0:29:50	0:39:53	0:30:32	0:39:45	0:37:54	0:40:04	2:37:12
Moon,Danny	0:17:26	0:41:02	0:19:24	0:41:04	0:22:42	0:40:32	0:30:34	0:40:52	0:30:44	0:40:07	0:37:43	0:39:52	2:38:33
Warfel,Tom	0:17:42	0:41:40	0:19:42	0:41:42	0:24:09	0:43:07	0:31:12	0:41:43	0:32:06	0:41:48	0:39:42	0:41:58	2:44:33
Baker,Chris	0:00:00	0:00:00	0:19:33	0:41:23	0:00:00	0:00:00	0:00:00	0:00:00	0:31:43	0:41:18	0:00:00	0:00:00	0:00:00
Butterfield,Nick	0:00:00	0:00:00	0:19:42	0:41:42	0:00:00	0:00:00	0:31:09	0:41:39	0:31:49	0:41:26	0:38:47	0:41:00	0:00:00
Casillas,Jose	0:00:00	0:00:00	0:19:56	0:42:12	0:23:59	0:42:50	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Dunn,Bill	0:16:07	0:37:56	0:17:46	0:37:36	0:24:07	0:43:04	0:00:00	0:00:00	0:29:00	0:37:46	0:36:26	0:38:37	0:00:00
Gerhardt,Amar	0:00:00	0:00:00	0:19:51	0:42:07	0:24:59	0:44:37	0:31:18	0:41:51	0:00:00	0:00:00	0:41:43	0:44:06	0:00:00
Hovancik,Steph	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:30:01	0:40:08	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Isaacson,Mark	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kurasch,Steve	0:00:00	0:00:00	0:19:08	0:40:30	0:00:00	0:00:00	0:00:00	0:00:00	0:31:31	0:41:02	0:00:00	0:00:00	0:00:00
Lee,Jonathan	0:00:00	0:00:00	0:19:23	0:41:02	0:23:55	0:42:43	0:00:00	0:00:00	0:32:24	0:42:17	0:39:39	0:41:55	0:00:00
Mathias,Kristina	0:16:24	0:38:36	0:00:00	0:00:00	0:23:13	0:41:27	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Murray,Al	0:00:00	0:00:00	0:19:00	0:40:13	0:00:00	0:00:00	0:00:00	0:00:00	0:30:48	0:40:06	0:00:00	0:00:00	0:00:00
Stefanidis,Dimi	0:00:00	0:00:00	0:00:00	0:00:00	0:24:31	0:43:47	0:00:00	0:00:00	0:38:36	0:50:16	0:00:00	0:00:00	0:00:00
Sudan,Missy	0:19:21	0:45:33	0:22:27	0:47:37	0:27:41	0:49:26	0:00:00	0:00:00	0:00:00	0:00:00	0:47:01	0:49:42	0:00:00
Zelinski,Danielle	0:00:00	0:00:00	0:00:00	0:00:00	0:24:11	0:43:17	0:00:00	0:00:00	0:00:00	0:00:00	0:43:17	0:45:45	0:00:00
<b>B Div</b>	<b>DOUGLASS</b>	<b>VALLE VISTA</b>	<b>FARWELL</b>	<b>FARWEL HERR</b>	<b>TRIANGLE</b>	<b>SHORT SIX</b>	<b>TOTAL</b>						
Norlander,Dave	0:19:14	0:45:16	0:20:24	0:43:17	0:25:38	0:45:46	0:32:10	0:43:00	0:33:50	0:44:03	0:43:16	0:45:44	2:54:32
Baumgartner,C	0:19:19	0:45:28	0:19:50	0:41:59	0:23:49	0:42:32	0:34:32	0:46:10	0:39:02	0:50:49	0:40:43	0:43:02	2:57:15
Hurtado,Joe	0:18:26	0:43:23	0:21:14	0:44:57	0:24:59	0:44:37	0:33:44	0:45:06	0:32:43	0:42:36	0:49:35	0:52:25	3:00:41
Stiller,Rich	0:17:54	0:42:08	0:19:45	0:41:48	0:29:17	0:52:18	0:35:09	0:47:00	0:41:43	0:54:19	0:51:32	0:54:28	3:15:20
Boyle,Brian	0:00:00	0:00:00	0:22:10	0:46:55	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Emo,Kelly	0:00:00	0:00:00	0:23:20	0:49:23	0:25:49	0:46:06	0:32:14	0:43:06	0:35:42	0:46:29	0:00:00	0:00:00	0:00:00
Francis,Sue	0:18:46	0:44:10	0:20:17	0:23:53	0:23:53	0:42:39	0:33:52	0:45:17	0:34:14	0:44:34	0:00:00	0:00:00	0:00:00
Hahn,Rich	0:18:10	0:42:45	0:00:00	0:00:00	0:00:00	0:00:00	0:32:01	0:42:48	0:33:13	0:43:15	0:40:48	0:43:08	0:00:00
Kananen,Rick	0:00:00	0:00:00	0:00:00	0:00:00	0:24:26	0:43:38	0:31:58	0:42:44	0:33:50	0:44:03	0:00:00	0:00:00	0:00:00
Kinsch,Russ	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McIntyre,Dave	0:18:17	0:43:02	0:00:00	0:00:00	0:24:26	0:43:38	0:33:51	0:45:15	0:34:11	0:44:37	0:42:13	0:44:38	0:00:00
Nast,Liz	0:18:14	0:42:55	0:20:14	0:42:50	0:00:00	0:00:00	0:32:10	0:43:00	0:32:18	0:42:03	0:00:00	0:00:00	0:00:00
Rostege,Tim	0:18:11	0:42:48	0:20:25	0:43:13	0:00:00	0:00:00	0:00:00	0:00:00	0:32:47	0:42:47	0:00:00	0:00:00	0:00:00
Salinas,Robert	0:00:00	0:00:00	0:00:00	0:00:00	0:25:19	0:45:13	0:00:00	0:00:00	0:39:02	0:50:49	0:00:00	0:00:00	0:00:00
Schmitt,Bob	0:18:13	0:42:53	0:27:35	0:58:23	0:00:00	0:00:00	0:31:36	0:42:15	0:32:27	0:42:15	0:00:00	0:00:00	0:00:00

