



WVJS



VOL XXXI-#4 WEST VALLEY JOGGERS & STRIDERS Dec 2001

Saturday Workouts

01/05/02 4 x 1.46-mile WVC Loop Relay	03/16/02 18 x 0.33-Mile Tennis Court Loop Relay
01/12/02 Farwell (3.54 miles)	03/23/02 Farwell/Herriman (4.68 miles)
01/19/02 8 x 1200 Relay	03/30/02 16 x 300 Relay
01/26/02 Short Six (5.74 miles)	04/06/02 Farwell (3.54 miles)
02/02/02 5K on the Track	04/13/02 12 x 600 Relay
02/09/02 Valentine Team Race (5.4 miles)	04/20/02 Valle Vista (3.0 miles)
02/16/02 Valle Vista (3.0 miles)	04/27/02 36 x 200 Relay
02/23/02 Step-up & Step-down Relay	05/04/02 Triangle Run (4.76 miles)
03/02/02 Triangle Run (4.76 miles)	05/11/01 16 x 400 Relay
03/09/02 Doug/Sara/Frtvle (2.75 miles)	05/18/02 Doug/Sara/Frtvle (2.75 miles)

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

01/13/02 Stockton 10M

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
 01/13/02 Cal 10
 02/09/02 Valentine Race-5.4M

Other Popular Races

01/27/02 Home Depot Half Mar-SF
 02/02/02 San Juan Baustista 10M/5K
 02/03/02 Las Vegas Marathon
 02/10/02 Together With Love 10K-PG
 02/23/02 Juana Run - 5K
 03/03/02 Napa Marathon
 03/24/02 Houlihan's 12K
 04/07/02 The Great Race - 4M
 04/14/02 LSI Logic Classic - 5K/10K
 04/21/02 Compaq 10K
 04/28/02 Big Sur 5K
 05/05/02 Devil Mountain 5K/10K

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:15 PM. We run intervals with 50% rest, rotating weekly through 12 x 400, 6 x 800, 4 x 1200, and 3 x 1600s.

Sunday Runs

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

2001 PA/USATF Grand Prix

Open Men

We finished 7th in the LDR (Road running races) competition for 2001. We had difficulty in fielding teams during the last half of the year. Hopefully, we can do better in 2002.

Open Women

We finished 9th in the LDR competition for 2001. We fielded complete teams for the first three races of 2001 but none for the

last nine races of the year. Becki Kriege was our top runner as she finished 18th in the short-race grand prix.

40+ Men

We finished 3rd in the LDR competition for 2001 behind Excelsior and the Aggies. Brian Davis and Slim Pickens were our top runners as they finished 7th and 8th in the individual competition.



We finished 6th in the XC grand prix competition. Brian was also our top runner in this competition, finishing 18th.

We did not field any teams in the ultra grand prix competition. Individually, Cecil Baumgartner finished 5th.

40+ Women

Our 40+ women finished 6th for the year in the LDR grand prix. Marian Richard and Sue Francis were our top dogs as they finished 8th and 20th.

50+ Men

Our 50+ men finished 4th in the LDR grand prix. Dan Sauers was our best runner as he finished 6th. We should have a good team for 2002 now that Bill Dunn is healthy. Dan and Bill will give us a good one-two punch.

50+ Women

We finished 4th in the LDR grand prix. We fielded teams in four of the first five LDR races but none in the last six races.

60+ Men

We finished 2nd behind Tamalpa in the LDR grand prix. The team competition was very close throughout the year with the Cal Intl Marathon deciding the team winner. Joe Hurtado was outstanding in this competition as he was the individual winner. Others finishing high included Ralph Poole (3rd), Dave Norlander (6th), Ken Noel (12th), Neal Chappell (13th), and Tim Rostege (15th).

70+ Men

Our 70+ men were our sole team champions as they won the LDR grand prix. Our top runners were Eddie Reyna (2nd), Howard Powers (3rd), Jack Friedlander (4th), Dave Valles (10th), Carl Ellsworth (12th), and Boyce Jacques (12th). Ken Napier will join this crowd in April of 2002.

Annual Awards Dinner - 2/9/02

Our annual club awards dinner will be held at the Los Gatos Lodge on the evening of 2/9/01.

Annual Club Meeting - 12/29/02

The annual club meeting will be held at Walt Van Zant's house on Saturday, 12/29/01, at 1PM.

Club Dues

Club dues of \$15 per person (\$1 for students) or \$20 per family are now due. If you joined the club after 11/1, then no dues are payable for 2002.

Miscellaneous Drivel

The parking fee at West Valley College is \$2 per day every day of the week from 7AM to 10PM. The Fall and Spring parking fees are \$30 each. The summer fee is \$18. The fine for parking without a permit is \$25.

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

McKayla Plank had a great start to her high school running career. As a freshman, she was Mitty's top runner, had many good races, qualified for the State Meet, and was voted onto the all-Central Coast Section cross country team. That means that she was in the top ten for a section that includes several San Francisco schools in the northern portion of the

section and runs all the way down to King City in the south and includes over 100 schools.

Sue Francis and Cecil Baumgartner will be moving to the Ojai area in June.

Kelly and Scott Emo are expecting their second baby near the end of January. Missy Sudan is expecting her first baby in May.

Don Packwood recently received an honorary degree from the University of Missouri for all of the help that he has given them over the years.

Brian Davis had another good coaching season at Granada high school. His highlight was having one of his boys qualify as one of the 32 boy finalists for the National Footlocker meet (8 boys qualify from each of 4 regional meets).



Gene Antonides has had knee surgery and is presently resting it before resuming his running.

Tim Riley has been forced to give up running due to a hip problem. However, he can still ride his bike and swim.

Pauline Beatty, despite the horrible weather conditions at the Cal Intl Marathon, made the Boston Marathon qualifying time by 18 seconds.

Becki Kriege was all set to run the Cal Intl Marathon but came down with the flu a few days before the race. As it turned out, the illness may have been a fortunate event.

Dete Kraus has retired and moved to Arnold. He did come back to help direct the Hollister Mile race.

Bob Pickens won two consecutive road race during June -- the Strawberry Festival 5K and the Holy City race.

Danny Moon, who has directed the Lockheed track team for several years and participated in corporate competition for many years, was inducted into the BACAA Hall of Fame during the National BACAA meet in Renton, Washington in July. He then responded with several good races, including a 1:37 600 leg in a relay. Joe Hurtado and Ralph Poole won their divisions in both the 5K and 10K. Betty Root gave so many free massages during the two-day meet that she injured her hands.

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>

2001 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). Listed below are all who scored in four or more races for 2001.

Elite Division

Bob Pickens (8)	195
Dave Piazza (8)	192
Jim Bordoni (8)	176
Jeff Rohrer (8)	169
Dan Sauers (4)	95
Brian Davis (4)	93
Scott Bang (4)	91

B Division

Tom Warfel (8)	195
Rich Hahn (8)	192
Ralph Poole (8)	190
Dimtrios Stefanidis (8)	190
Sue Francis (8)	179
Rick Kananen (8)	164
Kelly Emo (8)	157
Tim Rostege (6)	121
Rich Stiller (5)	95
Russ Kinsch (4)	93
Marian Richard (4)	88

D Division

Don Packwood (8)	198
Tom Zades (8)	196
Dena Noble (8)	177
Tim Riley (7)	153
Ken Napier (7)	149
John Pickens (5)	107
Elaine Erickson (4)	95
Mark Winitz (4)	91
Dan Duston (4)	81

A Division

Becki Kriege (8)	198
Joe Hurtado (8)	187
Danny Moon (8)	187
Dick Chimenti (8)	177
Cecil Baumgartner (8)	171
Todd Hayes (6)	139
McKayla Plank (6)	122

C Division

Dave Norlander (8)	196
Pauline Beatty (8)	192
Walt Van Zant (8)	182
Norm Saucedo (7)	170
Jim Myers (7)	159
Dave McIntyre (4)	93

E Division

Chris Hallen (8)	194
Georgia Riley (8)	193
Howard Powers (8)	172
Ed Reyna (6)	139
Antonina Ettare (6)	137
Rich Collins (5)	124
Terri Kinsch (5)	104
Madelyn Moon (4)	85
Dave McCarten (4)	84
Stan DeMartinis (4)	66

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+ win a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. The scores for the first nine months of 2001 are:

Runner	Miles	Sat Pts.	Total
Joe Hurtado	2295	760	3055
Tom Warfel	2155	660	2815
Jeff Rohrer	2114	180	2294
Rich Hahn	1470	700	2170
Dave Norlander	934	680	1614
Jim Bordoni	1102	460	1562
Walt Van Zant	959	540	1499

SATURDAY WORKOUT RESULTS

9/1/01 - Step Up & Step Down Relay

Pl	Team	Strt	Finish
1	T.Kinsch/McMahon	-0-	36:25
2	G.Riley/Wong	2:00	36:48
3	Powers/Norlander	2:00	37:05
4	Zades/Francis	5:15	37:20
5	Poole/Kananen	7:00	37:33
6	Sudan/Baumgartner	8:30	37:52
7	D.Moon/R.Pickens	12:15	38:08
8	Baker/Hovancik	9:30	38:09
9	Hahn/Stefanidis	8:45	38:10
10	Root/Beatty	:30	38:17
11	Noel/Salinas	7:15	38:36
12	Hurtado/Warfel	8:45	39:01
13	M.Moon/T.Riley	:30	39:06
14	Napier/VanZant	3:15	39:07
15	Mathias/Rohrer	10:30	39:13

Dick Barrett Trophy Winner - Mike McMahon

All teams were rated to finish in 38:00. Terri Kinsch ran 68 seconds under her rating to lead her team to an easy win. Bob Pickens was our fastest runner of the day, averaging 72.8 seconds per lap for his 10 laps of running. We had a good group of lady runners with Stephanie Hovancik leading the way with a total time of 14:34. Kristina Mathias, who has been sick for last last week, ran 14:36 and Missy Sudan ran 14:46. Sue Francis led the 40+ ladies with a time of 15:30. Georgia Riley led the 50+ ladies with a PR for this workout of 18:15. Danny Moon led the 50+ men at 13:45 and Ralph Poole led the 60+ men at 14:59. Helen Wong continued to show good improvement as she averaged 99.3 seconds per lap.

9/15/01 - Triangle Run - 4.76 Miles

1	Jim Bordoni	29:02	
2	Dimitrios Stefanidis	31:25	PR
3	Todd Hayes	31:29	
4	Cecil Baumgartner	31:53	
5	Joe Hurtado	31:55	
6	Sue Francis	32:27	
7	Tony ?	33:07	
8	Rich Hahn	33:19	
9	Ken Noel	34:05	
10	Rick Kananen	34:09	
11	Norm Saucedo	34:33	
12	Tom Warfel	34:55	
13	Don Packwood	35:22	
14	Jim Myers	35:52	
15	Helen Wong	35:59	PR
16	Dena Noble	37:25	PR
17	Walt Van Zant	37:37	
18	Tim Rostege	37:47	
19	Dan Duston	37:55	
20	Antonina Ettare	38:50	
21	Georgia Riley	39:06	
22	Howard Powers	39:32	
23	Terri Kinsch	43:30	
24	Betty Root	44:57	
25	George ?	93:39	

Dick Barrett Trophy Winner - Helen Wong

Jim Bordoni took the lead near the college entrance and then ran to a 2 1/2 minute victory. Dimitrios edged Todd while improving his PR by a whopping one second. Sue was our first woman finisher. Joe Hurtado improved his 60+ PR by 20 seconds. Antonina knocked 45 seconds off her 45+ best and Betty Root improved

her 55+ best by 46 seconds. Howard improved his own 75+ course record by 90 seconds. Helen took home the weekly trophy because she improved her PR by 95 seconds.

9/22/01 - 4 x 1.46M WVC Loop Relay

Pl	Team	Strt	Finish
1	Dustan/Kananen	1:15	41:16
2	Powers/Hayes	:30	41:40
3	T.Riley/Salinas	:30	41:44
4	Rostege/Hovancik	4:00	41:46
5	Rasmussen/Hurtado	4:30	42:13
6	Packwood/Sudan	3:45	42:13
7	Noble/Noel	1:30	42:38
8	G.Riley/Norlandr	:30	42:48
9	VanZant/Zades	:30	42:58
10	Wong/Mathias	4:15	43:19
11	Root/Chimenti	:30	43:41
12	Legregni/D.Moon	-0-	44:12
	Francis/Hahn	4:30	DNF
	T.Murphy/Kriege	3:15	DNF
	McMahon/Hilton	3:15	DNF

Dick Barrett Trophy Winner - Rick Kananen

There were a few snafus this morning. Tom Murphy and Mike McMahon, who had never run this relay before, started at 3:15 with the closest team starting nearly two minutes in front of them. Since we did not explain the course to them prior to the start and they could see no one, they drifted off course and got lost. Sue Francis strained her achilles tendon at the start of her second run and had to drop out. Dan Duston put his team into the lead during the third leg and Rick Kananen

held it during the final loop. Danny Moon led all runners with splits of 8:36 and 8:42. The ladies were tightly bunched with Missy Sudan having the best time at 17:51. Stephanie Hovancik ran 17:58 and Kristina Mathias ran 18:19. We did not get Becki Kriege's times.

9/29/01 - Doug/Sar/Frtvle - 2.75 Miles

1	Ray Russell	16:02	
2	Katie Spink	16:11	
3	Danny Moon	16:20	
4	Dick Chimenti	16:51	
5	Neal Chappell	16:59	
6	Missy Sudan	17:14	
7	Chris ?	17:20	
8	Jim Bordon	17:29	
9	Cecil Baumgartner	17:55	
10	Kristina Mathias	18:15	
11	Norm Saucedo	18:20	
12	Dave McIntyre	18:33	PR
13	Robert Salinas	18:42	
14	Ken Noel	18:45	
15	Tim Rostege	18:57	
16	Tom Zades	20:09	
17	Dena Noble	20:20	PR
18	Pauline Beatty	21:21	
19	Ken Napier	22:18	
20	Tim Riley	22:26	
21	Chris Hallen	23:06	
22	Terri Kinsch	24:00	
23	Betty Root	24:43	
24	Madelyn Moon	25:03	
25	Linda Legregni	25:22	
26	Dave McCarten	28:56	
27	Stan DeMartinis	31:07	
28	George Pal	35:12	

Dick Barrett Trophy Winner - Dena Noble

10/6/01 - 16 x 300 Relay

Pl	Team	Strt	Finish
1	Hilton/Hahn	4:30	20:42
2	Van Zant/D.Moon	4:30	20:43
3	Hurtado/Stefanidis	5:15	21:01
4	Noel/Baumgartner	4:45	21:06
5	Root/R.Kinsch	1:15	21:12
6	Napier/Mathias	3:45	21:16
7	Saucedo/Norlander	4:30	21:45
8	DeMartinis/Duston	-0-	22:15
9	Ettare/B.Pickens	4:30	22:57

10/13/01 - Farwell/Herriman - 4.68 Miles

1	Jim Bordon	28:31
2	Becki Kriege	28:44

3	Bob Pickens	28:45
4	Danny Moon	29:01
5	Tony Hilton	30:13
6	Joe Hurtado	31:10
7	Dimitr Stefanidis	31:31
8	Rich Hahn	31:33
9	Todd Hayes	32:02
10	Cecil Baumgartner	32:22
11	Ken Noel	32:56
12	Robert Salinas	32:58
13	Don Packwood	34:00
14	Tom Zades	36:49
15	Tom Warfel	36:56
15	Rich Stiller	36:56
17	Pauline Beatty	37:16
17	Jim Myers	37:16
19	Ken Napier	38:12
20	Walt Van Zant	38:39
21	Georgia Riley	38:48
22	Kelly Emo	51:16
23	Stan DeMartinis	55:22
24	George Pal	93:00

Dick Barrett Trophy Winner - Joe Hurtado

The stars of the morning were Jim Bordon, who won, Becki Kriege, who led the ladies, Joe Hurtado, who recorded the all-time #5 time for 60+ runners, Don Packwood, who knocked 134 seconds off his 60+ best, and Georgia Riley, who improved her 55+ best by 9 seconds.

10/20/01 - 18 x 0.33M Tennis Court

Loop Relay

Pl	Team	Strt	Finish
1	Sudan/Hilton/Rohrer	3:00	39:26
2	Myers/Hayes/Bordon	7:30	40:26
3	Salins/Francis/Russell	7:00	40:37
4	G.Riley/Ettare/VanZnt	-0-	40:51
5	DeMartinis/Stefanidis/Beatty	-0-	41:18
6	Noel/Warfel/Chimenti	6:30	41:26
7	Root/Zades/Noble	:15	41:32
8	T.Riley/R.Kinsch/Saucedo	3:15	43:58

Dick Barret Trophy Winner - Bordon Team

The track is closed for a couple of weeks for resurfacing. So, we substituted this workout for the scheduled 36 x 200 relay. Missy was a late addition to the first team so that they would have a complete team.

Their team did not count toward winning the trophy because taking it easy this morning and it was too difficult to determine their correct rating. Jim Bordon put his team into the lead just after the last handoff and then held off the hard-charging Ray Russell for the win. Ray probably had the fastest splits of the day.

10/27/01 - 18 x 0.33M Tennis Court

Loop Relay

Pl	Team	Strt	Finish
1	DeMartinis/Warfel/Bordon	-0-	39:47
2	T.Kinsch/Myers/Baker	:45	40:11
3	McPhail/Saucedo/Isaacson	3:00	40:26
4	Ettare/Noel/Baumgartner	3:15	41:38
5	Root/Wong/Kriege	1:00	42:22
6	Powers/Rostege/Chimenti	3:30	42:45

Dick Barrett Trophy Winner - Stan DeMartinis

The Bordon team started first and kept the lead the rest of the way to score an easy win. Jim Bordon probably had the best time of the day at 9:55. Special note should be taken of Dick Chimenti's action. When he learned that his team was going to start last, did he suck it up and try to run a 30-second PR at the age of 58? No. Unlike his hard-working American teammates, he complained to the benevolent and noble handicapper and then laid down. We should also note the miscue of the day by Howard Powers. He forgot who his teammate was on his 5th handoff and tried to take the handoff from Cecil rather than from Dick. We probably had more spectators than runners. Jim Wurm and Don Packwood were selected from this vast group to do the timing and they responded with an excellent job.

11/3/01 - Farwell - 3.54 Miles

1	Kristina Mathias	22:50
2	Chris Baker	22:57
3	Todd Hayes	23:09
4	Tom Warfel	23:10
5	Dimtrios Stefanidis	23:30

6	Joe Hurtado	23:38
7	Slim Pickens	23:49
8	Tim Rostege	24:02
9	Dave Norlander	24:25
9	Ralph Poole	24:25
11	Ken Noel	25:44
12	Tom Zades	26:21
13	Sue Francis	27:13
14	Helen Wong	27:15
15	Pauline Beatty	28:23
16	Chris Hallen	30:25
17	Antonina Ettare	30:47
18	Annette McPhail	30:47
19	Ken Napier	31:04
20	Howard Powers	31:11
21	Danny Moon	32:02
22	Rich Stiller	32:04
23	Sonya ?	32:34
24	Rick Kananen	32:35
25	Walt Van Zant	34:36
26	Kelly Emo	36:55
26	Linda M.	36:55
28	Stan DeMartinis	46:53
29	George Pal	76:39

17 brave souls showed up to run this ever-popular course. Jeff Rohrer roared off at the start never to be seen again as he scored an easy win. Danny also went out fast but hit the skids on Sobey Rd to fall back from second to fifth. Still, he broke 37 minutes for the first time in two years. Becki and Jim ran neck and neck until they reached Allendale, where she finally got away. Becki is the women's course record holder at 34:59 but this was her best time on the Short Six course since she ran 35:20 in September 1996. Betty Root ran the course for the first time in 2 1/2 years.

11/17/01 - 8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Warfel/Hovancik	8:15	39:40
2	Norlander/Browne	6:30	39:44
3	Castillo/Myers	2:00	39:49
4	J.Bordo/Ma.Bordon	12:15	40:23
5	Hurtado/Chimenti	8:45	40:28
6	Noel/Francis	6:30	40:29
7	M.Moon/Wong	-0-	40:41
8	McPhail/VanZant	1:45	40:43
9	Rostege/Stefanidis	8:30	40:51
10	DeMartinis/Hayes	-0-	40:56
11	Rasmussen/Lee	8:15	41:38
12	Kananen/Boyle	6:45	41:47
13	D.Moon/Baumgartn	10:30	41:50
14	Root/Packwood	:45	41:51
15	Ettare/Beatty	2:45	41:58
16	Napier/Noble	2:30	42:05
17	Legregni/Zades	1:15	42:16

Dick Barrett Trophy Winner - Tom Warfel & Stephanie Hovancik

We had a fairly close race as Stephanie Hovancik came from third place at the start of the last loop to narrowly edge Bob Browne for the win. She had the fastest splits for the ladies at 15:09 and Bob Pickens and Matt Bordonni had the fastest splits for the men at 13:36 and 13:38. Bob did not run on a full team but started each run with Matt.

11/24/01 - 3 Miles on Westmont Quad

1	Kristina Mathias	20:04
2	Joe Hurtado	21:19
3	Rick Kananen	22:00
4	Rich Hahn	22:33

5	Tom Warfel	22:34
6	Sue Francis	22:55
7	Ken Noel	23:03
8	Dave Norlander	24:12
9	Robert Salinas	26:00
10	Ken Napier	26:17

Due to the terrible weather (It was a real Monsoon), most of us decided to run under the protection of the Westmont quad (5 laps to the mile). Even at Westmont, the conditions were not great. One corner was flooded, causing us to have to run through the shrubbery in order to by-pass the lake).

Three very brave runners stayed at West Valley College and ran the scheduled run - Valle Vista. Jim Bordonni won this run. The highlight of this run for the runners was running through a 50-yard lake on Monta Vista that was 6-8 inches deep. Stan took a fall near the end but still completed the run.

Valle Vista

1	Jim Bordonni	21:47
2	Stan DeMartinis	36:30
2	Bob Pickens	36:30

12/1/01 - 3 x 1600M Relay

Pl	Team	Start	Finish
1	Legregni/Bang	-0-	43:44.5
2	Salinas/D.Moon	7:15	43:46.5
3	Francis/Dunn	7:15	44:14.5
4	Packwood/Baker	6:15	44:20.0
5	Rostege/Browne	6:15	44:42.5
6	Stiller/Chimenti	7:15	44:52.0
7	Collins/Zades	1:00	44:59.0
8	Noel/Baumgartner	6:15	45:03.5
9	DeMartinis/Pickens	-0-	45:17.5
10	Saucedo/Stefanidis	6:15	45:19.5
11	M.Moon/Warfel	-0-	46:15.0
12	McPhail/Russell	4:00	46:39.5
13	Napier/VanZant	-0-	46:42.5

Dick Barrett Trophy Winner - Danny Moon

This was a miserable morning for running, rainy, windy, and cold. Still, 28 foolhardy souls (Antonina and George ran on their own) participated in the workout and Todd Hayes, Dave Norlander, and Ed Gavin helped with the timing. The Bang team won but we gave the trophy to the second

Dick Barrett Trophy Winner - Dave Norlander

Kristina Mathias became part of an elite group this morning as she became one of the few female runners to win a club run. She kicked by Chris Baker near the end for the win. Helen Wong was the sole runner to post a PR.

11/10/01 - Short Six - 5.74 Miles

1	Jeff Rohrer	34:35
2	Becki Kriege	35:33
3	Jim Bordonni	35:45
4	Bill Dunn	36:38
5	Danny Moon	36:57
6	Dick Chimenti	37:54
7	Todd Hayes	38:14
8	Chris Baker	39:25
9	Rich Hahn	39:59
10	Tom Warfel	40:12
11	Tim Rostege	40:34
12	Sue Francis	41:23
13	Robert Salinas	43:32
14	Jim Myers	43:50
15	Tom Zades	45:39
16	Betty Root	59:37
17	George Pal	

Phantom Dick Barrett Trophy Winner - Becki Kriege



place team because Scott was given a generous rating. Bob Pickens had the best average at 5:12. Sue Francis led the ladies at 6:20. Stan celebrated his 79th birthday. George fondly recalled his 3:25 marathon of 21 years ago while he trudged through his 15-minute miles.

12/8/01 - Triangle Run - 4.76 Miles

1	Bill Dunn	29:13
2	Danny Moon	29:40
3	Mark Isaacson	31:54
4	McKayla Plank	32:24
5	Todd Hayes	32:41
6	Tom Warfel	32:46
7	Dimitrios Stefanidis	32:58
8	Cecil Baumgartner	33:51
9	Bob Browne	34:11
10	Robert Salinas	34:13
11	Dave McIntyre	35:41
12	Rich Hahn	37:22
13	Ed Gavin	37:54
14	Walt VanZant	38:00
15	Jim Myers	40:20
16	Rich Stiller	40:21
17	Rich Collins	41:19
18	Joe Hurtado	42:29
18	Missy Sudan	42:29
20	Howard Powers	43:32
21	Stan DeMartinis	56:40
22	Kelly Emo	70:21

Dick Barrett Trophy Winner - Bill Dunn

Bill Dunn and Danny Moon started fast, gaining about a 50-yard lead by the time that they reached the college entrance.

They then turned left instead of right (even though Danny has run this course many times) before being called back. After they regained the lead, they went on to finish 1-2. Bob Browne, who last ran this course in January 1981, did stay on course, managing to finish 9th. Jim Bordononi and Don Packwood, who were saving themselves for the relay race the next day, did an excellent timing job.

12/15/01 - Doug/Sar/Frtvle - 2.75 Miles

1	Jeff Rohrer	15:48	
1	Bob Pickens	15:48	
3	Ray Russell	16:06	
4	Bill Dunn	16:08	
5	Chris Baker	16:54	PR
6	Becki Kriege	16:57	
7	Kristina Mathias	17:21	
8	Todd Hayes	17:25	
9	McKayla Plank	17:27	PR
10	Jim Bordononi	17:27	
11	Dick Chimenti	17:42	
12	Tom Warfel	17:44	
13	Cecil Baumgartner	18:01	
14	Sue Francis	18:05	
15	Mark Isaacson	18:13	
16	Rich Hahn	18:22	
17	Bob Browne	18:40	
18	Dave Norlander	18:52	
19	Rick Kananen	19:05	
20	Robert Salinas	19:19	
21	Joe Hurtado	19:31	
22	Tom Zades	19:54	
23	Ed Gavin	20:12	
24	Bill Flodberg	20:46	
25	Walt Van Zant	21:04	

26	Helen Wong	21:47
27	Missy Sudan	22:03
28	Georgia Riley	22:11
29	Ken Napier	22:29
30	Antonina Ettare	23:35
31	Annette McPhail	23:38
32	Howard Powers	24:13
33	Jim Wurm	24:57
34	Rich Stiller	24:58
35	Linda Legregni	25:49
36	Stan DeMartinis	29:49
37	George Pal	44:37

Dick Barrett Trophy Winner - McKayla Plank

This was a very cold morning for running (high 30s?) but, surprisingly, 37 hearty souls showed up for this run. Jeff and Bob immediately grabbed the lead and cruised to a tie for first place. Jeff, despite the cold weather, came within 7 seconds of his PR. Bill Dunn recorded the #13 time by a 50+ runner. Chris Baker knocked 20 seconds off his PR. McKayla improved her PR by 9 seconds while moving to #14 on the women's open list. Bob Browne ran this course for the second time. He ran 16:27 the first time in December 1980. Dave Norlander ran his best time on this course in two years, coming within 8 seconds of his 60+ PR. Jim Wurm was finally able to come out and run with us. He badly sprained his ankle at Rancho San Antonio Park awhile back and had to be carried out of the park to an ambulance.

RACE RESULTS

7/26/01 - Pyramid Lake Triathlon

Tim Rily 1:42+ 1st-55+
This race consisted of a half mile swim, a 17 mile bike, and a 5K run.

7/26/01 - Golden State Triathlon

Tim Riley 1:42+ 3rd-55+
Georgia Riley 1:46+ 1st-55+
This race consisted of a half mile swim, a 16 mile bike, and a 5K run.

8/18/01 - Damit Run - 5 Miles

(Updated)

Gail Campbell 39:56 1st-50+
Tom Zades 40:xx

Dena Noble 45:xx
Georgia Riley 46:39 1st-55+

9/1/01 - Empire XC Race

Bill Dunn 27:00 1st-50+

9/8/01 - Golden Gate Park XC Race -

5K

Brian Davis 17:15
Slim Pickens 17:16
Jeff Cowling 17:40
Craig Whichard 18:25
Jeff Rohrer 18:38
Bill Dunn 18:38 3rd-50+
Jim Bordononi 19:18

Charles Grant 20:17
Nick Butterfield 20:47
Robert Salinas 22:16

9/8/01 - 30th Annual Jim Shettler

Handicap Race - 3.06 M

Pl	Runner	Start	Finish
1	Danny Moon	8:30	26:21
2	Tom Zades	5:00	26:35
3	Mike McMahon	5:00	26:41
4	Helen Wong	4:50	26:43
5	Dena Noble	4:10	26:48
6	Sue Francis	6:50	26:52
7	Joe Hurtado	7:20	26:53
8	Pauline Beatty	4:30	26:54

9	Dave Norlander	6:40	26:56
10	Don Packwood	5:00	26:59
11	Howard Powers	1:50	27:03
12	Dick Chimenti	8:10	27:06
13	Rick Kananen	6:40	27:08
14	Dimitrios Stefanidis		7:50
15	Jim Myers	5:40	27:10
16	Becki Kriege	8:40	27:11
17	Cecil Baumgartner		7:40
18	Walt Van Zant	4:30	27:14
19	Rich Hahn	7:10	27:24
20	Ken Napier	4:00	27:37
21	Rich Stiller	7:40	28:01
22	Bob McKee	6:40	28:10
23	Madelyn Moon	:40	28:44

Rich and Judy Collins again hosted this annual handicap race and breakfast on a 0.755-mile course. The Moons served as bookends for this race as Danny finished first and Madelyn last. Although Madelyn did finish last, she has had many other high finishes in this race, including three consecutive seconds from 95-98 (no race in 97) and a 4th in 1999. Danny, who had the fastest scratch time of the day, did not take the lead until the final 300 yards. Howard Powers, who took the lead during the 2nd loop, held the lead going into the last loop but then got passed by 10 runners before he could finish.

9/9/01 - Ukiah Triathlon

Georgia Riley	2:20	4th-50+
Tim Riley	2:21	

9/15/01 - Crystal Springs XC Race - 4.2 M

Robert Salinas	32:08	
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9/15/01 - Crystal Springs XC Race - 2.95M

Gail Campbell	21:43	2nd-50+
Gail improved her time from last year for this course by 27 seconds.		

9/16/01 - Ron's Wildlife

Kids 2K		
Kevin Murphy	?	1st
Dana Emo	23:24	4th-2/6

5K

Greg Burke	19:16	1st-50+
Greg Bunker	21:10	3rd-50+
Jake White	21:27	4th-50+
Kelly Emo	30:34	

10K

Mike McMahon	45:23	1st-60+
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10/6/01 - Q770 Silver Half Marathon

Tom Zades	1:54:55	
Dena Noble	2:00:56	3rd-40+
Joe Johnson	2:02:24	
Pauline Beatty	2:06:12	5th-40+
Ephraim Romesberg	2:23:24	1st-70+

10/6/01 - Presidio XC Race - 40+ Race

Jeff Cowling	22:00	16th
Craig Whichard	22:41	22nd
Jeff Rohrer	22:54	24th
Bill Dunn	23:30	31st
Fred Martin	25:05	50th
Robert Salinas	28:05	75th

10/6/01 - Presidio XC Race - 3.5 Miles - Women

Gail Campbell	28:40	1st-50+
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10/13/01 - Sierra College XC Race - 4M

Jeff Rohrer	24:42	
Bill dunn	24:53	1st-50+

10/27/01 - Shoreline XC Race - 4.5 Miles

Brian Davis	25:06	
Craig Whichard	26:03	
Jeff Rohrer	26:34	
Fred Martin	27:50	3rd-50+
Robert Salinas	31:01	

10/28/01 - Hollister Mile

Danny Moon	4:59.9	1st-50+
Dimitrios Stefanidis	5:19.6	1st-40+
Rich Stiller	5:42.0	2nd-50+
Dete Kraus	5:56.4	3rd-50+
Walt Van Zant	6:16.2	
Terri Kinsch	7:37.9	
Madelyn Moon	7:49.7	

This was a highly competitive field of 37 runners, many of whom were brought to the starting line with canes and wheelchairs.

10/28/01 - Silicon Valley Half Marathon

Dave Piazza	1:20:09	2nd-40+
Tony Hilton	1:25:25	
Joe Hurtado	1:30:52	2nd-60+
Rich Hahn	1:31:19	
Ralph Poole	1:31:30	1st-65+

Sue Francis	1:37:19	2nd-45+
Dave Norlander	1:39:27	4th-60+
Rick Kananen	1:42:44	
Tom Zades	1:47:32	3rd-55+
Pauline Beatty	1:47:59	
Don Packwood	1:50:19	
Dena Noble	1:51:39	
Georgia Riley	1:57:55	1st-55+

10/28/01 - Silicon Valley Marathon

Todd Hayes	3:19:xx	
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As I recall, Todd's performance over the last few miles of this race makes him a candidate for the 2001 Basket Case award. Jim Myers ran on a 4-man relay team that finished 2nd in its division.

11/4/01 - Run For The Law 5K

Slim Pickens	16:35	1st-40+
Jim Bordoni	17:35	2nd-40+
Danny Moon	18:00	1st-50+
Becki Kriege	18:02	1st-Wo
Tom Warfel	19:44	3rd-50+
Sue Francis	20:00	1st-40+
Cecil Baumgartner	20:06	6th-40+
Robert Salinas	20:17	7th-40+
Rich Stiller	20:22	4th-50+
Rick Kananen	20:45	5th-50+
Gregg Bunker	20:55	6th-50+
Pauline Beatty	21:18	2nd-40+
Don Packwood	22:09	3rd-60+
Georgia Riley	24:16	1st-50+
Kelly Emo	24:30	3rd-30+
Ken Napier	24:46	4th-60+
Marcia Morrison	26:03	2nd-50+
Madelyn Moon	27:12	4th-60+
Tim Riley	28:18	9th-50+

Slim won this race outright.

11/18/01 - PA/USATF XC Championship

Jeff Cowling	36:59	
Craig Whichard	37:28	
Jeff Rohrer	37:39	
Bill Dunn	38:05	3rd-50+
Fred Martin	40:19	
Robert Salinas	46:22	

12/2/01 - Cal Intl Marathon

Tony Hilton	3:08:29	
Joe Hurtado	3:28:41	2nd-60+
Rich Hahn	3:35:14	
Pauline Beatty	3:54:42	
Dave Norlander	3:55:35	
Ralph Poole	DNF	

Eddie Reyna DNF

Writeup by Dave Norlander

It was a miserable day for the run. The rain let up for awhile as we were riding the bus to the start line but then about 10 minutes before the start, the rain began again. Fortunately, they left a few of the school busses at the drop-off point. So, we stayed in them to keep warm and dry as long as we could. We had a head wind -- pretty strong at times -- for most of the first 20 miles. You had to work hard to run downhill against the wind. Most of the course seemed like it was uphill. The rain also tapered off at about mile 20. I ran with a vinyl rain jacket for the entire race. I also wore a baseball cap and the water was running off the brim but at least the brim gave some shielding to my face. Of course, my shoes were totally soggy between the rain and the

puddles/rivers you couldn't avoid. It wasn't too cold - about the only thing good about the weather. At about mile 17 my calves tightened up severely and I had to walk awhile. Then, after mile 18, they had ClifShot packets of energy goo. I walked along and sucked up three of them and was able to resume running - albeit really slow. Just after mile 21, a little before the bridge over the American River, I went by Ralph Poole, who was walking along with someone else. He said that his calf cramped up. Joe Hurtado missed first in the 60+ division by 37 seconds.

12/9/01 - Lake Merced Relays (4 x 4.464M)

<u>60+ Men-2nd in Division</u>	
Norm Saucedo	30:30
Don Packwood	33:28
Ken Noel	31:14
Tim Rostege	30:53

40+ Women-7th in Division

Sue Francis	30:14
Antonina Ettare	37:37
Marian Richard	31:29
Annette McPhail	38:27

40+ Men

Jeff Rohrer	26:50
Jim Bordoni	27:44
Bob Pickens	25:00
No 4th Runner	

12/16/01 - Golden Gate Park Miracle Mile

Dave McIntyre was elated to run this downhill mile in 5:15. Rich Stiller has offered to help Dave get under 5:00 next year by giving him EPO.

