



WVJS



VOL XXXVII-#3 WEST VALLEY JOGGERS & STRIDERS Dec 2008

Saturday Workouts

12/06/08	All Courses Day	02/07/09	Farwell/H (4.68 miles)
12/13/08	Short Six (5.74 miles)	02/14/09	Farwell (3.54 miles)
12/20/08	Valle Vista (3.0 miles)	02/21/09	Valentine Team Race (5.4 miles)
12/27/08	All Courses Day	02/28/09	4 x 1.46 mile WVC Loop Relay
01/03/09	Triangle Run (4.76 miles)	03/07/09	Short Six (5.74 miles)
01/10/09	6 x 1600M Relay	03/14/09	Valle Vista (3.0 miles)
01/17/09	Dou/Sar/Fruitvale – 2.75M	03/21/09	18 x 0.33 mile Tennis Court Loop Relay
01/24/09	5K on the Track	03/28/09	Triangle Run (4.76 miles)
01/31/09	8 x 0.66 mile Tennis Court Loop Relay	04/04/09	16 x 300M Relay

The 3-mile warm-up starts at 7:30 AM and the event starts a little after 8 AM. We meet at the top of the West Valley track.

Upcoming Races

PA-USATF Championships

12/04/08	Cal Intl Marathon (2.0)
12/18/08	Xmas Relays (1.0)
<u>Tentative for 2009</u>	
03/07/09	NorCal 10M (1.0 or 1.5)
03/15/09	Across the Bay 12K (1.5)
04/19/09	Zippy 5K (1.0)
04/26/09	Big Sur 5K (1.0)
05/25/09	Marin 10K (1.0)
06/20/09	Shriner's 8K (1.0)
TBA	Fleet Feet Mile (1.0)
TBA	Banana Chase 5K (1.0 or 1.5)
10/18/09	Humboldt Half Mar (1.5)
11/08/09	Clarksburg 30K (2.0)
11/26/09	Synaptics 5K (2.0)
TBA	Cal Intl Mar (2.0)
TBA	Xmas Relays (1.0 or 2.0)

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

The remaining races will be determined
At our annual club meeting.

Other Popular Races

12/06/08	Silicon Valley E-Race-5K/10K
01/11/09	Cal 10M in Stockton
01/24/09	Mission 10M/5K in San Juan Bua
02/08/09	Together With Love 5K/10K
02/28/09	Juana Run – 8K/1M-Palo Alto
03/01/09	Great Highway 4 M
04/05/09	Run For Zimbabwe 1M races

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.

2008 PA/USATF Grand Prix

Open Men

Presently our open men's team is in 6th place. Aaron Lee is our team captain.

Open Women

Presently, our open women's team is in 9th place. Missy Sudan is the team captain. Individually, Stephanie Bambury and Missy Sudan are in 5th and 25th places in the short race division.

40+ Men

Presently, our 40+ men's team is in 3rd place. Al Murray is our team captain. Individually, Scott Bang is in 11th place and Magnus Wiklund is in 22nd place in the short race division and Andy Lief is in 17th place in the long race division.

40+ Women

Presently, our 40+ women's team is in 2nd place. Kelly Emo is the team captain. Becki Kriege is in 5th place in the short race division. Carol Bednar is in 6th place in the long race division and 22nd place in the short race division.

50+ Men

Presently, our 50+ men's team is in 1st place. Tom O'Connor is our 50+ team captain. Individually, Brian Davis is in 3rd place, Al Murray is in 6th place, Dave Woodruff is in 8th place, Dennis Kurtis is in 9th place, Tom O'Connor is in 10th place, Jim Bordoni is in 21st place, and Brian Conroy is in 24th place in the short race division. Brian is in 2nd place, Dave Woodruff is in 5th place, Tom O'Connor is in 7th place, and Neil Gelblum is in 14th place in the long race division.

50+ Women

Presently, our 50+ women's team is in 5th place. Kat and Pauline Beatty are the team captains. Christine Kennedy is in 6th place in the short race division and 1st place in the long race division. Chris blue is in 40th place in the short race division. Kat Powell is in 12th place in the long race division.

60+ Men

Presently, our 60+ men's team is in 1st place. Joe Hurtado is the team captain. Individually, Bill Duun, Jim Howe, Ron Kiyono, and Joe Hurtado are in 1st, 2nd, 4th and 9th places in the short race division. Bill, Jim, Joe, Ron, and Bob Schmitt are in 1st, 2nd, 5th, 6th, and 9th places in the long race division.

70+ Men

Presently, our 70+ men's team is in 2nd place. Eddie Reyna is the team captain. Individually, Carl Petersen, Eddie Reyna, Ed

Singleton, Glynn Wood, and Ken Noel are in 4th, 5th, 6th, 9th, and 12th places in the short race division. Carl, Eddie, Ed, and Ken are in 4th, 5th, 16th, and 17th places in the long race division.

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.

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

As most of you know, we have a club web page. If you haven't checked it out, take a look. **The address is:** <http://www.wvjs.org>

Mark Pasos competed in the 2008 USATF National Track & Field Championships in Spokane, Washington on August 7th through the 10th. Despite giving away a few years to his competitors in the 45/49 category, he qualified for the 100M finals with a 12.13 and finished 7th in the finals with a 12.39 and qualified for the 200M finals with a 25.48 and finished 6th in the finals with a 24.75. His times in the 100M finals and 200M trials were slowed by a headwind.

Kelly Emo ran in the USA Triathlon Sprint National Championships on 8/3/08 in Cayuga Lake, NY. Here is her writeup of this event.

On Sunday, August 3rd, I competed in the Sprint National Triathlon Championships in Cayuga Lake, NY near Ithaca NY and Cornell University in an area they call the "Finger Lakes". It was a triathlon race consisting of a 750 meter swim, 14 mile bike and 5k run. I consider myself extremely fortunate to be able to compete after three unplanned injuries made my journey turbulent and unlikely. I had a hamstring pull in February of this year, a ruptured tendon in my right ring finger at the end of April and a strained achillies tendon after the Tahoe Relay on June 15th.

Through a combination of creative training (can you say water running and spin class?) and heavy-duty physical therapy from Dr. Harry Ho of Elite Chiropractic (amazing results), I could bend my finger and jog a 10 minute pace on a flat track the weekend before the race with only a little pain. My swimming had been going well (I had been doing a lot of open water swims) and although I had not ridden much on the roads, I had put a lot of time and intervals on my spinning bike. The big unknown at the race was going to be the run as the week before the race, I got the competitors update and discovered the entire run was cross-country style-- grass, mud, rocks and trail. As luck would have it, also the week before the race, I got a wicked cold.

So the week before the race, I iced 5 times a day, stayed home from work and drugged myself up with cold medicine to survive the 8 hour flight. My "dark night of the soul" was Thursday before the race when I woke up at 4:30 am to fly at 6:30 am with a sore achillies and a stuffy nose. But by Saturday, the congestion had cleared, the NY hills were gorgeous and I jogged 3 miles near the course and didn't have too much pain. With some achillies taping and advil, I just might survive.

Race Day:

The field gathered and it was mind blowing. 600 of the fittest people I have ever seen. There were some competitors in the 50, 60 and 70 year old age group with physiques like you would not believe. Definitely inspiring. Competitors came from all over, the locals were there as well as racers from across the US. In my age group was

the reigning NY state champion as well as a lady who had just recently won the Nautica NYC triathlon, beating all the younger women. The 40-44 age group for ladies was expected to be the most competitive of all the ladies age groups so we got to go first, with the men, rather than being the last wave (which is typical). It was fun racing with the men and it also let you know exactly where you stood in the field as there were no ladies ahead of us. The big goal was not to have any of the younger ladies catch you. (waves are 10 minutes apart)

The triathlon was amazing. One of the toughest I've ever done but also one of the most scenic. We had wind and rain and lots of hills. The swim was choppy but I like that so I did quite well in the swim and came out of the water in 11th place in my age group (pretty good for me for the swim.. the swim was 750 meters -- just a hair under half mile and I came out of the water in 14:04, which is a PR for me as it's under 2:00 per 100 meters, not exactly Michael Phelps but good enough for me). The bike was 6.5 miles uphill (7 % grade) then .5 mile flat, u-turn, .5 mile flat and 6.5 miles down hill. I had one more lady pass me right away on the climb (a very strong climber) and then I went on to pass three others putting me in 8th place in my age group. The down hill was a blast. The only thing that made me a bit nervous was the wet road. I was hoping for 20 mph but ended up 18.7 mph as I just couldn't make up enough on the downhill to adjust for the long slow climb. When I saw that the lead in my age group only did 20 mph, I felt good, as the best usually do 22-23 mph.

The run was very tough for me given my achillies injury. It was all wet grass, mud and gravel and went 1.5 miles up hill, then 1.5 miles downhill. My achillies didn't hurt much but I was very nervous with the slippery, sinking footing. I ran very conservatively for me. I was passed by one lady right at the beginning and then went on to pass one at the turn around, so I held onto my 8th place. I think if I hadn't been hurt, I would have passed 1-2 more but I didn't really mind as awards were only 1-5 and the first five ladies were in a different class (at least 5 minutes ahead of me). The times in the run were super slow. The top three ladies were ex professionals and they did 21 minutes for 5k. Usually, they run in the 18-19's. I did 25:30 which seems super slow for me but I figure even healthy I would have had a hard time breaking 24 in those conditions.

I was really happy at the finish though as I met my goals -- top 10 in the age group, have fun and don't get hurt and didn't get passed by any younger ladies. Having a cheering squad of 22 family members made it a blast! A large group of my family was there ranging in age from 5 months to 80 years old. Truly a once in a lifetime experience!

I ended up 8th out of 40 in my age group and 37th out of 202 ladies total. I'll take it. Now, if I could only get this achillies all better so I can start running with the club again...

Marcia Morrison competed in the National Masters Individual Time Trials for cycling. In New Albany, Indiana (15 miles from Louisville). She came away with a first place finish in the 60/64 division for the 20K. This got her a gold medal and a red, white, and blue jersey. Al Morrison was on pace for a podium position (1-5) but got a flat tire after 22 km of a 38 km race.

Al Morrison won the Individual Northern California/Nevada Time Trial Championship for the 5th year in a row for the 55-59 division on 6/8/08 for 40K. His race is a 40 km. Marcia was the Individual District Time Trial Champion in the 60-64 category for 20 km.

Dwight Cornwell won the Colorado Runner of the Year Award for 60+ runners. He will featured in the next "Colorado Runner" magazine edition.

The Humboldt Half Marathon age graded the 464 finishers in the race. **Kristine Kennedy** led all of the runners with a 95.2% rating. Several other club members scored well. **Dennis Kurtis** was 4th at 89.9%, **Brian Davis** was 5th at 88.4%, **Jim Howe** was 9th at 88.2%, **Bill Dunn** was 16th at 86.3%, and **Tom O'Connor** was 26th at 83.5%.

Katie Nast and **Mary Kriege** had good cross country seasons for their high schools this past fall. Katie qualified and ran in her 3rd consecutive State XC meet. Very few runners ever qualify for the State Meet. Mary won the MVP varsity girls award at Mitty.

Danny Moon and **Jake White** did well in their first year as coaches at Saratoga and Lynbrook high schools. Danny coached two girls to State Meet berths. Jake helped coach Lynbrook to 2nd place finishes at the league finals for both the varsity boys and girls.

Mark Winitz joined the club heart attack club in May but is doing okay now.. One club member said that **Bill Meinhardt** did not have a heart attack but had to have two stents placed in his coronary arteries.

Three club members broke 3 hours at the Cal Intl Marathon. **Magnus Wiklund** led the way with a 2:44:52. That was the fastest marathon time by a club member since **Mike Toney** ran 2:44:33 in 2004 and a 13-minute improve ment on his 2007 Cal Intl Marathon time. 53-year-old **Tom O'Connor** PRd by 12 minutes at 2:54:07. 57-year-old Neil Gelblum ran 2:59:32. **Joe Hurtado**, who could run a sub-3-hour marathon in his early 60s, won the 65+ division with a 3:17:14. **Todd Hayes** ran 3:19+.

Ken Noel was recently attacked by a bulldog but escaped with a minor bite wound but suffered some bruising from his battle with the dog.

Tim Riley won the annual club handicap race for the second time in four years. He feigned surprise at his good performance. We later learned that he had arranged a victory party one week before the race.

Our cross country teams completed another successful season. The 40+ men finished first, the 50+ men finished 2nd, the 60+ men finished 2nd, the 40+ women finished 4th, and the 50+ women finished 4th. Individually, **Christine Kennedy** finished 3rd in the 50+ division, **Andy Lief** finished 4th in the 40+ division, **Dennis Kurtis**, **Brian Davis**, **Tom O'Connor**, and **Casey Reinking** finished 2nd, 4th, 5th, and 7th in the 50+ division, and **Bill Dunn**, **Ron Kiyono**, and **Joe Hurtado** finished 1st, 3rd, and 5th in the 60+ division.

2008 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.

2008 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 16 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 standings to date for 2008 for all who scored in five or more races are as follows:.

Elite Division

Scott Bang (8)	199
Brian Davis (8)	194
Dennis Kurtis (8)	190
Al Murray (8)	171
Mike Bordoni (7)	164
Dave Piazza (8)	161
Bob Pickens (8)	160
Tony Scardina (8)	149
Andy Lief (6)	142
Mike Kriege (7)	142
Casey Reinking (5)	104

A Division

Magnus Wiklund (8)	200
Tom O'Connor (8)	200
Chris Kennedy (8)	190
Jeff Rohrer (8)	190
David Woodruff (8)	181
Bill Dunn (8)	176
Jim Howe (8)	167
Jim Bordoni (7)	161
Becki Kriege (7)	158
Frank Prabel (8)	157
Brian Conroy (8)	152
Aaron Lee (8)	143
Miissy Sudan (7)	129
Stephanie Bambury (5)	96
Rikke Preisler (5)	84

B Division

Ron Kiyono (8)	198
Neil Gelblum (8)	198
Dino Delyani (8)	197
Joe Hurtado (8)	186
Jeff Bedolla (8)	176
Bob Schmitt (8)	170
Art Mitchum (7)	167
Dave McIntyre (8)	165
Todd Hayes (7)	160
Joe Johnson (7)	150

C Division

Carl Petersen (8)	199
Carol Bednar (8)	197
Rich Hahn (8)	186

Marion Richard (5)	121
Mark Isaacson (5)	118
Helen Wong (5)	112
Kelly Emo (5)	100

D Division

Kat Powell (8)	200
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Dave Norlander (8) 193
 Chris Cassell (6) 126
 Uyenthi Tran (5) 121

E Division

Pauline Beatty (8) 200
 Chris Blue (8) 197
 Eddie Reyna (8) 190

Tim Riley (8) 170
 Georgia Riley (8) 169
 Dena Noble (4) 143
 Ed Singleton (6) 124
 Ken Noel (5) 109

SATURDAY WORKOUT RESULTS

7/12/09 – 5K on The Track

Heat #1 (Elite Runners)

1 Aaron Lee 20:08.5
 2 Uyenthi Tran 24:00.8
 3 Dan Duston 25:05.0
 4 Jim Myers 27:17.9
 5 Rich Collins 27:32.4
 6 Tim Riley 28:29.9
 7 Walt Van Zant 28:48.0
 8 Madelyn Moon 32:05.7

Heat #2 (Also Rans)

1 Mike Bordoni 16:53.4
 2 Andy Lief 17:02.1
 3 Scott Bang 17:19.9
 4 Jorn Jensen 17:31.2
 5 Dennis Kurtis 17:37.7
 6 Mike Kriege 17:38.5
 7 Tom O'Connor 17:45.5
 8 Bjorn Samson 17:50.5
 9 Magnus Wiklund 17:51.5
 10 Jeff Rohrer 18:18.8
 11 Becki Kriege 18:31.4
 12 Dave Piazza 18:42.8
 13 Dave Woodruff 18:45.4
 14 Jim Bordoni 18:58.7
 15 Brian Conroy 18:59.4
 16 Bill Dunn 19:07.2
 17 Jack Bordoni 19:11.0
 18 Ken Camet 19:17.4
 19 Jim Howe 19:41.3
 20 Paul Taylor 20:15.1
 21 Todd Hayes 21:08.5
 22 Mike Krey 21:13.1
 23 Joe Hurtado 21:32.8
 24 Jeff Bedolla 21:52.5
 25 Jonathan Lee 22:04.5
 26 Dave McIntyre 22:18.7
 27 Mary Kriege 22:22.7
 28 Carl Petersen 22:48.6
 29 Bob Schmitt 22:59+
 30 Helen Wong 23:56.1
 31 Dave Norlander 23:58.8
 32 Hank Lawson 25:27.1
 33 Chris Cassell 25:51.4

34 James Dean 25:51.9
 35 Kat Powell 26:09.6
 36 Tom Zades 29:39.7
 37 Desra Lacy 33:57.2

Dick Barrett Trophy Winner – Tom O'Connor

Big turnout this morning as Mike Bordoni led the way for the guys and Becki Kriege led the way for the gals. 52-year-old Tom O'Connor won the weekly trophy because he ran an all-time PR at his ancient age. Magnus Wiklund improved his track 5K time by 2 1/2 minutes from last year. Brian Conroy improved his 2007 time by 38 seconds. Mary Kriege improved by 3 minutes. Tom Zades was pleased to run well under 10 minutes per mile. Thanks to the helpers - Danny & Madelyn Moon, Aaron Lee, Uyenthi Tran, Chris Blue, and Rick Kananen.

7/19/08 – Dou/Sar/Frtvle-2.75 Miles

1 Mike Bordoni 15:17
 2 Rob Nast 15:38
 3 Dave Piazza 16:13
 4 Jeff Rohrer 16:36
 5 Bill Dunn 16:45
 6 Jack Bordoni 17:21
 7 Brian Conroy 17:24
 8 Donald Tran 17:42
 9 Aaron Lee 17:57
 10 Bob Pickens 17:59
 11 Daniel Tran 18:00
 12 Neil Gelblum 18:04
 13 Kristina Park 18:13
 14 Mike Krey 18:22 PR
 15 Greg Burke 18:44
 16 Todd Hayes 18:47
 17 Dick Chimenti 18:58
 18 Liz Nast 19:21
 19 Jeff Bedolla 19:26
 20 Dave McIntyre 19:52
 21 Paul Rodriguez 20:31 PR

22 Helen Wong 20:42
 23 Bob Schmitt 20:47
 24 Dave Norlander 20:55
 25 Brian Low 20:59
 26 Rick Kananen 22:01
 27 Cathy Frye 22:44
 28 Chris Cassell 23:19
 29 Dena Noble 23:31
 30 Rich Collins 23:59
 31 Tom Warfel 24:37
 32 Ken Noel 25:00
 33 Jim Myers 26:31
 34 Kat Powell 26:31
 35 Tom Zades 26:47
 36 James Dean 26:47
 37 Desra Lacy 30:37

Dick Barrett Trophy Winner – Mike Krey

Mike Bordoni took the lead at the start and then gradually pulled away to win by about 100 yards. Kristina Park led the ladies. Mike Krey and Paul Rodriguez were the only runners to run all-time PRs. Brian Conroy improved his 50+ PR by 7 seconds. Neil Gelblum improved his 55+ PR by 21 seconds. Dick Chimenti recorded the #6 time by a 65+ runner. Liz Nast improved her 45+ best by 66 seconds to move to #6 on the women's 45+ list. And Rich Collins improved his 65+ best by 56 seconds. Thanks to Uyenthi Tran and Jim Bordoni for helping at the finish line.

7/26/08-Farwell/H – 4.68 Miles

1 Scott Bang 27:18
 2 Mike Bordoni 28:12
 3 Tom O'Connor 28:48
 4 Bill Dunn 29:23
 5 Casey Reinking 29:56
 6 Donald Tran 30:05
 7 Jim Howe 30:10
 8 Jack Bordoni 31:06
 9 Daniel Tran 31:13
 10 Aaron Lee 32:00

11	Neil Gelblum	32:04
12	Tim Souza	32:51
13	Todd Hayes	32:57
14	Carol Bednar	34:44
15	Joe Hurtado	34:45
16	Jeff Bedolla	35:19
17	Carl Petersen	35:38
18	Bob Schmitt	36:04
19	Paul Rodriguez	36:05PR
20	Dave Norlander	37:08
21	Helen Wong	37:57
22	Dave McIntyre	38:51
23	Marian Richard	39:52
24	Pauline Beatty	40:45
25	Tom Warfel	41:04
26	Rich Collins	42:16
27	Ken Noel	42:22
28	Kat Powell	43:37
29	Marcia Morrison	44:10
30	Jim Myers	44:54
31	Walt Van Zant	47:39

Dick Barrett Trophy Winner – Bill Dunn

Scott Bang won this morning but the star of the day was Bill Dunn, who broke Ulrich Kaempf's 60+ record by 9 seconds. This record was set 16 years ago. Jim Howe also joined the 60+ top 10 list with his 30:10. Forty-one 60/64 club members have run this course. Paul Rodriguez continued his PR binge by improving his best time for this course by 103 seconds. Carol Bednar recorded the 11th fastest 40+ time for women runners. Carl Petersen improved his 70+ best time by 47 seconds but he is still behind 70+ greats Ray Stewart and Dave Valles on the 70+ list. Ken Noel moved to #6 on the 70+ list. Marcia Morrison, who turned 60 three months ago, ran the #2 women's 60+ best. Tim Souza ran this course for the first time in 8 years, missing his PR by 8 minutes. Finish-line helpers included Mike Krey, Kim Nguyen, Danny Moon, and Al Murray.

8/2/08 – Track Miles

Heat #1 - 6:30 and Up

1	Bob Schmitt	6:36.2
2	Helen Wong	6:39.4
3	Jorn Jensen	6:40.4
4	Carl Petersen	6:41.5
5	Uyenthi Tran	6:45.2
6	James Dean	6:50.4

7	Paul Rodriguez	7:08.1
8	Rich Collins	7:13.9
9	Chris Cassell	7:16.4
10	Dan Duston	7:18.3
11	Shawn Williams	7:22.0
12	Tim Riley	7:52.2
13	Ken Noel	7:57.2
14	Jim Myers	8:03.8
15	Eddie Reyna	8:32.7
16	Desra Lacey	9:21.4
	PR	

This was a close battle for first place all the way with Bob pulling away for the win on the last lap. Desra was pleased to break 10 minutes in the mile for the first time. Tim Riley started fast with a 1:51 on the first lap and was well on his way to running near 7:40 until he faded on the last lap but still ran his best mile in at least 3 years. Ken Noel broke 8 minutes despite being fatigued from pruning his absent neighbor's trees yesterday.

Heat #2 - 5:30 to 6:29

1	Daniel Tran	5:31.1
2	Bob Pickens	5:31.5
3	Bill Dunn	5:34.7
4	Andy Williams	5:41.6
5	Aaron Lee	5:41.9
6	Dino Delyani	5:46.4
7	Rikke Preisler	5:57.5
8	Jorn Jensen	5:58.5
9	Dave McIntyre	5:59.0
10	Neil Gelblum	5:59.5
11	Mike Krey	6:09.1
	PR	
12	Danny Moon	6:13.8
13	Joe Hurtado	6:24.8
13	Jeff Bedolla	6:24.8
15	Kat Powell	8:14.3

Great sprint down the final straightaway between high-schooler Daniel Tran and Slim Pickens with Daniel holding on for the win. Rikke Preisler finished 7th as she recorded the fastest women's time of the day. Neil Gelblum ran his fastest track mile in 3 years. Mike Krey ran his fastest track mile since he joined the club. Joe and Jeff had a close sprint at the end with a split decision as to who won. So, we called it a tie.

Heat #3 – 5:29 & Under

1	Mike Bordoni	4:45.2
2	Bjorn Samson	4:57.6
3	Scott Bang	5:01.3
4	Dennis Kurtis	5:02.2
5	Donald Tran	5:03.2
6	Tom O'Connor	5:17.1
7	Jim Bordoni	5:19.2
8	Dave Woodruff	5:19.9
9	Art Mitchum	5:31.1
10	Brian Conroy	5:31.5

Mike Bordoni left the field at the start, running splits of 68-2:19-3:32 enroute to his easy win. 54-year-old Dennis Kurtis ran his best track mile in at least 4 years. Bettering his time from last year by 0.2 seconds. Dave Woodruff bettered his post 19-years-old PR by 1.4 seconds. Art Mitchum improved his Racer-of-the-Year track mile best by 3 seconds.

Dick Barrett Trophy Winner – Mike Bordoni

8/9/08 – 12 x 600 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	U.Tran/Bednar	3:00	31:30
2	Norlander/Stefanidis	1:45	31:32
3	Krey/Taylor	6:15	33:31
4	Delyani/Lee	7:15	33:33
5	Sudan/Hurtado	5:30	33:35
6	Dunn/Dan Tran	8:30	33:39
7	Piazza/Don Tran	10:00	33:49
8	Wong/D.Moon	4:30	34:31
9	Noel/Collins	-0-	35:48

Dick Barrett Trophy Winners – Uyenthi Tran & Carol Bednar

Close battle for first place and places three through seven were reasonably close. Don Tran had the best average at 1:55. Thanks to Danny Moon, Chris Blue, Kelly Emo, and Don Packwood for setting up the workout and doing the timing.

8/16/08-Farwell-3.54 Miles

1	Brian Davis	20:16.5
1	Bryan Chow	20:16.5
3	Bjorn Samson	20:57.7
4	Tom O'Connor	20:58.0PR
5	Magnus Wiklund	21:01.6PR
6	Dave Piazza	21:24.9
7	Donald Tran	21:27.0

8	Dave Woodruff	21:37.8PR
9	Al Murray	22:14.1
10	Daniel Tran	22:24.8
11	Bill Dunn	22:25.1
12	Dino Delyani	22:56.1
13	Brian Conroy	23:01.1
14	Matt Kriege	23:25.0PR
15	Tim Souza	23:46.4
16	Aaron Lee	23:52.9
17	Mike Krey	24:37.7
18	Carl Petersen	25:46.5
19	Dave McIntyre	26:18.8
20	Carol Bednar	26:45.7
21	Brian Low	27:11.8
22	Bob Pickens	27:27.2
23	Paul Rodriguez	28:01.9
24	Dave Norlander	28:48.1
25	Pauline Beatty	29:13.3
26	Helen Wong	30:33.0
27	Kat Powell	31:12.4
28	Rich Collins	32:20.8
29	Ken Noel	32:38.2
30	Marcia Morrison	33:03.3

Dick Barrett Tropphy Winner – Brian Davis

Many good performances this morning as Brian Davis and Bryan Chow coasted to a first place tie. Brian recorded the 5th best-ever time by a 50+ runner in the 30+ years that we've been running this course. Tom O'Connor became the 16th 50+ runner to crack 21 minutes while lowering his PR by 39 seconds. Magnus improved his PR by 82 seconds. Dave Woodruff improved his PR by 58 seconds. Matt Kriege improved his PR by 198 seconds. Bill Dunn did not feel sharp this morning but still ran the #2 60+ time, missing the course record by 7 seconds. Dino improved his 50+ best by 3 seconds. Carol Bednar improved her 40+ best by 44 seconds. Paul Rodriguez knocked 17 seconds off his 60+ best. Pauline improved her 50+ PR by 66 seconds. Ken Noel improved his 70+ PR by 58 seconds. And, Marcia became the 3rd 60+ female club member to finish this course.

8/23/08 – 36 x 200 Relay

<u>Pl Team</u>	<u>Start</u>	<u>Finish</u>
1 Zades/Don Tran/Park	-0-	24:15
2 Isaacson/Norlander/Krey	:45	25:34
3 Blue/Noble/Dan Tran	:30	27:41

4 Warfel/Schmitt/Wong	1:15	28:11
5 VanZant/McIntyre/Kananen	-0-	28:18

Dick Barrett Trophy winner – Donald Tran

All teams were rated to finish in 26:45. The first-place Park team ran 2:30 under their rating, led by Tom Zades, who ran 1:45 under his rating. Tom was particularly pleased to beat the time of his arch rival, Dena Noble, by many seconds (although he was unsure of her exact times)

8/30/07-37th Annual Shettler Handicap Race 3.06 Miles

		Finish	Actual
<u>Pl</u>	<u>Runner</u>	<u>Time</u>	<u>Start Time</u>
1	Tim Riley	27:20	1:10 26:10
2	Hank Lawson	27:41	6:00 21:41
3	Diane Bordni	27:43	0 27:43
4	Eddie Reyna	27:43	0 27:45
5	Dave Norlder	27:58	5:00 22:58
6	Tom O'Connr	28:01	10:30 17:31
7	David Woodr	28:01	9:40 18:21
8	Danny Moon	28:04	6:50 21:14
9	Helen Wong	28:08	6:00 22:08
10	Mike Kriege	28:09	10:40 17:29
11	Jeff Rohrer	28:10	10:20 17:50
12	Mark Isaacn	28:11	7:00 21:11
13	Steph Bambu	28:13	9:50 18:23
14	Jorn Jensen	28:15	11:10 17:05
15	Brian Conry	28:16	9:20 18:56
16	Matt Kriege	28:17	8:50 19:27
17	Joe Hurtado	28:17	7:20 20:57
18	Rich Hahn	28:18	6:50 21:28
19	Becki Kriege	28:18	9:50 18:28
20	Mag Wiklnd	28:20	10:40 17:40
21	Paulne Beatt	28:21	4:40 23:41
22	Carol Bednr	28:22	7:50 20:32
23	Rob Nast	28:23	11:10 17:13
24	Bob Pickens	28:24	9:30 18:54
25	Jim Howe	28:28	9:20 19:08
26	Al Murray	28:29	10:20 18:09
27	Bill Dunn	28:30	9:30 19:00
28	Bob Schmitt	28:31	6:00 22:31
29	Carl Petersen	28:31	6:20 22:11
30	Brian Low	28:32	5:20 23:12
31	Mike Krey	28:33	7:30 21:03
32	Jim Bordoni	28:37	9:40 18:57
33	Kristina Park	28:43	9:30 19:13
34	Liz Nast	28:45	7:20 21:25
35	Kat Powell	28:45	3:20 25:25
36	Neil Gelblum	28:48	8:30 20:18
37	Kelly Emo	28:56	6:30 22:26

38	Chris Blue	28:58	3:00	25:58
39	Tom Zades	29:10	:30	28:40
40	Mary Kriege	29:10	8:00	21:10
41	Aaron Lee	29:16	8:50	20:26
42	Dennis Kurtis*	29:28	11:55	17:33
43	Georgia Riley	29:35	1:30	28:05
44	Heather Rohr	29:38	7:30	22:08
45	Dave McIntyr	29:48	8:20	21:28
46	Paul Rodrigz	29:49	5:30	24:19
47	Kimchi Nguyn	29:50	2:30	27:20
48	Cecilia Wikld	29:50	5:30	24:20
49	Dena Noble	29:51	4:40	25:11
50	Rick Kanann	30:26	5:00	25:26
51	Aman Gerhrd	30:31	9:30	21:01

*Should have started at 11:10

9/6/08 – Short Six – 5.74 Miles

1	Scott Bang	38:08
1	Angelo Pietorforte	38:08
3	Kristina Park	39:03
4	Paul Taylor	39:43
5	Donald Tran	39:53
6	Daniel Tran	40:44
7	Aaron Lee	43:43
8	Carol Bednar	44:09
9	Todd Hayes	45:06
10	Mike Krey	45:23*
11	Mark Goldman	45:23*
12	Helen Wong	46:38
13	Brian Low	46:40
14	Dave Norlander	48:05
15	Cecelia Wiklund	48:16
15	Magnus Wiklund	48:16
17	Bob Schmitt	48:59
18	Tom Warfel	53:42
19	Ken Noel	54:22
20	Dena Noble	55:20
21	Rich Collins	56:39

Dick Barrett Trophy Winner – Cecilia Wiklund

*Ran a long course as they turned left onto Chester while running down Sobey Rd.

Very hot morning, which made it difficult to run this hilly course. Scott Bang and Angelo Pietorforte tied for first. Kristina improved her yearly best by 3 minutes. Carol knocked 40 seconds off her 40+ best. Rich Collins missed his PR by 22 minutes. Tom Zades ran 47+ minutes for a short course – 4.3 miles - (turned onto Montewood while running down Quito Rd). Thanks to Neil

Gelblum, Carl Petersen, and Madelyn Moon for timing the workout.

9/13/08 – All Courses Day

Douglas – 2.75 Miles

1 Bjorn Samson	16:04
2 Greg Burke	20:33
3 Dave Norlander	23:58
4 Kelly Emo	23:59
5 Don Packwood	27:33

Valle Vista – 3.0 Miles

1 Liz Nast	21:52
2 Hank Lawson	21:53
3 Rich Collins	26:22
4 Ken Noel	28:19

Farwell – 3.54 Miles

1 Kristina Park	23:15.8
2 Amanda Gerhardt	23:16.7
3 Mike Krey	25:14.4

Triangle – 4.76 Miles

1 Ange Pietorforte	32:22
2 Paul Taylor	32:25
3 Neil Gelblum	33:03
4 Mark Goldman	34:09
5 Bob Pickens	34:44

Short Six – 5.74 Miles

1 Jeff Bedolla	45:40
2 Kat Powell	55:51

9/20/08-4x1.46M WVC Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Burke/D.Moon	3:30	42:07
2	Van Zant/Park	-0-	44:17
3	Petersen/Krey	3:00	44:48
4	Noel/Gelblum	-0-	45:52
5	Zades/Taylor	1:05	46:11
6	Packwood	1:05	49:45

Dick Barrett Trophy Winner – Danny Moon

Easy win for the Moon team as his teammate, Greg, ran much better than he ran the week before on the Douglas course. Kristina Park had the best average of the day at 9:09 per run. Good timing job by Helen Wong, a CPA, who had all of our splits by the time that we finished.

9/27/08 – Valle Vista – 3.0 Miles

1 Paul Taylor	19:28PR
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2 Neil Gelblum	19:49
3 Tim Souza	20:03
4 Nory McAllister	20:11
5 Mike Krey	20:32
6 Todd Hayes	20:56
7 Carol Bednar	21:00
8 Helen Wong	22:35
9 Carl Petersen	22:58
10 Dave McIntyre	23:06
11 Dave Norlander	24:17
12 Tom Warfel	24:49
13 Rick Kananen	26:19
14 Rich Collins	27:17
15 Tim Riley	27:52
16 Don Packwood	30:52

Phantom Dick Barrett Trophy Winner - Paul Taylor

50+ runner Paul Taylor won by about 100 meters this morning. Neil Gelblum improved his 55+ PR. Carol Bednar led the ladies as she missed her all-time PR by 11 seconds but did record the 7th best-ever 40+ women's time for this course. Tom Warfel became the 41st club 60+ runner to complete this course. Rich Collins and Don Packwood knocked 2 minutes off their 65+ PRs.

10/4/08 – Step Up & Down Relay

1 Beatty/Jbordoni	31:45
2 Wong/Gelblum	31:50
3 D.Moon/McIntyre	31:59
4 Petersen/MaKrie	33:35
5 Collins/Park	33:52
6 Zades/B.Kriege	36:44

Dick Barrett Trophy Winner = Jim Bordoni & Pauline Beatty

All teams started together this morning. Jim Bordonia had the best splits for the day as he averaged 84 seconds per lap and Kristina Park led the ladies with an 85 per lap average. Madelyn Moon and Pablo Rodriguez did the timing.

10/11/08 – 6 x 1600 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	
	<u>Finish</u>		
1	Lamarch/Woodruff	3:00	42:43
2	Petersen/D.Moon	3:00	43:06
3	Lempart/B.Kriege	-0-	43:07

4 Collins/Delyani	1:30	43:18
5 McIntyre/Pickens	8:00	43:42
6 Wong/Sudan	3:30	43:49
7 Hurtado/Dunn	6:00	44:11
8 L.Nast/L.Nast	6:30	44:19
9 Krey/M.Wiklund	8:00	44:22
10 Gelblum/A.Lee	6:15	44:26
11 Sobeleski/Rohrer	:15	45:14
12 Blue/Hayes	1:15	45:44
13 Norlander/Park	5:30	45:50

Dick Barrett Trophy Winner – None

Danny Moon continued to show a lot of improvement this morning from his training with the cross country team that he coaches. But, he wasn't quick enough to hold off the come-from-behind finish of Dave Woodruff, whose last run gave his team the win. Bob Pickens almost looked like him old self as he led all runners with a 5:25 average. Magnus Wiklund was next with a 5:39 average. Becki Kriege led the ladies with a 5:56 average.

10/18/08 – Triangle Run – 4.76 Miles

1 Magnus Wiklund	28:05	PR
2 Dave Piazza	28:31	
3 Bob Pickens	28:33	
4 Jim Bordoni	30:50	
5 Paul Taylor	31:17	
6 Dino Delyani	31:39	
7 Mike Krey	33:19	
8 Becki Kriege	33:27	
9 Todd Hayes	33:39	
10 Mark Goldman	33:59	
11 Kristina Park	35:06	
12 Brian Low	36:35	
13 Jeff Rohrer	37:51	
13 Heather Rohrer	37:51	
15 Helen Wong	39:31	
16 Tim Rostege	39:51	
17 Rich Collins	41:04	
18 Ken Noel	41:41	
19 Tom Warfel	42:16	
19 Chris Blue	42:16	
21 Don Packwood	45:19	

Dick Barrett Trophy Winner – Dick Barrett

Magnus Wiklund blasted 76 seconds off his PR while romping to an easy win this morning. Dave Piazza celebrated running his first Saturday course as a 50+ runner by

recording the #13 time by a 50+ club member. Seventy-nine 50/54 have run this course. Rich Collins improved his 65+ best by 3 minutes. This pushed the unidentified club president into last place for 65+ runners who have run the course. Ken Noel knocked 4 minutes off his 70+ PR to move to #6 on the 70+ best. The often-injured Tim Rostege was able to run with us for the first time since March. Jeff Rohrer's talented 8th-grade daughter, Heather, ran a Saturday course for the first time.

10/25/08 – 12 x 800 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	C.Wiklund/M.Wiklund	3:30	39:29
2	Beatty/Park	1:30	40:13
3	Petersen/McIntyre	1:30	40:58
4	Schmitt/Gelblum	2:00	41:11
5	Krey/Stefanidis	3:30	41:27
6	Wong/Hayes	3:00	41:47
7	Noel/Sudan	-0-	42:18
8	Rostege/Taylor	3:15	43:27

Dick Barrett Trophy winner – Cecilia Wiklund and Magnus Wiklund

No close races this morning. The Wiklund team won by about half a lap and the third place team was another half lap back. Magnus had the best average of the day at 2:35 and Kristina led the ladies with a 2:52 average.

11/1/08 – Dou/Sar/Frtvle-2.75M

1	Andy Williams	16:31
2	Tim Souza	17:44
3	Kristina Park	17:45
4	Norry McAllister	17:49
5	Aaron Lee	18:07
6	Neil Gelblum	18:25
7	Greg Burke	19:35
8	Todd Hayes	19:55
9	Mike Krey	20:07
10	Brian Low	20:54
11	Carl Petersen	20:58
12	Alex Williams	21:18
13	Bob Schmitt	21:19
14	Cecilia Wiklund	21:28
15	Magnus Wiklund	21:29
16	Kelly Emo	21:35
17	Dave Norlander	21:59
18	Tim Rostege	22:05
18	Paul Taylor	22:05

18	Dave McIntyre	22:05
21	Tom Warfel	22:24
22	Rich Collins	23:50
23	Tom Zades	27:06
24	Don Packwood	32:01RW

Dick Barrett Trophy Winner – Andy Williams

Balmy weather this morning – 64 degrees, slight wind, and rain. Andy Williams left the field immediately on his way to an easy win as he improved his 45+ PR by 73 seconds. Tim (comeback kid) Souza got second. Kristina got out of bed at 7:45AM, arrived as we were standing on the starting line, jogged 30 yards to the start and then got a third place finish. Tom Warfel knocked 2 minutes off his 60+ PR and Rich Collins improved his 65+ PR by 9 seconds. Joe Beyers, who hasn't been to a club workout since injuring himself 18 months ago, made an appearance and said that he would soon be back to running club Saturday workouts.

11/8/08-8 x 0.66M Tennis Court Loop

Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Packwood/McIntyre	-0-	44:17
2	L.Nast/D.Moon	10:15	45:23
3	Al.Williams/Pickens	11:45	45:40
4	Collins/An.Williams	9:45	45:53
5	Norlander/Murray	11:15	46:09
6	Warfel/Callahan	10:30	46:37
7	Riley/R.Nast	9:30	47:14
8	Petersen/Conroy	11:30	47:15
9	Zades/Bang	10:00	47:42
10	Rostege/Sudan	12:00	48:53

Dick Barrett Trophy Winner – Dave Norlander & Al Murray

The standings shown above are after revising for incorrect starting times. The teams were incorrectly started in the reverse of the order that they should have started. The top runners were Rob Nast, Scott Bang, and Andy Williams. Runners were slowed because we had to run up the steps and run through the volleyball court in order to get out to the road.

11/15/08-Farwell/H - 4.68M

1	Andy Williams	27:27 PR
2	Jack Bordoni	27:54 PR

3	David Piazza	28:06
4	Jeff Rohrer	28:39
5	Tom O'Connor	29:02
6	Dave Woodruff	29:07
7	Dino Delyani	30:37
8	Norry McAllister	30:38
9	Paul Taylor	30:55 PR
10	Todd Hayes	31:17
11	Jim Bordoni	31:35
12	Neil Gelblum	31:56
13	Mike Krey	32:16
14	Bill Dunn	32:21
15	Missy Sudan	32:43
16	Kristina Park	33:07
17	Carol Bednar	33:16
18	David McIntyre	34:37
19	Joe Hurtado	34:55
20	Carl Petersen	35:18
21	Aaron Lee	35:32
22	Helen Wong	35:32
23	Tim Rostege	37:22
24	Bob Schmidt	37:54
25	Jeff Bedolla	39:02
26	Alex Williams	39:03
27	Tom Warfel	39:31
28	Kat Powell	41:31
29	Rick Kananen	41:46
30	Chris Blue	41:52
31	Ed Gavin	41:59
32	Marcia Morrison	43:30
33	Tim Riley	44:06
34	Georgia Riley	44:49
35	Tom Zades	48:49
36	Don Packwood	51:09

Dick Barrett Trophy Winner - Carol Bednar

Andy won the race with a PR. Dave Piazza placed 13th on the top 50+ list, just missing Joe Hurtado's 50+ best by 1 second. Nice battle between Norry and Dino, Dino holding off the lightning speed of Norry at the finish. Carol moved to # 6 on the 40+ list, improving her time by 84 seconds. Tom Warfel PRd by 33 seconds, making #32 on the 60+ list. Tim Riley improved by 84 seconds. Paul Taylor improved by 77 seconds !!

11/22/08 – 8 x 1200 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Norlander/D.Moon	7:45	46:32
2	Schmitt/Gelblum	7:45	46:43
3	Zades/Wiklund	5:15	47:08
4	Rostege/Taylor	8:00	47:14

5	Stefanidis/Krey	8:15	47:19
6	L.Nast/McIntyre	8:00	47:21
7	Collins/Hayes	6:00	47:25
8	Noel/Park	5:30	47:39
9	Beatty/Lee	7:00	47:43
10	Packwood/Pickens	-0-	48:01

Dick Barrett Trophy Winner – Dave Norlander & Danny Moon

Dave Norlander put his team into the lead during his last run and Danny Moon held on for the win. Magnus Wiklund was the star of the day with a 3:56.0 average. Kristina Park led the ladies with a 4:33 average.

11/29/08 – Farwell – 3.54 Miles

1	Scott Bang	20:21
2	Dennis Kurtis	20:33
3	Bjorn Samson	20:56
4	Tom O'Connor	21:27
5	Dave Woodruff	22:25
6	Bill Dunn	22:40
7	Jim Bordoni	23:04
8	Paul Taylor	23:20
9	Dino Delyani	23:48
10	Todd Hayes	24:03
11	Aaron Lee	24:38
12	Joe Hurtado	26:13
13	Carl Petersen	26:27
14	Helen Wong	26:32
15	Tim Rostege	26:49
16	Cecilia Wiklund	27:31 PR
17	Magnus Wiklund	27:32
18	Bob Schmitt	27:46
19	Dave Norlander	29:03
20	Pablo Rodriguez	29:06
21	Neil Gelblum	29:08
22	Tom Warfel	29:50
23	Rich Collins	30:37

24	Bob Pickens	31:31
25	Edgar Miranda	31:31
26	Kat Powell	31:41
27	Tim Riley	32:40
28	Tom Zades	36:48
28	Jim Myers	36:48
28	Ken Noel	36:48

Dick Barrett Trophy Winners – Rich Collins & Dennis Kurtis

It was a milestone day as out of the fog and just a few yards behind winner Scott Bang, Dennis Kurtis kicked to an all-time record for club 55+ runners – less than 48 hours after he notched a 17:17 in the Elite-PA/USATF 5K championship at the Silicon Valley Turkey Trot. Dennis clipped 2 seconds off Dwight Cornwell's record. Rich Collins beat his 65+ best by more than a minute. Young Cecilia Wiklund, starting to prep for the 2020 Olympics, had the day's only PR, improving her best by nearly a minute. And, Paul Taylor, less than 48 hours after winning the 50+ division in the 10K portion of the Silicon Valley, missed his PR by a mere 4 seconds. Great timing help from Chris blue, Don Packwood, Tim Riley, and Mike Krey.

12/6/08-All Courses Day

Douglas – 2.75 Miles

1	Mike Kriege	17:36
2	Art Mitchum	17:42
3	Dino Delyani	17:58
4	Missy Sudan	18:06
5	Liz Nast	20:13
6	Dave Norlander	21:48
7	Chris Blue	23:58
8	Ken Noel	24:18

9	Tim Riley	24:39
10	Georgia Riley	24:59
11	Tom Zades	27:13
12	Don Packwood	29:49

Valle Vista – 3.0 Miles

1	Scott Bang	17:28
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Farwell – 3.54 Miles

1	Pablo Rodriguez	28:39
2	Tom Warfel	30:19

Farwell/H – 4.68 Miles

1	Jim Bordoni	30:16
2	Carl Petersen	35:21
3	Brian Low	35:30
4	Tim Rostege	35:53
5	Rich Collins	44:38

Triangle – 4.76 Miles

1	Jack Bordoni	32:10
2	Aaron Lee	34:08

Short Six – 5.74 Miles

1	Dave Woodruff	37:55
1	Bob Pickens	37:55
3	Mark Goldman	45:36
4	Bob Schmitt	48:39
5	Kat Powell	68:03

The scheduled run this morning was the campus loop relay but the runners present voted to run an all-courses workout because construction made it difficult to run the campus loop.

RACE RESULTS

7/4/08-San Ramon 5K

16	Mark Ramirez	18:08	1st-50+
20	Tom O'Connor	18:19	2nd-50+
156	Carl Tuck	29:02	3rd-70+

7/13/08 – Jungle Run Half Marathon

183	Rosa Hellen	1:50:37
392	Kat Powell	2:05:36
395	Dena Noble	2:05:45
407	Chris Blue	2:07:02

7/13/08 – Jungle Run 10K

51	Gina Krieg	48:39	1st-40+
206	Georgia Riley	59:50	1st-60+

7/19/08-Corporate Natl 5K Road Run

15	Matt Tompkins	17:02	1st-30+
23	Tom O'Connor	17:53	3rd-50+
67	Joe Hurtado	20:55	2nd-65+
88	Hank Lawson	25:14	6th-50+

7/20/08-Corporate Natl 10K Road Run

8	Dennis Kurtis	34:35	1st-55+
19	Tom O'Connor	36:19	2nd-50+
50	Joe Hurtado	42:39	2nd-65+

Based upon the WAVA scoring system, Dennis had the best performance of anyone in the race.

7/20/08-Jail Break 5K

11 Jim Howe 19:38 1st-60+

7/26/08-Lake Del Valle Aqua Challenge

Kelly Emo 55:10 1st-40+

Kelly has been suffering from Achilles tendonitis lately. So, she has laid off from running. This race consisted of a half mile swim followed by a mile run. Her splits were 16:52 and 38:18, which was good enough to get her first overall in the 40+ division.

7/27/08-Wharf To Wharf Race-6M

70 Mike Bordoni 33:40
92 Matt Tompkins 34:18
Jorn Jensen DNF

8/3/08-SF Half Marathon-1st Half

Brian Low 1:54:51 6th-60+

8/3/08-SF Half Marathon-2nd Half

Ron Kiyono 1:30:29 2nd-60+

8/3/08-SF Marathon

Lisa Low 4:03:16

8/9/08-Dammit Race-5.25M?

GUYS

3 Jonathan Kimura 31:20 1st-18+
11 Scott Bang 32:48 2nd-40+
13 Alp Mimaroglu 33:07 5th-18+
27 Tom O'Connor 34:56 1st-50+
31 Dave Woodruff 35:20 2nd-50+
32 Derrick Peterman 35:23
36 Tony Scardina 35:39
45 Dan Anderson 36:30 2nd-55+
50 Brian Conroy 37:07 4th-50+
61 Neil Gelblum 37:57 3rd-55+
78 Jim Angelopoulos 39:52
95 Greg Burke 40:46 2nd-60+
97 Jim Magill 41:01 3rd-60+
115 Carl Petersen 42:17 1st-70+
137 Jeff Bedolla 43:33
138 Dave McIntyre 43:45 1st-Hvyw
152 Bob Schmitt 45:01 1st-65+
291 Tom Zades 59:45

GALS

57 Pauline Beatty 48:05 3rd-50+
66 Gail Campbell 49:04 2nd-55+
71 Dena Noble 50:06
87 Kat Powell 51:55 3rd-55+
114 Georgia Riley 54:57 4th-60+
119 Marica Morrison 55:15 5th-60+

8/10/08-Santa Cruz Sprint Triathlon

Kelly Emo 1:18:08 1st-40+
Dan Duston 1:22:13 6th-55+

Tim Riley 1:40:35 3rd-60+
This race consisted of a 700-meter swim, 14-mile bike, and a 3.2-mile run.

8/17/08-America's Finest Half Marathon

Joe Hurtado 1:35:58 1st-65+

9/6/08-GG Park XC Race-4.064 Miles

Women's Race

11 Christ Kennedy 25:49 1st-50+
87 Joann Dahlkoetter 31:32
117 Kat Powell 39:53

Master Men's Race

8 Dennis Kurtis 23:44 2nd-50+
11 Brian Davis 23:59 3rd-50+
14 Adam Prince 24:13
24 Casey Reinking 25:00 9th-50+
28 Jeff Rohrer 25:26
29 Al Murray 25:27
30 Tom O'Connor 25:30
31 David Piazza 25:31
32 Mark Ostrowski 25:33
33 Ken Hsu 25:36
40 Larry Hyde 25:56
42 David Woodruff 26:09
45 Bob Pickens 26:27
47 Tony Scardina 26:39
49 Bill Dunn 26:45 1st-60+
55 Brian Conroy 27:00
58 Ron Kiyono 27:13 3rd-60+
90 Joe Hurtado 31:15 10th-60+
94 Jeff Bedolla 31:41

Open Men's Race

41 Andy Tucker 24:16

9/14/08 - Banana Chase 5K

33 Jonathan Kimura 16:20
60 Brian Davis 17:05 4th-40+
71 Dennis Kurtis 17:22 6th-40+
73 Mike Bordoni 17:29
86 Maghus Wiklund 17:47 10th-40+
88 Scott Bang 17:52
98 Mike Kriege 18:04
99 Tom O'Connor 18:04 9th-40+
100 Al Murray 18:04
101 Jeff Rohrer 18:05
106 David Piazza 18:09
107 Christine Kennedy 18:10 1st-50+
111 David Woodruff 18:18
113 Becki Kriege 18:21 2nd-40+
122 Stephani Bambury 18:30 7th-30+
133 Jim Bordoni 18:47 2nd-55+
144 Brian Conroy 18:59
145 Jim Howe 19:00 3rd-60+
151 Bob Pickens 19:13

152 Bill Dunn 19:15 4th-60+
170 Dino Delyani 19:35
186 Aaron Lee 19:51
229 Carol Bednar 20:52 7th-40+
231 Rikke Preisler 20:54
236 Art Mitchum 21:03 6th-55+
244 Joe Hurtado 21:10 3rd-65+
257 Mark Isaacson 21:22
284 Helen Wong 21:48
288 Norm Takeuchi 22:04
292 Rich Hahn 22:10
309 Kelly Emo 22:40
318 Uyenthi Tran 23:00
415 Cecelia Wiklund 25:05 1st-6+
536 Chris Cassell 27:53
538 Eddie Reyna 27:54 1st-75+
571 Carl Tuck 28:48 7th-70+

9/20/08-Santa Cruz XC Challenge-4M

Men

19 Andy Lief 22:51 8-40+
27 Brian Davis 23:44 2-50+
28 Mike Matthews 23:49
29 Scott Bang 23:54
31 Dennis Kurtis 23:59 3-50+
38 Casey Reinking 24:26 5-50+
42 Andy Williams 24:38
44 Bob Pickens 24:46
45 Tom O'Connor 24:48 6-50+
46 Jeff Rohrer 24:52
48 Al Murray 24:59 8-50+
49 Larry Hyde 25:01 9-50+
52 Dave Piazza 25:14
55 Dave Woodruff 25:36 10-50+
56 Tony Scardina 25:41
64 Bill Dunn 26:13 1-60+
66 Brian Conroy 26:36
73 Ron Kiyono 27:27 3-60+
74 Dino Delyani 27:29
86 Rich Hahn 30:05
88 Jeff Bedolla 30:24
90 Joe Hurtado 30:31 6-60+
97 Dave Norlander 32:13 10-60+

Women

12 Christine Kennedy 25:23 1-50+
29 Marian Richard 29:22 2-40+
30 Carol Bednar 29:32 3-40+
36 Kat Powell 37:52 3-50+

9/21/08-Santa Cruz Intl Distance Triathlon

Kelly Emo 2:42:56 9th-40+
This race consisted of a 1.5K swim, 40K bike, and 10K run.

9/27/08 - Garin Park XC - 3.15M

MEN

26	Andy Lief	18:04	4th-40+	35	Al Murray	23:55	235	Kat Powell	2:03:05	5th-55+
28	Dennis Kurtis	18:23	2nd-50+	41	Dave Woodruff	24:48	268	Eddie Reyna	2:08:26	1st-75+
36	Brian Davis	18:53	5th-50+	46	Bill Dunn	25:25				
40	Casey Reinking	19:05	6th-50+	54	Brian Conroy	26:07				
44	Scott Bang	19:14	10th-40+	65	Art Mitchum	27:27				
48	Bob Pickens	19:23		73	Joe Hurtads	29:17				
53	Tom O'Connor	19:37		79	Dave Norlander	31:15				
56	David Piazza	19:40		85	John Pickens	34:01				
57	Larry Hyde	19:42								
63	David Woodruff	20:05								
74	Tony Scardina	20:29								
87	Brian Conroy	21:21								
91	Ron Kiyono	21:38	1st-60+							
98	Aaron Lee	21:59								
100	Art Mitchum	22:04								
117	Joe Hurtado	23:55	5th-60+							
120	Jeff Bedolla	24:19								
WOMEN										
46	Marian Richard	23:31								
61	Uyenthi Tran	25:43								
72	Kat Powell	30:17								
9/28/08-Quicksilver Half Marathon										
61	Eprhr Romesberg	2:53:44	1st-70+							
9/28/08 – Quicksilver 10K										
21	Tom Zades	1:18:13	1st-60+							
9/28/08 – Quicksilver 5K										
1	Cecilia Wiklund	28:08								
As can be seen, 8-year-old Cecilia finished first. The race was limited to runners that were 15 years old or younger.										
9/28/08-Mermaid Sprint Triathlon-Aptos										
Kelly Emo	1:18:55	2nd-40+								
600 meter swim, 12M bike, and 2.5M run.										
9/28/08-Mermaid Sprint Duathlon-Aptos										
Marcia Morrison	1:20:19	1st-60+								
1.5M run and 12M bike.										
10/4/08 – Presidio XC – 3.55 Miles										
Men's Masters Race										
5	Andy Lief	21:38								
13	Dennis Kurtis	22:35								
14	Scott Bang	22:38								
16	Mike Matthews	22:44								
19	Brian Davis	22:56								
26	Andy Williams	23:17								
27	Casey Reinking	23:20								
28	Mike Krieze	23:23								
31	Tom O'Connor	23:44								
32	Jeff Rohrer	23:47								
33	Larry Hyde	23:49								
34	David Piazza	23:50								
37	Tom O'Connor	1:22:15	5th-50+							
44	Christine Kennedy	1:23:42	1st-50+							
46	Jim Howe	1:24:36	2nd-60+							
51	David Woodruff	1:25:44	7th-50+							
55	Bill Dunn	1:26:28	4th-60+							
66	Al Murray	1:29:08	8th-50+							
70	Ron Kiyono	1:30:09	5th-60+							
94	Joe Hurtado	1:35:56	2nd-65+							
108	Carol Bednar	1:38:19	5th-40+							
217	Bob Schmitt	1:58:56	5th-65+							
10/5/08 – Rock & Roll Half Marathon										
Men										
61	Jorn Jensen	1:19:42								
68	Aaron Paterson	1:20:37								
99	Jim Howe	1:24:10	1st-60+							
106	Ken Hsu	1:25:08								
123	Tony Scardina	1:25:57								
247	Dino Delyani	1:31:41								
388	Aaron Lee	1:35:55								
463	Todd Hayes	1:37:28								
1117	Steve Chamberlin	1:48:33								
2764	Roger Lobbes	2:13:04								
2974	Jonathan Lee	2:17:16								
Women										
159	Rikke Preisler	1:42:35								
952	Chris Blue	2:01:05								
1104	Kat Powell	2:03:32								
1547	Dena Noble	2:09:57								
10/5/08 – Twin Cities Marathon										
Christine Kennedy	3:03:41									
Christine averaged 7:01 per mile while winning the 50+ division by more than 20 minutes.										
10/18/08 – Octoberfest 5K in Campbell										
4	Mike Matthews	17:04	2nd-35+							
6	Jeff Candello	17:34	1st-50+							
9	Brian Conroy	18:57	2nd-50+							
10	Neil Gelblum	19:00	3rd-50+							
23	Kimberly Matthews	22:14	3rd-35+							
25	Kelly Emo	22:36	4th-35+							
29	Alice Isaacson	23:03	1st-50+							
10/19/08 - Humboldt Half Marathon										
22	Dennis Kurtis	1:17:08	2nd-50+							
26	Brian Davis	1:17:44	3rd-50+							
37	Tom O'Connor	1:22:15	5th-50+							
44	Christine Kennedy	1:23:42	1st-50+							
46	Jim Howe	1:24:36	2nd-60+							
51	David Woodruff	1:25:44	7th-50+							
55	Bill Dunn	1:26:28	4th-60+							
66	Al Murray	1:29:08	8th-50+							
70	Ron Kiyono	1:30:09	5th-60+							
94	Joe Hurtado	1:35:56	2nd-65+							
108	Carol Bednar	1:38:19	5th-40+							
217	Bob Schmitt	1:58:56	5th-65+							
10/19/08 – SF Nike Half Marathon										
149	Rich Hahn	1:43:20								
10/25/08 – Shoreline XC Race										
Men - 4.5 Miles										
42	Mike Matthews	25:09	5th-40+							
43	Dennis Kurtis	25:13	2nd-50+							
47	Andy Lief	25:25	7th-40+							
49	Mike Kriege	25:32	9th-40+							
58	Scott Bang	25:56								
63	Bob Pickens	26:08								
68	Tom O'Connor	26:19	8th-50+							
69	Casey Reinking	26:26	9th-50+							
72	Andy Williams	26:36								
75	Ken Hsu	26:51								
76	Marc Ostrowski	26:55								
79	Jeff Rohrer	27:08								
81	Dave Piazza	27:14								
82	Larry Hyde	27:18								
84	Dave Woodruff	27:19								
95	Matt Nolan	28:03								
103	Brian Conroy	28:18								
105	Bill Dunn	28:30	1at-60+							
116	Art Mitchum	29:29								
123	Aaron Lee	30:03								
124	Dino Delyani	30:08								
137	Joe Hurtado	31:19	3rd-60+							
142	Dave Norlander	33:07	5th-60+							
Women - 3.18 Miles										
54	Carol Bednar	21:10	9th-40+							
58	Marian Richard	24:00								
76	Uyenthi Tran	23:15								
86	Chris Blue	27:10								
10/26/08 – Hollister Mile										
2	Scott Bang	4:48	1st-40+							
3	Bob Pickens	4:52	2nd-40+							
4	Dennis Kurtis	4:58	1st-50+							
5	Tom O'Connor	4:59	2nd-50+							
7	Jim Bordoni	5:02	3rd-50+							
22	Rich Hahn	6:06								
65	Ken Napier	9:05	1st-70+							
10/26/08 - Silicon Valley Marathon										
150	Dick Chimenti	3:46:16	1st-65+							
154	Rikke Preisler	3:47:10								
10/26/08 - Silicon Valley Half Marathon										
86	David Woodruff	1:38:27								
151	Aaron Lee	1:46:22								
152	Ron Blancas	1:46:22								
180	Brian Low	1:49:21								



Tim Rostege	70	23	25	22													
Danny Moon	46			25	21												
Jonathan Lee	44				24	20											
Gurinder Parhar	39	17		22													
Ranjeet Sudan	25		25														
Liz Nast	24					24											
Gail Campbell	24												24				
Mary Kriege	23					23											
Shawn Williams	21			21													

D DIVISION

Total	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Kat Powell	200	20	25	22	21	21	22	48	50	50	50	24	25	48		50
Dave Norlander	193	22		24	23	24		50						50		
Chris Cassell	126	17		21	22	20									46	
Uyenthi Tran	121			25	23	23									50	
Paul Rodriguez	97	23		25	24	25										
Tom Warfel	91	21		23		22					25					
Cecilia Wiklund	72	24													48	
Brian Low	50	25				25										
Rosa Hellen	24					24										
Ed Gavin	19	19														
Rick Kananen	19				19											
Gurinder Parhar	18	18														

E DIVISION

Total	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Pauline Beatty	200	25	25	25	25		50			50	25	25				
Chris Blue	197	23		24	23	24	25		50	50		24				
Eddie Reyna	190			17		22		44	44	46				50		50
Tim Riley	170	19		20	21	22		42	46							
Georgia Riley	169	17		21	20			40	48			23				
Dena Noble	143	24				24		48			23	24				
Ed Singleton	124							38	42	44						
Ken Noel	109	20		22	19					48						
Ruby Hurtado	78							36		42						
Tom Zades	72	15		16	20							21				
Elaine Erickson	69					23	46									
Rich Collins	69	22		23	24											
Jim Myers	62	21			18	23										
Walt Van Zant	59	16			22	21										
Don Packwood	50	14		19		17										
Carl Tuck	48													48		
Marcia Morrison	40	18										22				
Madelyn Moon	34				15	19										
Desra Lacy	32				14	18										
Ken Napier	25														25	

- | | |
|--------------------------|------------------------|
| 1= Farwell | 9= Zippy 5K |
| 2= Marathon | 10= Marin 10K |
| 3= Cumulative Saturday | 11= Holy City Race |
| 4= Fastest Mile | 12= Dammit Run |
| 5= Fastest 5K | 13= Santa Cruz XC Race |
| 6= Fastest Half Marathon | 14= Banana Chase 5K |
| 7= Nor Cal 10M | 15= Hollister Mile |
| 8= Across The Bay 12K | 16= Clarksburg 30K |