



WVJS



VOL XXXX-#3 WEST VALLEY JOGGERS & STRIDERS Dec 2011

Saturday Workouts

12/24/11	Triangle Run (4.76 miles)	02/25/12	Farwell (3.54 miles)
12/31/11	All Courses Day	03/03/12	4x1.46-Mile WVC Loop Relay
01/07/12	6 x 1600 Relay	03/10/12	Short Six (5.74 miles)
01/14/12	Triangle Run (4.76 miles)	03/17/12	Valle Vista (3.0 miles)
01/21/12	Doug/Sar/Frtvle (2.75 miles)	03/24/12	18-0.33-Mile Tennis Court Loop Relay
01/28/12	5K on track	03/31/12	Triangle Run (4.76 miles)
02/04/12	8 x 0.66mile Tennis Court Loop Relay	04/07/12	16 x 300 Relay
02/11/12	Farwell/H (4.68M)	04/14/12	Doug/Sar/Frtvle (2.75 miles)
02/18/12	Valentine Team Race (5.4 miles)	04/21/12	Step-up & Step-down 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

Not yet available for 2012

Racer of the Year

Fastest Farwell Time
 Fastest Marathon
 Fastest Half Marathon
 Fastest of 2 Designated Track Miles
 Fastest of 2 Designated Track 5Ks
 The remaining events will be determined
 At the annual club meeting in January

Other Races

01/01	Los Gatos Resolution Run
01/01	Healthy World 5K/10K-Palo Alto
01/08	Stockton 10M
01/28	San Juan Bautista 10M/5K
02/05	Kaiser San Fran Half Marathon
02/12	Together With Love 10K
03/03	Hellyer Park Half Marathon
03/11	San Jose 408K – 8K
03/18	Shamrock 5K - Dublin

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.

Miscellaneous Drive!

Our annual club meeting is tentatively set for January 7th and our annual awards dinner is tentatively set for February 18th. An e-mail will be sent to club members with more details at a later date.

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.

The high school and collegiate cross country seasons are now complete. Club members did as follows – **Mary Kriege** finished as the #1 runner for Santa Clara University. **Jack Bordon** won 1st team all-CCS honors as the #1 runner on the Bellarmine team. Included in his many accomplishments during the season was finishing first in the tough West Catholic Athletic League finals. **Suraj Jagota** improved his PR for the Crystal Springs course by over 2 minutes to get down to 17:12. **Ellie Lemco** of Prospect ran 20:16 on the Crystal Springs course before a season-ending injury. Freshman **Grant Jacobson** of Cupertino ran 19:16 as a frosh at Crystal Springs. **Jim Bordon** had a great coaching season at Mt. View. His boys finished 3rd at the league finals, 3rd in Division 2 at the CCS meet, and were the 3rd best CCS team at the State Meet. His girls won their league finals, won Division 2 at the CCS Meet, and were the 3rd best CCS team at the State Meet. **Paul Armstrong** had

one of his best-ever boys teams at Cupertino as they finished 2nd at their league finals and 7th in Division 2 at the CCS Meet. **Jake White** coached his Lynbrook girls to a 3rd place finish at their league finals and his boys to a 4th place finish. **Danny Moon** coached his Saratoga girls to a 4th place finish at their league finals and a 4th place finish in Division 3 at the CCS Meet – one place away from qualifying for the State Meet. **Mandy Benham** coached the St. Francis boys to a 3rd place league finish and a 9th place finish in Division 2 at the CCS Meet. **Kevin Breit**, despite not having his #1 runner for the league finals, still coached his girls to a 10th place finish in the 24-team BVAL league finals. **Dick Chimenti** again coached one of his Sonora runners to a State Meet berth.

79-year-old **Ken Napier** had a stroke a few months ago and is gradually regaining his health. He has gone for a mile walk recently and hopes to begin running.

Dave Piazza has been doing an excellent job of managing our club pro football pool but has not done so well in in selections. First-year player, **Dino Delyani**, won the first half and there has been some talk of kicking him out of the pool.

Dick Chimenti our club webmaster and also known as the Slithering Snake From Sonora, visited us recently and ran the Campus Loop relay. Read the details of his con job later in this bulletin under the 12/3/11 writeup.

Danielle Zelinski had a tumor removed from her brain and has been coming to our Saturday workouts on a fairly regular basis lately after being missing in action for a few years.

Kristina Park has recorded women's top 5 course times for all of our courses recently except the Triangle course.

Triathlete **Catherine Frye** has obviously been spending more time on her running lately as she has posted at least 4 PRs during the last few months.

Jeff Rohrer, after many months of suffering, had knee surgery a few weeks ago. He appears to be walking well. So, I assume that jhe will start running soon.

We had another very successful cross country grand prix season as many club members participated in this 11-race series throughout Northern California. Our highlights included our 70+ men finishing 1st, our 60+ men finishing 2nd, and our 40+ and 50+ men finishing 3rd. There are many good runners competing in this series, especially in the 40+ and 50+ fields. Our star of the season was **Jose Pina**, who won several races enroute to winning the overall

40+ individual title. Other club members who finished in the top 25 for their age category included **Jorn Jensen** and **Roberto Palos**, who finished 16th and 20th in the 40+ category, **Mike Kriege**, **Dennis Kurtis**, and **Ken Camet**, who finished 5th, 13th, and 17th in the 50+ category, **Bill Dunn**, who finished 3rd in the 60+ category, and **Carl Petersen**, **Joe Hurtado**, **Dave Norlander**, **Bill Dodson**, **Neal Chappell**, **Mike McMahon**, and **Eddie Reyna**, whof finished 2nd, 3rd, 4th, 7th, 15th, 17th, and 20th in the 70+ category.

Alvin Jackson won our 40th annual Jim Shettler handicap race for the second time in three year, beating 2nd-place finisher **Bill Dodson** by 14 seconds. Jose Pina Sr. had the fastest scratch time. **Rich and Judy Collins** again did a fabulous job of hosting this event. This was the 14th consecutive year that the race started and finished in front of the Collins residence.

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>

Becoming an Ironman (by Unidentified Writer)

On an unseasonably cold summer morning a middle aged triathlete with a monkey on his back, jumped into the Russian River to begin an epic test of endurance that would last over 15 hours - The Full Ironman triathlon distance. For those that are new to triathlons, the Ironman distance includes a 2.4 mile swim followed by a 112 mile bike race and closing with a 26 mile marathon distance run.

Swim

Big Mac jumped into the Russian river with a few hundred seal skinned swimmers. The 2.4 mile distance included two upstream/downstream laps in a very shallow river. At one point, contenders stood up and started to walk the river- a

surreal experience for this swimmer who found it easier to make strong body rolls in the sometimes two foot depth to avoid digging into the gravel below. This was his best leg, coming through the gate at one hour twenty minutes.

Bike

Mounting his favorite triathlon bike, known with familiarity as the Crotch Rocket, Big Mac started to pedal through 112 miles of wine country terroir- two big laps with two climbs up 500 ft Chalk Hill. The first lap took a little over 3 hours where during the first Chalk Hill climb he was heard stating to an official "that's it? this little mole hill?" Famous last words- at 1:00pm the dreaded sun came out to poke a hole in his energy stores. The second climb up Chalk Hill was a lot

steeper then the first. Back on the flats, he ran over a pothole at mile 85 which fractured his steel water bottle holder. Luckily nothing else broke although he stills hears a rattle in his head during a moment of objection. Riding over 100 miles in one sitting gets old- it was nice to get off the trusty steed after over 7 hours. He then walked to the transition area with a bow legged strut looking for spectators to hand him a cowboy hat for effect.

Run

After a full day's work, there is only one thing that can make things feel alright. Let's run a marathon! Three loops in a bucolic country setting where cows run free. Runners overdosing on Gu's and Cliff bars crawl up and down rolling terrain past inviting wineries with (he supposes) buckets of ice cold Chardonnay on tap to soak one's head in. His run split

came in at two hours thirteen- not bad for a bow legged cowpoke. Then came the test- let's run another half marathon for grins and make sure that we have assigned a name to every last stinkin cow out there. At this point in the journey the run had retired to a walk with each hill climb becoming its own Kilimanjaro.

A boy exclaimed his name from afar, his son, who had went in pursuit of his Dad with his Mom in case Dad was stuck in a ditch and left for trail fodder. A small hand was extended with

the elixir of life- a sour apple Jolly Rancher candy. A death march walk at mile 20 turned into a full-on sprint for at least a half a mile further. Thanks son.

The heavenly starry night provided comfort from the Almighty; the black country road potholes were treacherous entry ways

into the abyss. Young lady triathletes congregated around Big Mac in case hungry coyotes were feeding that night.

The Finale

Big Mac started his final descent from this journey to the finish line with cheering spectators saying "hey Ironman, way to go Ironman". Finally he crossed the line and was knighted with a heavy finishers medal that nearly brought him to his knees (after he indeed skipped across the line!). His son came up and said "hey Dad, I won't call you Iron Mac but will call you THE Big Mac."

Epilogue

Less than 0.001% of people complete the Ironman distance. You can too, caveat emptor, you will train and sacrifice, so tread lightly my friends.

2011 RUNNER OF THE YEAR CONTEST

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. The point totals through 9/30/11 are as follows:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Totals</u>
George Lo	1704	460	2,164*	Rosanna Kennedy	1079	380	1,459
Carl Petersen	1235	650	1,885	Dave Norlander	701	720	1,421
Tom Warfel	1107	600	1,707	Jim Bordoni	518	430	948*
Walt Van Zant	738	910	1,648	Rich Hahn	389	120	509*

* These runners have not yet reported their 3rd quarter totals.

** Rich's totals are for just the first quarter.

2011 PA/USATF Road Grand Prix

Open Men

Our open men's team is presently in 12th place. Aaron Lee is our team captain

Open Women

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

40+ Men

Our 40+ men's team is presently in 4th place. Ken Camet is our team captain. Individually, Scott Bang is in 14th place and Ken Camet is in 37th place in the short-race division. Ken Camet, and George Lo are in 11th and 28th places in the long race division.

40+ Women

Our 40+ women's team is presently in 6th place. Individually, Kristina Park, Becki Kriege, Carol Bednar, and Kari Cornwell are in 8th, 9th, 19th, and 41st places in the short race division. Kari Cornwell and Missy Sudan are in 20th and 66th places in the long-race division.

50+ Men

Our 50+ men's team is presently in 2nd place. Tom O'Connor is our 50+ team captain. Individually Brian Davis, Tom O'Connor, Norry McAllister, Tim Souza, Dino Delyani, Jim Bordoni, and Dennis Kurtis are in 5th, 6th, 9th, 16th, 21st, 38th, and 38th (tie) places in the short race division. Brian Davis, Ken Camet, Tom O'Connor, Tim Souza, and David Woodruff, are in 3rd, 10th, 30th, 34th, and in 44th places in the long race division.

50+ Women

Our 50+ women's team has not yet fielded a team a team this year. Individually, Marian Richard is in 10th place in the short-race division. And 28th place in the long-race division.

60+ Men

Our 60+ men's team is presently in 2nd place. Todd Hayes is the team captain. Individually, Ron Kiyono, Jim Howe, Todd Hayes, Neil Gelblum, Fred Martin, and John Yamagata are in 9th, 13th, 14th, 16th, 21st, and 24th places in the short race division. The injured John Yamagata is in 2nd place, Todd Hayes is in 14th place, and Des Knuckey is in 30th place in the long race division.

60+ Women

Our 60+ women's team has not yet fielded a team this year. Georgia Riley is in 12th place in the short-race division

70+ Men

Our 70+ men's team is presently in 1st place. Eddie Reyna is the team captain. Individually, Joe Hurtado is in 1st place, Carl Petersen is in 3rd place, Dave Norlander is in 4th place, Bob Lord is in 7th place, Tim Rostege is in 13th place, Bill Dodson is in 14th place, and Eddie Reyna is in 17th place in the short race division. Joe Hurtado is in 1st place, Carl Petersen is in 2nd place, Dave Norlander is in 3rd place, Bill Dodson is in 9th place, Tim Rostege is in 11th place, and Bob Lord is in 17th place in the long race division. It should be noted that in addition to leading the long race division for the 70+ runners Joe Hurtado also leads the long race division for the 60+ runners. What a stud.

2011 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 17 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must compete in at least 7 different events in order to be eligible for an award.** The remaining events included in this contest are listed on page 1. The standings to date for 2011 for all who have scored in three or more races are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races as two races. The 2nd number is the total number of events competed in.



Elite Division

Brian Davis (8-8)	200
Scott Bang (8-10)	199
Tom O'Connor (8-9)	194
Jose Pina (6-5)	150
Dennis Kurtis (4-2)	88

A Division

Kevin Breit (8-10)	198
Ken Camet (8-12)	196
Tim Souza (8-9)	190
Norry McAllister (8-7)	185
Bob Pickens (8-6)	152
Jorn Jensen (5-4)	125
Jose Pina Jr (3-3)	74
David Garza (3-3)	67
Geoff Bradley (3-3)	55

B Division

Dino Delyani (8-9)	194
Kristina Park (8-6)	187
George Lo (8-9)	182
Becki Kriege (8-6)	177
Dave Woodruff (8-6)	171
Todd Hayes (8-5)	162
Neil Gelblum (7-6)	146
John Yamagata (5-3)	138
Jim Howe (7-5)	115
Jim Bordoni (5-3)	96
Missy Sudan (4-3)	93
Brian Conroy (4-3)	92
Aaron Lee (5-4)	91
Tony Scardina (4-2)	90
Ron Kiyono (4-2)	84
Kari Cornwell (4-3)	75
Scott Graham (3-3)	56

C Division

Glenn Kishi (8-9)	194
Joe Hurtado (8-10)	190
Carol Bednar (8-6)	184
Marian Richard (6-3)	146
Mike Krey (5-4)	124
Des Knuckey (5-4)	122
Helen Wong (5-4)	106
Dave McIntyre (5-4)	100
Norm Takeuchi (4-2)	86
Jeff Bedolla (4-4)	84
Rich Hahn (3-2)	58

D Division

Carl Petersen (8-11)	200
Dave Norlander (8-7)	196
Tim Rostege (8-7)	186
Bob Lord (8-5)	185
Alvin Jackson (4-4)	97
Rosanna Kennedy (3-3)	66
Pauline Beatty (3-3)	63
Pablo Rodriguez (3-3)	58

E Division

Eddie Reyna (8-5)	194
Bill Dodson (6-3)	150
Tim Riley (5-4)	110
Tom Warfel (4-4)	89
Rich Collins (3-3)	72
Don Packwood (3-3)	71
Georgia Riley (3-2)	67
Chris Cassell (3-3)	58
Walt Van Zant (3-3)	

SATURDAY WORKOUT RESULTS

7/16/11-Dou/Sar/Frtvle-2.75M

1 Scott Bang	16:21
2 David Garza	16:33 PR
3 Suraj Jagota	17:02
4 Becki Kriege	17:06
5 Dino Delyani	17:17
6 Kristina Park	17:20
7 George Lo	17:48
8 Slim Pickens	17:56
9 Paul Taylor	18:11
10 Jim Bordoni	18:13
11 Jim Howe	18:29
12 Rob Jacobson	18:39 PR
13 Dave Woodruff	19:00
14 Brian Conroy	19:27
15 Helen Wong	19:29
16 Grant Jacobson	19:48
17 Ellie Lemco	19:57
18 Jeff Bedolla	20:13
19 Joe Hurtado	21:04
20 Carl Petersen	21:17
21 Brian Low	21:36
22 Pablo Rodriguez	21:52
23 Jose Casillas	23:58 PW
24 Rich Collins	24:43
25 Tom Warfel	24:53

26 Tim Riley	25:51
27 Dena Noble	26:12
28 Georgia Riley	26:26
29 Walt Van Zant	27:07

Dick Barrett Trophy Winner – Georgia Riley

Scott Bang closed fast to win on an ideal morning for running – cool weather. PRs for David Garza and Rob Jacobson and a PW for Jose in a rare Saturday appearance by him. He missed his course PR by 9 minutes. Georgia took home the weekly trophy as she broke her own club 65+ record for this course. Jim Howe recorded the #4 65+ time for men and Kristina recorded the #6 40+ time. George Lo missed his PR by 4 seconds and Dino missed his PR by 3 seconds. Brian Low continued to show consistency for this course. His last three runs have been 21:36, 21:33, and 21:36. Pablo ran his fastest time on this course in three years. Suraj sprinted by Becki at the end, not realizing that she will be coaching him this

next high school season. She was seen taking notes after the run (something about 20-mile runs the day before races). Your editor improved his 70+ PR to move to within a mere 3 minutes of second to last place in this division. Thanks to Aaron Lee and Uyenthi Tran for doing the timing and to Dave Piazza for stopping the cars when we crossed Fruitvale.

7/23/11-Farwell/H-4.68M

1 Jose Pina Sr	25:46
2 Jorn Jensen	27:02
3 Jose Pina Jr	27:25
4 David Garza	29:24 PR
5 Geoff Bradley	30:31
6 Dino Delyani	30:36
7 George Lo	31:06 PR
8 Paul Taylor	31:10
9 Mike Krey	31:35 PR
10 Jim Bordoni	31:59
11 Jim Howe	32:14
12 Neil Gelblum	32:45
13 Dan Chirayev	33:22
14 Rob Jacobson	33:30

15	Jeff Bedolla	35:07
16	Ellie Limco	35:14
17	Grant Jacobson	36:11
18	Carl Petersen	37:26
19	Catherine Frye	37:35
20	Helen Wong	38:11
21	Brian Low	38:17
22	Pablo Rodriguez	39:05
23	Rosanna Kennedy	39:30
24	Dave Norlander	39:35
25	Slim Pickens	40:00
26	Kat Powell	40:17
27	Mike McMahon	40:43
28	Jake White	42:36
29	Rich Collins	44:04
30	Tom Warfel	45:43
31	Georgia Riley	45:10
32	Dena Noble	45:15
32	Ken Bloesch	45:15
34	Chris Cassell	48:41

Dick Barrett Trophy Winner – Jose Pina Sr

Many notable performances this morning. Jose Pina pulled away after the first mile to win with the 8th fastest-ever time by a club 40+ runner. We had three all-time PRs and two age-group PRs, including Jorn Jensen's 18-second improvement on his 40+ PR and Jeff Bedolla's 12-second improvement on his 55+ PR. 8th-grader Jose Pina Jr ran a fast 27:25. Mr. Consistency, Dino Delyani, now has a 16-second spread for his last 5 runs on this course. Mike Krey's previous PR for this course was set 4 years ago. Carl Petersen's time pulled him to within 62 seconds of first place in the D Division in our Racer of the Year contest. Alvin Jackson leads this division. Catherine Frye missed her all-time PR by 6 seconds. Helen Wong ran her last Saturday race before she turns 40 next Wednesday. Jake White ran his first Saturday race in 4 years, running 5 minutes slower than the last time that he ran this course. He missed his all-time PR of 24:53, set 30 years ago, by 18 minutes.

7/30/11-Mile Runs on The Track

Heat #1 (6:45 & Over)

1	Danny Moon	6:53.6
2	Carl Petersen	7:02.5
3	Omar Pina	7:11.6
4	Pablo Rodriguez	7:20.9
5	Dave Norlander	7:23.6
6	Rich Collins	7:28.6
7	Kat Powell	7:31.6
8	Don Packwood	7:37.5

9	Tom Warfel	8:03.7
10	Marcia Morrison	8:11.1

Heat #2 (6:00/6:45)

1	Grant Jacobson	6:13.4
2	Rob Jacobson	6:15.7
3	Becki Kriege	6:19.5
4	Carol Bednar	6:25.8
5	Helen Wong	6:25.9
6	Alvin Jackson	6:32.2
7	Jeff Bedolla	6:38.1
8	Joe Hurtado	6:46.2
9	Ida Rosenblum	7:00.5

Heat #3 (Under 6:00)

1	Jose Pina Jr	5:01.3
2	Jose Pina Sr	5:04.4
3	David Garza	5:21.7
4	Roberto Palos	5:23.9
5	Geoff Bradley	5:28.4
6	Slim Pickens	5:29.1
7	Kristina Park	5:29.2
8	Suraj Jagota	5:36.4
9	Dino Delyani	5:39.8
10	Scott Graham	5:51.9
11	Aaron Lee	5:52.7
12	George Lo	5:56.5
13	Paul Taylor	5:58.2
14	Brian Conroy	6:02.9

Dick Barrett Trophy Winner – Scott Graham

In heat #1 Danny, Carl and tiny Omar (less that 10 years old and running in jeans and street shoes) ran together for two laps before Danny asserted himself and ran to an easy win. Carl knocked 6 seconds off his June mile time, Dave Norlander improved by 5 seconds over last year, Rich Collins improved by 31 seconds over last year, Tom improved by 31 seconds over his 2010 time, and Kat ran her fastest mile time since she began running the club track miles in 2004. She ran 7:38 in 2004 and 7 seconds faster today.

In heat #2 a large group ran together for the first 3 laps. Grant lingered back in 4th or 5th place with a lap to go about 10 yards out of the lead. He then surged, passing the last runner, his dad, with half a lap to go to win by about 10 yards. Carol improved her 2010 time by 6 seconds, narrowly edging Helen. This was Helen's first race as a 40+ runner and

she made it a good one as she ran her fastest mile since she ran 6:23 in 2007. Alvin improved his club mile PR by 6 seconds. Jeff Bedolla ran his best mile since he ran 6:24 in 2008.

In heat #3 Jose and his father ran together for the first 3 laps in 3:49 before Jose Jr sprinted away to win in 5:01. Jose, will be a freshman at Lincoln high school this year and has a recent mile best of 4:48. I'm not sure whether his dad let him win. David Garza improved 2 seconds on his club mile PR. 47-year-old Roberto ran with the club for the first time and decided to join after the race. Geoff Bradley improved his June mile time by 20 seconds. Slim Pickens was extremely pleased to break 5:30 as he barely nipped Kristina at the finish line.

Thanks to Uyenthi Tran, Aaron Lee, Madelyn Moon, and Danny Moon for their help at the inish line. However, Danny was so tired from his winning efforts in the first heat that he just layed on the track and threw the finishing sticks at the finishers in heats 2 and 3.

8/6/11-12x600 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Pickens/Garza	6:45	31:00
2	Petersen/Lo	2:15	31:19
3	Norlander/Taylor	2:15	31:21
4	Bednar/Lee	4:15	31:38
5	Wong/Delyani	4:15	31:57
6	Jackson/Piazza-Warfel	-0-	32:23
7	B.Kriege/Camet	6:45	32:30
8	Moon/Hurtado	1:15	32:31
9	Lemco/Breit	5:45	32:36
10	Noble/Knuckey	-0-	33:31

Dick Barrett Trophy Winner – Slim Pickens and David Garza

Slim Pickens started the 11th leg for his team in 5th place and got them into 1st place by the end of that leg. His partner, David Garza, then extended the lead to 100 meters by the end of the race with a 1:49. The Garza team started last and finished first. The Knuckey team, anchored by Des, started first and finished last. Des, starting to recover from a no-running 3-week vacation but rated as if he

was in top form, aided the cause by running 50 seconds over his rating. Slim Pickens, continuing his improvement of late, ran 77 seconds under his rating. David Garza and Kevin Breit had the best averages at 1:55 and 1:58. Becki Kriege led the ladies with a 2:10 average. Thanks to Jim Bordoni for getting all of the splits at the 200-meter mark and to Uyenthi Tran and Chris Blue for getting the splits at the finish line.

8/13/11-Farwell-3.54M

1	Jose Pina	20:04
2	Jose Pina Jr	20:34
3	Roberto Palos	21:03
4	David Garza	22:17
5	Ken Camet	22:23
6	Geoff Bradley	22:32
7	Slim Pickens	22:34
8	Suraj Jagota	22:49
9	Kristina Park	22:50
10	Dino Delyani	23:01
11	Aaron Lee	23:55
12	Jim Bordoni	23:56
13	Paul Taylor	24:17
14	Missy Sudan	25:12
15	Rob Jacobson	25:23
16	Jeff Bedolla	26:33
17	Carl Petersen	27:27
18	Ida Rosenblum	27:30
19	Catherine Frye	28:06
20	Dave Norlander	29:09
21	Mike McMahon	29:25
22	Uyenthi Tran	30:11
23	Joe Hurtado	30:13
24	John Pickens	31:32
25	Rich Collins	32:03
26	Tom Warfel	32:51
27	Danny Moon	32:58
27	Rich Stiller	32:58
29	Dena Noble	33:59
30	Georgia Riley	34:48

Dick Barrett Trophy Winner – Jeff Bedolla

Easy win for Jose this morning. He ran within himself until he knew that he would not get lost and then ran hard for the last 1½ miles. No overall PRs but a few age-group PRs. Kristina improved her 40+ PR by 26 seconds, Jeff Bedolla improved his 55+ PR by 19 seconds, and John Pickens improved his 60+ PR by 2 minutes. Jeff got the weekly trophy because he not only ran well this week but has been consistently running well lately. Thanks to Don Packwood and Chris Blue for doing the timing.

8/20/11- 36 x 200 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Tran/Moon/Park	-0-	24:37
2	Noble/Sudan/Bradley	1:15	26:44
3	Kennedy/Wng/Bloesch	1:00	27:05

Dick Barrett Trophy Winner – the Park Team

The handicapping was not good this morning. All teams were rated to finish at 28:00. The first place team started 1:00 in front of the next team and pulled away to win by 2 minutes (a lap and a half). All runners showed blinding speed but Kristina Park for the ladies and Geoff Bradley for the guys appeared to be the fastest. Thanks to Chris Blue and Madelyn Moon for doing the timing.

8/27/11-8x0.66M Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Warfel/Wong	-0-	39:24
2	Jagota/Garza	11:00	40:29
3	T.Riley/Bradley	2:00	40:49
4	Stiller/Park	1:30	40:51
5	U.Tran/Lee	5:45	41:27
6	R.Jacobson/Jackson	6:00	41:45
7	Sudan/Graham	9:15	42:09

Dick Barrett Trophy Winner – Tom Warfel & Helen Wong

Tom Warfel, who is as inconsistent as Dino Delyani is consistent, had a good day while leading his team to an easy victory. David Garza led all of the guys, improving his workout best time by 14 seconds. Kristina chased Geoff Bradley on all of her runs, helping her to average 3:52 per run and to lead the gals.

9/3/11 – Short Six – 5.74 Miles

1	David Garza	37:05*
2	Kristina Park	37:47
3	George Lo	38:38 PR
4	Scott Graham	38:44 PR
5	Paul Taylor	38:59
6	Jim Bordoni	41:01*
7	Mike Krey	41:11
8	Missy Sudan	41:21
9	Suraj Jagota	41:58*
10	Dave McIntyre	44:15
11	Ida Rosenblum	45:56 PR
12	Catherine Frye	46:06 PR
13	Brian Low	47:05

14	Carl Petersen	47:13
15	Uyenthi Tran	51:07*
16	Aaron Lee	51:13*
17	Rosanna Kennedy	51:51*
18	Ken Bloesch	52:30*
19	Kat Powell	53:33
20	Tom Warfel	57:31

Dick Barrett Trophy Winner – Ida Rosenblum

* Started early

There were a lot of good performances this morning. Ida led the way as she improved her PR by 143 seconds. Scott Graham, who turns 60 on the last day of this year, improved his 55+ best by 111 seconds to move to #19 on the 55+ list (out of 63). Catherine Frye PRd by 44 seconds. This put her #4 on the women's 50+ list, 6 seconds in front of Madelyn Moon and 90 seconds behind Georgia Riley. George Lo PRd by 27 seconds. Kristina Park led all of the runners who started at the regular time. She improved her 40+ best by a whopping 165 seconds to move to #4 on the women's 40+ list. Mike Krey improved his 55+ best by 84 seconds. The timing crew included Neil Gelblum, Don Packwood, and Danny Moon.

9/10/11-4x1.46M Campus Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Frye/R.Jacobson	:15	42:44
2	J.Pickens/Bradley	2:15	44:35
3	Kennedy/Rosenblum	-0-	44:59
4	Sudan/McAllister	8:00	45:57
5	Bang/B.Pickens	8:00	46:54
6	Jagota/Garza	9:15	47:13

The Frye team, led by Catherine Frye running 145 seconds under her rating, won by nearly two minutes this morning. David Garza had the fastest time for the guys at 17:20 and Ida Rosenblum led the ladies at 21:42.

9/17/11-18x0.33M Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Wong/Frye/Bradley	-0-	37:21
2	Delyani/Petrsn/Pickns	:45	38:07
3	Krey/Taylor/Park	4:00	38:37
4	Sudan/Norindr/Bang	3:00	39:39

5 Bloesch/Hurtdo/Souz 1:15 40:23

Dick Barrett Trophy Winner – Catherine Frye

The Bradley team started first and stayed there throughout the race, losing only 1 second of its lead to the team that started just behind them. Scott Bang had the best average for the guys at 1:47.5 per run. Kristina Park led the ladies with a 1:49 average. Don Packwood, Danny Moon, and Neil Gelblum did the timing.

9/24/11- Valle Vista – 3.0 Miles

1 Kevin Breit	17:31
2 David Garza	18:02 PR
3 Norry MacAlister	18:25
4 Geoff Bradley	18:41
5 Kristina Park	18:41
6 Scott Graham	19:08 PR
7 Becki Kriege	19:16
8 Paul Taylor	19:45
9 Aaron Lee	19:59
10 Jared	20:03
11 Missy Sudan	20:11
12 Grant Jacobson	20:36 PR
13 Brian Conroy	20:44
14 Rob Jacobsen	20:56 PR
15 Ellie Lemco	21:05
16 Jeff Bedola	22:26
17 Dave McIntyre	22:46
18 Ida Rosenblum	23:06 PR
19 Catherine Frye	23:15
20 Alvin Jackson	23:58
21 Danny Moon	24:38
22 George Lo	25:01
23 John Pickens	25:11
24 Kat Powell	25:18
25 Tom Warfel	26:24
26 Don Packwood	27:19
27 Rick Kananen	27:42

Dick Barrett Trophy Winner – Scott Graham

By Todd Hayes

Near perfect cool weather helped produced a lot of good performances today. Kristina Park and Scott Graham both PR'd. Kristina jumped to #3 on the 40-44 list. Scott improved his PR by 19 seconds and took home the weekly trophy.

According to Kevin, the eventual winner of the workout, David Garza started quickly and took the lead. David put a lot of effort into going up the hills and Kevin eventually

caught him when they hit some downhills. It went

back and forth with David taking over on the ups and Kevin on the downs until about 2 miles when Kevin took the lead for good. David tried but just missed breaking 18 minutes.

10/8/11 – 6 x 1600M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Packwood/Williams	-0-	41:45
2	Graham/Bradley	7:30	42:51
3	Wong/Conroy	4:00	43:14
4	Krey/Samson	7:45	43:30
5	U.Tran/Lee	2:45	43:49
6	Moon/Zelinski	3:00	50:03

Dick Barrett Trophy Winner – Danielle Zelinski

Danielle Zelinski visited us for the first time in quite awhile. She is recovering from a recent removal of a tumor in her brain. She was not going to run until she discovered that her favorite runner, Danny, had no partner. And, she did very well, averaging 8:05.7 per run. The Williams team, featuring excellent running by both runners, easily run the relay. Bjorn had the best average at 5:35 per run. Thanks to Pablo Rodriguez (6 weeks past his hip replacement surgery) and Todd Hayes for helping out at the finish line.

10/15/11-Triangle Run – 4.76 Miles

1	Dino Delyani	31:17
2	Bob Pickens	31:20
3	Andy Williams	32:20
4	Dave Woodruff	32:23
5	Alex Williams	33:51 PR
6	Rob Jacobson	33:59
7	Dave McIntyre	35:36
8	Todd Hayes	35:50
9	Brian Low	37:36
10	Catherine Frye	37:46 PR
11	Rosanna Kennedy	40:45
12	Kat Powell	43:47
13	Chris Cassell	56:00

Dick Barrett Trophy Winner – Dino Delyani

10/22/11-12 x 800 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Zelinski/Bradley	1:30	39:49
2	Lo/Conroy	4:00	40:30
3	Moon/Park	3:00	40:36
4	R.Jacobson/Taylor	4:30	41:20
5	Frye/Bang	3:30	41:25

6 T.Riley/Garza -0- 42:10

Phantom Dick Barrett Trophy Winner – Danielle Zelinski

The Bradley team took the lead at the end of the 5th run, lengthened their lead to 60 seconds, and held on for a 41-second win. Suraj Jagota arrived late and started the next 5 runs with David Garza, waited 3 minutes, and ran his last run in 2:35 to have the best average at 2:37 per run. Kristina Park had the best average for the ladies at 2:46. George Lo got the best acting award as he begged that his rating be increased from 3:00 to 3:20, had his rating changed to 3:15, and then averaged 3:03. Thanks to Todd Hayes and Aaron Spanner for helping at the finish line.

10/29/11-Dou/Sar/Frtvle-2.75M

1	Suraj Jagota	15:58 PR
2	Kevin Breit	16:00
3	David Garza	17:03
4	Kristina Park	17:04
5	Scott Graham	17:21 PR
6	Norry McAllister	17:40
7	Paul Taylor	17:44
8	George Lo	17:52
9	Brian Conroy	18:09
10	Aaron Lee	18:50
11	Rob Jacobson	18:56
12	Dave McIntyre	19:39
13	Catherine Frye	21:11 PR
14	Uyenthi Tran	22:01
15	Rosanna Kennedy	22:36
16	Kat Powell	22:45
17	Tom Warfel	23:24
18	Alvin Jackson	23:25
19	Don Packwood	24:01
20	Marcia Morrison	24:13
21	Tim Rostege	24:34
22	Rich Stiller	24:35
23	Tim Riley	25:49
24	Chris Blue	26:16
25	Pauline Beatty	26:17
26	Georgia Riley	26:51

Dick Barrett Trophy Winner – Catherine Frye

Close win for Suraj over Kevin as Suraj improved his PR by 64 seconds. Kristina Park improved her 40+ PR by 16 seconds to lead the ladies while

moving to #5 on the women's 40+ list. Catherine Frye took home the weekly trophy as she continued to improve. She knocked 71 seconds off her PR, which got her to #9 on the women's 50+ list. Don Packwood improved his 70+ PR by 28 seconds. Marcia improved her 60+ PR by 32 seconds. She is now #2 on the women's 60+ list with Georgia Riley still in first on that list. Scott Graham, age 59, improved his all-time PR by 9 seconds. He turns 60 on the last day of the year. Thanks to Danny Moon for timing the workout. He had help from Kevin Breit and Uynethi Tran after they finished their runs.

11/5/11 – 8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Krey/Lo	2:45	35:54
2	Petersen/G.Jacobsen	-0-	36:14
3	Moon/Jagota	2:00	36:14
4	Wong/Bradley	3:30	36:14
5	R.Jacobsen/Taylor	2:45	36:19
6	Lee/Graham	4:15	36:28
7	Frye/Garza	2:00	36:48
8	Kennedy/B.Kriege	-0-	38:01
9	McIntyre/Williams	3:30	38:25

Dick Barrett Trophy Winner – Mike Krey & George Lo

The Grant Jacobson team started first and held the lead until part way through the 7th lap when the Lo team took the lead and ran to a 20-second win. The battle for 2nd place was extremely close with Grant barely holding on for 2nd place. Geoff Bradley had the fastest splits of the day with a 3:58.5, including 3:28 on his last run. 59-year-old Scott Graham averaged 3:59.0 with 3:53 and 3:48 on his last two runs. Thanks to Aaron Spanner for doing the timing.

11/12/11 – Farwell/H – 4.68 Miles

1	Kevin Breit	28:07
2	Andy Williams	28:40
3	Geoff Bradley	29:47 PR
4	Kristina Park	29:50
5	Dino Delyani	30:37
6	Paul Taylor	31:32
7	Brian Conroy	31:57
8	Missy Sudan	31:59
9	Norry McAllister	31:59
10	Grant Jacobson	32:37 PR
11	Slim Pickens	32:38
12	Rob Jacobson	33:09 PR

13	Ellie Lemco	33:48 PR
14	Helen Wong	34:11
15	Norm Takeuchi	34:31
16	Dave McIntyre	34:57
17	Rich Hahn	35:49
18	Heather Rohrer	36:18
19	Catherine Frye	37:12 PR
20	Alvin Jackson	39:03
21	Rosanna Kennedy	39:50
22	Tom Warfel	39:53
23	Don Packwood	41:11
24	Marcia Morrison	42:37

Dick Barrett Trophy Winner – Marcia Morrison

Kevin Breit missed his PR by 2 seconds this morning but still scored an easy win. Kristina Park led the ladies as she improved her 40+ best by 4½ minutes to move to #4 on the women's 40+ list. This was her best time on this course in approximately 5 years. Geoff Bradley improved his PR by 44 seconds. Dino Delyani (aka Mr. Consistency) had a terrible day, missing his PR by 18 seconds. 9 of Dino's last 10 runs have ranged from 30:19 to 30:37. Grant Jacobson, who just finished his freshman XC season at Cupertino with a 19:16 on the Crystal Springs course, PR'd by 4 minutes. His dad improved by a mere 21 seconds. Slim Pickens improved his 50+ PR by 2½ minutes. Helen Wong ran the #13 best by a club 40+ woman runner. Dave McIntyre ran his fastest time on this course in 3 years. Catherine Frye ran another PR. This time she improved by 17 seconds to move to #7 on the women's 50+ list. Tom Warfel had a great run to improve his yearly best for this course by 6 minutes. Retirement has helped his running as he missed his 60+ by just 22 seconds. Don Packwood knocked 14 seconds off his 70+ best and Marcia improved her 60+ best by 53 seconds. Helpers at the finish line included Jeff Rohrer, Jim Bordonni, and Danny Moon. Norm Takeuchi flew in from Fresno to run the course. Don Dugdale visited us from Salinas and mentioned several times that he had run this course in 25:21 when he was a much, much younger man.

11/19/11 – 8 x 1200 Relay

Pl	Team	Start	Finish
1	Goldman/Rosenblm	:15	41:34

2	Warfel/Conroy	-0-	42:10
3	B.Pickens/Samson	8:45	43:11
4	Packwood/McAllister	-0-	43:33
5	Zelinski/Krey	2:15	43:35
6	Park/Breit	9:45	43:54
7	Moon/Chivrav	6:15	44:46
8	Kennedy/Wong	2:00	45:03

Dick Barrett Trophy Winner – Tom Warfel

The temperature was in the low 40s this morning, which made it difficult to run fast. As a result, Most of us ran much slower than expected. However, Mark Goldman, running with us for the first time on a Saturday in 1½ years, surprised himself by running nearly two minutes under his rating to lead his team to an easy win. Bjorn Samson led the guys with a 4:17 average and Kristina Park led the ladies with a 4:22 average. Poor Alvin Jackson. He was the last to sign up and we had an odd number of runners. So, he was assigned to run with Danny Moon. The task proved to be too difficult. Danny accelerated during the third run and Alvin was too tired to run the last run. Thanks to Carl Peterson and Rich Hahn for helping at the finish line. There were several other backups available in case Carl and Rich started to screw up.

11/26/11-Farwell-3.54M

1	Norry McAllister	21:55.7
2	Kristina Park	22:18.9
3	Jeff Candello	22:19.3
4	Geoff Bradley	22:36.6
5	Scott Graham	22:42.5 PR
6	Dino Delyani	22:50.1
7	Ken Camet	23:15.4
8	Aaron Lee	23:46.4
9	Paul Taylor	23:57.4
10	Brian Conroy	24:50.8
11	Helen Wong	25:50.9
12	Rob Jacobson	25:56.1
13	Mark Goldman	26:02.3
14	Heather Rohrer	26:35.3
15	Glenn Kishi	27:00.3
16	Missy Sudan	27:42.5
16	Des Knuckey	27:42.5
18	Uyenthi Tran	27:44.9
19	Carol Bednar	27:58.3
20	Danielle Zelinski	28:23.0
21	Joe Hurtado	28:42.9
22	Alvin Jackson	29:02.7

23	Carl Petersen	29:09.7
24	Rosanna Kennedy	29:31.4
25	Dave Norlander	29:45.0
26	Tom Warfel	30:24.3
27	Don Packwood	31:15.1
28	Marcia Morrison	31:49.4
29	Chris Blue	32:50.1
30	Tim Riley	34:57.x

Dick Barrett Trophy Winner – Kristina Park

Easy win for Norry. Great kick by Kristina to get second as she lowered her 40+ best by 32 seconds while moving to #4 on the women's 40+ list. 5-second PR for Scott, who will turn 60 on the last day of this year. 45-second improvement on his 70+ best by Don Packwood and 44-second improvement on her 60+ best by Marcia.

12/3/11-4x1.46M WVC Loop Relay

Pl	Team	Start	Finish
1	Warfel/Chimenti	-0-	45:59
2	Frye/Goldman	4:30	46:58
3	Bedolla/B.Pickens	8:30	48:04
4	Jackson/Knuckey	5:00	50:00
5	Delyani/Woodruff	11:45	50:05
5	Lee/McAllister	11:45	50:05
7	Powell/R.Kennedy	-0-	50:32

Dick Barrett Trophy Winner – Tom Warfel

Many have heard of Minnesota Fats, a well-known pool hustler. Well, this morning the Snake from Sonora slithered into town to participate in a relay with mostly honorable men and women. He last appeared for this relay in February of this year, when he ran his two legs in 21:16. This morning he told the trusting club member who was setting up the relay, Ken Bloesch, that he was out of shape even though he had been running very hard every day with the high school team that he

coached. Accordingly, he claimed that he should be rated at 24 minutes and that he was being generous to allow himself to be rated that fast. He then ran the relay nearly as fast as he did in February while leading his team to a big win. Congratulations to Dick Chimenti for a superb acting job. The races for the first three places were not close but the battle for the last four spots were very close. Slim Pickens and Mr. Consistency, Dino, led the way with total runs of 18:19 and 18:32. Lousy running conditions, cold and windy. Thanks to Ken Bloesch and Chris Blue for doing the timing.

12/10/11 – Short Six-5.74 Miles

1	Suraj Jagota	37:45 PR
2	Kristina Park	37:59
2	Norry McAllister	37:59
4	Dino Delyani	38:17
5	Scott Graham	38:25 PR
6	Kevin Breit	38:26
7	Paul Taylor	39:22
8	Ken Camet	39:29
9	Mike Krey	41:06
10	Ellie Lemco	43:13
11	Marian Richard	43:16
12	Ida Rosenblum	44:55 PR
12	Todd Hayes	44:55
14	Heather Rohrer	45:04 PR
15	Carol Bednar	45:05
16	Catherine Frye	46:51
17	Helen Wong	48:30
17	George Lo	48:30
19	Tom Warfel	49:08
20	Alvin Jackson	49:12
21	Dave McIntyre	52:02
22	Rosanna Kennedy	52:04
23	Don Packwood	52:26
24	Marcia Morrison	53:04
25	Joe Hurtado	54:44
25	Carl Petersen	54:44

27	Rich Collins	56:07
28	Des Knuckey	56:20
29	Georgia Riley	59:59

Dick Barrett Trophy Winner – Suraj Jagota

We last ran this course in early September when Suraj's mentor, David Garza, won. Today, Suraj won. And, he PRd by over 4 minutes to take home the weekly trophy. Marian Richard recorded the #3 best-ever by a 50+ woman. That performance would have won the weekly trophy on most Saturdays. Scott Graham ran the 14th best-ever 55+ time. If he can run as fast in a few more weeks, he will become #5 on the 60+ list. Ida PRd by 61 seconds, Heather improved by 64 seconds, Mike Krey improved his 55+ best by 5 seconds, Don Packwood improved his 70+ PR by 2½ minutes, and Marcia Morrison improved her 60+ PR by 2½ minutes. Tom Warfel did not improve any of his PRs but did knock 6 minutes off his yearly best for this course. Mr. Consistency missed his PR by 12 seconds. Tom Warfel did not improve any of his PRs but did knock 6 minutes off his yearly best for this course. Mr. Consistency missed his PR by 12 seconds. Thanks to Jim Bordoni and David Garza for helping with the timing. Thanks to Jim Bordoni and David Garza for helping with the timing.

RACE RESULTS

6/18/11-Sacto Intl Triathlon

Kelly Emo 2:38:12 1st-45+
1.5K swim, 40K bike, 10K run)

7/4/11 – Firecracker 5K

Ron Kiyono 20:24 1st-60+
Georgia Riley 29:30 1st-60+
Tim Riley 30:09 4th-60+

7/4/11 – Santa Cruz Firecracker 10K

Kelly Emo 51:02
This was a trail run.

7/4/11-San Ramon 5K

Ken Camet 18:32 2nd-50+
George Moss 31:38 1st-75+

7/4/11-San Ramon 10K

Neil Gelblum 41:22 1st-60+

7/4/11-Morqan Hill 5K

8 Aaron Patterson 17:32 2nd-30+
131 Brian Conroy 24:30

7/9/11-Treasure Island 5K

Kelly Emo 22:55
 First sub-23 in a long time.

7/10/11-Treasure Island Sprint Triathlon

Kelly Emo 1:14:36 2nd-45+

7/17/11-Jail Break 5K

9 Ron Kiyono 19:49 1st-60+

7/17/11-Jail Break 10K

10 Neil Gelblum 41:49 1st-60+

7/6-7/17/11-World Masters Games Results
400M Prelims-M75+

9 Carl Tuck 1:29.65

800M Prelims-M65+

9 Fred Martin 2:37.84q

800M Finals-M65+

9 Fred Martin 2:35.96

800M Finals-M75+

7 Carl Tuck 3:45.50
 10 George Moss 4:09.42

1500M Prelims-M55+

37 Brian Conroy 5:41.16

1500M Prelims-M75+

15 Carl Tuck 7:56.60q

5K-M60+

17 John Yamagata 20:23.51

5K-M70+

13 Joe Hurtado 22:49.03
 16 Dave Norlander 23:54.96

5K-M75+

9 Bill Dodson 25:30.90

5K-M80+

8 Eddie Reyna 32:06.41

8K XC-M45+

7 Adam Prince 29:43.1
 Adam was a member of the first place U.S. team.

10K Finals-M45+

26 Rich Hahn 45:32.19

10K Finals-M55+

9 Brian Davis 39:42.22

10K Finals-M70+

9 Joe Hurtado 47:38.28
 12 Dave Norlander 50:15.57

Marathon-W60+

8Kat Powell 4:33:22

Marathon-M70+

2 Bill Dodson 4:07.09
 Bill was a member of the first place U.S. team.

Marathon-M80+

4 Eddie Reyna 5:24.10

400M Relay-M75+

Carl Tuck was a member of the first place U.S. team.

1600M Relay-M75+

Carl Tuck was a member of the 2nd place U.S. team.

7/24/11-Wharf To Wharf-6M

15 Mike Bordoni 30:36 9-25+
 48 John Weru 33:02 3-30+
 273 Kevin Breit 40:27
 399 Bob Pickens 42:28
 1181 Dave Pogue 50:31
 2007 Dana Emo 54:59
 8749 Kelly Emo 85:13

7/30/11-Bass Lake 5K

Neil Gelblum 22:57 1st-60+
 Kelly Emo 26:32 2nd-45+
 Kelly said that the distance of this trail run was actually 3.3 miles.

7/31/11-SF Half Marathon
2nd Half (fast course)

6 Ivan Medina 1:08:29 2nd-20+
 64 Jean Harris 1:22:52
 205 Jim Howe 1:34:00 3rd-60+

1st Half (slow course)

28 Jorn Jensen 1:29:53 4th-40+
 2247 Bob Lord 2:10:35 3rd-70+

7/31/11-California Sprint Triathlon in Pleasanton
8/6/11-TBF Sprint Triathlon at Rancho Seco

Kelly Emo 1:31:03 1st-45+
 Half mile swim, 16-mile bike, and 3-mile run.

8/7/11-Fast & Furious 5K

9 Mike Smith 18:46 1st-45+
 26 Dan Anderson 20:23 2nd-55+
 32 Ron Kiyono 20:50 1st-60+
 109 Glenn Kishi 23:53
 267 Georgia Riley 29:11 2nd-65+
 284 Tim Riley 29:33 4th-65+

8/8/11-Run For The Sun 5K

1 Jose Pina Jr 17:16
 4 Roberto Palos 18:10 1st-40+
 19 Marc Isaacson 22:39 2nd-50+
 23 Glenn Kishi 23:02 7th-40+
 26 Alice Isaacson 23:46 1st-50+

8/13/11-Santa Cruz Duathlon

14 Tim Riley 99:09 2nd-65+
 2M run on the beach (15:50), 12-mile bike (48:02), and 5K run (32:17)

8/13/11 - Damit Race - 5M
Men

19 Scott Bang 33:17 4th-40+
 23 Jim Angelopoulos 33:42 2nd-45+
 52 George Lo 36:50 9th-40+
 95 Dave McIntyre 41:03
 179 Alvin Jackson 48:09 2nd-60+

Women

57 Kat Powell 48:42 2nd-60+

8/20/11-Santa Cruz XC Race-4.0M

1 Jose Pina 22:35
 7 Jorn Jensen 23:16
 9 Adam Prince 23:18
 13 Mike Kriege 23:28
 51 Kevin Breit 24:45
 26 Scott Bang 24:53
 33 Dennis Kurtis 25:45
 34 Ken Camet 25:47
 43 Bob Pickens 26:58
 45 George Lo 27:02
 46 Dino Delyani 27:03
 49 Dan Anderson 27:15
 54 David Woodrff 27:49
 56 Mike Krey 27:58
 60 Bill Dunn 28:07
 78 Jeff Bedolla 31:05
 79 Rich Hahn 31:05
 84 Carl Petersen 32:16
 81 Carol Bednar 32:23
 87 Dave Norlnder 32:31
 88 Glenn Kishi 32:40

93	Bill Dodson	33:55
94	Alvin Jackson	34:22
94	Joann Dahlkoetter	34:39
97	Mike McMahon	36:12
102	Eddie Reyna	46:07

87	Bill Dodson	35:21.5
92	Kristian Petersn	36:53.1
	Neal Chappell	Time Unknown

Open Men

8	Ivan Medina	22:11.4
---	-------------	---------

There were three races -- a masters men's race, an open men's race, and a women's race. All club members except Kevin Breit and Carol Bednar ran in the master men's race. Our 40+, 50+, and 70+ teams finished 1st. The 60+ men (including 70+ runner, Mike McMahon) finished 2nd.

Jose Pina finished first in the master men's race. Mike Kriege finished 2nd in the 50+ division, 7 seconds behind the winner. Bill Dunn finished 3rd in the 60+ division. And, Carl Petersen and Dave Norlander finished 2nd and 3rd in the 70+ division.

8/27/11-Empire XC Race-3.43M

1	Jose Pina	18:59.6
12	Jorn Jensen	19:52.5
13	Mike Kriege	19:53.9
15	Roberto Palos	20:13.0
25	Scott Bang	21:00.2
36	Dennis Kurtis	21:54.8
42	Robert Pickens	22:21.1
56	David Woodruff	23:25.0
83	Glenn Kishi	26:32.1
85	Carl Petersen	26:57.2
86	Joe Hurtdo	27:03.2
87	David Norlander	27:05.1
91	Bill Dodson	28:49.1

9/1/11-Pacific Grove Trathlon

Marcia Morrison	90:15	1st-60+
Tim Riley	97:42	
Georgia Riley	98:35	3rd-65+

9/3/11- Rebel XC Race-5K

Master Men

1	Jose Pina	23:25.7
13	Roberto Palos	25:32.4
27	Tom Fahey	26:59.0
28	Ken Camet	6:59.8
30	Dennis Kurtis	27:02.9
41	Bob Pickens	28:02.3
47	Dino Delyani	28:49.0
49	Dan Anderson	29:05.4
50	Dave Woodruff	29:11.4
52	Bill Dunn	29:21.7
77	Dave Norlander	32:50.6
79	Glenn Kishi	32:58.0
83	Joe Hurtado	34:16.8

9/5/11-40th Annual Shettler Handicap

Race-3.06M

Pl	Runner	Time	Start	Time
1	Alvin Jackson	28:48	6:20	22:28
2	Bill Dodson	29:02	5:30	23:32
3	Jim Howe	29:13	9:10	20:03
4	Helen Wong	29:18	8:00	21:18
5	Tom Warfel	29:25	3:00	26:25
6	Joe Hurtado	29:27	7:10	22:17
7	Carol Bednar	29:27	7:40	21:47
8	David Garza	29:31	11:30	18:01
9	Bob Pickens	29:31	10:40	18:51
10	D.Woodruff	29:34	10:00	19:34
11	Dennis Kurtis	29:39	11:10	18:29
12	Dave Norlander	29:40	6:50	22:50
13	Jose Pina Jr	29:43	12:40	17:03
14	Jim Bordoni	29:45	9:40	20:05
15	Dave McIntyre	29:49	7:30	22:19
16	Becki Kriege	29:51	10:40	19:11
17	Brian Conroy	29:51	9:50	20:01
18	Jeff Bedolla	29:54	7:30	22:24
19	Mike Krey	29:55	9:40	20:15
20	George Lo	29:56	10:10	19:46
21	Marcia Morrison	29:57	3:00	26:57
22	Kat Powell	30:01	4:40	25:21
23	Mike Kriege	30:05	12:30	17:35
24	Paul Taylor	30:13	10:00	20:13
25	Jackie Rohrer	30:21	4:30	25:51
26	Al Murray	30:23	9:00	21:23
27	Suraj Jagota	30:24	11:30	18:54
28	Jose Pina	30:24	13:50	16:34
29	Hank Lawson	30:28	9:40	20:48
30	Roberto Castillo	30:36	12:40	17:56
31	Aaron Lee	30:39	10:10	20:29
32	Georgia Riley	30:41	1:10	29:31
33	Scott Bang	31:02	12:40	18:22
34	Rosanna Kennedy	31:29	6:40	24:49
35	Glenn Kishi	32:22	8:10	24:12
36	Tim Riley	32:31	3:20	29:11
37	Dave Garcia	32:35	3:00	29:35

Alvin ran a great race this morning to win this race for the 2nd time in 3 years as he improved his winning time from 2 years ago by 90 seconds at the advanced age of 64. Jose Pina had the fastest scratch time. Glenn Kishi took home the "Cheap Red Wine" award for his performance. Helen Wong won the predicted-time competition, coming within 2 seconds of her predicted

time. Dave Garcia, who in his younger days was one of our best runners, jogged the course. He is visiting from his home in Las Vegas.

9/10/11-TBF Super Sprint Triathlon

Kelly Emo	49:03	1st-Wom
-----------	-------	---------

400 yard swim, 8 mile bike, 2 mile run

9/11/11-TBF Super Sprint Triathlon

Kelly Emo	25:40	1st-Wom
-----------	-------	---------

220 yard swim, 4 mile bike, 1 mile run

9/11/11- Golden Gate Park XC-4.14M

Women's Open Race

87	Helen Wong	31:16
102	Joann Dahlkoetter	32:57
110	Uyenthi Tran	33:49

Men's Masters Race

13	Jorn Jensen	23:53
28	Roberto Palos	24:29
30	Calvin Do	24:35
38	Mike Kriege	24:53
45	Scott Bang	25:15
52	Brian Davis	25:36
53	Mike Smith	25:39
55	Dennis Kurtis	25:50
56	Tom Fahey	25:55
57	Ken Camet	25:57
75	Geoff Bradley	27:16
76	Bob Pickens	27:17
78	Dino Deltani	27:23
85	Dave Woodruff	28:02
99	Jim Bordoni	28:38
100	Bill Dunn	28:40
110	Brian Conroy	29:21
114	Fred Martin	29:39
126	Rich Hahn	31:00
131	Carl Petersen	31:48
132	Dave Norlander	31:58
134	Jeff Bedolla	32:08
135	Glenn Kishi	32:16
141	Joe Hurtado	33:17
147	Bill Dodson	34:18

Men's Open Race

16	Ivan Medina	21:15
64	Kevin Breit	24:49
82	Aaron Lee	28:42

Our men's 40+ team finished 3rd, our men's 50+ team finished 2nd, our men's 60+ team finished 3rd, and our men's 70+ team finished 1st.

9/24/11 – Garin XC – 3.15M

14 Adam Prince	18:25
15 Jorn Jensen	18:30
19 Roberto Palos	18:45
32 Dennis Kurtis	19:48 9th-50+
34 Mike Smith	20:02
37 Ken Camet	20:08
41 Bob Pickens	20:30
42 Scott Bang	20:32
50 Dino Delyani	21:01
53 Dan Anderson	21:13
60 Dave Woodruff	21:40
79 Fred Martin	23:28 6th-60+
86 Glenn Kishi	24:12
89 Dave Norlander	24:46 1st-70+
93 Joe Hurtado	25:29 2nd-70+
103 Bill Dodson	27:54 6th-70+

Our 40+ and 50+ men finished 3rd and our 70+ men finished 1st.

9/24/11-Central Valley Sprint
Triathlon

Kelly Emo 1:34:26 1st-Wom
500 yard swim, 16 mile bike, 3 mile run.

9/25/11-Mermaid Triathlon

Kelly Emo 1:23:05 2nd-45+
600 yard swim, 12 mile bike, 2.5 mile run.

9/25/11-Trailblazer 5K

1 Jose Pina Jr	17:07	1st-13+
15 Jim Howe	20:40	1st-60+
62 Bill Dodson	25:25	1st-70+

9/25/11-Trailblazer 10K

1 Jose Pina Sr	34:14	1st-40+
12 George Lo	41:10	4th-40+

10/1/11-October Classic 10K in Ojai

12 Cecil Baumgartner	45:27	1st-50+
----------------------	-------	---------

10/1/11-October Classic 5K in Ojai

13 Cecil Baumgartner 25:17 2nd-50+
16 Sue Francis 26:56 2nd-50+
Cecil won a free pizza for his finish in the 10K. 10 minutes later he won another pizza. Then in the raffle he won a free athletic club membership for a month

10/1/11 - Presidio XC - 5K

11 Adam Prince	19:23	10th-40+
12 Roberto Palos	19:25	

14 Jorn Jensen	19:35	
26 Dennis Kurtis	20:43	6th-50+
29 Mike Kriege	21:21	7th-50+
34 Ken Camet	21:40	10th-50+
36 Bob Pickens	21:47	
42 Dino Delyani	22:18	
44 Dave Woodruff	22:48	
50 Bill Dunn	23:19	2nd-60+
69 Fred Martin	25:07	8th-60+
73 Glenn Kishi	25:29	
77 Carl Petersen	26:16	2nd-70+
81 Dave Norlander	26:43	3rd-70+
83 Joe Hurtado	27:01	5th-70+
91 Bill Dodson	28:45	10th-70+
92 Kristin Petrsn	30:33	

10/2/11-SJ Rock 'n' Roll Half Mar

Ivan Medina	1:07:58	10th-25+
Jose Pina	1:14:57	1st-40+
George Lo	1:29:40	
Jim Howe	1:31:31	1st-65+
Ron Kiyono	1:36:49	
Rob Jacobson	1:38:27	2nd-55+
Glenn Kishi	1:41:59	
Brian Low	1:55:35	5th-65+
Kat Powell	1:58:15	3rd-60+
Rosanna Kenndy	2:01:37	

10/2/11-Bridge to Bridge-4.5M

Kelly Emo	34:11	5th-40+
-----------	-------	---------

10/8/11-Willow Hills XC – 5K

6 Jose Pina	17:25	5th-40+
19 Roberto Palos	18:33	
29 Dennis Kurtis	19:20	
31 Tom Fahey	19:26	
34 Bob Pickens	19:47	
49 Dino Delyani	20:49	
51 Dan Anderson	20:55	
56 Bill Dunn	21:10	2nd-60+
57 Dave Woodruff	21:15	
71 John Yamagata	22:06	4th-60+
90 Glenn Kishi	23:15	
98 Neal Chappell	24:07	3rd-70+
99 Carl Petersen	24:09	4th-70+
100 Dave Norlander	24:11	5th-70+
104 Joe Hurtado	24:49	6th-70+
114 Kristian Petersen	27:35	

10/16/11-Humboldt Half Marathon

52 Brian Davis	1:23:13	4th-55+
57 Ken Camet	1:24:44	8th-50+
83 John Yamagata	1:33:01	1st-60+
124 Joe Hurtado	1:42:54	2nd-70+
143 Carl Petersen	1:47:33	3rd-70+
147 David Norlander	1:47:43	4th-70+

437 Eddie Reyna	2:28:27	1st-80+
-----------------	---------	---------

10/16/11-Girlfriends Half Marathon

14 Becki Kriege 1:36:31 2nd-45+
Becki flew to Vancouver, Washington to run together with her Wilcox XC teammate from 1981-83. They tied for 2nd place.

10/16/11-Half Moon Bay 5K

Tim Riley	29:12	2nd-60+
Georgia Riley	30:05	3rd-60+

10/22/11-Eye Opener 5K-Memphis, Tenn

22 Dave Norlander 24:29 1st 60+
Dave overcame several problems during the race, which probably cost him breaking 24 flat and finishing in the top 20. The leaders, including Dave, strayed slightly off course at one point and it took him a long time to rety his shoelaces during the race. Dave won the trophy for 1st place in the 60/64 division but would also have won the 65/69 division and 70+ division.

11/13/11-Clarsburg Half Marathon

7 Ivan Medina	1:09:19	4th-25+
58 Brian Davis	1:22:00	4th-55+
70 Ken Camet	1:24:09	7th-50+
106 George Lo	1:31:12	8th-40+
164 Joe Hurtado	1:43:48	2nd-70+
193 Carl Petersen	1:47:43	4th-70+
194 Dave Norlander	1:47:49	5th-70+
377 Eddie Reyna	2:21:58	1st-80+

11/19/11-Santa Cruz Turkey Trot-5K

Tim Riley	29:32	2nd-60+
Georgia Riley	30:50	1st-60+

11/20/11-PA XC Championships-6M
Master Men's Race

3 Jose Pina	35:29	3rd-40+
23 Roberto Palos	37:37	
26 Jorn Jensen	37:47	
33 Adam Prince	38:41	
40 Tom Fahey	38:58	
49 Andy Williams	40:17	
50 Mike Kriege	40:20	7th-50+
76 Scott Bang	42:12	
89 Dino Delyani	44:00	
90 Bob Pickens	44:00	
98 Dan Anderson	44:22	
99 Erick Studenicka	44:30	
101 Bill Dunn	44:35	4th-60+
102 Dave Woodruff	44:54	
114 Brian Davis	46:40	
121 Fred Martin	47:27	

128	Glenn Kishi	48:31
136	Rich Hahn	50:12
138	Jeff Bedolla	50:33
139	Carl Peterson	51:30 2nd-70+
147	Joe Hurtado	52:15 4th-70+
148	Dave Norlander	52:45 5th-70+
155	Bill Dodson	55:57 8th-70+
156	Kristian Petersn	56:07

11/24/11-Marin Country Turkey Trot-10K

298	Dick Chimenti	48:22 1st-60+
-----	---------------	---------------

11/24/11-Silicon Valley Turkey Trot 5K

114	Brian Conroy	20:31
269	Mark Isaacson	23:08
496	Des Knuckey	24:59
512	Alvin Jackson	25:06

11/24/11-Silicon Valley Turkey Trot 10K

5	Jose Pina	34:56
26	Roberto Palos	37:28
46	Ken Camet	38:36
56	Kevin Breit	39:06
86	David Garza	40:39
124	Alex Williams	42:06
166	Mike Krey	42:57
214	Ellie Lemco	43:52

12/4/11-Cal Intl Marathon

Ken Camet	2:54:07	6th-50+
Brian Davis	2:59:55	7th-55+
George Lo	3:02:29	
Kari Cornwell	3:04:51	
Joe Hurtado	3:45:05	1st-70+
Dave Norlander	3:55:08	2nd-70+
Carl Petersen	4:00:26	3rd-70+
Bill Dodson	4:17:13	
Eddie Reyna	5:44:53	2nd-80+

12/4/11-Las Vegas Half Marathon

Kelly Emo	1:53:21
-----------	---------

Kelly finished 3101 out of 33,000+ runners in this race.

12/10/11-Modesto 5K

Tim Riley	28:29	1st-60+
Georgia Riley	30:05	1st-60+