



# WVJS



## VOL XXXVI-#2 WEST VALLEY JOGGERS & STRIDERS Dec 2017

### Saturday Workouts

01/06/18	Doug/Sara/Frtvle (2.75M)	03/17/18	Valle Vista (3.0M)
01/13/18	8x0.66M Tennis Court Loop Relay	03/24/18	Triangle Run (4.76M)
01/20/18	Farwell/H (4.68M)	03/31/18	Doug/Sara/Frtvle (2.75M)
01/27/18	5K on the track	04/07/18	18 x 0.33M Tennis Court Loop Relay
02/03/18	4 x 1.46M WVC Loop Relay	04/14/18	Farwell/H (4.68M)
02/10/18	Farwell (3.54M)	04/21/18	Step-up & Step-down Relay
02/17/18	Valentine Team Race (5.5M)	04/28/18	36 x 200 Relay
02/24/18	Short Six (5.74M)	05/05/18	16 x 400 Relay
03/03/18	12 x 800 Relay	05/12/18	Farwell (3.54M)
03/10/18	18 x 0.33M Tennis Court Loop Relay	05/19/18	Short Six (5.74M)

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 College track.

### Upcoming Races

#### 2017 PA-USATF Championships

02/04/18	Super Sunday 10K (1.0)
03/03/18	Nor Cal 10M (1.0)
03/11/18	Reach For A Star 5K (1.0)
04/08/18	Sactown 10M (1.0)
04/29/18	Stow Lake 5K (1.0)
05/06/18	Devil Mountain Mile (1.0)
06/10/18	Across The Bay 12K (1.0)
06/24/18	One Mile Bang (1.0)
07/04/18	Freedom Fest 5K (1.0)
11/11/18	Clarksburg Half Mar (1.5)
12/02/18	Cal Intl Marathon (2.0)
12/16/18	Xmas Relays (2.0)

#### 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 our annual club meeting

#### Other Races

01/20	Coyote Hill Half Marathon
01/27	San Juan Bautista 5K/10K/10M/13.1M
02/04	Kaiser Half Marathon
02/11	Rockaway Beach 5K-Pacifica
02/11	Together With Love 5K/10K-Pac. Grov
03/04	Livermore Half Marathon
03/04	408K Race to the Row-Sn Jose-8K
03/04	Santa Cruz Half Mar/5K/10K
03/11	Baylands Double(5K/3K)-Palo Alto
03/17	Shamrock Shuffle-5K/10K-at Leland HS
03/18	City of Dublin Shamrock 5K
04/29	The Great Race -4M

### Miscellaneous Drivel

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.

Rich Hahn of our club was recently notified by Mark Winitz that he will receive the 2017 PA/USATF Road Racing of the Year Award for his contributions to the PA/USATF as an official. Mark stated in his notification to Rich "Congratulations, Rich! You are very deserving of this award, having consistently worked as an official since 2013. Keep up the great work! Rich will receive his plaque at the PA dinner in Sacramento on 2/3/18.

Neil Gelblum has started running with us again. He was out of commission for quite a while, recovering from hip surgery.

Andy Williams has taken a job assignment in Australia for a couple of years. And 31:47 for the Short Six

Ed Gavin moved to Bend, Oregon a few months ago.

Slim Pickens visted a week ago. He is in good health but his job takes up too much of his time for him to spend time running.

Chris Blue will turn 70 in early 2019 and may become the first club woman runner to run one of our Saturday courses at that time.

Ken Noel will turn 80 on March 3 and intends to run some grand prix road races after that date.

Dino Delyani will become the Aragon high school (located in San Mateo) track coach , beginning in February.

Bill Dodson recently had all of his distance records accepted by the LDR.

Bob Lord took a bad fall (tripped on the sidewalk) last year and is finally back to running.

Ron Kiyono, a very good runner, will turn 70 on January 12th.

Des Knuckey has retired from his job at the water company.

Tim Rostege reports that he is healthy at age 77 but has developed a bad case of slowitis, something that your editor knows a lot about. Tim has best times of 14:20 for Douglas, 16:15 for Valle Vista, 18:56 for Farwell, 25:27 for Farwell/H, 25:34 for Triangle, and 31:47 for the Short Six. He also holds the 50+ course records for Valle Vista (16:35), Farwell (19:31), Farwell/H (25:50, and Short Six (32:37) and the 55+ course record for Farwell/H (27:31). Nice resume.

A good-sized crowd has been showing up for track runs at West Valley College on Thursdays at 8:30AM, followed by breakfast at Denny's on Saratoga Ave.

J.R. Mintz has won our Runner of the Year contest for the second year in a row.

And, Jorn Jensen has won the overall Racer of the Year award for the 4th year in a row. Dalila Rodriguez was the overall women's winner for the 3rd year in a row. Slim Pickens has the

most wins for the guys at 6. Becki Kriege has the most wins for the ladies at 13.

Ray Russell, who started running with us as a hot shot high schooler at age 16, will turn 60 this year.

Jim and Maureen Whalen have moved to Rio Vista. Jim set up the formats for our club bulletin and the format for our Cum Sat contest in addition to other statistical help to the club. And, he ran some very good times in his early 50s before the injury bug got the best of him.

Jake White turned 76 on January 1<sup>st</sup>. His parents lost an exemption deduction by a few minutes and then lost the first-baby of the year honor by another few minutes. He is still doing an excellent job of coaching the Lynbrook high school track and cross country team. He puts a lot of time into these endeavors.

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>

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## FINAL 2017 RUNNER OF THE YEAR CONTEST RESULTS

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 final scores for 2017 for those who reported their scores prior to the preparation of this club bulletin are:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>		<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	
JR Mintz	4397	40	4437	Gold	Norm Takeuchi	1735	40	1775	Bronze
Ken Camet	2602	440	3042	Silver	Carol Bednar	1473	180	1653	Bronze
Norry McAllister	1752	910	2662	Silver	Dave Norlander	304	1040	1344	
Tom Warfel	1098	1040	2100	Bronze	Jorn Jensen	1053	20	1073	1 <sup>st</sup> 6 mos of yr
Walt Van Zant	760	1430	2390	Bronze	Heather Rohrer	815	60	875	1 <sup>st</sup> 6 mos of yr
Joseph Aubuchon	1349	690	2039	Bronze	Geoff Bradley	191	300	391	1 <sup>st</sup> 6 Mos of yr
Jim Bordoni	1105	710	1815	Bronze	Neil Gelblum	207	180	387	

Previous winners have been:

1978 Phil Sanfillipo	4865	1991 Tom Warfel	4118	2005 Joe Hurtado	4242
1979 Phil Sanfillipo	5022	1992 Jim Whalen	3603	2006 John Mintz	5920
1980 Phil Sanfillipo	5659	1993 Tim Rostege	3928	2007 Joe Hurtado	4053
<b>1981 Ted Pawlak</b>	<b>7103</b>	1994 Joe Hurtado	4037	2008 Joe Hurtado	4044
1982 Ted Pawlak	6405	1995 Tom Warfel	4113	2009 Neil Gelblum	3621
1983 Mike Hicks	5355	1996 Tom Warfel	3961	2010 Joe Hurtado	3787
1984 Don Dugdale	5004	1997 Tom Warfel	4089	2011 George Lo	4264
1985 Don Dugdale	4084	1998 Joe Hurtado	4012	2012 George Lo	3941
1986 Bob Herndon	4303	1999 Joe Hurtado	3881	2013 George Lo	3861
1987 Don Dugdale	4341	2000 Joe Hurtado	4260	2014 George Lo	3761
1988 Frank Ruona	4032	2001 Joe Hurtado	3972	2015 George Lo	3669
1989 Jake White	3841	2002 Joe Hurtado	3946	2016 John Mintz	4406
1990 Tom Warfel	4231	2003 Joe Hurtado	4119		
		2004 Joe Hurtado	4027		

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## 2017 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 15 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 6 different events in order to be eligible for an award.** The final standings for 2017 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. Aaron Lee is keeping the records for this event and they can be found at

<https://docs.google.com/spreadsheets/d/1piQdwnBoNMv3hJ8LsuivZLeUYTeGqPbDLajoFDizhg/edit?usp=sharing>

#### **A Division**

Jorn Jensen (8-8)	200	Gold
Ray Roriguez (8-8)	194	Gold
Calvin Do (3-3)	97	
Roberto Rodriguez(4-2)	92	
George Cross (3-2)	70	
Sheldon Ah Sing (3-3)	68	
Joseph Aubuchon(3-3)	68	
Juan Rivera (2-1)	50	
Ben Schmiede (2-2)	48	
Mike Bordoni (2-2)	48	
Gary Waggoner (2-2)	43	
Akito Fujisawa (1-1)	25	
David Garza (1-1)	21	

#### **B Division**

Norry McAllister (8-9)	200	Gold
Tom O'Connor (8-12)	198	Gold
Brian Davis (8-9)	197	Gold
Nancy Eubanks (8-5)	194	
Ken Camet (8-10)	189	Silver
Scott Bang (7-5)	177	
Dino Delyani (8-7)	174	
Rober Plumeau (7-4)	165	
Mike Krey (8-11)	158	

Aaron Lee (8-5)	154	
Rbt Navarrete (7-5)	139	
Geoff Bradley (5-4)	101	
Missy Sudan (6-4)	100	
John Huang (4)	78	
Becki Kriege (3-2)	60	
Kristina Park (2-2)	50	
Tom Fahy (1-1)	21	
George Lo (1-1)	20	
J.R. Mintz (1-1)	16	

#### **C Division**

Dalila Rodriguez (8-9)	199	Gold
Jim Bordoni (7-5)	175	
Norm Takeuchi (6-3)	138	
Dave McIntyre (5-5)	112	
Marian Richard (4-2)	100	
Kelly Emo (4-2)	86	
Paul Taylor (3-3)	69	
Dave Woodruff (2-1)	50	
Tim Souza (2-2)	48	
Bob Kemp (2-2)	45	
Dan Anderson (2-1)	44	
Scott Graham (2-1)	44	
Todd Hayes (1-1)	21	

Jeff Justice (1-1)	20	
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#### **D Division**

Glenn Kishi (8-6)	197	Gold
Kat Powell (8-9)	192	Gold
Carolyn Benson (7-5)	171	
Carol Bednar (5-3)	123	
Heather Rohrer 4-4)	96	
Katherine Frye (2-2)	48	
Kristian Peterson (2-2)	48	
Uyenthi Tran (1-2)	47	
Danielle Zelinski (1-1)	25	

#### **E Division**

Dave Norlander (8-7)	200	Gold
Alvin Jackson (4-4)	89	
Nancy Kirk (3-3)	71	
Don Packwood (3-3)	68	
Walt Van Zant (3-3)	59	
Diane Bordoni (1-1)	25	
Rich Hahn (1-1)	24	
Chris Blue (1-1)	22	
Neil Gelblum (1-1)	19	
Jim Myers (1--1)	17	

## **2017 PA/USATF Road Grand Prix**

#### **40+ Men**

**Jorn Jensen** is our team captain. We finished in 6th place in this division for 2017. Jorn finished 7<sup>th</sup> in the short race competition and Jorn and Calvin Do finished 23<sup>rd</sup> and 25<sup>th</sup> in the long race competition.

#### **40+ Women**

**Becki Kriege** is the team captain. We finished in 3rd place in this division for 2017. Dalila Rodriguez finished 25<sup>th</sup>, Missy Sudan finished 30<sup>th</sup>, and Nancy Eubanks finished 38<sup>th</sup> in the short races competition.

#### **50+ Men**

**Ken Camet** is our 50+ team captain. We are presently in 3rd place in this division for 2017. Ray Rodriguez

finished 5<sup>th</sup>, and Roberto Palos finished 31<sup>st</sup> in the short race competition. Ray finished 15<sup>th</sup>, Ken Camet finished 17<sup>th</sup>, George Cross finished 23<sup>rd</sup>, and Glenn Kishi finished 24<sup>th</sup> in the long race division.

#### **50+ Women**

Our 50+ ladies did not score in this division this year. Becki Kriege finished 13<sup>th</sup>, Kelly Emo 30<sup>th</sup>, and Marian Richard 35<sup>th</sup> in the short race division. Catherine Frye finished 38<sup>th</sup> in the long races.

#### **60+ Men**

**Tom O'Connor** is the team captain. We finished in 2nd place in this division for 2017. Norry McAllister finished 3<sup>rd</sup>, Brian Davis finished 4<sup>th</sup>, Tom O'Connor

finished 5<sup>th</sup>, Dino Delyani finished 12<sup>th</sup>, Mike Krey finished 15<sup>th</sup>, Jim Bordoni finished 18<sup>th</sup>, and Norm Takeuchi finished 20<sup>th</sup> in the short races and Tom O'Connor and Brian Davis finished 2<sup>nd</sup> and 11<sup>th</sup> in the long races.

#### **60+ Women**

Our 60+ ladies did not score in this division this year. Carolyn Benson and Kat Powell finished 11<sup>th</sup> and 14<sup>th</sup> in the short races.

#### **70+ Men**

**Dave Norlander** is the team captain. Our 70+ men did not score in this division this year. Dave finished 7<sup>th</sup> in the short races.

## **2017 PA/USATF Cross Country Grand Prix**

This past season our 40+ women finished 7th, our 50+ men finished 6th, and our 60+ men finished 6th. Individually, our top finishers for the season were –

#### **40+ Men**

17-Jorn Jensen  
50-Calvin Do

#### **50+ Men**

8-Ray Rodriguez  
35-Robert Plumeau  
44-Roberto Palos  
54-George Cross  
70-Ken Camet

#### **60+ Men**

4-Tom O'Connor  
12-Brian Davis  
37-Art Mitchum  
42-Mike Krey  
59-Norm Takeuchi

#### **70+ Men**

13-Dave Norlander

#### **40+ Women**

70-Dalila Rodriguez

#### **50+ Women**

47-Marian Richard  
54-Carol Bednar

## SATURDAY WORKOUT RESULTS

### 7/1/17 – Triangle Run – 4.76M

1	Ben Schmiege	28:41
2	Thomas Finet	29:52
3	Ken Camet	30:49
4	Dino Delyani	31:47
5	Andy Williams	33:03
6	Geoff Bradley	33:33
7	Eric Pors	33:44
8	Bob Kemp	33:47 PR
9	Paul Taylor	33:57
10	Carol Bednar	38:41
11	Norry McAllister	39:34
11	Robert Navarrete	39:34
11	Mike Krey	39:34
14	Todd Hayes	39:58
15	Heather Rohrer	41:03
16	Bill Dodson	44:53
17	Kat Powell	45:38
18	Nancy Kirk	50:05
19	Dave Norlander	50:51
20	Don Packwood	52:19
21	Jeff Justice	52:19
22	Walt Van Zant	65:11 PW

Dick Barrett Trophy Winner – Ken Camet

Ben Schiege won with one of the better times run on this course in recent history. Ken Camet knocked 81 seconds off his 55+ best. Dino ran the 14th best-ever by a 60+ runner in his first try at this course. Bob Kemp improved his all-time PR by 70 seconds. Paul Taylor broke his 60+ PR by 2:24. Nancy missed her all-time PR by 17 seconds. An unidentified runner with the initials MK and who tied for 11th place insulted your editor by asking whether I broke 25 minutes on the 1st downhill mile (I did).

### 7/8/17 – Dou/Sar/Frtvle – 2.75M

1	Jorn Jensen	16:04
2	Sheldon Ah Sing	16:38 PR
3	Dwayne Spencer	17:04
4	Joseph Aubuchon	17:3
5	Dino Delyani	18:17
6	Kristina Park	18:39
7	John Huang	18:51
8	Eric Pors	18:54
9	Brian Conroy	18:56
10	Paul Taylor	19:03
11	Bob Kemp	19:25 PR
12	Tim Souza	19:37
13	Todd Hayes	20:56
14	Heather Rohrer	22:41
15	Bill Dodson	25:19
16	Dave Norlander	27:47

17	Don Packwood	28:52
18	Nancy Kirk	29:10
19	Chris Blue	30:24 PW
20	Walt Van Zant	37:28

Dick Barrett Trophy Winner – Paul Taylor

It was warmish for a Saturday run today (about 80 degrees). But, there were several noteworthy performances. Jorn ran to about a 150-meter win. Sheldon PRd by 26 seconds. Brian improved his 60+ best by 18 seconds. Paul Taylor, who has been running very well the past few weeks, knocked 30 seconds off his 60+ PR. Bob Kemp beat his all-time PR by 10 seconds. Time Souza, who has an all-time PR of 14:25 for this course, improved his 55+ best by 4 minutes. Alas. He was hoping to break into the top 50 for that age-grouping but only improved from 81st to 58th place. Todd Hayes got a 65+ PR by 19 seconds. 50+ runner Dwayne Spencer ran with us for the first time. Thanks to Danny Moon and Chris Blue for their help at the finish line. Chris started prior to the main group and helped after she finished. This was her first Saturday run in a very long time.

### 7/15/17 – Farwell/H – 4.68M

1	Mike Bordoni	27:20
2	Joseph Aubuchon	29:41
3	Geoff Bradley	32:41
4	John Huang	32:47
5	Jim Bordoni	32:55
6	Mike Krey	33:11
7	Bob Kemp	33:44 PR
8	Todd Hayes	36:04
9	Eric Pors	37:55
10	Carol Bednar	38:25
11	Heather Rohrer	39:15
12	Thao Vu	43:18
13	Kat Powell	44:43
14	Bill Dodson	45:09
15	Don Packwood	50:14
16	Chris Blue	61:58
17	Walt Van Zant	61:58
18	Alvin Jackson	64:04
19	Rick Kananen	67:10 RW

Dick Barrett Trophy Winner – Don Packwood

Mike Bordoni ran by himself due to a prior engagement before we started and had the fastest time. Close call between Bob Kemp and Don Packwood as to who should be

given the weekly trophy with Don getting the decision. Bob PRd by 35 seconds and Don knocked 67 seconds off his 75+ best. Rick Kananen participated in a club Saturday run for the first time in a long while. Kat ran this course in 44:43 for the 2nd consecutive time. Thanks to Danny Moon and Chris Blue for helping at the finish line.

### 7/22/17 – 5K on the Track

1	Sheldon Ah Sing	18:23.1
2	Joseph Aubuchon	19:11.7
3	Brian Davis	19:38.5
4	Norry McAllister	19:50.0
5	Tom O'Connor	19:54.7
6	Ken Camet	20:07.7
7	Kristina Park	20:26.7
8	John Huang	20:53.3
9	Geoff Bradley	21:04.2
10	Jim Bordoni	21:13.5
11	Aaron Lee	21:16.8
12	Brian Conroy	21:36.7
13	Paul Taylor	22:12.1
14	Dave McIntyre	23:47.8
15	Heather Rohrer	24:11.2
16	Uyenthi Tran	24:52.4
17	Diane Bordoni	30:00.9
18	Don Packwood	30:42.8
19	Dave Norlander	32:04.4 PW
20	Walt Van Zant	39:58.2

Dick Barrett trophy Winner – Sheldon Ah Sing

Sheldon and Joseph ran together through the first mile in 6:00. Then, Sheldon surged with a couple of 86s enroute to a 2nd mile of 5:51 and eventually won by about 200 meters. He ran his last lap in 75. Aaron improved his January 5K by 31 seconds and Paul improved by 64 seconds. Don Packwood beat his January race walking time by 6+ minutes. Thanks to Danny Moon, Don Packwood, Dino Delyani, and Jeff Rohrer for helping at the finish line and calling the splits on the other side of the track.

### 7/29/17 – 24 x 200M Relay

PI	Team	Start	Finish
1	Delyani/Moon/McAllister	:30	17:40
2	Tran/Kemp/Taylor	1:00	17:42
3	Norlander/Camet/Conroy	-0-	17:57
4	Packwood/Krey/Lee	1:30	19:29

Norry sprinted away from Paul Taylor during the last 100 meters to score the win

for his team. When interviewed after the race, Norry explained that he was pleased to be able to overcome the deficiencies of his teammates with his great performance this morning. The Lee team started last and maintained their position throughout the race. They were awarded the phantom trophy because they came closest to their projected finishing time of 19:00. Thanks to Madelyn Moon for handling the finish line. Rick Kananen provided the commentary, primarily about his 51:47 time when walking the Farwell course this morning, which is the event that Rick thought that we were doing this morning. Rick was particularly happy to break the walking times of 53:58 that Becki Kriege and Kari Cornwell posted in December of 2010, a day or so after major surgery on one of them. Rick did run this course in 19:46 in February of 1984, which got him 8th place that day in a field of 24.

### **8/5/17 – One Mile on the Track**

1	Ben Schmiede	5:12.2
2	Sheldon Ah Sing	5:28.7
3	Joseph Aubuchon	5:34.6
4	Norry McAllister	5:37.2
5	Scott Bang	5:53.6
6	Geoff Bradley	5:54.6
7	Aaron Lee	6:01.8
8	Ken Camet	6:04.2
9	John Huang	6:06.1
10	Brian Conroy	6:09.0
11	Dino Delyani	6:27.7
12	Paul Taylor	6:30.8
13	Mike Krey	6:36.9 PW
14	Jeff Justice	8:17.4
15	Kat Powell	8:55.8
16	Dave Norlander	9:24.7
17	Nancy Kirk	9:40.3
17	Danny Moon	9:40.3
19	Alvin Jackson	9:41.4

Dick Barrett Trophy Winner – Ben Schmiede

It was a warm morning and a bit humid. So, we beat the heat by running just one race. Ben took the early lead and continued to increase his lead for an awesome victory. Jess Justice improved his time for our last mile on the track and also took a video of the race. Thanks to Carl Peterson, Uyenthi Tran, Danny Moon, and Madelyn Moon for helping at the finish line.

### **8/12/17 – Farwell – 3.54M**

1	Mike Bordoni	20:35.0
2	Jorn Jensen	20:40.4

3	Ben Schmiede	21:05.2
4	Joseph Aubuchon	22:48.8
5	Brian Davis	22:57.6
6	Tom O'Connor	23:04.0
7	Norry McAllister	23:12.4
8	Ken Camet	23:29.5
9	Kristina Park	24:05.0
10	John Huang	24:52.0
11	Geoff Bradley	25:12.3
12	Dino Delyani	25:30.9
13	Paul Taylor	25:44.4
14	Todd Hayes	27:16.8
15	Dave McIntyre	27:33.2
16	Heather Rohrer	28:24.0
17	Uyenthi Tran	28:38.4
18	Bill Dodson	33:32.7
19	Kat Powell	34:59.2
20	Rich Hahn	36:41.2
21	Dave Norlander	37:22.9
22	Don Packwood	37:28.2
23	Nancy Kirk	37:33.0
24	Chris Blue	40:48.0
25	Jim Myers	52:19.0

Dick Barrett Trophy Winner – Mike Bordoni

Mike Bordoni took the early lead and held it all of the way to win by about 30 meters. There were many note-worthy performances behind Mike. Jorn ran his fastest time on this course since he ran 20:32 in February 2011. Brian Davis, Tom O'Connor, and Norry recorded the all-time #8, #9, and #10 60+ bests. Dino said that he would take it easy this morning but when fellow 60+ runner Paul Taylor came up on him, he shifted gears to the hard-running mode to hold off Paul. Paul did improve his 60+ best for the 2nd time in a row. This time his improvement was 67 seconds. He also took a 59-second lead over Bob Kemp in the C division of the Cum Sat contest. Todd Hayes knocked 8 seconds off his 65+ PR. Dave McIntyre improved his 55+ PR by 45 seconds. Uyenthi Tran edged her 40+ best by over 8 minutes. Don Packwood improved his 75+ PR by 4 minutes. Nancy improved her 65+ best by 16 seconds but missed her all-time PR by 2 seconds. Jim Myers became the 22nd club 70+ member to complete the Farwell course but he also joined the 200% club in that he more than doubled his all-time PR of 21:00. Thanks to Chris Blue, Danny Moon, Jim Bordoni, and Rich Hahn for their help at the finish line.

### **8/19/17 – 12 x 600M Relay**

Pl	Team	Start	Finish
1	Tran/Moon	-0-	33:17
2	Schmiede/E.Lee	10:00	34:48

3	H.Rohrer/Goldmn-Pac	1:15	35:00
4	Kemp/Ah Sing	10:30	36:52
5	Delyani/Aubuchon	10:45	36:57
6	Conroy/McAllister	10:30	37:19
7	Hung/Finet	9:30	37:40
8	Justice/McIntyre	3:30	37:55

Dick Barrett Trophy Winner – Sheldon Ah Sing

We had a surprisingly large turnout for this relay. All teams were rated to finish in 36:45 and the closest that any team got to that was the Ah Sing team that finished in 36:52. The Moon team won by about one lap. Thanks to Madelyn Moon and Nancy Kirk for helping at the finish line.

### **8/26/17 – Short Six – 5.74M**

1	Sheldon Ah Sing	38:13
2	Dwayne Spencer	38:45
3	Ken Camet	38:50
4	Dino Delyani	45:37
5	Heather Rohrer	46:42
6	Catherine Frye	47:39
7	Uyenthi Tran	48:43
8	Carol Bednar	49:36
9	Norry McAllister	50:30
9	Mark Goldman	50:30
11	Kat Powell	57:29
12	Don Packwood	63:16
13	Rick Kananen	82:44 PW

Dick Barrett Trophy Winner – Uyenthi Tran

Sheldon pulled away during the last mile to score the win. Ken Camet improved his weak 55+ PR by 7 minutes. This put him #22 on the 55+ list out of 78 runners in that division. Heather last ran this course 2 years ago and improved her time over that run by 2 minutes. Catherine Frye ran the 3rd best-ever time by a 55+ club woman runner. Recently-turned 50+ runner, Carol Bednar, last ran this course 5 years ago. She ran the 12th best-ever 50+ time by a club runner. Uyenthi Tran improved her 40+ time, which she set 2 years ago, by 2 minutes. Nark Goldman hopes that his knee injury is okay. He ran his first Saturday course with us in a long time today. Rick Kananen had a super walk, walking the course in 82:44, about a 14:20 per mile pace. Don Packwood improved his 75+ PR by 9 minutes to push your editor into last place on the all-time 75+ list. Robert Navarette made an appearance for the first time in several weeks but did not run due to a persistent plantar fasciitis problem. Ray Russell visited us this morning from San Luis Obispo. He has an all-time best of 31:13

for this course (#6 all-time) and a 40+ best of 32:12. Thanks to Danny Moon, Rich Hahn, and Jim Bordoni for helping at the finish line.

**9/2/17 – 16 x 400M Relay**

Pl	Team	Start	Finish
1	Camet/Prince	4:30	27:51
2	Conry-Nandi/Schmi	5:45	28:56
3	McAllister/Ah Sing	5:30	29:09
4	Bradley/Bang	6:30	29:11
5	Norlander/Delyani	-0-	29:21
6	McIntyre/Park	5:00	29:23
7	Moon/Krey	2:15	29:25
8	H.Rohrer/Aubuchon	4:45	29:29

Dick Barrett Trophy Winner – Rohrer & Aubuchon  
Very warm morning. So, we got started right away. Adam Prince led his team to an easy win by running 78 seconds under his rating.

Most runners rated themselves because it was unknown who would loaf in anticipation of our annual handicap race on Monday. Ben Schmiege had the best average at 72.3. The Aubuchon team won the weekly trophy as they came closest to the estimated finish time for all teams of 20:45. Thanks to Don Packwood for doing a difficult job of getting all of the splits.

**9/16/17 – 18 x 0.33M Tennis Court Loop Relay**

Pl	Team	Start	Finish
1	Reiko/Sudan/Souza	:15	38:33
2	Norlandr/KrPark/Thoms	:15	39:30
3	Jackson/Bradley/Aubu	:45	40:14
4	A.Fujijisa/Gelblum/AhSi	5:00	40:25
5	J.Fujisa/Hayes/Jac.Park-0-		42:04

Dick Barrett Trophy Winner – No trophy available

Norry McAllister directed this relay event. As per Norry's design, despite being surrounded by incompetents, he did a brilliant job of accurately rating the runners, making sure that all knew their splits and that all started on time.

**9/23/17 – Valle Vista – 3.0M**

1	Jorn Jensen	17:17
2	Akita Fujisa	17:23
3	Mike Bordoni	17:49
4	Joseph Aubuchon	18:26
5	Ken Camet	19:17
6	Norry McAllister	19:33
7	Kristina Park	19:47
8	Dino Delyani	19:56
9	Tim Souza	20:03
10	Jim Bordoni	20:49
11	Paul Taylor	22:05
12	Robert Navarrete	22:36
13	Heather Rohrer	23:32
14	Scott Graham	23:46
15	Todd Hayes	24:13
16	Carol Bednar	24:32

17	Mark Goldman	24:49
18	Chris Blue	29:16
19	Kat Powell	29:21
20	Neil Gelblum	30:01
21	Nancy Kirk	?
22	Don Packwood	34:05
23	Alvin Jackson	36:41
24	Rick Kananen	40:57 RW

Dick Barrett Trophy Winner – Ken Camet

Jorn got away from Akita as soon as he turned off Fruitvale onto Valle Vista and then held on for the close win. Jorn missed his 45+ PR by just one second. But, Ken Camet did beat his 55+ best by one second. Tim Souza knocked 16 seconds off his 55+ best. Alvin improved his 70+ best by 95 seconds.

**9/30/17 – Step Up & Down Relay**

Team	Start	Finish
Gelblum/Aubuchon	3:15	37:02
Tran/Lee	5:00	39:11
3 Souza/Mintz	7:00	39:56
4 Norlander/Krey	-0-	40:21
5 Conroy/McAllister	10:00	40:52
6 Camet/Spencer	10:45	41:08
7 J.Park/K.Park	9:30	41:08
8 Bordoni/Fujisawa	12:15	41:45
9 Nambula/Bradley	1:45	41:46
10 Jackson Ah Sing	3:00	42:30

Dick Barrett Trophy Winner – Brian Conroy & Norry McAllister

The Gelblum team, led by the self-rated Neil Gelblum, won by over a lap as Neil bettered his estimated time by 208 seconds. The top 10 runners were Sheldon Ah Sing with an average of 80.6 seconds per lap average, Akito Fujisawa with an 82.5 average, and Kristina Park with an 85.5 average. Great sprint finish on the last straightaway between Akito and Geoff Bradley for 8th place with Akito getting the nod. Thanks to Chris Blue, Nandini, and Danny Moon for their job in timing this event. No mistakes for an event in which it is very difficult to get all of the splits.

**10/7/17 – 6 x 1600M Relay**

Bradley/Souza	7:00	45:31
Huang/Goldman	4:45	45:48

Dick Barrett Trophy Winner – John Huang & Mark Goldman

Thanks to Jim Bordoni for setting up the teams and preparing the results and to Danny Moon, Rich Hahn, Nandini, and Nikki for handling the

finish line. The fastest runners this morning were Sheldon Ah Sing with a 5:36 average, Joseph Aubuchon at 5:38, and Kristina Park at 5:54.

**10/14/17 – Triangle – 4.76M**

1	Jorn Jensen	29:47
2	Kristina Park	31:15
3	Norry McAllister	32:12
4	Scott Bang	32:44
5	John Huang	32:52
6	Jim Bordoni	34:12
7	Robert Navarrete	35:11
8	Mike Krey	35:45
9	Mark Goldman	39:18
10	Kat Powel	44:42
11	Wiley Liu	48:04
12	Bill Dodson	51:31
13	Dave Norlander	51:45
14	Chris Blue	52:57
15	Alvin Jackson	60:06
16	Rick Kananen	63:01 RW

Dick Barrett Trophy Winner – Kristina Park

Timers – Danny Moon, Don Packwood, Rich Hahn

**10/21/17 – Dou/Sar/Frtvale – 2.75M**

1	Mike Bordoni	15:31
2	Akito Fujisawa	16:52
3	Sheldon Ah Sing	17:18
4	Kristina Park	17:22
5	Joseph Aubuchon	17:32
6	Dino Delyani	17:52
7	John Huang	18:14 PR
8	Tim Souza	18:59
9	Missy Sudan	19:59
10	Robert Navarrete	20:29
11	Dave McIntyre	21:14
12	Mark Goldman	21:40
13	Scott Graham	21:46
14	Catherine Frye	22:38
15	Wiley Liu	26:47
16	Dave Norlander	27:30
17	Chris Blue	28:03
18	Don Packwood	33:46
18	Alvin Jackson	33:46
20	Rick Kananen	36:26 RW

Dick Barrett Trophy Winner – Kristina Park

Mike Bordoni ran to a win by about a quarter lap and also took home the 45+ division of the Cum Sat contest. Kristina took home the weekly trophy again as she broke the women's 45+ course record by 7 seconds. The previous record was set by Sue Francis 19 years ago. John Huang PR'd by 37 seconds. Big Mac broke his 55+ best by 90 seconds. Alvin Jackson

knocked 3 minutes off his 70+ best. Tim Souza improved his 55+ time by 28 seconds. Dino missed his 60+ best by 4 seconds but Robert Navarrete missed his 60+ time by 2 minutes. Catherine came within 24 seconds of her 55+ PR. Thanks to Rick Kananen for recording all of our times. He also recorded the 2nd best-ever walking time for this course.

**10/28/17-8 x 0.66M Tennis Court Loop**

**Relay**

Pl	Team	Start	Finish
1	Norlander/Bradley	-0-	41:33
2	Blue/Delyani	-0-	41:37
3	Graham/Aubuchon	7:00	41:39
4	Liu/McAllister	1:45	41:45

**Dick Barrett Trophy Winner – Dave Norlander  
7 Geoff Bradley**

Bad handicapping for some but overall close races. Geoff Bradley was on the ropes from fatigue after his first two runs but held on to finish in front of the fast-closing threesome behind him for the win. The fastest runners were Joseph Aubuchon, with a 3:46+ average, Sheldon Ah Sing with a 3:46+ average, Kristina Park with a 3:55+ average (another excellent run for her), and Norry McAllister with a 3:57+ average. Thanks to Danny Moon for the timing as he didn't miss a click.

**11/4/17 – Farwell/H – 4.68M**

1	Joseph Aubuchon	30:50
2	Norry McAllister	31:11
3	Matt Kriege	33:42
4	Robert Navarrete	33:50
5	Missy Sudan	33:55
6	Paul Taylor	34:27
7	Dave McIntyre	37:32
8	Scott Graham	38:03
9	Kat Powell	43:21
10	Thao Vu	45:11
11	Willie Liu	46:25
12	Neil Gelblum	48:04
13	Dave Norlander	51:12
14	Chris Blue	52:23
15	Don Packwood	53:05
16	Alvin Jackson	65:04

**Dick Barret Trophy Winner – Don Packwood**

Joseph won a Saturday road run for the first time in nearly 5 months with a 100-yard victory over Norry. Don Packwood took home the weekly trophy for his inspiring run as most of us formed a tunnel for his finishing kick. Thanks to Danny

Moon and Jim Bordoni for handling the finish line.

**11/11/17 - 8x1200M Relay**

Pl	Team	Start	Finish
1	Navarret/Bradley	5:15	43:40
2	Goldman/Park	4:45	43:43
3	Norland/Fujisawa	:28	44:05
4	Krey/Souza	4:15	44:49
5	Liu/McAllister	:45	45:14
6	Graham/Missy	3:30	45:27
7	Taylor/Powell	-0-	46:34

**Dick Barrett Trophy Winner – Robert Navarrete & Geoff Bradley**

Kristina Park started 25 seconds behind Geoff Bradley on her last run, caught and passed him on the backstretch of the last lap but Geoff rallied back over the last 100 meters for the win. Akito had the fastest average of the day at 3:50 per run and Kristina was 2nd best with a 4:20 average. Thanks to Jim Bordoni and Ken Camet for helping at the finish line.

**11/18/17 – Farwell-3.54M**

1	Sheldon Ah Sing	22:42.8	PR
2	Kristina Park	22:47.0	
3	Dwayne Spencer	23:03.0	
4	Dino Delyani	23:32.4	
5	Scott Bang	23:49.9	
6	Geoff Bradley	24:42.8	
7	Tim Souza	24:44.3	
8	Norry McAllister	25:02.6	
9	Paul Taylor	25:04.3	
10	Missy Sudan	25:11.9	
11	Robert Navarrete	25:56.0	
12	Dave McIntyre	28:06.6	
13	Ken Camet	28:59.8	
14	Chris Blue	37:24	
15	Dave Norlander	37:34	
16	Neil Gelblum	45:34.2	
17	Willie Liu	45:36.0	
18	Alvin Jackson	48:53	

**Dick Barrett Trophy Winner – Kristina Park**

Sheldon Ah Sing toyed with the field for most of the race and then pulled away on Douglas for the win. Kristina took home the weekly trophy because she broke the women's 45+ course record by 14 seconds. Meanwhile, Neil in an attempt to set up a favorable rating for our relays ran off course when he guided left when attempting to turn onto Douglas from Saratoga Ave. This led him up Shadow Oaks and then back to Saratoga Ave before returning to Douglas to pick up the actual course. This added 0.65M to the

course. Willie, who did not know the course, followed Neil and also added an extra 0.65M to the course. Tim Souza knocked off 3 minutes from his weak 55+ PR and Paul Taylor improved his 60+ best by 40 seconds. Tim jumped 34 places on the 55+ list to 42nd place. Thanks to Danny Moon, Jim Bordoni, and Rich Hahn for helping at the finish line.

**11/25/17 – 4 x 1.46M WVC Relay**

Pl	Team	Start	Finish
1	Jackson/H.Rohrer	-0-	56:43
2	Krey/Navarrete	14:15	58:37
3	McIntyre/Ah Sing	19:15	59:20
4	Bang/Camet	21:30	59:36
5	Huang/McAllister/Ah Sing	42:26	60:06
6	Conroy/Bradley	21:00	60:18
7	Norlander/Delyani	12:00	60:24
8	Sudan/Park	21:30	61:12

**Dick Barrett Trophy Winner – Dave McIntyre & Sheldon Ah Sing**

The Jackson/Rohrer team started first and stayed there for the remainder of the day. All teams were rated to finish in 59:30 and the Bang/Camet team came closest to hitting that mark at 59:36. Sheldon had the best average at 8:40. Kristina, although taking it easy this morning due to fatigue, still had the best average for the ladies at 9:36.

**12/2/17 – Short Six – 5.74M**

1	Thomas Finet	37:03
2	Roberto Palos	37:22
3	Norry McAllister	38:54
4	Dino Delyani	39:22
5	Kristina Park	39:40
6	Scott Bang	40:44
7	Joseph Aubuchon	40:58
8	Tim Souza	42:15
9	Missy Sudan	42:29
10	Robert Navarrete	42:34
11	Paul Taylor	42:38
12	Dave McIntyre	46:49
13	Rieko Sakata	46:51
14	Scott Graham	47:47
15	Heather Rohrer	48:02
16	Mark Goldman	49:16
17	Neil Gelblum	57:31
18	Chris Blue	61:06
19	Nancy Kirk	62:06
20	Dave Norlander	62:42
21	Don Packwood	66:09

**Dick Barrett Trophy Winner – Paul Taylor**

Thomas won by about 100 yards over Roberto this morning. Paul took home the

weekly trophy because he has been running well lately and improved his 60+ PR today by 39 seconds. Missy improved her 45+ best 4 years into that category by 28 seconds. Dave McIntyre improved his soft 55+ best by 190 seconds. Nancy improved her 65+ best by 16 seconds. Thanks to Jim Bordoni, Rich Hahn, and Danny Moon for helping at the finish line.

**12/9/17 – Valle Vista – 3.0M**

1	Jorn Jensen	18:27
1	Joseph Aubuchon	18:27
3	Sheldon Ah Sing	18:54
4	Norry McAllister	19:10
5	Kristina Park	19:10
6	Scott Bang	19:14
7	Dwayne Spencer	19:21
8	Dino Delyani	19:36
9	Tim Souza	20:11
10	Paul Taylor	21:21
11	Robert Navarrete	21:39
12	John Huang	22:12
13	Norm Takeuchi	22:14
14	Dave McIntyre	23:35
15	Heather Rohrer	23:46
16	Phil Spink	23:53
16	Danielle Zelinski	23:53
18	Mark Goldman	24:41
19	Kat Powell	29:56
20	Chris Blue	29:58
21	Willie Liu	30:15
22	Dave Norlander	30:39
23	Nancy Kirk	31:01
24	Alvin Jackson	35:02
25	Neeraja Nambula	41:27

Dick Barrett Trophy Winner – Norry McAllister

We had several close races this morning. Jorn and Joseph deliberately tied for first with a gap back to 3rd place and then another gap before 5 runners finished close together. Norry took home the weekly trophy as he improved his 60+ best by 14 seconds and, although he remained #7 on the 60+ list, he moved to just 4 seconds out of 5th place. Dino improved his 60+ best by 13 seconds. This hopped him over 4 runners to move to #10 on the 60+ list. Paul Taylor continued to run well but missed his 60+ best by 10 seconds. Alvin improved his 70+ best by 99 seconds and Nancy improved her 65+ best by 40 seconds. Thanks to Carl Petersen, Danny correct, Mike Bordoni won the A division of the Cum Sat contest, Norry McAllister won the B division, Paul Taylor won the C

Moon, Rich Hahn, Jim Bordoni, and Ken Camet for helping at the finish line.

**12/16/17 – Triangle – 4.76M**

1	Akito Fujisawa	28:34
2	Joseph Aubuchon	31:45
3	Scott Bang	32:46
4	Paul Taylor	34:29
5	John Huang	35:18
6	Dave McIntyre	37:14
7	Heather Rohrer	38:38
8	Catherine Frye	39:00
9	Chris Blue	46:37
10	Neil Gelblum	48:59
11	Willie Liu	49:04
12	Don Packwood	49:33

Dick Barrett Trophy Winner – Akito Fujisawa

Akito ran the 2nd fastest time on this course in the last 3+ years (Mike Bordoni ran 1 second faster on 6/3/17) to easily win this morning. Dave McIntyre improved his 55+ best by 6 minutes. Don Packwood improved his 75+ best by 79 seconds. Heather her best time on this course since she ran 34:13 in July 2012. We had many helpers with the race, including Rich Hahn, Madelyn Moon, Danny Moon, and Norry McAllister.

**12/23/17 – 6 x 1600M Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
2	Liu/Ah Sing	-0-	44:00
3	Lawson/McAllister	2:15	44:04
4	Sudan/Conroy	4:30	44:10
5	Powell/Park	:30	44:34
6	Goldman/Camet	3:15	44:53
7	Kemp/Lee	4:45	44:54
8	Norlander/Aubuchon	-0-	47:02

Dick Barrett Trophy Winner – Des Knuckey

The Bang team took the lead during the 5th leg and pulled away to win by 200 meters. Sheldon led all of the guys with a 5:39 average. Kristina Park led the ladies with a 5:54 average. All of the teams were rated to finish in 44:15. 4 ran under that time and 4 ran over it. Des took home the weekly trophy as a member of the winning team. He also announced after he had won the trophy that this was a 67th birthday. Thanks to Carl Petersen, Danny Moon, and Jim Bordoni, who did a great job of gathering and recording all of the division, Heather Rohrer won the D division, and Chris won the E division.

splits. Although the temperature was 40 degrees, it felt very cold this morning.

**12/30/17 – All Courses Day**

**Dou/Sar/Frtvle-2.75M**

1	Ken Camet	17:44
2	Becki Kriege	19:50
3	Mike Krey	20:07
4	Des Knuckey	22:37
5	Neil Gelblum	26:01
6	Chris Blue	27:50
7	Dave Norlander	28:00
8	Nagesh Nambula	29:05
9	Rich Hahn	30:44

**Valle Vista – 3.0M**

1	Missy Sudan	21:25
1	Brian Conroy	21:25
3	Heather Rohrer	24:23
4	Catherine Frye	24:26

**Farwell-3.54M**

1	Dwayne Spencer	23:18.4
2	Kristina Park	23:23.6
3	Norry McAllister	23:29.8
4	Dino Delyani	24:04.5
5	Geoff Bradley	26:00.0
6	Paul Taylor	28:13.3
7	Carol Bednar	30:16.5
8	Kat Powell	34:25.2

**Farwell/H-4.68M**

1	Jorn Jensen	28:06
2	Mark Goldman	3:15 37:51 43:19
3	Don Packwood	48:10
4	Nancy Kirk	48:33

**Triangle-4.76M**

1	Sheldon Ah Sing	31:22
2	Robert Navarrete	35:19
3	Scott Graham	41:31

**Short Six-5.74M**

1	John Huang	42:27
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**Got Lost Course-Unknown Distance**

Jim Howe	?
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Dick Barrett Trophy Winner – Jorn Jensen

This was our final workout of 2017 with everyone having an opportunity to improve weak times on one of the courses or run a course that completed their running all 6 courses for the year. If my calculations are

Notable accomplishments this morning included Rich Collins visiting us for the first time in a while, Becki Kriege running a course for the first time in a long time due



to injuries (and, running well), Mike Krey tying his course PW for Douglas that he set 9 years ago, Ken Camet improving his 55+ best for Douglas and in the process winning the race on that course, Missy

Sudan running the 10<sup>th</sup> best-ever time by a club 45+ woman runner for the Valle Vista course, Don Packwood improving his 75+ best for the Farwell/H course by 2 minutes, and Neil Gelblum missing his Douglas

course PR of 15:59 by a little over 10 minutes, Thanks to Danny Moon and Nandini Nambula for handling a hectic finish line.

## RACE RESULTS

### 6/25/77 – Bang Mile

#### Overall Results

38	Jorn Jensen	4:50.0	6th-40+
49	Calvin Do	4:54.8	
68	Ray Rodriguez	5:08.1	7th-50+
79	Norry McAllister	5:17.9	2nd-60+
84	Scott Bang	5:25.1	
88	Brian Davis	5:27.6	3rd-60+
90	Geoff Bradley	5:28.5	
97	Tom O'Connor	5:35.9	5th-60+
98	Dino Delyani	5:36.5	6th-60+
100	Ken Camet	5:37.8	
104	Jim Bordoni	5:40.6	7th-60+
122	Brian Conroy	5:50.0*	
128	Missy Sudan	5:54.4	10th-40+
142	Mike Krey	6:16.3	
156	Dave McIntyre	6::52.5	
158	Dalila Rodriguez	6:58.5	
164	Kelly Emo	7:12.3	
169	Bill Dodson	7:50.5*	
173	Kat Powell	8:13.4	9th-50+
175	Dave Norlander	8:20.2	3rd-70+

\* = Competes for another club

Our 40+ men finished 3rd, our 40+ women finished 4<sup>th</sup>, our 50+ men finished 2nd, and our 60+ men finished 1st.

### 7/4/17 – Freedom Fest 5K

29	Juan Rivera	17:14	9 <sup>th</sup> -30+
30	Jorn Jensen	17:18	8 <sup>th</sup> -40+
34	Ray Rodriguez	17:46	1 <sup>st</sup> -55+
36	Roberto Palos	17:59	1 <sup>st</sup> -50+
72	Brian Davis	19:33	2 <sup>nd</sup> -60+
78	Norry McAllister	19:43	3 <sup>rd</sup> -60+
80	Robert Plumeau	19:49	7 <sup>th</sup> -55+
83	Dino Delyani	19:59	5 <sup>th</sup> -60+
84	Tom O'Connor	20:02	6 <sup>th</sup> -60+
104	Nancy Eubanks	20:47	9 <sup>th</sup> -40+
119	Mike Krey	21:31	10 <sup>th</sup> -60+
129	David Woodruff	22:17	
154	Dalila Rodriguez	23:17	
156	Norm Takeuchi	23:31	
188	Carolyn Benson	25:03	4 <sup>th</sup> -60+
219	Scott Graham	26:33	3 <sup>rd</sup> -65+
223	Glenn Kishi	26:35	
234	Brian Conroy	26:46	
284	Bill Dodson	29:11	1 <sup>st</sup> -80+
323	Dave Norlaander	30:46	6 <sup>th</sup> -70+

### 7/23/17 – Wharf to Wharf – 6 Miles

22	Jack Bordoni	30:48	
101	Jose Pina	34:15	2nd-40+
103	Mike Bordoni	34:17	
256	Rosa Gutierrez	38:36	1st-50+

655	Mike Krey	44:27	8th-60+
1093	Scott Graham	48:10	
2296	Kelly Emo	54:53	

### 8/19/17 – Santa Cruz XC Race-4M

#### Women's Race

15	Nancy Eubanks	38:08	40+
54	Marian Richard	33:00	50+
60	Dalila Rodriguez	34:06	40+
67	Carol Bednar	36:01	60+
80	Kat Powell	42:38	60+

#### Men's Race

15	Ray Rodriguez	25:41	50+
18	Roberto Palos	26:04	50+
31	Robert Plumeau	28:21	50+
35	Ken Camet	28:54	50+
38	John Huang	29:42	50+
44	Aaron Lee	30:45	40+
48	Mike Krey	31:04	60+
62	Norm Takeuchi	34:59	60+
71	Kristian Peterson	38:04	50+
76	Dave Norlander	44:00	70+

Our 50+ men finished 2nd, Our 60+ men finished 4th, and our 40+ women finished 4th.

### 8/26/17 – Empire XC – 3.4M

#### Women

76	Dalila Rodriguez	28:17	
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#### Men

6	Jorn Jensen	19:58	
18	Ray Rodriguez	21:50	
28	Tom O'Connor	23:04	
75	Kristian Peterson	30:40	
82	Dave Norlander	35:57	

Our 50+ men finished 7th in this race

### 9/4/17 – 46<sup>th</sup> Shettler Handicap Race –

#### 3.06M

<u>Pl</u>	<u>Runner</u>	<u>Finish</u>	<u>Start</u>	<u>Actual</u>
1	Jorn Jensen	34:03	16:45	17:18
2	John Huang	34:08	13:45	20:23
3	Dave Norlandr	34:11	4:00	30:11
4	Thomas Finet	34:16	16:45	17:31
5	Brian Conroy	34:25	13:30	20:55
6	Heather Rohrer	34:28	11:00	23:28
7	Jos.Aubuchon	34:28	16:00	18:28
8	Kristina Park	34:32	15:00	19:32
9	Mike Krey	34:41	13:15	21:26
10	Roberto Palos	34:44	16:15	18:29

11	Andy Williams	34:48	15:00	19:48
12	Bill Dodson	34:55	7:30	27:25
13	Catherine Frye	34:57	10:30	24:27
14	Mark Goldman	35:02	11:30	23:32
15	Geoff Bradley	35:04	14:30	20:34
16	Dave McIntyre	35:14	11:45	23:29
17	Carol Bednar	35:25	11:30	23:55
18	Dwayn Spencr	35:29	16:00	19:29
19	Aaron Lee	35:55	14:10	21:45
20	Scott Bang	36:04	15:30	20:34
21	Don Packwood	36:20	6:30	29:50
22	Brian Low	36:38	9:00	27:38
23	Alvin Jackson	37:26	-0-	37:26
24	Kat Powell	38:05	8:30	28:56
25	Neil Gelblum	38:05	10:30	27:35
26	Jeff Justice	38:17	9:00	29:17
27	Rieko Sakata	39:28	15:00	24:28

Jorn Jensen in his 11th try at this course finally won our annual handicap race. Dave Norlander led at the 3-mile mark and then Jorn and John sprinted by him to finish 1st and 2nd. This is the 4th time that the winner also had the fastest scratch time. Kristina had the fastest time for the ladies at 19:32. Mike Krey won the predicted time contest as he missed his prediction by a mere 2 seconds. Thanks again to Rich and Judy Collins for hosting this annual race and breakfast for the 20th consecutive year. The handicap committee of Missy Sudan, Becki Kriege, and Ken Camet did another good job of organizing the race and setting the handicaps. Their motto continues to be that they try to do their best. Danny Moon did a significant amount of the cooking and announced the award winners.

### 9/10/17 – Golden Gate Prk XC – 4+M

14	Jorn Jensen	22:03	
26	Ray Rodriguez	23:18	
51	Brian Davis	24:37	
63	Tom O'Connor	25:22	
68	Robert Plumeau	25:52	
70	Ken Camet	25:59	
75	Scott Bang	26:22	
87	Aaron Lee	27:31	
101	Mike Krey	28:26	
139	Dave Norlander	39:16	

Our 50+ men finished 5th and our 60+ men finished 3rd.

### 9/16/17 - Rebels XC - 6K

25	Robert Plumeau	25:09
30	Scott Bang	25:30
56	Art Mitchum	30:54

We did not have any complete teams for this race.

16	Jorn Jensen	36:41
31	Ray Rodriguez	38:34
49	Brian Davis	40:24
57	Tom O'Connor	41:53
71	Robert Plumeau	43:37

Nancy Eubanks	3:28:19
Tom Fahey	3:29:39
John Huang	3:38:27
Dalila Rodriguez	4:05:53
Glen Kishi	4:18:17
Kat Powell	4:40:50

Our men's 50+ team finished 5<sup>th</sup>.

**9/23/17 – Lederhosen-Big Blue 5K**

Neal Chappell	27:09	1 <sup>st</sup> 70+	<b>Women – 4M</b>
Neal believes that the course was long. I think that the race is near Lake Tahoe.	89 Dalila Rodriguez	33:24	
	168 Kat Powel	39:28	

**9/23/17 - Garin Park XC – 3.15M**

22	George Cross	19:47
31	Ray Rodriguez	20:14
37	Tom O'Connor	21:09
42	Scott Bang	21:29
44	Robert Plumeau	21:37
76	Art Mitchum	26:25
77	Kristian Petersen	26:40
89	Glenn Kishi	31:01
93	Dave Norlander	32:50

Our 50+ men finished 3rd and our 60+ men finished 5th.

**10/7/17 - Willow Hills XC – 5K**

30	Tom O'Connor	21:04
41	Robert Plumeau	22:07
60	Arthur Mitchum	24:37

We did not have any complete teams for this race.

**10/21/17 – Aggies XC – 4.2M**

14	Jorn Jensen	23:58
21	Calvin Do	24:43
27	Ray Rodriguez	24:57
29	Roberto Palos	25:18
39	George Cross	26:09
53	Ken Camet	27:44
59	Robert Plumeau	28:36
93	Art Mitchum	33:18

Our men's 50+ team finished 4th.

**11/5/17 - China Camp XC – 4.25M**

8	Jorn Jensen	23:38
9	Calvin Do	24:05
31	Brian Davis	27:32
36	Tom O'Connor	27:58
78	Norm Takeuchi	34:12
91	Glen Kishi	36:49
101	Dave Norlander	43:45

Our men's 60+ team finished 2nd.

**11/19/17 - PA XC Championships –GG**

**Prk**  
**Men – 6+M**

**11/12/17 Clarksburg Half Marathon**

26	Jorn Jensen	1:18:52	3 <sup>rd</sup> -45+
60	Brian Davis	1:27:30	3 <sup>rd</sup> -60+
64	George Cross	1:27:47	7 <sup>th</sup> -50+
74	Tom O'Connor	1:29:20	4 <sup>th</sup> -60+
75	Ken Camet	1:29:27	4 <sup>th</sup> -55+
197	Glenn Kishi	1:57:51	10 <sup>th</sup> -55+
205	Catherine Frye	2:01:01	5 <sup>th</sup> -55+
224	Heather Rohrer	2:07:20	4 <sup>th</sup> -20+
240	Kat Powell	2:10:28	5 <sup>th</sup> -65+
311	Bill Dodson	2:42:07	2 <sup>nd</sup> -80+ *

**11/23/17-Applied Materials Turkey Trots**

<b>5K</b>		
66	Joseph Aubuchon	18:43 4th-35+
81	Marc Ostrowski	19:13 3rd-50+
211	Aaron Lee	21:14 10th-40+
275	Julie L'Heureux	22:04 1st-55+
336	Grant Jacobson	22:48
461	Al Murray	23:47
587	Des Knuckey	24:45 2nd-65+
2000	Sandra Plumeau	30:21

**10K**

16	Calvin Do	36:00 2nd-45+
18	Roberto Palos	36:10 2nd-50+
20	Ray Rodriguez	36:21 1st-55+
45	Ben Schmiege	38:22 8th-35+
65	Rosa Gutierrez	39:40 1st-50+
93	Norry McAllister	40:30 1st-60+
120	Robert Plumeau	41:13 3rd-55+
502	Mark Goldman	46:45 2nd-65+
1399	Mike Krey	53:29
1666	Nicky McAllister	55:11
2106	Kat Powell	57:32 3rd-65+

**11/23/17 – Mt View HS Turkey Trot-5K**

Dave Norlander	30:15
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**12/3/17-Cal Intl Marathon**

Akito Fujisawa	2:42:16
Calvin Do	2:49:37
Mike Bordoni	2:52:13
Ray Rodriguez	3:06:08
Ken Camet	3:09:23
Tom O'Connor	3:13:25
Robert Plumeau	3:27:19

**12/8/17 – 3200M at King's Academy H.S.**

3 Akito Fujisawa	10:17.1
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**12/16/17-San Juan Bautista Double-10K/5K**

4	Dwayne Spencer	39:35-20:23	1 <sup>st</sup> 50+
5	Rosa Gutierrez	39:38-20:34	1 <sup>st</sup> 50+
7	Robert Plumeau	42:37-20:50	2 <sup>nd</sup> 50+
38	Kat Powell	60:37-31:24	3 <sup>rd</sup> 60+
46	Dave Norlander	66:38-34:32	2 <sup>nd</sup> 70+

**5K/3K**

19	Sandra Plumeau	30:44-9:54	4 <sup>th</sup> -50+
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**12/17/17 – Xmas Relays-4x4.464M**

**WVJS 60+ A Team – 1st 60+ 1:56:10**

Dino Delyani	28:53
Norry McAllister	28:53
Brian Davis	28:40
Tom O'Connor	29:32
Discrepancy	<u>0:12</u>
	1:56:10

**WVJS 50+ Team – 7th 50+ 1:57:15**

Ken Camet	
John Huang	
Ray Rodriguez	
Robert Plumeau	
Discrepancy	<u>1:57:15</u>
	1:57:15

**WVJS 40+ Women-2nd 40+ 1:59:49**

Tenaya Adams	28:28
Missy Sudan	31:51
Kristina Park	30:18
Rosa Gutierrez	28:39
Discrepancy	<u>0:33</u>
	1:59:49

**WVJS 60+ B Team – 4th 60+ 2:14:32**

Norm Takeuchi	35:16
Mike Krey	31:51
Robert Navarrete	32:11
Mark Goldman	<u>33:54</u>
	2:14:32



