



WVJS



VOL XXIX-#4 WEST VALLEY JOGGERS & STRIDERS DEC 1999

Saturday Workouts

12/26/99 Short Six (5.74 miles) -This is a Sunday	02/19/00 Farwell/Herriman (4.68 miles)
01/01/00 Valle Vista (3.0 miles)	02/26/00 Farwell (3.54 miles)
01/08/00 8 x 0.66-Mile Tennis Court Loop Relay	03/04/00 Step-Up & Step-Down Relay
01/15/00 Triangle Run (4.76 miles)	03/11/00 Short Six (5.74 miles)
01/22/00 4 x 1.46-mile WVC Loop Relay	03/18/00 18 x 0.33-Mile Tennis Court Loop Relay
01/29/00 Doug/Sar/Frtvle (2.75 miles)	03/25/00 16 x 400 Relay
02/05/00 5K on the Track	04/01/00 Valle Vista (3.0 miles)
02/12/00 12 x 800 Relay	04/08/00 36 x 200 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

09/06/99 Pacific Sun 10K-1.0
10/17/99 Humboldt Half Mar-1.5
11/14/99 Clarksburg 30 K-2.0
12/12/99 Lake Merced Relays-2.0
01/09/00 California 10
01/16/00 Millennathon Half Mar
03/19/00 Fifty Plus 8K
03/26/00 Houlihan's 12K
04/30/00 Big Sur 5K
06/17/00 Sacramento 8K
07/23/00 Capitol Mile
09/04/00 Pacific Sun 10K
10/15/00 Humboldt Half Marathon
11/12/00 Clarksburg 30K

Racer of the Year

Fastest Farwell Time
 Cumulative Saturday Races
 Fastest Marathon
 Fastest of 2 5Ks on the track
 Fastest of 2 One-Miles on the track

We have not yet decided on the other nine events for 2000. However, last year the Cal 10, our own Valentine's Relay (2/13/00?), the 50+ 8K, Houlihan's, and the Big Sur 5K were included in the contest.

Other Popular Races

09/24/99 Napa to Santa Cruz Relay
09/26/99 Great America 10K
10/31/99 Silicon Valley Marathon
01/01/00 Los Gatos 5M
01/09/00 East/West 5K at Stanford
01/23/00 Juana Run 5M in Palo Alto
02/05/00 San Juan Bautista 10M/5K
02/06/00 Las Vegas Half & Full Mar
02/13/00 Together With Love 10K
02/20/00 Las Gatos Great Race - 4M
03/05/00 Napa Marathon
03/12/00 Mercury/News 10K

Wednesday Night Workouts

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

Sunday Runs

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

PA/USATF Grand Prix

Open Men

Scott Bang (378-1292) is in charge of this team. Presently, we are in 4th place (thru the 30K race). Individually, Rick Reitz, Jose Palalia, and Scott Bang are in 29th, 42nd, and 50th places in the short-race division (thru Humboldt).

Open Women

Becki Kriege (257-9056) is in charge of this team. Presently, we are in 4th place. Individually, Becki, Kristina Mathias, Hilary Sand, Kelly Emo, and Marian Richard finished 3rd, 9th, 31st, 52nd, and 82nd in the

short-race competition. Becki, Kristina, and Hilary are in 18th, 24th, and 39rd in the long-race competition (thru Humboldt).

40+ Men

Todd Hayes (238-2053) is in charge of this team. We finished in 2nd place for 1999. Presently, Brian Davis is in 4th place, Tim O'Rourke is in 11th, Dan Anderson is in 19th, Charles Lighty is in 20th, Ray Russell is in 27th, Dan Sauers is in 39th, Dennis Kurtis is in 52nd, and John Hale is in 53rd place in the individual standings (thru Humboldt).

40+ Women

Pauline Beatty (866-2365) is in charge of this team. Presently, we are in 5th place. Individually, Linda Kidd is in 7th place, Christine Kennedy is in 36th, Joann Dahlkoetter is in 37th, Sue Francis is in 42nd, Katie Scott is in 46th, Pauline Beatty is in 49th, Elaine Erickson is in 70th, Sue MacDonald is in 70th, and Antonina Ettare is in 74th place.

50+ Men

Dick Chimenti (247-5650) is in charge of this team. We finished in 2nd place for 1999. Individually, Jim Reitz is in 6th, Chuck MacDonald is in 12th, Dwight Cornwell is in 22nd, David Furst is in 25th, Danny Moon is in 26th, Dick Chimenti is in 28th, Joe Hurtado is in 37th, Bill Dunn is in 50th, and Tom Warfel is in 56th place.

50+ Women

Ruby Hurtado (732-1018) is in charge of this team. We finished in 2nd place for 1999. Individually, Karin Bivens is in 7th, Jutta McCormick (WVTC) is in ?, Georgia Riley is in 12th, Kathy Frank is in 20th, Chris Hallen is in 25th, and Madelyn Moon is in 30th place.

60+ Men

Stan DeMartinis (867-7013) is in charge of this team. Presently, we are in 1st place. Individually, Ralph Poole is in 1st place, Neal Chappell is in 3rd, Dave Norlander is in 10th, Ken Noel is in 13th, Gene Antonides is in 15th, Karl Misner is in 22nd, Ed Reyna is in 26th, and Ken Napier is in 33rd place.

70+ Men

Stan DeMartinis is in charge of this team. We finished first for 1999. Individually, Stan DeMartinis is in 1st, Howard Powers is in 2nd, Boyce Jacques is in 3rd, Frank Cunningham is in 5th, and Jack Friedlandr and Joe King are in 8th.

It should be noted that there is a dispute regarding the 1999 Grand Prix contest. The Pacific Association Board of Athletics has overall control over the various amateur sports in the Pacific Association. The LDR Committee is under the control of the Board of Athletics. The LDRC takes care of long distance running and is in charge of the Grand Prix. As per the Board of Athletics interpretation of the overall rules, no club can score in TAC competition, including the LDR grand prix competition, unless they have first paid their yearly club dues of \$75. Five clubs did not pay their club dues prior to the January Cal 10 race. The LDRC voted to count the scores of these clubs at Cal 10. Inasmuch as no minutes were published for the meeting at which it was voted to count this race for all teams, regardless of whether they had paid their club dues prior to the race, I am not entirely sure why they voted as they

did. I believe that some have told me that the LDRC consider to be a minor point or that clubs were allowed to pay late in past. Our club has always timely paid its yearly club dues.

The Board of Athletics overruled the LDRC and said that no team should be allowed to score if they had not paid their dues prior to the start of the race. However, the Board ruled that since the Impalas had attempted to pay their club dues to the race director on the day of the race that their scores would be allowed. I do not agree with that decision. There is no requirement that the LDR of Board of Athletics should have an official on site for each race and there is ample time for clubs to pay their dues prior to the race (the forms are mailed to the clubs in early December). Individual runners have not been allowed to score if their dues have not been paid prior to a race. The Board has made it clear that for 2000 and future years that the club dues must be paid prior to the race.

In any event, when the LDRC learned of the Board of Athletics decision, they decided to exclude the Cal 10 race for team scoring purposes but not for individual purposes. As far as I know, no minutes of the LDRC meeting were provided to notify the clubs of this decision. However, it was noted on the USATF web page that the Cal 10 race had been excluded from team scoring.

Our club protested the LDRC decision because we paid our entry fees and traveled to the race on the assumption that the race would be counted in the scoring. The fact that other clubs had not paid their club dues should not be a factor in determining whether this race should be included in the scoring. The Board of Athletics ruled in our favor at its 11/17/99 meeting. It is unknown what steps the LDRC will take at this time.

As regards our club, the Cal 10 race makes a difference to our men's 60+ team in the overall standings. If the Cal 10 race is excluded from the team scoring, then Tamalpa will be the overall yearly 60+ team champion. If the Cal 10 race is included, our club will be the winner by one point.

Annual Club Meeting

The annual club meeting will be held at Walt Van Zant's home on Sunday, 12/26/99, at 1PM. All club members are welcome to attend. Please let Walt know if you are coming so that he can plan how much rug space will be necessary for seating purposes.

Annual Awards Dinner

A date for the annual awards dinner has been set; it's 1/15/2000. This will not interfere with the Pacific Association dinner on 1/29 or the Las Vegas marathon on the weekend of 2/5.

Club Dues

The annual club dues of \$15 per person or \$20 per family are now due. The dues for students are \$1.

Miscellaneous Drivel

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

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

Bob Farrington, a former club member, died of a heart attack at the age of 68. He was living in Roseville. **Bob, Eugene Silver**, and **Ephraim Romesberg** trained together and dominated the 50+ competition during the early 1980s. Bob ran the Napa Marathon in 2:47:00 at the age of 53. Bob was a very nice person and will be missed by his many friends.

Brian Davis had a great coaching season at Granada high school. They completed their season by finishing 2nd at the state meet in division 3 in both the boys and girls competition. Based upon team time comparisons for all five divisions, they had the 5th best girls team in the state and the 13th best boys team. That is quite an accomplishment for one school.

Sophomore **Mike Bordoni** completed a successful cross country season for Bellarmine high school by running 17:01 on the difficult Crystal Springs course. That time was good enough to make him approximately #9 on the Bellarmine team. However, he would be the #1 runner on most other teams.

Ray Russell decided not to join the Aggies. He finished his 1999 season on two high notes. He won the Hollister mile in a close battle with **Scott Bang** and he was a member of our winning master team at Lake Merced. Ray also won 3 of the 9 individual Saturday races that we had in the past three months.

Bill Flodberg broke the 65+ records for both the Triangle and Farwell/Herriman courses. **Ralph Poole** broke the 60+ record for the Triangle course. And, **Jutta McCormick** broke the 55+ women's record for the Farwell course.

Ralph Poole had the most PRs for the Saturday courses during the past three months - 4. **Demetrios Stefanidis** had 3 PRs. Elaine Erickson and Scott Bang had 2. The former PR queen of many years ago, **Antonina Ettare**, had none.

Veal Chappell, who turned 60 in May, finished his 1999 season in a blaze of glory. He won the 60+ division at the Pacific Sun 10K, the Clarksburg 5K, and the Davis 5K. Then, he led our 60+ team to the National 10K XC championship at Long Beach by beating all of the

60+ runners. **Dave Norlander** and **Ken Noel** were the other two members of the winning 60+ team.

Sue MacDonald won the 45+ crown and **Gail Campbell** the 50+ crown at the USATF National Masters XC championship.

51-year-old **Danny Moon** surprised everyone, including himself, with a 37:45 at the Pacific Sun 10K. He followed that up with a sub-5:00 mile at Hollister. This makes the 18th consecutive year that he has broken the 5-minute barrier.

Marion Carter, who has been on the injured reserve list for a long time, is back to running.

47-year-old **Dan Anderson** ran 34:14 at the Pacific Sun 10K. 46-year-old **Dennis Kurtis**, a kid by comparison to Dan, ran 33:53 at the Chevy's 10K. 58-year-old **Joe Hurtado** (59 this coming January) ran his standard sub-3:00 marathon at the Silicon Valley Marathon - 2:57:56.

Sue Francis was the National USATF 45+ winner at the the 50-mile championships. **Todd Hayes** finished 3rd in the 45+ division in that race with a great 6:57.

Kelly Emo was the 1st woman overall at the Hollister mile.

Jose Palalia ran 2:24:01 at the Silicon Valley Marathon. He came back several weeks later to finish 2nd during the opening leg of the Lake Merced Relays with a time of 22:37 (5:04 per mile).

Sprinter **Charles Lighty** ran a PR at the Cal Intl Marathon - 2:53:43. He also ran well at the Clarksburg 30K with a time of 1:59:10.

Kathy Frank ran 3:27 at the Cal Intl Marathon to finish 2nd in the 50+ division.

Our 40+ men's team started and finished the 1999 grand prix season on high notes. They won the first race of the season - the Cal 10 - and they won the final race of the year - the Lake Merced Relays. 45-year-old **Bob Ebert** led off the relay with a 23:23 time (5:14 per mile). This put our team into 2nd place overall. **Dan Sauers** followed with a 24:39, **Ray Russell** with a 25:02, and **Brian Davis** with a 24:31.

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://home.earthlink.net/~jtwhalen/wvjs.html>



1999 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 16 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Listed below are all who have scored in four or more races for 1999. Remember. You must have paid your club dues in order to be included in this contest. The only way to improve the scores shown below would be to run a marathon or improve a Saturday course time on the last two Saturdays of December.

Elite Division

Ray Russell (8)	195
Scott Bang (8)	186
Robert Pickens (8)	182
Tim O'Rourke (7)	160
Brian Davis (6)	140
Charles Lighty (6)	129
Jim Reitz (6)	117
Rick Reitz (5)	115
Nathan Scherry (4)	97
John Hale (4)	84
Chuck MacDonald (3)	83
Eddie Tico (4)	82

B Division

Joe Hurtado (8)	194
Tom Warfel (8)	192
Cecil Baumgartner (8)	184
Ralph Poole (7)	162
Tim Rostege (5)	110
Sue Francis (6)	109
Ed Gavin (4)	63

D Division

Pauline Beatty (8)	196
Ken Napier (8)	187
Elaine Erickson (8)	177
Chris Hallen (8)	175
Don Packwood (6)	154
Jutta McCormick (5)	124

A Division

Jeff Rohrer (8)	193
Jim Bordoni (8)	191
Danny Moon (8)	174
Becki Kriege (7)	162
Kristina Mathias (7)	162
Dick Chimenti (7)	146
Dwight Cornwell (4)	98
Brian Schonfeld (5)	94
Al Murray (4)	77

C Division

Rich Hahn (8)	200
Kelly Emo (8)	192
Dave Norlander (8)	187
Marian Richard (8)	179
Ken Noel (8)	165
Georgia Riley (8)	156
Walt Van Zant (8)	154
Demetr Stefanidis (6)	131
Jim Myers (6)	125
Gene Antonides (4)	84
Tim Riley (4)	84

E Division

Howard Powers (8)	193
Stan DeMartinis (8)	187
Madelyn Moon (7)	158
Karin Bivens (5)	125
Dave McCarten (5)	119
Ruby Hurtado (5)	112
Betty Root (4)	93

Runner of the Year Contest

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. Scoring 4,000 points wins a gold award, those scoring 3,000+ win a silver award, and those scoring 2,000+ earn a bronze award. The scores for the first nine months of 1999 are:

	<u>Miles</u>	<u>Sat.Pt</u>	<u>Total</u>		<u>Miles</u>	<u>Sat.Pt</u>	<u>Total</u>		<u>Miles</u>	<u>Sat.Pt</u>	<u>Total</u>
Tom Warfel	2244	680	2924	Jim Myers	1369	640	2009	Walt Van Zant	943	680	1623
Joe Hurtado	2313	560	2873	Georgia Riley	1337	660	1997	Kelly Emo(6)	915	380	1295
Rich Hahn	1819	700	2519	Tim Rostege(6)	1492	340	1832	Ken Napier(6)	327	420	747
Cecil Baumgartner	1807	700	2507	Dave Norlander	1106	680	1786	Bob Pickens(3)	380	260	640
Tim Riley	1855	520	2375								

SATURDAY WORKOUT RESULTS

9/11/99 - 5K on the Track

1	Ray Russell	16:26
2	Scott Bang	16:39
3	Nathan Scherry	17:01
4	Mike Hegglund	17:48
5	Jeff Rohrer	17:55
6	Danny Moon	18:45
7	Jose Casillas	19:02
8	Joe Hurtado	19:30
9	Tim Rostege	19:48
10	Rich Hahn	19:56
11	Kelly Emo	19:57
12	Cecil Baumgartner	20:22
13	Tom Frazier	20:40
14	Dave Norlander	20:50
15	Demetrios Stefanidis	21:12
16	Russ Kinsch	21:17
17	Sue Francis	22:38
18	Tom Zades	23:06
19	Ed Gavin	23:25
20	Dave Pogue	23:52
21	John Pickens	24:26
22	Ken Napier	24:57
23	Madelyn Moon	26:14
24	Russ Smith	27:11
25	Stan DeMartinis	27:16
	Jake White	DNF

Dick Barrett Trophy Winner - Rich Hahn

This was our final track 5K in our Racer of the Year contest. Scott Bang and Ray Russell immediately jumped into the #1 and 2 slots at the start of the race. Scott held the lead for 6 laps, building a 10-yard lead during the early part of the 4th lap. However, Ray immediately came back and finally threw in his own spurt on the 7th lap as he went on to an easy win. Ray had mile splits of 5:17 and 10:35. Scott's splits were 5:17 and 10:44. Scott had the best finish as he kicked in with a 68. Nathan Scherry, despite running a hard 13-miler on Thursday, finished 3rd with a 17:01. Kelly Emo led the ladies with her sub-20:00 performance but it wasn't good enough to beat her arch rival - Rich Hahn. He PRd with a 19:56. One of the buttons on the stop watch was inadvertently hit. Thus, all times were automatically rounded up on the watch. As an example, if you ran a 19:56.1, you got credit for 19:57.

9/11/99 - Farwell/Herriman - 4.68

Miles

1	Jim Bordoni	27:56
2	Todd Hayes	33:01
3	Hank Lawson	33:46
4	Dena Noble	38:10
5	Gina Strong	38:51
6	Dave McCarten	39:18
7	Glen Douglas	41:41

Runners had their choice of running the 5K on the track or the Farwell/Herriman course. The above seven chose the Farwell/Herriman course.

9/18/99 - 36 x 200 Relay

Pl	Team	Start	Finish
1	DeMart/Zelinski/Francis	-0-	25:07
2	Gavin/Kurasch/Myers	3:00	25:15
3	Jackson/Casillas/Bang	5:45	25:27
4	J.Hurtado/D.Moon/Pogue	4:15	25:30
5	Ettare/Bordoni/VanZant	2:30	25:50
6	Scherry/Beauley/Russell	7:30	26:12
7	Napier/Rostege/Mendoza	3:00	26:24
8	Powers/Hayes/Zades	2:30	26:25
9	Riley/Janzen/Poole	4:00	26:33
10	McCormick/Saucedo/Noel	3:30	26:39
11	Shuster/Norlander/Hahn	3:15	27:06

Dick Barrett Trophy Winner - The Francis Team

Due to a 60-second error by an unidentified handicapper, the Francis team won this morning. They started first but all other teams should have started one minute sooner. However, they deserved the win as one or more members of the next four teams received favorable handicaps due to alleged illnesses or injuries or due to lack of knowledge of their running ability. All teams were rated to finish in 26:15. The Russell team was very fast as they averaged 31.7 per 200. Danielle Zelinski and Carol Mendoza appeared to be the fastest of the women runners. Jutta McCormick ran 33+ on her last 200.

9/25/99 - Farwell - 3.54 Miles

1	Nathan Scherry	19:06
2	Jeff Rohrer	20:37
3	Jim Bordoni	20:43

4	Kristina Mathias	21:30
5	Ray Russell	21:30
6	Dave Fergus	22:04
7	Tom Warfel	22:06
8	Danny Moon	22:33
9	Tim Rostege	22:39
10	Steve Kurasch	22:52
11	Rich Hahn	23:35
12	Carol Mendoza	23:39
13	Dave Norlander	23:42
14	Kelly Emo	23:47
15	Ken Noel	24:43
16	Jim Myers	24:48
17	Norm Saucedo	24:53
18	Russ Kinsch	25:09
19	Dave McIntyre	25:54
20	Jutta McCormick	25:58
21	Ed Gavin	26:12
22	Mike McMahan	26:21
23	Sue Francis	26:49
24	Ken Napier	26:49
25	John Pickens	27:53 PR
26	Howard Powers	29:40
27	Glen Douglas	30:25
28	Madelyn Moon	30:41
29	Terri Kinsch	31:25
30	Stan DeMartinis	32:37
31	Ralph Poole	32:38

Dick Barrett Trophy Winner - Jutta McCormick

Easy win for Nathan. Kristina led the ladies. Jutta improved her own women's 55+ course record by 39 seconds. Dave Norlander moved to #7 on the men's 60+ list. John Pickens knocked 3 minutes off his PR. Glen Douglas improved his 60+ best by 25 seconds.

10/2/99 - 4 x 1.46-Mile WVC

Loop Relay

Pl	Team	Start	Finish
1	Powers/Tico	-0-	39:28
2	Ettare/Hayes	:15	39:51
3	Gerhardt/Nooney	5:15	40:13
4	R.Kinsch/Gavin	1:15	40:56
5	Francis/Fergus	4:00	41:01
6	McCormick/Norlander	1:15	41:05
7	VanZant/Baumgartner	2:15	41:21
8	DeMartinis/Russell	-0-	43:53

Dick Barrett Trophy Winner - Howard Powers

Eddie Tico brought his team from 3rd place at the start of the final leg to a first place finish. However, the star of the team was Howard Powers who ran 44 seconds under his rating. Eddie had the fastest splits for the men and Chris Nooney of the Aggies had the fastest splits for the ladies.

10/9/99 - Short Six - 5.74 Miles

1	Ray Russell	32:12	
2	Nathan Scherry	32:15	
3	Dave Beauley	33:05	
4	Jeff Rohrer	34:51	
5	Eddie Tico	34:57	
6	Amanda Gerhardt	36:43	
7	Danny Moon	36:56	
8	Dick Chimenti	37:25	
9	Tim Rostege	37:48	
10	Ralph Poole	38:41	PR
11	Rich Hahn	38:56	PR
12	Laura Meadors	39:28	
13	Kelly Emo	40:04	PR
14	Carol Mendoza	41:45	
15	Jim Myers	41:50	
16	Demetrios Stefanides	42:13	
17	Dave Norlander	43:08	
18	Ed Gavin	43:18	
19	Ken Napier	45:37	
20	Walt VanZant	46:40	
21	Dena Noble	47:01	
22	John Pickens	48:27	PR
23	Howard Powers	49:42	
24	Glen Douglas	50:05	
25	Russ Smith	51:30	
26	Stan DeMartinis	55:19	
27	Larry Powers	61:58	

Dick Barrett Trophy Winner - Jeff Rohrer

There were many worthy candidates for the trophy this morning. Ray Russell ran the #8 time for 40+ runners, Amanda Gerhardt led the ladies, Ralph Poole ran the #4 time for a 60+ runner, Rich Hahn improved his PR by 30 seconds, Kelly Emo improved her PR by 4 seconds and she has been running this course for many years, John Pickens improved his PR by 85 seconds, Howard Powers broke 50:00 for the first time in 6 years. But, the trophy went to Jeff Rohrer. The aging Jeff will turn 40 next month but still was able to come within 5 seconds of his PR, which he ran 5 years ago. There

was a sad note for the day. Renowned pathfinder Howard Powers, concerned that his son Larry had become lost, set out to find him. Larry made it back to the finish. But, Howard had not been sighted by the time that all of us loyal club members left to eat breakfast.

10/16/99 - Step Up and Down

Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	McCormick/Warfel	3:15	33:17
2	Stefanidis/Tico	5:15	33:33
3	Bang/Russell	9:45	33:45
4	Noel/Myers	3:15	33:47
5	Saucedo/Chimenti	4:15	33:49
6	Scherry/Beauley	9:45	34:03
7	T.Kinsch/Fergus	-0-	34:11
8	M.Moon/Zelinski	-0-	34:50
9	R.Kinsch/Gavin	3:15	35:02
10	Francis/Baumgartnr	3:15	35:07
11	D.Moon/Nandra	8:15	35:19
12	Ettare/Emo	2:15	35:20

All teams were rated to finish in 34:15. The Warfel team beat their rating by 58 seconds and, consequently, won. Actually, they were given an additional 15 seconds just before the start so that four teams could start together. Otherwise, they would have won by only one second.

As regards the individual times, we had several very good performances. We have been running this relay since 1984 and prior to today only 7 runners had cracked 12:10, including Ray Russell at 11:49 and Scott Bang at 12:04. Today, three runners broke 12:10 (Russell at 11:59, Bang at 12:00, and Beauley at 12:05) and Nathan Scherry missed 12:10 by only three seconds. Danielle Zelinski led the ladies at 14:45. Congrats to Russ Kinsch and Madelyn Moon. Russ began running this workout in Sept 84 and today he ran his slowest ever time. Madelyn began running this workout in July 1988 and she also ran her slowest ever time. Eddie Tico ran his best time for this workout since February 1986.

10/23/99 - Valle Vista - 4.76

Miles

1	Ray Russell	16:04
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2	Scott Bang	16:19	
3	Eddie Tico	17:30	
4	Jim Bordoni	17:34	
5	Dave Fergus	17:47	
6	Kristina Mathias	17:49	
7	Jonathan Lee	18:23	
8	Dick Chimenti	18:31	
9	Amanda Gerhardt	18:38	
10	Tim Rostege	18:58	
11	Sue Francis	19:39	
12	Kelly Emo	19:47	PR
13	Demetrios Stefands	19:57	PR
14	Ken Noel	20:11	
15	Brian Low	20:33	
16	Norm Saucedo	20:41	
17	Tom Frazier	22:06	
18	Walt VanZant	22:06	
19	Jerry Lewis	22:24	
20	Pauline Beatty	22:48	
21	Leslie Almas	23:11	
22	Anna Luo	23:28	
23	Howard Powers	26:07	
24	Madelyn Moon	27:07	

Dick Barrett Trophy Winner - Kelly Emo

Small turnout. Easy win for Ray. Kelly broke her PR by 15 seconds. Jim Bordoni improved his 45+ PR. Pauline celebrated her 43rd birthday with a fast run. Kristina led the ladies.

10/30/99 - 6 x 1600 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	DeMartinis/Hogue	:15	41:45
2	Myers/Gerhardt	6:00	42:08
3	Poole/Nooney	6:15	42:11
4	Almas/Scherry	2:15	42:24
5	J.Pickens/Saucedo	1:30	42:30
6	Napier/R.Kinsch	:45	42:34
7	Chimenti/Fergus	8:15	42:44
8	VanZant/Noel	-0-	43:47
9	Luo/McCormick	:15	43:47
10	R.Collins/Baumgrtnr	3:15	44:09

Dick Barrett Trophy Winner - Stan DeMartinis

Don Hogue put his team into the lead during the 2nd leg and they held it the rest of the way as they were the only team to hit par of 41:45. Don had the best average at 5:25. Amanda Gerhardt led the ladies at 5:33. Dave Beauley brought out a tasty pumpkin pie for all to share after our run.

11/6/99 - Triangle Run - 4.76
Miles

1	Scott Bang	26:01	PR
2	Nathan Scherry	26:07	PR
3	Ray Russell	26:47	
4	Eddie Tico	28:06	
5	Navraj Nandra	28:11	PR
6	Dave Fergus	28:13	
7	Katie Spink	28:25	
8	Amanda Gerhardt	28:34	PR
9	Hiram Jackson	28:43	
10	Becki Kriege	28:44	
11	Kristina Mathias	28:50	PR
12	Don Hogue	29:15	
13	Chris Nooney	29:26	
14	Todd Hayes	29:33	
15	Marlon Menezes	30:15	
16	Joe Hurtado	30:42	
17	Ralph Poole	30:43	PR
18	Tom Warfel	31:07	
19	Bill Meinhardt	32:17	
20	Demetri Stefands	32:54	PR
21	Dave Norlander	33:17	
22	Bill Flodberg	33:46	
23	Rich Hahn	33:52	
24	Marian Richard	33:56	
25	Kelly Emo	33:57	
26	Cecil Baumgartner	34:54	
27	Jerry Lewis	35:26	
28	Ed Gavin	35:43	
29	Jutta McCormick	35:59	
30	Ken Noel	36:00	
31	Walt Van Zant	36:30	
32	Pauline Beatty	39:00	
33	Mark Winitz	39:19	PR
34	Glen Douglas	39:43	
35	Russ Kinsch	42:47	
36	Rich Stiller	42:48	
37	Fred Brooks	44:06	
38	Gina Strong	44:15	
39	Stan DeMartinis	44:19	

Dick Barrett Trophy Winner - Ralph Poole

Nathan Scherry led this race all of the way until the last 100 yards, when Scott finally caught and sprinted by him. This will be Nathan's last run with us for awhile as the Navy has moved him to Rhode Island. Katie Spink of the Aggies led an excellent women's field as she finished 8 seconds under the club record for this course. Ralph Poole broke Norm Saucedo's 60+ record for this course by

3 seconds. Bill Flodberg improved his own 65+ course record by 33 seconds.

11/13/99 - 12 x 600 Relay

Pl	Team	Start	Finish
1	McCormick/R.Kinsh	1:15	29:17
2	Noel/Myers	3:00	29:36
3	Zelinski/Poole	4:00	30:14
4	Warfel/Bang	7:00	30:26
5	Beatty/Napier	-0-	30:31
6	Jackson/Casillas	7:00	30:39
7	Tico/Luo	4:00	30:40
8	D.Moon/Lee	7:00	31:10
9	Carter/Low	1:00	31:37

11/20/99 -
Douglas/Saratoga/Fruitvale -
2.75 Miles

1	Dave Fergus	15:39	
2	Todd Hayes	16:30	
3	Becki Kriege	16:36	
4	Danny Moon	16:56	
5	Tom Warfel	16:59	
6	Tim Rostege	17:08	
7	Ralph Poole	17:12	
8	Rich Hahn	17:32	PR
9	Kelly Emo	17:49	
10	Bob Shuck	18:49	
11	Dave Norlander	18:50	
12	Demetrios Stefanidis	18:55	
13	Ed Gavin	19:01	
14	Bill Meinhardt	19:13	
15	Tim Riley	19:21	
16	Walt Van Zant	19:34	
17	Cecil Baumgartner	20:33	
18	Ken Napier	20:36	
19	Antonina Ettore	21:06	
20	Glen Douglas	21:55	
21	Georgia Riley	21:57	
22	Leslie Almas	22:04	
23	Pauline Beatty	22:08	
24	Rich Stiller	22:12	
25	Dan Duston	22:14	
26	Chris Hallen	22:22	
27	Russ Smith	22:27	PR
28	Madelyn Moon	24:10	
29	Marion Carter	24:25	PW
30	Stan DeMartinis	24:35	
31	Terri Kinsch	24:43	

Dick Barrett Trophy Winner - Todd Hayes

Dave Fergus and Danny Moon started quickly and ran together for about a mile before Danny went into the tank. Todd Hayes, fresh from a 6:57 50-miler a week

ago, finished 2nd. Antonina knocked 37 seconds off her 45+ PR. Georgia recorded the #2 time by a female 55+ runner. Ralph Poole tied his own 60+ #2 time. Russ Smith improved his PR by 63 seconds. Marion Cater ran his first road run of the year and impressed many of the onlookers with a PW. He turns 69 tomorrow.

11/27/99 - 8 x 1200 Relay

Pl	Team	Start	Finish
1	Hahn/Poole	9:30	45:31
2	Hayes/Kriege	11:45	45:42
3	R.Kinsch/D.Garcia	8:45	45:54
4	Fergus/D.Moon	13:15	46:07
5	Tico/Nandra	13:30	46:12
6	J.Bordoni/Russell	15:00	46:39
7	Norlander/Stefanidis	8:45	46:51
8	Hurtado/Casillas	11:45	46:59
9	DeMartinis/Powers	-0-	47:18
10	McCormick/Noel	8:15	47:34
11	Erickson/Jackson	9:30	47:41
12	Zades/Beatty	5:30	48:09

Dick Barrett Trophy Winner - Rich Hahn

12/4/99 - Farwell/Herriman - 4.68
Miles

1	Scott Bang	25:55	PR
2	Dave Fergus	27:38	
3	Ray Russell	28:37	
4	Jonathan Lee	28:58	
5	Danny Moon	29:20	
6	Amanda Gerhardt	29:41	
7	Ralph Poole	29:47	PR
8	Dave Leroy	29:50	
9	Chris Nooney	29:52	
10	Joe Hurtado	29:52	
11	Tim Rostege	29:58	
12	Bill Meinhardt	30:34	
13	Jose Casillas	32:12	
14	Ed Gavin	32:59	
15	Rich Hahn	33:06	
16	Bill Flodberg	33:42	
17	Tim Riley	34:03	
18	Russ Kinsch	34:05	
19	Tom Zades	34:49	
20	Kelly Emo	35:13	
21	Marian Richard	35:13	
22	dave Sanders	35:14	
23	Elaine Erickson	35:54	PR
24	Greg Shuster	35:59	
25	Sharon Sanders	36:47	
26	Pauline Beatty	36:54	
27	Ken Napier	36:55	

28	Sandy carpenter	37:29	1	Don Hogue	21:14	21	Russ Kinsch	32:49
29	Antonina Ettare	39:37	2	Jim Bordoni	21:27	22	Rich Stiller	32:49
30	Chris Hallen	40:05	3	Todd Hayes	22:53	23	Stan DeMartinis	32:58
31	Don Dugdale	41:17	4	Kelly Emo	23:38	24	Howard Powers	39:48 FH
32	Dick Chimenti	41:26	5	Hank Lawson	23:40			
33	Stan DeMartinis	43:39	6	Demetr Stefanidis	23:52 PR			

Dick Barrett Trophy Winner - Scott Bang

Easy win for Scott. Amanda led all of the ladies. Ralph moved to #2 on the 60+ list behind Ulrich Kaempf. Bill Flodberg broke Marion Carter's 65+ record by 15 seconds. Elaine and Sharon ran the #9 and #10 times by a 40+ runner. Don Dugdale ran 16 minutes over his PR. Dick Chimenti pulled his calf muscle enroute to a PW.

12/11/99 - Farwell - 3.54 Miles

7	Cecil Baumgartner	24:22
8	Brian Low	24:48 PR
9	Sue Francis	25:23
10	Dave Norlander	25:29
11	Dave McIntyre	25:41 PR
12	Tom Zades	25:41
13	Walt Van Zant	26:44
14	Elaine Erickson	27:22 PR
15	Tom Warfel	28:31
15	Jim Myers	28:31
17	Rich Collins	28:57
18	Danielle Zelinski	29:50
19	Greg Shuster	29:50
20	Pauline Beatty	30:18

Phantom Dick Barrett Trophy Winner - Elaine Erickson

Don Hogue won a Saturday run for the first time in awhile. Kelly was just 4 seconds over her PR while leading the women. Demetrios knocked one minute off his PR. Elaine ran her second consecutive PR while moving to #10 on the 40+ list. Howard mistakenly ran the Farwell/Herriman course.

RACE RESULTS

3/29/99 - Canadian Ironman

Jan Duston 13:10

This race, run in Penticton, British Columbia, consisted of a 2.4M swim, a 112-mile bike, and a 26.2M run.

3/6/99 - Pacific Sun 10K

Hector Delgado	31:06
Rick Reitz	32:18
Nathan Scherry	33:47
Paul Davis	33:59
Brian Davis	34:07
Jan Anderson	34:14 1st-45+
Jeff Rohrer	36:27
Becki Kriege	36:35 1st-30+
Jim Reitz	37:38 1st-55+
Janny Moon	37:45
Neal Chappell	38:33 1st-60+
Tom Warfel	39:46
Todd Hayes	39:48
Hilary Sand	39:50
Fina Lount-Pretre	40:11
Ralph Poole	40:19 2nd-60+
Carol Mendoza	40:34
Jose Casillas	40:37
Marian Richard	41:03
Rich Hahn	41:10
Linda Kidd	41:41
Kelly Emo	42:35
Ken Noel	43:00
Dave Norlander	43:00
Bill Flodberg	44:42 2nd-65+

Gene Antonides	45:35
Walt Van Zant	48:01
Boyce Jacques	48:16 1st-70+
Ed Reyna	50:39 3rd-65+
Howard Powers	52:05 3rd-70+
Jim Camp	54:47
Stan DeMartinis	57:40 1st-75+
Jack Friedlander	60:00 2nd-75+
Joyce Friedlander	63:26

Our men's 60+ and 70+ teams won, our open women and 40+ men finished 4th, our 40+ women and 50+ men finished 5th, and our open men finished 7th.

9/11/99 - Golden Gate Park 4M

XC

Chuck MacDonald	23:55 1st-50+
Navraj Nandra	24:44
Dick Chimenti	25:41
Danielle Zelinski	28:xx

9/12/99 - Presidio 12K

Jutta McCormick	56:23 1st-50+
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9/18/99 - 5K Race

Lindsay Calicchio	32:18
Pauline Beatty	32:20
Sandy Calicchio	41:36

9/18/99 - Sierra College XC - 4M

Christine Kennedy	23:35 1st-40+
Linda Kidd	25:29

9/99 - Lockheed 5K

1	Dave Beaulley	16:17
2	Scott Bang	16:21 2nd-30+
3	Dennis Kurtis	16:40 1st-40+
5	Danny Moon	18:25 1st-50+
11	Alison Olver	19:52 1st-

Wom

41	Pauline Beatty	22:13 1st-40+
52	Dave McIntyre	22:40
83	Ed Reyna	25:05 3rd-60+
89	Gina Strong	25:20 5th-30+
100	Greg Shuster	25:59
130	Joan Munson	27:48 5th-40+
136	Stan DeMartinis	28:02 1st-70+
152	Tracie Sayyah	29:14

There were 360 finishers.

10/2/99 - Presidio XC Race - 3M

Jeff Rohrer	19:04
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10/3/99 - Bridge to Bridge 7K

Jutta McCormick	33:30 1st-50+
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10/16/99 - Firetrails 50M

Todd Hayes	9:00:54 3rd-40+
Cecil Baumgartner	9:46:11
Sue Francis	10:11:38 2nd-40+

There was a high attrition rate in this race due to the very hot weather. Cecil said that two of the leaders dropped out.

looking like VanZant after a Short Six run.

10/16/99 - Empire XC Race

Christine Kennedy 23:28

10/17/99 - Theta Breakers 5K

Cecil Baumgartnr 20:10 1st/40+
Sue Francis 20:29 2nd/40+
Janielle Zelinski 20:45 2nd/18-

10/17/99 - Almaden Times - 2M

Pat Buzbee 11:13 1st-40+
Kelly Emo 12:37 1st-30+
Jena Noble 13:39 2nd-30+

10/17/99 - Almaden Times 10K

Ed Casey 34:45 1st-40+
Tim Rostege 39:17 2nd-50+
Tom Zades 47:18

10/23/99 - Sierra Nevada 52.4-Miler

Godd Hayes 9:08:05 2nd-40+

10/23/99 - Crystal Springs XC - 1.19M

Jeff Rohrer 24:28
Navraj Nandra 25:06
Rich Hahn 28:17

10/23/99 - Crystal Springs XC - 2.95M

Christine Kennedy 18:38 1st-40+
Janielle Zelinski 20:00

10/24/99 - Stanford 5K

Pat Buzbee 18:15 3rd-40+
Carol Mendoza 19:25 2nd-30+
Rich Hahn 20:23
Kelly Emo 20:32 4th-30+
Bill Flodberg 21:10 1st-60+
Jutta McCormick 21:35 2nd-50+

10/24/99 - Stanford 10K

Rich Hahn 44:00
Kelly Emo 45:11 2nd-30+
Jerry Lewis 45:51 1st-60+

10/30/99 - Shoreline XC - 5K

Christine Kennedy 18:46 3rd-40+

10/31/99 - Hollister Mile

1 Ray Russell 4:31 1st-40+
2 Scott Bang 4:34 1st-30+
4 Brad Holbrook 4:53 2nd-30+
5 Jim Bordoni 4:57 2nd-40+
6 Danny Moon 4:59 1st-50+

10 Tom Warfel 5:35 2nd-50+
11 Rich Hahn 5:37 3rd-30+
13 Demetri Stefanidis 5:42 3rd-40+
15 Jake White 5:43
16 Kelly Emo 5:44 1st-Wom
19 Walt Van Zant 6:00 1st-60+
20 Jutta McCormick 6:05 2nd-Wom
22 Ken Napier 6:32 2nd-60+
29 Howard Powers 7:03
34 Madelyn Moon 7:23 2nd-50+

Brad Holbrook opened with a 62-2:20 start before fading to 4th. Scott Bang took over the lead at that point and led through 3:31 at the 1320 and kept the lead until there were 150 yards to go, when Ray kicked by him for the win. Kelly Emo was the top woman finisher and also won the 30/39 division. Jutta was the 2nd woman finisher while winning the 50+ division. Danny Moon broke the 5-minute barrier for the 18th year in a row by 0.7 seconds. Jake and Howard were the only club members not to win awards. Jake ran well but missed 3rd place in the 50+ division by one second. Howard was the top 70+ runner with his excellent time of 7:03 but there was no 70+ division at this race. He was 4th in the 60+ division as the 3rd finisher in that division ran 6:54.

10/31/99 - Silicon Valley Marathon

Jose Palalia 2:24:01 3rd-
Overall
Dave Bealey 2:49:02 3rd-30+
Ed Casey 2:49:23 1st-40+
Joe Hurtado 2:57:56 1st-55+
Bob Lilly 3:11:41 4th-50+
Cecil Baumgartner 3:31:23
Sue Francis 3:31:35 1st-45+
Laura Lopez 3:36:02
Sue MacDonald 3:47:12 4th-45+
Dave McIntyre 4:22:35
Tim Riley 4:44:15
Georgia Riley 4:49:02 4th-55+
Chris Hallen 4:49:02
Glen Douglas 4:56:04
Dave Valles 5:14:32 2nd-75+
Elaine Erickson 5:42:04
Joann Dahlkoetter DNF
Becki Kriege DNF
Ed Reyna DNF
Nathan Scherry DNF
Karen Steele DNF

10/31/99 - Silicon Valley Half Marathon

Jim Angelopoulos 1:15:46 3rd-35+
Navraj Nandra 1:23:31
Arturo Rodriguez 1:24:38 3rd-45+
Art Mitchum 1:28:42 4th-45+
Gar Wilson 1:30:43
Tina Lount-Pretre 1:34:00
Dave Norlander 1:36:44 1st-60+
Brian Low 1:38:27 2nd-55+
Pauline Beatty 1:47:42
Jim Camp 2:10:11
Marcia Morrison 2:11:25

10/31/99 - Silicon Valley 5K

Brian Davis 16:25 1st-40+
Dave Piazza 17:14 2nd-40+
Jeff Cowling 17:44 3rd-40+
Pat Buzbee 18:05 1st-45+
Tim Rostege 19:21 1st-55+

10/31/99 - Pumpkin Patch 10K

Dan Anderson 35:22 2nd-Men

11/6/99 - Santa Barbara Half Marathon

Bill Dunn 1:23:52 2nd-50+
Carol Mendoza 1:31:32 2nd-30+

11/6/99 - Tamalpa XC Race - 4.61M

Brian Davis 26:28
Jeff Rohrer 28:36
Christine Kenndy 30:17 3rd-40+
Danielle Zelinski 33:49
Gail Campbell 36:21 2nd-50+

11/7/99 - 5-Miler at Shoreline Park

Tim Rostege ?
Kelly Emo 40:18

Kelly pushed baby Dana to a 5-mile PR.

11/7/99 - Santa Clara Bar Assoc 5K

Cecil Baumgartner 19:22 4th-40+

11/7/99 - Santa Clara Bar Assoc 10K

Arturo Rodriguez 37:43 1st-40+
Kathy Frank 44:00 1st-50+
Tom Zades 46:41

11/13/99 - USATF 50M Natl Championships

Todd Hayes 6:57:43 3rd-45+

Cecil Baumgartner 7:18:22 3rd-40+
Sue Francis 7:51:15 1st-45+

The weather was calm and clear for this lat 50-mile run along the American River bike path in Sacramento. Since it was the JSATF 50-mile championship, many runners traveled from all over the country to participate. The temperature warmed to the mid 70s by midday and the lack of shade slowed many runners over the last stretches of the run.

11/14/99 - New York Marathon

Roger Bivens 4:30:25
Carin Bivens 5:34:45
Joyce Friedlander 5:57:49
Jack Friedlander 5:57:49

11/14/99 - Chevy's Mex 5K

Pat Buzbee 17:48 4th-45+
Ron Kiyono 18:07 2nd-50+
Kelly Emo 19:45 2nd-Wom
Marcia Morrison 27:41

11/14/99 - Chevy's Mex 10K

Jim Angelopoulos 33:50 3rd-35+
Jennis Kurtis 33:53 1st-45+
Ed Casey 35:36 2nd-40+
Dick Chimenti 38:21 1st-55+
Tim Rostege 38:57 3rd-55+
Rich Hahn 40:37
Tom Zades 46:30 5th-55+

11/14/99 - Clarksburg 30K

Brian Davis 1:50:56 4th-40+
Charles Lighty 1:59:10
Joe Hurtado 2:04:50 1st-55+
Jim Reitz 2:08:22 2nd-55+
Chris Kennedy 2:09:03 5th-40+
Art Mitchum 2:14:30
Jave Norlander 2:26:27 4th-60+
Bill Flodberg 2:50:23 2nd-65+
Walt Van Zant 3:04:35
Howard Powers 3:17:50 1st-70+
Stan DeMartinis 3:27:04 1st-75+

All three teams that we entered in this race - 40+ men, 50+ men, and 60+ men - finished 3rd.

11/14/99 - Clarksburg 5K

Neal Chappell 18:47 1st-60+
Gary Brooks 19:25 1st-50+
Frank Cunningham 25:14 1st-75+
Sina Strong 26:00 5th-25+

11/20/99 - Davis Turkey Trot 5K

Neal Chappell 18:32 1st-60+
Jutta McCormick 21:45 1st-55+
Frank Cunningham 24:23 1st-75+

11/20/99 - Davis Turkey Trot

10K
Ken Noel 42:44 1st-60+

11/20/99 - PA/USATF XC

Championships - 4M

Christine Kennedy 25:42 4th-40+
Gail Campbell 31:22 1st-50+
Danielle Zelinski 31:51

11/20/99 - PA/USATF XC

Championships - 10K

Chuck MacDonald 37:36 3rd-50+
Jeff Rohrer 38:03

11/28/99 - Run to the Farside 5K

Rick Reitz 16:13 4th-30+
Brian Davis 16:38 2nd-40+
Dave Piazza 17:33
Art Mitchum 18:11
Jim Reitz 18:40 1st-50+
Bob Pickens 20:04
Bert Johnson 22:05
Tim Riley 22:14
Georgia Riley 24:19 6th-50+
Ray Stewart 25:57 2nd-70+

11/28/99 - Run to the Farside

10K
Tina Lount-Pretre 39:43 6th-30+
Tim Rostege 40:06 5th-50+
Marian Richard 42:39
Ed Gavin 44:30

12/5/99 - National Masters XC

Championships

Chuck MacDonald 37:36 5th-50+
Christine Kennedy 39:42 5th-40+
Neal Chappell 39:57 1st-60+
Dave Norlander 43:37 8th-60+
Ken Noel 43:51 10th-60+
Sue MacDonald 46:31 1st-45+
Gail Campbell 47:46 1st-50+

This was a good day for club members. Neal, Sue, and Gail won individual national championships and our 60+ team of Neal, Dave, and Ken won the team 60+ national championship.

12/5/99 - Cal Intl Marathon

Charles Lighty 2:53:43
Kathy Frank 3:27:49 2nd-50+

12/12/99 - Christmas Relay - 4.464 Miles Per Leg

5th - #1 40 Men (1st 40+)

Bob Ebert 23:23
Dan Sauers 24:39
Ray Russell 25:02
Brian Davis 24:31 1:37:35

7th - Open Men (5th Open)

Jose Palalia 22:37
Bob Pickens 24:30
Jonathan Lee 27:12
Scott Bang 24:04 1:38:23

18th - #2 40 Men (4th 40+)

Dennis Kurtis 24:44
Jeff Rohrer 26:28
Cecil Baumgartner 29:17
Dan Anderson 25:23 1:45:52

63rd - 50 Men (7th 50+)

Joe Hurtado 28:16
Jim Reitz 27:34
Tim Rostege 28:32
Walt Van Zant 34:49 1:59:11

67th - Open Women (8th Open)

Carol Mendoza 28:42
Tina Lount-Pretre 28:24
Alison Olver 33:xx
Marian Richard 30:xx 1:59:59

78th - 60 Men (2nd 60+)

Rod MacKinlay 29:39
Bob Shuck 31:57
Bill Flodberg 32:51
Ralph Poole 28:31 2:02:58

91st - Mixed Team (6th Mixed)

Kelly Emo 29:57
Anna Luo 34:13
Tim Riley 32:30
Rich Hahn 29:09 2:05:49

166th 50 Women (2nd 50+)

Chris Hallen 37:19
Georgia Riley 35:35
Marcia Morrison 40:47
Kathy Frank 32:30 2:26:11

Others

Pat Buzbee ?
Art Mitchum 27:54



Jutta McCormick 33:13

Our 50+ ladies finished second in their division. Tina Lount-Pretre had the fastest time for our ladies at 28:24. VanZant started the last leg for the 50+ team in 35th place and finished 63rd.

23:10 (Jerry Lynch), and 23:33 for a time of 1:32:58. Our next four 40+ runners that year ran 23:59 (Bert Johnson), 24:05 (Tom Laris), 25:19 (Bill Com-port), and 25:26 (Kent Gurthrie) for a time of 1:38:49. One of the latter four runners ran on the #1 team and the remaining three ran on the #2 team. The last two runners on the #2 team ran 25:33 and 25:49.

We had many highlights today. Our #1 40+ team ran very well to win the 40+ division. Our #2 40+ team finished 4th in their division. Jose Palalia led off for our open team and was in second place overall at the end of the first leg. Bob Ebert at the advanced age of 45 was in 4th place overall at the end of the first leg. Our 60+ men's team finished 2nd to wrap up the yearly grand prix win in the 60+ division.

One other note. The 4-man 40+ record for this relay is 1:34:27, which is held by Excelsior. The top four 40+ runners on our 1982 relay team, when the relay consisted of 5-man teams, ran 23:05 (Tim Rostege), 23:10 (Bill Meinhardt),

CUMULATIVE SATURDAY CONTEST

The Cumulative Saturday Contest is your best time for the year on each of our six Saturday race courses. The following table shows the current status. The number in italics represents your equivalent 10K time for that particular course (a relative figure of merit).

Elite Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HER		TRIANGLE		SHORT SIX		TOTAL
Russell, Ray	0:14:21	<i>0:33:46</i>	0:16:04	<i>0:34:01</i>	0:18:55	<i>0:33:47</i>	0:25:22	<i>0:33:55</i>	0:26:47	<i>0:34:52</i>	0:32:12	<i>0:34:02</i>	2:13:41
Bang, Scott	0:14:21	<i>0:33:46</i>	0:16:11	<i>0:34:15</i>	0:19:34	<i>0:34:56</i>	0:25:55	<i>0:34:39</i>	0:26:01	<i>0:33:53</i>	0:32:24	<i>0:34:15</i>	2:14:26
Pickens,Robert	0:14:35	<i>0:34:19</i>	0:16:49	<i>0:35:36</i>	0:22:10	<i>0:39:35</i>	0:25:51	<i>0:34:34</i>	0:28:04	<i>0:36:33</i>	0:36:22	<i>0:38:27</i>	2:23:51
Tico,Eddie	0:15:34	<i>0:36:38</i>	0:17:30	<i>0:37:03</i>	0:21:40	<i>0:38:41</i>	0:29:17	<i>0:39:09</i>	0:28:06	<i>0:36:35</i>	0:34:57	<i>0:36:57</i>	2:27:04
Beauley,Dave	0:16:35	<i>0:39:02</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:33:05	<i>0:34:58</i>	0:00:00
Bunker,Greg	0:18:15	<i>0:42:57</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Castillo,Lucas	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Cyger, Mike	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Fergus,Dave	0:15:39	<i>0:36:50</i>	0:17:47	<i>0:37:39</i>	0:21:26	<i>0:38:16</i>	0:27:38	<i>0:36:57</i>	0:28:13	<i>0:36:44</i>	0:00:00	<i>0:00:00</i>	0:00:00
Hogue, Don	0:16:33	<i>0:38:57</i>	0:19:00	<i>0:40:13</i>	0:21:14	<i>0:37:55</i>	0:00:00	<i>0:00:00</i>	0:29:15	<i>0:38:05</i>	0:00:00	<i>0:00:00</i>	0:00:00
Luo,Anna	0:00:00	<i>0:00:00</i>	0:23:28	<i>0:49:40</i>	0:25:54	<i>0:46:15</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
McIntyre,Dave	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:25:54	<i>0:46:15</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
McMahon, Mike	0:00:00	<i>0:00:00</i>	0:22:58	<i>0:48:37</i>	0:26:21	<i>0:47:03</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Mendoza,Carol	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:23:39	<i>0:42:14</i>	0:31:49	<i>0:42:32</i>	0:28:42	<i>0:37:22</i>	0:41:45	<i>0:44:08</i>	0:00:00
Nandra,Navraj	0:15:37	<i>0:36:45</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:28:11	<i>0:36:42</i>	0:00:00	<i>0:00:00</i>	0:00:00
Nellis, Dave	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
O'Rourke, Tim	0:14:44	<i>0:34:41</i>	0:00:00	<i>0:00:00</i>	0:20:06	<i>0:35:54</i>	0:00:00	<i>0:00:00</i>	0:27:00	<i>0:35:09</i>	0:00:00	<i>0:00:00</i>	0:00:00
Palalia, Carlos	0:17:32	<i>0:41:16</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Palalia, Jose	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:20:56	<i>0:37:23</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:31:17	<i>0:33:04</i>	0:00:00
Piazza, Dave	0:15:26	<i>0:36:19</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Rodriguez, Arturo	0:15:51	<i>0:37:18</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Scherry, Nathan	0:14:28	<i>0:34:03</i>	0:00:00	<i>0:00:00</i>	0:18:49	<i>0:33:36</i>	0:25:11	<i>0:33:40</i>	0:26:07	<i>0:34:00</i>	0:32:15	<i>0:34:05</i>	0:00:00
Smith, Russ	0:22:27	<i>0:52:50</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:51:30	<i>0:54:26</i>	0:00:00
Strong, Gina	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:44:15	<i>0:57:37</i>	0:00:00	<i>0:00:00</i>	0:00:00
A Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HER		TRIANGLE		SHORT SIX		TOTAL
Rohrer, Jeff	0:15:48	<i>0:37:11</i>	0:17:23	<i>0:36:48</i>	0:20:37	<i>0:36:49</i>	0:27:24	<i>0:36:38</i>	0:28:02	<i>0:36:30</i>	0:34:51	<i>0:36:50</i>	2:24:05
Bordoni, Jim	0:16:08	<i>0:37:58</i>	0:17:34	<i>0:37:11</i>	0:20:43	<i>0:37:00</i>	0:27:56	<i>0:37:21</i>	0:28:30	<i>0:37:07</i>	0:35:08	<i>0:37:08</i>	2:25:59
Moon, Danny	0:16:18	<i>0:38:22</i>	0:17:44	<i>0:37:32</i>	0:21:50	<i>0:38:59</i>	0:28:49	<i>0:38:31</i>	0:28:53	<i>0:37:37</i>	0:36:50	<i>0:38:56</i>	2:30:24
Mathias, Kristina	0:15:58	<i>0:37:35</i>	0:18:02	<i>0:38:10</i>	0:21:20	<i>0:38:06</i>	0:28:14	<i>0:37:45</i>	0:29:48	<i>0:38:48</i>	0:39:05	<i>0:41:19</i>	2:32:27
Chimenti, Dick	0:16:20	<i>0:38:27</i>	0:17:54	<i>0:37:53</i>	0:21:56	<i>0:39:10</i>	0:30:33	<i>0:40:51</i>	0:28:40	<i>0:37:20</i>	0:37:25	<i>0:39:33</i>	2:32:48
Bordoni, Mike	0:16:29	<i>0:38:48</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:32:10	<i>0:41:53</i>	0:41:52	<i>0:44:15</i>	0:00:00
Burke, Greg	0:16:14	<i>0:38:12</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:31:08	<i>0:40:32</i>	0:00:00	<i>0:00:00</i>	0:00:00
Cornwell, Dwight	0:15:01	<i>0:35:21</i>	0:00:00	<i>0:00:00</i>	0:19:44	<i>0:35:14</i>	0:26:57	<i>0:36:02</i>	0:26:41	<i>0:34:45</i>	0:33:24	<i>0:35:18</i>	0:00:00
Furst, David	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:28:11	<i>0:36:42</i>	0:35:31	<i>0:37:33</i>	0:00:00
Hayes, Todd	0:16:30	<i>0:38:50</i>	0:18:41	<i>0:39:33</i>	0:22:53	<i>0:40:52</i>	0:31:03	<i>0:41:31</i>	0:29:33	<i>0:38:29</i>	0:00:00	<i>0:00:00</i>	0:00:00
Kriege, Becki	0:16:36	<i>0:39:04</i>	0:00:00	<i>0:00:00</i>	0:21:23	<i>0:38:11</i>	0:28:10	<i>0:37:39</i>	0:28:44	<i>0:37:25</i>	0:36:44	<i>0:38:50</i>	0:00:00
Lee, Jonathan	0:00:00	<i>0:00:00</i>	0:18:23	<i>0:38:55</i>	0:00:00	<i>0:00:00</i>	0:28:58	<i>0:38:44</i>	0:30:47	<i>0:40:05</i>	0:00:00	<i>0:00:00</i>	0:00:00
McFeely, John	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Murray, Al	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:22:38	<i>0:40:25</i>	0:28:03	<i>0:37:30</i>	0:00:00	<i>0:00:00</i>	0:36:22	<i>0:38:27</i>	0:00:00
Norcia, Mike	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Sand, Hillary	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:24:50	<i>0:44:21</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:41:10	<i>0:43:31</i>	0:00:00
Schonfeld, Brian	0:17:01	<i>0:40:03</i>	0:18:49	<i>0:39:50</i>	0:22:44	<i>0:40:36</i>	0:29:52	<i>0:39:56</i>	0:00:00	<i>0:00:00</i>	0:40:17	<i>0:42:35</i>	0:00:00
B Div	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HER		TRIANGLE		SHORT SIX		TOTAL
Rostege, Tim	0:16:48	<i>0:39:32</i>	0:18:58	<i>0:40:09</i>	0:22:26	<i>0:40:04</i>	0:29:22	<i>0:39:16</i>	0:29:39	<i>0:38:36</i>	0:37:01	<i>0:39:08</i>	2:34:14
Warfel, Tom	0:16:59	<i>0:39:58</i>	0:18:38	<i>0:39:27</i>	0:22:06	<i>0:39:28</i>	0:29:34	<i>0:39:32</i>	0:30:40	<i>0:39:56</i>	0:37:46	<i>0:39:55</i>	2:35:43
Poole, Ralph	0:17:12	<i>0:40:29</i>	0:19:11	<i>0:40:36</i>	0:22:44	<i>0:40:36</i>	0:29:47	<i>0:39:49</i>	0:30:43	<i>0:40:00</i>	0:38:41	<i>0:40:53</i>	2:38:18
Hurtado, Joe	0:17:39	<i>0:41:33</i>	0:19:48	<i>0:41:55</i>	0:23:35	<i>0:42:07</i>	0:29:52	<i>0:39:56</i>	0:30:42	<i>0:39:58</i>	0:38:14	<i>0:40:25</i>	2:39:50
Baumgartner, C	0:17:46	<i>0:41:49</i>	0:19:04	<i>0:40:22</i>	0:22:38	<i>0:40:25</i>	0:31:19	<i>0:41:52</i>	0:32:01	<i>0:41:41</i>	0:39:53	<i>0:42:10</i>	2:42:41
Francis, Sue	0:18:26	<i>0:43:23</i>	0:19:39	<i>0:41:36</i>	0:25:23	<i>0:45:20</i>	0:34:47	<i>0:46:30</i>	0:34:03	<i>0:44:20</i>	0:42:13	<i>0:44:38</i>	2:54:31
Gavin, Ed	0:19:01	<i>0:44:46</i>	0:20:58	<i>0:44:23</i>	0:26:12	<i>0:46:47</i>	0:32:59	<i>0:44:06</i>	0:34:28	<i>0:44:53</i>	0:43:18	<i>0:45:46</i>	2:56:56
Kinsch, Russ	0:19:54	<i>0:46:50</i>	0:20:09	<i>0:42:39</i>	0:25:09	<i>0:44:55</i>	0:34:05	<i>0:45:34</i>	0:32:57	<i>0:42:54</i>	0:45:27	<i>0:48:03</i>	2:57:41
Bordoni, Matt	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:32:28	<i>0:43:24</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Casillas, Jose	0:17:02	<i>0:40:05</i>	0:00:00	<i>0:00:00</i>	0:24:33	<i>0:43:50</i>	0:32:12	<i>0:43:03</i>	0:00:00	<i>0:00:00</i>	0:38:25	<i>0:40:37</i>	0:00:00
Dahlkoetter, Joann	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:23:46	<i>0:42:26</i>	0:31:24	<i>0:41:59</i>	0:32:57	<i>0:42:54</i>	0:39:53	<i>0:42:10</i>	0:00:00
Frazier, Tom	0:18:10	<i>0:42:45</i>	0:19:53	<i>0:42:05</i>	0:26:29	<i>0:47:17</i>	0:34:53	<i>0:46:38</i>	0:33:04	<i>0:43:03</i>	0:00:00	<i>0:00:00</i>	0:00:00
Garcia, Dave	0:17:53	<i>0:42:05</i>	0:19:39	<i>0:41:3</i>									



Kananen,Rick	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lount,Tina	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
MacKinlay,Rod	0:20:54	0:49:11	0:20:10	0:42:41	0:23:19	0:41:38	0:37:01	0:49:29	0:00:00	0:40:19	0:42:37
Meinhardt,Bill	0:19:13	0:45:14	0:19:20	0:40:55	0:00:00	0:00:00	0:30:34	0:40:52	0:32:17	0:42:02	0:00:00
Menezes,Marlon	0:00:00	0:00:00	0:18:39	0:39:29	0:21:17	0:38:00	0:00:00	0:00:00	0:29:45	0:38:44	0:00:00
Morrison,Al	0:17:09	0:40:22	0:18:40	0:39:31	0:22:15	0:39:44	0:29:18	0:39:10	0:00:00	0:00:00	0:00:00
Nelson,Ron	0:17:26	0:41:02	0:00:00	0:00:00	0:23:28	0:41:54	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Purdy,Terry	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Saucedo, Norm	0:17:59	0:42:20	0:20:41	0:43:47	0:24:53	0:44:26	0:31:38	0:42:17	0:00:00	0:00:00	0:00:00
Shuck,Bob	0:18:49	0:44:17	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Stilller,Rich	0:17:34	0:41:21	0:23:55	0:50:38	0:28:03	0:50:05	0:00:00	0:00:00	0:31:51	0:41:28	0:45:30
White,Jake	0:17:59	0:42:20	0:19:42	0:41:42	0:00:00	0:00:00	0:31:28	0:42:04	0:32:19	0:42:05	0:00:00

C Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HER	TRIANGLE	SHORT SIX	TOTAL						
Hahn,Rich	0:17:32	0:41:16	0:19:58	0:42:16	0:23:35	0:42:07	0:31:26	0:42:01	0:31:52	0:41:30	0:38:56	0:41:09	2:43:19
Norlander,Dave	0:18:34	0:43:42	0:20:09	0:42:39	0:23:42	0:42:19	0:31:59	0:42:46	0:31:29	0:41:00	0:39:43	0:41:59	2:45:36
Emo,Kelly	0:17:43	0:41:42	0:19:47	0:41:53	0:23:38	0:42:12	0:31:55	0:42:40	0:32:07	0:41:49	0:40:04	0:42:21	2:45:14
Stefanidis,Demetr	0:18:43	0:44:03	0:19:57	0:42:14	0:23:52	0:42:37	0:33:52	0:45:17	0:32:54	0:42:50	0:42:01	0:44:25	2:51:19
Myers,Jim	0:19:05	0:44:55	0:20:41	0:43:47	0:24:48	0:44:17	0:33:15	0:44:27	0:34:01	0:44:18	0:41:50	0:44:13	2:53:40
Richard,Marian	0:18:31	0:43:35	0:20:17	0:42:56	0:26:39	0:47:35	0:32:38	0:43:38	0:33:56	0:44:11	0:42:00	0:44:24	2:54:01
Noel,Ken	0:18:18	0:43:04	0:20:11	0:42:43	0:24:43	0:44:08	0:34:01	0:45:29	0:33:53	0:44:07	0:44:02	0:46:33	2:55:08
Riley,Tim	0:18:53	0:44:27	0:20:54	0:44:14	0:25:26	0:45:25	0:34:03	0:45:31	0:34:34	0:45:01	0:43:58	0:46:29	2:57:48
VanZant,Walt	0:19:34	0:46:03	0:20:56	0:44:19	0:26:44	0:47:44	0:38:44	0:51:47	0:34:49	0:45:20	0:43:47	0:46:17	3:04:34
Antonides,Gene	0:00:00	0:00:00	0:23:30	0:49:45	0:00:00	0:00:00	0:00:00	0:00:00	0:37:14	0:48:29	0:00:00	0:00:00	0:00:00
Bronson,John	0:18:46	0:44:10	0:20:24	0:43:11	0:25:26	0:45:25	0:00:00	0:00:00	0:33:36	0:43:45	0:43:34	0:46:03	0:00:00
Duston,Dan	0:22:14	0:52:20	0:23:38	0:50:02	0:00:00	0:00:00	0:00:00	0:00:00	0:38:44	0:50:26	0:00:00	0:00:00	0:00:00
Flodberg,Bill	0:18:47	0:44:13	0:00:00	0:00:00	0:00:00	0:00:00	0:33:42	0:45:03	0:33:46	0:43:58	0:00:00	0:00:00	0:00:00
Garcia,Vicki	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Harris,Ruth	0:00:00	0:00:00	0:26:38	0:56:23	0:00:00	0:00:00	0:37:53	0:50:39	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Misner,Karl	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:41:22	0:43:44	0:00:00
Noble,Dena	0:22:17	0:52:27	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:44:56	0:47:30	0:00:00
Riley,Georgia	0:21:57	0:51:40	0:23:28	0:49:40	0:00:00	0:00:00	0:00:00	0:00:00	0:38:26	0:50:03	0:48:34	0:51:20	0:00:00
Winitz,Mark	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:39:19	0:51:12	0:48:18	0:51:03	0:00:00
Zelinski,Danielle	0:19:01	0:44:46	0:22:08	0:46:51	0:26:15	0:46:53	0:00:00	0:00:00	0:34:10	0:44:29	0:00:00	0:00:00	0:00:00

D Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HER	TRIANGLE	SHORT SIX	TOTAL						
Low,Brian	0:18:43	0:44:03	0:20:17	0:42:56	0:24:48	0:44:17	0:32:33	0:43:31	0:33:15	0:43:18	0:41:16	0:43:37	2:50:52
Napier,Ken	0:20:35	0:48:27	0:23:10	0:49:02	0:26:49	0:47:53	0:36:55	0:49:21	0:37:21	0:48:38	0:45:37	0:48:13	3:10:27
Packwood,Don	0:21:51	0:51:26	0:22:10	0:46:55	0:29:04	0:51:54	0:36:04	0:48:13	0:37:41	0:49:04	0:46:36	0:49:16	3:13:26
Beatty,Pauline	0:21:20	0:50:13	0:22:48	0:48:16	0:27:56	0:49:53	0:36:54	0:49:20	0:37:43	0:49:07	0:46:45	0:49:25	3:13:26
Erickson,Elaine	0:20:18	0:47:47	0:22:57	0:48:35	0:27:22	0:48:52	0:35:54	0:48:00	0:40:20	0:52:31	0:47:56	0:50:40	3:14:47
Hallen,Chris	0:22:22	0:52:39	0:24:34	0:52:00	0:29:57	0:53:29	0:39:09	0:52:20	0:40:20	0:52:31	0:46:47	0:49:27	3:23:09
Carpenter,Sandy	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:35:37	0:47:37	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Carter,Marion	0:24:25	0:57:28	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Collins,Rich	0:22:10	0:52:10	0:24:57	0:52:49	0:28:57	0:51:42	0:40:32	0:54:11	0:40:38	0:52:54	0:00:00	0:00:00	0:00:00
Ettare,Antonina	0:21:06	0:49:40	0:00:00	0:00:00	0:28:52	0:51:33	0:39:37	0:52:58	0:00:00	0:00:00	0:49:56	0:52:47	0:00:00
Goldberg,Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Jernigan,Cedrick	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:04	0:49:33	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lewis,Jerry	0:00:00	0:00:00	0:22:24	0:47:25	0:00:00	0:00:00	0:00:00	0:00:00	0:35:26	0:46:08	0:00:00	0:00:00	0:00:00
McCormick,Jutta	0:19:33	0:46:01	0:00:00	0:00:00	0:25:58	0:46:22	0:35:35	0:47:34	0:35:59	0:46:51	0:44:02	0:46:33	0:00:00
McSwain,Karen	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:46	0:50:29	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Norlander,Becky	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Pickens,John	0:00:00	0:00:00	0:00:00	0:00:00	0:27:53	0:49:48	0:38:05	0:50:55	0:40:28	0:52:41	0:48:27	0:51:13	0:00:00
Stewart,Ray	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Valles,Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:36:27	0:48:44	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Zades,Tom	0:21:19	0:50:10	0:00:00	0:00:00	0:25:41	0:45:52	0:34:49	0:46:33	0:35:14	0:45:53	0:00:00	0:00:00	0:00:00

E Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HER	TRIANGLE	SHORT SIX	TOTAL						
Powers,Howard	0:23:33	0:55:26	0:24:22	0:51:35	0:29:40	0:52:59	0:39:05	0:52:15	0:46:31	1:00:34	0:49:42	0:52:32	3:32:53
Moon,Madelyn	0:23:29	0:55:16	0:26:27	0:55:59	0:30:41	0:54:47	0:41:34	0:55:34	0:40:52	0:53:13	0:53:51	0:56:55	3:36:54
DeMartinis,Stan	0:24:35	0:57:52	0:26:18	0:55:40	0:32:37	0:58:15	0:42:58	0:57:27	0:44:19	0:57:42	0:55:19	0:58:28	3:46:06
Andrakin,Mike	0:00:00	0:00:00	0:25:23	0:53:44	0:31:35	0:56:24	0:00:00	0:00:00	0:00:00	0:00:00	0:52:59	0:56:00	0:00:00
Bivens,Karin	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Brookman,Art	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Camp,Jim	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Cioll,Nick	0:23:13	0:54:39	0:26:21	0:55:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Douglas,Glen	0:21:55	0:51:35	0:00:00	0:00:00	0:30:25	0:54:19	0:42:25	0:56:42	0:39:43	0:51:43	0:50:05	0:52:57	0:00:00
Hiltner,Karl	0:00:00	0:00:00	0:00:00	0:00:00	0:28:03	0:50:05	0:00:00	0:00:00	0:00:00	0:00:00	0:48:25	0:51:11	0:00:00
Hurtado,Ruby	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kinsch,Terri	0:23:13	0:54:39	0:25:54	0:54:49	0:31:25	0:56:06	0:00:00	0:00:00	0:42:34	0:55:26	0:51:20	0:54:16	0:00:00
MacKinlay, H	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McCarten, Dave	0:23:21	0:54:57	0:24:15	0:51:20	0:29:14	0:52:12	0:00:00	0:00:00	0:00:00	0:00:00	0:54:55	0:58:03	0:00:00
McPhail,Annette	0:00:00	0:00:00	0:00:00	0:00:00	0:32:51	0:58:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Morrison,Marcia	0:00:00	0:00:00	0:26:46	0:56:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Root,Betty	0:23:46	0:55:56	0:25:39	0:54:18	0:00:00	0:00:00	0:40:33	0:54:13	0:42:26	0:55:15	0:51:50	0:54:48	0:00:00
Vonderlinden,G	0:24:00	0:56:29	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:44:46	0:58:17	0:00:00	0:00:00	0:00:00
Voss,Grace	0:00:00	0:00:00	0:00:00	0:00:00	0:30:49	0:55:02	0:40:44	0:54:27	0:00:00	0:00:00	0:51:32	0:54:28	0:00:00

