



# WVJS



## VOL XXXV-#1 WEST VALLEY JOGGERS & STRIDERS Feb 2016

### Saturday Workouts

02/20/16	Valentine Team Race (5.4 miles)	05/07/16	16 x 400 Relay
02/27/16	4 x 1.46M WVC Loop Relay	05/14/16	Farwell (3.54M)
03/05/16	Short Six (5.74M)	05/21/16	8 x 0.66M Tennis Court Loop Relay
03/12/16	Valle Vista (3.0 miles)	05/28/16	Short Six (5.74M)
03/19/16	18 x 0.33M Half Tennis Court Loop Relay	06/04/16	All Courses Day
03/26/16	Triangle Run (4.76M)	06/11/16	Valle Vista (3.0M)
04/02/16	16 x 300 Relay	06/18/16	800/1500/3000 Day
04/09/16	Doug/Sara/Frtvle (2.75M)	06/25/16	One Mile on the Track
04/16/16	Step-up & Step-down Relay	07/02/16	Triangle Run (4.76M)
04/23/16	Farwell/H (4.68M)	07/09/16	Doug/Sara/Frtvle (2.75M)
04/30/16	36 x 200 Relay	07/16/16	Farwell/H (4.68M)

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

#### PA-USATF Championships

03/05/16	NorCal 10-Mile (2.0)
03/13/16	Reach For A Star 5K (1.0)
04/03/16	Sactown 10M (1.0)
05/30/16	Marin Memorial Day 10K (1.0)
07/04/16	Freedom Fest 5K (1.0)
07/30/16	San Rafael Miracle Mile (1.0)
10/16/16	Humboldt Half Marathon (1.5)
11/06/16	Clarksburg Half Marathon (1.5)
11/24/16	Sil Val 5K (2.0) – Open only
12/04/16	Cal Intl Marathon (2.0)
12/11/16	Xmas Relays (1.0)

#### Racer of the Year

Fastest Farwell Time	
Fastest Marathon	
Fastest Half Marathon	
Fastest of 2 Designated Track Miles	
Fastest of 2 Designated Track 5Ks	
03/13/16	Reach For A Star 5K
04/03/16	Sactown 10M
04/24/16	The Great Race
05/30/16	Mariin Memmorial Day 10K
06/19/16	Holy City Race
06/26/16	Bang Road Mile
07/04/16	Freedom Fest 5K
07/30/16	San Rafael Mile
	Santa Cruz XC GrandPrix
	GG Prk XC Grand Prix

#### Other Races

02/20	15K/5K Double Road Race-San Jose
02/21	Stanford Dish Run-3.3M
02/27	Juana Run-5K/8K-Palo Alto
03/05	Kings Mt Half Marathon-Woodside
03/06	408K Race to the Row-8K-San Jose
03/06	Super Hero Run-5K/8K-Union City
03/12	Badger Cove Half Marathon-Livermore
03/12	Color Me Rad 5K-Fairgrounds in SJ
03/12	Heart & Soles 5K-Lake Cunningham
03/20	Hellyer Half Marathon
03/26	Big Bunny 5K-Cupertino
03/26	Livermore Half Marathon
04/03	Wildflower 5K/10K-Morgan Hill
06/12	Lupus 5K-West Valley College

### Miscellaneous Drive!

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.

**Bill Dodson** just added to his record collection on Saturday, 2/6/16, with his 5:48:06 time at the Jed Smith 50K. This broke the old record by 13 minutes.

At age 81 we do not see **Carl Tuck** running on the road anymore. But, he has not given up. Carl says that he had meniscus removed from both of his knees in 2004 and the doctor told him at that time that this would keep him running for about 10 years. The doctor was right. So, Carl has now taken up the sprints (100/200/400 and occasionally the 800).

**Joseph and Lan Aubuchon** just had their 3rd child during the first week of February. Joseph will not be back to running with us until March while recovering from the ordeal of the delivery. Mom is doing fine.

**Danny Moon** got back from his annual Caribbean cruise just in time to again be our MC at the annual club awards dinner. He did an excellent job despite having to hold his stomach in while talking (in order to hide the weight gain from his 2-week cruise). He is not sure of when he will be able to trim down to his normal racing weight.

Our annual Valentine team race will be held on 2/20/16 and **Mark Goldman** has already requested a favorable rating. He says that his 95-year-old mom will soon send a letter explaining all of Mark's ailments. He believes that it will be a better letter than written by **Norry McAllister's** grandmother when requesting a favorable rating for the Shettler handicap race.

**Dave McIntyre** has been on a roll lately with three 50+ PRs during his last three Saturday road runs -- and, he is in the upper part of the 50/54 range at 54.

**Joe Hurtado** has limited his running during recent months as he has taken up the sport of golfing.

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>

## SUMMARY OF 2015 YEAR

The PAUSATF holds competition for road racing, ultra-distance races, and cross country races.

During 2015, our women's 40+ team scored in three races, which was good enough to get us a 5th place finish. Our women did not score in any other division.

As regards the men in road grand prix competition, the 50+ team led the way by finishing first. Our men's 50+ team has won 3 years in a row and 6 times in the last 9 years. We finished 2nd in the other 3 years. Our 60+ men finished 3rd and our 70+ men finished 2nd. Our 40+ team finished 9th and our open men did not field a team in any race.

As regards individual accomplishments in the Grand Prix competition, the following runners finished in the top 25 in their age group divisions:

Men	40+Shrt	50+Shrt	50+Lon	60+Shrt	60+Lon	70+ Sort	70+ L
Jorn Jensen	10th						
Ray Rodriguez		7th	4th				
Dino Delyani		12th					
Ken Camet		14th					
Norry McAllister		20th					
Norm Takeuchi				11th			
Mark Goldman				15th			
Mike Krey				19th			
Brian Davis					5th		
Todd Hayes					8th		
Bob Lord						3rd	18th
Dave Norlander						7th	
Joe Hurtado						12th	4th

Bill Dodson finished first in both the 80th short race and long race divisions.

Eddie Reyna finished 4th and 3rd in the short and long race divisions for the 80+ runners.

Kat Powell finished 10th in the 60+ women's long race division.

As regards ultra competition, we have agreed that we will not score in ultra competition. Rather our runners will score for the Stevens Creek Striders or Quicksilver. Correspondingly, the Stevens Creek Striders and Quicksilver may score for us when they run in road grand prix races.

Club members who competed in the ultra grand prix during 2015 included Todd Hayes, who finished 3rd in the 60+ division, Bill Dodson, who finished 1st in the 80+ division and Kat Powell, who won the women's 60+ division for the 2nd year in a row.

The Saturday workouts are the primary activity of the club. We've been running them for about 50 years and have been running at West Valley College since about 1974.

Our top dogs for 2015 in the Saturday workouts were **Gary Waggoner**, who won 9 times, **Joseph Aubuchon**, who won 7 times, **Norry McAllister**, who won 3 times, and **Roberto Palos**, who won twice.

The top dogs for the ladies included **Kristina Park** with 16 wins, **Becki Kriege** with 5 wins, **Helen Wong** with 3 wins, and **Ida Rosenblum** with 2 wins.

As regards our relays, which comprise about 40% of our Saturday workouts, 28 different runners were on the winning team during 2015.

**Kristina Park** and **Matt Kriege** were on the winning team 4 times each, and **Dave McIntyre**, **Geoff Bradley**, **Mike Krey**, and **Ken Camet** were on the winning team 3 times each. Some club members were never on a winning relay team.

There were very few all-time PRs this year – 10 to be exact. **Joseph Aubuchon** PRd 3 times, **Nancy Kirk** PRd twice, **Roberto Palos** PRd

twice, and **Robert Navarrete**, **Bob Lord**, and **Ida Rosenblum** PRd once.

Running an age-group record on one of our 6 Saturday courses is very difficult as we have been running these courses for 40 years and have had many outstanding runners. This year course records were broken 13 times.

**Bob Lord** broke the 75+ course records for the Farwell, Farwell/H, and Short Six courses. He set the records for the Douglas and Valle Vista course in 2014 and Bill Dodson still holds the 75+ record for the Triangle course.

**Bill Dodson** broke the 80+ records for Farwell, Farwell/H, and Triangle courses. My hearing has not been that good lately but I thought that Bill told me that he treasures these records for than those two ultra American records that he set last year.

**Kat Powell** broke the records for the Douglas, Farwell/H, and Triangle courses and the 60+ record for the Short Six course.

The leaders in last place finishes included **Tom Warfel** with 9, **Don Packwood** with 5, and **Walt Van Zant** with 5. Some of these last place finishes were due to us walking the course but a last place finish is a last place finish, no matter what the excuse is.

We had many helpers at our Saturday workouts. The most notable were **Danny Moon**, **Carl Petersen**, **Jim Bordoni**, **Dave Norlander**, and **Don Packwood**. We would be lost without these helpers.

**Bill Dodson** started his 80+ running career by missing the 50K record by 8 seconds. He tried to excuse his miss by mentioning that the temperature was in the 20s and snowed and that he fell down on the slippery road a few times during the last segment of the race and finally crawled across the finish line.

Bill did redeem himself later in the year by setting American records for the 50M by 2 ½ hours and the 100K by 3 hours. He finally got the 50K record in Sacramento last week.

Bill ran the Houston marathon in 4:23:13 two weeks ago and that may also be an 80+ American record.

**Kat Powell** ran her all-time fastest 10K at the Marin 10K in May with a time of 51:42. She also broke the women's 60+ course record at the Ruth Anderson 50K by 10 minutes.

Sadly, **Bill Dunn** moved away to Colorado in April. He had been a club member for many years and a good one, as I believe that he ran the 10K in the 33s in his youth.

**Gary Waggoner** won both our Valentine race and our Holy City race this year.

**Kristina Park** scored a rare win for the ladies when she won the Triangle run on July 4th.

**Matt Tompkins** ran the half marathon in February in 1:15:59.

40+ runner **Calvin Do** ran 1:18:45 in the San Jose Rock n' Roll half marathon.

50+ runner **Ray Rodriguez** ran 1:20:18 at the Clarksburg half marathon.

50+ runner **Roberto Palos** ran a 35:23 10K in April at the Spring Forward race.

**Don Packwood** won our annual handicap race this year after finishing 2nd in each of the two prior years.

**Jorn Jensen** was our top runner in the Ken Napier track mile contest with a time of 5 flat, which was worth 81.94 points. Kristina was the top women with a time of 5:29, which was worth 85.20 points.

Jorn also ran a road mile in 4:52 this year.

## FINAL 2015 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 2015 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>
George Lo	2989	680	3669 Gold	Walt Van Zant	778	1190	1968 Bronze
Tom Warfel	2106	830	2936 Silver	Robert Navarrete	1824	0	1824 Bronze
Norry McAllister	1915	950	2865 Silver	Norm Takeuchi	1664	0	1664 Bronze
Ken Camet	2119	580	2699 Silver	Jim Bordoni	665	820	1485
Kat Powell	1619	680	2299 Bronze	Dave Norlander	363	1080	1443
Gary Waggoner	1616	640	2256 Bronze	Geoff Bradley	952	480	1432
Jorn Jensen	1798	340	2138 Bronze	Joseph Aubuchon	863	410	1273

Previous winners have been:

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

## FINAL 2015 WVJS RACER OF THE YEAR CONTEST RESULTS

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 7 different events in order to be eligible for an award.** The final standings for 2015 is 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.

**A Division**

Jorn Jensen (8-8)	200	Gold
Ray Rodriguez (8-8)	197	Gold
Ken Camet (8-11)	184	Silver
Norry McAllister (8-9)	183	Silver
Scott Bang (6-5)	128	
Juan Rivera (4-3)	123	
Gary Waggoner (4-4)	95	
Calvin Do (4-3)	94	
Geoff Bradley (4-4)	82	
Joseph Aubuchon(3-3)	70	
Brian Davis (3-3)	70	
Jose Pina Sr (1-1)	50	
Omar Pina (1-1)	42	
Matt Tompkins (1-1)	25	
Andy Williams (1-1)	23	
Tom Lockhart (1-1)	20	

**B Division**

Dino Delyani (8-12)	200	Gold
Tom O'Connor (8-5)	198	
Mike Krey (8-6)	171	
Jeff Rohrer (7-5))	149	
George Lo (6-5)	136	
Bill Dunn (6-4)	134	
Brian Conroy (5-5)	117	
Becki Kriege (3-3)	90	
Aaron Lee (4-3)	85	
Jim Bordonni (4-3)	76	
Casey Reinking (2-1)	50	
Kristina Park (2-2)	49	
Bob Pickens (2-2)	34	
Maneesh Agarwal(1-1)	24	

**C Division**

Robt Navarrete(8-10)	199	Gold
Mark Goldman (8-8)	194	Gold
Norm Takeuchi (8-5)	194	
Glenn Kishi (8-8)	184	Silver
Joanne Dahlkoet(8-5)	164	
Dave McIntyre (7-7)	153	Bronze
Todd Hayes (4-5)	104	
Jeff Bedolla (7-6)	102	
Dan Anderson (4-2)	94	
Helen Wong (4-4)	94	
Al Murray (4-3)	84	
Paul Taylor (3-3)	63	
Scott Graham (3-3)	55	
Dave Piazza (2-2)	50	
Marian Richard (2-1)	50	
Matt Kriege (2-2)	46	
David Woodruff (2-1)	42	
Rob Jacobson (2-2)	39	
Heather Rohrer (2-2)	37	
Phil Spink (2-1)	24	
Des Knuckey (1-1)	18	
Tim Souza (1-1)	17	
Liz Nast (1-1)	12	

**D Division**

Dalila Rodriguez (8-8)	200	Gold
Bob Lord (8-11)	196	Gold
Kat Powell (8-11)	192	Gold
Carol Bednar (6-3)	140	
Catherine Frye (4-2)	96	
Ida Rosenblum (2-2)	48	
Rich Hahn (2-1)	46	
Mike Kolesnik (2-1)	44	
Danielle Zelinski (1-1)	25	
Carolyn Benson (1-1)	24	
Uyenthi Tran (1-1)	24	

**E Division**

Bill Dodson (8-10)	200	Gold
Dave Norlandr (8-10)	197	Gold
Eddie Reyna (8-5)	187	
Joe Hurtado (6-3)	148	
Tom Warfel (3-3)	65	
Don Packwood (3-3)	64	
Tim Rostege (2-2)	44	
Walt Van Zant (2-2)	40	
Chris Blue (1-1)	23	
Dena Noble (1-1)	19	
Alvin Jackson (1-1)	17	

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## 2016 PA/USATF Road Grand Prix

**40+ Men**

Our 40+ men's team finished in 8th place. **Jorn Jensen** is our team captain. **Jorn** finished in 10th place in the short race division for 40+ runners. **Jose Pina** ifinished in 37th place

**40+ Women**

Our 40+ women's team finished in 6th place. **Becki Kriege** is the team captain. **Dalila Rodriguez**, **Becki Kriege**, **Helen Wong**, and **Carol Bednar** finished in 45th, 65th, 77th, and 89th places in the short race division and **Dalila** finished in 27th place in the long race division.

**50+ Men**

Our 50+ men's team finished in 1st place. **Ken Camet** is our 50+ team captain. Individually, **Rav Rodriguez**, **Dino Delyani**, **Ken Camet**, **Norry McAllister**, **Tom O'Connor**, **Robert Navarrete**, **Glenn Kishi**, **Jeff Rohrer**, and **Rich Hahn**, in 7th, 12th, 14th, 20th, 21st, 38th, 47th, 68th, and 94th places in the short race division. **Rav Rodriguez**, **Brian Davis**, **Ken Camet**, **Dino Delyani**, **Robert Plumeau**, **Robert Navarrete**, **Thomas Lockhart**, and **Glenn Kishi** finished in 4th, 18th, 25th, 30th, 41st, 48th, 49th, and 86th places in the long race division.

**60+ Women**

We did not score in this division during 2015. Individually, **Kat Powell** ifinished in 10th place in the long race division.

**60+ Men**

Our 60+ men's team ifinished in 2nd place. **Tom O'Connor** is the team captain. Individually, **Norm Takeuchi**, **Mark Goldman**, **Mike Krey**, **Jim Bordonni**, **Bill Dunn**, **Scott Graham**, and **Dan Anderson** finished in 11th, 15th, 19th, 24th, 34th, 40th, and 40th places in the short race division. **Brian Davis**, **Todd Hayes**, **Bill Dunn** and **Norm Takeuchi** finished in 5th, 8th, 40th and 46th places in the long race division.

**70+ Men**

Our 70+ men's team finished in 2nd place. **Eddie Reyna** is the team captain. Individually, **Bob Lord**, **Bill Dodson**, **Dave Norlander**, **Joe Hurtado**, and **Eddie Reyna** finished in 3rd, 7th, 7th, 12th, and 15th places in the short race division. **Bill Dodson**, **Joe Hurtado**, **Eddie Reyna**, and **Bob Lord**, finished in 2nd, 4th, 10th, and 18th places in the long race division.

**80+ Men**

**Bill Dodson** and **Eddie Reyna** finished in 2nd and 3rd places in the short race division. **Bill** and **Eddie** finished 1st and 3rd in the long race division.

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## SATURDAY WORKOUT RESULTS

## 12/26/15-All Courses Day

### Dou/Sar/Frtvle-2.75M

1	Al Murray	20:38
2	Matt Kriege	21:28
3	Bob Lord	24:21
3	Cheyene Van Noordwyk	26:17
5	Dave Norlander	26:46
6	Don Packwood	30:52
6	Nancy Kirk	30:52
8	Walt Van Zant	39:22

### Valle Vista – 3.0M

1	Mike Krey	22:32 PW
2	Glenn Kishi	27:27
3	Kat Powell	27:37
4	Chris Blue	27:40

### Farwell-3.54M

1	Jorn Jensen	20:54.2
2	Norry McAllister	28:15.0
3	Mark Goldman	28:16.1
4	Helen Wong	28:20.0
4	Todd Hayes	28:20.0
6	Tim Rostege	34:44.4

### Farwell/H – 4.68M

1	Al Murray	37:09
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### Triangle – 4.76M

1	Dino Delyani	31:53
2	Kristina Park	34:59
2	Becki Kriege	34:59
4	George Lo	37:11

### Short Six – 5.74M

1	Dave McIntyre	47:39
1	Tom Warfel	61:17

Dick Barrett Trophy Winner – Al Murray

Al Murray won two races this morning enroute to completing all six of our courses for the year. Very cold weather for running – 35 degrees. Notable accomplishments included – Jorn improved his 45+ PR for this course by 74 seconds. Kat Powell ran the all-time 65+ 2nd best time for this course, 45 seconds behind Chris Blue's 65+ best. Tim Rostege improved his 75+ best by 196 seconds. Danny Moon handled the finish line.

### 1/2/16 – 6 x 1600M Relay

Pl	Team	Start	Finish
1	Rosenblum/McAllister	2:15	40:48
2	Murray/Matt Kriege	2:15	40:54
3	McIntyre/Bang	1:45	43:09
4	Knuckey/Taylor	2:00	43:28
5	Navarrete/Lo	2:45	43:48
6	Norlander/Waggoner	-0-	44:13
7	Wong,Samson	2:45	44:31

Dick Barrett Trophy Winner – Matt Kriege

Our cold spell continued this morning (40 degrees), which probably slowed the times a bit. But, it did not affect Ida and Matt as they ran well under their ratings. The first two teams ran together for almost the entire run with Norry sprinting by Matt 100 meters from the finish. Gary Waggoner and Norry led everyone with averages of 5:54 and 5:59.

Scott Bang and Jeff Rohrer were paired with Dave McIntyre with Dave taking the pass from whomever finished first of the two on each leg.

### 1/9/16 – Dou/Sar/Frtvle – 2.75M

1	Gary Waggoner	17:01
2	Norry McAllister	17:23
3	Ken Camet	17:39
4	Dino Delyani	17:47
5	Kristina Park	17:58
6	George Lo	18:36
7	Mike Krey	18:48
8	Geoff Bradley	19:04
9	Robert Navarrete	19:08
10	Dave McIntyre	19:55
11	Mark Goldman	20:03
12	Des Knuckey	20:04
13	Ida Rosenblum	20:04 PR
14	Norm Takeuchi	20:15
15	Todd Hayes	21:15
16	Helen Wong	22:38
17	Becki Kriege	23:37
18	Kat Powell	24:22
19	Tom Warfel	25:39
20	Dave Norlander	26:07
21	Don Packwood	27:46
22	Glenn Kishi	28:15
22	Chris Blue	28:15
24	Nancy Kirk	28:40 PR
25	Alvin Jackson	35:31
26	Neil Gelblum	54:51 RW

Dick Barrett Trophy Winner – Ida Rosenblum

We had balmy weather this morning (50 degrees). Gary romped to an easy win and Kristina led the ladies. Ida was given the weekly trophy award because she has been running very well lately, including her PR this morning. Her previous PR was set 3 years ago. Kat Powell broke the women's 65+ course record by 39 seconds. Nancy Kirk improved her PR by 132 seconds. 65+ men – Mark Goldman, Des Knuckey, and Todd Hayes – ran this course for the first time in this age category and recorded the #15, #16, and #19 best-ever times in this category. Mike Krey improved his 60+ best by 16 seconds.

George Lo improved his 45 best by 4 seconds.

Dave McIntyre at age 54 improved his 50+ best by 38 seconds (set 2 years ago). Don Packwood knocked 23 seconds off his previous 75+ best. Neil competed with us for the first time in 18 months. He is recovering from hip surgery but still was able to walk at a little under 20 minutes per mile pace. Thanks to Danny Moon and Jim Bordoni for helping at the finish line. Danny will be leaving in a couple of days on his annual fattening trip (annual Carribean cruise).

### 1/16/16 – 8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Norlander/Hayes	-0-	41:14
2	Wong/Lo	4:45	41:40
3	Mat Kriege/McAllistr	10:00	42:11
4	Samson/Camet	9:45	42:18
5	Chimenti/Waggoner	6:15	42:19
6	Delyani/Bradley	9:30	42:53
7	Knuckey/Park	7:45	42:54
8	Blue/Bang	2:45	43:10

Dick Barrett Trophy Winner – Dave Norlander

Good weather – no rain during the relay and mid 50s temperature. The Norlander/Hayes team started first and retained their position throughout the race. Dave Norlander did not run all week although he did ride his bike on one day to Stanford and back. But, he still had one of his better relay performances in awhile with an 8:40 per mile average. Gary Waggoner and Norry McAllister had the fastest averages for the guys with 5:50 and Kristina led the ladies with a 3:58 average. Thanks to Don Packwood for recording the times.

### 1/23/16 – 5K on the Track

1	Jorn Jensen	17:41.3
2	Gary Waggoner	19:10.0
3	Adam Prince	19:16.2
4	Scott Bang	19:41.2
5	Ken Camet	19:45.3
6	Norry McAllister	19:47.9
7	Kristina Park	19:56.5
8	Dino Delyani	19:58.8
9	Geoff Bradley	21:02.3
10	George Lo	21:02.6
11	Mike Krey	21:09.1
12	Robert Navarrete	21:31.9
13	Paul Taylor	22:13.2
14	Todd Hayes	22:33.5
15	Jeff Rohrer	22:47.0
16	Des Knuckey	22:59.2
17	Dave MacIntyre	23:07.5
18	Tim Souza	23:37.9
19	Helen Wong	23:47.0

20	Kat Powell	27:35.0
21	Don Packwood	28:32.4 *
22	Nancy Kirk	28:42.1 *
23	Bill Dodson	29:14.5 **
24	Walt Van Zant	40:45.7

\* Don Packwood, after reviewing the splits on his watch discovered that he and Nancy had run a lap short of 5K.

\*\* Bill Dodson recalled after the run that he must have run a lap longer than 5K.

Phantom Dick Barrett Trophy Winner – Jorn Jensen

Jorn lapped the entire field on his way to an easy win this morning. Good weather – low 50s. We had to run wide at the end of the 2nd turn each lap because of mud on the track.

**1/30/16 – Farwell/H – 4.68M**

1	Ben Schmiede	28:57
2	Norry McAllister	30:01
3	Joseph Aubuchon	30:27
4	Dino Delyani	31:07
5	Bob Plumeau	32:10
6	George Lo	32:47
7	Scott Bang	33:18
8	Robert Navarrete	33:18
9	Mark Goldman	34:20
10	Paul Taylor	34:26
11	Dave McIntyre	34:45
12	Ida Rosenblum	35:29
13	Des Knuckey	35:51
14	Tim Souza	36:33
15	Helen Wong	37:01
16	Carolyn Benson	38:53
17	Becki Kriege	39:39
18	Kat Powell	42:50

19	Bill Dodson	45:42
20	Dave Norlander	47:16
21	Nancy Kirk	47:34
22	Dena Noble	NT

Phantom Dick Barrett Trophy Winner – Kat Powell

Joseph Aubuchon brought along a friend to our run this morning and the friend turned out to be a good runner as he ran to an easy win. Others who ran well included Bill Dodson, who broke the 80+ course record by 8½ minutes, Kat Powell, who broke the women's 65+ record by 71 seconds, Ida Rosenblum, who PRd by 48 seconds, Robert Navarrete, who PRd by 7 seconds at age 59, Mark Goldman, who broke his 65+ PR by 37 seconds, Dave McIntyre, who broke his 50+ PR by 21 seconds, and Carolyn Benson, who recorded the #5 best-ever time by a 55+ woman runner.

**2/6/16 – Farwell – 3.54M**

1	Scott Bang	22:41.1
2	Ken Camet	22:54.2
3	Andy Williams	22:58.2
4	Kristina Park	23:02.5
5	Geoff Bradley	23:13.9
6	Dino Delyani	23:14.9
7	George Lo	24:35.2
8	Bjorn Samson	24:47.6
9	Robert Navarrete	24:58.7
10	Paul Taylor	25:23.4
11	Ida Rosenblum	25:36.3 PR
12	Dave McIntyre	25:37.0
13	Matt Kriege	26:05.1
14	Al Murray	26:12.1
15	Des Knuckey	26:12.6
16	Tim Souza	27:44.6
17	Fletcher Parsons	27:49.0

18	Carolyn Benson	28:38.7
19	Jim Howe	28:45.8
20	Becki Kriege	30:02.8
21	Dave Norlander	33:53.1
22	Nancy Kirk	36:37.7 PR
23	Don Packwood	41:23.7

Dick Barrett Trophy Winner – Kristina Park

Scott Bang, who formerly was a frequent winner of our Saturday road runs, won for the first time in three years this morning. It was a close race as the first six runners finished within 33 seconds of each other. Notable accomplishments this morning included – Kristina improved her 45+ best by 31 seconds to move within one second of the all-time women's 45+ best for this course. Her last 9 runs on this course have all been within the range of 23:02 through 23:55. Mr Consistency – Dino -- has run 23:14/23:21/23:14 for his last three runs on this course. Nancy Kirk improved her all-time PR by 54 seconds. Ida Rosenblum continued her PR binge with a 57-second PR. Al Murray knocked 15 seconds off his 55+ PR. Dave McIntyre continued his PR streak with a 23-second improvement of his 50+ best. Carolyn Benson Improved her 55+ best by 36 seconds to move to #5 on the 55+ list. Don Packwood and Robert Navarrete missed their age PRs by just 6 and 8 seconds. Des Knuckey recorded the 13th best-ever 65+ time on this course in his first effort as a 65+ runner. Tim Souza missed his PR of 18:54 by 9 minutes. Thanks to Danny Moon, Jim Bordoni, and Mike Krey for helping at the finish line. Mike strained his calf on Tuesday and hopes to be back in action within a year or two.

**RACE RESULTS**

**10/4/15-Minneapolis Marathon**

Bill Dodson 4:28:27  
This was the national masters championship marathon race for 2015 and Bill was the top 80+ finisher.

**10/24/15 – Eldrith Gosney's Pure Ultra 36K**

Kat Powell 6:14:10

**12/6/15 – Hunter Thompson 50K**

Kat Powell 8:12

**12/19/15-Lake Merced Relays**

**50+ Men**  
Norry McAllister 28:27  
Glenn Kishi 34:14

Dino Delyani 29:49  
Jeff Rohrer 33:50  
2:06:20

**40+ Women**

Becki Kriege 30:36  
Handoff loss :03  
Carol Bednar 34:44  
Missy Sudan 32:32  
Kristina Park 29:25  
2:07:13

Our 40+ women finished 4th and our 50 men finished 3rd. Jeff was petrified throughout his run, wondering whether his 5+ minute lead over our women's team would hold up and it did.

**12/20/15 – Pleasanton Double 15K**

Kat Powell 86:10

**1/1/16-Rio Grill Resolution Run – 5K**

179 Georgia Riley 35:54 2nd-70+  
323 Tim Riley 46:48 8th-70+  
473 Glynn Wood 60:39 3rd-80+

**1/1/16-Resolution Run in Los Gatos-5M**

4 Alp Mimaroglu 28:33 3rd-18+  
5 Roberto Palos 28:33 1st-50+  
49 Catherine Frye 38:57 1st-50+  
60 Norm Gould 40:48 2nd-60+  
119 Kat Powell 47:13 4th-60+

**1/10/16-Run the Road Super Bowl 50-10K**

8 David Rios 39:06  
102 Kelly Emo 50:40 2nd-50+  
161 Carol Bednar 54:03 7th-50+  
183 Kat Powell 54:43 1st-60+

**1/24/16 – Houston Marathon**

3834 Bill Dodson 4:23:13 1st-80+  
This may be the American record for the  
marathon for 80+ runners.

**1/30/16 – San Juan Baustista 10M**

8 Jorn Jensen 59:21 3rd-40+  
19 Juan Rivera 62:41 3rd-30+  
31 Ken Camet 67:49 1st-50+  
43 Tom Lockhart 71:34 3rd-50+  
86 Catherine Frye 88:18 8th-50+

**1/30/16 – San Juan Bautista 5K**

2 Ray Rodriguez 18:26 1st-50+

19 Dalila Rodriguez 23:21 3rd-40+  
327 Glynn Wood 57:03 8th-70+

**2/6/16 – Jed Smith 50K**

49 Bill Dodson 5:48:06 1st-70+  
Bill added another American ultra record to his resume  
as he broke the former record by 13 minutes.

**2/6/16 – Campbell Valentine 5K**

29 Kelly Emo 24:25 1st-50+  
72 Dave Pogue 28:43 3rd-60+

**2/6/16 – Campbell Valentine 10K**

9 Norry McAllister 40:44 1st-50+  
16 Mark Goldman 45:12 1st-60+

