



WVJS



VOL XXXIV-#1 WEST VALLEY JOGGERS & STRIDERS January 2005

Saturday Workouts

- | | |
|---|--|
| 01/29/05 5K on the Track | 04/02/05 16 x 300 Relay |
| 02/05/05 8 x 0.66-Mile Tennis Court Loop Relay | 04/09/05 Triangle Run (4.76 miles) |
| 02/12/05 Farwell/Herriman (4.68 miles) | 04/16/05 12 x 600 Relay |
| 02/19/05 Valentine Team Race (5.4 miles) | 04/23/05 36 x 200 Relay |
| 02/26/05 Farwell (3.54 miles) | 04/30/05 Dou/Sar/Frtvle (2.75 miles) |
| 03/05/05 4 x 1.46-mile WVC Loop Relay | 05/07/05 16 x 400 Relay |
| 03/12/05 Short Six (5.74 miles) | 05/14/05 Farwell/Herriman (4.68 miles) |
| 03/19/05 18 x 0.33-Mile Tennis Court Loop Relay | 05/21/05 Farwell (3.54 miles) |
| 03/26/05 Valle Vista (3.0 miles) | 05/28/05 8 x 0.66-Mile Tennis Court Loop 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

- 03/05/05 Redding 10-Miler (1.0)
- 03/20/05 Across the Bay 12K (1.5)
- 04/17/05 HP 10K (2.0)
- 04/24/05 Big Sur 5K (1.0)
- 05/08/05 Zippy 5K (1.0)
- 05/30/05 Pacific Sun 10K (1.0)
- 06/25/05 Shriner's 8K (1.0)
- 07/10/05 Fleet Feet Davis Mile (1.0)
- 09/18/05 Jamba Juice 5K (2.0)
- 09/25/05 Heritage Oaks 10K (2.0)
- 10/16/05 Humboldt Half Mar (1.5)
- 11/13/05 Clarksburg 30K (2.0)
- 12/04/05 Cal Intl Marathon (?)
- 12/11/05 Christmas Relays (?)

Racer of the Year

- Fastest Farwell Time
- Cumulative Saturday Races
- Fastest Marathon
- Fastest of 2 Designated Track Miles
- Fastest of 2 Designated Track 5Ks
- The following USATF Races – 12K, HP 10K, Zippy 5K, Fleet Feet Mile, Jamba 5K, Her.Oaks 10K, Half Mar, 30K
- 02/26/05 Juana Run – 8K
- 04/03/05 Great Race – 4M
- 05/22/05 Run For Lupus 5K
- 08/07/05 Alameda 10K
- 08/13/05 Dammit Run – 5M
- 10/30/05 Hollister Mile

Other Popular Races

- 02/05/05 San Juan Baustista 10M
- 02/06/05 SF Half Marathon
- 02/06/05 Santa Cruz 10K
- 02/13/05 Pac.Grove 5K.10K
- 03/06/05 Napa Marathon
- 03/13/05 50+ Run – 8K
- 04/10/05 Mercury/News 10K
- 05/01/05 Ave of Giants Marathon
- 05/01/05 Devil Mt. 5K, 10K
- 05/15/05 Bay To Breakers
- 05/22/05 San Carlos 5K, 10K
- 06/19/05 Holy City Race – 9.1M

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:30 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.

2004 PA/USATF Grand Prix

Open Men

Our open men's team finished 9th in the final 2004 standings. Jake Roberts is our open team captain for 2005.

Open Women

We finished in 5th place for 2004. Missy Sudan, Becki Kriege, and Johanna Wans finished in 3rd, 13th and 19th places in the short-race division. Johanna finished 31st in the long-race division. Becki is the team captain.

40+ Men

We finished in 5th place for 2004. Bob Pickens and Brian Davis finished in 9th and 33rd in the short-race division and 6th and 19th in the long-race division.. Mike Toney and Andy

Williams finished 24th and 35th in the long-race division. Al Murray is our 40+ team captain.

40+ Women

We finished in 9th place for 2004. Marian Richard finished 27th in the long-race division. Kelly Emo is the team captain.

50+ Men

We finished in 4th place for 2004. Jim Bordoni finished 5th in both the short-race and long-race divisions. Neil Gelblum, Bill Dunn, Ron Kiyono and Dan Anderson finished 13th, 17th, 20th, and 27th in the long-race division. Ron Kiyono and Mark Goldman finished 25th and 28th in the short-race division. Jim is our 50+ team captain.

50+ Women

We took a rest during 2004, not participating in any races. Kat Powell is our team captain for 2005.

60+ Men

We finished in 2nd place for 2004. Bob Schmitt, Joe Hurtado, Dick Chimenti, Jim Reitz, Neal Chappell, Ken Noel, John Peterson, and Dave Norlander finished 4th, 6th, 7th, 9th, 11th, 22nd, 25th, and 31st in the short-race division.

Joe, Bob, Dave, and Jim finished 2nd, 4th, 14th, and 17th in the long-race division. Joe is the team captain.

70+ Men

We finished in 2nd place for 2004. Bill Flodberg, Glynn Wood, Stan DeMartinis, and Jack Friedlander finished 4th, 5th, 6th, and 15th in the short-race division and Eddie Reyna, Stan, Jack, and Howard Powers finished 5th, 10th, 11th, and 12th in the long-race division. Bill is the team captain.

Miscellaneous Drive!

The parking fee at West Valley College is \$2 per day every day of the week from 7AM to 10PM. The Fall and Spring parking fees are \$40 each. The summer fee is \$20. The fine for parking without a permit is \$30.

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

On All Courses Day, 12/26/04 Tom Zades took aim at catching arch rival Dena Noble for the Cum Sat totals for 2004. His best chance was the Valle Vista course, where he figured he needed "only" a 25:08 to tie, and could maybe break 25:00. Sadly, a week of eating and drinking leading up to the 26th had his mind writing checks that his body could not cash. His 25:43 left him about 35 seconds short, and he fears his annual war cry of "wait 'til next year" is sounding emptier each year.

Danny Moon and Kelly Emo did another good job of hosting our annual awards dinner on 1/22/05. 65 attended the dinner. Runner of the Year and Racer of the Year plaques were handed out. The winners of those awards are listed later in this bulletin. The Cum Sat plaque winners included Jorn Jensen (elite division), Becki Kriege (A division), Bob Schmitt (B division), Dave Norlander (C division), John Peterson (D division), and John Pickens (E division). Jim Bordoni and Don Packwood were given gift certificates for their outstanding assistance with the Saturday workouts. Kat Powell won the Pathfinder award because she got lost while running several times during the year. She and Neil Gelblum, Bob Schmitt, Mike Kriege, and Jeff Bedolla received sets of maps for all of our Saturday courses. Patrick Rowland would have won the Bag award to hide his face because he had the most DNFs for the year. However, he failed to show up to receive his award. So, Jake Roberts, the 2003 winner, accepted the award for Patrick. Stan DeMartinis won the basket award for his spectacular spin around a pole fall that he took at the end of a campus

loop run. Bob Pickens and McKayla Plank won the Piece of the Track award for their excellent track runs during the year. Stan DeMartinis received a plaque to celebrate his induction into the club Hall of Fame.

Sue Francis recently gave a report on her property in Ojai. They got hit with 16 inches of rain in 5 days. Fortunately, their house was located on high ground and they were spared the flooding that the properties around them suffered. The La Conchita mudslide was just 20 miles from their house.

Some of the Saturday workout highlights for 2004 included Slim Pickens winning 9 Saturday road runs, Scott Bang winning 5, and Mike Kriege winning 4. Kat Powell had the most PRs for the year with 8. Dino Delyani had 6, and Aaron Lee, Jorn Jensen, and Bob Schmitt had 5. Walt VanZant led the PW (personal worst) list with 9.

Mark Winitz won the 2004 USATF Browning Ross Merit Award for his many years of service at both the national and local level for the long-distance running community. Congratulations, Mark.

As can be seen below, Joe Hurtado won our Runner of the Year contest for the 7th year in a row. He now has won the contest 8 times. Tom Warfel has won it 5 times, Phil Sanfilippo has won 3 times, and Don Dugdale has won 3 times. Ted Pawlak, who now lives in Oregon, holds the single-season record at 7103, all miles.

Scott Bang, whom many of us saw in Guys & Dolls at Foothill College last year, will be part of the South Pacific cast. This show will play on 1/29, 1/30, 2/4, 2/5, 2/6, 2/10, 2/11, 2/12, 2/13, 2/18, and 2/19. More details can be found at http://Saratogadramagroup.com/shows/south_pacific.html. The site is the Saratoga Civic Theatre at 13777 Fruitvale Ave. When ordering tickets, please mention Scott's name as he is required to sell a certain amount of tickets. Also, if he knows that you are at the show, he will come out to see you after the show.

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>

2004 RUNNER OF THE YEAR CONTEST

Contest points were earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. Scoring 4,000 points wins a gold award, those scoring 3,000+ wins a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. The final scores for 2004 were:

| | | | | | | | | | | |
|----------------|------|------|------|--------------|---------------------------------|-----------------|------|------|-------------|------|
| Joe Hurtado | 2987 | 1040 | 4027 | Gold Award | The previous winners have been: | | | | | |
| Tom Warfel | 2061 | 1010 | 3071 | Silver Award | 1978 | Phil Sanfillipo | 4865 | 1992 | Jim Whalen | 3603 |
| Jim Bordoni | 2037 | 1030 | 3067 | Silver Award | 1979 | Phil Sanfillipo | 5022 | 1993 | Tim Rostege | 3928 |
| Dave Piazza | 2604 | 420 | 3024 | Silver Award | 1980 | Phil Sanfillipo | 5659 | 1994 | Joe Hurtado | 4037 |
| John Peterson | 1477 | 890 | 2362 | Bronze Award | 1981 | Ted Pawlak | 7103 | 1995 | Tom Warfel | 4113 |
| Dave Norlander | 1354 | 880 | 2234 | Bronze Award | 1982 | Ted Pawlak | 6405 | 1996 | Tom Warfel | 3961 |
| Missy Sudan | 1953 | 200 | 2153 | Bronze Award | 1983 | Mike Hicks | 5355 | 1997 | Tom Warfel | 4089 |
| Kat Powell | 1447 | 600 | 2047 | Bronze Award | 1984 | Don Dugdale | 5004 | 1998 | Joe Hurtado | 4012 |
| Chris Cassell | 796 | 680 | 1476 | | 1985 | Don Dugdale | 4084 | 1999 | Joe Hurtado | 3881 |
| Neil Gelblum | 488 | 840 | 1328 | | 1986 | Bob Herndon | 4303 | 2000 | Joe Hurtado | 4260 |
| Mark Winitz | 1309 | 0 | 1309 | | 1987 | Don Dugdale | 4341 | 2001 | Joe Hurtado | 3972 |
| Ken Napier | 418 | 300 | 718 | | 1988 | Frank Ruona | 4032 | 2002 | Joe Hurtado | 3946 |
| | | | | | 1989 | Jake White | 3841 | 2003 | Joe Hurtado | 4119 |
| | | | | | 1990 | Tom Warfel | 4231 | 2004 | Joe Hurtado | 4027 |
| | | | | | 1991 | Tom Warfel | 4118 | | | |

2004 WVJS RACER OF THE YEAR CONTEST

Placings in this contest were based upon your best 8 performances in 16 designated events. The top finisher in each division for each event received 25 points, the second finisher received 24 points, etc. Since you could only use your best 8 performances, the maximum score was 200 points (8 x 25). The final results for 2004 for all who scored in four or more races are as follows:

Elite Division

| | |
|------------------|-----|
| Bob Pickens (8) | 200 |
| Dave Piazza (8) | 188 |
| Brian Davis (8) | 188 |
| Jim Bordoni(8) | 154 |
| Scott Bang (7) | 164 |
| Mike Kriege (6) | 139 |
| Jorn Jensen (5) | 116 |
| Mike Toney (5) | 111 |
| Dan Anderson (4) | 84 |
| Bill Dunn (4) | 80 |

A Division

| | |
|-------------------|-----|
| Missy Sudan (8) | 197 |
| Becki Kriege(8) | 192 |
| Johanna Wans (8) | 185 |
| Neil Gelblum (8) | 178 |
| Danny Moon (8) | 177 |
| Ron Kiyono (6) | 133 |
| Jeff Rohrer (5) | 121 |
| McKayla Plank (4) | 96 |
| Katy Spink (4) | 94 |
| Todd Hayes (4) | 81 |

B Division

| | |
|----------------------|-----|
| Mark Isakson (8) | 200 |
| Dino Delyani (8) | 192 |
| Bob Schmitt (8) | 191 |
| Joe Hurtado (8) | 180 |
| Jim Reitz (8) | 170 |
| Dave McIntyre(8) | 168 |
| Norry McAllister (7) | 161 |
| Carol Mendoza (6) | 132 |
| Mark Goldman (6) | 131 |
| Dick Chimenti (5) | 119 |
| Aaron Lee (5) | 109 |

C Division

| | |
|---------------------|-----|
| Kelly Emo (8) | 191 |
| Dave Norlander (8) | 173 |
| Marian Richard (6) | 148 |
| Christina Wilk (54) | 94 |
| Tom Warfel (4) | 93 |

D Division

| | |
|---------------------|-----|
| Jeff Bedolla (8) | 200 |
| John Peterson (8) | 198 |
| Chris Cassell (8) | 189 |
| Brian Low (4) | 93 |
| Elaine Erickson (4) | 88 |
| Ken Noel (4) | 85 |
| Walt Van Zant (4) | 82 |

E Division

| | |
|----------------------|-----|
| Kat Powell(8) | 195 |
| Marcia morrison (8) | 189 |
| Stan DeMartinis(6) | 180 |
| Tom Zades (8) | 176 |
| Bill Flodberg (7) | 168 |
| Madelyn Moon (6) | 124 |
| Georgia Riley (5) | 113 |
| Pauline Beatty (4) | 96 |
| Jack Friedlander (4) | 86 |

SATURDAY WORKOUT RESULTS

11/20/04 – 8 x 1200 Relay

| Pl | Team | Start | Finish |
|----|------------------|-------|--------|
| 1 | Kananen/Baker | 7:45 | 47:30 |
| 2 | Lee/Delyani | 10:45 | 47:48 |
| 3 | Wong,M.Park | 8:15 | 48:03 |
| 4 | Rostege/Peterson | 7:00 | 48:13 |
| 5 | Sudan/B.Kriege | 11:15 | 48:18 |
| 6 | Powell/K.Park * | -0- | 48:25 |
| 7 | Bedolla/Schmidt | 9:45 | 48:32 |
| 8 | L.Nast/Russell | 13:00 | 48:42 |
| 9 | Goldman/Toney | 13:30 | 48:47 |
| 10 | Noble/Cassell | 5:45 | 49:13 |
| 11 | Zades/Warfel | 6:00 | 49:19 |
| 12 | Noel/Saucedo | 7:30 | 49:55 |
| 13 | Norlander/Greene | 10:00 | 49:58 |
| 14 | Hurtado/Beyers | 11:45 | 50:31 |

Dick Barrett Trophy Winner = Rick Kananen

Times were slow on this cold and windy morning. Chris Baker pulled away on the last run for the victory. Mike Toney and Ray Russell had the fastest splits for the guys with a 4:10 average. Becki Kriege led the ladies with a 4:22 average.

11/27/04–Farwell/Herriman–4.68M

| | | | |
|----|----------------|--------|----|
| 1 | Mike Toney | 27:54 | |
| 2 | Becki Kriege | 29:47 | |
| 3 | Brian Conroy | 31:06 | |
| 4 | Dave Fergus | 31:22 | |
| 5 | Neal Chappell | 31:41 | |
| 6 | Neil Gelblum | 31:48 | |
| 7 | Bob Schmidt | 32:52 | |
| 8 | Jim Bordoni | 33:33 | |
| 9 | Dave McIntyre | 33:40 | |
| 10 | Kelly Emo | 33:54 | |
| 11 | Jeff Bedolla | 34:08 | |
| 12 | Joe Hurtado | 35:32 | |
| 12 | Missy Sudan | 35:32 | |
| 14 | Dave Norlander | 36:36 | |
| 15 | Tom warfel | 36:46 | |
| 16 | Chris Cassell | 37:20 | |
| 17 | Tom Zades | 40:05 | |
| 18 | Georgia Riley | 41:25 | |
| 19 | Rick Kananen | 42:12 | |
| 20 | Kara ? | 42:16 | |
| 21 | Kat Powell | 42:55 | PR |
| 22 | Ken Noel | 43:55 | |
| | Kristina Park | 40:38* | |

*Ran the 3.54M Farwell course

Rotten morning on which to run a race. The rain let up as the race started but it was very windy throughout the race. Neal Chappell ran the #2 all-time best by a 65+ runner.

112/4/04 – Farwell – 3.54 Miles

| | | | |
|----|-----------------|-------|----|
| 1 | Jeff Rohrer | 21:10 | |
| 2 | Jorn Jensen | 21:19 | |
| 2 | Andy Lief | 21:19 | |
| 4 | Becki Kriege | 21:24 | |
| 5 | Nory McAllister | 22:54 | |
| 6 | Frank Velasquez | 23:03 | |
| 7 | Brian Conroy | 23:07 | |
| 8 | Mike Kriege | 23:31 | |
| 9 | Mark Isaacson | 23:37 | |
| 10 | Dave Fergus | 23:50 | |
| 11 | Mark Goldman | 23:54 | |
| 12 | Tom O'Connor | 24:00 | |
| 13 | Greg Burke | 24:01 | |
| 14 | Aaron Lee | 24:05 | |
| 15 | Jeff Bedolla | 24:53 | PR |
| 16 | Dave McIntyre | 25:04 | |
| 17 | Keith Corbin | 25:54 | |
| 18 | Christina Wilk | 25:59 | |
| 19 | Missy Sudan | 26:00 | |
| 20 | Tim Rostege | 26:03 | |
| 21 | John Peterson | 27:10 | |
| 22 | Ken Noel | 27:19 | |
| 23 | Chris Cassell | 27:59 | |
| 23 | Dena Noble | 30:30 | |
| 24 | Georgia Riley | 30:57 | |
| 25 | Kat Powell | 31:36 | |
| 26 | Jim Wurm | 33:02 | |
| 26 | Tom Warfel | 33:02 | |
| 26 | Rich Stiller | 33:02 | |
| 29 | Betty Root | 38:35 | |
| 30 | Stan DeMartinis | 58:55 | |

Dick Barrett Trophy Winner – Jeff Bedolla

Very cold this morning – 30 degrees. Still, 30 hardy souls showed up for the run. Mike Kriege was well on his way to an any easy win and a sub-20-minute run when he missed the turn onto Douglas with 1.05 miles to go. He continued down Saratoga Ave to Fruitvale, running an extra 0.65 miles. Georgia Riley broke Madelyn Moon's women's 60+ record by 2 minutes. Jeff Bedolla took home the weekly trophy

because he improved his PR by 103 seconds.

12/11/04 – 4 x 1.46M WVC Campus Loop Relay

| Pl | Team | Start | Finish |
|----|------------------|-------|--------|
| 1 | Powell/Bordoni | :15 | 41:39 |
| 2 | Lee/Goldman | 4:45 | 42:12 |
| 3 | McIntyre/Gelblum | 5:00 | 42:27 |
| 4 | Bedolla/Lawson | 5:15 | 42:37 |
| 5 | Zades/Stefanidis | :30 | 42:50 |
| 6 | Corbin/Conroy | 5:30 | 42:51 |
| 7 | Noble/Warfel | -0- | 43:40 |
| 8 | Cassell/Wong | :15 | 45:24 |

Dick Barrett Trophy Winner – Kat Powell

Kat Powell knocked 47 seconds off her PR for this workout to put her partner, Jim Bordoni, in position to score an easy win. Stan DeMartinis had a somewhat humorous finish (in that he did not seriously injure himself). He ran one leg in 20:37 but fell down near the end due to fatigue. As he was falling, he grabbed a light pole, swung around it, and slowly slid to the ground. However, as soon as he hit the ground, he quickly clicked his watch to get his split before checking whether he had injured himself – a true runner who was more interested in learning his time than checking to see whether he had hurt himself.

12/18/04–Short Six–5.74 Miles

| | | | |
|----|------------------|-------|----|
| 1 | Andy Williams | 34:47 | PR |
| 2 | Becki Kriege | 35:08 | |
| 3 | Mike Toney | 35:19 | |
| 4 | Jeff Rohrer | 35:39 | |
| 5 | Bob Rea | 35:45 | |
| 6 | Jake Roberts | 36:48 | |
| 7 | Hank Lawson | 36:58 | PR |
| 8 | Mark Isaacson | 38:06 | |
| 9 | Meil Gelblum | 38:21 | |
| 10 | Norry McAllister | 38:31 | PR |
| 11 | Brian Conroy | 38:59 | PR |
| 12 | Mark Goldman | 39:34 | |
| 13 | Dave Fergus | 39:51 | |
| 14 | Jeff Bedolla | 41:11 | |
| 15 | Kelly Emo | 41:17 | |
| 16 | Dave Norlander | 41:36 | |
| 17 | Joe Hurtado | 41:36 | |

| | | | | | | | | | | | |
|----|----------------|-------|----|----|-----------------|-------|----|----|----------------|-------|------|
| 18 | Helen Wong | 43:57 | | 5 | Bill Meinhardt | 33:56 | | 13 | Mike Kriege | 26:28 | FH |
| 19 | Tom Warfel | 44:46 | | 6 | Keith Grimes | 34:16 | PR | 14 | Becki Kriege | 28:26 | FH |
| 20 | Chris Cassell | 46:12 | | 7 | Jake White | 34:49 | | 15 | Jeff Rohrer | 28:35 | FH |
| 21 | Pauline Beatty | 50:00 | | 8 | Becki Van Zant | 34:59 | PR | 16 | Pauline Beatty | 30:01 | Farw |
| 22 | Dena Noble | 50:25 | | 8 | Russ Kinsch | 34:59 | | 17 | Kat Powell | 31:44 | Farw |
| 23 | Tom Zades | 50:28 | | 10 | Don Dugdale | 35:09 | | 18 | Neil Gelblum | 32:17 | Tria |
| 24 | Kat Powell | 50:37 | PR | 11 | Ken Noel | 35:38 | | 19 | Jeff Bedolla | 33:39 | Tria |
| 25 | Georgia Riley | 51:03 | | 12 | Dick Chimenti | 35:42 | | 20 | Tim Rostege | 35:32 | FH |
| 26 | Jim Wurm | 54:22 | | 13 | John Clary | 35:48 | | 21 | Chris Cassell | 36:49 | FH |
| 27 | Bill Flodberg | 56:04 | | 14 | Gary Vergho | 35:58 | | 22 | Tom O'Connor | 39:40 | SS |
| 28 | Walt Van Zant | 57:04 | PW | 15 | Ken Napier | 36:05 | | 23 | Dave McIntyre | 43:28 | SS |
| 29 | Norm Saucedo | 57:28 | | 16 | Don Rebal | 36:26 | | | | | |
| 29 | Ken Noel | 57:28 | | 17 | Walt Van Zant | 36:37 | | | | | |
| 31 | Betty Root | 64:02 | | 18 | Jim Myers | 37:11 | PR | | | | |
| | | | | 19 | Jim Whalen | 37:56 | PR | | | | |
| | | | | 20 | Tom Zades | 39:38 | PR | | | | |
| | | | | 21 | Madelyn Moon | 40:22 | PR | | | | |
| | | | | 22 | Tom Warfel | 40:50 | | | | | |
| | | | | 22 | Rich Collins | 40:50 | | | | | |
| | | | | 24 | Dave Rebal | 41:46 | | | | | |
| | | | | 25 | Walter Williams | 41:57 | | | | | |
| | | | | 26 | Sue Francis | 42:14 | | | | | |
| | | | | 27 | Norm Saucedo | 42:38 | | | | | |
| | | | | 28 | Bob Read | 42:58 | | | | | |
| | | | | 29 | Antonina Ettare | 43:04 | PR | | | | |
| | | | | 30 | Nao Wei | 43:08 | | | | | |
| | | | | 31 | Damon Lease | 47:03 | | | | | |
| | | | | 32 | Lew Franklin | 47:19 | | | | | |
| | | | | 33 | Howard Powers | 51:53 | | | | | |
| | | | | 34 | Joe Sordi | 53:19 | | | | | |

Dick Barrett Trophy Winner – Andy Williams

Cold weather (mid to high 30s) but a lot of good performances and a few bad performances. Andy Williams and Becki ran together until there were 2 miles to go, when Andy picked up the pace and pulled away to win by about 100 yards while improving his PR by 55 seconds. Becki ran her fastest time on this course since she set the women's course record of 34:59 a little over 16 years ago. Bob Rea visited us from New Zealand for the first time in 2 1/2 years and had a great day. His time tied him for #12 on the 50+ list with Dave Norlander. Hank Lawson improved his PR by 53 seconds. Mark Isaacson improved his 45+ PR by 12 seconds. Norry improved his PR by 95 seconds. Brian improved his PR by 14 seconds. Dave Norlander moved past Norm Saucedo on the 65+ list to #2. Dena Noble was pleased to edge Tom Zades. Kat Powell moved to #8 on the women's 50+ list with a whopping 11-minute improvement on her PR. Georgia Riley continued her assault on all of the women's 60+ records as she knocked 5 minutes off Madelyn's 60+ record for this course. Jim Wurm considered using binoculars to see how far Walt was behind him. Norm and Ken Noel jogged the course together, knocking an impressive 6 minutes off their seasonal best for this course.

11/19/88–Short Six–5.74 Miles

| | | | |
|---|----------------|-------|----|
| 1 | David Furst | 31:15 | PR |
| 2 | Charles Lighty | 31:57 | |
| 3 | Frank Ruona | 31:57 | |
| 4 | Danny Moon | 33:20 | |

Dick Barrett Trophy Winner – David Furst

David Furst broke Frank Ruona's 40+ record by 24 seconds and Becki lowered her own women's course record by 77 seconds. As for the race, Frank led for the first three miles, Charles for the next mile, and then David took over for good. Charles sprinted by Frank at the end to get 2nd place. Tom Zades improved his PR by 3 minutes 22 seconds.

12/26/04 – All Courses Day

| | | | |
|----|---------------|-------|------|
| 1 | Jorn Jensen | 15:41 | Dou |
| 2 | Bob Pickens | 16:27 | Dou |
| 3 | Danny Moon | 19:19 | Dou |
| 4 | Mark Isaacson | 20:54 | VV |
| 5 | Hank Lawson | 22:06 | Farw |
| 6 | Tom Warfel | 23:40 | Dou |
| 6 | Rich Stiller | 23:40 | Dou |
| 8 | Dave Fergus | 23:41 | Farw |
| 9 | Kelly Emo | 25:30 | Farw |
| 10 | Tom Zades | 25:43 | VV |
| 10 | John Peterson | 25:43 | VV |
| 12 | Joe Hurtado | 25:57 | Farw |

Small turnout for the last run of the year but some good performances. Kelly Emo recorded the #9 time for 40+ runners on the Farwell course, Tom Zades knocked 2 minutes off his 60+ PR for Valle Vista, Mike Kriege ran the #9 time for 45+ runners for Farwell/Herriman, Jeff Bedolla improved his Triangle PR by 93 seconds, Chris Cassell improved his 50+ PR for Farwell/Herriman by 31 seconds, and Danny Moon ran a PW for the Douglas course.

1/1/05–Valle Vista–3.0M

| | | | |
|----|-----------------|-------|----|
| 1 | Becki Kriege | 18:44 | |
| 2 | Mark Isaacson | 18:57 | PR |
| 3 | Bob Pickens | 19:23 | |
| 4 | Neil Gelblum | 19:26 | |
| 5 | Aaron Lee | 19:52 | |
| 6 | Dino Delyani | 20:35 | |
| 7 | Joe Hurtado | 20:56 | |
| 8 | Kelly Emo | 21:09 | |
| 9 | John Peterson | 21:18 | PR |
| 10 | Tim Rostege | 21:38 | |
| 11 | Helen Wong | 22:03 | |
| 12 | Tom Warfel | 22:08 | |
| 13 | Danny Moon | 23:19 | PU |
| 14 | Chris Cassell | 23:38 | |
| 15 | Pauline Beatty | 24:59 | |
| 16 | Georgia Riley | 25:58 | |
| 17 | Marcia Morrison | 26:21 | |
| 18 | Chris Blue | 26:51 | |
| 19 | Ken Noel | 26:52 | |
| 20 | Uyenthi Tran | 28:26 | |
| 21 | Stan DeMartinis | 49:31 | |

Dick Barrett Trophy Winner – Georgia Riley

Becki scored a rare win by a club female runner for a Saturday road run as she pulled away from Mark during the last mile. Georgia Riley took home the weekly trophy because she broke the women's 60+ course record by 70 seconds. Kelly

recorded the #6 time by a club 40+ female runner. John Peterson improved his PR by 25 seconds. Mark improved his PR by 9 seconds. Aaron missed his PR by 1 second. Danny, suffering from kidney stones, struggled to a big PW.

1/8/05 – 6 x 1600M Relay

| Pl | Team | Start | Finish |
|----|---------------------|-------|--------|
| 1 | K.Cornwell/Cornwell | 6:15 | 43:41 |
| 2 | Russell/Pickens | 9:45 | 44:54 |
| 3 | Tran/Lee | -0- | 45:12 |
| 4 | O'Connor/Conroy | 7:00 | 45:47 |
| 5 | McIntyre/VanZant* | 1:00 | 46:43 |
| 6 | Delyani/Goldman | 8:45 | 46:53 |
| 7 | Rostege/Bang | 9:45 | 47:26 |
| 8 | M.Moon/D.Moon | 1:30 | 49:59 |

Dick Barrett Trophy Winner – Mark Goldman

Small turnout on this cold and rainy morning. Kari and Dwight Cornwell visited us from Colorado, running to an easy win. Most runners were given soft ratings for a variety of reasons (primarily because they were racing tomorrow). The first team to finish with normal ratings was the Delyani and Goldman team. So, Mark Goldman was given the weekly trophy. Bob Pickens led the guys with a 5:30 average and Kari Cornell led the ladies with a 6:23 average.

1/15/05 – Triangle Run - 4.76 Miles

| | | | |
|----|---------------|-------|----|
| 1 | Jeff Rohrer | 28:16 | |
| 2 | Scott Bang | 28:19 | |
| 3 | Jake Roberts | 28:26 | PR |
| 4 | Becki Kriege | 28:57 | |
| 4 | Bob Pickens | 28:57 | |
| 6 | Andy Williams | 29:39 | |
| 7 | Mark Isaacson | 30:16 | PR |
| 8 | Johanna Wans | 30:43 | |
| 9 | Neil Gelblum | 31:00 | |
| 10 | Jim Bordoni | 31:09 | |
| 11 | Tom O'Connor | 31:12 | PR |
| 12 | Mark Goldman | 31:28 | PR |
| 13 | Michael Park | 31:56 | |
| 14 | Dave Fergus | 32:14 | |
| 15 | Tony Hilton | 32:43 | |
| 16 | Joe Hurtado | 32:49 | |
| 17 | Jeff Bedolla | 33:36 | PR |
| 18 | Kelly Emo | 33:55 | |
| 19 | Bob Schmitt | 34:27 | |
| 20 | Tim Rostege | 34:52 | |
| 21 | John Peterson | 35:03 | PR |
| 22 | Mike Fogolin | 36:02 | |

| | | | |
|----|----------------|-------|--|
| 23 | Dave Norlander | 36:19 | |
| 24 | Tom Warfel | 36:33 | |
| 25 | Chris Cassell | 37:19 | |
| 26 | Missy Sudan | 37:58 | |
| 27 | Chris Blue | 41:06 | |
| 28 | Tom Zades | 42:50 | |
| 29 | Georgia Riley | 43:07 | |
| 30 | Norm Saucedo | 47:47 | |
| 30 | Ken Noel | 47:47 | |

Dick Barrett Trophy Winner – Jeff Rohrer

Cold morning (35 degrees when we arrived). Jake Roberts took the early lead and was closely followed by Scott Bang and Jeff Rohrer. Jeff Rohrer passed Jake with a mile to go and then held off a desperate kick by Scott to score his first win in quite awhile. Jake improved his PR by 6 seconds. Becki led the ladies. Tom O'Connor and Mark Goldman improved their PRs by 1½ minutes. Kelly Emo recorded the #6 40+ time by a club female runner. John Peterson improved his PR by 45 seconds. Christina Blue ran the #4 time by a 55+ runner. Georgia broke the women's 60+ record by 45 seconds.

1/22/05 – Doug/Sara/Frtvale-2.75M

| | | | |
|----|----------------|-------|----|
| 1 | Mike Kriege | 15:19 | PR |
| 2 | Scott Bang | 15:49 | |
| 3 | Jake Roberts | 15:54 | PR |
| 4 | Jeff Rohrer | 15:56 | |
| 5 | Mike Toney | 16:03 | |
| 6 | Becki Kriege | 16:16 | |
| 7 | Slim Pickens | 16:24 | |
| 8 | Mark Isaacson | 17:00 | PR |
| 9 | Neil Gelblum | 17:16 | |
| 10 | Tom O'Connor | 17:25 | |
| 11 | Dino Delyani | 17:28 | PR |
| 12 | Dave Fergus | 17:36 | |
| 13 | Aaron Lee | 18:00 | PR |
| 14 | Todd Hayes | 18:02 | |
| 15 | Christina Wilk | 18:04 | PR |
| 16 | Jeff Bedolla | 18:32 | PR |
| 17 | Joe Hurtado | 18:41 | |
| 18 | Dick Chimenti | 18:51 | |
| 19 | Bob Schmitt | 19:00 | |
| 20 | Danny Moon | 19:08 | PW |
| 21 | Kelly Emo | 19:12 | |
| 22 | Tim Rostege | 19:16 | |
| 23 | Dave McIntyre | 19:26 | |
| 24 | John Peterson | 19:44 | |
| 25 | Jose Casillas | 19:55 | PW |
| 26 | Tom Warfel | 20:02 | |
| 27 | Dave Norlander | 20:07 | |

| | | | |
|----|-----------------|-------|----|
| 28 | Missy Sudan | 20:23 | |
| 29 | Chris Cassell | 20:56 | |
| 30 | Tom Zades | 22:35 | |
| 31 | Kat Powell | 22:40 | PR |
| 32 | Chris Blue | 22:45 | |
| 33 | Dena Noble | 22:49 | |
| 34 | Georgia Riley | 23:40 | PW |
| 35 | Jim Wurm | 24:00 | PW |
| 36 | Walt Van Zant | 24:28 | |
| 37 | Annette McPhail | 24:58 | |
| 38 | Don Packwood | 26:08 | |
| 39 | Rick Kananen | 26:22 | PW |
| 40 | Tim Riley | 27:07 | |
| 41 | Pauline Beatty | 27:08 | |
| 42 | Norm Saucedo | 27:24 | |
| 42 | Ken Noel | 27:24 | |
| 44 | Stan DeMartinis | 41:31 | |

Dick Barrett Trophy Winner – Christina Wilk

A lot of good performances on this foggy morning. Mike Kriege ran with a group of 5 until they got out of the trail area and then accelerated away to an easy win as he improved his PR by 29 seconds while moving to #13 on the 45+ list. Becki led the ladies. Tough decision on who to give the trophy to as both Jake Roberts and Christina Wilk ran very well. We gave Christina the trophy because she improved her PR by 54 seconds. Tom Zades beat Dena Noble in their first head-to-head race of the year. However, Dena alleged that she was loafing. Kat Powell recorded the #9 time by a 50+ woman runner. Georgia Riley broke the women's 60+ record for this course. So, she now holds all of the women's 60+ course records. Tim Riley, who is recovering from a hip-replacement surgery, ran with us for the first time in a long time. Ken Noel and Norm Saucedo claimed that they would have run faster if they hadn't stopped at the library to check out a book.

RACE RESULTS

11/14/04-Clarksburg 5K

| | | |
|---------------|-------|---------|
| Neal Chappell | 20:07 | 1st-65+ |
| Ken Noel | 23:33 | 2nd-65+ |

11/28/04-Run To The Farside 5K

| | | |
|---------------|-------|---------|
| Dennis Kurtis | 17:22 | 1st-50+ |
| Tom O'Connor | 19:09 | |
| Ron Kiyono | 19:59 | 4th-50+ |
| Dave McIntyre | 21:52 | |
| Kelly Emo | 21:59 | 3rd-40+ |
| Rich Hahn | 23:04 | |

11/28/04-Run To The Farside 10K

| | | |
|--------------|-------|---------|
| Dave Piazza | 37:01 | 5th-50+ |
| Ken Hsu | 37:56 | |
| Dino Delyani | 41:02 | |

11/28/04-Rocketman Downhill Mile

| | | |
|----------------------|------|----------|
| 1 Scott Bang | 4:37 | 1st male |
| 2 Danny Moon | 4:58 | 1st 50+ |
| 3 Dave McIntyre | 5:14 | 1st 40+ |
| 4 Dimitri Stefanidis | 5:18 | 1st 45+ |
| 5 Kelly Emo | 5:55 | 1st Wo |
| 6 Stacy Rue | 6:28 | 1st 40+ |
| 7 Walt Van Zant | 7:48 | 1 PU |

It was a brisk morning in the mid 40s as the quest for Danny to run under five minutes and everyone else to try to run their best on this fast downhill mile course measured by none other than our Rich Stiller. The first quarter mile rabbit, Dave McIntyre, pulled us along, then our second rabbit - Dimitri - got us through the half mile and our third rabbit Scott took us the rest of the way home, pulling Danny under the 5 minute barrier. During the race, Kelly let the downhill gravity carry her along under six minutes. Stacy was having a real great run enjoying herself while running a personal record for the mile. With a painful heel causing a great deal of discomfort Walt forced his way to finish the race. A good time was had by all while enjoying Madelyn's fresh baked oatmeal raisin cookies, medals and Rocketman Mile shirts. Thanks to our timers, Rich Stiller and Madelyn Moon, and the many spectators (Stan, Norm, Ken, Neil, Joe, Missy, Jake, Rick, Patrick, Sally and Tom).

12/5/04 - Cal Intl Marathon

| | | |
|---------------|---------|---------|
| Mike Toney | 2:44:33 | 1st-45+ |
| Andy Williams | 2:49:56 | 7th-40+ |
| Neil Gelblum | 2:57:30 | 4th-50+ |
| Johanna Wans | 3:09:39 | 7th-25+ |
| Joe Hurtado | 3:15:59 | 2nd-60+ |
| Joe Sigrist | 3:24:19 | |
| Bob Schmitt | 3:28:05 | 6th-60+ |

Dave Norlander 3:37:50 4th-65+ 2:04:44

12/12/04-Lake Merced Relays-4.464M per leg

40+ A Team-2nd
 Bob Pickens 26:20
 Dave Piazza 26:18
 Brian Davis 26:12
 Mike Kriege 26:33
 1:45:23

40+ B Team-7th

Dino Delyani 27:59
 Tom O'Connor 28:04
 Norry McAllister 28:40
 Ken Hsu 27:29
 1:52:12

Ken and Al also ran a leg for the Angel Field Ancients in 26:04 and 27:44.

Open Women-7th

Kelly Emo 31:38
 Becki Kriege 27:43
 Helen Wong 33:30
 Missy Sudan 31:07
 2:03:58

60+ team-2nd

1 Joe Hurtado 30:59
 2 Tim Rostege 32:33
 3 Jim Reitz 32:36
 4 Dick Chimenti 29:51
 2:05:59

70+ Team-2nd

Ed Singleton 43:05
 Bob Meyer 39:45
 Bill Flodberg 39:53
 Ed Reyna 42:26
 2:45:09

12/19/82-Lake Merced Relays-4.464M per leg

40+ A Team-1st
 Tom Laris 24:05
 Bill Meinhardt 23:10
 Jerry Lynch 23:10
 Tim Rostege 23:05
 Jake White 23:33
 1:57:03

30+A Team-3rd

Ron Nelson 23:43
 Don Dugdale 23:30
 Ken Drew 24:15
 John Clary 24:08
 Dave Garcia 24:47
 2:00:23

30+B Team-10th

Norm Gould 24:28
 Steve Selbrede 25:21
 Andy Lewis 25:14
 Walt Radloff 24:13
 Sammy Castillo 25:28

40+B Team-4th

Bert Johnson 23:59
 Kent Gurthrie 25:26
 Bill Comport 25:19
 Bill Hotchkiss 25:49
 Walt Van Zant 25:33
 2:06:06

Others

Mike Hicks 24:58
 Becki Van Zant 29:00

1/1/05-LG Resolution Run-5M

| | | |
|-------------------|-------|---------|
| Dennis Hurtis | 30:40 | 1st-50+ |
| Scott Bang | 31:44 | |
| Jim Angelopoulos | 33:30 | 3rd-40+ |
| Mark Goldman | 35:15 | 3rd-50+ |
| Liz Nast | 37:26 | 2nd-40+ |
| Ephraim Romesberg | 51:51 | 1st-70+ |

Dennis finished 5th overall

1/1/05-Rio Resolution 3-Miler

Glynn Wood 25:36 1st-70+

1/9/05 Cal 10 Results

| | | |
|-----------------|-------|---------|
| Mike Toney | 58:20 | 2nd-45+ |
| Dennis Kurtis | 59:34 | 2nd-50+ |
| Andy Williams | 61:38 | |
| Becki Kriege | 61:46 | 2nd-35+ |
| Dwight Cornwell | 62:49 | 2nd-55+ |
| Dan Anderson | 63:44 | |
| Jim Bordoni | 64:27 | |
| Johanna Wans | 65:55 | |
| Tom O'Connor | 66:58 | |
| Kari Cornwell | 67:50 | |
| Joe Hurtado | 69:19 | 3rd-60+ |
| Jeff Bedolla | 72:50 | |
| Carol Mendoza | 73:00 | |
| Ken Noel | 85:49 | 4th-65+ |
| Kat Powell | 87:20 | 5th-50+ |
| Bill Flodberg | 94:29 | 4th-70+ |

Our men's 50+ and 60+ teams finished 2nd and our open women's team finished 4th.

1/16/055-Dolphin South End 5K

| | | |
|--------------|-------|---------|
| Jeff Bedolla | 21:36 | 6th-50+ |
| Kat Powell | 26:08 | 1st-50+ |



2004 CUMULATIVE SATURDAY STANDINGS

| Elite Div. | DOUGLASS | | VALLE VISTA | | FARWELL | | FARWEL HERR | | TRIANGLE | | SHORT SIX | | TOTAL |
|--------------------|----------|---------|-------------|---------|---------|---------|-------------|---------|----------|---------|-----------|---------|---------|
| Pickens,Bob | 0:14:51 | 0:34:57 | 0:16:03 | 0:33:58 | 0:19:02 | 0:33:59 | 0:25:10 | 0:33:39 | 0:28:25 | 0:37:00 | 0:34:43 | 0:36:42 | 2:18:14 |
| Jensen,Jorn | 0:15:41 | 0:36:55 | 0:16:40 | 0:35:17 | 0:19:50 | 0:35:25 | 0:25:55 | 0:34:39 | 0:26:48 | 0:34:54 | 0:33:49 | 0:35:45 | 2:18:43 |
| Piazza,Dave | 0:15:29 | 0:36:27 | 0:17:03 | 0:36:05 | 0:20:18 | 0:36:15 | 0:26:49 | 0:35:51 | 0:27:31 | 0:35:50 | 0:34:07 | 0:36:04 | 2:21:17 |
| Kriege,Mike | 0:15:48 | 0:37:11 | 0:16:29 | 0:34:53 | 0:20:11 | 0:36:02 | 0:26:28 | 0:35:23 | 0:28:16 | 0:36:48 | 0:34:13 | 0:36:10 | 2:21:25 |
| Toney,Mike | 0:15:44 | 0:37:02 | 0:18:28 | 0:39:05 | 0:20:50 | 0:37:12 | 0:26:50 | 0:35:52 | 0:27:57 | 0:36:24 | 0:34:28 | 0:36:26 | 2:24:17 |
| Williams,Andy | 0:15:47 | 0:37:09 | 0:18:15 | 0:38:38 | 0:20:58 | 0:37:26 | 0:28:19 | 0:37:51 | 0:28:26 | 0:37:01 | 0:34:47 | 0:36:46 | 2:26:32 |
| Bordoni,Jim | 0:15:36 | 0:36:43 | 0:17:38 | 0:37:20 | 0:20:53 | 0:37:17 | 0:28:46 | 0:38:27 | 0:29:11 | 0:38:00 | 0:35:52 | 0:37:55 | 2:27:56 |
| Corbin,Keith | 0:18:40 | 0:43:56 | 0:20:45 | 0:43:55 | 0:25:54 | 0:46:15 | 0:32:43 | 0:43:44 | 0:33:56 | 0:44:11 | 0:41:57 | 0:44:21 | 2:53:55 |
| Angelopoulos, Ji | 0:00:00 | 0:00:00 | 0:16:47 | 0:35:32 | 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 |
| Bang,Scott | 0:15:27 | 0:36:22 | 0:17:08 | 0:36:16 | 0:20:38 | 0:36:51 | 0:00:00 | 0:00:00 | 0:29:49 | 0:38:49 | 0:00:00 | 0:00:00 | 0:00:00 |
| Gerhardt,Floyd | 0:16:21 | 0:38:29 | 0:17:51 | 0:37:47 | 0:00:00 | 0:00:00 | 0:28:20 | 0:37:53 | 0:28:49 | 0:37:31 | 0:37:07 | 0:39:14 | 0:00:00 |
| Lief,Andy | 0:00:00 | 0:00:00 | 0:16:15 | 0:34:24 | 0:21:19 | 0:38:04 | 0:00:00 | 0:00:00 | 0:26:42 | 0:34:46 | 0:00:00 | 0:00:00 | 0:00:00 |
| McAllister,Norry | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:22:54 | 0:40:54 | 0:30:55 | 0:41:20 | 0:30:26 | 0:39:38 | 0:38:31 | 0:40:43 | 0:00:00 |
| Murray,Al | 0:16:49 | 0:39:35 | 0:17:46 | 0:37:36 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:37:40 | 0:39:49 | 0:00:00 |
| Nast,Rob | 0:15:35 | 0:36:41 | 0:17:06 | 0:36:12 | 0:20:31 | 0:36:38 | 0:27:11 | 0:36:20 | 0:00:00 | 0:00:00 | 0:34:44 | 0:36:43 | 0:00:00 |
| O'Connor, Tom | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:24:00 | 0:42:51 | 0:00:00 | 0:00:00 | 0:32:30 | 0:42:19 | 0:39:40 | 0:41:56 | 0:00:00 |
| Roberts,Jake | 0:00:00 | 0:00:00 | 0:18:53 | 0:39:58 | 0:23:47 | 0:42:28 | 0:33:12 | 0:44:23 | 0:28:41 | 0:37:21 | 0:36:48 | 0:38:54 | 0:00:00 |
| Russell,Ray | 0:15:56 | 0:37:30 | 0:16:57 | 0:35:53 | 0:20:50 | 0:37:12 | 0:00:00 | 0:00:00 | 0:29:30 | 0:38:25 | 0:00:00 | 0:00:00 | 0:00:00 |
| Souza,Tim | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:31:37 | 0:41:10 | 0:00:00 | 0:00:00 | 0:00:00 |
| Toney,Bob | 0:17:17 | 0:40:41 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:27:54 | 0:37:18 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 |
| Waggoner,Gary | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:21:52 | 0:39:03 | 0:29:58 | 0:40:04 | 0:38:30 | 0:50:08 | 0:38:18 | 0:40:29 | 0:00:00 |
| | | | | | | | | | | | | | |
| A Div. | DOUGLASS | | VALLE VISTA | | FARWELL | | FARWEL HERR | | TRIANGLE | | SHORT SIX | | TOTAL |
| Kriege,Becki | 0:16:43 | 0:39:21 | 0:18:06 | 0:38:19 | 0:21:24 | 0:38:13 | 0:28:26 | 0:38:01 | 0:29:33 | 0:38:29 | 0:35:08 | 0:37:08 | 2:29:20 |
| Sudan,Missy | 0:16:25 | 0:38:38 | 0:17:55 | 0:37:56 | 0:21:24 | 0:38:13 | 0:28:22 | 0:37:55 | 0:29:16 | 0:38:06 | 0:36:27 | 0:38:32 | 2:29:49 |
| Gelblum,Neil | 0:17:31 | 0:41:14 | 0:18:24 | 0:38:57 | 0:22:05 | 0:39:26 | 0:29:30 | 0:39:26 | 0:30:15 | 0:39:23 | 0:37:49 | 0:39:59 | 2:35:34 |
| Fergus,Dave | 0:16:27 | 0:38:43 | 0:18:59 | 0:40:11 | 0:23:41 | 0:42:18 | 0:31:22 | 0:41:56 | 0:29:26 | 0:38:19 | 0:39:51 | 0:42:07 | 2:39:46 |
| Hayes,Todd | 0:16:51 | 0:39:40 | 0:18:49 | 0:39:50 | 0:22:49 | 0:40:45 | 0:30:15 | 0:40:26 | 0:29:48 | 0:38:48 | 0:41:17 | 0:43:38 | 2:39:49 |
| Park,Kristina | 0:22:18 | 0:52:29 | 0:18:34 | 0:39:18 | 0:23:34 | 0:42:05 | 0:29:52 | 0:39:56 | 0:30:48 | 0:40:06 | 0:39:13 | 0:41:27 | 2:44:19 |
| Moon,Danny | 0:17:53 | 0:42:05 | 0:19:15 | 0:40:45 | 0:23:48 | 0:42:30 | 0:31:38 | 0:42:17 | 0:32:24 | 0:42:11 | 0:40:35 | 0:42:54 | 2:45:33 |
| | | | | | | | | | | | | | |
| Beyers,Joe | 0:18:03 | 0:42:29 | 0:18:52 | 0:39:56 | 0:23:21 | 0:41:42 | 0:31:50 | 0:42:33 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 |
| Conroy,Brian | 0:00:00 | 0:00:00 | 0:18:52 | 0:39:56 | 0:22:38 | 0:40:25 | 0:31:06 | 0:41:35 | 0:00:00 | 0:00:00 | 0:38:59 | 0:41:13 | 0:00:00 |
| Gerhardt,Amanda | 0:16:35 | 0:39:02 | 0:18:25 | 0:38:59 | 0:00:00 | 0:00:00 | 0:28:07 | 0:37:35 | 0:29:35 | 0:38:31 | 0:37:10 | 0:39:17 | 0:00:00 |
| Lawson,Hank | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:22:06 | 0:39:28 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:36:58 | 0:39:05 | 0:00:00 |
| Plank,McKayla | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:22:12 | 0:39:39 | 0:30:10 | 0:40:20 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 |
| Rohrer,Jeff | 0:16:13 | 0:38:10 | 0:00:00 | 0:00:00 | 0:21:10 | 0:37:48 | 0:28:35 | 0:38:13 | 0:29:25 | 0:38:18 | 0:35:39 | 0:37:41 | 0:00:00 |
| Spink,Katy | 0:17:02 | 0:40:05 | 0:18:45 | 0:39:41 | 0:00:00 | 0:00:00 | 0:29:04 | 0:38:52 | 0:29:56 | 0:38:59 | 0:37:15 | 0:39:23 | 0:00:00 |
| Stefanidis,Dimitri | 0:17:06 | 0:40:15 | 0:19:00 | 0:40:13 | 0:22:46 | 0:40:39 | 0:31:16 | 0:41:48 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 |
| Wans,Johanna | 0:16:56 | 0:39:51 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:30:17 | 0:39:26 | 0:42:17 | 0:44:42 | 0:00:00 |
| | | | | | | | | | | | | | |
| B Div | DOUGLASS | | VALLE VISTA | | FARWELL | | FARWEL HERR | | TRIANGLE | | SHORT SIX | | TOTAL |
| Isaacson,Mark | 0:17:28 | 0:41:07 | 0:20:36 | 0:43:36 | 0:22:26 | 0:40:04 | 0:30:22 | 0:40:36 | 0:30:33 | 0:39:47 | 0:38:06 | 0:40:16 | 2:39:31 |
| Schmitt,Bob | 0:17:37 | 0:41:28 | 0:19:39 | 0:41:36 | 0:23:18 | 0:41:36 | 0:30:32 | 0:40:49 | 0:31:07 | 0:40:31 | 0:38:41 | 0:40:53 | 2:40:54 |
| Delyani,Dino | 0:17:54 | 0:42:08 | 0:19:19 | 0:40:53 | 0:23:13 | 0:41:27 | 0:30:53 | 0:41:17 | 0:31:43 | 0:41:18 | 0:39:29 | 0:41:44 | 2:42:31 |
| Goldman,Mark | 0:18:02 | 0:42:27 | 0:19:43 | 0:41:44 | 0:23:27 | 0:41:52 | 0:30:53 | 0:41:17 | 0:32:52 | 0:42:48 | 0:39:06 | 0:41:20 | 2:44:03 |
| Lee,Aaron | 0:18:05 | 0:42:34 | 0:19:51 | 0:42:01 | 0:23:55 | 0:42:43 | 0:32:36 | 0:43:35 | 0:33:00 | 0:42:58 | 0:40:34 | 0:42:53 | 2:48:01 |
| Nast,Liz | 0:18:30 | 0:43:33 | 0:19:48 | 0:41:55 | 0:24:05 | 0:43:00 | 0:31:42 | 0:42:23 | 0:33:19 | 0:43:23 | 0:41:56 | 0:44:20 | 2:49:20 |
| Hurtado,Joe | 0:18:39 | 0:43:54 | 0:19:54 | 0:42:07 | 0:24:01 | 0:42:53 | 0:32:00 | 0:42:47 | 0:34:06 | 0:44:24 | 0:40:54 | 0:43:14 | 2:49:34 |
| McIntyre,Dave | 0:18:35 | 0:43:44 | 0:20:40 | 0:43:45 | 0:25:01 | 0:44:40 | 0:33:40 | 0:45:01 | 0:34:29 | 0:44:54 | 0:43:28 | 0:45:57 | 2:55:53 |
| | | | | | | | | | | | | | |
| Chimenti,Dick | 0:17:24 | 0:40:57 | 0:19:28 | 0:41:12 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:31:16 | 0:40:43 | 0:41:36 | 0:43:58 | 0:00:00 |
| | | | | | | | | | | | | | |
| C Div. | DOUGLASS | | VALLE VISTA | | FARWELL | | FARWEL HERR | | TRIANGLE | | SHORT SIX | | TOTAL |
| Norlander,Dave | 0:18:40 | 0:43:56 | 0:20:43 | 0:43:51 | 0:24:39 | 0:44:01 | 0:32:36 | 0:43:35 | 0:33:12 | 0:43:14 | 0:41:36 | 0:43:58 | 2:51:26 |
| Emo,Kelly | 0:18:37 | 0:43:49 | 0:20:31 | 0:43:26 | 0:25:11 | 0:44:58 | 0:33:54 | 0:45:19 | 0:33:20 | 0:43:24 | 0:41:17 | 0:43:38 | 2:52:50 |
| Warfel,Tom | 0:19:41 | 0:46:20 | 0:21:02 | 0:44:31 | 0:24:49 | 0:44:19 | 0:34:17 | 0:45:50 | 0:33:28 | 0:43:35 | 0:42:24 | 0:44:49 | 2:55:41 |
| Wilk,Christina | 0:18:58 | 0:44:38 | 0:20:28 | 0:43:19 | 0:26:00 | 0:46:26 | 0:34:59 | 0:46:46 | 0:33:34 | 0:43:42 | 0:42:18 | 0:44:43 | 2:56:17 |
| Wong,Helen | 0:18:28 | 0:43:28 | 0:20:50 | 0:44:06 | 0:27:11 | 0:48:33 | 0:34:05 | 0:45:34 | 0:35:14 | 0:45:53 | 0:43:38 | 0:46:07 | 2:59:26 |
| Stiller,Rich | 0:19:23 | 0:45:37 | 0:21:13 | 0:44:55 | 0:26:38 | 0:47:34 | 0:37:30 | 0:50:08 | 0:33:45 | 0:43:57 | 0:44:39 | 0:47:12 | 3:03:08 |
| | | | | | | | | | | | | | |
| Baumgartner,Ce | 0:18:55 | 0:44:31 | 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 |
| Casillas,Jose | 0:18:30 | 0:43:33 | 0:21:20 | 0:45:09 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:34:52 | 0:45:24 | 0:00:00 | 0:00:00 | 0:00:00 |
| Kananen,Rick | 0:00:00 | 0:00:00 | 0:23:00 | 0:48:41 | 0:30:02 | 0:53:38 | 0:39:15 | 0:52:28 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 |
| Packwood,Don | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:43:41 | 0:58:24 | 0:44:42 | 0:58:12 | 0:00:00 | 0:00:00 | 0:00:00 |
| Rostege,Tim | 0:20:25 | 0:48:03 | 0:21:28 | 0:45:26 | 0:26:03 | 0:46:31 | 0:35:32 | 0:47:30 | 0:00:00 | 0:00:00 | 0:47:54 | 0:50:38 | 0:00:00 |
| Saucedo,Norm | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:27:28 | 0:49:03 | 0:43:28 | 0:58:07 | 0:36:14 | 0:47:11 | 0:57:28 | 1:00:45 | 0:00:00 |
| Sigrist,Ben | 0:17:50 | 0:41:58 | 0:00:00 | 0:00:00 | 0:27:03 | 0:48:18 | 0:35:02 | 0:46:50 | 0:35:36 | 0:46:21 | 0:00:00 | 0:00:00 | 0:00:00 |
| White,Jake | 0:00:00 | 0:00:00 | 0:21:59 | 0:46:32 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:44:41 | 0:47:14 | 0:00:00 |



| D Div. | DOUGLASS | | VALLE VISTA | | FARWELL | | FARWEL HERR | | TRIANGLE | | SHORT SIX | | TOTAL |
|------------------|----------|---------|-------------|---------|---------|---------|-------------|---------|----------|---------|-----------|---------|---------|
| Bedolla, Jeff | 0:19:03 | 0:44:50 | 0:20:42 | 0:43:49 | 0:24:53 | 0:44:26 | 0:34:02 | 0:45:30 | 0:33:39 | 0:43:49 | 0:41:11 | 0:43:32 | 2:53:30 |
| Peterson, John | 0:19:31 | 0:45:56 | 0:22:11 | 0:46:57 | 0:25:31 | 0:45:34 | 0:35:49 | 0:47:53 | 0:35:51 | 0:46:41 | 0:44:02 | 0:46:33 | 3:02:55 |
| Cassell, Chris | 0:20:36 | 0:48:29 | 0:22:33 | 0:47:44 | 0:26:19 | 0:47:00 | 0:36:49 | 0:49:13 | 0:37:15 | 0:48:30 | 0:45:40 | 0:48:16 | 3:09:12 |
| Noble, Dena | 0:22:25 | 0:52:46 | 0:23:12 | 0:49:07 | 0:29:46 | 0:53:09 | 0:39:24 | 0:52:40 | 0:39:31 | 0:51:27 | 0:50:25 | 0:53:18 | 3:24:43 |
| Noel, Ken | 0:21:01 | 0:49:28 | 0:23:21 | 0:49:26 | 0:26:49 | 0:47:53 | 0:39:09 | 0:52:20 | 0:37:18 | 0:48:34 | 0:57:28 | 1:00:45 | 3:25:06 |
| VanZant, Walt | 0:23:42 | 0:55:47 | 0:27:46 | 0:58:47 | 0:32:52 | 0:58:41 | 0:45:26 | 1:00:44 | 0:43:24 | 0:56:31 | 0:57:04 | 1:00:19 | 3:50:14 |
| Gavin, Ed | 0:00:00 | 0:00:00 | 0:21:55 | 0:46:24 | 0:00:00 | 0:00:00 | 0:34:26 | 0:46:02 | 0:36:06 | 0:47:00 | 0:00:00 | 0:00:00 | 0:00:00 |
| Low, Brian | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:26:30 | 0:47:19 | 0:38:03 | 0:50:52 | 0:35:47 | 0:46:36 | 0:45:40 | 0:48:16 | 0:00:00 |
| Myers, Jim | 0:21:41 | 0:51:02 | 0:00:00 | 0:00:00 | 0:28:22 | 0:50:39 | 0:39:43 | 0:53:06 | 0:38:17 | 0:49:51 | 1:02:02 | 1:05:34 | 0:00:00 |
| Norlander, Becky | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:39:17 | 0:52:31 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 |
| Rowland, Patrick | 0:18:57 | 0:44:36 | 0:21:05 | 0:44:38 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:38:46 | 0:50:29 | 0:00:00 | 0:00:00 | 0:00:00 |
| Sigrist, Joe | 0:19:06 | 0:44:57 | 0:00:00 | 0:00:00 | 0:25:05 | 0:44:47 | 0:35:04 | 0:46:53 | 0:34:47 | 0:45:17 | 0:00:00 | 0:00:00 | 0:00:00 |
| Tran, Uyenthi | 0:21:35 | 0:50:48 | 0:24:11 | 0:51:11 | 0:29:43 | 0:53:04 | 0:36:41 | 0:49:03 | 0:38:45 | 0:50:27 | 0:00:00 | 0:00:00 | 0:00:00 |
| E Div. | DOUGLASS | | VALLE VISTA | | FARWELL | | FARWEL HERR | | TRIANGLE | | SHORT SIX | | TOTAL |
| Pickens, John | 0:21:24 | 0:50:22 | 0:23:05 | 0:48:52 | 0:28:36 | 0:51:04 | 0:37:40 | 0:50:21 | 0:37:19 | 0:48:35 | 0:46:57 | 0:49:38 | 3:15:01 |
| Beatty, Pauline | 0:21:40 | 0:51:00 | 0:24:35 | 0:52:02 | 0:30:01 | 0:53:36 | 0:39:43 | 0:53:06 | 0:38:49 | 0:50:33 | 0:50:00 | 0:52:51 | 3:24:48 |
| Zades, Tom | 0:21:53 | 0:51:30 | 0:25:43 | 0:54:26 | 0:29:20 | 0:52:23 | 0:39:51 | 0:53:17 | 0:40:04 | 0:52:10 | 0:48:27 | 0:51:13 | 3:25:18 |
| Riley, Georgia | 0:22:48 | 0:53:40 | 0:25:33 | 0:54:05 | 0:30:57 | 0:55:16 | 0:39:43 | 0:53:06 | 0:41:34 | 0:54:07 | 0:51:03 | 0:53:58 | 3:31:38 |
| Powell, Kat | 0:23:27 | 0:55:12 | 0:25:10 | 0:53:16 | 0:31:18 | 0:55:54 | 0:42:55 | 0:57:23 | 0:40:09 | 0:52:17 | 0:50:37 | 0:53:30 | 3:33:36 |
| Morrison, Marcia | 0:23:31 | 0:55:21 | 0:26:01 | 0:55:04 | 0:30:25 | 0:54:19 | 0:40:42 | 0:54:25 | 0:41:48 | 0:54:26 | 0:54:20 | 0:57:26 | 3:36:47 |
| McPhail, Annette | 0:22:48 | 0:53:40 | 0:27:12 | 0:57:35 | 0:32:08 | 0:57:23 | 0:42:57 | 0:57:25 | 0:43:03 | 0:56:03 | 0:52:34 | 0:55:34 | 3:40:42 |
| Root, Betty | 0:26:28 | 1:02:18 | 0:29:08 | 1:01:40 | 0:34:17 | 1:01:13 | 0:46:52 | 1:02:39 | 0:46:42 | 1:00:48 | 0:59:46 | 1:03:11 | 4:03:13 |
| DeMartinis, Stan | 0:34:58 | 1:22:18 | 0:34:39 | 1:13:21 | 0:44:42 | 1:19:49 | 1:02:30 | 1:23:33 | 0:57:58 | 1:15:29 | 1:15:00 | 1:19:17 | 5:09:47 |
| Blue, Christine | 0:22:56 | 0:53:59 | 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 |
| Carchidi, Amelia | 0:21:44 | 0:51:09 | 0:23:16 | 0:49:15 | 0:27:23 | 0:48:54 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 |
| Collins, Rich | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:32:48 | 0:58:34 | 0:00:00 | 0:00:00 | 0:38:52 | 0:50:36 | 0:00:00 | 0:00:00 | 0:00:00 |
| Flodberg, Bill | 0:23:26 | 0:55:09 | 0:23:40 | 0:50:06 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:48:46 | 0:51:33 | 0:00:00 |
| Lewis, Jerry | 0:24:21 | 0:57:19 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:41:37 | 0:54:11 | 0:00:00 | 0:00:00 | 0:00:00 |
| McCarten, Dave | 0:31:00 | 1:12:58 | 0:26:34 | 0:56:14 | 0:33:06 | 0:59:06 | 0:51:48 | 1:09:15 | 0:00:00 | 0:00:00 | 0:58:18 | 1:01:38 | 0:00:00 |
| Moon, Madelyn | 0:26:38 | 1:02:41 | 0:30:05 | 1:03:41 | 0:36:32 | 1:05:14 | 0:47:52 | 1:04:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 |
| Napier, Ken | 0:25:20 | 0:59:38 | 0:26:42 | 0:56:31 | 0:33:16 | 0:59:24 | 0:45:26 | 1:00:44 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 |
| Reyna, Eddie | 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 | 1:04:38 | 1:08:19 | 0:00:00 |
| Shaner, Tina | 0:00:00 | 0:00:00 | 0:28:37 | 1:00:35 | 0:34:17 | 1:01:13 | 0:00:00 | 0:00:00 | 0:46:29 | 1:00:32 | 1:00:35 | 1:04:02 | 0:00:00 |
| Wurm, Jim | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:33:02 | 0:58:59 | 0:00:00 | 0:00:00 | 0:00:00 | 0:00:00 | 0:54:22 | 0:57:28 | 0:00:00 |