



WVJS



VOL XXXI-#1 WEST VALLEY JOGGERS & STRIDERS Jan 2012

Saturday Workouts

02/11/12	Farwell/H (4.68M)	04/14/12	Dou/Sar/Frtvle (2.75 miles)
02/18/12	Valentine Team Race (5.4 miles)	04/21/12	Step-up & Step-down Relay
02/25/12	Farwell (3.54 miles)	04/28/12	Farwell/H (4.68M)
03/03/12	4x1.46-Mile WVC Loop Relay	05/05/12	36x200 Relay
03/10/12	Short Six (5.74 miles)	05/12/12	16x400 Relay
03/17/12	Valle Vista (3.0 miles)	05/19/12	Farwell (3.54 miles)
03/24/12	18x0.33-Mile Tennis Court Loop Relay	05/26/12	8x0.66M Tennis Court Loop Relay
03/31/12	Triangle Run (4.76 miles)	06/02/12	Short Six (5.74M)
04/07/12	16 x 300 Relay	06/09/12	800/1500/3000 Day

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

03/03/12	Nor-Cal 10 Mile (1.5)
03/18/12	Across The Bay 12K (1.0)
04/01/12	Sacto Credit Union 10M (2.0)
04/22/12	Zippy 5K (1.0)
05/28/12	Marin 10K (1.0)
07/15/12	San Rafael Road Mile (1.0)
10/21/12	Humboldt Half Marathon (1.5)
11/11/12	Clarksburg Half Marathon (1.5)
11/22/12	Silicon Valley 5K (2.0)
12/16/12	Christmas Relays (2.0)

Racer of the Year

	Fastest Farwell Time
	Fastest Marathon
	Fastest Half Marathon
	Fastest of 2 Designated Track Miles
	Fastest of 2 Designated Track 5Ks
03/18	Across The Bay 12K
04/01	Sacto Credit Run 10M
04/22	Zippy 5K
04/29	Sar/Los Gatos Great Race
05/28	Marin 10K
06/17	Holy City Race
xx/xx	Scott Bang Road Mile
07/15	San Rafael Road Mile
08/11	Dammit Run – 5M
08/18	Santa Cruz XC Race

Other Races

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

Sunday Runs

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

Miscellaneous Drivel

Our annual club awards dinner will be held at the Fairbrae Swim Club in Sunnyvale on 2/18/12, starting at 6PM. The cost is \$20 per runner. All who would like to attend should contact Walt Van Zant as soon as possible.

Our annual Valentine team race at West Valley College will also be held on 2/18/12, starting at 8AM. Again, let Walt Van Zant know whether you would like to attend.

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.

Club dues of \$20 per person, \$30 per family, or \$1 for a student are now due.

Congratulations to **Carol Bednar**. She graduated from San Jose State on 12/16/11 with a degree in M.S. Computer Engineering with an emphasis in embedded systems.

Each calendar year the USATF awards nice **plaques** to USATF master members called the Phidippides Award based upon points earned during the calendar year. 40/59 runners must score 20 points or more to earn a Gold award, 16/19 points to earn a silver award, and at least 12 points to earn a bronze award. 60/79 runners must score 16 points or more to earn a Gold award, 12/15 points to earn a silver award, and at least 8 points to earn a bronze award. 80+ runners must score 8 points or more to earn a Gold award, 4/7 points to earn a silver award, and at least 2 points to earn a bronze award. All runners will earn 1 point for every 5K/5M race that they run, 2 points for all 10K/15K races, 3 points for all 10M/Half Marathon races, and 4 points for all 25K/Marathon races. Applications for awards for points earned during 2011 must be submitted no later than 1/31/12. Club runners who have received gold plaques for 2011 include **Glenn Kishi**, **Bill Dodson**, and **Dave Norlander**. **Todd Hayes** has received a silver award. See http://www.usatf.org/groups/MastersLDR/Awards_Rankings/PhidippidesAward/index.asp for full details regarding this award.

Grant Jacobson, who ran the mile in 6:13 last year during one of our two timed miles, ran a time trial mile yesterday with his high school in 5:30.

I was looking over the Racer of the Year results a few days ago and noted that a fair amount of club runners missed qualifying for an award because they missed running the required number of races (7) by just one race. Possibly some members are not familiar with this rule, which has been in existence for many years.

Our club 70+ members have been trying to find a time when they can have a get-together. The problem is that many of them go bed by 7PM and others take long naps in the afternoon and others take a couple of hours to run a mile or two in the morning. So, it is very

difficult to squeeze in a time when all of them can meet at the same time.

Ken Napier is gradually recovering from his stroke but is still a long way from starting to run again.

Tom Warfel, who retired a few months back, is running better than he has in a very long time. He may be good enough to race for our 60+ team in a grand prix race.

We are still waiting for the first club member to join the 200% club. That is, they must double their PR time while running hard.

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>

2011 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 (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 2011 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	3,464	800	4,264	Gold	Walt Van Zant	900	1,230	2,130	Bronze
Joe Hurtado	2,910	960	3,870	Gold	Jim Bordoni	1,339	730	2,069	Bronze
Carl Petersen	1,776	920	2,696	Silver	Rosanna Kennedy	1,479	560	2,039	Bronze
Tom Warfel	1,639	840	2,479	Bronze	Dave Norlander	996	990	1,986	Bronze
Norry McAllister	1,616	720	2,336	Bronze	Carol Bednar	1,561	420	1,981	Bronze
Neil Gelblum	1,792	480	2,272	Bronze	Rich Hahn	1,515	370	1,885	Bronze
Missy Sudan	1,694	520	2,214	Bronze	Tim Riley	800	400	1,200	

Previous winners have been:

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

2011 PA/USATF Road Grand Prix

Open Men

Our open men's team finished in 13th place for 2011. Aaron Lee is our team captain

Open Women

Our open women's team finished in 11th place for 2011.

40+ Men

Our 40+ men's team finished in 4th place for 2011. Individually, Scott Bang finished in 14th place and Ken Camet finished in 37th place in the short-race division. Ken Camet, and George Lo finished in 11th and 28th places in the long race division. Presently, we have

no team captain for this team but Ken Camet will help until we find a captain.

40+ Women

Our 40+ women's team finished in 6th place for 2011. Individually, Kristina Park, Becki Kriege, Carol Bednar, and Kari Cornwell are in 8th, 9th, 19th, and 41st places in the short race division. Kari Cornwell and Missy Sudan are in 20th and 66th places in the long-race division.

50+ Men

Our 50+ men's team finished in 2nd place. Ken Camet is our 50+ team captain. Individually Brian Davis, Tom O'Connor, Norry

McAllister, Tim Souza, Dino Delyani, Jim Bordoni, and Dennis Kurtis finished in 5th, 6th, 9th, 16th, 21st, 38th, and 38th (tie) places in the short race division. Brian Davis, Ken Camet, Tom O'Connor, Tim Souza, and David Woodruff, finished in 3rd, 10th, 30th, 34th, and in 44th places in the long race division.

50+ Women

Our 50+women's team did not field a team for 2011. Individually, Marian Richard is in 10th place in the short-race division. And 28th place in the long-race division.

60+ Men

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

60+ Women

Our 60+women's team did not field a team for 2011.. Georgia Riley is in 12th place in the short-race division

70+ Men

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

2011 WVJS RACER OF THE YEAR CONTEST – FINAL STANDINGS

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). 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 2011 for all who scored in five or more races 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.

Elite Division

Brian Davis (8-8)	200 Gold
Scott Bang (8-10)	199 Gold
Tom O'Connor (8-9)	194 Silver
Jose Pina (6-5)	150 *

A Division

Kevin Breit (8-10)	198 Gold
Ken Camet (8-12)	196 Gold
Tim Souza (8-9)	190 Silver
Norry McAllister (8-7)	185 Silver
Bob Pickens (8-6)	152 *

B Division

George Lo (8-13)	198 Gold
Dino Delyani (8-10)	194 Gold
Kristina Park (8-6)	190 *
Becki Kriege (8-8)	186 Silver
Dave Woodruff (8-7)	176 Bronze
Todd Hayes (8-5)	162 *
Neil Gelblum (7-6)	145 *
Jim Howe (8-6)	115 *

C Division

Joe Hurtado (8-13)	196 Gold
Glenn Kishi (8-11)	195 Gold
Carol Bednar (8-6)	186 *
Mike Krey (7-5)	174 *
Helen Wong (6-5)	131 *
Dave McIntyre (6-5)	100 *
Jeff Bedolla (6-5)	84 *

D Division

Carl Petersen (8-14)	200 Gold
Dave Norlander (8-11)	198 Gold
Tim Rostege (8-7)	185 Silver
Bob Lord (8-5)	182 *
Alvin Jackson (7-6)	167 *

E Division

Bill Dodson (8-6)	200 *
Eddie Reyna (8-8)	194 Gold

SATURDAY WORKOUT RESULTS

12/17/11-Valle Vista-3.0 Miles

1 Geoff Bradley	18:38 PR
2 Norry McAllister	18:40
3 Kristina Park	18:43
4 Scott Graham	18:57 PR
5 Paul Taylor	20:29
6 Missy Sudan	20:45
7 Heather Rohrer	22:27
8 Dave McIntyre	22:28
9 Carol Bednar	23:01
10 Slim Pickens	23:03
11 Aaron Lee	23:04
12 Catherine Frye	23:17
13 Brian Low	23:40
14 George Lo	24:02

15 Alvin Jackson	24:04
16 Danielle Zelinski	24:10
17 Tom Warfel	25:19
18 Don Packwood	26:30
19 Chris Blue	26:43
20 Marcia Morrison	26:46
21 Rich Collins	28:53
22 Ken Noel	29:26
23 Danny Moon	33:05
23 Rich Stiller	33:05
25 Chris Cassell	33:50

Dick Barrett Trophy Winner – Geoff Bradley

It was cold this morning (mid 30s?), which made it difficult to run fast. Geoff, Norry, and Kristina ran close to each other throughout the race with Geoff proving to be the strongest with his narrow win. Notable achievements in additions to the two PRs were Brian Low's 10 second improvement on his 65+ PR, Don Packwood's 49 second improvement on his 70+ best, and Marcia Morrison's 64 second improvement on her 60+ PR. Danielle ran this course for the first time in 7½ years. Tom Warfel ran his fastest time on this course in 2½ years. Ken Noel

complained that he could have run faster if he didn't have to walk his warmup while staying back with your editor, who was running his warmup. Danny Moon and Rich Stiller joined the exclusive 200% club as they both doubled their PRs. Danny has a best of 15:55 and Rich has a best of 15:54 and both ran 33:05 this morning. Danny at least had an excuse as he had just returned from a fattening 2-week cruise in the Caribbean.

12/24/11-Triangle Run-4.76M

1	Roberto Palos	28:57
2	Kevin Breit	28:58
3	Norry McAllister	29:24
4	Tenaya Adams	29:49
5	Geoff Bradley	30:23 PR
6	Kristina Park	30:24
7	David Garza	33:45
8	Mike Krey	33:52
9	Missy Sudan	34:10
10	George Lo	34:18
11	Grant Jacobson	36:19
12	Heather Rohrer	36:24
13	Rob Jacobson	36:29
14	Slim Pickens	37:03
15	Carl Petersen	38:13
16	Dave Norlander	38:15
17	Helen Wong	39:10
18	Tom Warfel	41:38
19	Marcia Morrison	42:55
20	Don Packwood	43:59
21	Rich Collins	46:18

Dick Barrett Trophy Winner – Roberto Palos

Very cold this morning at 32 degrees. Good race for first with Roberto scoring a close win over Kevin. Geoff Bradley had the only overall PR at 70 seconds. Tanaya Adams led the ladies and Kristina Park improved her 40+ best by 76 seconds to move to #4 on the women's 40+ list. Marcia Morrison continued her streak of fast running with a 92-second 60+ PR. The oft injured Norry McAllister ran fast enough to move into 2nd place in Division A of the Cum Sat contest. Kevin Breit leads the A Division of the Cum Sat contest and also leads the A Division of the Racer of the Year contest. So, if things remain the same, Norry will win the Cum Sat plaque as the same person cannot win both contests. Thanks to Jim Bordoni, Jeff Rohrer, and Suraj Jagota for helping with the timing.

12/31/11-All Courses Day

1	Norry McAllister	16:44
2	Scott Bang	17:09
3	David Garza	17:42
4	Grant Jacobson	19:41 PR
5	Des Knuckey	19:52
6	Mark Goldman	19:55
7	Rob Jacobson	20:08
8	Heather Rohrer	20:23
9	Alvin Jackson	22:05
10	Tom Warfel	22:09
11	Chris Cassell	30:28
12	Walt Van Zant	36:57
12	Ken Noel	36:57

Valle Vista-3.0M

1	Suraj Jagota	19:39
2	Mike Krey	21:16
3	Rich Collins	29:31

Farwell-3.54M

1	Kristina Park	23:01.9
1	Becki Kriege	23:01.9
3	George Lo	25:43.4
4	Catherine Frye	27:43.8 PR
5	Dave McIntyre	28:05.0

Triangle-4.76

1	Scott Graham	30:59 PR
2	Aaron Lee	32:37
3	Brian Conroy	34:17
4	Don Packwood	43:45

Short Six-5.74M

1	Geoff Bradley	39:25
2	Slim Pickens	39:39
3	Missy Sudan	42:05
4	Dave Norlander	46:21
5	Carl Petersen	48:58
6	Rosanna Kennedy	51:27
7	Kat Powell	59:17

Dick Barrett Trophy Winner – Scott Graham

Final run of the year. Warmer than last Saturday at about 40 degrees. Many notable accomplishments. Norry was first across the line as he was the first of the 13 Douglas runners. Grant Jacobson was the only one of these runners to PR. Tom Warfel, who continued his good running of late, missed his 60+ PR by 9 seconds. Kristina and Becki tied for first of those running the Farwell course. Becki's time broke Sue Francis' 45+ club record by 5 seconds and Catherine Frye PRd by

4 seconds. Scott Graham turned 60 today and celebrated by beating all of the Triangle runners, breaking his PR by 89 seconds, and recording the #5 best-ever by a club 60+ runner. Dave Norlander improved his yearly best on the Short Six courses by 4 minutes. Thanks to Jim Bordoni, Jeff Rohrer, and Danny Moon for their help at the finish line.

1/7/12-6 x 1600M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Gelblum/Lee	1:30	41:21
2	Zelinski/McAllister	:30	43:07
3	Warfel/McIntyre	-0-	43:27
4	Park/B.Kriege	7:45	43:59
5	Moon/Norlander	-0-	44:13
6	B.Pickens/Jagota	10:00	44:32
7	Jackson/Delyani	4:45	44:36
8	Bradley/Palos	10:15	44:40
9	Collins/Jim Bordoni	:45	44:56
10	Packwood/Lo	1:45	45:30
11	Wong/Samson	8:00	45:49
12	Powell/R.Jacobson	:30	45:54
13	Bang/Garza	10:15	46:21
14	Kennedy/Petersen	:45	47:17

Dick Barrett Trophy Winner – Tom Warfel & Dave McIntyre

Very cold when we arrived at the college at 7:30AM but temperature was tolerable by the time that we started the relay. The Lee team scored an easy win. Danielle Zelinski is obviously training more as she ran nearly 3 minutes better than when we ran this relay in early October averaging 7:12 per mile. Roberto Palos, Suraj Jagota, and Bjorn Samson led the guys with averages of 5:36, 5:37, and 5:40. Kristina Park and Becki Kriege led the ladies with averages of 5:59 and 6:05. Thanks to Rich Stiller who, despite the misgivings of several club members, did an excellent job of helping with the timing of the splits.

1/14/12-Triangle Run-4.76M

1	Norry McAllister	30:25
2	Sean Williams	31:09 PR
3	Andy Williams	31:09
4	Dino Delyani	31:18
5	Becki Kriege	31:43
5	Casey Reinking	31:43 PR
7	Slim Pickens	31:49

8	George Lo	32:32	7	Scott Graham	18:33	10	Ken Napier	15:48
9	Mike Krey	33:15	8	Kristina Park	19:03	11	Malcolm Stewart	15:57
10	Mark Goldman	34:27	9	Mark Goldman	20:02	12	Charlie Roskosz	16:07
11	Helen Wong	34:45	10	Carol Bednar	20:04	13	Jim Wurm	16:16
12	Des Knuckey	34:51	11	Slim Pickens	20:05	14	Rick Kananen	16:34
13	Rob Jacobson	35:19	12	Todd Hayes	20:30	15	Joe Sordi Jr	16:43 PR
14	Carol Bednar	35:39	13	Alvin Jackson	21:37	16	Jack Matau	17:05
15	David Garza	35:43	13	Ray Russell	21:37	17	Art Brookman	17:18 PR
16	Heather Rohrer	35:47	15	Dave McIntyre	21:56	18	Jim Wagenschutz	17:22 PR
17	Al Murray	35:57	16	Rosanna Kennedy	22:08	19	Keith Fraker	17:27 PR
18	Neil Gelblum	37:21	17	Dan Duston	22:21	20	Al King	17:29
19	Ida Rosenblum	37:34	18	Carl Petersen	23:22	21	Pete Symonds	17:57
20	Todd Hayes	38:24	19	Dave Norlander	23:28	22	Dave Garcia	20:36 PW
21	Suraj Jagota	38:25	20	Pauline Beatty	25:45	23	Marj Hershfield	22:41
22	Alvin Jackson	38:47 PR	20	Don Packwood	25:45	24	Ken Spring	22:48
23	Brian Low	38:59	22	Rich Collins	26:56			
24	Rosanna Kennedy	40:06	23	Jim Myers	30:00			
25	Carl Petersen	40:38	24	Joe Hurtado	31:08			
26	Dave Norlander	40:47						
27	Kat Powell	43:27						
28	Tom Warfel	44:20						
29	Don Packwood	46:04						
30	Rich Collins	46:12						
31	Dan Duston	47:37						
32	Tim Riley	47:38						
33	Jim Myers	53:57						
34	Walt Van Zant	63:50 W						
	Pauline Beatty	DNF						
	Marcia Morrison	DNF						

Dick Barrett Trophy Winner – Alvin Jackson

Norry won by about 200 meters this morning over Sean Williams, who had a spectacular 10+ minute improvement on his PR. Becki Kriege led the ladies as she recorded the 3rd best-ever 45+ time for a club woman runner. Casey Reinking improved his PR by 75 seconds. 65-year-old Alvin Jackson improved his all-time PR by 2 seconds. Helen Wong improved her 40+ best by 5 minutes to move to #10 on the women's 40+ list. Jim Myers ran (but walked occasionally) a Saturday course for the first time since November of 2010. Pauline dropped out due to illness and Marcia dropped out because of an injury. Thanks to Jim Bordoni and Danny Moon for their help at the finish line.

1/21/12 – Dou/Sar/Frtvale – 2.75M

1	Geoff Bradley	16:50
2	Suraj Jagota	16:56
3	David Garza	17:48
4	Dino Delyani	17:59
5	Aaron Lee	18:27
6	George Lo	18:30

Dick Barrett Trophy Winner – Geoff Bradley

The temperature was in the low 50s this morning and the runners were hit with a couple of brief showers during their run. Geoff and Suraj ran together until about 50 yards from the end, when Geoff sprinted away for the win. Kristina Park led the ladies. No PRs. Those who ran age-group PRs included Todd Hayes with a 2+ minute improvement on his 60+ best, Alvin Jackson with a 28-second improvement on his 65+ best, Pauline Beatty with a 32-second improvement on her 55+ best, and Jim Myers with a 15-second improvement on his 60+ best. Dan Duston missed his all-time PR by 7 seconds, which he set back in November of 2011. Ray Russell, formerly known as Mr. Saturday because of his many Saturday wins in his heyday. Ran his first workout with us in 4 years. His best time on this course was 13:54, run back in 1980. See below. Thanks to Norry McAllister, Rich Hahn, and Danny Moon for their help with the workout.

9/6/80 – Dou/Sar/Frtvale – 2.75M

1	Ray Russell	13:54 PR
2	Bill Meinhardt	14:01 PR
3	Jake White	14:10 PR
4	Jim Doran	14:41
5	George Maes	14:47 PR
6	Walt Van Zant	15:19 PR
7	Tom Warfel	15:27 PR
8	Danny Moon	15:38
9	Bob Rea	15:38

This was one of our best quality competitive Saturday races as the first three runners broke Jake White's former course record of 14:18. It seemed that the first five runners sprinted the first half mile before Maes and Doran had to give up. After that, Jake, Ray, and Bill ran together until there was a mile to go. Ray surged and this got rid of Jake. However, Bill hung on until Ray surged again with a half mile to go as Ray pulled out to a 7-second victory. We had 10 PRs and one PW. Jim Wagenschutz avenged last week's loss to Keith Fraker with a 5-second win.

1/28/12-5K on the Track

1	Jean Harris	18:26
2	Ken Camet	18:44
3	Suraj Jagota	19:08
4	Slim Pickens	19:11
5	Kari Cornwell	19:46.
6	David Garza	19:49
7	Grant Jacobson	19:53.
8	Brian Conroy	20:07
9	Jim Bordoni	20:12
10	George Lo	20:18
11	Mike Krey	20:23
12	Bill Dunn	20:37
13	Dwight Cornwell	21:11
14	Des Knuckey	21:45
15	Mark Goldman	21:46
16	Norry McAllister	21:49
17	Todd Hayes	22:15
18	Dave McIntyre	22:37
19	Jeff Bedolla	22:43
20	Alvin Jackson	23:59
21	Walter Downey	24:14
22	Ida Rosenblum	24:30
23	Rosanna Kennedy	24:32



24	Uyenthi Tran	24:38	33	Georgia Riley	29:55	Tran, Chris Blue, and Don Packwood for helping at the finish line.
25	Dave Norlander	24:45	34	Tim Riley	30:07	
26	Rob Jacobson	24:45	35	Walt Van Zant	33:33	
27	Tom Warfel	24:54	36	Chris Cassell	34:04	
28	Dan Duston	25:04				
29	Pauline Beatty	26:05		Dick Barrett Trophy Winner – Jean Harris		
30	Kat Powell	26:40				
31	Chris Blue	27:39		Good turnout. Easy win for Jean. Thanks to Danny Moon, Ken Bloesch, Uyenthi		
32	Joe Hurtado	28:27				

RACE RESULTS

1/1/12-New Year Day 24-Hour Run

Bill Dodson ran 90.2 miles in 24 hours to finish 14th out of 39 starters.

1/1/12-Carmel Rio Resolution 5K

99	Georgia Riley	32:33	1st-60+
108	Tim Riley	33:16	

1/1/12-Los Gatos Resolution Run-5M

6	Roberto Palos	30:26	2nd-40+
12	Scott Bang	32:22	4th-40+
57	Jeff Bedolla	39:42	
129	Pauline Beatty	46:00	
132	Norm Gould	46:14	
149	Kat Powell	47:31	
157	Dan Duston	47:58	

1/1/12-Run For Healthy World 5K

18	Mark Isaacson	23:05	2nd-50+
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1/1/12-Run For Healthy World 10K

120	Marcia Morrison	58:52	1st-60+
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1/8/12-Cal 10M

	Eddie Reyna	1:53:44	1st-80+
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2011 Los Gatos All-Comer Track Meet Results

	Winter '11 Best	Summer '11 Best	Jun.23	Jun.30	Jul. 7	Jul. 14	Jul. 21	Jul. 28	Aug.4	Aug. 11*
<u>60 METERS</u>										
Mark Pasos	8.01									
Ben McAllister	8.17									
Zoe McAllister (9)	---	10.39	10.39							
Carl Tuck	11.10									
Bob Lord	11.42									
Jack Park	---	13.98			13.98					
<u>100 METERS</u>										
Mark Pasos	12.46									
Ben McAllister (14)	13.05	13.02		13.02						
Zoe McAllister (9)	16.86	16.98	16.98	17.65						
Bill Dodson	16.93	17.10	17.54	17.22	17.71			17.25	17.10	
Carl Tuck	17.96									
Bob Lord	18.37									
Dave Norlander	18.67									
<u>200 METERS</u>										
Mark Pasos	25.46									
Ben McAllister	28.04	27.50	27.50							
David Woodruff	---	33.95				33.95				
Bill Dodson	35.15	35.23	37.38		36.28			35.23		
Carl Tuck	37.94									
Bob Lord	39.34									
Dave Norlander	40.16									
<u>400 METERS</u>										
Bill Dodson	1.22.40	1.21.20		1.25.69	1.27.00	1.24.17	1.23.72	1.23.12	1.21.20	
Dave Norlander	1.25.92									
Bob Lord	1.30.29	1.36.69				1.36.69				
Carl Tuck	1.32.77									
Ben McAllister (14)	---	1.01.36	1.01.36							
Kristina Park	---	1.04.50					1.04.50			
Kevin Breit		1.04.88				1.07.61	1.04.88			
Jim Bordoni		1.08.04	1.08.04							
David Woodruff		1.12.15				1.12.15				
<u>800 METERS</u>										

Aaron Paterson	2.23.60								
Jonathan Kimura	2.23.98								
Alex Williams	2.24.77								
Andy Williams	2.40.93								
Des Knuckey	2.46.34								
Hank Lawson	2.57.08	2.43.57		2.43.57					
Bill Dodson	3.15.75	3.16.37	3.21.62	3.18.33	3.21.24	3.16.54	3.19h	3.19.15	3.16.37
Dave Norlander	3.17.51								
Carl Tuck	3.47.98								
Kristina Park	---	2.24.2h					2.24.2h		
Jim Bordoni		2.30.07	2.30.07						
Aaron Lee		2.36.0h					2.37h		2.36.0h
David Woodruff		2.39.33	2.39.39		2.39.75	2.39.33			
Rich Hahn		3.04.h					3.04h		
Heather Rohrer	---	3.07.h					3.07h		
Bob Lord		3.15.61				3.15.71			3.15.61
Scott Graham	---	2.46.21		2.45.88	2.46.21				

1500 METERS

Bill Dodson	---	6.42.11							6.42.11
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MILE

Jonathan Kimura	4.39.64								
Aaron Paterson	4.51.94								
Alex Williams	5.25.53								
Grant Jacobsen (14)	6.04.80								
Rob Jacobsen	6.11.72								
Hank Lawson	6.24.85	6.05.70				6.05.70			
Bob Lord	7.10.63	6.54.0h							6.54.0h
Bill Dodson	7.21.36	7.23.90		7.35.13		7.31.89		7.23.90	
Carl Tuck	8.47.73								
Dave McIntyre		6.32.0h							6.32.0h
Kevin Breit		5.22.20				5.36.98	5.34.44	5.22.20	
Kristina Park	---	5.27.02			5.27.04			5.27.02	
David Woodruff		6.01.73			6.27.62				
Aaron Lee		5.52.0h					6.07.21		5.52.0h
Scott Graham	---	5.48.74		5.58.31	5.59.35	5.48.74			5.57.0h
Heather Rohrer		6.55.80			6.55.80				
Jim Howe	---	6.21.89		6.21.89	6.23.57	6.23.46			
Rich Hahn		6.31.78	6.31.78						

2-MILE

Brian Conroy	11.54.59								
Ken Camet	12.01.88	11.42.67			11.42.67				11.49.58
Becki Kriege	12.24.78								
Bill Dodson	15.29.78	15.33.83	16.25.21			15.46.50	15.33.83		
Jonathan Kimura		10.28.38						10.28.38	
Kevin Breit		11.58.16					11.58.16		
Kristina Park	---	12.35.01			12.35.01				
Scott Graham		12.37.1h			13.09.63	12.37.1x			12.43.0h
Rich Hahn		13.29.48		13.29.48				13.50.79	
Jim Howe	---	13.14.0h		13.29.88	13.38.37	13.34.1x	13.30.80		13.14.0h
Hank Lawson									
Bob Lord									

5000 METERS

Brian Conroy	19.39.77								
Bob Lord	24.37.47								
Ken Camet		18.37.0h							18.37.0h
Kristina Park		19.06.0h							19.06.0h
Rich Hahn		21.50.0h							21.50.0h
Bill Dodson		24.26.0h							24.26.0h

2011 Notes

Finish Lynx times from Hank Lawson's website when available. Otherwise, hand times are noted with "h".

Aug 11 results not posted. Results shown here are those noted by Bill Dodson but he thinks that he may have missed some club runners.