



WVJS



VOL XXXXVIII-#1 WEST VALLEY JOGGERS & STRIDERS Jan 2019

Saturday Workouts

01/05/19 Doug/Sara/Frtvle (2.75M)	03/16/19 Valle Vista (3.0M)
01/11/19 8x0.66M Tennis Court Loop Relay	03/23/19 Triangle Run (4.76M)
01/19/19 Farwell/H (4.68M)	03/30/19 Doug/Sara/Frtvle (2.75M)
01/26/19 5K on the track	04/06/19 18 x 0.33M Tennis Court Loop Relay
02/02/19 4 x 1.46M WVC Loop Relay	04/13/19 Farwell/H (4.68M)
02/09/19 Farwell (3.54M)	04/20/19 Step-up & Step-down Relay
02/16/19 Valentine Team Race (5.5M)	04/27/19 36 x 200 Relay
02/23/19 Short Six (5.74M)	05/04/19 16 x 400 Relay
03/02/19 12 x 800 Relay	05/11/19 Farwell (3.54M)
03/09/19 18 x 0.33M Tennis Court Loop Relay	05/18/19 Short Six (5.74M)

The 3-mile warm-up starts at 7:30 AM and the event starts a little after 8 AM. We meet at the top of the West Valley College track.

Upcoming Races

2019 PA-USATF Road Events

03/02 NorCal 10-Mile
03/24 Oakland Marathon Relay
04/07 SACTOWN 10-Mile
04/14 Stow Lake Stampede 5K
04/28 The Great Race 4-Mile
05/05 Devil Mountain Mile of Truth
05/26 Reach for a Star 5K
06/23 One Mile Bang
07/04 Morgan Hill Freedom Fest 5K
07/14 Across the Bay 12K
10/06 Urban Cow Half Marathon
11/10 Clarksburg Half Marathon
12/08 California International Marathon
12/15 Christmas Relays

Racer of the Year

Fastest Farwell Time
Fastest Marathon
Fastest Half Marathon
Fastest of 2 Designated Track Miles
Fastest of 2 Designated Track 5Ks
NorCal 10-Mile
Oakland Marathon Relay
SACTOWN 10-Mile
Stow Lake Stampede 5K
The Great Race 4-Mile
Devil Mountain Mile of Truth
Reach for a Star 5K
Morgan Hill Freedom Fest 5K
Across the Bay 12K
Santa Cruz XC
Golden Park XC
PA XC Championships

Other Races

01/27 San Juan Bautista Half Mar/5K/10K
01/26 Coyote Hills Half Marathon
02/03 Race to the Row 8K – San Jose
02/03 SF Half Marathon
02/10 Rockaway Beach 5K – Pacifica
02/10 Forever With Love 5K/10K – Pacific Grove
02/19 Baylands Double (5K/3K) – Palo Alto
03/03 Livermore Half Marathon
03/03 Santa Cruz Half Marathon
03/17 City of Dublin Shamrock 5K
03/17 ARM Jig and Jog 10K/5K – San Mateo
03/24 Shamrock Shuffle 5K/10K – San Jose

Miscellaneous Drivel (by Mark Goldman)

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.

Many club members meet on Thursday mornings at the WVC track at 8am; usually about 10-15 people attend; the workout is led by Danny Moon and typically consists of 800's, 400's and 200's. Naturally, breakfast follows!

Tuesday at 5:00 pm at Westmont High School in Campbell, there is a track workout led by **Brian Conroy**. Typically 6-10 runners participate. The workouts vary, including 880's and miles and occasionally longer tempo runs as well. All runners are welcome to join in!

Congratulations to **Glenn Kishi**, who completed the 6 major marathons that make up the race series known as the Abbott World Marathon Majors: Tokyo (2018), Boston (2011), London (2017), Berlin (2015), Chicago (2012), and NYC (2013). He had a best time of 3:26 in Chicago.

Brian Conroy's book, 'You Don't Hear Me Complaining' continues to delight readers; this book of humorous essays is available on Amazon. Brian has also suggested we rename some of our courses:

- Frankie Valli Vista - Run up the hill to Oriole. At the intersection of Oriole and Valle Vista start singing "Lets Hang On"!
- Saint Douglass - On Saratoga Ave, run a lap around Sacred Heart and say three 'Our fathers' and two Hail Marys'!
- Farwell Fartlek - Just run to the corner of Farwell and Fruitvale, tag the stop sign and haul ass back to the start!

Dino Delyani was elected at the yearly club meeting VP of WVJS. His first task in that role has been compiling the all-time Cum Sat results in a format that will be easily accessible by all club members.

Another member of the club who seems to have trouble with the concept of retiring, is **Robert Navarette**, aka Bob the Builder.

Though Robert constantly complains that he is 'too busy', he keeps taking on new construction jobs - even for club members **Nancy Kirk** and **Bob Kemp!** It doesn't seem to be hurting his running, as somehow, he has managed to win the C division! Congrats, Robert!

Congratulations to **Carol Bednar!** On November 16, 2018, Carol and Mohammad Iqbal were married in a small ceremony in San Jose. They had their honeymoon in December in London and Paris.

On Labor Day weekend, in Manchester, TN., **Todd Hayes** ran the Race For The Ages. He 'ran' 125 miles finishing 34th of 173 participants. The race started at 4pm on Friday and each runner had until noon on Monday to complete as many one-mile laps as possible. The format is that each participant over 40 gets the number of hours as their age to run, walk, or crawl their laps. The race, appropriately, is held in Deadman Park! Two months later, Todd finished 10th at CIM in his age group, running a 3:56 marathon.

Congratulation to **Venkata Radharaman Nambula!** Radha started at Mobiletron, a technology company that builds security software for mobile devices. Unfortunately, the only running and pushing software engineers trying to get stuff done. Before joining the club, he never really enjoyed running. But the camaraderie, the coaching, and the dry humor inspired him. We hope he can join us again soon.

Scott Bang also has a new job. He just started working for the Ford Motor Company Greenfield Labs. Scott has been running great, and we will miss him from the Thursday morning workouts. Hope Scott finds a way to keep up the training.

Dave Norlander had quite the health adventure last year. The treatment he was taking for his mantle cell lymphoma had a side effect that caused pulmonary embolisms - blood clots in his lungs. The remedy to that caused bleeding in his brain. That was addressed by a visit to El Camino hospital and an operation to fix the area leaking, and drain the blood. Good news is that it worked and Dave is now off all meds and recovering well. He has started running again and only lacks speed and endurance! An indication of his good health is that in December, Dave went to Carnegie Hall in New York City to sing in a men's choir! Clearly, A Star is Born!

Nancy Kirk, who insists on having soup for breakfast, had a very busy year. She went on 5 different trips visiting: Paris, Amsterdam, Brugge, Kauai, Prague, and Budapest! Nancy is now recovering from a back injury and won't be able to run for a while, but she does a great job of staying connected to the club by joining us for breakfast on Thursdays and Saturdays! So glad to have her company and conversation!

Mike Krey, took his first European vacation. He spent time in several countries, and I think is ready to emigrate to Switzerland!

Mike continues to show great consistency by keeping to his schedule of running ever other day. It certainly seems to be working because he has been injury free for a long time! Lots to learn from that guy!

Great to see **Des Knuckey** back running. He has been nursing an injury to his achilles but has been joining the Thursday morning group - or maybe its just that he loves coming to breakfast. Des is trying to catch up with Danny for the award of 'Most Time spend

on a Cruise Ship! He and his wife went on a 35 day cruise from San Diego down the coast of South America around Cape Horn and then up to Rio. Along the way, they visited Guatemala, Nicaragua, Panama, Ecuador, Peru, Chile, Argentina, Uruguay, and Brazil! They had great weather all the way. Quite an adventure!

Danny and Madeline Moon went on several cruises this year, most often to their favorite destination - Hawaii. Danny tore his meniscus in July, while painting the eaves of his house. (he should have hired Robert!). After visiting doctors and doing PT, Danny has just begun running again - and has decided no surgery. Just time and PT seems to be doing the trick. Hope the recovery stays on track.

Our resident Physicist, **Don Packwood**, is also back running. Don keeps track of all the runners who have messed up while running the Short 6. A full time job. Some notables are Ann Lorrie, a Canadian physicist, and **Jeff Justice** - who on consecutive weeks ran off course on both the Short 6 and Valley Vista - with a map in his hand! Not wanting to be outdone, Don confessed to running off course twice - on the track! Now that is setting the standard pretty high!

Jim Bordoni has transitioned to power walking for now to ease the work load on his knees. He completed the Cum Sat in that mode - starting early enough to get back in time to help Walt with the timing. The National Senior Games recognizes Power Walking, so Jim might pursue competing this year. and of course, congrats to Jim on the birth of his 2nd granddaughter. **Jack Bordoni**, Jim's youngest son, finished his first marathon in November. He came in 2nd overall in the Savannah Marathon in 2:34. Wow!

Missy Sudan, who along with **Becki, Kristina, and Ken Camet**, do a fabulous job managing Annual Handicap Race, is now the Woman's team Captain.

Mary Kriege got engaged over the summer. She, along with her mom, are in the midst of wedding planning! and by the way, Mary was the 3rd place overall finisher in the Turkey Trot 5K!

Tom O'Connor, who is healthy and running again, recently moved to a 55+ community in Brentwood and is working on recruiting new club members! Tom has agreed to remain as the Team Captain of the 60+ men's team.

Jorn Jensen, Team Captain for the men's 40+ team, reports that in 2018, M40+ came in 5th; W40+ were 4th; M50+ came in 3rd; and M60+ placed 2nd. Quite impressive! In addition, **Norry McAllister, Brian Davis, Ray Rodriguez, and Jorn** gained comp status for the 2019 Road Grand Prix.

And not only did **Norry** have a great year running, he does a great job as Treasurer of the club! Thanks! However, too bad Norry doesn't realize that no matter how much butter he uses on his bread, poached eggs cooked firm will never taste very good!

Big THANK YOU to **Dick Chimenti** for his great work as our Webmaster; it takes a lot of work; and even though we don't get a chance to see Dick very often, his presence and support are appreciated by all.

I recently visited my mother on the east coast to celebrate her 100th Birthday! She keeps active with chair aerobics and bridge every day.

Bill Dodson, recovered from his health issues, with a new pacemaker! Bill just competed in the All Comers Meet running 5 different events!

Thanks to **Dino Delyani** for typing this club bulletin.

Can't have a newsletter without talking about **Walt**. He continues to do a fantastic job as our club President. Of course, even as he is about to turn 80, Walt continues in his role as Head Cross Country and Track coach at Wilcox High. He has been there since 1984! In addition, Walt compiles rankings for teams during XC for all CCS schools throughout the season. This includes 152 schools.

2018 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 2018 for those who reported their scores prior to the preparation of this club bulletin are:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>		<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	
JR Mintz	4952	60	5012	Gold	Mark Goldman	965	430	1395	Hon Mention
Tom Warfel	1624	1040	2564	Silver	Carol Bednar	1264	60	1324	Hon Mention
Jorn Jensen	2403	120	2523	Silver	Jim Bordoni	449	770	1219	Hon Mention
Dwayne Spencer	1888	340	2226	Bronze	Dave Norlander	168	930	1098	Hon Mention
Ken Camet	1494	380	1874	Bronze	Neil Gelblum	207	180	387	Hon Mention
Walt Van Zant	671	1170	1841	Bronze					
Norm Takeuchi	1773	0	773	Bronze					

2018 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 6 different events in order to be eligible for an award.** The standings to date for 2018 are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races as two races. The 2nd number is the total number of events competed in. Aaron Lee is keeping the records for this event and they can be found at <https://docs.google.com/spreadsheets/d/126PgoitSW1J3v81Hb8y4soUqucplJmzYEEULK-8YVOc/edit#gid=0>

A Division

Jorn Jensen (8/11)	200
Ray Rodriguez (8/8)	192
George Cross (6/3)	140
Joseph Aubuchon (5/4)	119
Juan Rivera (2/2)	100
Sheldon Ah Sing (3/3)	74
Matt Thomkins (2/1)	48
Barry Ferrara (2/1)	46
Roberto Palos (2/1)	46
Calvin Do (2/1)	44

B Division

Scott Bang (8/9)	200
Brian Davis (8/8)	198
Norry McAllister (8/9)	195
Dwayne Spencer (8/9)	192
Ken Camet (8/5)	178
Tom Lockhart (8/4)	174
Dino Delyani (8/7)	170
Tom O'Connor (8/4)	164
Kristina Park (7/5)	153
Emanuel Lee (5/3)	114
Robert Plumeau (4/2)	98
Adam Prince (3/2)	73
Geoff Bradley (3/3)	56
John Huang (1/1)	20
Tim Souza (1/1)	17

C Division

Aaron Lee (8/7)	200
Missy Sudan (8/6)	196
Robert Navarrete (8/8)	194
Mike Krey (8/10)	192
Dalila Rodriguez (8/8)	190
Norm Takeuchi (8/4)	180
Nancy Eubanks (6/3)	150
Radha Nambula (5/4)	104
Heather Rohrer (4/4)	91
Bob Pickens (3/2)	66
Paul Taylor (3/3)	64
Jim Bordoni (3/3)	50
John Mintz (2/1)	50
Bob Kemp (2/2)	40
Becki Kriege (1/1)	19
Jeff Rohrer (1/1)	18

D Division

Kelly Emo (8/4)	190
Mark Goldman (5/3)	117
Carol Bednar (4/2)	98
Dave McIntyre (4/4)	94
Katherine Frye (3/2)	72
Todd Hayes (3/2)	71
Scott Graham (2/2)	46
Carolyn Benson (1/1)	21
Radha Nambula (4/2)	48
Heather Rohrer (1/1)	25

E Division

Glenn Kishi (8/8)	200
Kat Powell (8/9)	194
Bob Lord (8/5)	186
Dave Norlander (8/5)	164
Neil Gelblum (4/4)	95
Jeff Justice (3/3)	69
Neeraja Nambula (3/3)	64
Willie Liu (3/3)	58
Rich Hahn (3/3)	55
Don Packwood (3/3)	54
Nagesh Saldi (2/2)	50
Walt Van Zant (3/3)	43
Alvin Jackson (2/2)	34
Nancy Kirk (2/2)	32
Nicky McAllister (1/1)	25
Christine Blue (1/1)	21
Mike McMahon (1/1)	20

2018 PA/USATF Road Grand Prix



Open Men

Aaron Lee is the team captain. We finished tied for 13th in this division. Our only scorer here was Juan Rivera who finished 92nd in the Short Division

40+ Men

Jorn Jensen is our team captain. WVJS finished 5th in this division. Individually, Jorn was our star in this age division finishing 3rd in the Short Division and 4th in the Long Division. Other scorers in the Short Division were Scott Bang, 22nd; Aaron Lee, 86th; Emanuel Lee, 97th; and Venkata Nambula, 125th. Our remaining Long Division finishers were Calvin Do in 56th, and Emanuel Lee in 84th.

40+ Women

Missy Sudan is the women's team captain. We finished in 4th place in this division for 2018. Missy, Kristina Park, Dalila Rodriguez, Kelly Emo, and Nancy Eubanks finished 17th, 24th, 31st, 65th, and 69th in the Short Division. Nancy, Dalila, and Nhu Stessen finished in 29st, 37th, 70th in the Long Division.

50+ Men

Ken Camet is our 50+ team captain. WVJS finished in 3th place in this division, led by Ray Rodriguez. In the Short Division, our scorers were Ray in 7th; Scott Bang, 10th; Dwayne Spencer, 17th; George Cross, 21st; Ken Camet, 46th; John Mintz, 79th; and Tom Lockhart, 83rd. Our Long Division scorers were Ray, 5th; George Cross, 17th; Robert Plumeau, 37th; Scott Bang, 57th; Tom Lockhart, 64th; and Dwayne Spencer, 81st

50+ Women

Our 50+ ladies did not score in this division this year. Kelly Emo and Carol Bednar finished in 34th and 64th place in the short race division. Kelly and Catherine Frye finished 53rd and 58th, respectively, in the Long Division.

60+ Men

Tom O'Connor is the team captain. This was our most successful team in 2018, finishing 2nd, with Norry McAllister and Brian Davis leading the way. Norry led the Short Division runners with a second place finish, while Brian was 3rd; Dino Delyani, 6th; Mike Krey, 9th; Robert Navarrete, 10th; Tom O'Connor, 11th; and Norm Takeuchi, 28th. In the Long Division, Brian was 4th, followed by Tom O'Connor, 6th; Mike Krey, 32nd; and Robert Navarrete, 36th.

60+ Women

Our 60+ ladies have not yet scored in this division. Kat Powell finished in 22nd place in the Short Division and 20th in the Long Division.

70+ Men

Dave Norlander is the team captain. Our 70+ men did not score in this division this year. Dave finished 6th and Bob Lord finished 8th in the Short Division.

SATURDAY WORKOUT RESULTS

7/27/18 – 24/36 x 200M Relay

Pl	Team	
1	Norland/Justice/McAllistr	18:35
2	Liu/N.Nambula/Jackson	20:45
3	AhSing/Aubuchon/Park	21:18
4	H.Rohrer/Conroy/Bradley	24:07

Dick Barrett Trophy Winner – Jeff Justice

The runners for the first two teams ran 8 x 200 meters and the runners for the last two teams ran 12 x 200 meters. Jeff Justice won the weekly trophy because he was on the winning team and ran well. Danny Moon handled the finish line.

8/4/18 – One Mile on the Track

Heat #1 – Over 6:30 Runners

1	Mike Krey	6:39.3 PW
2	Paul Taylor	6:47.1
3	Neil Gelblum	8:15.9 *
4	Jeff Justice	8:21.1 *
5	Jim Bordoni	8:28.9*RW
6	Rich Hahn	8:31.4
7	Neeraja Nambula	8:51.2
8	Willie Liu	9:02.6
9	Kat Powell	9:05.6
10	Walt Van Zant	13:14.0*
11	Dave Norlander	14:57.4RW

Heat #2 – Under 6:30 Runners

1	Scott Bang	5:33.4
2	Joseph Aubuchon	5:53.4
3	Norry McAllister	5:53.8
4	Dwayne Spencer	5:54.3*
5	Geoff Bradley	5:56.2
6	Aaron Lee	6:04.8*
7	Dino Delyani	6:11.2
8	Heather Rohrer	6:11.8*
9	Radha Nambula	6:15.0*

Dick Barrett Trophy Winner – Scott Bang

5 of the 20 runners who competed this morning did not compete in our first mile run on 6/16/18 and two of the runners (Dino and Dave) were recovering from injuries. That meant that 8 of the remaining 13 runners improved on their first mile runs. Scott Bang took home the weekly trophy. He had the fastest time this morning and has been running well lately. Radha improved his mile time by 20 seconds. Thanks to Danny Moon, Jim Bordoni, Rich Hahn, and

Carl Petersen for helping at the finish line.

8/11/18 – Farwell – 3.54M

1	Sheldon Ah Sing	22:12.9
2	Adam Prince	22:45.8 PR
3	Kristina Park	23:38.6
4	Norry McAllister	23:52.0
5	Heather Rohrer	25:01.3
6	Geoff Bradley	25:03.0
7	Ken Camet	25:20.1
8	Radha Nambula	25:35.9 PR
9	Brian Conroy	25:37.1
10	Aaron Lee	25:38.2
11	Dave McIntyre	27:07.8 55+ PR
12	Paul Taylor	27:29.0
13	Mark Goldman	28:50.0
14	Dino Delyani	28:50.0
15	Missy Sudan	29:38.8
16	Vinayak Parikh	32:10.2
17	Neil Gelblum	33:33.x
18	Jeff Justice	34:16.1 PR
19	Neeraja Nambula	34:16.1 PR
20	Mike McMahon	35:45.2
21	Chris Blue	36:41.7
22	Bob Lord	36:54.6
23	Nancy Kirk	37:24.8
24	Willie Liu	37:25.2 PR
25	Bill Dodson	47:00.x
26	Alvin Jackson	53:01.x

Dick Barrett Trophy Winner – Dave McIntyre

Warmish morning. Sheldon and Kristina ran to easy wins over the men's and women's fields. Five all-time PRs were run – Willie by 8 minutes, Radha by 3 minutes, Jeff by 91 seconds, Neeraja by 65 seconds, and Adam by 39 seconds. The trophy was given to Dave McIntyre, who has been running this course for many, many years and at age 56 it is unlikely that he will ever run an all-time PR again but he did improve his 55+ PR by 26 seconds. Thanks to Danny Moon, Willie Liu, Chris Blue, and Nancy Kirk for their help at the finish line. Dave Norlander started his comeback from surgery by run/walking a mile on the WVC track in 11:57.8

8/18/18 -12 x 600M Relay

Pl	Team	
1	Waggoner/Bradley	26:58

2	Delyani/Park	27:06
3	Justice/Aubuchon	30:59
4	Liu/Donovan	31:42
5	Gelblum/Nambula	32:02
6	McMahon/McAllister	32:53

Dick Barrett Trophy Winner – Radha Nambula

Surprisingly good turnout this morning as there was a grand prix cross country race in nearby Santa Cruz at the same time. Joseph Aubuchon led the way with a total time of 11:45 (He ran 11:39 last year). He was followed by Simon at 12:14, Kristina Park at 12:34, and Geoff Bradley at 13:00. Radha ran very well, averaging slightly over 6 minutes per mile for his 9 laps of running. Jim Bordoni got all of the splits on the other side of the track and Danny Moon, John Marks, and Carl Peterson helped to get the splits at the start/finish line. John Marks made his first club appearance in many years. Gary Waggoner made his first appearance in many months.

8/25/18 – Short Six – 5.74M

1	Dwayne Spencer	38:37
2	Sheldon Ah Sing	38:54
3	Norry McAllister	39:42
4	Geoff Bradley	40:45
5	Dino Delyani	40:50
6	Gary Waggoner	41:14
7	Heather Rohrer	41:36
8	Missy Sudan	44:32
8	Ken Camet	44:32
10	Paul Taylor	44:56
11	Mark Goldman	47:33
12	Mike McMahon	59:30
13	Wiley Liu	60:02 PR
14	Jeff Justice	61:49
15	Chris Blue	64:00

Dick Barrett Trophy Winner – Dwayne Spencer

Dwayne stayed behind Sheldon until they reached Fruitvale and then spurred away to win by about 100 meters. Wiley Liu ran the only all-time or age-group PR with a 2 minute improvement on his all-time PR. Jeff Justice, who made a copy of the course map, ran about 4 minutes extra by his estimate by turning left off Sobey and erroneously

running up Chester for a couple of yards before turning around. We presently have 6 runners who have completed all of the courses in the Elite E division, more than any other division has. Mark Goldman's time allowed him to leap over Scott Graham in the D division to take a 1 minute lead. The top 4 in the C division – Robert Navarrete, Paul Taylor, Missy Sudan, and Bob Kemp are now within 2 minutes of each other. Radha dropped off the weekly trophy that he won last week and then drove over to the handicap course, looking for possible short-cuts for our race on Labor Day. Thanks to Danny Moon and Dave Norlander for helping at the finish line.

9/1/18 – 16 x 400M Relay

Pl	Team	Start	Finish
1	Powell/Goldman	:30	22:58
2	Knuckey/Gelblum	3:00	25:25
3	Dodson/Liu	-0-	26:25
4	Aubuchon/Bang	4:00	26:45
5	Sudan/McAllister	2:45	27:05
6	Camet/H.Rohrer	3:00	27:17
8	Taylor/Waggoner	2:45	27:24
9	Krey/Prince	4:15	27:49

Dick Barrett Trophy Winner – Aubuchon/Bang team

All teams (6 teams scheduled to run 16 400s and 3 teams scheduled to run 12 400s) were rated to finish in 27 minutes. Alas, it was forgotten to adjust Mark Goldman's rating to account for the fact that he would be running only 6 400s rather than 8. The result was that he his team won by a lot. This was not Mark's fault. The fastest men's runner was Ah Sing at 76 per 400 and the fastest women's runner was Kristina Park at 83.5 per run. Thanks to Danny Moon, Becki Kriege, and Radha Nambula for helping at the finish line. This was a difficult relay to time in that frequently groups of runners would hand off within a couple of seconds of each other. The threesome timing today did an excellent job.

9/8/18 – 4 x 1.46M WVC Loop Relay (By Danny & Madelyn)

1	R.Nambula/Waggoner	39:57
2	Taylor/Camet	40:33
3	McIntyre/McAllister	41:34
4	Gelblum/Aubuchon	42:53

5	Liu/Ah Sing	45:26
6	Justice/Park	46:43

All teams started together and at the end of the first loop all of them had established their eventual finishes except for the Ah Sing team that passed the Park team during the 2nd loop. 12 of the 13 teams ran over their ratings. Radha was the exception to the rule, running 10 seconds under his rating. Danny blamed these slower-than-expected performances on the smokey air quality. The fastest runners were Aubuchon (17:33), Ah Sing (17:45), Park (18:50), McAllister (18:59), Waggoner (19:22), and Camet (19:26). Danny and Madelyn handled the finish line and the computation of the results.

9/15/18 – 18 x 0.33M Half Tennis

Court Loop Relay

1	Souza/R.Nambula/Prince	41:17
2	Goldman/H.Rohrer/B.Kriege	42:04
3	Krey/McAllister/Bradley	43:31
4	Jacksn/Waggoner/Aubuchon	43:42
5	Liu/Camet/Mary Kriege	44:19
6	Norlander/Gelblum/AhSing	45:44

Dick Barrett Trophy Winner – Becki Kriege

There was some bad handicapping this morning as the first 2 teams finished far under the estimated finishing time for all teams of 43:45. The injury-prone Becki Kriege agreed at the last moment to run the relay so that all present could run the relay and it was her birthday. So, she was awarded the trophy. The fastest runners for the guys were Ah Sing, Joseph, and Adam at averages of 1:43, 1:44, and 1:48. Mary Kriege led the ladies at a 1:52 average. Each runner ran a total of 1.98 miles. Thanks to Danny Moon, Nancy Kirk, and Jim Bordoni for helping. Jim was very helpful in that he got the splits at the halfway mark of the course. Jim broke his right wrist the day before but he is left handed. So, his handwriting remained perfect as was the handwriting of Nancy.

9/22/18 – Valle Vista – 3.0M

1	Dwayne Spencer	19:36
2	Kristina Park	19:51
3	Gary Waggoner	19:54
4	Geoff Bradley	20:24
5	Ken Camet	20:34

6	Radha Nambula	21:17
7	Dave McIntyre	25:09
8	Todd Hayes	25:31
9	John Huang	25:45
10	Wiley Liu	29:07
11	Jeff Justice	29:53 PR
12	Rich Hahn	31:17
13	Dave Norlander	35:21

Phantom Dick Barrett Trophy Winner – Dwayne Spencer

Small turnout. One PR – by Handicap race winner Jeff Justice. I think that the helpers were Danny Moon Jim Bordoni, and Nancy Kirk.

9/29/18 – Step Up & Step Down Relay

Pl	Team	Start	Finish
1	Nambula/Waggoner	-0-	31:30
2	Goldman/Ah Sing	-0	32:12
3	Souza/McAllister	1:00	32:37

Dick Barrett Trophy Winner – Radha Nambula

All teams were rated to finish in 32:30. The Waggoner team, led by Radha running 77 seconds under his rating, won by about 200 Meters. Ah Sing had the best per lap average at 84 seconds. Norry hit his rating right on the nose. Thanks to Wiley Liu and Danny Moon for doing an efficient job of timing.

10/6/18 – 6 x 1600M Relay

Pl	Team	Start	Finish
1	Liu/Aubuchon	:45	44:21
2	Conroy/Delyani	5:30	44:33
3	H.Rohrer/Waggoner	r8:00	46:01
4	Goldman/Ah Sing	6:45	46:13
5	J.Park/K.Park	8:15	46:17
6	Souza/Sudan	6:45	46:31
7	Navarrete/McAlliste	8:15	47:09
8	Lee/R.Nambula	6:45	47:21
9	Powell/Prince	2:30	47:32

10/13/18 – Triangle – 4.76M

1	Adam Prince	30:49
2	Scott Bang	31:05
3	Norry McAllister	31:41
4	Dino Delyani	32:10
5	Gary Waggoner	32:21
6	Kristina Park	32:48
7	Dwayne Spencer	33:10
8	Tim Souza	34:01
9	Missy Sudan	34:48
10	Robert Navarrete	35:21
11	George Lo	35:48
12	Mike Krey	36:07

13	Mark Goldman	38:00
14	Wiley Liu	46:35 PR
15	Neil Gelblum	47:19
15	Neeraja Nambula	47:19
17	Dave Norlander	57:41 PW

Dick Barrett Trophy Winner – Adam Prince

Adam won by about 100 meters, Wiley beat his all-time PR by 86 seconds, Mark Goldman improved his 65+ PR by 2 seconds, Tim Souza improved his 55+ PR by 6 minutes. Wiley doubled back after his early run of this course to help Danny time.

10/20/18 – Dou/Sar/Frtvle – 2.75M

1	Sheldon Ah Sing	16:56
2	Gary Waggoner	17:45
3	Dino Delyani	17:51
4	Kristina Park	17:58
5	Missy Sudan	19:34
6	Radha Nambula	20:07 PR
7	Robert Navarette	20:07
8	Paul Taylor	20:26
9	Dave McIntyre	21:13
10	Dave Norlander	31:20
11	Alvin Jackson	40:33

Phantom Dick Barrett Trophy Winner – Dino Delyani

Radha PRd by 25 seconds and Dave McIntyre improved his 55+ best by 43 seconds. Thanks to Danny and Jim Bordoni for helping at the finish line.

10/27/18 – 8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Justice/Park	2:45	36:29
2	Aubuchn/R.Nmbula	3:30	36:57
3	Spencer/Norlander	-0-	37:02
4	Navarette/Liu	1:00	37:59
5	Ah Sing/Krey	4:15	38:08
6	McAllister/Taylor	4:00	39:04

Dick Barrett Trophy Winners – Kristina Park & Jeff Justice

Kristina trailed by 16 seconds with a loop to go and won by 28 seconds. Sheldon Ah Sing (15:15), Joseph Aubuchon (15:28), and Kristina Park (15:56) had the fastest splits. Jim Bordoni did a superb jog at the finish line, timing all of the splits and recording them.

11/3/18 – Farwell/H – 4.68 Miles

1	Scott Bang	29:49
2	Sheldon Ah Sing	30:07
3	Norry McAllister	30:30
4	Joseph Aubuchon	30:43
5	Dino Delyani	31:14
6	Gary Waggoner	31:35
7	Kristina Park	31:47
8	Heather Rohrer	33:28 PR
9	George Lo	34:27
10	Robert Navarrete	34:48
11	Missy Sudan	35:21
11	John Huang	35:21
13	Paul Taylor	35:36
14	Mark Goldman	37:06
15	Radha Nambula	37:37 PR
16	Dave McIntyre	40:29
17	Jeff Justice	42:38 PR
18	Wiley Liu	46:29
19	Chris Blue	48:36
20	Rich Hahn	48:42
21	Alvin Jackson	71:13

Phantom Dick Barrett Trophy Winner – Heather Rohrer

Scott Bang showed great sprint speed over the last 300 meters to score a 100+ Meter win. Kristina led the ladies. We had three all-time PRs – Heather Rohrer, Radha Nambula, and Jeff Justice.

11/10/18 – 8 x 1200M Relay

Pl	Team	Start	Finish
1	Waggoner/Sudan	0:15	38:35
2	Ah Sing/Krey	1:00	38:35
3	Park/Liu	1:30	39:15
4	McAllist/Delyani	2:30	39:36
5	Bang/Navarrete	2:00	39:54
6	Spencer/Norlandr	-0-	42:10

Dick Barrett Trophy Winner – Missy Sudan & Gary Waggoner

Missy started her last run about 30 meter behind Mike, passed him, and then barely held him off by about an inch. Our fastest runners were Sheldon at 16:58, Scott at 17:25, Kristina at 18:23, Norry at 18:24, Garry at 18:25, Dwayne at 18:30, and Dino at 18:42.

11/17/18 – Farwell – 3.54M

1	Heather Rohrer	25:21.9
2	Kristina Park	26:15.3
3	Joseph Aubuchon	29:05.3
3	Dino Delyani	29:05.3
3	Norry McAllister	29:05.3
6	Dave McIntyre	34:07.0
7	Neil Gelblum	34:19.4
8	Kat Powell	34:42.x

9	Willie Liu	36:08.3 PR
10	Jeff Justice	43:14.x

AQI was around 150 when we showed up at WVC this morning but still we had 10 runners, most of whom ran easy. The ladies finished first and 2nd, which may have never happened before. Wiley was the only one to PR. Rich Hahn handled the finish line.

11/24/18 – 4 x 1.46M WVC Loop Relay

Pl	Team	Start	Finish
1	Souz/Norl/Souza	11:15	47:05
2	Aubuchon/Sudan	6:00	48:02
3	Goldman/AhSing	6:30	48:56
4	Gelblum/Bang	4:00	48:59
5	Delyani/Liu/Delyani-0-		50:10
6	Kemp/Krey	6:30	50:26

We were in a quandry as to how to modify the relay because of a gigantic puddle at the bridge near the bathroom. But, Scott Bang came to our rescue as he used a traffic cone to sweep away a good portion of the water. Thanks to Norry McAllister for helping at the start/finish line.

12/1/18 – Short Six – 5.74M

1	Joseph Aubuchon	37:50
2	Scott Bang	38:28
3	Norry McAllister	39:07
4	Dino Delyani	39:55
5	Tim Souza	40:30
6	Kristina Park	41:09
7	Heather Rohrer	43:19
8	Missy Sudan	43:25
9	Bob Kemp	43:50
10	Robert Navarrete	48:05
11	Chris Blue	57:38
12	Nancy Kirk	61:18
13	Jeff Justice	63:06
14	Wile Liu	63:38

Dick Barrett Trophy Winner – Rich Hahn

Miserable weather this morning. Temperature in the 40s and a light rain. But, 14 runners showed up to run the course with Joseph coming out as the winner. Kristina led the ladies. Tim Souza improved his 55+ PR by 2+ minutes. Rich Hanh took home the weekly trophy for getting here early and starting the race promptly at 8AM so that all would not have to stand around in the rain and cold. Helpers at the finish line included rich, Danny,

Madelyn, Jeff Rohrer, and Dave Norlander.

12/8/18 – Valle Vista – 3.0M

1 Sheldon Ah Sing	18:35
2 Scott Bang	18:44
3 Joseph Aubuchon	19:07
4 Gary Waggoner	19:13
5 Norry McAllister	19:18
6 Dino Delyani	20:02
7 Kristina Park	20:23
8 Geoff Bradley	21:08
9 Missy Sudan	21:16
10 Heather Rohrer	21:21 PR
11 Aaron Lee	21:25
12 Robert Navarrete	21:48
13 Mike Krey	22:05
14 Mark Goldman	24:38
15 Dave McIntyre	24:50
Jeff Justice	25:54*
Willie Liu	28:05*
16 Chris Blue	28:53
17 Jim Bordoni	31:12 RW
18 Rich Hahn	31:37
19 Dave Norlander	35:33
Bob Lord	38:50*

Dick Barrett Trophy Winner – Heather Rohrer

Close win for Sheldon over Scott. Kristina led the ladies. Good run for Norry as he got within 8 seconds of his 60+ best. Heather improved her all-time PR by 66 seconds. Jeff and Willie told us that they ran short courses. Bob Lord also went off course, running 3.34 miles. Jeff estimated that he and Willie took 0.5 miles off the course by turning left onto Via Colina. Jim Bordoni broke Don Packwood's course race walking record by nearly 2 minutes. Don's excellent walking time of 32:56 is 7 minutes in front of the 3rd place time. Aaron Lee turned 45 today. We had many helpers at the finish line, including Danny Moon, Chris Blue, Rich Hahn, Jim Bordoni, and Dave Norlander.

12/15/18 – Triangle – 4.76M

1 Joseph Aubuchon	29:52
2 Gary Waggoner	31:27
3 Tim Souza	32:54
4 Kristina Park	33:14
5 Heather Rohrer	34:20
6 Bob Kemp	35:03
7 George Lo	36:05
8 Chris Blue	45:15
9 Neeraja Nambula	49:13
10 Rich Hahn	49:28
11 Bob Lord	54:09

Dick Barrett Trophy Winner – Joseph Aubuchon

Joseph won this morning, missing his all-time PR by 10 seconds. Tim Souza improved his 55+ PR by 67 seconds. Bob Lord became the 4th club 80+ runner to complete this course. Danny Moon and Jim Bordoni handled the finish line.

12/22/18 – 6 x 1600M Relay

PI Team	Start	Finish
1 Justice/Bang	:30	43:28
2 Souza/Wood	8:45	44:02
3 Liu/Aubuchon	9:00	44:19
4 Navarrete/Delyani	5:30	44:28
5 Sudan/Bradley	5:45	44:28
6 Goldman/Park	4:30	44:38
7 Krey/H.Rohrer	4:45	45:41
8 Powell/N.McAllister	-0	46:22

Jeff Justice put his team into the lead on his first leg and his team went on to win by a little over a straightaway. A visitor from New York City, Justin Wood (*), led all of the guys with a 5:28 average. Kristina Park led the ladies with a 6:03 average. Our elite crew of timers included Danny Moon, Carl Petersen, and Slim Pickens.

12/29/18 – All Courses Day

Dou/Sar/Frtvle - 2.75M

1 Joseph Aubuchon	18:40
2 Geoff Bradley	18:48
3 Dave Norlander	33:25

Valle Vista – 3.0M

1 Bob Kemp	22:22
1 Robert Navarrete	22:22
3 Dave McIntyre	23:50

Farwell – 3.54M

1 Norry McAllister	23:12.0
2 Kristina Park	24:08.5
3 Chris Blue	34:45.x

Farwell/H – 4.68M

1 Tim Souza	33:07
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Triangle – 4.76M

1 Mary Kriege	30:32
1 Jorn Jensen	30:32
3 Andy Williams	31:32
4 Dwayne Spencer	31:57 PR
5 Dino Delyani	32:36
6 Paul Taylor	35:22
7 Mike Krey	35:51
8 Wiley Liu	50:30

Short Six – 5.74M

1 Missy Sudan	43:47
2 Bob Lord	76:19
3 Kat Powell	? *

* Kat started after everyone and finished at 9:12AM on her wrist watch

but did not carry a timing watch.
So, we did not get a time for her.

Phantom Dick Barrett Trophy Winner – Dave McIntyre

This was our final workout of the year. Some were aiming to win their division in the Cum Sat contest, some were aiming to complete all of the courses, and others were just trying to improve one of their course times. Sheldon needed to improve his Triangle course by 4 seconds in order to win the A division but after a great start, got a bad cramp and had to drop out. Missy knew what she had to do to win the C division – run the Short Six a little slower than she did last year – but did not have a good day. So, Robert Navarrete was able to hold on for the win. Dave McIntyre ran as hard as he could from the college entrance to the end and it was good enough to give him the D division win. Tim Souza improved his 55+ Farwell/H course by 2½ minutes. Dwayne Spencer PRd for the Triangle course by 73 seconds. Bob Lord became the 3rd club 80+ runner to complete the difficult Short Six course. Thanks to Danny Moon, Jim Bordoni, and Wiley Liu for their help at the finish line.

RACE RESULTS

7/7/18 – Brazen Dirty Half Dozen – 25.69M

Kat Powell 5:38:09

7/28/18 – Brazen Bad Bass Trail Run – 13.67M

Kat Powell 3:07:51

8/5/18 – Ujena Double 8K in San Francisco

Kat Powell 5:54

8/11/18 – Brazen Bear Creek Half Marathon

Kat Powell 3:11:14

8/18/18 -Santa Cruz XC – 4.0M

Masters Men

Jorn Jensen	24:55 4th-45+
Matt Thompkins	25:21
Adam Prince	26:40
Barry Farrara	26:51
Scott Bang	27:50
Dwayne Spencer	28:26
Tom Lockhart	30:16
Ken Came	30:23
Aaron Lee	31:03
Mike Krey	33:01
Norm Takeuchi	35:26
Glenn Kishi	37:18
Bob Lord	49:11 9th-70+
Bill Dodson	55:11 2nd-80+

Women

Heather Rohrer	30:08 *
Kat Powell	42:40

* Competes for another club

8/25/18 – Empire XC – 3.4M

Masters Men

Matt Thompkins	19:38 4th-40+
Jorn Jensen	20:02
Ray Rodriguez	21:06 8th-50+

Women

Dalila Rodriguez	29:36
Kat Powell	33:47

8/26/18 – Santa Rosa Marathon

Kat Powell 5:03:40 3rd-65+

8/30/18 – Race For The Ages, Manchester, Tenn

Todd Hayes ran 125 miles in 68 hours, finishing 34th of 173. Each Runner runs as many miles as he can in the # of hours equal to his age.

9/9/18 – Golden Gate XC – 6K

Masters Men

Ray Rodriguez	23:02 9th-50+
Robert Plumeau	26:41
Tom Lockhart	26:55
Aaron Lee	28:13
Mike Krey	28:26
Brian Conroy	29:34
Norm Takeuchi	31:30
Bill Dodson	47:04 *

* Competes for another club

9/22/18 – Garin Park XC – 5K

Masters Men

Barry Farrara	19:52 9th-50+
Adam Prince	19:54 10th-50+
Roberto Palos	20:02

Brian Davis	20:57 4th-60+
Robert Plumeau	22:12
Tom Lockhart	22:28
Tom O'Connor	22:32

Women

Heather Rohrer	22:57
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9/29/18-Little Wharf 3M-Capitola

Juan Rivera	15:15 1st-35+
Geoff Bradley	19:08 3rd-45+
Tom Lockhart	20:07 3rd -55+

9/29/18 – Canary Challenge in Palo Alto – 4.2M

Dave Norlander 51:51

This was a unique race in that everyone timed themselves. It was advertised as being 5K in one advertisement and 6.5K in another advertisement. But the advertised distance didn't matter because Dave got lost and as per his watch actually ran 4.2M.

9/30/18 – Lawson XC – 4.25M

Masters Men

Jorn Jensen	24:36 3rd-40+
Matt Thompkins	25:01 5th-50+
George Cross	26:25 6th-50+
Ray Rodriguez	26:32 8th-50+
Robert Plumeau	29:35
Tom O'Connor	31:59
Norm Takeuchi	35:41
Bill Dodson	53:22 1st-80+ *

Women

Mary Kriege	26:59*
Heather Rohrer	30:32*
Kat Powell	41:19

* Competes for another club

10/7/18 – Urban Cow Half Marathon

George Cross	1:24:39 2nd -50+
Ray Rodriguez	1:24:59 3rd -50+
Tom O'Connor	1:41:28 7th -60+

10/20/18 – Aggie XC – 4.2M

Masters Men

Jorn Jensen	23:53
Calvin Do	24:56
George Cross	25:16
Adam Prince	25:53
Dwayne Spencer	28:18
Robert Plumeau	28:30
Aaron Lee	29:53

Women

Mary Kriege	25:13 *
Heather Rohrer	29:38 *

* Competes for another club

10/27/18 – Excelsior XC -Daly City-5K

Masters Men

Adam Prince	19:48
Scott Bang	20:28
J.R. Mintz	22:36
Brian Conroy	23:57 *
Bill Dodson	39:07 *

Women

Heather Rohrer	22:48 *
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* Competes for another club

11/3/18 – Rock N' Roll Marathon – Savannah,GA

Jack Bordoni 2:34:54

11/20/18 – Campbell Octoberfest 10KNorry McAllister 40:47 1st -60+
Mark Goldman 47:31 3rd -60+**11/22/18 – Silicon Valley Turkey Trot****5K**Joseph Aubuchon 18:29
Mary Kriege 18:41 3rd- 25+ *
Jonatan Slater 19:24
Aaron Lee 21:19
Brian Conroy 21:32 2nd- 60+ *
Jim Angelopoulos 23:18
Nicky McAllister 26:31
Allison Goldman 27:43
Neeraja Nambula 30:25
Nagesh Saldi 31:19**10K**Ray Rodriguez 36:39 1st 55+
Calvin Do 36:28 2nd 45+
Roberto Palos 37:41 2nd 55+
Norry McAllister 40:43 2nd 60+
Ben Schmiede 42:24
Mike Krey 45:43
Mark Goldman 46:09 2nd 65+
Kat Powell 60:08 2nd 65+
Willie Liu 67:30

*Competes for another club

11/22/18 -Mt. View Turkey Trot**1 Mile**Adam Prince 5:41 3rd, men
Heather Rohrer 6:19 6th, women**5K**Adam Prince 18:04 6th, men
Heather Rohrer 20:19 5th, women
Dave Norlander 33:51**11/25/18-PA/USATF XC Championships****Masters Men-6M**Adam Prince 41:36 10th-50+
Scott Bang 42:36
Dino Delyani 45:38
Bill Dodson 85:11 ***Women-4M**Mary Kriege 26:21 *
Heather Rohrer 30:26 *
Kat Powell 41:33

* Competes for another club

12/2/18 - Cal Intl MarathonJuan Rivera 2:52:41
Jorn Jensen 2:59:39
Ray Rodriguez 3:03:44
Calvin Do 3:05:00 (pacer)
Emanuel Lee 3:14:32 PR
Nancy Eubanks 3:25:44
Tom Lockhart 3:38:57
Todd Hayes 3:56:31 10-65+
Nju Stessman 3:57:27
Dalila Rodriguez 4:04:33
Glenn Kishi 4:20:46
Kat Powell 5:23:39

Writeup by Jorn Jensen: This challenging marathon distance far from Home drew more club participation than most of the fun cross country Races. CIM enjoyed perfect marathon conditions after weeks of tragic Fires, horrific air quality, Clarksburg cancellation, and Thanksgiving rain storms.

12/16/18 – Christmas Relays**Men's 60+**Dino Delyani 29:50
Robert Navarrete 33:25
Norry McAllister 29:32
Brian Davis 31:18

Total: 2:04:05, 2nd place 5:12 behind Tamalpa

Men's 50+Raymond Rodriguez 27:07
Robert Plumeau 30:00
Kristian Petersen 39:36
Dino Delyani 32:30 (estimate)**Couples**Mark Goldman 34:12
Mike Krey 33:13
Dalila Rodriguez 35:35 (estimate)
Kat Powell 46:07 (estimate)