



# WVJS



## VOL XXXVII-#2 WEST VALLEY JOGGERS & STRIDERS July 2008

### Saturday Workouts

07/19/08	Dou/Sar/Fruitvale – 2.75M	09/20/08	18 x 0.33 mile Tennis Court Loop Relay
07/26/08	Farwell/Herriman (4.68 miles)	09/27/08	Valle Vista (3.0 miles)
08/02/08	One Mile on the Track	10/04/08	Short Six (5.74 miles)
08/09/08	12 x 600 Relay	10/11/08	Step-up & Step-down Relay
08/16/08	Farwell (3.54 miles)	10/18/08	Triangle Run (4.76 miles)
08/23/08	36 x 200 Relay	10/25/08	12 x 800 Relay
08/30/08	Annual Handicap Race	11/01/08	Dou/Sar/Fruitvale – 2.75M
09/06/08	Short Six (5.74 miles)	11/08/08	8 x 0.66 mile Tennis Court Loop Relay
09/13/08	4 x 1.46 mile WVC Loop Relay	11/15/08	Farwell/Herriman (4.68 miles)

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

03/16/08	Across The Bay 12K (1.5)
04/20/08	Zippy 5K (1.0)
04/27/08	Big Sur 5K (2.0)
05/26/08	Marin Memorial Day 10K (1.0)
06/21/08	Shriners 8K (1.0)
TBA	Don Bowden Mile (1.0)
09/14/08	Banana Chase 5K (1.5)
10/05/08	Rock N Roll Half Marathon (1.5)
10/19/08	Humboldt Half Marathon (1.5)
11/09/08	Clarksburg 30K (2.0)
11/27/08	Seagate 5K (open) (2.0)
12/04/08	Cal Intl Marathon (2.0)
12/18/08	Xmas Relays (1.0)

#### Racer of the Year

Fastest Farwell Time  
 Cumulative Saturday Races  
 Fastest Marathon  
 Fastest Half Marathon  
 Fastest of 2 Designated Track Miles  
 Fastest of 2 Designated Track 5Ks  
 The following USATF Races – 10M, 12K, Zippy 5K, Marin 10K, Bowden Mile, Banana 5K, Clarksburg 30K

06/15/08	Holy City Race – 9.08M
08/09/08	Dammit Run – 5 Miles
09/13/08	Santa Cruz XC Race
10/26/08	Hollister Road Mile

#### Other Popular Races

07/27/08	Wharf to Wharf
08/23/08	Marshall Clark 4-Miler
08/30/08	Hayward 10K on the Bay
09/12/08	Moonlight 5K/10K in Palo Alto
09/28/08	Almaden 2M & 10K
09/28/08	Mt.View Trailblazer 5K/10K
10/26/08	Silicon Valley Marathon
11/02/08	Sawyer Camp 5k?10K
11/09/08	Big Sur Half Marathon & 5K
11/23/08	Great Highway 4-Miler

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

## 2008 PA/USATF Grand Prix

#### Open Men

Presently our open men's team is in 7th place. Bryan Chow is in 37th place in the long race division. Aaron Lee is our team captain.

#### Open Women

Presently, our open women's team is in 8th place. Missy Sudan is the team captain. Individually, Stephanie Bambury and Missy Sudan are in 8th and 19th places in the short race division.

#### 40+ Men

Presently, our 40+ men's team is in 3rd place. Al Murray is our team captain. Individually, Scott Bang is in 9<sup>th</sup> place in the short race division and Andy Lief is in 17th place in the long race division.

#### 40+ Women

Presently, our 40+ women's team is in 2nd place. Kelly Emo is the team captain. Becki Kriege is in 7th place in the short race division and 16th place in the long race division. Christine Kennedy, a 50+ runner leads the long race division.

#### 50+ Men

Presently, our 50+ men's team is in 1st place. Tom O'Connor is our 50+ team captain. Individually, Brian Davis is in 3rd place, Al Murray is in 6th place, Dave Woodruff is in 8th place, Tom O'Connor is in 13th place, and Dennis Kurtis is in 14th place in the short race division. Brian is in 2nd place, Dave Woodruff is in 6th place, Tom O'Connor is in 13th place, and Neil Gelblum is in 15th place in the long race division.

#### 50+ Women

Presently, our 50+ women's team is in 5th place. Kat and Pauline Beatty are the team captains. Christine Kennedy is in 10th place in the short race division and 1st place in the long race division.

#### 60+ Men

Presently, our 60+ men's team is in 1st place. Joe Hurtado is the team captain. Individually, Bill Duun, Ron Kiyono, Jim Howe, and Joe Hurtado are in 1st, 2nd, 3rd and 13th places in the short race division.



Bill, Ron, Joe, Jim, and Bob Schmitt are in 1st, 2nd, 5th, 9th, and 13th places in the long race division.

Presently, our 70+ men's team is in 2nd place. Eddie Reyna is the team captain. Individually, Carl Petersen, Eddie Reyna, Ed Singleton, Glynn Wood, and Ken Noel are in 3rd, 5th, 6th, 7th, and 9th places in the short race division. Carl, Eddie, Ed, and Ken are in 2nd, 6th, 14th, and 16th places in the long race division.

**70+ Men**

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**Miscellaneous Drivel**

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

The Bordoni family improved their family 1600 meter relay record at the 6/26/08 all-comers meet from 3:58.02 to 3:49.18. The splits were Mike at 54.6, Jim at 63.6, Jack at 59.7, and Matt at 59.7. Jack helped the most as he improved a full 9 seconds on his run of last August.

Neil Gelblum says that all that park their car in the Campbell Park parking lot should be careful. He parked his car there at 6AM and went for a long run. When he returned, his back window was smashed in and the packed luggage that was ready for his Boston Marathon trip was stolen.

Congratulations to Christine Kennedy and Dennis Kurtis. Running Times magazine selected Christine as the #2 2007 50/54 road racer behind former Olympic marathon champion Joan Samuelson and Dennis received honorable mention in the men's 50/54 category.

Former club member Homer Latimer, a super runner in the late 70s, died on 5/30/08 after about a 1-year battle with cancer.

Stephanie Wei, 17 year old daughter of former WVJS club members Nao and Peter Wei, qualified for the US Olympic swimming trials. Stephanie, a senior at Mitty High School, finished 5th in her preliminary round of the 200M backstroke with a time of 2:19.43 This was 3.5 seconds behind the winner of the heat.

Super 50+ runner, Christine, traveled to Austin, Texas in April, finishing first in the 50+ division for the National Masters 50+ 10K road run championships.

Larry Hyde won the Annual Stanford 50+ race.

Scott Bang won our Holy City race for the 3rd time in 5 years. Christine Kennedy was the first 50+ finisher, knocking 2 minutes off the 50+ course record.

The grand prix road mile was scheduled to be run on 7/12/08 but was postponed because the race director forgot to check with University of Pacific until late in the game and, when he/she did, discovered that another event was already scheduled for the event on 7/12. A new date for the race has not yet been set.

Amanda Gerhardt moved into the masters category in June. Marcia Morrison turned 60 in April. Ray Russell, who joined the club as a teenager, turns 50 in August. Dave Piazza turns 50 in October. Dimitrios Stefanidis turned 50 in June. And, Tom Warfel turned 60 in June. Chris Blue will move into the 60+ category early next year.

Dete Kraus, who now lives in Arnold, California, recently discovered that he had a reoccurrence of the prostate cancer that was cured 13 years ago. He is undergoing tests to determine how far it has spread.

Danny Moon will be coaching the Saratoga girls cross country team this coming fall. Jake White has moved from Mitty to help Hank Lawson coach the Lynbrook cross country team.

Pauline Beatty's running has improved significantly lately. She's leading the E division in the Racer of the Year contest and significantly improved several of her Saturday course 50+ times.

We have had a pro football pool for many years that I have limited to 10 persons for the last several years. Dave Piazza and Dino Delyani would like to form a second pool. Anyone who is interested should contact them.

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.

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>

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**2008 RUNNER OF THE YEAR CONTEST**

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

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**2008 WVJS RACER OF THE YEAR CONTEST**

Placings in this contest are based upon your best 8 performances in 17 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. The standings to date for 2008 for all who scored in three or more races are as follows:.

<b>Elite Division</b>		Al Murray (8)	181	Tony Scardina (4)	80
Scott Bang (8)	200	Dave Piazza (4)	83	Mike Bordoni (3)	72
Brian Davis (8)	188	Mike Kriege (4)	82	Andy Lief (3)	71



Casey Reinking (3)	68	Chris Kennedy (7)	162	Joe Hurtado (8)	177
Dennis Kurtis (3)	63	Frank Prabel (7)	162	Neil Gelblum (7)	168
		Aaron Lee (8)	143	Jeff Bedolla (8)	164
		Becki Kriege (5)	120	Joe Johnson (7)	153
		Miissy Sudan (6)	111	Dave McIntyre (7)	142
		Jim Howe (5)	98	Bob Schmitt (7)	137
		Ron Blancas (4)	86	Art Mitchum (5)	118
		Mike Smith (4)	76	Mike Krey (4)	82
		Brian Conroy (4)	71	Paul Taylor (3)	73
		Stephanie Bambury (3)	61	Todd Hayes (3)	68
<b><u>A Division</u></b>					
Magnus Wiklund (8)	197	Jim Bordononi (3)	58		
Jeff Rohrer (8)	192	Johanna Fogolin (4)	54		
Tom O'Connor (8)	181	<b><u>B Division</u></b>			
David Woodruff (8)	174	Dino Delyani (8)	194		
Bill Dunn (8)	166	Ron Kiyono (8)	192		
<b><u>C Division</u></b>		<b><u>D Division</u></b>		<b><u>E Division</u></b>	
Carl Petersen (8)	199	Kat Powell (8)	199	Pauline Beatty (8)	200
Carol Bednar (8)	190	Dave Norlander (4)	98	Chris Blue (8)	196
Rich Hahn (3)	72	Paul Rodriguez (4)	98	Georgia Riley (7)	155
Marion Richard (3)	71			Tim Riley (7)	152
Mark Isaacson (3)	70			Eddie Reyna (6)	134
Kelly Emo (3)	70			Ed Singleton (6)	124
				Dena Noble (4)	96
				Ruby Hurtado (4)	78
				Ken Noel (3)	67
				Don Packwood (3)	62

## SATURDAY WORKOUT RESULTS

### 4/12/08-Dou/Sar/Frtvle-2.75 Miles

1	Scott Bang	14:56		23	Bob Pickens	18:00	46	Mike Kolesnik	25:35
2	Dennis Kurtis	15:23	PR	24	Joe Johnson	18:05PR	47	Rich Collins	27:38
3	Aaron Patterson	15:51		25	Arturo Rodriguez	18:38	48	Don Packwood	30:45 RW
4	Al Murray	15:55		26	Mike Krey	18:46			
5	Dave Piazza	15:56		27	Greg Burke	19:03			Dick Barrett Trophy Winner – Dennis Kurtis
6	Jeff Rohrer	16:03		28	Mark Goldman	19:06			
7	Becki Kriege	16:04		29	Todd Hayes	19:11			
8	Bjorn Samson	16:05		30	Dave McIntyre	19:36			There were many good performances on this
9	Alan Erickson	16:05		31	Mark McPherson	19:42			warmish morning. Scott Bang recorded the
10	Magnus Wiklund	16:12	PR	32	Rich Hahn	19:54			#14 40+ time (1 second in front of Danny
11	Jeff Candello	16:12	PR	33	Helen Wong	20:07			Moon) while running to an easy win. Dennis
12	Jim Bordononi	16:17		34	Danny Moon	20:25			Kurtis at age 54 ran the #4 50+ time. Becki
13	Frank Prabel	16:35	PR	35	Bob Schmitt	20:52			Kriege improved her 40+ best by 21 seconds.
14	Missy Sudan	16:37		36	Pauline Beatty	20:59			Magnus Wiklund improved his PR by 72
15	Bill Dunn	16:45		37	Joe Hurtado	21:00			seconds. Dave Woodruff and Todd Hayes ran
16	Dave Woodruff	16:49		38	Paul Rodriguez	21:30			the American River 50-miler last Saturday and
17	Tom O'Connor	17:04		39	Tom Warfel	21:33			were still able to run well today. Dave missed
18	Aaron Lee	17:12		40	Carl Petersen	22:28			his PR by just 8 seconds. Jeff Candello ran
19	Dino Delyani	17:17	PR	41	Ed Gavin	23:24			the #18 (out of 73) best time for a 50+ runner.
20	Amanda Gerhardt	17:20		42	Rick Kananen	23:51			Jim Bordononi got the #3 time on the 55+ list.
21	Brian Conroy	17:31		43	Ken Noel	23:52			Bill Dunn tied the 60+ course record (held by
22	Kristina Park	18:00		44	Chris Cassell	25:26			him). Pauline Beatty improved her 55+ best
				45	Gurinder Parhar	25:26			by 2 minutes to move to #6 on the women's
									50+ list. Jeff Rohrer at age 49 missed his 45+

PR by 7 seconds. Aaron Lee missed his PR by 7 seconds.

**4/19/08 – 12 x 600 Relay**

Pl	Team	Start	Finish
1	Packwood/Mack	-0-	35:12
2	D.Moon/Paterson	10:00	35:32
3	jac.Bordoni/Beatty	7:30	35:39
4	Collins/L.Erickson	3:00	35:42
5	Mat.Kriege/Warfel	7:30	36:04
6	Norlander/Parhar	5:00	36:21

Dick Barrett Trophy Winners – Don Packwood & Colin Mack

Small turnout this morning as many club members are running the Great Race or the Zippy 5K tomorrow morning. The Mack team started first and finished first. Aaron Paterson had the best average at 1:55 per run. Lana Erickson had the best average of the two ladies at 2:28

**4/26/08 – Farwell/H-4.68M**

1	Aaron Paterson	29:18
2	Frank Prabel	29:56 PR
3	Dino Delyani	30:24 PR
4	Arturo Rodriguez	31:46
5	Kristina Park	31:47
6	Charlie Lin	31:49
7	Todd Hayes	32:34
8	Mark Goldman	32:54
9	Mike Krey	33:27
10	Jeff Bedolla	35:30
11	Helen Wong	36:50
12	Dave McIntyre	36:54
13	Tom Warfel	36:56
14	Pauline Beatty	37:13
15	Danny Moon	37:14
16	Paul Rodriguez	37:48 PR
17	Lana Erickson	40:11
18	Kat Powell	40:56
19	Georgia Riley	42:42
20	Chris Cassell	44:23
21	Gurinder Parhar	44:23
22	Tim Riley	47:19
23	Don Packwood	53:44

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Dick Barrett Trophy Winner – Dino Delyani

Aaron won by about 220 yards. Frank, Dino, and Paul Rodriguez PRd. Pauline

knocked 2+ minutes off her 50+ to move to #6 on that list.

**5/3/08-36x200 Relay**

Pl	Team	Start	Finish
1	Noel/O'Connr/Woodruf	3:15	25:34
2	T.Riley/Ji.Bordo/Conroy	2:00	25:41
3	Zades/Samson/Murray	2:30	26:05
4	Yashizmi/Ja.Bord/Burke	4:30	26:18
5	VanZant/Kriege/Park	-0-	26:20
6	Hahn/Cassell/Guiney	2:00	26:37
7	Powell/Pala/Wiklund	3:45	26:48
8	Warfel/Schmitt/D.Moon	2:00	27:23
9	Norland/L.Nast/Hurtado	2:00	27:26
10	Herrera/Mack/Howard	4:30	27:29
11	M.Moon/Bedolla/Prabel	:45	28:26

All teams were rated to finish in 27:15.

As can be seen, if you ran your rating, you had no chance to finish in the top half.

**5/10/08 – 16 x 400 Relay**

Pl	Team	Start	Finish
1	Hahn/Ja.Bordoni	2:00	24:34
2	D.Moon/O'Connor	2:45	24:53
3	Anderson/Gelblum	2:30	25:25
4	Erickson/Paterson	3:30	25:34
5	Conroy/Samson	5:30	25:41
6	L.Nast/Mitchum	2:45	25:43
7	Dunn/Mi.Bordoni	5:45	25:44
8	Kennedy/Rohrer	4:30	25:46
9	Park/Murray	5:00	25:48
10	Krey/Ji.Bordoni	4:30	26:02
11	Blue/Hurtado	-0-	26:42
12	VanZant/B.Kriege	-0-	26:42
13	Parhar/Lee	2:45	26:44
14	McIntyre/Piazza	4:30	26:44
15	Cassell/Beatty	-0-	26:58
16	M.Moon/Russell	-0-	28:10

Dick Barrett Trophy Winner – Jack Bordoni Team

The Jack Bordoni team, led by 12-year-old Jack's 75 average, took the lead on the 9th lap and went on to win by about 100 meters. Mike Bordoni and Bjorn Samson had the best averages at 68 and 71. Kristina Park and Christine Kennedy led the ladies with averages of 81 and 82.

**5/17/08-Farwell-3.54M**

1	Mike Bordoni	20:27
2	Jeff Rohrer	21:26

3	Casey Reinking	22:01	
4	Tom O'Connor	22:06	
5	Magnus Wiklund	22:23	PR
6	Brian Conroy	22:31	PR
7	Missy Sudan	22:42	
8	Dino Delyani	23:17	
9	Neil Gelblum	23:41	
10	Aaron Lee	23:46	
11	Kristina Park	24:01	
12	Mark Goldman	24:32	
13	Bob Pickens	24:33	
14	Mike Krey	24:42	
15	Norry McAllister	25:03	
16	Dave McIntyre	25:29	
17	Rich Hahn	25:35	
18	Jeff Bedolla	25:44	
19	Greg Burke	25:57	
20	Joe Hurtado	25:59	
21	Marian Richard	26:09	
22	Carl Petersen	27:57	
23	Brian Low	28:11	
24	Lana Erickson	28:11	
25	Paul Rodriguez	28:18	
26	Dave Norlander	29:15	
27	Kat Powell	30:23	
28	Helen Wong	30:25	
29	Tim Riley	33:44	
30	Ken Noel	33:45	
31	Carol Bednar	35:24*	

\* Ran popular 4.19M course

Dick Barrett Trophy Winner – Brian Conroy

Mike Bordoni won by over a minute on this warm morning. Magnus improved his PR by nearly 6 minutes despite being hindered by the pushing of a stroller. Brian Conroy knocked 6 seconds off his PR. Rich Hahn ran a 45+ PR by 19 seconds. Marian Richard recorded the #8 time by a 45+ woman runner.

**5/24/08 – 8x0.66M Tennis Court Loop Relay**

Pl	Team	Start	Finish
1	Parhar/McIntyre	3:15	39:46
2	C.Wiklund/Wong	3:00	39:55
3	Combs/Chimenti	-0-	40:07
4	Burke/B.Pickens	8:00	40:09
5	Hahn/Sudan	6:00	40:28
6	VanZant/Murray	-0-	40:30
7	Krey/Conroy	7:45	40:47
8	Delyani/D.Moon	7:15	40:55
9	Taylor/Prabel	8:30	41:39
10	Cassell/Schmitt	3:00	41:46

Dick Barrett Trophy Winner – Dino Delyani

3	Chris Blue	27:37
4	Tom Zades	27:38
5	Rich Collins	29:15

seconds to move to #20 on an elite list of 50+ runners. Aaron Lee missed his PR by 3 seconds.

**5/31/08 – Short Six – 5.74M**

1	Mike Bordoni	34:21
2	Al Murray	35:38
3	Adam Prince	35:44
4	Jeff Rohrer	35:56
5	Tom O'Connor	36:22PR
6	Becki Kriege	36:38
7	Missy Sudan	37:42
8	Aaron Lee	39:07
9	Paul Taylor	40:25
10	Jack Bordoni	41:21
11	Todd Hayes	41:28
12	Mike Krey	42:14
13	Kristina Park	42:52
14	Joe Hurtado	43:04
15	Jeff Bedolla	43:38
16	Lana Erickson	44:19
17	Carl Petersen	44:32
18	Carol Bednar	44:49
19	Danny Moon	45:05
20	Paul Rodriguez	45:46PR
21	Jonathan Lee	46:30
22	Scott Bang	46:30
23	Catherine Frye	46:50PR
24	Pauline Beatty	49:04
25	Kat Powell	50:59
26	Chris Cassell	51:26
27	Dena Noble	51:54
28	Ed Gavin	51:57
29	Chris Blue	53:08
30	Georgia Riley	53:43
31	Tim Riley	57:00
32	Tom Warfel	58:15
33	Ruby Hurtado	66:03

Phantom Dick Barrett Trophy Winner – Catherine Frye

Mike Bordoni won by about a quarter mile. Al Murray tied Ken Noel for #9 on the all-time 50+ list. Tom O'Connor improved his PR by 72 seconds. Paul Rodriguez improved his PR by 75 seconds. Jonathan Lee improved his 40+ best by 17 seconds. Catherine Frye improved her PR by 28 seconds. Ruby improved her 65+ PR by 3 minutes.

**6/7/08-All Courses Day**

**Doug/Sar/Frtvle-2.75M**

1	Jeff Bedolla	19:23
2	Dave Norlander	23:48

**Valle Vista-3.0M**

1	Tom O'Connor	17:53 PR
2	Jonathan Kimura	18:24*
3	Christine Kennedy	18:39
4	Jim Bordoni	18:46
5	Missy Sudan	19:11
6	Jack Bordoni	20:18
7	Slim Pickens	21:12
8	Kat Powell	25:55

\*Ran a long 3M in that he started at top of the track.

**Farwell-3.54M**

1	Aaron Lee	23:02.2
2	Paul Taylor	24:07.1
3	Todd Hayes	25:16.5
4	Carol Bednar	27:29.6
5	Joe Hurtado	29:08.4
6	Helen Wong	29:51.0
7	Ed Gavin	29:54.9
8	Gurinder Parhar	30:20.4
9	Chris Cassell	30:24.1
10	Jim Myers	33:36.0
10	Ken Noel	33:36.0
10	Walt Van Zant	33:36.0
13	Dave Combs	34:17.1

**Farwell/H-4.68M**

1	Andy Williams	28:14
2	Mike Kriege	28:46
3	Becki Kriege	29:09
4	Frank Prabel	29:32PR
5	Kristina Park	33:05
6	Carl Petersen	36:25

**Triangle-4.76M**

1	Paul Rodriguez	37:39PR
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**Short Six-5.74M**

1	Tom Warfel	49:27
2	Ruby Hurtado	67:50

Dick Barrett Trophy Winner – Christine Kennedy

The star of the morning was Christine Kennedy, who broke Sue Francis' 50+ course record for the Valle Vista course. 52-year-old Tom O'Connor broke his all-time record for Valle Vista by 20

**6/14/08-Killer Diller Relay (16x300)**

PI Team	Start	Finish
1Bednar/M.Wiklund	3:45	19:32
2Krey/Murray	3:45	19:43
3Taylor/Williams	4:00	19:53
4Hurtado/Rohrer	3:15	20:05
5O'Connor/Hegglund	5:00	20:36
6L.Nast/Piazza	3:45	20:37
7Noble/Mitchum	2:30	20:57
8Cassell/Conroy	2:45	21:11
9Combs/Zades	-0-	22:04
10T.Riley/Collins	-0-	22:24
11C.Wiklund/D.Moon	1:45	23:24

Dick Barrett Trophy Winner – Cecilia Wicklund

**6/21/08 – Valle Vista – 3.0 Miles**

1	Mike Bordoni	17:22
2	Andy Williams	17:51
3	Jeff Rohrer	18:08
4	Dave Piazza	18:10
5	Jeff Candelo	18:30
6	Paul Taylor	19:57
7	Dino Delyani	19:59
8	Jack Bordoni	20:54
9	Greg Burke	21:26
10	Todd Hayes	21:53
11	Cecilia Wiklund	23:00
12	Magnus Wiklund	23:00
13	Paul Rodriguez	23:09
14	Alex Williams	23:39
15	Helen Wong	24:51
16	Dave Norlander	25:01
17	Dena Noble	26:28
18	Chris Cassell	27:13
19	Rich Collins	29:37
20	Tom Zades	31:42

Dick Barrett Trophy Winner - Paul Taylor

**6/28/08 – One Mile on the Track**

**Heat #1 6:30 and Up**

1	Carl Petersen	6:51.0
2	Paul Rodriguez	6:52.2
3	Hank Lawson	6:59.6
4	Gurinder Parhar	7:01.4
5	Pauline Beatty	7:01.9
6	Uyenthi Tran	7:03.5
7	Dave Norlander	7:06.6
8	Chris Blue	7:39.8

9	Kat Powell	7:48.0
10	Walt Van Zant	7:50.5
11	Georgia Riley	7:55.1
12	Tim Riley	8:02.4
13	Tom Zades	8:43.0
14	Madelyn Moon	9:06.3

Close win for Carl over Paul. However, Paul was pleased to break the 7-minute barrier. Pauline improved her time from last year by 33 seconds.

**Heat #2 5:30 to 6:29**

1	Jack Bordoni	5:33.2PR
2	Art Mitchum	5:34.7
3	Brian Conroy	5:35.9
4	Bob Pickens	5:39.4
5	Aaron Lee	5:43.6
6	Dino Delyani	5:47.9
7	Dimitr Stefanidis	6:01.6
8	Mike Krey	6:11.9
9	Danny Moon	6:17.2
10	Jeff Bedolla	6:24.6
11	Joe Hurtado	6:25.1
12	Bob Schmitt	6:42.4

Jack Bordoni, who will be a freshman at Bellarmine next September, started the last lap in 4<sup>th</sup> place, moved into first place on the backstretch and then held off a fast finish by Art Mitchum for the win. Brian Conroy ran his fastest track mile since 2004. Mike Krey

and Jeff Bedolla improved their track mile bests by 3 seconds.

**Heat #3 5:29 and Under**

1	Scott Bang	5:00.8
2	Magnus Wiklund	5:13.0
3	Tom O'Connor	5:14.3
4	Jeff Rohrer	5:15.1
5	Al Murray	5:20.5
6	Dave Woodruff	5:21.3

Scott Bang started fast (71) to open a 5-second lead on the field and then kept pulling away for an easy win. 50-year-old Dave Woodruff ran his fastest mile since he was 19 years old.

Dick Barrett Trophy Winner – Scott Bang

**7/5/08 – Triangle – 4.76 Miles**

1	Scott Bang	27:46
2	Al Murray	28:44
3	Tom O'Connor	29:41
4	Brian Davis	29:56
5	Bryan Chow	29:57
6	Dave Woodruff	30:01
7	Dino Delyani	31:26
8	Missy Sudan	31:49
9	Aaron Lee	31:53
10	Paul Taylor	32:10
11	Neil Gelblum	33:06

12	Mike Krey	33:32
13	Joe Hurtado	34:31
14	Carol Bednar	34:54
15	Jeff Rohrer	34:55
16	Carl Petersen	35:53
17	Mark Isaacson	35:59
18	Jeff Bedolla	36:20
19	Bob Schmitt	37:04
20	Paul Rodriguez	37:05 PR
21	Dave Norlander	39:41
22	Chris Cassell	41:33
23	Kat Powell	41:45
24	Georgia Riley	43:37
25	Walt Van Zant	47:35
26	Dan Duston	48:50
27	Tim Riley	49:03
28	Don Packwood	67:33 RW

Dick Barrett Trophy Winner – Dino Delyani

Another easy win for Scott. Missy led the ladies. Dino improved his 50+ PR by 12 seconds. Carol Bednar recorded the #8 all-time best by a woman 40+ runner. Paul Rodriguez at age 60 improved his all-time PR by 34 seconds. Long-time club member Brian Davis ran a club workout for the first time, cruising all the way with Bryan Chow.

**RACE RESULTS**

**04/08-Carlsbad 5K**

93	Dwight Cornwell	18:45	2nd-60+
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**4/13/08-Brickyard 4M**

3	Tony Scardina	24:57	1st-40+
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**4/20/08 – Wenatchee 10K**

5 Mike Gruber 38:50 1st-45+  
35 degrees and snowing on and off throughout the race.

**4/13/08 – Whidbey Island Marathon**

Kat Powell 4:53:31  
Kat ran this marathon as a training run. It was cold at the 8AM start and got colder. The adverse weather conditions were offset by the many great views of the Puget Sound during the race.

**4/20/08 - Zippy 5K**

**WOMEN**

8	Becki Kriege	18:16	1st-40+
11	Stephan Bambury	18:37	2nd-30+
17	Missy Sudan	18:50	3rd-35+
27	Johanna Foglin	19:12	8th-25+
34	Amanda Gerhardt	19:33	8th-35+
67	Kelly Emo	22:16	10th-40+
68	Carol Bednar	22:18	11th-40+
94	Chris Blue	25:35	5th-55+
98	Kat Powell	26:12	7th-55+
106	Georgia Riley	27:22	4th-60+

**MEN**

49	Scott Bang	16:49	7th-40+
52	Mike Bordoni	17:03	11th-20+
57	Brian Davis	17:13	4th-50+
58	Mike Kriege	17:15	6th-45+
61	Al Murray	17:24	5th-50+

76	Ajay Pala	17:50	12th-20+
78	Magnus Wiklund	17:54	12th-40+
79	Dennis Kurtis	17:58	8th-50+
81	David Piazza	18:05	13th-45+
83	Jeff Rohrer	18:09	14th-35+
86	Ken Hsu	18:11	15th-45+
98	Mike Smith	18:31	17th-40+
100	Frank Prabel	18:43	18th-45+
102	David Woodruff	18:44	10th-50+
105	Jim Bordoni	18:47	3rd-55+
108	Bill Dunn	18:55	1st-60+
113	Brian Conroy	19:07	13th-50+
114	Aaron Lee	19:09	13th-30+
119	Art Mitchum	19:21	5th-55+
121	Dino Delyani	19:26	14th-50+
132	Ron Kiyono	19:51	2nd-60+
139	Joe Johnson	20:20	8th-55+
153	Jeff Bedolla	21:54	24th-50+
156	Mark Isaacson	22:04	25th-50+

158	David McIntyre	22:15	26th-45+
159	Carl Petersen	22:30	2nd-70+
186	Tim Riley	27:39	10th-60+
191	Eddie Reyna	28:22	2nd-75+
198	Ed Singleton	32:28	3rd-75+

Our 50+ and 60+ men finished first, our open ladies got 2nd, our 70+ men got 2nd, our 40+ men got 4th, our 50+ ladies got 3rd, and our open men got 8th.

**4/20/08 - The Great Race - 4M**

17	Jeff Candello	23:09	1st-50+
23	Alp Mamaroglu	23:31	5th-19+
24	Tony Scardina	23:35	4th-40+
39	Jim Howe	24:30	1st-60+
115	Liz Nast	27:52	2nd-40+
173	Gina Krieg	29:47	5th-40+
	Rick Kananen	32:47	
498	Chris Cassell	35:40	

**4/21/08 – Boston Marathon**

Neil Gelblum	3:20:36
Tom O'Connor	3:22:43

**4/26/08 – Redmond El Hawk 5K**

Mike Gruber 18:17  
This was Mike's fastest ever 5K as a 40+ runner.

**4/26/08 – USATF Natl Masters 10K**

**Championships**

10 Chris Kennedy 39:41 1st-50+  
Chris traveled all of the way to Austin, Texas to run in this championship race and came away as the 50+ champion.

**4/27/08 – Big Sur 5K**

26	Scott Bang	17:04	4th-40+
42	Brian Davis	17:41	5th-50+
55	Magnus Wiklund	18:16	
59	Al Murray	18:25	
60	Jeff Rohrer	18:27	
66	Mike Smith	18:47	
71	Dave Woodruff	18:55	
75	S.Bambury	19:04	3rd-30+
80	Jim Howe	19:16	1st-60+
81	Tom O'Connor	19:16	
82	Bill Dunn	19:18	2nd-60+
84	Missy Sudan	19:20	3rd-35+
92	Aaron Lee	19:46	
96	Ron Kiyono	19:57	5th-60+
171	Carl Petersen	23:00	2nd-70+
196	Joe Hurtado	23:49	2nd-65+
333	Glynn Wood	28:39	
	Ed Singleton	32:17	

Our 50+ and 60+ men finished first, our 70+ men got 2nd, and our 40+ men got 4th

**5/4/08-San Diego Union Trib 8K**

Carl Petersen	36:09	1st-70+
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**5/11/08 –Castroville Artichoke 5K**

Georgia Riley	27:40	1st-60+
Tim Riley	28:04	2nd-60+

**5/11/08-Human Race 5K (2.65M)**

Mark Isaacson	18:37	4th-50+
Alice Isaacson	20:07	1st-50+

**5/11/08-Human Race 10K**

44	Kelly Emo	46:53	2nd-40+
72	Gina Krieg	49:43	3rd-40+
79	Dave Norlander	50:14	2nd-60+
124	Kat Powell	55:07	

**5/24/08-Mardi Gras 10K**

3	Andy Lief	36:17	2nd-40+
7	Aaron Paterson	38:07	2nd-30+

**5/26/08 – Marin 10K**

61	Scott Bang	35:29	
63	Brian Davis	35:40	3rd-50+
64	Casey Reinking	35:43	4th-50+
79	Andy Tucker	36:12	
83	Al Murray	36:20	
84	Adam Prince	36:20	
91	Mike Kriege	36:37	
101	Magnus Wiklund	37:01	
103	Alp Mimaroglu	37:10	
110	Mark Ramirez	37:33	
113	Tom O'Connor	37:41	
116	Jeff Rohrer	37:42	
118	Tony Scardina	37:47	
132	Chris Kennedy	38:21	1st-50+
137	David Woodruff	38:28	
139	Frank Prabel	38:34	
140	Jim Howe	38:35	2nd-60+
150	Bill Dunn	38:58	3rd-60+
177	Neil Gelblum	39:56	3rd-55+
181	Dino Delyani	40:06	
191	Ron Kiyono	40:32	
198	Aaron Lee	40:51	
270	Joe Hurtado	44:00	1st-65+
271	Marian Richard	44:01	
300	Bob Schmitt	45:25	2nd-65+
304	Jeff Bedolla	45:45	
316	Carol Bednar	46:04	
323	Carl Petersen	46:34	2nd-70+
378	Pauline Beatty	49:29	
441	Kat Powell	54:11	
490	Ken Noel	57:16	
497	Eddie Reyna	57:43	1st-75+
540	Ed Singleton	64:24	2nd-75+
554	Ruby Hurtado	68:52	5th-65+

Our 60+ men finished first, our 50+ and 70+ men finished second, our 40+ women finished third, our 40+ men finished fourth, our 50+ women finished 6th, and our open men finished 8th.

**5/26/08 – Marin 2.4M**

20	Heather Rohrer	16:15	2nd-13+
40	Cecilia Wiklund	18:45	2nd-13-
97	George Moss	22:51	2nd-70+

**6/1/08 - 50+ 8K Race**

1	Larry Hyde	30:38	1st-50+
4	Jim Howe	31:28	2nd-60+
17	Kat Powell	43:49	2nd-55+

**6/15/08-Holy City Race – 9.1M**

1	Scott Bang	56:37	
2	Andy Williams	58:09	
3	Magnus Wiklund	59:15	
4	Christine Kennedy	60:32	
5	Dennis Kurtis	60:58	
6	Dave Piazza	61:15	
7	Jeff Rohrer	62:49	
8	Ron Blancas	67:26	
9	Dino Delyani	67:54	
10	Aaron Lee	68:11	
11	Jeff Bedolla	70:53	
12	Carol Bednar	74:03	
13	Tom O'Connor	74:04	
14	Joe Hurtado	75:30	
15	Rich Hahn	76:54	
16	Tom Warfel	81:59	
17	Pauline Beatty	82:21	
18	Chris Blue	85:06	
19	Kat Powell	85:19	
20	Dena Noble	86:17	

Scott Bang won for the 3rd time in 5 years. Christine Kennedy led the ladies for the 3rd time while breaking her own 50+ women's course record by 2 minutes.

**6/21/08-Shriner's 8K**

45	Brian Davis	28:27	3rd-50+
59	Dennis Kurtis	29:09	5th-50+
64	Scott Bang	29:22	
75	Mark Ramirez	29:45	
77	Alp Minaroglu	29:45	3rd-16+
78	Al Murray	29:45	
81	Derrick Peterman	29:58	
84	Tom O'Connor	30:11	
85	Tony Scardina	30:15	
89	Becki Kriege	30:31	2nd-40+
96	David Woodruff	31:02	
97	Stephani Bambury	31:02	4th-30+
98	Chris Kennedy	31:07	1st-50+
114	Bill Dunn	31:42	2nd-60+

