



WVJS



VOL XXXVIX-#2 WEST VALLEY JOGGERS & STRIDERS Jul 2010

Saturday Workouts

08/07/10	12 x 600 Relay	10/09/10	6 x 1600 Relay
08/14/10	Farwell (3.54 miles)	10/16/10	Triangle Run (4.76 miles)
08/21/10	36 x 200 Relay	10/23/10	12 x 800 Relay
08/28/10	Short Six (5.74 miles)	10/30/10	Doug/Sar/Frtvie (2.75 miles)
09/04/10	Annual Handicap Race	11/06/10	8 x 0.66mile Tennis Court Loop Relay
09/11/10	4 x 1.46-mile WVC Loop Relay	11/13/10	Farwell/H (4.68 miles)
09/18/10	18 x 0.33mile Tennis Court Loop Relay	11/20/10	8 x 1200 Relay
09/25/10	Valle Vista (3.0 miles)	11/27/10	Farwell (3.54 miles)
10/02/10	Step-up & Step-down Relay	12/04/10	4 x 1.46-mile WVC Loop Relay

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

Upcoming Races

PA-USATF Championships

10/17 Humboldt Half Marathon (1.5)
 11/07 Clarksburg Half Marathon (2.0)
 11/25 Turkey Trot 5K (No team scoring)
 12/05 Cal Intl Marathon (2.0)
 12/12 Christmas Relays (1.0)

Racer of the Year

Fastest Farwell Time
 Fastest Marathon
 Fastest Half Marathon
 Fastest of 2 Designated Track Miles
 Fastest of 2 Designated Track 5Ks
 08/14/10 Dammit Run
 08/28/10 Santa Cruz XC Race
 09/26/10 Almaden Times 2M Race

Other Races

09/12/10 Walnut Creek Festival 5K/10K
 09/26/10 Trailblazer 5K/10K in Mt.View
 10/10/10 Fremont Happy Fish 5K/10K
 10/24/10 Grape Stomp Half Mar in Livermore
 11/14/10 Stockton Half Marathon
 12/04/10 San Ramon 5K

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 Drive!

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

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

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>

Ken Napier, Dave Norlander, Carl Tuck, and Georeg Moss were the 70+ National Champions in the 4 x 400 relay at the National Masters track meet in Sacramento in July.

Scott Bang won the annual Holy City race in June for the 3rd year in a row. He has now won the race 5 times.

Robbie Meinhardt was inducted into the Bellarmine Hall of Fame in April. This is a great honor as Bellarmine has been in existence for many year and has had many super athletes during that time.

Our running club ages we continue to get slower. Case in point, This July, **Dave McIntyre (Big Mac)** raced a 10K in San Francisco. The race started at the Golden Gate Bridge and ended at the Bay Bridge. His time was a blistering 2 hours and 11 minutes. Sources say that Dave blamed his abysmal time on cold weather conditions, a rolling course and the occasional nip from a seal (?).

Looks like Dave swam the course point to point accompanied by 13 other experienced open water swimmers. Each swimmer had an assigned kayak to provide support- "hey you're doing a great job, now keep swimming". The police boats periodically circled around the swimmers in the bay calling out "are you done swimming yet? (quit mucking up the boat traffic)". The swim course required the ability to navigate the currents and site points- a good challenge to not overshoot landmarks. The other challenge was swimming and waving at the same time to the curious onlookers on the docks near the Bay Bridge. Anyway, this 10K swim was a pathetic diversion tactic to his slowing running times. And yes, he wore a wetsuit.

Stephanie Bambury successfully directed the National Coporate Relays at Dougherty high school on the weekend of 7/24-7/25. Here reward for this? She gets to direct it again next year.

Frank Prabel has moved back to France. He was a very good addition to the club while he lived in the San Jose area.

Tim Rostege, who turned 70 in June, has recovered from his latest injury and is working hard to get back into competitive condition.

Bob Pickens reached the 50+ age group in July. He had a successful ablation procedure performed on his heart during July and expects to be running well soon.

Christine Kennedy is still a member of our club but has decided to compete for Tamalpa.

Club members who have recently moved into a new age category or will soon do so include **Eddie Reyna** (will be 80 in August), **Don Packwood** (will be 70 in August), **Jim Whalen** (will be 70 in August), **Bill Meinhardt** (will be 70 in November), **Joe Hurtado** (will be 70 in January), **Mark Winitz** (turned 60 in May), **Kat Powell** (will be 60 in December), **Des Knuckey** (will be 60 in December), and **Kristina Park** (turned 40 in July).

Club members who are in the top 3 in their division in the road grand prix include **John Yamagata** (1st place in the men's 60+ long race division), **Bill Dunn** (2nd place in the men's 60+ long race division), **Marian Richard** (2nd place in the women's 50+ long race division), **Carl Petersen** (2nd place in the men's 70+ short race division), **Brian Davis** (3rd place in the men's 50+ short race division), and **Ron Kiyono** (3rd place in the men's 60+ long race division).

Highlights from our Saturday workouts during the past couple of months include -- **Scott Bang** won three times when we were not running relays. **Magnus Wiklund** won twice. **Jean Harris** won all three events when we ran an 800M, a 1500M, and a 3000M on 6/12. 50+ runner, **Tim Souza**, a 50+ runner, won a road event (Triangle course). **Alvin Jackson** ran a PR 4 times, **Norry McAllister** ran a PR 3 times, **Des Knuckey** ran a PR 2 times, and **George Lo** ran a PR 2 times.

The **date of our annual handicap race** has been changed from 8/28/10 to 9/4/10 so as not to conflict with the grand prix cross country race in Santa Cruz on the 28th.

2010 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 (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 point totals through 6/30/10 are as follows:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Totals</u>
George Lo	1,749	310	2,059	Tom Warfel	795	430	1,225
Todd Hayes	992	310	1,302	Rosanna Kennedy	798	380	1,178
Carl Petersen	878	420	1,298	Walt Van Zant	539	490	1,029
Jim Bordoni	760	510	1,270	Dave Norlander	470	480	950

2010 PA/USATF Road Grand Prix

Open Men

Our open men's team is presently in 5th place. Aaron Lee is our team captain. Individually, John Kamau and John Weru are in 21st and 45th places in the short race division. John Kamau is in 10th place, Ivan Medina is in 48th place, John Weru is in 53rd place, and Jon Kimura is in 61st place in the long race division.

Open Women

Our open women's team has not yet fielded a complete team this year. Uyenthi Tran is the team captain.

40+ Men

Our 40+ men's team is presently in 5th place, one point out of 4th and four points out of 3rd. Al Murray is our team captain. Individually, Scott Bang is in 12th place, Mike Smith is in 38th place, and Ken Camet is in 57th place in the short race division. Ken Camet is in 30th place, Matt Nolan is in 37th place, and Mike Smith is in 52nd place in the long race division.

40+ Women

Our 40+ women's team is presently in 3rd place. Carol Bednar is the team captain. Individually, Becki Kriege is in 7th place, Missy Sudan is in 11th place, Carol Bednar is in 33rd place, Kari Cornwell is in 44th place, and Kelly Emo is in 93rd place in the short race division. Missy Sudan and Carol Bednar are in 23rd and 38th places in the long race division.

50+ Men

Our 50+ men's team is presently in 1st place. Tom O'Connor is our 50+ team captain. Individually, **Brian Davis is in 3rd place.** Tim Souza is in 8th place, Tom O'Connor is in 9th place, Dave Woodruff is in 11th place, Norry McAllister is in 12th place, Jim Bordoni and Dennis Kurtis are in 18th place, Dave Piazza is in 22nd place, and

Neil Gelblum is in 26th place in the short race division. Brian Davis is in 7th place, Dennis Kurtis is in 10th place, Tim Souza is in 12th place, Tom O'Connor is in 14th place, Dave Woodruff is in 16th place, Dave Piazza and Neil Gelblum are in 20th place, Jeff Rohrer is in 25th place, Dino Delyani is in 38th place, Dan Anderson is in 41st place, and Norm Takeuchi is in 65th place in the long race division.

50+ Women

Our 50+ women's team has not yet fielded a complete team this year. Kat Powell is the team captain. Individually, Marian Richard and Diane Bordoni are in 9th and 27th places in the short race division. **Marian is in 2nd place** in the long race division and Kat Powell is in 28th place.

60+ Men

our 60+ men's team is presently in 2nd place, 2 points out of 1st. Joe Hurtado is the team captain. Individually, John Yamagata is in 3rd place, Ron Kiyono is in 4th place, Joe Hurtado is in 9th place, Bill Dunn is in 10th place, and Fred Martin is in 14th place in the short race division. **John Yamagata, Bill Dunn, and Ron Kiyono are in 1st, 2nd, and 3rd places,** Joe Hurtado is in 6th place, and Jim Howe is in 10th place in the long race division.

60+ Women

our 60+ women's team is presently in 4th place. Chris Blue is the team captain. Individually, Victoria Kros and Georgia Riley are in 9th and 21st places in the short race division and Victoria is in 6th place in the long race division.

70+ Men

Our 70+ men's team are presently in 2nd place. Eddie Reyna is the team captain. Individually, **Carl Petersen is in 2nd place,** Dave Norlander is in 4th place, Bob Lord is in 6th place, Bill Dodson is in



10th place, Glynn Wood is in 13th place, and Eddie Reyna is in 15th place in the short race division. Carl Petersen, Bill Dodson, and Bob

Lord are in 3rd, 4th, and 5th places, Dave Norlander is in 7th place, and Eddie Reyna is in 12th place in the long race division.

2010 WVJS RACER OF THE YEAR CONTEST

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 compete in at least 7 different events in order to be eligible for an award.** The standings to date for 2010 for all who have scored in three or more races 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.

Elite Division

Scott Bang (8-7)	195
Brian Davis (8-7)	192
Dennis Kurtis (8-5)	180
John Weru (6-3)	146
Ivan Medina (6-3)	140
John Kamau (4-2)	98

A Division

Kevin Breit (8-8)	200
Tim Souza (8-9)	194
Ken Camet (8-10)	187
Dave Piazza (8-6)	183
Norry McAllister (8-7)	183
Tom O'Connor (8-9))	176
Neil Gelblum (8-9)	165
John Yamagata (8-8)	162
David Woodruff (8-8)	157
Becki Kriege (8-5)	155
Jim Bordoni (8-5)	146
Mike Smith (6-3)	146
Missy Sudan (8-7)	138
Bill Dunn (8-6)	133
Jeff Rohrer (6-5)	116
Todd Hayes (6-5)	103
Dan Anderson (4-2)	56
Brian Conroy (3-3)	48
Jim Howe (3-2)	45

B Division

George Lo (8-9)	200
Ron Kiyono (8-6))	196
Dino Delyani (8-7)	194
Carol Bednar (8-5)	180
Dave McIntyre (8-6)	175
Aaron Lee (5-3)	120
Kari Cornwell (3-2)	69
Alex Williams (3-3)	68

C Division

Joe Hurtado (8-9)	193
Glenn Kishi (8-7)	193
Rich Hahn (8-7)	193
Marian Richard (8-4)	190
Kelly Emo (5-4)	111
Fred Martin (4-2)	100
Mike Krey (3-3)	74

D Division

Helen Wong (8-7)	200
Carl Petersen (8-10)	199
Dave Norlander (8-7)	190
Bob Lord (8-7)	182
Bill Dodson (8-4)	180
Uyenthi Tran (5-3)	116
Rosanna Kennedy (5-5)	110
Jeff Bedolla (4-4)	84
Pauline Beatty (3-3)	61

E Division

Eddie Reyna (8-6)	194
Tim Riley (8-7)	190
Kat Powell (7-6)	166
Georgia Riley (6-4)	120
Victoria Kros (4-2)	100
Diane Bordoni (4-2)	98
Pablo Rodriguez (3-3)	70
Jim Myers 3-3)	57
Chris Cassell (3-3)	55
Walt Van Zant (3-3)	51

SATURDAY WORKOUT RESULTS

5/29/10-Short Six-5.74 Miles

1 Magnus Wiklund	35:40	7 Mark Goldman	42:33	14 Kat Powell	52:13
2 Jeff Rohrer	37:17	8 Rosanna Kennedy	47:17 PR	15 Dena Noble	60:26
3 Andy Williams	37:22	9 Jeff Bedolla	48:03	15 Ken Bloesch	60:26
4 Neil Gelblum	40:20	10 Brian Low	49:05	17 Tom Warfel	79:45 RW
5 Tim Souza	41:21	11 Dave Norlander	49:59		
6 Kevin Breit	42:21	12 Alvin Jackson	50:00 PR		Dick Barrett Trophy Winner – Alvin Jackson
		13 Carl Petersen	52:06		

Easy win for Magnus as he missed his PR by just 7 seconds while running by himself all of the way. Neil Gelblum, Tim Souza, Kevin Breit, Dave Norlander, and Carl Petersen loafed because they had a race two days later. Mark Goldman ran the #20 best for 60+ runners (43 in this age group have run this course). Rosanna recorded the #6 best-ever by a 50+ woman. Alvin improved his PR by 3+ minutes. Don Packwood and Danny Moon did the timing.

6/5/10 – All Courses Day

Dou/Sar/Fruitvale-2.75M

1	Frank Prabel	18:16
2	Becki Kriege	18:19
3	Brian Conroy	18:21
4	Des Knuckey	18:30 PR
5	Alex Williams	22:32
6	Pablo Rodriguez	22:46
7	Helen Wong	24:51
8	Rich Collins	25:53

Valle Vista-3.0M

1	Andy Williams	18:17
2	Jeff Rohrer	18:32

Farwell-3.54M

1	Jim Myers	34:30
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Farwell/H-4.68M

1	Mike Krey	34:37
2	Jeff Bedolla	38:06

Triangle-4.76M

1	Neil Gelblum	32:38
2	Tom Zades	47:14
3	Chris Blue	62:04
3	Tom Warfel	62:04

Short Six-5.74M

1	Kevin Breit	36:39
2	Scott Graham	42:09
3	Dave McIntyre	44:06
4	Glenn Kishi	52:20
5	Kat Powell	55:05
6	Walt Van Zant	65:20 PW

Dick Barrett Trophy Winner – Kevin Breit

6/12/10 - 3000/1500/800

3000M

1	Jean Harris	10:16.4
2	Bjorn Samson	10:25.8
3	Kevin Breit	10:35.6
4	Becki Kriege	11:03.4
5	Dave Piazza	11:04.4

6	Mike Kriege	11:05.2
7	Dino Delyani	11:45.7
8	Brian Conroy	11:51.0
9	Aaron Lee	11:53.4
10	Amanda Gerhardt	12:12.6
11	Scott Graham	12:13.8
12	Frank Prabel	12:15.8
13	Tina Lount	12:23.2
14	Helen Tran	12:28.8
15	Mike Krey	12:35.7
16	Carl Petersen	13:35.6
17	Brian Low	14:36.9
18	Rich Collins	15:20.1

2 Mile Equivalent

1	Jean Harris	11:05.5
2	Bjorn Samson	11:15.6
3	Kevin Breit	11:26.2
4	Becki Kriege	11:56.2
5	Dave Piazza	11:57.3
6	Mike Kriege	11:58.2
7	Dino Delyani	12:41.9
8	Brian Conroy	12:47.6
9	Aaron Lee	12:50.2
10	Amanda Gerhardt	13:10.9
11	Scott Graham	13:12.2
12	Frank Prabel	13:14.4
13	Tina Lount	13:22.4
14	Helen Tran	13:28.4
15	Mike Krey	13:35.9
16	Carl Petersen	14:40.6
17	Brian Low	15:46.7
18	Rich Collins	16:33.4

1500M

1	Jean Harris	5:11.1
2	Des Knuckey	5:33.7
3	Dino Delyani	5:35.4
4	Scott Graham	5:55.2
5	Mike Krey	6:14.4
6	Tom O'Connor	6:20.5
7	Mike Kriege	6:20.8
8	Ken Bloesch	6:26.4
9	Joe Hurtado	6:27.9
10	Pablo Rodriguez	6:55.9
11	Kat Powell	7:23.6
12	Lan Aubuchon	7:32.1

One Mile Equivalent

1	Jean Harris	5:35.8
2	Des Knuckey	6:00.3
3	Dino Delyani	6:02.1
4	Scott Graham	6:23.5
5	Mike Krey	6:44.2
6	Tom O'Connor	6:50.8
7	Mike Kriege	6:51.1

8	Ken Bloesch	6:57.2
9	Joe Hurtado	6:58.8
10	Pablo Rodriguez	7:29.0
11	Kat Powell	7:58.9
12	Lan Aubuchon	8:08.1

800M (Heat #1 - Over 3:10)

1	Neil Gelblum	2:56.9
2	Helen Wong	3:00.4
3	Scott Graham	3:01.3
4	Mike Krey	3:08.4
5	Joe Hurtado	3:20.8
6	Brian Low	3:32.6
7	Rich Collins	3:41.9
8	Tom O'Connor	3:43.6

800M (Heat #2 - Under 3:10)

1	Jean Harris	2:24.6
2	Jim Bordoni	2:27.5
3	Norry McAllistr	2:28.6
4	Kevin Breit	2:31.7
5	Aaron Lee	2:35.6
6	Dave Piazza	2:44.3
7	Danny Moon	2:53.9
8	Dino Delyani	2:55.1
9	Tom O'Connor	2:55.6

Phantom Dick Barrett Trophy Winner - Jean Harris

Very warm this morning. We had about a 5-minute break after each race. First time in a long time that Amanda and Tina ran with us. Their goal was to average under 7-minutes per mile and they easily accomplished it. I got my 2-mile and 1-mile equivalents at -- <http://www.milesplit.us/calc>

6/19/10-Valle Vista-3.0M

1	Bjorn Samson	17:25
2	Adam Prince	17:28
3	Kevin Breit	17:31
4	Norry McAllister	17:33 PR
5	Scott Bang	17:33
6	Tim Souza	17:34
7	Andy Williams	18:04
8	Jeff Candello	18:13
9	Ken Camet	18:18
10	Jeff Rohrer	18:24
11	George Lo	19:15 PR
12	Dino Delyani	19:21
13	Jim Bordoni	19:42
14	Aaron Lee	19:46
15	Des Knuckey	19:52 PR
16	Brian Conroy	20:01
17	Scott Graham	20:30

18	Carol Bednar	22:22	
19	Dave Norlander	23:36	
20	Bob Lord	23:46	PR
21	Rosanna Kennedy	23:52	
22	Danny Moon	24:09	
23	Pablo Rodriguez	24:38	
24	Joe Hurtado	24:39	
25	Alvin Jackson	24:50	PR
26	Jeff Bedolla	25:10	
27	Rich Collins	25:47	
28	Don Packwood	26:00	
29	Kat Powell	27:37	
30	Tom Zades	27:47	
31	Dena Noble	28:16	
32	Jim Myers	29:18	
33	Tim Riley	30:28	
34	Georgia Riley	31:47	
35	Ken Bloesch	31:48	
36	Tom Warfel	35:23	
37	Chris Blue	36:30	

9	Kat Powell	7:56.6
10	Tom Zades	8:02.3
11	Jim Myers	8:13.2
12	Tim Riley	8:19.6
13	Georgia Riley	9:39.1

18	Dave McIntyre	36:55
19	Carl Petersen	37:11
20	Rosanna Kennedy	37:25
21	Brian Low	37:29
22	Carol Bednar	38:21
23	Helen Wong	38:38
24	Pablo Rodriguez	39:20
25	Alvin Jackson	41:08 PR
26	Dave Norlander	41:18
27	Kat Powell	43:10
28	Jeff Bedolla	45:03
29	Don Packwood	47:14
30	Tom Warfel	55:40

Heat #2 (Under 6:30)

1	Kevin Breit	5:14.9
2	Tim Souza	5:18.1
3	Dave Piazza	5:19.2
4	Jim Bordoni	5:22.6
5	Ken Camet	5:25.9
6	Dave Woodruff	5:36.5
7	Dino Delyani	5:39.4
8	Brian Conroy	5:43.3
9	George Lo	5:44.5
10	Aaron Lee	5:44.8
11	Des Knuckey	5:50.7
12	Neil Gelblum	5:59.7
13	Mike Krey	6:13.4
14	Dave McIntyre	6:18.6

Dick Barrett Trophy Winner – Tim Souza

Close win by Tim over Kevin as Tim improved his 50+ best by 72 seconds to move to #13 on the 50+ list. Tim is #19 on the all-time open list with a 25:50. Finishers 3rd through 8th were 50+ runners. Norry improved his all-time PR by 20 seconds and put him into a tie for 18th place on the 50+ list with Al Murray. Tom O'Connor also broke his all-time and 50+ PRs by 13 seconds. Missy ran the #5 best-ever by a 40+ runner. Dwight recorded the #10 60+ best. Alvin improved his PR by 194 seconds and Mary improved her PR by 152 seconds. Helpers at the finish line included Danny Moon, Uyenthi Tran, Aaron Lee, Rich Hahn, and Chris Cassell.

Close race this morning as the top 6 finishers finished within 9 seconds of each other. Scott Bang actually finished in 19:03 as he started 90 seconds after everyone. Norry McAllister and Tim Souza recorded the #12 and #13 all-time 50+ bests for this course. Tim Rostege and Bill Meinhardt head the 50+ list at 16:35 and 16:42 and Tim Souza has an all-time best of 15:55. Kevin Breit missed his PR by just 3 seconds. Jeff Candello recorded the #6 55+ best. Bill Mossie and Ken Napier lead that list at 17:32 and 17:36. George Lo PRd by 29 seconds. Des Knuckey PRd by 34 seconds. Dino, an extremely consistent runner, missed his PR by 4 seconds. Carol Bednar led all of the ladies. Dave Norlander improved his 70+ PR by 64 seconds to move to #4 on the 70+ list. Bob Lord improved by 30 seconds to move to #6 on the 70+ list. Stan DeMartinis is #7 on this list at 23:58 and Carl Petersen leads the 70+ list at 21:29. Tom Zades beat his arch rival – Dena Noble. Tim Riley, continuing his set-up for the annual handicap race, which he won in 2005 and 2008, ran slowly.

Dick Barrett Trophy Winner – Kevin Breit

Easy win for Carol in the first heat. Kevin won by about 20 yards in the second heat with his best mile time since he was in high school. Then, six 50+ runners took the next seven places with Tim edging Dave Piazza for top-dog honors in that age group. Those who improved on their times from last year included Tim Souza with a 23-second improvement, Dave Piazza at 6 seconds, Ken Camet at 11 seconds, Aaron Lee at 3 seconds, Rosanna at 43 seconds, Pablo at 9 seconds, and Tom Zades at 16 seconds. Timers included Ken Bloesch, Chris Blue, and Uyenthi Tran.

7/10/10 – 5K on the Track

1	Scott Bang	17:15.3
2	Dave Beaully	17:17.x
3	Jorn Jensen	17:21.0
4	Adam Prince	17:23.1
5	Bjorn Samson	17:45.4
6	Kevin Breit	17:48.0
7	Norry McAllister	18:13.1
8	Mike Kriege	18:17.8
9	Ken Camet	18:21.6
10	Andy Williams	18:47.7
11	Jeff Rohrer	18:50.6
12	Becki Kriege	18:56.5
13	Dave Woodruff	19:20.1
14	John Yamagata	19:24.1
15	Brian Conroy	19:24.8
16	George Lo	19:32.8
17	Dino Delyani	19:37.6
18	Todd Hayes	19:44.5
19	Kari Cornwell	20:08.8
20	Dwight Cornwell	20:12.2
21	Paul Taylor	20:40.6
22	Mike Krey	20:59.0
23	Alex Williams	21:31.6

6/26/10-Mile Runs on the Track

Heat #1 (6:30+)

1	Carol Bednar	6:31.0
2	Bob Lord	6:57.6
3	Jeff Bedolla	7:01.8
4	Rosanna Kennedy	7:03.3
5	Pablo Rodriguez	7:11.7
6	Brian Low	7:14.5
7	Rich Collins	7:26.5
8	Dave Norlander	7:27.8

7/3/10-Triangle-4.76 Miles

1	Tim Souza	28:30
2	Kevin Breit	28:33
3	Norry McAllister	28:44 PR
4	Tom O'Connor	29:21 PR
5	Mike Kriege	29:32
6	Jeff Rohrer	30:21
7	Dave Woodruff	31:23
8	Dino Delyani	31:29
9	Dwight Cornwell	32:11
10	Todd Hayes	32:21
11	Becki Kriege	32:21
11	Missy Sudan	32:21
13	Jim Bordoni	32:44
14	Mike Krey	33:51
15	Matt Kriege	35:43
16	Mary Kriege	35:47 PR
17	Joe Hurtado	35:52

24	Helen Wong	21:44.x
25	Joe Hurtado	22:16.4
26	Carl Petersen	22:37.5
27	Dave Norlander	24:15.3
28	Danny Moon	24:27.1
29	Sean Williams	24:29.1
30	Pauline Beatty	24:29.7
31	Brian Low	24:52.7
32	Pablo Rodriguez	25:23.8
33	Rich Collins	26:05.8
34	Kat Powell	26:21.6
35	Tim Riley	29:35.x
36	Jim Myers	29:42.x

24	Carl Petersen	21:17
25	Rosanna Kennedy	21:22
26	Brian Low	21:33
27	Alvin Jackson	22:13 PR
28	Pablo Rodriguez	22:57
29	Kat Powell	24:35
30	Marcia Morrison	25:07
31	Dena Noble	26:53
32	Ken Bloesch	26:54
33	Tom Warfel	29:48
34	Tom Zades	30:15
34	Jim Myers	30:15

Dick Barrett Trophy Winner – Rosanna Kennedy

Magnus scored an easy win. 50+ runners Tim and Jeff finished 2nd and 3rd with Tim improving his 50+ best by 35 seconds and Jeff improving his 50+ best by 45 seconds. Dino, another 50+ runner, missed his all-time PR by a mere 2 seconds. Des Knuckey, who will turn 60 in December, improved his PR by 22 seconds and Rosanna improved her PR by 10 seconds. Tom Zades tricked Dena by telling her that he would run slow and then threw in an unexpected surge to put her away. Timers were Uyenthi Tran, Chris Blue, and Aaron Lee.

Dick Barrett Trophy winner – Scott Bang

A lot of good running this morning as six runners broke 18 minutes and nine averaged under 6 minutes per mile (18:37). 14 of the 19 runners who ran the track 5K in January and again today bettered their January times. Scott Bang led the 40+ runners, Norry led the 50+ runners, John Yamagata led the 60+ runner, Carl Petersen led the 70+ runners, and Becki Kriege led the women runners. Our timers included Tom Zades, Chris Blue, Aaron Lee, Uyenthi Tran, and Tim Souza. All except Tom did a good job. Tom had his watch taken away from him after he incorrectly reported Tim Riley's time (Tim is one of Tom's primary rivals) at 39:35.

7/17/10-Sar/Dou.Frtvle-2.75M

1	Scott Bang	15:37
2	Kevin Breit	15:57
3	Rob Nast	16:05
4	Norry McAllister	16:07 PR
5	Jeff Rohrer	16:50
6	Becki Kriege	17:05
7	Tim Souza	17:13
8	Dave Woodruff	17:17
9	Dino Delyani	17:21
10	Kari Cornwell	17:32
11	Neil Gelblum	17:39
12	George Lo	17:44 PR
13	Matt Kriege	17:46 PR
14	Brian Conroy	17:47
15	Jim Bordoni	18:04
16	Aaron Lee	18:07
17	Dwight Cornwell	18:22
18	Scott Graham	18:30
19	Dave McIntyre	19:31
20	Carol Bednar	20:17
21	Joe Hurtado	20:26
22	Hank Lawson	20:44
23	Glenn Kishi	20:57

Dick Barrett Trophy Winner – Norry McAllister

Slightly warmish this morning but, still, many good performances. Scott won by about 100 meters. Norry at the advanced age of 53 beat his all-time PR by 19 seconds to move into a 15th place time with Bill Dunn on the all-time 50+ list. Jeff Rohrer improved his 50+ PR by 34 seconds. Dino missed his all-time PR by a mere 4 seconds. Becki led all of the ladies. Kari ran the #7 best by a 40+ woman. George Lo PRd by 28 seconds and Matt Kriege PRd by 161 seconds. Rosanna missed her PR by 4 seconds. Brian Low improved his 65+ best by 3 seconds to move in front of Stan DeMartinis by one second on the 65+ list. Tom Warfel improved his yearly best by nearly 10 minutes. Zades and Myers showed no competitive spirit as they tied for last in 30:15. The finish-line crew included Danny Moon, Ken Noel, and Uyenthi Tran (aka Helen Wong).

7/24/10-Farwell/H-4.68M

1	Magnus Wiklund	29:04
2	Tim Souza	29:28
3	Jeff Rohrer	29:32
4	Dino Delyani	30:21
5	George Lo	31:10
6	Dave Woodruff	31:33
7	Des Knuckey	32:07 PR
8	Dave McIntyre	35:25
9	Ken Camet	36:03
10	Carl Petersen	36:17
11	Rosanna Kennedy	37:18 PR
12	Brian Low	38:07
13	Pablo Rodriguez	39:22
14	Ken Bloesch	41:27
15	Rich Collins	41:32
16	Kat Powell	41:47
17	Tom Zades	44:05
18	Dena Noble	45:26
19	Tim Riley	48:29

7/31/10-One Mile Runs on the Track

Heat #1 (Run on WVC track)

1	Ken Bloesch	6:34.5
2	Tim Riley	8:14.x

Heat #2 (6:30+ Runners)

1	Hank Lawson	6:25.3
2	Glenn Kishi	6:31.0
3	Alvin Jackson	6:40.5
4	Danny Moon	6:51.2
5	Bob Lord	6:51.8
6	Carl Petersen	6:55.7
7	Rosanna Kennedy	7:03.6
8	Pablo Rodriguez	7:05.2
9	Sean Williams	7:14.3
10	Dave Norlander	7:18.2
11	Rich Collins	7:28.7
12	Pauline Beatty	7:35.0
13	Chris Cassell	8:45.7
14	Walt Van Zant	8:47.6
15	Tom Warfel	8:52.0

Heat #3 (5:45-6:29 Runners)

1	Scott Graham	5:58.8
2	Neil Gelblum	6:05.3
3	Dave McIntyre	6:07.1
4	Dimitrios Stefan	6:12.8
5	Mike Krey	6:13.5
6	Rich Hahn	6:18.3
7	Carol Bednar	6:25.9
8	Helen Wong	6:31.4

Heat #4 (Sub-5:45 Runners)

1	Scott Bang	4:56.2
2	Jean Harris	4:57.9
3	Kevin Breit	5:22.7
4	Norry McAllister	5:23.8
5	Ken Camet	5:24.7
6	Dave Piazza	5:30.3
7	Dino Delyani	5:35.7
8	Aaron Lee	5:36.1

9	Dave Woodruff	5:36.9
10	Alex Williams	5:37.4
11	Andy Williams	5:37.8
12	Brian Conroy	5:38.5
13	George Lo	5:56.0

had three elite 70+ runners in the race with Bob Lord scoring the win over Carl Petersen and Dave Norlander. Rosanna missed her PR by 0.3 seconds. Walt Van Zant and Tom Warfel celebrated after the race because they were only lapped by three runners in this top-notch field.

for the first two laps. Scott Bang appeared to be dead meat at this point, looking listless and trailing by 6 seconds. But, he got all excited on the 3rd lap when Jean fell to an 80. Scott was within a couple of meters of Jean at the end of the 3rd lap and kicked away to about a 10-meter win. There was a good battle for third place. Kevin Breit was by himself for the first 3 laps and had a 5-second lead on Norry, Ken, and Dave Piazza going into the final lap. Kevin barely held on for 3rd place as Norry and Ken got within a few yards of him at the end. Norry bettered his best track mile since joining the club by 15 seconds and Ken PR'd by 1 second. Dino, Aaron, Dave Woodruff, Alex, Andy, and Brian finished within 3 seconds of each other in the 6-man battle for 7th place. This was Dino's best track mile since he ran 5:35 in 2006. Aaron ran his best track mile in 4 years.

Dick Barrett Trophy Winner – Scott Bang

We had four races this morning. Ken Bloesch and Tim Riley ran their mile on the West Valley College track. The rest of us drove over to Saratoga high school as the tracj gates were locked and there was a sign stating that no one was allowed on the track because they had sprayed the football field with some chemical.

Race #1

Glenn Kishi led most of this race on his way to improving his track mile PR by 9 seconds. However, Hank Lawson passed him during the last 200 meters on his way to a 30-meter victory. Alvin improved his mile time from last year by 15 seconds while finishing third. We

Race #2

Dave McIntyre led this race through a first quarter mile in 87 with Neil Gelblum close behind. Scott Graham took over the lead at the half-way point and pulled out to a 25-meter at the end of the 3rd lap (4:29). He gradually pulled a little farther ahead during the last lap as he got under the 6:00-minute barrier by 1.2 seconds.

Race #3

There were several good sub-races within this race. Jean Harris, who ran 2:57 at the San Francisco Marathon last Sunday, raced to an early lead with cumulative splits of 68 and 2:22

RACE RESULTS

5/9/10-Santa Cruz Marine Discov 5K

Kelly Emo	25:42	1st-40+
Dana Emo	26:06	3rd-10+

5/16/10-India Literacy 5K

Dana Emo	31:48	5th-11+
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5/16/10-India Literacy 10K

Kelly Emo	48:40	2nd-36+
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5/16/10-Scleroderma 10K at Lake

Almaden

3	Neil Gelblum	39:07	1st-50+
35	Tom Zades	57:59	1st-60+

Tom was unsure of how many 60+ runners were in the race but did recall seeing an old guy with a cane on the starting line. So, he assumes that there were at least two 60+ runners in the race.

5/23/10-Ohlone Wilderness 50K

161	Kat Powell	8:46:32
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5/31/10-Marin Memorial Day 10K

5	John Kamau	31:02	4th-19+
29	John Weru	33:23	3rd-30+
42	Ivan Medina	34:39	
54	Scott Bang	35:15	4th-40+
77	Brian Davis	36:35	5th-50+
84	Dennis Kurtis	36:50	1st-55+

85	Kevin Breit	36:52	
97	Tim Souza	37:29	6th-50+
101	David Piazza	37:38	7th-50+
105	Norry McAllister	37:43	9th-50+
109	Ken Camet	37:47	
111	Tom O'Connor	37:50	10th-50+
139	Becki Kriege	39:07	5th-40+
142	David Woodruff	39:15	
155	John Yamagata	39:40	2nd-60+
162	Neil Gelblum	39:52	7th-55+
165	Chris Kennedy	39:58*	1st-55+
175	Dan Anderson	40:35	8th-55+
180	George Lo	40:49	
183	Dino Delyani	40:55	
186	Ron Kiyono	40:59	4th-60+
201	Missy Sudan	41:43	10th-40+
259	Fred Martin	44:08	2nd-65+
271	Marian Richard	44:51	4th-50+
279	Joe Hurtado	45:16	3rd-65+
284	Helen Wong	45:33	
298	Rich Hahn	46:21	
311	Glenn Kishi	46:59	
328	Carl Petersen	47:40	3rd-70+
343	Kelly Emo	48:51	
357	Dave Norlander	49:33	4th-70+
406	Bob Lord	52:19	6th-70+
521	Ed Reyna	62:31	2nd-75+
536	Tim Riley	63:57	10th-65+

* Club member but competes for Tamalpa

5/31/10-Marin Memorial Day 5K

62 Georgia Riley 33:59 4th-60+
Georgia tripped and took a bad fall during this race but got up and still finished.

6/5/10-See Jane 5K in Alameda

Dana Emo 27:01 3rd-18-
Kelly Emo 33:37
Kelly ran 33:37 for 4.4 miles as the top 20 runners missed the turn-around mark.

6/5/10-Nisene Marks Park 5K

57	Tim Riley	30:50	2nd-65+
71	Glynn Wood	33:28	1st-70+
78	Georgia Riley	34:37	1st-65+

6/6/10-Lupus 5K at WVC

2	Adam Prince	17:57	1st-40+
19	Alice Isaacson	23:16	1st-50+
21	Gina Krieg	23:37	2nd-50+
33	Alvin Jackson	25:24	4th-60+

6/6/10-San Rafael Road Mile

Open Men's Race

22	Jonathan Kimura	4:34.0	3rd-30+
49	Aaron Lee	5:43.0	

Master Men's Race

17	Mike Smith	5:18.0
23	Ken Camet	5:26.0
24	George Lo	5:28.0

29 Rich Hahn 6:26.0
31 Glenn Kishi 6:41.0

Senior Men's Race

8 Brian Davis 5:04.0
14 Tim Souza 5:19.0
15 Norry Mcallister 5:20.0
16 Dennis Kurtis 5:20.0 3rd-55+
18 Tom O'Connor 5:23.0
19 Jim Bordoni 5:25.0 4th-55+
20 Dave Woodruff 5:28.0
27 John Yamagata 5:46.0 3rd-60+
29 Ron Kiyono 5:52.0 4th-60+
32 Fred Martin 6:01.0 2nd-65+
39 Joe Hurtado 6:34.0 4th-65+
40 David Norlander 6:37.0 2nd-70+
43 Carl Petersen 6:49.0 4th-70+
46 Bob Lord 6:59.0 5th-70+
52 Bill Dodson 7:17.0 9th-70+

Master Women's Race

10 Kari Cornwell 5:48.0 6th-40+
20 Carol Bednar 6:31.0

Senior Women's Race

22 Diane Bordoni 8:43.0 7th-55+

6/12/10-Hunting Hollow 10K

Dave Norlander 52:30 2nd-60+
This race was run in Henry Coe Park. It is an out-and-back course on a fire road. Due to the heavy rain this year, there were six streams of ankle-deep water to cross going both up and down. There was no 70+ category in this race. So, Dave had to compete against the kids in the 60+ division.

6/13/10-Holy City-9.1M

1 Scott Bang 56:28
2 Magnus Wiiklund 59:12
3 Kevin Breit 59:29
4 Toshi Hosaka 59:36
5 Norry McAllister 59:41
6 Tim Souza 60:19
7 Ken Camet 60:52
8 Jeff Rohrer 62:17
9 Mike Kriege 63:44
10 George Lo 64:35
11 Dino Delyani 65:39
12 Todd Hayes 66:36
13 Tom O'Connor 71:10
14 Joe Hurtado 71:31
15 Missy Sudan 72:29
15 Becki Kriege 72:29
17 Jimmy Herren 73:39
18 Mike Demele 73:41

19 Rich Hahn 75:34
20 Carl Petersen 76:27
21 Helen Wong 77:24
22 Rosanna Kennedy 81:25
23 Pauline Beatty 83:32
24 Jeff Bedolla 84:38
25 Ken Bloesch 87:48
26 Kat Powell 103:14

6/27/10-Ventura Sprint Triathlon

Kelly Emo 74:41 3rd-45+
This race consisted of a 500M ocean swim, 13-mile bike ride, and a 5K run. Kelly's 5K split was 23:09. Her 3rd place finish in this Southwest regional championship race should qualify her for the National championships in September.

7/4/10-Kaneohe,Hawaii 5K

Glenn Kishi 22:13 3rd-45+

7/4/10-Mammoth Mountain Mile Run

Kelly Emo 8:05 6th-45+
Dana Emo 8:14 3rd-12-
This race was run at 8,000 feet. Kelly was limited by the speed of her dog.

7/4/10-Santa Cruz Firecrakler 5K

Tim Riley 29:09 2nd-65+
Georgia Riley 32:07 1st-65+

7/4/10-Santa Cruz Firecracker 10K

Scott Bang 37:45 1st-40+
Victoria Kros 53:26 1st-60+

7/4/10-San Ramon 5K

8 Mark Ramirez 18:31 1st-50+
9 Mike Smith 18:36 3rd-45+

7/4/10-San Ramon 10K

28 Neil Gelblum 41:16 1st-50+

7/4/10-Morgan Hill 5K

5 Aaron Patterson 16:56 1st-30+
6 Jorn Jensen 17:10 2nd-40+
9 Rob Nast 17:55 4th-40+
16 Ken Camet 18:22 5th-40+
57 Liz Nast 21:01 1st-40+

7/11/10-Treasure Island Sprint Triathlon

Kelly Emo 71:59 1st-45+

7/11/10-Jungle Run 10K

Rich Hahn 46:22
Mark Isaacson 46:55 3rd-50+
Alice Isaacson 47:54 1st-50+

7/11/10-Jungle Run Half Marathon

Kat Powell 2:11:27

7/18/10-Skyland Mt. 10K

28 Rosanna Kennedy 48:25 4th-50+

7/21/10-Wharf to Wharf-6.0 Miles

Women

30 Katie Nast 38:45
42 Mary Kriege 39:58
90 Liz Nast 43:08

This race keeps track of just the first 100 men and women finishers.

7/22/10 Thru 7/25/10 - National

Masters Track Meet in Sacramento

M50 100M Trials & Finals

5 Mark Pasos 12.23
12.31

M50 200M Trials & Finals

5 Mark Pasos 25.00
24.94

M70 200M Finals

7 Dave Norlander 36.95

M75 200M Finals

5 Carl Tuck 38.00

M75 400M Finals

3 Carl Tuck 1:28.61
7 Ken Napier 2:01.77

M40 800M Prelims

12 Scott Bang 2:10.16

M55 800M Prelims

10 Jim Bordoni 2:22.67

M75 800M Finals

3 Carl Tuck 3:47.75
6 Ken Napier 5:04.46

M40 1500M Finals

11 Scott Bang 4:26.78

M55 1500M Finals

9 Jim Bordoni 4:56.02

M45 5000M Finals

18 Glenn Kishi 22:18.16

M50 5000M Finals

6 Brian Davis 17:20.03
12 Tom O'Conor 18:04.75



M60 5000M Finals

4 John Yamagata 18:56.76

M60 10000M Finals

5 John Yamagata 39:20.99

M70 4 x 400M Relay Finals1 WVJS 7:21.66
Napier/Norlander/Tuck/Moss**7/24/10-National USCAA Relays-5K****Men**

12 Adam Prince 18:12 3rd-45+

15 Dennis Kurtis 18:43 1st-55+

24 Tom O'Connor 19:25 3rd-55+

30 Mike Kriege 20:01 4th-50+

54 Joe Hurtado 23:31 2nd-65+

55 Mark Isaacson 23:41

69 Walt Van Zant 32:49 2nd-70+

There were 69 finishers in the race. Joe Hurtado lost to the 1st place finisher in the 65+ division by less than one second.

7/24/10-National USCAA Relays-5K**Women**

17 Marian Richard 22:20 1st-50+

23 Carol Bednar 23:40 3rd-40+

24 Julie L'Heureaux 23:51 6th-45+

7/25/10-National USCAA Relays 10K**Men**

13 Dennis Kurtis 38:07 1st-55+

20 Tom O'Connor 39:13 2nd-55+

48 Joe Hurtado 48:59 2nd-65+

7/25/10-National USCAA Relays 10K**Women**

13 Marian Richard 46:55 1st-50+