



WVJS



VOL XXXXI-#2 WEST VALLEY JOGGERS & STRIDERS June 2012

Saturday Workouts

06/16/12	All Courses Day	08/18/12	Farwell (3.54 miles)
06/23/12	Valle Vista (3.0 miles)	08/25/12	36x200 Relay
06/30/12	One Mile on the Track	09/01/12	Annual Handicap Race
07/07/12	Triangle Run (4.76 miles)	09/08/12	Short Six (5.74M)
07/14/12	5K on the Track	09/15/12	4 x 1.46M WVC Loop Relay
07/21/12	Dou/Sar/Frtvle (2.75 miles)	09/22/12	18 x 0.33M Tennis Court Loop Relay
07/28/12	Farwell/H (4.68M)	09/29/12	Valle Vista (3.0 miles)
08/04/12	One Mile on the Track	10/06/12	Step-up & Step-down Relay
08/11/12	12 x 600 Relay	10/13/12	6 x 1600 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

10/21/12	Humboldt Half Marathon (1.5)
11/11/12	Clarksburg Half Marathon (1.5)
11/22/12	Silicon Valley 5K (2.0)
12/16/12	Christmas Relays (2.0)

Racer of the Year

	Fastest Farwell Time
	Fastest Marathon
	Fastest Half Marathon
	Fastest of 2 Designated Track Miles
	Fastest of 2 Designated Track 5Ks
06/17	Holy City Race
07/08	Scott Bang Road Mile
07/15	San Rafael Road Mile
08/11	Dammit Run – 5M
08/18	Santa Cruz XC Race

Other Races

07/14	Skyland Mt. 5K/10K-Los Gatos
07/29	San Francisco Marathon
08/25	Widener Empire XC Race
09/01	Rebels XC Race
09/09	Garin Park XC Race
09/15	NorCal XC Challenge
09/23	Golden Gate Park XC
09/29	Presidio in SF XC Race
10/06	Willow Hills XC Race
10/13	Shoreline XC Race
10/21	World Hunger 5K & 10K

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.

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.

The youngsters of club members had a very good track season this year. **Grant Jacobson**, a freshman at Cupertino HS, ran 5:08 in the 1600M in his first season of competition. **Jack Bordon** of Bellarmine ran the 1600M in 4:22. And, he led the 1600M for the first two laps of the CCS finals. He will be attending Stanford this coming fall. **Megan Benham** jumped 12 feet at the CCS finals for St. Francis to qualify to compete in the State Meet. **Heather Rohrer** of Fremont HS ran the 3200M in 12:04, finishing 6th at her league finals. **Mary Kriege** of Santa Clara University PRd in the 1500M, 3000M, 5000M, and 10K with times of 4:49, 10:13, 17:31, and 37:12. The latter time broke the school record by 2 seconds. **Suraj Jagota** of Santa Clara had PRs of 4:49 in the 1600M and 10:38 in the 3200M. **Sean Williams** of Bellarmine ran 5:09 in the 1600M and his brother, **Alex**, ran 5:10.

We ran 9 road runs (not counting the Valentine race) since the last club bulletin was printed. **Roberto Palos** won 6 of those runs and did not run in the other 3.

Brian Conroy became famous for a day when he was prominently mentioned in an article by Scott Herhold of the San Jose Mercury

News. Brian, a teacher at Moreland Middle School instigated a successful campaign by the kids at his school to save three 50-foot trees, which were scheduled for removal so that solar panels could be replaced. The trees were saved and the site of the solar panels was moved.

Just noticed that a grand prix XC race will be run on Saturday, 9/1/12, the scheduled date of our annual handicap race. I will check with Rich Collins to see if we can change the date of our handicap race to Monday, 9/3/12, and schedule a workout at WVC for 9/1 for those not competing in the XC race.

We have not seen much of **Liz Last** much lately because she had breast cancer. Surgery was used to remove the cancer and she is presently on chemo treatment.

Another person that we haven't seen much of at races (except as an official) is **Tom O'Connor**. About a year ago he had to stop regular running because of a strained abductor muscle. This injury appears to be healed. But, he has now had another flareup of hepatitis C. He is receiving treatment for this ailment that will continue through early November. Also, he has recently discovered that he has a tear of the medial meniscus in his left knee. This can be cured with surgery but cannot be done until he completes his hepatitis C treatment. In summary, all of his physical ailments can be fixed but he will not be back to running fast for quite awhile.

Gene Antonides died of brain cancer on 5/13/12 at age 76. He was one of the club's best 60+ runners when he was in his early 60s. He was a member of club 60+ teams that broke American 60+ records in the 4 x 800M and 4 x 1600 relays and he was a member of a club team that broke the world record in the distance medley relay. It



seemed like it was just the other day that he retired and moved to Roseville (1999). While living in Roseville, he was a member of the 2008 national 70+ championship softball team. He is survived by his wife of 51 years, Sally. He was a very nice person, as was noted in several e-mails to me.

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>

2012 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 3/31/12 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>
Tom Warfel	626	220	846	Jim Bordoni	423	190	613
Carl Petersen	421	250	671	Dave Norlander	123	220	343
Walt Van Zant	241	320	561				

2011 PA/USATF Road Grand Prix

Open Men

Our open men's team is presently in 12th place. Aaron Lee is our team captain

Open Women

Our open women's team has not yet fielded a complete team this year.

40+ Men

Our 40+ men's team is presently in 6th place. Jorn Jensen is our team captain.

40+ Women

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

50+ Men

Our 50+ men's team is presently in 3rd place, one-half point out of 2nd place. Ken Camet is our 50+ team captain. Individually Brian Davis is in 6th place, Ken Camet is in 13th place, Dino Delyani and Jim Bordoni are tied for 24th place, and Bob Pickens is in 26th place in the short race division. Brian Davis and Ken Camet, are in 4th and 7th places in the long race division.

50+ Women

Our 50+ women's team has not yet fielded a complete team this year. Individually, Marian Richard is in 10th place in the short-race division. And 28th place in the long-race division.

60+ Men

our 60+ men's team is presently in 2nd place. Scott Graham is the team captain. Individually, Bill Dunn, Ron Kiyono, Scott Graham, and Dan Anderson are in 7th, 12th, 20th, and 21st places in the short race division. Bill Dunn, Ron Kiyono, Scott Graham, and Todd Hayes are 8th, 12th, 13th, and 21st places in the long race division.

60+ Women

Our 60+ women's team has not yet fielded a complete team this year. Georgia Riley is in 12th place in the short-race division

70+ Men

Our 70+ men's team is presently in 2nd place, 4.5 points out of first. Eddie Reyna is the team captain. Individually, Joe Hurtado, Dave Norlander, Richard Cottell, Bob Lord, Carl Petersen, Eddie Reyna, and Carl Tuck are in 3rd, 3rd, 5th, 8th, 10th, 12th, and 13th place in the short race division. Joe Hurtado, Carl Petersen, Bill Dodson, Dave Norlander, Bob Lord, Mike McMahon, and Eddie Reyna are in 3rd, 4th, 5th, 7th, 10th, 13th, and 13th in the long race division.

80+ Men

Eddie Reyna leads both the short race and long race divisions of this age grouping.

2012 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 16 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 7 different events in order to be eligible for an award.** The remaining events included in this contest are listed on page 1. The standings to date for 2012 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 (8-5) 196
Bob Pickens (8-7) 195

Robert Navarette (6-4) 137

A Division

Brian Davis (8-5) 199

Ken Camet (8-5) 195
 Norry McAllister (4-3) 90

B Division

Bill Dunn (7-4) 162
 Dino Delyani (6-4) 143

Ron Kiyono (6-3) 136
 Jim Bordoni (6-4) 126
 Laura Melendez (5-3) 124
 Dave Woodruff (5-3) 115

C Division

Mike Krey (8-6) 200
 Rich Hahn (8-5) 185
 Joe Hurtado (8-6) 176
 Carol Bednar (6-4) 143
 Glenn Kishi (5-3) 108
 Dave McIntyre (5-4) 103
 Mark Goldman (3-3) 66
 Rob Jacobson (3-3) 63

D Division

Dave Norlander (8-6) 196
 Carl Petersen (8-6) 194
 Bob Lord (8-6) 191

E Division

Eddie Reyna (8-4) 186
 Bill Dodson (6-3) 148
 Chris Blue (6-5) 142
 Tim Riley (5-4) 107
 Mike McMahon (4-3) 97

SATURDAY WORKOUT RESULTS

2/4/12-8 x 0.66M Tennis Court Loop

Relay

Pl	Team	Start	Finish
1	Frye/Rosenblum	5:45	44:08
2	Warfel/Knuckey	7:00	44:36
3	VanZant/McAllister	-0-	44:42
4	Duston/Zelinski	5:15	44:51
5	Norlander/Jackson	6:30	44:57
6	Packwood/Bednar	5:30	45:01
7	Graham Pickens	13:30	45:03
8	Dunn/Park	13:00	45:15
9	Beatty/Gelblum	5:30	45:40
10	Krey/Palos	13:45	45:47
11	Kennedy/Moon	6:30	46:44
12	Petersen/Russell	7:00	47:09

Dick Barrett Trophy Winner – Catherine Frye & Ida Rosenblum

Catherine Frye put her team into the lead during the 7th leg and Ida held on for the team win. Roberto Palos led the guys with a 3:45 average and Kristina Park led the ladies with a 3:57 average.

2/11/12 – Farwell/H – 4.68M

1	Roberto Palos	29:15
2	Geoff Bradley	29:55
3	Norry McAllister	30:38
4	Dino Delyani	30:42
5	Kristina Park	31:28
6	Jim Bordoni	31:59
7	George Lo	32:33
8	Slim Pickens	32:40
9	Carol Bednar	34:35
10	Dave McIntyre	35:20
11	Todd Hayes	35:46
12	Ida Rosenblum	36:17 PR
13	Catherine Frye	37:02 PR
14	Tom Warfel	38:32
15	Carl Petersen	38:38

16	Rosanna Kennedy	40:14
17	Danielle Zelinski	41:50
18	Mike McMahon	42:07
19	Chris Blue	44:04
20	Rich Collins	46:13
21	Don Packwood	47:59
22	Walt Van Zant	56:09 PW

Dick Barrett Trophy Winner – Roberto Palos

Easy win for the 48-year-old Roberto Palos. Kristina Park led the ladies. Ida PRd by 91 seconds and Catherine PRd by 10 seconds. Fast-improving Tom Warfel averaged 8:14 per mile to improve his 60+ best by 6 seconds.

Your editor became the first official club member of the 200% club (doubling PR - 56:09/26:40) with a truly pathetic run. Thanks to Danny Moon and Rich Hahn for helping with the timing.

2/18/12- Club Team Race at WVC-

5.37M

Individual Results

Pl	Runner	Time
1	Jorn Jensen (A)	32:01
2	Roberto Palos (B)	33:31
3	Jim Angelopoulos	33:50
4	Kevin Breit (C)	33:57
5	Geoff Bradley (E)	34:39
6	Norry McAllister (F)	34:41
7	Suraj Jagota (B)	36:03
8	Dino Delyani (E)	36:11
9	Scott Bang (G)	37:09
10	David Woodruff (D)	37:13
11	Mike Krey (C)	37:46
12	Dennis Kurtis (D)	37:55
13	Missy Sudan (A)	37:57
14	Scott Graham	38:15 PR
15	David Garza (F)	39:21

16	Mark Goldman (B)	39:42
17	Des Knuckey (D)	39:47
18	Helen Wong (F)	40:00
19	Glenn Kishi (A)	41:15
20	Ida Rosenblum (F)	41:51 PR
21	Jeff Bedolla (E)	41:52
22	Dave McIntyre (C)	42:35
23	Catherine Frye (G)	43:34 PR
24	Carl Petersen (G)	44:27
25	Tom Warfel (D)	44:47
26	Rosanna Kennedy (G)	45:20
27	Joe Hurtado (E)	46:47
28	Pauline Beatty (B)	48:22
29	Nicky McAllister (C)	48:41
30	Kat Powell (A)	50:17

Team Scores

1	Team F (5/14/17/19 = 55
2	Team E (4/ 6/20/25 = 55
3	Team B (2/13/15/26 = 56
4	Team D (9/11/16/23 = 59
5	Team A (1/12/18/28 = 59
6	Team G (7/ 8/22/24 = 61
7	Team C (3/10/21/27 = 61

Ties were broken by comparing the finishing places of the 4th runner on each team.

2/25/12-Farwell-3.54M

1	Brian Davis	20:52.5
2	Suraj Jagota	21:40.6 PR
3	Geoff Bradley	21:59.8 PR
4	Norry McAllister	22:03.5
5	Laura Melendez	22:18.4
6	Scott Graham	22:36.1 PR
7	Kristina Park	22:38.8
8	Scott Bang	22:48.0
9	Dino Delyani	22:59.6
10	David Garza	23:24.1
10	Mike Kriege	23:24.1
12	Mike Krey	24:12.4

13	Missy Sudan	24:37.9
14	Robert Naverette	24:50.4
15	Des Knuckey	25:12.4
16	Neil Gelblum	25:26.5
17	Mark Goldman	26:08.0
18	Carol Bednar	26:21.5
19	Dave McIntyre	26:22.8
20	Ida Rosenblum	27:14.3
21	Kelly Emo	27:21.0
22	Glenn Kishi	27:50.1
23	Brian Low	28:37.1
24	Joe Hurtado	29:23.2
25	Carl Petersen	29:25.6
26	Chris Blue	31:52.5
27	Tom O'Connor	31:58.1
28	Rich Collins	33:31.7
29	Tim Riley	34:50.?
30	Dena Noble	35:05.2
31	Don Packwood	35:23.5
32	Georgia Riley	36:09.0
33	Chris Cassell	41:59.8
34	Walt Van Zant	46:46.0 RW

Dick Barrett Trophy Winner – Brian Davis

Cold (mid 40s) and windy this morning. Definitely not conducive to fast running. However, Brian Davis managed to run the 3rd fastest-ever 55+ time for this course, just 19 seconds behind Dennis Kurtis and 17 seconds behind Dwight Cornwell. We had three PRs with Suraj having the biggest improvement at 69 seconds, followed by Geoff Bradley at 33 seconds, and Scott Graham at 6 seconds. Scott's time put him at #3 on the 60+ list, 18 seconds behind Norm Saucedo and 11 seconds behind Bill Dunn. 57-year-old Mike Krey missed his PR by a mere 14 seconds. Dena Noble and Tom O'Connor ran a race for the first time in quite a while. Tom was aiming to run under 10 minutes per mile and was very happy to average 9:01. Dena was happy to finish within 15 seconds of Tim Riley. Laura Melendez ran a Saturday course with us for the first time, recording the #12 best-ever time by a club woman runner for this course. Thanks to Rich Hahn, Danny Moon, Slim Pickens, and Dave Norlander for helping at the finish line.

3/3/12-4x1.46M WVC Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Navarette/McAllister	9:00	45:59

2	Zelinski/Delyani	6:00	46:44
3	Warfel/Garza	6:00	46:51
4	Wong/Bordoni	8:30	47:41
5	H.Bradley/G.Bradley	-0-	48:00
6	Jackson/Park	7:45	48:00
7	Powell/D.Moon	-0-	50:21

Dick Barrett Trophy Winner – Danielle Zelinski & Dino Delyani

Very cold during the warmup but pleasant weather for the relay. The McAllister team took the lead during the 3rd leg and extended it during the final leg to win by 45 seconds. Great race for 5th place between Geoff Bradley and Kristina Park with Geoff getting the edge by a nose. Norry had the fastest time for the men at 17:31 and Kristina led the ladies at 17:45. Thanks to Suraj Jagota and Uyenthi Tran for doing the timing.

3/10/12-Short Six – 5.74M

1	Roberto Palos	36:40
2	Norry McAllister	37:08
3	Scott Bang	37:27
4	David Garza	37:49
5	Dino Delyani	38:28
6	Kristina Park	38:32
7	Paul Taylor	40:41
8	Mike Krey	40:53
9	Robert Navarrete	41:03
10	Missy Sudan	41:29
11	Helen Wong	42:24
12	Des Knuckey	43:17
13	George Lo	44:39
14	Catherine Frye	46:42
15	Dave McIntyre	48:44
16	Tom Warfel	48:50
17	Carl Petersen	50:30
18	Mike McMahan	50:38
19	Joe Hurtado	52:59
20	Don Packwood	55:21
21	Pauline Beatty	55:25
22	Tim Riley	59:42
23	Georgia Riley	59:59
24	Walt Van Zant	66:12 PW
25	Jim Myers	67:05 PW

Dick Barrett Trophy Winner – Mike Krey

Easy win for Roberto on this hilly course. Kristina Park led the ladies. Norry ran the #7 time by a club 55+ runner. Helen Wong ran the #11 time by a club 40+ runner. Mike Krey took home the club trophy as he improved his 55+ best by

20 seconds and ran his fastest time on this course in 5 years. Thanks to Danny Moon, Slim Pickens, and Rich Hahn for timing us.

3/17/12 – Valle Vista – 3.0M

1	Geoff Bradley	19:31
2	Kristina Park	19:40
3	Helen Wong	21:40
4	Scott Bang	23:01
5	Dave McIntyre	23:01
6	Glenn Kishi	23:29
7	Danielle Zelinski	24:09
8	Tom Warfel	24:28
9	Rosanna Kennedy	25:32
10	Pauline Beatty	26:17
11	Rick Kananen	26:57
12	Don Packwood	28:40
13	Georgia Riley	30:31
14	Walt Van Zant	30:34

Geoff Bradley led all of the way to score about a 50-yard win over Kristina. Helen recorded the #13 40+ time for club women. Tom Warfel improved his 60+ best by 21 seconds, Pauline ran the #8 55+ best by a club woman. Rick Kananen knocked 45 seconds off his 60+ best. Danielle made a wrong turn just before the dirt trail, losing 15-30 seconds. Thanks to our timing crew of Danny Moon, Carl Petersen, Mike Krey, and Norry McAllister.

3/24/12-0.66M Tennis Court Loop

Relay

<u>PL</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Zelinski/Park	3:00	37:26
2	Moon/Bradley	2:00	38:29
3	Warfel/Krey	2:00	38:44
4	Beatty/Delyani	2:00	39:19
5	Jackson/Conroy	3:00	39:36
6	Packwood/Garza	2:00	39:59
7	Petersen/Lo	2:00	40:12
8	Kennedy/Norlander	-0-	40:57

Dick Barrett Trophy Winner – Danielle Zelinski & Kristina Park

Poor weather conditions – mid 40s and light rain -- So, we changed the workout from half-tennis courts to full tennis court runs and we started the runs at the overhang near the track. The Park team easily won but it might have been different if Danny Moon of the 2nd place team hadn't loafed his first run in 6:36 and then averaged 4:50

for his last 3 runs. Geoff Bradley and David Garza had the best averages for the guys at 3:51 and 3:55. Kristina Park led the 4 ladies with a 3:58 average.

3/31/12-Triangle Run-4.76M

1	Roberto Palos	30:42
2	Dino Delyani	31:47
3	Jim Bordoni	32:44
4	David Garza	33:38
5	Paul Taylor	34:41
6	George Lo	34:41.1
7	Glenn Kishi	37:16
8	Tom Warfel	39:16
9	Dave McIntyre	40:18
10	Pauline Beatty	41:20.2
11	Rosanna Kennedy	41:20.4
12	Kat Powell	41:42
13	Don Packwood	45:06

Dick Barrett Trophy Winner – Roberto Palos

13 crazy people ran on this rainy and very windy morning along with the equally crazy three timers – Danny Moon, Slim Pickens, and Dave Piazza. Roberto was the first one to jump in his car and go home as he won by over a minute. Your editor went to a high school meet and got drenched.

4/7/12-Killer/Diller(16x300M Relay)

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Krey/Conroy	:45	17:39
2	Moon/Palos	:30	17:52
3	Hurtado/Delyni	-0-	18:03
4	Jackson/Lee	:30	18:07
5	Petersen/Park	-0-	18:09
6	Lo/Navarette	1:00	18:09
7	Norlander/Bradly	:30	18:35
8	Sudan/Pickens	1:00	18:40
9	Graham/B.Kriege	1:00	18:40
10	Blue/Tran	-0-	19:32

Dick Barrett Trophy Winner – Joe Hurtado

Easy win for the Conroy team. Thanks to Glenn Kishi for simultaneously timing this workout and recording the order of finish at the end of each leg when teams were handing off very close to each other.

4/14/12-Dou/Sar/Frtvle-2.75 Miles

1	Ken Camet	16:44 PR
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2	Scott Bang	17:11
3	Dino Delyani	17:23
4	Kristina Park	17:39
5	Bill Dunn	17:50
6	Paul Taylor	18:41
7	Robert Navarette	18:56
8	Helen Wong	19:29
9	Carol Bednar	19:59
10	Slim Pickens	20:42
11	Danielle Zelinski	20:48
12	Jeff Bedolla	21:10
13	Ida Rosenblum	21:25 PR
14	Tom Warfel	21:27
15	Rosanna Kennedy	21:51
16	Carl Petersen	21:58
17	Alvin Jackson	22:01
18	Bob Lord	22:12
19	Chris Blue	22:58
20	Pauline Beatty	23:00
21	Dave Norlander	23:02
22	Kat Powell	23:54
23	Don Packwood	25:00
24	Rich Collins	26:02
25	Tim Riley	27:12
26	Georgia Riley	27:43
27	Eddie Reyna	29:46
28	Chris Cassell	32:24

Dick Barrett Trophy Winner – Eddie Reyna

Ken Camet improved his course PR by 19 seconds while romping to an easy win. Kristina led the ladies. Bill Dunn led the 60+ runner, Carl Petersen led an elite field of 70+ runners, and Eddie Reyna did not get lost while breaking Stan DeMartinis' club 80+ record by 17 seconds. Ida PRd by 10 seconds. Chris Blue improved her 60+ best by 3 minutes to move into 2nd place on that list, just 6 seconds behind Georgia. Pauline improved her 55+ best by 3 minutes to move to #8 on the women's 55+ list. Tom Warfel improved his 60+ best by 33 seconds. The finish-line crew consisted of Becki Kriege, Danny Moon, and Jim Myers.

4/21/12-Step Up & Step Down Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Moon/Palos *	5:00	37:01
2	Wong/Taylor	5:30	37:40
3	Beatty/Warfel	-0-	37:45
4	Conroy/B.Kriege	7:45	38:49
5	Garza/Bradley	9:30	39:10
6	Graham/Pickens	9:00	40:54

Dick Barrett Trophy Winners – Roberto Palos

The Palos team took the lead on the 2nd-to-last run and then lengthened its lead to half of a lap by the end of the race. Roberto led the guys with a cumulative time of 14:06 and Becki Kriege and Hlen Wong led the ladies with times of 16:11 and 16:19. Thanks to Jim Bordoni, Catherine Frye, Glenn Kishi, and Pablo Rodriguez for their help at the finish line

4/28/12-Farwell/H – 4.68M

1	Roberto Palos	30:03
2	Geoff Bradley	30:06
3	Dino Delyani	30:24
4	Kristina Park	31:13
5	Scott Bang	33:25
6	Slim Pickens	33:26
7	Helen Wong	33:50
8	Neil Gelblum	35:11
9	George Lo	35:43
10	Jeff Bedolla	36:00
11	Catherine Frye	36:28 PR
12	Dave McIntyre	37:19
13	Dave Norlander	40:20
15	Kat Powell	40:38
14	Walt Van Zant	50:12
15	Jim Myers	50:40 PW

Dick Barrett Trophy Winner – Catherine Frye

A good 3-man race this morning until Roberto and Geoff got away from Dino going up Fruitvale Ave. Then, Roberto hung on to beat Geoff by 3 seconds. Dino, 54 years old, missed his all-time PR, set 3 years ago, by 5 seconds. Kristina led the ladies. Helen knocked 21 seconds off her 40+ best. Katherine Frye took home the weekly trophy as she improved her PR by 34 seconds. She also moved up 6 places on the all-time women's list. She appears to be like the Russian weightlifter of many years ago who got a bonus everytime he broke a world lifting record. So, he just barely broke his own record everytime that he lifted. Katherine has improved her time for this course the last three times that she has run it. Jim Myers is listed as finishing last but would have undoubtedly finished higher but for the

fact that he ran by himself prior to the rest of us running together. However, he should be recognized for his PW (personal worse) performance. Your editor improved his yearly best by 6 minutes. Alas, I finished 10 minutes behind the next runner, receiving polite applause before they immediately proceeded to the awards ceremony while I crawled unnoticed to the car and dialed 911. A myriad of good helpers, including Jim Bordoni, Danny Moon, Pablo Rodrigue, Rich Hahn, and Tom Warfel (also a late-race guide for a slow runner).

5/5/12-36x200M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Rosenblm/Moon/Samsn	:30	24:19
2	Norlander/Kishi/Jagota	:15	24:43
3	Blue/Taylor/Bordoni	:15	25:16
4	Kennedy/Bloeasch/Garza	:15	25:27
5	Petersen/Rea/Bradley	-0-	25:54
6	Beatty/Lo/Conroy	:30	26:13
7	Warfel/Hahn/A.Williams	:15	26:25
8	Jackson/Palos/Van Zant	-0-	26:58

Phantom Dick Barrett Trophy Winner – Ida Rosenblum

The Samson team took the lead during 24th leg and extended it to over 100 meters at the end. There were no close races for any of the 8 places. Bob Rea, who ran with us from 1978 through 1996, visited us from his home in New Zealand. Thanks to Don Packwood and Jeff Rohrer for doing the timing.

5/12/12-16x400 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	McIntyre/Park	2:30	26:09
2	Bloesch/G.Jacobsn	3:00	26:56
3	Packwood/Williams	-0-	27:00
4	Zelinski/Taylor	4:00	27:44
5	Jackson/Lo	3:30	27:53
6	Blue/Bradley	2:45	27:54
7	R.Jacobsn/Bedolla	3:00	27:54.1
8	Wong/Conroy	4:30	27:57
9	Moon/Krey	3:45	28:51

Dick Barrett Trophy Winner – Grant Jacobson

Dave McIntyre requested to be rated at 105 per run, ran close to that pace for his first couple of runs, and then

increased his effort, getting down to 93 on his 2nd to last run to put his team into the lead, and then running his last run in 86. Kristina Park finished things off as their team won by about 200 Meters. Dave ran 65 seconds under his rating. The weekly trophy was given to Grant Jacobson of the 2nd place team because they finished the highest of the teams that did not have a runner rating themselves. The quickest runners of the day were Geoff Bradley at 77.4 per run, Grant Jacobson at 78.1, and Kristina at 80.5. Good timing job by Madelyn -- she didn't miss a single time.

5/19/12 – Farwell – 3.54M

1	Roberto Palos	22:04
2	Andy Williams	22:07
3	Geoff Bradley	22:54
4	Dino Delyani	22:59
5	Kristina Park	23:00
6	Jim Bordoni	23:16
7	Dave Woodruff	23:41
8	Heather Rohrer	23:49PR
9	Grant Jacobson	24:01
10	Slim Pickens	24:04
11	Paul Taylor	24:32
12	George Lo	24:50
13	Scott Graham	24:54
14	Carol Bednar	25:12
15	Robert Navarette	25:33
16	Rob Jacobson	25:55
17	Norm Takeuchi	26:03PR
18	Dave McIntyre	26:26
19	Catherine Frye	27:37PR
20	Joe Hurtado	28:20
21	Marian Richard	28:27
22	Becki Kriege	28:27
23	Bob Lord	28:34
24	Mike McMahan	28:45
25	Dave Norlander	28:58
26	Brian Low	29:18
27	Carl Petersen	29:33
28	Rosana Kennedy	29:34
29	Tim Rostege	35:06
30	Don Packwood	37:11
31	Kat Powell	37:18

Dick Barrett Trophy Winner – Norm Takeuchi

Roberto scored a close win over Andy Williams this morning. Kristina led the ladies. Joe Hurtado led an elite field of seven 70+ runners. Heather Rohrer, who has returned to her form of a couple

of years ago, PRd by nearly 3 minutes. Norm Takeuchi claimed that he ran all of the way from Fresno this morning and still PRd. So, he was awarded the weekly trophy. Catherine Frye improved her best time for this course by 6 seconds. Don Packwood and Kat Powell ran the popular 4.19M course instead of Farwell because they missed the Douglas turnoff and ran down to Fruitvale. Don missed the turnoff because he was intensely watching Kat from the rear while preparing to outkick her. He did sprint by her at the end of the race but ran so hard that the soles of his shoes split from his shoes as he passed her. Danny Moon and Matt Kriege handled the finish line.

5/26/12-8x0.66M Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Rostege/Park	:30	37:01
2	Powell/Delyani	:15	37:10
3	Kennedy/Zelinski	-0-	37:43
4	M.Kriege/Graham	4:26*	37:47
5	Rosenblum/Norlander	:15	38:28
6	Beatty/Krey	1:00	38:53
7	Petersen/Wong	:45	39:04
8	Packwood/B.Kriege	:45	39:37
9	Moon/Jackson	:30	40:56

* Started 11 seconds late

Dick Barrett Trophy Winner – Tim Rostege & Kristina Park

The Park and Delyani teams battled back and forth over the last 4 legs with Kristina getting away from Dino during the last leg for the win. Kristina led all of the runners with a 3:50 average. Thanks to Paul Taylor and Pablo Rodriguez for helping at the finish line.

6/2/12-Short Six-5.74 Miles

1	Roberto Palos	36:30 PR
2	Scott Bang	36:51
3	David Garza	37:34
4	Geoff Bradley	38:45 PR
5	Dino Delyani	39:00
6	Kristina Park	39:27
7	Casey Reinking	39:31
8	Dave Woodruff	39:54
9	Heather Rohrer	40:03 PR
10	Paul Taylor	40:16
11	George Lo	41:22
12	Suraj Jagota	41:54

13	Helen Wong	42:16	13	Paul Taylor	12:05.6	5	David Garza	5:16.0
14	Slim Pickens	42:57	14	Mike Krey	12:18.6	6	Grant Jacobson	5:26.5
15	Scott Graham	42:58	15	George Lo	12:40.3	7	David Woodruff	5:27.4
16	Aaron Lee	43:24	16	Unidentified Wom	13:00.9	8	Scott Graham	5:31.3
17	Carol Bednar	45:08	17	Rob Jacobson	13:02.4	9	George Lo	5:38.3
18	Marian Richard	45:20	18	Ida Rosenblum	13:06.1	10	Matt Kriege	5:40.8
19	Jeff Bedolla	45:41	19	Rich Hahn	13:07.5	11	J.R. Mintz	5:45.7
20	Dave McIntyre	47:05	20	Ricky Safran	13:13.9	12	Paul Taylor	5:47.1
21	Joe Hurtado	47:42	21	Jeff Bedolla	13:26.3	13	Mike Krey	5:50.3
22	Tom Warfel	47:43	22	Dave McIntyre	13:50.1	14	Danielle Zelinsk	5:51.8
23	Carl Petersen	49:27	23	Glenn Kishi	14:14.2	15	Bill Dunn	6:10.3
24	Kat Powell	51:39	24	Joe Hurtado	14:24.5	16	Ellie Lemco	6:19.4
25	Pauline Beatty	51:56	25	Pauline Beatty	14:47.1	17	Dave McIntyre	6:21.0
26	Dave Norlander	51:56	26	Rosanna Kennedy	14:51.8	18	Rob Jacobson	6:22.4
27	Tim Rostege	58:57	27	Kat Powell	15:46.8	19	Jeff Bedolla	6:25.1
			28	Don Packwood	15:49.5	20	Joe Hurtado	7:04.8
			29	Tim Rostege	15:57.3	21	Pauline Beatty	7:23.7
			30	Rich Collins	17:19.3	22	Kat Powell	7:28.5
			31	Tim Riley	3:53.8*			

Dick Barrett Trophy Winner – Heather Rohrer

Roberto has run five Saturday road runs this year and won five times, including this morning when he won by about 100 yards. He left in his wake several runners who had significant accomplishments. Heather improved her PR by 5 minutes to take home the weekly trophy. Helen Wong at the age of 40 came within 7 seconds of her all-time PR and Helen has been running with us for many years. Geoff improved his PR by 40 seconds. And, Roberto improved his PR by 10 seconds. Pauline improved her 55+ best by 3½ minutes to move to #10 on the 55+ list, Tom Warfel improved his 60+ best by 67 seconds, Dave McIntyre improved his 50+ best by 96 seconds, Joe Hurtado moved to #5 on the 70+ list, and Tim Rostege continued his latest comeback from an injury. Thanks to Danny Moon, Don Packwood, and Pablo Rodriguez for helping at the finish line.

6/9/12- Rick Milam 3000/1500/800

Track Day

3000M

1	Daniel Chiriaev	10:33.6
2	Bjorn Samson	11:02.3
3	David Garza	11:24.9
4	Brian Conroy	11:38.4
5	Grant Jacobson	11:42.6
6	Becki Kriege	11:46.1
7	Bill Dunn	11:47.5
8	J.R. Mintz	11:49.7
9	Aaron Lee	11:50.8
10	Scott Graham	11:58.0
11	Ellie Lemco	11:58.9
12	Kevin Breit	12:02.9

2 Mile Equivalent

1	Daniel Chiriaev	11:24.1
2	Bjorn Samson	11:55.1
3	David Garza	12:19.4
4	Brian Conroy	12:34.0
5	Grant Jacobson	12:38.6
6	Becki Kriege	12:42.3
7	Bill Dunn	12:43.8
8	J.R. Mintz	12:46.2
9	Aaron Lee	12:47.4
10	Scott Graham	12:55.2
11	Ellie Lemco	12:56.2
12	Kevin Breit	13:00.5
13	Paul Taylor	13:03.4
14	Mike Krey	13:17.4
15	George Lo	13:40.9
16	Unidentified Wom	14:03.1
17	Rob Jacobson	14:04.7
18	Ida Rosenblum	14:08.7
19	Rich Hahn	14:10.2
20	Ricky Safran	14:17.1
21	Jeff Bedolla	14:30.5
22	Dave McIntyre	14:56.2
23	Glenn Kishi	15:22.2
24	Joe Hurtado	15:33.4
25	Pauline Beatty	15:57.8
26	Rosanna Kennedy	16:02.8
27	Kat Powell	17:02.2
28	Don Packwood	17:05.1
29	Tim Rostege	17:13.6
30	Rich Collins	18:42.1
31	*This times is for an 800M	

1500M

1	Scott Bang	4:53.1
2	Suraj Jagota	4:57.0
3	Ken Camet	4:59.9
4	Bob Pickens	5:10.1

One Mile Equivalent

1	Scott Bang	5:16.4
2	Suraj Jagota	5:20.6
3	Ken Camet	5:23.8
4	Bob Pickens	5:34.8
5	David Garza	5:41.1
6	Grant Jacobson	5:52.5
7	David Woodruff	5:53.4
8	Scott Graham	5:57.7
9	George Lo	6:05.2
10	Matt Kriege	6:07.9
11	J.R. Mintz	6:13.2
12	Paul Taylor	6:14.7
13	Mike Krey	6:18.2
14	Danielle Zelinski	6:19.8
15	Bill Dunn	6:39.8
16	Ellie Lemco	6:49.6
17	Dave McIntyre	6:51.3
18	Rob Jacobson	6:52.8
19	Jeff Bedolla	6:55.7
20	Joe Hurtado	7:38.6
21	Pauline Beatty	7:59.0
22	Kat Powell	8:04.2

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

1	Bill Dunn	2:59.3
2	George Lo	2:59.7
3	Dave McIntyre	3:11.6
4	Jeff Bedolla	3:14.7
5	Rich Hahn	3:16.1
6	Rob Jacobson	3:19.7
7	Don Packwood	3:30.2
8	Joe Hurtado	3:31.1
9	Rosanna Kennedy	3:40.1
10	Kat Powell	3:46.2
11	Pauline Beatty	3:53.0
12	Walt Van Zant	3:59.7

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

1 Daniel Chiriev	2:23.1	10 Ellie Lemco	2:51.9
2 Scott Bang	2:28.4	11 Paul Taylor	2:53.4
3 David Garza	2:29.9	12 J.R. Mintz	2:55.0
4 Ken Camet	2:32.3	13 George Lo	2:58.5
5 Ricky Safran	2:41.1	14 Danny Moon	3:00.1
6 Aaron Lee	2:41.7		
7 Grant Jacobson	2:43.9		
8 David Woodruff	2:47.3		
9 Scott Graham	2:48.7		

Dick Barrett Trophy Winner - Daniel Chiriev

40 runners turned out for the 3rd annual running of this event. Each event started approximately 10 minutes after the finish of the previous event. Daniel took home the weekly trophy as he won two of the three events. Scott Bang got one win and one second. The 2-mile and 1-mile equivalents were found at -- <http://www.milesplit.us/calc>

RACE RESULTS

2/5/12 – Kaiser Half Marathon

Matt Tompkins	10	1:13:56
Kevin Breit	133	1:25:34
George Lo	252	1:29:49
Bob Pickens	267	1:30:13
Dino Delyani	276	1:30:25
Michael King	516	1:35:35
Ellie Lemco	567	1:36:22
Mark Goldman	606	1:37:20
Dave McIntyre	2110	1:55:47
Aaron Lee	2170	1:57:07
Uyenthi Tran	2171	1:57:09
Bob Lord	2797	2:05:25

2/4/12 – Jed Smith 50+

50 Bill Dodson	5:32:39	1st-70+
73 Kat Powell	6:40:50	3rd-60+

2/5/12 – Santa Cruz Super Bowl 3K

Kelly Emo	13:55	2nd-45+
Tim Riley	17:01	1st-65+
Georgia Riley	18:02	1st-65+

2/5/12 – Santa Cruz Super Bowl 10K

Kelly Emo	49:51	3rd-45+
Chris Blue	55:54	2nd-60+

2/11/12-Campbell Valentine 5K

8 Aaron Lee	20:38	5th-30+
29 Kelly Emo	23:14	3rd-40+
32 Mark Isaacson	23:32	2nd-50+
45 Alice Isaacson	25:11	1st-50+
123 Uyenthi Tran	30:10	

2/11/12-Campbell 10K

3 Kevin Breit	38:47	1st-30+
13 Neil Gelblum	43:04	1st-60+

2/18/12-Bay Breeze Half Marathon

Neil Gelblum 1:33:53 1st-24+
50% gravel, 50% paved, strong wind off the bay.

2/18/12-San Leandro 5K

Tim Riley	29:20	1st-65+
Georgia Riley	30:30	1st-65+

3/3/12-Redding 10M

54 Brian Davis	1:04:01	3rd-55+
575th Ken Camet	1:04:42	5th-50+
784th Laura Melendez	1:09:29	4th-25+
93 David Woodruff	1:12:44	
118 Glenn Kishi	1:17:56	
162 Joe Hurtado	1:24:30	3rd-70+
1675th Bill Dodson	1:25:12	1st-75+
175 Carl Petersen	1:28:17	5th-70+
290 Eddie Reyna	2:20:09	1st-80+

Our 50+ men finished 3rd and our 70+ men won.

3/10/12-Juana Run 8K

Dave Norlander	40:11	1st-50+
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3/11/12-Way Too Cool 50K

Bill Dodson	6:25:13	1st-70+
Kat Powell	7:44:10	

3/11/12- State Senior Games Track
100 Meters

Carl Tuck	17.63	2nd-75+
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200 Meters

Bill Dodson	38.66	1st-75+
Carl Tuck	38.96	2nd-75+

400 Meters

Bill Dodson	87.71	1st-75+
Carl Tuck	101.37	2nd-75+

800 Meters

Jim Bordoni	2:34.09	2nd-55+
Bill Dodson	3:29.98	1st-75+

1500M

Jim Bordoni	5:17.25	2nd-55+
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Bill Dodson	7:32.01	1st-75+
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5K

Brian Conroy	20:34	3rd-55+
Ron Kiyono	20:41	2nd-60+
Rich Hahn	22:22	3rd-50+
Bill Dodson	27:27	1st-75+

10,000 Yard Run

Mark Isaacson	41:22	3rd-55+
Marcia Morrison	64:05	1st-60+
Alice Isaacson	74:34	2nd-50+

Rich's 3rd place finish in the 50+ division qualified him for the Natl Senior Games 5K in Cleveland, Ohio.

3/18/12-Across The Bay 12K

79 Calvin Do	45:25	12th-40+
80 Brian Davis	45:32	3rd-55+
102 Ken Camet	47:33	4th-50+
112 Laura Melendez	48:03	12th-25+
117 Scott Bang	48:24	19th-40+
134 Norry McAllister	49:00	5th-55+
154 Dino Delyani	50:15	10th-50+
194 Mike Krey	52:48	8th-55+
249 Robert Navarrete	55:20	11th-55+
312 Carol Bednar	57:35	9th-40+
355 Norm Takeuchi	58:53	16th-55+
370 Rich Hahn	59:12	24th-50+
460 Dave McIntyre	62:11	26th-50+
513 Carl Petersen	63:20	4th-70+
536 Joe Hurtado	64:04	5th-70+
546 Bill Dodson	64:24	8th-75+
555 Victoria Kros	64:29	4th-60+
585 Dave Norlander	65:22	6th-70+
640 Mike McMahon	66:59	7th-70+
648 Bob Lord	606:54	8th-70+
663 Chris Blue	67:21	6th-60+
712 Nicky McAllister	68:24	38th-45+
1320 Tim Riley	81:19	13th-65+
1352 Eddie Reyna	82:30	1st-80+

Our 40+ men finished 6th, our 40+ women finished 6th, our **50+ men won**, our 60+ men finished 3rd, and our 70+ men finished 2nd.

3/25/12-Oakland Half Marathon

Kelly Emo 1:45:24 7th-45+

4/1/12 – Sactown 10M

83 Brian Davis	59:46 2nd-55+
123 Jorn Jensen	63:34
122 Ken Camet	63:34 7th-50+
135 Laura Melendez	65:26 9th-25+
174 Bill Dunn	68:00 3rd-60+
190 Ron Kiyono	69:01 4th-60+
201 Scott Graham	69:52 5th-60+
256 Todd Hayes	75:00 7th-60+
301 Rich Hahn	78:09
350 Joe Hurtado	81:47 4th-70+
351 Bob Pickens	81:52
384 Carl Petersen	84:36 5th-70+
385 Bill Dodson	84:37 1st-75+
422 David Norlander	87:21 6th-70+
424 Bob Lord	87:27 7th-70+
667 Eddie Reyna	105:42 2nd-80+

Our 40+ men finished 7th, our 50+ men finished 4th, our **60+ men won**, and our 70+ men finished 2nd.

4/7/12-Cupertino Big Bunny 5K

David Woodruff	19:39 2nd-50+
Jim Bordoni	19:43 3rd-50+
Neil Gelblum	20:11 1st-60+
Matt Bordoni	20:57 3rd-20+
Mark Isaacson	21:42
Kelly Emo	22:10
Karvn Bordoni	27:06
Diane Bordoni	30:09
Dana Emo	34:02

Jim Bordoni believes that the course may have been short by about 150 yards.

4/8/12-American River 50M

Kat Powell 11:45:46 3rd-60+
 Bill Dodson 11:52:31 1st-75+

4/18/12 – Boston Marathon

Glenn Kishi	4:22:14
Neil Gelblum	4:29:51
Rob Jacobson	5:23:34

It was a bit hot (88 degrees). So, this slowed the times. Glenn's splits were 1:55:36-2:26:38 = 4:22:14, Neil's were 1:48:00-2:41:51 = 4:29:51, and Rob's were 2:06:22-3:17:12 = 5:23:34.

4/21/12-Ruth Anderson 50K

Todd Hayes	5:12:45 1st-60+
Bill Dodson	5:29:45 1st-70+
Kat Powell	6:17:32 1st-60+

This was Kat's all-time best 50+ at the advanced age of 60+.

4/22/12-Zippy 5K

88 Brian Davis	17:37 3rd-55+
130 Scott Bang	18:40
173 Bill Dunn	19:53 5th-60+
182 Dave Woodruff	20:09
183 Aaron Lee	20:10
184 Ron Kiyono	20:13 8th-60+
189 Jim Bordoni	20:20 6th-55+
193 Mike Krey	20:25 7th-55+
204 Bob Pickens	20:43
226 Robert Navarrete	21:30
254 Carol Bednar	22:20
263 Glenn Kishi	22:48
288 JoAnn Dahlkoetter	24:05
289 Dave Norlander	24:06 4th-70+
297 Joe Hurtado	24:47 6th-70+
305 Bob Lord	24:58 7th-70+
315 Carl Peterson	25:52 8th-70+
329 Bill Dodson	26:45
382 Carl Tuck	31:38
390 Eddie Reyna	33:02 1st-80+

Our 40+ men finished 6th, our 50+ men finished 3rd, our 60+ men finished 2nd, and our 70+ men finished 2nd.

4/22/12-San Luis Obispo Half Marathon

179 Rich Hahn 1:50:44

4/28/12-Nashville Marathon

2099 Lisa Norlander 4:5:06

4/29/12-Great Race 4.0 Miles

10 Ken Camet	24:08 1st-50+
13 Mike Matthews	24:20 5th-40+
14 Scott Bang	24:30 6th-40+
27 Jeff Candello	25:39 5th-50+
36 Mike Krey	26:30 8th-50+
41 Dan Anderson	26:49 1st-60+
52 Bob Pickens	27:18
80 Robert Navarrete	28:20
100 Carol Bednar	29:02 3rd-40+
112 Jim Howe	29:24 4th-60+
164 Kim Matthews	30:43 8th-40+
173 Rich Hahn	30:53
182 Kelly Emo	31:17
210 Tom Warfel	31:48 7th-60+
223 Carl Petersen	32:02 1st-70+
245 Victoria Kros	32:29 1st-60+
270 Mike McMahon	33:05 2nd-70+

273 Pauline Beatty	33:08
347 Chris Blue	34:33 3rd-60+
587 Dena Noble	38:26
727 Tim Riley	40:54

Fremont 5K (actually 3.4M)

Tim Riley 32:00 1st-65+

5/5/12-Miwok 100K

129 Marian Richard	14:13:08
Kat Powell	DNF

Kat felt nauseous during this race, slowed drastically because of that, and then missed the cutoff time at 33 miles.

5/19/12-Encinatis 5K

Georgia Riley	29:40 1st-65+
Tim Riley	29:46

5/20/12-Ohlone 50K

207 Kat Powell	10:24:07 1st-60+
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Temperature reached the high 80s during the race.

5/20/12-Morgan Hill Sprint Triathlon

388 Dan Duston	2:16:29 8th-60+
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Dan swam ¾ of a mile in 26:41, biked 16 miles in 58:09, and ran 5 miles in 47:99. He spent 4:39 in transition time.

5/27/12- Pac Assoc Masters Track Meet 100M

Carl Tuck 18.13 1st-75+

400M

Carl Tuck 98.86 1st-75+

1500M

Jim Bordoni	5:10.18 1st-55+
Brian Conroy	5:22.55 2nd-55+

5000M

Brian Conroy 19:59.54 2nd-55+

5/28/12-Marin Memorial Day 10K

98 Calvin Do	36:37 8th-40+
130 Ken Camet	37:58 6th-50+
137 Brian Davis	38:15 3rd-55+
145 Scott Bang	38:28
208 Dino Delyani	41:06 7th-55+
213 David Woodruff	41:16
214 Robert Pickens	41:18
217 Ron Kiyono	41:25 4th-60+
221 Bill Dunn	41:29 5th-60+
244 Mike Krey	42:41 9th-55+
251 Jim Bordoni	43:07 10th-55+



258	Paul Taylor	43:36
260	Dan Anderson	43:54
280	Robert Navarrete	45:01
293	Glenn Kishi	45:56
321	Richard Hahn	47:26
334	Joe Hurtado	48:06
344	Richard Cottrell	48:32
363	David Norlander	49:07
385	Bob Lord	51:05
390	Carl Petersen	51:35
525	Eddie Reyna	65:34

8th-60+
4th-70+
5th-70+
7th-70+
8th-70+
9th-70+
1st-80+

Our open men, consisting of two 50+ runners, two 70+ runners, and an 80+ runner, finished 12th, our 40+ men finished 6th, our 50+ men finished 3rd, our 60+ men finished 2nd, and our 70+ men finished 2nd.

5/28/12-Marin Memorial Day 5K

43 Joann Dahlkoetter 23:53 1st-50+

6/9/12-Hunting Hollow 10K

Dave Norlander 52:21 1st-60+
Dave will not reveal how he found this race or exactly where it starts in Henry Coe Park but he won the 60+ division at age 73.

6/10/12-Dipsea Race

182 Bill Dodson 88:12
77-year-old Bill ran 4 minutes faster than year.

2012 All-Comer Meets Grand Prix – Winter Times

This is the fourth year that we are holding a track Grand Prix based upon results at the Los Gatos winter and summer all-comer meets. Shown below in alphabetical order are the marks for the Winter portion of the contest. We will eventually score your best four events out of eight possible events – 60M, 100M, 200M, 400M, 800M, 100M/Mile, 2 miles, and 5K. Each event will be scored using the WAVA age-graded performance tables.

Event Times *

<u>Pl</u>	<u>Runner</u>	<u>60M</u>	<u>100M</u>	<u>200M</u>	<u>400M</u>	<u>800M</u>	<u>(1500)/Mile</u>	<u>2 Mile</u>	<u>5K</u>
59	Jim Bordoni					2:31.55	5:44.65		
38	Kevin Breit							11:52.91	
50	Ken Camet					2:32.xh	5:32.69		
56	Jeff Candello						5:45.23		
56	Brian Conroy						(5:22.32)	12:32.07	20:07.69
77	Bill Dodson		17.21	37.2h	81.58	3:20.38	7:29.76		25:41.19
50	Rich Hahn						6:39.89	13:55.42	22:14.32
38	Aaron Lee					2:35.90	5:58.91		
73	Bob Lord		19.48		92.99	3:16.xh	7:15.87		
78	Carl Tuck	11.50	18.57	38.84	98.91				
54	David Woodruff								

4 x 400 Relay

Masters 5:35h (Bill Dodson, Dave Woodruff, Brian Conroy, Rich Hahn)

* If a 1500m time is used, that time is (in parenthesis)