



WVJS



VOL XXXVI-#1 WEST VALLEY JOGGERS & STRIDERS June 2017

Saturday Workouts

07/01/17	Triangle Run (4.76M)	09/09/17	4 x 1.46M WVC Loop Relay
07/08/17	Doug/Sara/Frtvle (2.75M)	09/16/17	18 x 0.33M Tennis Court Loop Relay
07/15/17	Farwell/H (4.68M)	09/23/17	Valle Vista (3.0M)
07/22/17	5K on the track	09/30/17	Step-up & Step-down Relay
07/29/17	Farwell (3.54M)	10/07/17	6 x 1600M Relay
08/05/17	36 x 200 Relay	10/14/17	Triangle Run (4.76M)
08/12/17	Farwell (3.54M)	10/21/17	Doug/Sara/Frtvle (2.75M)
08/19/17	12 x 600 Relay	10/28/17	8x0.66M Tennis Court Loop Relay
08/26/17	Short Six (5.74M)	11/04/17	Farwell/H (4.68M)
09/02/17	16 x 400 Relay	11/11/17	8 x 1200M 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 College track.

Upcoming Races

2017 PA-USATF Championships

07/04/17	Freedom Fest 5K (1.0)
10/15/17	Humboldt Half Marathon (1.5)
11/12/17	Clarksburg Half Marathon (1.5)
11/23/17	Sil Val 5K (2.0) – Open only
12/03/17	Cal Intl Marathon (2.0)
12/17/17	Xmas 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
07/04/17 Freedom Fest 5K
08/19/17 Santa Cruz XC Race
09/10/17 GG Park XC Race

Other Races

07/09	Across the Bay 12K in San Fran
08/05	Dammit Run – Los Gatos – 5M
08/20	Race Thru the Redwoods 10K - Felton
08/26	Run fr Great Schools 5K-Mem Pk-Cup
09/09	Redneck 5K at Almaden Lake Park-SJ

Miscellaneous Drivel

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.

Here is **Bill Dodson's** description of his record ultra run on the weekend of 2/25-2/26 –

I picked up my packet and had dinner at Fuzio's at 3:30 pm Friday and spent the night in downtown Modesto.

At 9:03 am on Saturday I started running on the Riverbank HS track at a reasonably conservative pace. My main goal was to keep going for 24 hours. Next was to set M80-84 American Records for 50 miles, 100 km and 24 hours (I already had the AR's for 2 hours, 12 hours and 50km from last years Riverbank run). I was elated to achieve all of those with more than 6 hours to spare. By that time I had progressed (regressed?) from running; to walking and running; then to walking only. In order to set my 24 hour record as high as I could, I kept on walking until 9:03 Sunday morning. During that last 6 hours I took my only breaks - 4 of about 10 minutes each, sleeping in a chair (when I was about to fall asleep walking).

In addition to my main record goals, there were potential American Records at 15km, 10mi, 20km, 25km, 30km and 20mi which had never been set by anyone over 80. Jon Olsen (Race Director) and John Brooks (Race Timer) made special efforts to get my time at

each, so we hope for new AR's for all of those - depending on getting them ratified by USATF. .

The main aid station was run by the Riverbank Track Team. On my first stop I asked one of the girls to write 'Bill D' on my cup and save it for my next stops. Now that they knew my name, they became my own personal cheerleaders with enthusiastic cheering on every lap! That, along with having another record to pursue upon achieving each one, I was highly motivated to keep pushing my limits...

In order to get all of the AR's, I needed to complete at least 255 laps. I don't remember the exact numbers, but I completed about 307 laps for 122.8 km/78 miles. The previous 24 hour record was just under 102km.

I can't adequately express appreciation from all of us runners for Jon Olsen, his Family, Riverbank High School and their Track Team, John Brooks, Fazio's of Modesto, and all of the others who put in an incredible effort and took some high risks to make this a success. Also, I got so much support and 'high fives' from many other runners and their support teams - I appreciate all of them with warm memories from a cold night!

Robert Navarrete obliterated the 6-minute mile barrier at the 2/25/17 Los Gatos all-comers track meet with a spectacular time of 5:54. He has been aiming at this goal for many months and finally got it.

Eddie Tico, who began running with us as a 10-year-old in 1969, died on 5/1/17 after a long-time battle with lymphoma. He was 57. He ran in high school at the old Camden high school, breaking 10 minutes in the two mile. He then ran at West Valley College and San Jose State. He ran with us during his teenage years, briefly after he got out of college, and then for most of the 1990s. He had best times on our six courses of 14:49/16:17/19:40/25:17/27:49/33:20. I often saw him during the last 4 years at high school cross country and track meets because his daughter, Anli, ran for Los Altos high school. His dad, Ed Sr, who lived a couple of blocks from me in San Francisco when we were kids, phoned me after Eddie's death. Eddie came to

visit us at the club workout on 12/3/16 and his dad explained that Eddie made it a point to visit all of his friends during the last few months of his life but did not tell them that he was dying. Ray Russell, who also joined us as a teenager, stated in a recent email that he knew Eddie most of his life. They shared many great times in high school and in college. He said that Eddie was a giver and not a taker. He devoted a lot of time and energy to special causes that he believed in.

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>

FINAL 2016 RUNNER OF THE YEAR CONTEST RESULTS

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. . The final scores for 2016 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>Total</u>	
JR Mintz	4366	40	4406	Gold	Tom Warfel	1709	480	1895	Bronze
George Lo	3160	820	3980	Gold	Jorn Jensen	1936	200	2136	Bronze
Norry McAllister	1934	1110	3044	Silver	Kat Powell	1285	520	1805	Bronze
Ken Camet	2256	660	2916	Silver	Norm Takeuchi	1716		1716	Bronze
Robert Navarrete	2064	660	2724	Silver	Jim Bordoni	886	770	1656	Bronze
Walt Van Zant	960	1430	2390	Bronze	Carol Bednar	1451	180	1631	Bronze
Joseph Aubuchon	1413	790	2203	Bronze	Dave Norlander	348	1080	1428	

Previous winners have been:

1978	Phil Sanfillipo	4865	1997	Tom Warfel	4089
1979	Phil Sanfillipo	5022	1998	Joe Hurtado	4012
1980	Phil Sanfillipo	5659	1999	Joe Hurtado	3881
1981	Ted Pawlak	7103	2000	Joe Hurtado	4260
1982	Ted Pawlak	6405	2001	Joe Hurtado	3972
1983	Mike Hicks	5355	2002	Joe Hurtado	3946
1984	Don Dugdale	5004	2003	Joe Hurtado	4119
1985	Don Dugdale	4084	2004	Joe Hurtado	4027
1986	Bob Herndon	4303	2005	Joe Hurtado	4242
1987	Don Dugdale	4341	2006	John Mintz	5920
1988	Frank Ruona	4032	2007	Joe Hurtado	4053
1989	Jake White	3841	2008	Joe Hurtado	4044
1990	Tom Warfel	4231	2009	Neil Gelblum	3621
1991	Tom Warfel	4118	2010	Joe Hurtado	3787
1992	Jim Whalen	3603	2011	George Lo	4264
1993	Tim Rostege	3928	2012	George Lo	3941
1994	Joe Hurtado	4037	2013	George Lo	3861
1995	Tom Warfel	4113	2014	George Lo	3761
1996	Tom Warfel	3961	2015	George Lo	3669

2017 RUNNER OF THE YEAR CONTEST RESULTS (Thru 3/31/17)

Your point totals should be given to Tom Warfel. . The point totals through 3/31/17 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>Total</u>
JR Mintz	1028	20	1048	Jim Bordoni	320	150	470
Joseph Aubuchon	512	180	692	Dave Norlander	106	230	336
Walt Van Zant	158	380	538	Tom Warfel	290	0	290

2017 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 have competed in at least 6 different events in order to be eligible for an award.** The standings to date for 2017 are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races as two races. The 2nd number is the total number of events competed in. Aaron Lee is keeping the records for this event and they can be found at

<https://docs.google.com/spreadsheets/d/1piQdwnBoNMv3hJ8LsuivZLeUYTeGqPbDLejoFDizhgz/edit?usp=sharing>

Although we have run the track 5K event, Aaron has not yet included this event in the scoring.

A Division

Jorn Jensen (8-4)	200
Ray Roriguez (8-4)	190
Calvin Do (3-2)	73
Juan Rivera (2-1)	50
Joseph Aubuchon(2-2)	49
Gary Waggoner (2-2)	47
Sheldon Ah Sing (1-1)	25
David Garza (1-1)	22

Scott Bang (5-3)	117
Missy Sudan (6-4)	114
Geoff Bradley (5-3)	88
Becki Kriege (4-2)	64
Aaron Lee (3-2)	56
Kristina Park (2-2)	43
George Lo (1-1)	24
J.R. Mintz (1-1)	21

Dan Anderson (2-1)	44
Danielle Zelinski (1-1)	25

D Division

Glenn Kishi 6-3)	146
Kat Powell (6-4)	143
Carolyn Benson (3-2)	73
Carol Bednar (2-1)	50
Kristian Peterson (2-1)	48
Katherine Frye (1-1)	24

B Division

Norry McAllister (8-7)	200
Tom O'Connor (8-6)	198
Brian Davis (8-4)	184
Dino Delyani (8-6)	172
Ken Camet (7-5)	175
Mike Krey (8-7)	154
Rbt Navarrete (7-5)	150

C Division

Dalila Rodriguez (8-5)	196
Jim Bordonni (6-4)	150
Dave McIntyre (4-4)	92
Kelly Emo (4-2)	86
Paul Taylor (3-3)	69
Marian Richard (2-1)	50
Bob Kemp (2-2)	47
Norm Takeuchi (2-1)	46

E Division

Dave Norlander (4-3)	99
Alvin Jackson (4-4)	94
Nancy Kirk (4-4)	72
Don Packwood (3-3)	70
Walt Van Zant (3-3)	64

2017 PA/USATF Road Grand Prix

40+ Men

Jorn Jensen is our team captain. We are presently in 6th place in this division.

40+ Women

Becki Kriege is the team captain. We are presently in 3rd place in this division.

50+ Men

Ken Camet is our 50+ team captain. We are presently in 3rd place in this division.

50+ Women

Our 50+ ladies have not yet scored in any races this year.

60+ Women

Our 60+ ladies have not yet scored in any races this year.

60+ Men

Tom O'Connor is the team captain. We are presently in 2nd place in this division.

70+ Men

Dave Norlander is the team captain. Our 70+ men have not yet scored in any races this year.

2017 Winter All-Comer Meet Results

	<u>Best</u>	<u>1/14</u>	<u>1/21</u>	<u>1/28</u>	<u>2/4</u>	<u>2/11</u>	<u>2/18</u>	<u>2/25</u>
<u>Bill Dodson</u>								
60M	11.64	12.2h	11.2h	12.07	11.64	11.64	11.69	
100M	17.5h	19.9h	17.5h	18.78	19.01	18.59	19.07	
200M	39.81		40.2h	41.30	41.17	39.81	41.09	
400M	89.85		91h	95.68	89.85	91.54	91.59	
800M	3:30.24	3:40h	3:35.66	3:39.61	3:30.24	3:34.23	3:40h	
1600M	8:37h		8:37h					

<u>Jim Bordoni</u>								
1600M	6:16.37						6:16.37	

<u>Brian Conroy</u>								
Mile	5:58.86		6:06.5h	5:58.86		6:10.80		
2 Mile	13:01.6h						13:01.6h	

<u>Robert Navarrete</u>								
Mile	5:54.97	6:01h				6:00.81		5:54.97

<u>Danielle Zelinski</u>								
Mile	6:17.80					6:17.80		

SATURDAY WORKOUT RESULTS

1/7/17 - Dou/Sar/Frtvle-2.75M

1	Norry McAllister	17:25
2	Gary Waggoner	17:33
3	Scott Bang	18:11
4	Kristina Park	18:24
5	Dino Delyani	18:51
6	Geoff Bradley	19:56
7	Dave McIntyre	22:43
8	Dave Woodruff	28:27
9	Dave Norlander	32:26
10	Don Packwood	33:28 RW
11	Alvin Jackson	36:44

1/14/17 - 8 x 0.66M Tennis Court Loop

Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Jackson/Bradley	-0-	44:50
2	Dodson/McAllister	6:18	45:06
3	Nast/Waggoner	10:15	45:50
4	Lo/Delyani	12:15	46:04
5	Hahn/Park	8:30	47:25

Dick Barrett Trophy Winner – Alvin Jackson

Cold this morning (high 30s), which is not good for fast times for short-distance runs. Alvin Jackson ran 36:44 last week and then ripped off a 27:27 for 2.67 miles of running in this relay to lead his team to victory, Fortunately, his teammate ran slow for his ability level to make the margin of victory a respectable distance. All teams were rated to finish in 45:45 with the Nast/Waggoner team getting closest to that rating. We had 6 teams scheduled to run but due to a screwup by an unidentified handicapper the two members of the 6th team got started separately. Despite this screwup and constant harassment of the timers – Todd

Hayes and Chris Blue – they did a perfect job of timing and got everyone's splits. Norry led the runners with a time of 15:26 and was followed by new club member Sheldon Ahsingh at 15:31, Gary Waggoner at 15:44, and Kristina Park at 15:47. It should be noted that 81-year-old Bill Dodson ran for 2½ hours yesterday, ran the workout this morning, and was planning to go out to Los Gatos to run several events in the all-comers track meet this afternoon. Thanks to Dave Norlander, Danny Moon, Chris Blue, and Todd Hayes for helping at the finish line.

1/21/17 - Farwell/H - 4.68M

1	Gary Waggoner	29:33
2	Scott Bang	30:37
3	Sheldon Ahsingh	30:46
4	Kristina Park	30:51
5	Joseph Aubuchon	31:33
6	Dino Delyani	31:34
7	Robert Navarrete	32:20
8	Becki Kriege	32:31
9	Geoff Bradley	34:21
10	George Lo	34:27
11	Ken Camet	34:52
12	Paul Taylor	37:52
13	Dave McIntyre	38:15
14	Don Packwood	58:05

Dick Barrett Trophy Winner – Gary Waggoner

Cold weather again (high 40s) but tolerable. Gary and Scott ran together for the first 2 miles of the race before Gary finally got away from him and then cruised to an easy

win. Other notable items about our race this morning included – Kristina missed her 45+ PR by 7 seconds, Dino temporarily put the brakes on his rapid decline by running only 2 seconds slower than he ran this course last July, Robert missed his 60+ PR by just 12 seconds, Becki (still recovering from recent injuries and illness) ran within 18 seconds of her 50+ best, Paul Taylor ran his first PW (personal worst), and Don Packwood race-walked 68 seconds faster than he did last year for this course. His pace per mile of 12:24 was faster than the club president's pace per mile when running this course. Thanks to Jim Bordoni and Dave Norlander for helping at the finish line.

1/28/17 - 5K on the Track

1	Calvin Do	17:44.2
2	Joseph Aubuchon	18:56.9
2	Gary Waggoner	18:56.9
4	Kristina Park	19:23.6
5	George Lo	20:32.5
6	Taki Hiraoka	20:36.5
7	Robert Navarrete	20:39.6 PR
8	Becki Kriege	20:50.6
9	J.R. Mintz	21:13.6
10	Mike Krey	21:16.7
11	Missy Sudan	21:46.4
12	Aaron Lee	21:47.3
13	Danielle Zelinski	22:46.5
14	Paul Taylor	23:16.2
15	David Garza	23:16.9
16	Kat Powell	27:56.1
17	Bill Dodson	28:41.7
18	Nancy Kirk	30:41.2
19	Alvin Jackson	34:57.1

20 Don Packwood 36:55.2 RW
 21 Walt Van Zant 52:25.5

* Ran better than their best track 5K of last year

Dick Barrett Trophy Winner – Norry McAllister

Calvin took off fast and the only runners that got close to him after that were the runners that he lapped. Kristina led the ladies. Robert beat his all-time 5K best by 30 seconds. Don exceeded his goal of race walking faster than 12 minutes per mile with a 11:53 average. J.R. ran a Saturday workout with us for the first time in many years. Thanks to Don Packwood, Dave Norlander, and Norry McAllister for helping us at the finish line. Incidentally, Norry did not bring an excuse note from his mom. But, he did produce a couple of weak coughs as evidence of his very bad cold.

2/4/17 – Farwell – 3.54M

1	Joseph Aubuchon	21:33.1
2	Gary Waggoner	22:19.7
3	Norry McAllister	23:15.9
4	Sheldon Ahsingh	23:33.6
5	Ken Camet	23:47.0
6	Robert Navarrete	24:28.2
7	Dino Delyani	24:48.5
8	Jim Bordoni	25:31.5
9	Bob Kemp	26:16.4
10	Geoff Bradley	26:51.8
11	Paul Taylor	27:10.5
12	Nicky McAllister	31:46.0
13	Nancy Kirk	35:14.x PR
14	Dave Norlander	41:37.x PU
15	Don Packwood	43:36 RW

Dick Barrett Trophy Winner – Nancy Kirk

Joseph had a good day this morning as he slaughtered the field with his 21:33. Nancy Kirk broke her PR by 80+ seconds to take home the trophy. Dave Norlander added 2+ minutes to his PW. Thanks to Chris Blue and Rich Hahn for helping at the finish line. We had balmy weather as the temperature was in the mid 50s.

2/11/17-4x1.46M WVC Campus Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Nast/Park	2:15	43:35
2	Hayes/Waggoner	1:45	44:13
3	Bordoni/McAllister	7:45	45:33
4	Takeuchi/Taylor	3:15	45:58
5	B.Kriege/Delyani	7:00	46:49

6 Norlander/Aubuchon -0- 47:11
 7 Krey/Lo 7:15 47:28
 8 McIntyre/Bradley 6:45 51:11

Dick Barrett Trophy Winner – Jim Bordoni

All teams were rated to finish at 46:15. So, the ratings were not too good. But, remember – When something is wrong, it must be Becki's fault even though she did not do the rating. Joseph had a good day to lead all of us with an 8:33 average. Kristina led the ladies with a 9:11 average. After reviewing the times, Jim Bordoni should have been given the weekly trophy as he ran very well and the first two teams were given very generous ratings. Thanks to Carl Peterson and Don Packwood for helping at the finish line.

2/25/17 – Short Six – 5.74M

1	Joseph Aubuchon	35:51 PR
2	Norry McAllister	37:53
3	Sheldon Ahsingh	39:42
4	Dino Delyani	39:54
5	Missy Sudan	42:57
6	Bob Kemp	43:08 PR
7	Paul Taylor	44:48
8	Liz Nast	49:43
9	Nancy Kirk	62:24
10	Don Packwood	75:56

Dick Barrett Trophy Winner – Joseph Aubuchon

Joseph has been working hard lately (40 miles per week for 5 weeks) and it has led him to improving his PR for this course by 3 minutes during his last two runs on this course and a win this week. Norry was pleased to run his fastest time on this course since he ran 37:54 in March 2015. This also tied him for #5 on the 60+ list with Ralph Poole. Missy ran this course for the first time in 5 years while notching the 9th best-ever time by a 45+ woman runner. Bob Kemp improved his PR by 99 seconds. Liz Nast recorded the # 8 time by a woman 55+ runner. She ran this course for the first time in 8 years. Nancy had the #5 time by a woman 65+ runner. Thanks to Jim Bordoni, Danny Moon, and Dave Norlander for helping at the finish line.

3/4/17 – 12 x 800M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Conroy/Navarrete	6:30	43:57
2	Bradley/Ahsingh	9:00	44:12
3	Camet/Bang	8:00	44:24
4	Aubuchon/Do	13:15	44:35

5 Taylor/Kemp 4:45 44:49
 6 Nast/Krey 2:45 45:03
 7 McAllister/Sudan -0- 45:07
 7 Dodson/Bordoni -0- 45:07
 9 McIntyre/Lee 4:15 45:45

Dick Barrett Trophy Winner – Brian Conroy and Robert Navarrete

The Navarrete team took the lead during the 10th leg and went on to win by about 60 meters. The fastest runners were Calvin Do with an average of 2:34, Joseph Aubuchon with an average of 2:39, and Sheldon Ahsingh with an average of 2:48. Missy Sudan and Jim Bordoni were pleased to average 3:10. The biggest story teller was Geoff Bradley, who said that he would probably average 3:30 per run and then averaged 3:04. Thanks to our many helpers – Carl Peterson, Danny Moon, Madelyn Moon, Dave Norlander, and Rich Hahn.

3/11/17-18 x 0.33M Half Tennis Court Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Frye/Conroy/Aubuchon	1:45	37:58
2	Hayes/Kemp/Bradley	-0-	37:59
3	Lawson/Taylor/Ah Sing	1:15	40:53

Dick Barret Trophy Winner –Catherine Frye & Brian Conroy

Small turnout due to the grand prix race the next day. Close race with the Aubuchon team narrowly edging the Bradley team. Hank Lawson pulled his hamstring muscle on his 3rd run and Dave Norlander subbed for him. Due to the fact that every other handoff for each team was about 200 meters from the start/finish line, we were only able to get a few splits (one person on each of the teams timed themselves and, thus, we were able to back into some of the other splits. Joseph Aubuchon apparently had the best average at 1:41 per run.

3/18/17 – Valle Vista – 3.0M

1	Joseph Aubuchon	17:52 PR
2	Sheldon Ah Sing	19:06
3	Norry McAllister	19:24 PW
4	Adam Prince	19:38
5	Ken Camet	20:17
6	Geoff Bradley	20:35
7	Robert Navarrete	20:41
8	Kristina Park	20:41
9	Paul Taylor	21:11
10	Bob Kemp	21:12 PR
11	Mike Krey	21:21

12	Dave McIntyre	22:49
13	Al Murray	22:57
14	Catherine Frye	24:00
15	Carol Bednar	24:17
16	Liz Nast	24:27
17	Rich Hahn	28:09
18	Bill Dodson	28:27
19	Kat Powell	28:33
20	Tim Rostege	30:55
21	Dave Norlander	31:37
22	Don Packwood	35:22 RW
23	Alvin Jackson	38:31

Dick Barrett Trophy Winner –Norry McAllister

Joseph ran to an easy win this morning while breaking the 18-minute barrier for the first time. Other notable occurrences included Norry running the 7th fastest 60+ time on this course while running a PW, Robbert missing his 60+ PR by just 5 seconds, Bob Kemp breaking his PR by 56 seconds, Mike Krey matching his 60+ PR, Catherine knocking 2 seconds off her 55+ best, Liz Nast running the 5th best-ever time by a 55+ woman, and Bill Dodson improving his 80+ course record by 3½ minutes. Thanks to Carl Petersen and Danny Moon for helping at the finish line.

3/25/17-Triangle – 4.76M

1	Norry McAllister	31:24
2	Dino Deyalani	31:55
3	Kristina Park	33:30
4	Geoff Bradley	34:53
5	Bob Kemp	34:57
6	Missy Sudan	35:31
7	George Lo	37:36
8	Catherine Frye	38:43
9	Carol Bednar	40:04
10	Kat Powell	48:28
11	Nancy Kirk	49:58 PR
12	Tim Rostege	52:03
13	Dave Norlander	52:32
14	Don Packwood	59:32 RW

Dick Barrett Trophy Winner – Bob Kemp

Small turnout but several notable accomplishments. Norry reported that this was a PW but he still won and he is 60. His time put him #11 on the 60+ list between Dick Chimenti and Joe Hurtado. Missy improved her 45+ best by 41 seconds. This moved her up one place to #10 on the 45+ list and moved Carol Bednar down one place to #11. Catherine Frye ran this course for the first time as a 55+ runner and

got the #3 time on that list. Nancy Kirk improved her all-time best by 30 seconds to get to #5 on the 65+ list. Thanks to Danny Moon, Chris Blue, and Becki Kriege for helping at the finish line.

4/1/17 – Killer/Diller Relay – 16 x 300M

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Kemp/Park	:45	17:36
2	Krey/Navarrete	:30	17:55
3	McIntyre/Bang	1:00	18:15
4	Sudan/Camet	1:00	18:18
5	Norlander/McAllistr	-0-	20:28

Dick Barrett Trophy Winner – Bob Kemp & Kristina Park

The Park and Navarrete team had a close race throughout the middle of the race before the Park team got away during the last 3 laps to win by about 100 meters. All teams were rated to finish near 17:45 and all but the Norlander team came close. Thanks to Carl Petersen, Danny Moon, and Jim Bordonni for helping at the finish line.

4/8/17 – Dou/Sar/Frtvle – 2.75M

1	Joseph Aubuchon	16:24
2	Sheldon Ah Sing	17:04
3	Adam Prince	17:17
4	Norry McAllister	17:30
5	Ken Camet	18:02
6	Robert Navarrete	18:40
7	Missy Sudan	19:10
8	George Lo	19:50
9	Paul Taylor	19:52
10	Carol Bednar	22:00
11	Liz Nast	22:43
12	Slim Souza	23:17
13	Tak Vu	24:58
14	Bill Dodson	25:47
15	Kat Powell	25:58
16	Dave Norlander	27:43
17	Tim Rostege	28:18
18	Don Packwood	33:21

Phantom Dick Barrett Trophy Winner – Missy Sudan

Joseph ran his fastest time on this course since he ran his PR of 15:38 in 2002 to easily win this morning. Norry ran 17:30 to move to #8 on the 60+ list, just behind Ken Napier and just in front of Joe Hurtado. Robert missed his PR by 2 seconds. Missy improved her 45+ PR by 4 seconds. This kept her #9 on the 45+ list but moved her to within 2 seconds of 8th placer Liz Nast. Liz' time this morning put her #9 on the 55+ list. 55+ runner Tim Souza missed his all-time

PR of 14:25 but was pleased to announce that he had knocked 28 pounds off his high water mark of 210 pounds. Tim Rostege missed joining your editor in the 200% club with his time of 28:18. He has a PR of 14:20. He has improved his performances greatly lately and is after fellow 75+ runner Dave Norlander. Don Packwood, another 75+ runner, walked this course 3 months ago in 33:28. Today, he ran the course in 33:28, improving his yearly best by 7 seconds. 80+ runner Bill Dodson worked late last night and ran 38 miles last Sunday but still ran faster than any other club 80+ runner has run but missed his own 80+ course record. Thanks to Chris Blue for handling the finish line.

4/15/17 – Farwell/H – 4.68M

1	Sheldon Ah Sing	29:36 PR
2	Norry McAllister	30:26
3	Ken Camet	31:13
4	Robert Navarrete	32:18
5	Geoff Bradley	32:30
6	Mike Krey	32:53
7	Missy Sudan	33:14
8	Paul Taylor	33:21
9	Slim Souza	36:14
10	Dave McIntyre	36:54
11	Rich Hahn	43:10
12	Bill Dodson	43:23
13	Kat Powell	44:43
14	Dave Norlander	48:50
15	Don Packwood	54:55

A lot of notable accomplishments this morning. Sheldon won by about 200 meters while improving his all-time PR by 70 seconds. Norry recorded the #10 best by a 60+ runner. Ken Camet knocked 4 minutes off his 55+ PR. Robert Navarrete missed his all-time PR by just 10 seconds. Mike Krey ran within 4 seconds of his 60+ PR. Missy ran the #8 all-time best by a club 55+ woman runner. Paul Taylor ran his 60+ PR by 4½ minutes. Dave McIntyre ran his 55+ best by 80 seconds. Thanks to Carl Petersen, Chris Blue, and Danny Moon for helping at the finish line.

4/22/17 – Step Up and Step Down Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Splits</u>
1	Norlander/Ah Sing	1:45	38:33
2	McIntyre/Tomas	8:15	39:21
3	Jackson/Bordonni	-0-	39:27

Dick Barrett Trophy Winner – Dave Norlander & Sheldon Ah Sing

Small turnout this morning as some of our runners were saving themselves for the Grand Prix 5K in San Francisco. Sheldon Ah Sing and Tomas Finet had the fastest splits at 13:12 and 13:36 for the 10 laps that they ran. Sheldon ran his last lap in 61. Dave Norlander, who has run a total of 34 miles so far this year, got to be on the winning team for a change. Thanks to Catherine Frye, Danny Moon, and Chris Blue for helping at the finish line. Excellent hand writing of the results by Catherine but not quite as good as Jim Bordoni's. He is the best at this chore.

4/29/17 – 36 x 200M Relay

1 Dodson/Jackson/Norlander 31:56

One 70+, one 75+ and one 80+ runner showed up for this apparently unpopular relay. I think that Dave took home the weekly trophy as he was on the bottom of the pile clutching the trophy at the end of the fight for the trophy. These runners predicted their times prior to the workout. Bill predicted 11:00 and ran 10:03, Alvin predicted 13:00 and ran 10:16, and Dave predicted 12:00 and ran 11:36. I don't think that we'll use any of these guys to do future handicapping. Don Packwood and Kat Powell threw in a few solo 200s during the relay. Thanks to Danny Moon and Norry McAllister for helping at the finish line.

5/6/17 – Farwell – 3.54M

1 Sheldon Ahsingh	23:07.0 PR
2 Robert Navarrete	24:27.9
3 Jim Bordoni	24:44.0
4 Missy Sudan	24:58.1
5 Geoff Bradley	25:14.4
6 Mike Krey	25:21.8
7 Paul Taylor	26:51.0
8 Dave McIntyre	28:18.3
9 Hank Lawson	29:40.5
9 Kristina Park	29:40.5
11 Nancy Kirk	37:49.x
12 Don Packwood	41:40.4
13 Alvin Jackson	42:34.x
14 Walt Van Zant	47:24.6

Dick Barrett Trophy Winner – Jim Bordoni

Sheldon won by about a quarter of a mile. Jim ran his best time on this course in 2 years. Missy led the ladies but was disappointed with her time as she has trained hard lately. Paul improved his 60+ PR by 4 seconds. Nancy improved her 65+ best by 58 seconds. Thanks to Danny

Moon, Chris Blue, and Dimitrios Stefanidis for helping at the finish line.

5/13/17 – 16 x 400M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Norlander/Pors	1:15	29:23
2	Taylor/McIntyre	4:15	29:25
3	Bang/Ahsingh	8:15	29:44
4	Moon/Powell	-0-	30:37
5	Jackson/McAllister	:45	30:37

Dick Barrett Trophy Winner – Dave Norlander

Close race for 1st place as Eric Pors came from 8 seconds back on the last lap to get the win for his team. We did something unique this morning with everyone setting their own rating. Paul Taylor did the best as he was only 2 seconds off his rating and Eric Poras was close at 3 seconds over his rating. Sheldon Ahsingh had the best average at 77. Thanks to Carl Petersen and Chris Blue for helping at the finish line.

5/20/17 – Short Six – 5.74M

1 Mike Bordoni	35:17
2 Andy Williams	38:45
3 Jim Bordoni	42:16
4 Slim Souza	42:43
5 Paul Taylor	43:17
6 Mike Krey	43:18 PW
7 Geoff Bradley	45:37
7 Ken Camet	45:37
9 George Lo	49:14
10 Kat Powell	60:00
11 Dave Norlander	65:02 PW
12 Walt Van Zant	84:34 PW

Mike Bordoni, who hasn't run this course in 9 years, ran to an easy victory this morning. Andy (Moon River) Williams ran the course for the first time in 4 years and got 2nd. Slim Souza improved his 55+ best by two minutes and Paul Taylor improve his 60+ best by 90 seconds. The two 78-year-olds – Dave Norlander and Van Zant – ran PWs by 162 seconds for Dave and 103 seconds for Walt. Thanks to Don Packwood for helping at the finish line.

5/27/17 – 8 x 0.66M Tennis Court

Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1 Frye/Bradley	4:45	41:35	
2 Krey/Delyani	7:45	42:21	
3 Jackson/Ahsingh	-0-	42:53	
4 Norlander/Souza	:45	42:59	
5 McIntyre/Camet	7:30	44:33	

Dick Barrett Trophy Winner – Sheldon Ahsingh

Easy win for the Bradley team as Catherine Frye ran very well. The weekly trophy was given to Sheldon Ahsingh as he had the best splits of the day and his team missed their rating of 43:00 by only 0.6 seconds. Thanks to Danny Moon, Carl Petersen, and Joseph Aubuchon for helping at the finish line.

6/3/17 – All Courses Day

Dou/Sar/Frtvle

1 Norry McAllister	17:38
2 Dino Delyani	17:48
3 Geoff Bradley	18:21
4 Eric Pors	18:24
5 Robert Navarrete	19:20
6 Bob Kemp	19:35
7 Heather Rohrer	22:25
8 Mike Kallbrier	22:37
9 Nancy Kirk	29:02
10 Dave Norlander	29:54

Valle Vista – 3.0M

1 Ken Camet	22:44
2 Alvin Jackson	38:16

Triangle – 4.76M

1 Mike Bordoni	28:33
2 Sheldon Ah Sing	30:44
3 Joseph Aubuchon	32:34
4 Paul Taylor	36:21
5 George Lo	38:56

Short Six – 5.74M

1 Don Packwood	72:06
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Dick Barrett Trophy Winner – Don Packwood
Mike Bordoni had the best performance of the morning with his 37:10 10K equivalent time on the Triangle course. Ten of the eighteen competitors ran the Douglas course and Norry led these runners, beating fellow 60+ runner, Dino Delyani by 10 seconds. Norry missed his 60+ PR by 8 seconds. Dino recorded the 12th best-ever 60+ time. Nancy missed her 65+ best by 3 seconds. Don Packwood knocked 2 minutes off his 75+ best. Thanks to Jim Bordoni for doing the timing and the writeup and to Chris Blue for helping at the finish line.

6/10/17 – Valle Vista – 3.0M

1 Joseph Aubuchon	18:41
2 Sheldon Ah Sing	18:53 PR
3 Scott Bang	19:09
4 Norry McAllister	19:32

5	Ken Camet	19:39
6	Dino Delyani	19:49
7	Geoff Bradley	20:15
8	Slim Souza	20:19
9	Eric Pors	20:31
10	Robert Navarrete	20:42
11	Jim Bordoni	20:43
12	Mike Krey	21:03
13	Paul Taylor	21:30
14	Bob Kemp	21:41
15	George Lo	21:55
16	Al Murray	22:50
17	Dave McIntyre	23:19
18	Carol Bednar	23:59
19	Heather Rohrer	25:02
20	Kat Powell	28:51
21	Don Packwood	31:23
22	Nancy Kirk	31:41
23	Walt Van Zant	39:02

Dick Barrett Trophy Winner – Mike Krey

Joseph finished first this cool morning with about a 60-yard win over Sheldon.

Sheldon PRd by 13 seconds. Norry led a field of eleven 60+ runners but missed his 60+ PR by 8 seconds. Dino ran this course for the first time as a 60+ runner and was happy to record the all-time 13th best 60+ time. Slim Souza knocked 2 minutes off his 55+ best. Robert continued his decline on this course. He ran it in 20:36 in December, fell to 20:41 in March and dropped off again this morning with his 20:42. Oldie Mike Krey improved his 60+ PR by 18 seconds and was rewarded with the weekly trophy. Nancy Kirk PRd by 5 seconds.

6/17/17 – One Mile on the Track

Heat #1 – Over 7:00 Runners

1	Kat Powell	8:29.3
2	Jeff Justice	8:41.1
3	Dave Norlander	8:44.7
4	Don Packwood	8:55.2
5	Alvin Jackson	9:26.7

6	Nancy Kirk	9:40.6
7	Walt Van Zant	11:11.0*
8	Jim Myers	13:09.x

* These two runners ran separately prior to heat #1

Kat started fast (relatively speaking) and easily held on for the win.

Heat #2 – Under 7:00 Runners

1	Sheldon Ah Sing	5:13.5
2	Ben Schmiede	5:13.7
3	Scott Bang	5:44.3
4	Geoff Brandley	5:48.3
5	Norry McAllister	5:48.5
6	Dino Delyani	5:52.7
7	Ken Camet	5:55.4
8	Jim Bordoni	5:58.5
9	Eric Pors	5:59.1
10	Slim Souza	6:02.2
11	Bob Kemp	6:17.6
12	Paul Taylor	6:23.5
13	Dave McIntyre	6:41.2

Dick Barrett Trophy Winner – Sheldon Sing

Sheldon started with a 73, which gave him a 7-second lead after one lap. He dropped to a 78 for a 2:31 at the half for an 11-second lead. Ben knocked 3 seconds off the lead during the 3rd lap and 8 more seconds during the first 300 meters of the last lap and they then raced together over the remaining 100 meters with Sheldon slightly edging Ben for the win. Scott ran by himself to finish 3rd. The next 7 finishers were tightly packed throughout the first 3 laps. Geoff and Norry pulled away from the pack and had a very close sprint over the last 100 meters, finishing as close to each other as did Sheldon and Ben. All in the group of 7 broke 6 minutes except Souza, who had to slow when he strained his hamstring during the last lap.

Thanks to our helpers at the finish line – Danny Moon, Chris Blue, Rich Hahn, and Joseph Aubuchon.

6/24/17 – 3000M/1500M/800M

3000M

1	Sheldon Ah Sing	11:03.6
2	Eric Pors	12:28.8
3	Bob Kemp	12:41.6
4	Paul Taylor	12:50.4
5	Heather Rohrer	14:21.0
6	Don Packwood	18:44.2

1500M

1	Sheldon Ah Sing	5:06.3
2	John Huang	5:56.6
3	Bob Kemp	6:06.2
4	Kristina Park	6:06.4
5	Paul Taylor	6:19.7
6	Dave McIntyre	6:50.4
7	Ken Camet	7:00.9
8	Kat Powell	8:26.5

800M

1	Sheldon Ah Sing	2:37.2
2	Ken Camet	2:45.0
3	Kristina Park	2:47.9
4	Eric Pors	2:55.4
5	John Huang	3:02.7
6	Paul Taylor	3:04.8
7	Dave McIntyre	3:12.3
8	Bob Kemp	3:13.3
9	Heather Rohrer	3:17.9
10	Kat Powell	4:04.3
11	Don Packwood	4:08.3
12	Dave Norlander	4:09.0

Dick Barrett Trophy Winner – Sheldon Ah Sing

We rested about 5 minutes after the last finisher in each race to start the next race. The race order was as shown above. Thanks to Chris Blue, Jim Bordoni, and Norry McAllister for helping at the finish line.

RACE RESULTS

8/7/16 – Oyster Point Double 8K

Kat Powell	43:24
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8/20/16 – San Jose Half Marathon

Double 21K

Kat Powell	2:15:28
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8/20/16 – San Jose Sprint Double -1.5M

Kat Powell	13:58
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8/27/17 Tamalpa Headlands 50K Natl

Trail Championships

Kat Powell	8:19:12 1 st -65+
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1/1/17 – Woodside Trail Run-35K

Kat Powell	6:37:55
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1/14/17 – Polar Bear 5K

Jim Bordoni	22:02 2-60+
Diane Bordoni	31:19 5-60+

Jim and Diane went down to Atlanta, Georgia run in a collegiate indoor meet and decided to run this race.

2/5/17-Kaiser SF Half Marathon

Kat Powell	2:18:06 2nd-65+
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2/18/17 – 39th Annual Valentine Run –

5.37M

1	Jorn Jensen (A)	32:20
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2	Calvin Do (B)	33:20
3	Jos Aubuchon (D)	34:38
4	Mary Kriege (E)	35:45 PR
5	Nor.McAllister(E)	36:15
6	Scott Bang (F)	37:04
7	Dino Delyani (C)	37:38
8	Becki Kriege (B)	37:48
9	Rbt Navarrete(B)	38:41 PR
10	George Lo (D)	39:14
11	Missy Sudan (A)	39:27
12	Mike Krey (A)	39:51
13	Bob Kemp (B)	40:43
14	Paul Taylor (C)	43:13
15	Carol Bednar (D)	44:03
16	Catherine Frye(F)	45:56
17	Liz Nast (E)	46:42
18	Nick McAllister(F)	50:36
19	Rich Hahn (E)	54:53
20	Neil Gelblum (C)	58:02
21	Don Packwd (D)	66:51 RW

Team Results

1	Team B	49
2	Team C	49
3	Team A	50
4	Team E	50
5	Team F	50
6	Team D	52

We've had a lot of rain lately but very little during the race this morning. Jorn led the men, Mary led the ladies. And, the team of Jorn Jensen, Mike Krey, and Missy Sudan finished first and got the first pick of the 24 boxes of candy. Thanks to Danny Moon and Chris Blue for helping at the finish line as they did a very good job –not a single mistake was noted. Also thanks to Mike Kriege, our lead bicyclist and Mike Krey for helping to mark the course.

2/19/17 Double 8K in Palo Alto

Kat Powell 47:52 2nd-65+

3/4/17-Nor Cal 10M

69	Tom O'Connor	72:16 5th-60+
121	Glenn Kishi	90:44
130	Kristian Petersn	99:02

We had no scoring team in this race

3/12/17-Race To A Star 5K

39	Jorn Jensen	17:13 2nd-45+
57	Ray Rodriguez	18:00 1st-55+
68	George Cross	18:24 5th-50+ 107

119	Tom O'Connor	20:08 4th-60+
121	Dino Delyani	20:14 7th-55+
132	Brian Davis	20:46 8th-60+
137	Nancy Eubanks	20:49 8th-35+
138	Becki Kriege	20:53 2nd-50+
148	Rbt Navarrete	21:18 10th-60
153	Missy Sudan	21:24 6th-45+
154	Jim Bordoni	21:33
158	Mike Krey	21:47
172	Dalila Rodriguez	23:04 9th-45+
174	Norm Takeuchi	23:10
179	Dan Anderson	23:32
199	Kelly Emo	25:15 7th-50+
214	Bill Dodson	28:29 1st-80+

Our 40+ women finished 4th, our 50+ men finished 2nd, and our 60+ men finished 2nd.

3/26/17 – Rock n' Roll Half Mar-SF

Kat Powell 2:21:11 3rd-65+

4/2/17-Sactown 10M

52	Juan Rivera	60:47 7th-35+
66	Ray Rodriguez	63:18 2nd-55+
116	Tom O'Connor	68:43 3rd-60+
176	Nancy Eubanks	75:52
237	Dalila Rodriguez	82:56
324	Glenn Kishi	91:05
523	Bill Dodson *	110:00 1st-80+

Our 50+ men finished 2nd

4/23/17-Stow Lake 5K

46	Jorn Jensen	17:21 1st-45+
88	Mary Kriege *	18:31 10th-Op
138	Norry McAllister	19:48 3rd-60+
144	Brian Davis	19:56 4th-60+
148	Tom O'Connor	20:00 5th-60+
151	Ken Camet	20:03 8th-55+
157	Scott Bang	20:13
161	Dino Delyani	20:23 10th-55+
207	Robrt Navarrete	21:34 10th-60+
210	Aaron Lee	21:38
218	Mike Krey	21:38
274	Norm Takeuchi	23:32
351	Bill Dodson *	28:15 1st-80+

* Races for another club

Our 60+ men finished 1st and our 50+ men finished 5th.

4/23/17 – Ruth Anderson 50K

Kat Powell 8:01
Nor McAllister 19:41 3rd-60+

4/30/17 –Great Race – 4.0M

20	Norry McAllister	25:21 1st-60+
39	Rbt Navarrete	27:23 2nd-60+
54	Mike Krey	28:13 3rd-60+
119	Dave McIntyre	30:54
176	Carolyn Benson	33:00 3rd-60+
255	Joe Beyers	35:06
572	Dena Noble	43:19
862	Alvin Jackson	53:35 3rd-70+

5/29/17 – Marin 10K

49	Jorn Jensen	35:47 3-45+
71	Ray Rodriguez	37:04 2-55+
143	Tom O'Connor	40:04 5-60+
152	Ken Camet	40:33 9-55+
154	Brian Davis	40:37 6-90+
162	Scott Bang	41:33
165	Dino Delyani	41:37 9-60+
166	Norry McAllister	41:37 10-60+
226	Mike Krey	44:54
266	Marian Richard	47:51 5-55+
280	Dalila Rodriguez	48:57
318	Carol Bednar	51:46
333	Carolyn Benson	53:01 7-60+
357	Glenn Kishi	55:37
386	Bill Dodson	58:18 1-80+
391	Kat Powell	60:42 5-65+
402	Dave Norlander	64:31 3-75+

Our 40+ women finished 5th, our 50+ men finished 4th, and our 60+ men finished 1st.

6/25/77 – Bang Mile

Overall Results

38	Jorn Jensen	4:50.0	6th-40+
49	Calvin Do	4:54.8	
68	Ray Rodriguez	5:08.1	7th-50+
79	Norry McAllister	5:17.9	2nd-60+
84	Scott Bang	5:25.1	
88	Brian Davis	5:27.6	3rd-60+
90	Geoff Bradley	5:28.5	
97	Tom O'Connor	5:35.9	5th-60+
98	Dino Delyani	5:36.5	6th-60+
100	Ken Camet	5:37.8	
104	Jim Bordoni	5:40.6	7th-60+
122	Brian Conroy	5:50.0*	
128	Missy Sudan	5:54.4	10th-40+
142	Mike Krey	6:16.3	
156	Dave McIntyre	6:52.5	
158	Dalila Rodriguez	6:58.5	
164	Kelly Emo	7:12.3	
169	Bill Dodson	7:50.5*	
173	Kat Powell	8:13.4	9th-50+
175	Dave Norlander	8:20.2	3rd-70+

* = Competes for another club

Our 40+ men finished 3rd, our 40+ women finished 4th, our 50+ men finished 2nd, and our 60+ men finished 1st.