



# WVJS



## VOL XXXVIII-#1 WEST VALLEY JOGGERS & STRIDERS March 2009

### Saturday Workouts

04/04/09	16 x 300M Relay	06/06/09	All Courses Day
04/11/09	Dou/Sar/Fruitvale – 2.75M	06/13/09	16 x 300M Relay
04/18/09	Step-up & Step-down Relay	06/20/09	Valle Vista (3.0 miles)
04/25/09	Farwell/H (4.68 miles)	06/27/09	One Mile on the Track
05/02/09	36 x 200M Relay	07/04/09	Triangle Run (4.76 miles)
05/09/09	16 x 400M Relay	07/11/09	5K on the Track
05/16/09	Farwell (3.54 miles)	07/18/09	Dou/Sar/Fruitvale (2.75M)
05/23/09	8 x 0.66 mile Tennis Court Loop Relay	07/25/09	Farwell/H (4.68M)
05/30/09	Short Six (5.74 miles)	08/01/09	One Mile on the Trac

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

Tentative for 2009

04/19/09	Zippy 5K (1.0)
04/26/09	Big Sur 5K (1.0)
05/25/09	Marin 10K (1.0)
06/20/09	Shriner's 8K (1.0)
TBA	Banana Chase 5K (1.0 or 1.5)
10/18/09	Humboldt Half Mar (1.5)
11/08/09	Clarksburg 30K (2.0)
11/26/09	Synaptics 5K (2.0)
12/06/09	Cal Intl Mar (2.0)
12/13/09	Xmas Relays (1.0 or 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  
 The following USATF Races – 10M, 12K, Zippy 5K, Big Sur 5K, Marin 10K, 8K, Banana 5K, Clarksburg 30K  
 06/14/09 Holy City Race  
 08/xx/09 Damit Run  
 09/13/09 Santa Cruz XC Race  
 10/25/09 Hollister Road Mile  
 The Great Race was voted into the contest  
 But must be replaced with the Big Sur 5K  
 Grand Prix race because it is on the same  
 Date. There is no Grand Prix road mile  
 Scheduled for this year.

#### Other Popular Races

04/05/09	Run For Zimbabwe 1M races
04/19/09	Santa Cruz Half Marathon
04/26/09	The Great Race
05/03/09	Devil Mountain 5K/10K
05/23/09	Morgan Hill 5K/10K
06/07/09	Run For Lupus 5K at WVC
07/04/09	San Ramon 5K/10K
07/19/09	Jungle Run-10K/Half Marathon
07/26/09	San Francisco Marathon

#### Sunday Runs

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

## 2008 PA/USATF Road Grand Prix

#### Open Men

Our open men's team finished in 6th place. Aaron Lee is our team captain.

#### Open Women

Our open women's team finished in 6th place. Missy Sudan is the team captain. Individually, Stephanie Bambury and Missy Sudan finished in 6th and 32nd places in the short race division.

#### 40+ Men

Our 40+ men's team finished in 3rd place. Al Murray is our team captain. Individually, Scott Bang finished in 11th place and Magnus Wiklund in 22nd place in the short race.

#### 40+ Women

Our 40+ women's team finished in 2nd place. Kelly Emo is the team captain. Becki Kriege finished in 4th place and Carol Bednar in 22nd place in the short race division. Carol finished in 6th place in the long race division.

#### 50+ Men

Our 50+ men's team finished in 1st place for the third consecutive year. Tom O'Connor is our 50+ team captain. Individually, Brian Davis finished in 3rd place, Al Murray in 6th place, Dave Woodruff in 8th place, Dennis Kurtis in 9th place, Tom O'Connor in 10th place, Jim Bordoni in 21st place, and Brian Conroy in 24th place in the short race division. Brian finished in 2nd place, Dave Woodruff in 5th place, Tom O'Connor in 7th place, and Neil Gelblum in 14th place in the long race division.

#### 50+ Women

Our 50+ women's team finished in 5th place. Kat and Pauline Beatty are the team captains. Christine Kennedy finished in 6th place in the short race division and 1st place in the long race division. Chris blue finished in 40th place in the short race division and Kat Powell finished in 12th place in the long race division. Christine not only excelled in her own 50+ division but she also finished 7th in the open women's long race division and 4th in the 40+ women's long race division.

#### 60+ Men

our 60+ men's team finished in 1st place. Joe Hurtado is the team captain. Individually, Bill Duun, Jim Howe, Ron Kiyono, and Joe



Hurtado finished in 1st, 2nd, 4th and 9th places in the short race division. Bill, Jim, Joe, Ron, and Bob Schmitt are in 1st, 3rd, 5th, 6th, and 9th places in the long race division.

Our 70+ men's team finished in 2nd place for the fifth year in a row. Will 2009 be our breakthrough year? Eddie Reyna is the team captain. Individually, Carl Petersen, Eddie Reyna, Ed Singleton, Glynn Wood, and Ken Noel finished in 4th, 5th, 6th, 9th, and 12th places in the short race division. Carl, Eddie, Ed, and Ken finished in 4th, 5th, 16th, and 17th places in the long race division.

**70+ Men**

**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>

Long-time club member Bill Flodberg died on 3/16/09 at age 75. He was seriously injured in a pedestrian accident about a month ago and died of complications resulting from that accident. Bill was born and raised in Watsonville. He first started running competitively in 1947 and continued in the running movement in Northern California until his death. He helped organize more than 25 different road and cross-country races. As a stringer for such publications as Runners World, The Dispatch and the Register Pajaronian, Bill contributed more than 500 articles on running. He also coached cross-country at Gavilan College, California High School, Blue Ridge School, the Watsonville YMCA and Dover Elementary School.

**Our club won the 2008 Pacific Association of the USATF Grand Prix "Club of the Year" award for participation and achievement in the various grand prix events. Congratulations to all those club members who contributed to winning this award.**

Based upon age, presently our two best runners are Christine Kennedy and Dennis Kurtis.

Christine was voted the #2 50+ woman runner in the United States by **Running Times** magazine for 2007. She broke the Across the Bay 12K record in March by 2 ½ minutes. She won the 50+ division of the National Masters 10K race held in Austin, Texas in April. And, she had the #1 performance for both sexes and all age groups at the Humboldt Half Marathon in October at 95.2%.

Dennis was given honorable mention by **Running Times** in the 50+ division for 2007. He won this recognition in the 50+ division even though he was 3 years into that age category during 2007. He had the 4th best age-graded performance at the Humboldt Half Marathon. He had the best age-graded performance at the National Corporate 10K race. And, In January of this year, Dennis broke the Texas state record for a 55-year-old runner by seven minutes at the Houston Marathon with a quick 2:52:03.

Dave Piazza was struck by a car on Xmas Eve while out on a run. He landed on the hood of the car and then rolled off onto the road. After exchanging information with the driver and talking to the police, he ran the remaining 6 miles back to his house. Three days later he ran the 8th best-ever 50+ time for the Short Six course. When he told Bob Pickens and Tom O'Connor about the incident when he ran with him on Saturday, they gave him their sympathy and then immediately continued with their previous conversation.

John Pickens had two brain surgeries during a 4-week period at the end of the year to remove a non-cancerous tumor at the base of his brain. He is doing fine and has gone back to work.

Mark Goldman tore the meniscus in one of his knees during December. He recently had surgery and hopes to be back running within a couple of months.

Jean Harris, Scott Bang, and Bjorn Samson recently were issued citations for being in Rancho San Antonio Park after dark. They did park their cars outside the park prior to their early evening run. Somehow the rangers became aware that runners were still in the park and were waiting for the threesome as they finished their run. One was immediately captured and given a warning. The other two hid for awhile and then came forth and were given citations.

Tom Zades won the 60+ division at the prestigious **Runners With Canes** race at Hellyer Park on 3/22. He was a little nervous when he spotted three other 60+ runners with their nurses shortly before the race. Fortunately, he told them that the start was a few miles away at Tully and Hwy 101 and, thus, was able to win his division as the only competitor in that division.

**2008 RUNNER OF THE YEAR CONTEST**

Contest points were earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. Scoring 4,000 points wins a gold award, those scoring 3,000+ wins a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. The final scores for 2007 were:

Joe Hurtado	2979	1065	4044	Gold Award	The previous winners have been:					
Jeff Rohrer	2657	640	3297	Silver Award						
Neil Gelblum	2405	600	3005	Silver Award	1978	Phil Sanfillipo	4865	1993	Tim Rostege	3928
Scott Bang	2115	670	2785	Bronze Award	1979	Phil Sanfillipo	5022	1994	Joe Hurtado	4037



Kat Powell	1712	960	2672	Bronze Award	1980	Phil Sanfillipo	5659	1995	Tom Warfel	4113
Carol Bednar	2011	660	2671	Bronze Award	1981	Ted Pawlak	7103	1996	Tom Warfel	3961
Jim Bordoni	1595	940	2535	Bronze Award	1982	Ted Pawlak	6405	1997	Tom Warfel	4089
Tom Warfel	1705	830	2535	Bronze Award	1983	Mike Hicks	5355	1998	Joe Hurtado	4012
Carl Petersen	1453	990	2443	Bronze Award	1984	Don Dugdale	5004	1999	Joe Hurtado	3881
Dave Norlander	1032	840	1872		1985	Don Dugdale	4084	2000	Joe Hurtado	4260
Walt Van Zant	824	990	1814		1986	Bob Herndon	4303	2001	Joe Hurtado	3972
Norm Takeuchi	1281	0	1281		1987	Don Dugdale	4341	2002	Joe Hurtado	3946
Rich Hahn	640	270	910		1988	Frank Ruona	4032	2003	Joe Hurtado	4119
Ken Napier	497	60	557		1989	Jake White	3841	2004	Joe Hurtado	4027
					1990	Tom Warfel	4231	2005	Joe Hurtado	4242
					1991	Tom Warfel	4118	2006	John Mintz	5920
					1992	Jim Whalen	3603	2007	Joe Hurtado	4053

## 2008 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. The final standings to for 2008 for all who scored in five or more races are as follows:.

### Elite Division

Scott Bang (8)	200
Brian Davis (8)	194
Dennis Kurtis (8)	190
Mike Bordoni (8)	188
Al Murray (8)	172
Dave Piazza (8)	166
Bob Pickens (8)	164
Tony Scardina (8)	149
Andy Lief (6)	142
Mike Kriege (7)	142
Casey Reinking (5)	104

### A Division

Magnus Wiklund (8)	200
Tom O'Connor (8)	200
Jeff Rohrer (8)	192
Chris Kennedy (8)	190
David Woodruff (8)	182
Becki Kriege (7)	179
Bill Dunn (8)	176
Jim Howe (8)	167
Jim Bordoni (8)	158
Frank Prabel (8)	154
Brian Conroy (8)	150
Aaron Lee (8)	137
Miissy Sudan (7)	123
Ron Blancas (5)	101
Stephanie Bambury (5)	95
Rikke Preisler (5)	83

### B Division

Neil Gelblum (8)	198
Ron Kiyono (8)	198
Dino Delyani (8)	197
Joe Hurtado (8)	186
Jeff Bedolla (8)	176
Bob Schmitt (8)	170
Art Mitchum (7)	167
Dave McIntyre (8)	165
Todd Hayes (7)	160
Joe Johnson (7)	151

### C Division

Carol Bednar (8)	199
Carl Petersen (8)	198
Rich Hahn (8)	185
Kelly Emo (6)	129
Marion Richard (5)	120
Mark Isaacson (5)	117
Helen Wong (5)	110

### D Division

Kat Powell (8)	200
Dave Norlander (8)	192
Chris Cassell (6)	125
Uyenthi Tran (5)	121

### E Division

Pauline Beatty (8)	200
Chris Blue (8)	196
Eddie Reyna (8)	190
Tim Riley (8)	170
Georgia Riley (8)	169
Dena Noble (4)	143
Ed Singleton (6)	124
Ken Noel (5)	109

## 2008 All-Comer Meets Grand Prix

This is the second year that we are holding a track Grand Prix based upon results at the Los Gatos winter and summer all-comer meets. We scored your best four events out of eight possible events – 60M, 100M, 200M, 400M, 800M, 100M/Mile, 2 miles, and 5K. Each event was scored using the WAVA age-graded performance tables. Shown below are the scores for all who competed in three events or more.



## Event Scores

Pl	Runner	Total	60M	100M	200M	400M	800M	1500/Mile	2 Mile	5K
1	Mark Pasos (48)	358.7	92.67	90.90	89.83	85.35				
2	Dimitri Stefanidis(50)	341.2		85.12	85.91	86.29	83.89			
3	Jim Bordoni (55)	331.9				80.53	87.05	83.01	81.33	
4	Art Mitchum (56)	324.0			78.41	80.10	85.44	80.08		
5	Tom O'Connor (52)	321.8	78.34		74.78	78.82	82.85	81.81		
6	Andy Lief (42)	320.0					78.68	80.89	80.78	79.68
7	Danny Moon (60)	312.5			78.49	78.08	79.59	76.31		
8	David Woodruff (50)	311.0				74.09	79.96	80.24	76.69	
9	Jeff Rohrer (48)	310.2				73.06	79.52	79.38	78.25	
10	Brian Conroy (52)	303.9			70.95			78.69	78.20	76.01
11	Magnus Wiklund (41)	303.5			77.75			77.03	74.99	73.73
12	Chris Cassell (52)	299.9	82.04	76.29	74.09	67.47				
13	Dave McIntyre (45)	280.7	76.03		72.51	67.69		64.50		
14	Aaron Lee (34)	196.2					66.16	66.06	63.94	
15	Ed Reyna (77)	171.4		56.81	57.21	57.34				

## Event Times

Pl	Runner	Total	60M	100M	200M	400M	800M	(1500)/Mile	2 Mile	5K
1	Mark Pasos (48)	358.7	7.64	11.98	24.48	57.13				
2	Dimitri Stefanidis(50)	341.2		12.97	25.97	57.33	2:19.13			
3	Jim Bordoni (55)	331.9				63.84	2:19.70	5:20.28	11:40.71	
4	Art Mitchum (56)	324.0			29.69	64.72	2:23.60	(5:10.52)		
5	Tom O'Connor (52)	321.8	9.28		30.25	63.73	2:23.18	(4:53.70)		
6	Andy Lief (42)	320.0					2:19.69	4:56.54	10:37.22	17:09.72
7	Danny Moon (60)	312.5			30.54	68.67	2:39.81	6:04.64		
8	David Woodruff (50)	311.0				66.77	2:25.97	(4:54.55)	11:53.00	
9	Jeff Rohrer (48)	310.2				66.74	2:24.52	5:16.21	11:28.00	
10	Brian Conroy (52)	303.9			31.88			5:29.42	11:50.77	19:25.54
11	Magnus Wiklund (41)	303.5			26.92			5:09.15	11:21.49	18:24.80
12	Chris Cassell (52)	299.9	8.91	14.76	30.76	75.03				
13	Dave McIntyre (45)	280.7	9.18		29.90	71.00		6:23.20		
14	Aaron Lee (34)	196.2					2:37.17	(5:18.10)	12:41.37	
15	Ed Reyna (77)	171.4		24.36	49.69	113.06				

## SATURDAY WORKOUT RESULTS

### 12/13/08 – Short Six – 5.74 Miles

1	Andy Williams	37:06
2	Paul Taylor	38:38PR
3	Dino Delyani	39:06
4	Slim Pickens	39:38
5	Neil Gelblum	41:31
6	Mike Krey	42:07
7	Aaron Lee	42:15
8	Des Knuckerey	42:43
9	Carl Petersen	43:58
10	Tim Rostege	44:14
11	Brian Low	45:00
12	Kristina Park	45:38
13	Bob Schmitt	46:31
14	Dave Norlander	46:32
15	Kelly Emo	48:38
16	Rich Collins	50:40
17	Chris Blue	51:43
18	Kat Powell	52:33
19	Tim Riley	54:49
20	Eddie Reyna	56:36
21	Georgia Riley	56:56
22	Jim Myers	57:02
23	Walt Van Zant	57:38

24	Marcia Morrison	57:45
25	Tom Zades	61:14
Dick Barrett Trophy – Chris Blue		
Andy Williams added a quarter mile to the run by missing the Austin cutover to Quito and continuing on Hwy 9 until he reached Quito. But, he still won. Paul Taylor ran the only PR, improving his best time by 3 seconds. Carl Petersen improved his 70+ PR but remained in second place on the all-time 70+ list, 32 seconds behind Ray Stewart. Eddie Reyna became the third 75+ club member to complete this difficult course. Howard Powers and Stan DeMartinis are the other two. Marcia Morrison recorded the third best-ever women's 60+ time for this course.		

### 12.20/08 – Valle Vista – 3.0 Miles

1	Mike Bordoni	16:43
2	Scott Bang	16:50
3	Dave Piazza	17:40

4	Bob Pickens	17:41
5	Jim Bordoni	19:05
6	Jeff Rohrer	19:17
7	Dino Delyani	19:22
8	Becki Kriege	19:24
9	Nory McAllister	19:33
10	Aaron Lee	20:12
11	Mike Krey	20:13PR
12	Carol Bednar	20:17PR
13	Des Knuckey	20:33
14	Greg Burke	20:55
15	Danny Moon	21:06
16	Todd Hayes	21:13
17	Helen Wong	22:09
18	Tim Rostege	22:19
19	Carl Petersen	22:30
20	Cecilia Wiklund	22:31PR
20	Magnus Wiklund	22:31
22	Bob Schmitt	22:34
23	Dave Norlander	22:47
24	Rich Collins	24:14
25	Joe Hurtado	25:39
26	Kelly Emo	25:45
27	Ed Gavin	25:46

28	Kat Powell	26:03
29	Tom Warfel	26:30
29	Chris Blue	26:30
31	Ken Noel	26:59
31	Tim Riley	26:59
33	Georgia Riley	28:52
33	Pauline Beatty	28:52
35	Don Packwood	33:45

Dick Barrett Trophy Winner – Carol Bednar

Cold this morning (36 degrees when we arrived at the college at 7:30AM). Close win for Mike over Scott. Dave Piazza recorded the #13 best by a 50+ club runner. Dino missed his PR by 5 seconds. Becki was pleased to complete her first road run in several months. Mike Krey PRd by 4 seconds. Carol improved by 32 seconds but stayed #7 on the women's 40+ list but is now just 1 second behind Madelyn Moon. She also took the lead in the C division of the Cum Sat contest, 12 seconds in front of Tim Rostege and 13 seconds in front of Carl Petersen with just one week to go in the contest. Danny Moon was extremely pleased to knock 59 seconds off his 60+ best to move into #19 on the 60+ list. Cecilia improved her best by 29 seconds. Rich Collins improved his 65+ best by over 3 minutes. It was his best time on this course since May 2001. Ken Noel improved his 70+ best by 31 seconds but still remained in last place in the 70+ division. He is eagerly awaiting your editor's arrival in the 70+ division in 4 months so that he can escape last place. Ed Gavin ran this course for the first time in 5 years. Paul Taylor and Neil Gelblum braved the cold weather to help time us.

**12/27/08-All Courses Day**

**Douglas-2.75M**

1	Frank Prabel	18:37
2	Carol Bednar	18:48 PR
3	Casey Reinking	19:36
4	Joe Hurtado	19:38
5	Marian Richard	19:43
6	Rich Collins	23:43
7	Jim Myers	24:11
8	Chris Cassell	28:24

**Valle Vista-3.0M**

1	Dave Woodruff	18:47
2	Brian Low	22:32
3	Georgia Riley	27:19

4	Walt Van Zant	30:50
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**Farwell-3.54M**

1	Jack Bordoni	22:26
2	Jim Bordoni	22:30
3	Becki Kriege	24:22
4	Kristina Park	24:35
5	Mike Krey	24:44
6	Danny Moon	24:46
7	Pauline Beatty	29:11
8	Chris Blue	32:15

**Farwell/H-4.68M**

1	Paul Taylor	30:50 PR
2	Al Murray	33:17
3	Carl Petersen	33:33 PR
4	Tim Rostege	34:48
5	Kelly Emo	34:55
6	Bob Pickens	34:57

**Triangle-4.76M**

1	Mike Bordoni	28:23
2	Ed Gavin	42:59
3	Tim Riley	43:37
4	Ken Noel	43:50

**Short Six-5.75M**

1	Tom O'Connor	35:05 PR
2	Dave Piazza	35:09
3	Jorn Jensen	35:10
4	Jeff Rohrer	37:07
5	Neil Gelblum	40:35
6	Kat Powell	55:19

**Unknown Courses**

1	Dena Noble	37:31
2	Bob Schmitt	50:11

Dick Barrett Trophy Winner – Tom O'Connor

Despite the cold weather (36 degrees when we arrived at 7:30AM), there were several outstanding performances this morning. 50+ runners Tom'Connor and Dave Piazza raced hard over the Short Six course as they recorded the #7 and #8 all-time bests for 50+ runners. Many good 50+ runners, including 50+ record-holder Tim Rostege at 32:37, have run this course. Carl Petersen shattered the 70+ record set by Ray Stewart 11 1/2 years ago by 31 seconds. Carol Bednar improved her all-time PR by 46 seconds to move to #8 on the women's 40+ list. Frank Prabel, recovering from an injury, ran with us for the

first time in six months. Jim Bordoni ran the #15 best for a 55+ runner and Danny Moon ran the #16 best for a 60+ runner. Jorn Jensen, who turns 40 next March, ran a fast 35:10 for the Short Six course. Kim Chi rescued us at the last moment as we had a bunch of runners but no timers. Danny Moon assisted her after he staggered in from his Farwell run. Kat Powell ran the Short Six course for the third week in a row.

**1/3/09 – Triangle – 4.76 Miles**

1	Scott Bang	27:34
2	Magnus Wiklund	27:49 PR
3	Dennis Kurtis	27:57
4	Dave Piazza	29:00
5	Jean Harris	29:16
6	Andy Williams	29:20
7	Tom O'Connor	29:37
8	Bjorn Samson	29:49 PR
9	Jeff Rohrer	29:55
10	Chris Kennedy	30:26 PR
11	Dave Woodruff	30:26
12	Jim Bordoni	30:30
13	Paul Taylor	30:39 PR
14	Norry McAllister	30:47
15	Frank Prabel	31:25
16	Dino Delyani	31:28
17	Neil Gelblum	31:32
18	Slim Pickens	31:43
19	Casey Reinking	32:58
20	Carol Bednar	33:30
21	Mike Krey	33:36
22	Todd Hayes	33:58
23	Des Knuckey	34:06
24	Joe Hurtado	34:22
25	Carl Petersen	34:24
26	Marian Richard	34:45
27	Danny Moon	35:22
28	Tim Rostege	36:08
29	Bob Schmitt	38:00
30	Dave Norlander	38:06
31	Dave McIntyre	38:18
32	Tom Warfel	38:57
33	Rich Collins	40:59
34	Chris Blue	41:32
35	Jim Myers	43:31
36	Kat Powell	46:44
37	Chris Cassell	48:29
38	Don Packwood	50:44
39	Dena Noble	51:41

Dick Barrett Trophy Winner – Dennis Kurtis

Cold Morning (40 degrees) but many impressive performances and some spectacular performances. Scott Bang said that he threw in many surges until he was finally able to get away from Magnus and cruise to the win. Three age-group records were set. Dennis Kurtis broke Bill Mossie's 55+ record (set 22+ years ago) by 30 seconds. Chris Kennedy broke her own 50+ course record by 22 seconds. And, Carl Petersen broke Dave Valles' 70+ course record (set 14 years ago) by 18 seconds. Carl now holds four of the six course 70+ records. Dave Valles holds the Farwell record and Ray Stewart holds the Short Six record. Marian Richard ran the #6 best-ever time by a 45+ woman runner and Carol Bednar improved her 40+ best by 84 seconds to move to #7 on the women's 40+ list. Jim Bordononi moved to #13 on the 55+ list. Magnus and Paul Taylor improved their PRs by 16 seconds each. Danny Moon and Tom Warfel improved their 60+ bests by 3 minutes. Rich Collins improved his 65+ best by 15 seconds and Neil Gelblum tied his 55+ best. Dena Noble ran a terrible time because she allegedly had to stop and give directions to a distressed motorist. Helen Wong did a super job of helping with the timing. She didn't miss a name even though some incorrect names were called out to her.

**1/10/09 – 6 x 1600 Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	T.Riley/Beatty	1:00	47:56
2	Noel/Warfel	-0-	48:38
3	Myers/Tran	3:45	48:53
4	Ja.Bordononi/Woodruff	15:00	49:11
5	Hayes/Knuckey	11:15	49:12
6	Packwood/Krey	:30	49:18
7	Blue/Schmitt	4:15	49:23
8	Bednar/Matt Kriege	12:00	49:27
9	Takeuchi/A.Lee	10:30	49:31
10	Zades/Collins	-0-	49:36
11	Powell/Bloesch	4:00	49:42
12	Sudan/Bang	15:30	50:16
13	Wong/Prabel	10:30	50:18
14	Bedolla/Taylor	11:15	50:19
15	Jensen/Conroy	16:00	50:25
16	Petersen/Rostege	7:45	50:26
17	Hurtado/Delyani	11:45	50:26
18	Piazza/O'Connor	16:30	50:41
19	Norlander/Murray	12:00	51:24

Big turnout for this relay. The battle for the first three places wasn't close. But the competition for places 4 through 17 were very close as 75 seconds separated these 14 places. The top dogs for the guys were Jorn Jensen at 5:22 per run and Scott Bang at 5:23. Missy Sudan and Carol Bednar led the ladies at 6:12 and 9:27. Good timing job by Jim Bordononi and Madelyn Moon.

**1/17/09 – Dou/Sara/Frtvle – 2.75 Miles**

1	Bjorn Samson	15:41 PR
2	Jean Harris	15:47
3	Magnus Wiklund	16:07 PR
4	Dave Piazza	16:16
5	Jack Bordononi	16:38 PR
6	Jeff Rohrer	16:41
7	Dave Woodruff	16:43
8	Chris Kennedy	16:50
9	Bill Dunn	17:04
10	Peter Kettle	17:20
11	Norry McAllister	17:25
12	Aaron Lee	17:41
13	Kristina Park	17:42
14	Missy Sudan	17:44
15	Brian Conroy	17:47
16	Todd Hayes	18:17
17	Mike Krey	18:22 PR
18	Jackie McCleary	18:32
19	Neil Gelblum	18:35
20	Des Knuckey	18:39
21	Dino Delyani	18:50
22	Kelly Emo	19:16
23	Rich Hahn	19:29
24	Carl Petersen	19:35
25	Joe Hurtado	19:48
26	Tim Rostege	19:57
27	Dave McIntyre	20:07
28	Helen Wong	20:28
29	Uyenthi Tran	20:39 PR
30	Jeff Bedolla	20:56
31	Bob Schmitt	21:03
32	Dave Norlander	21:19
33	Ken Bloesch	21:37
34	Sara LaMarch	21:51
35	Tom Warfel	22:00
36	Mike Kolesnik	22:03
37	Rich Collins	22:37
38	Kat Powell	23:19
39	Tim Riley	24:10
40	Jim Myers	24:35
41	Tom Zades	25:01
42	Chris Blue	25:38

43	Walt Van Zant	26:36 PW
44	Don Packwood	28:15

Dick Barrett Trophy Winner – Christine Kennedy

Another cold morning (40 degrees). Jean Harris led for most of the way but encountered breathing problems about a half mile from the finish and had to let up. Bjorn, who had been running with Magnus, then surged to the front and won by about 30 yards. Christine Kennedy finished in the top 10 while breaking the women's 50+ record by 94 seconds. Jack Bordononi PRd by 43 seconds. Bjorn PRd by 23 seconds. Uyenthi PRd by 8 seconds. Mike Krey tied his PR. Jean missed his PR by 8 seconds. Dave Woodruff missed his all-time PR by 2 seconds but improved his 50+ best by 6 seconds. Rich Collins knocked 66 seconds off his 65+ best, Rich Hahn improved his 45+ best by 25 seconds, and Tom Warfel improved his 60+ best by 24 seconds. Kelly Emo ran her best time on this course in over 2 years. Bill Dunn finished within 19 seconds seconds of his 60+ course record and Carl Petersen finished within 17 seconds of his 70+ course record. Peter Kettle, Jackie McCleary, Ken Bloesch, and Sara LaMarch ran a Saturday road run with us for the first time. Thanks to Jim Bordononi, Danny Moon, and Brian Low for doing the timing on this cold morning.

**1/24/09 – 5K on the Track**

1	Scott Bang	17:32
2	Bob Pickens	17:44
3	Magnus Wiklund	17:56
4	Dave Piazza	18:31
5	Tom O'Connor	18:41
6	Andy Williams	18:58
7	Jeff Rohrer	18:59
8	Jim Bordononi	19:01
9	Peter Kettle	19:11
10	Dave Woodruff	19:17
11	Al Murray	19:21
12	Chris Kennedy	19:23
13	Bill Dunn	19:28
14	Paul Taylor	19:35
15	Ken Camet	19:41
16	Brian Conroy	19:50
17	Missy Sudan	19:57
18	Dino Delyani	20:00

19	Aaron Lee	20:10
20	Tim Souza	20:23
21	Carol Bednar	20:31
22	Todd Hayes	20:41
23	Dave McIntyre	21:01*
24	Des Knuckey	21:12
25	Heather Rohrer	21:36
26	Danny Moon	21:46
27	Alex Williams	21:47
28	Joe Hurtado	21:50
29	Carl Petersen	22:05
30	Cecilia Wiklund	22:24*
31	Sara LaMarch	22:26*
32	Faye Stottrup	22:28*
33	Dave Norlander	22:53
34	Rikke Preisler	23:06
35	Bob Schmitt	23:09
36	Helen Wong	23:12
37	Jeff Bedolla	23:14
38	Uyenthi Tran	23:42
39	Pauline Beatty	24:41
40	Rich Collins	26:02
41	Rick Kananen	26:05
42	Kat Powell	26:55
43	Jim Myers	27:28
44	Tom Zades	27:59
45	Tim Riley	28:06
46	Georgia Riley	28:31
47	Chris Cassell	30:13
48	Don Packwood	35:07 RW
49	Tom Warfel	38:47 Inj

\* These runners probably ran a lap short of 5K

Dick Barrett Trophy Winner – Tom Warfel

Big turnout for this event. And, for a change, we had decent weather – mid 50s and no wind – but the track was wet. Scott Bang ran splits of 5:37 and 11:16 on his way to an easy win. Slim Pickens had a good run to finish 2nd. Christine Kennedy led the 13 ladies who ran with splits of 6:16 and 12:30 on her way to a 19:23. Heather Rohrer, an 8th-grader, ran a great 21:36. Paul Taylor improved his time from last year by 18 seconds. Pauline ran her best 5K in at least 4 years. Someone impersonating Chris Cassell ran 5 minutes slower than Chris' 2008 best 5K. Rich Collins and Tim Riley, who ran great last week (drug-enhanced performances?), ran at a considerably slower pace this morning. Tom Zades continued to make significant improvement. Tom Warfel pulled his hamstring but still managed to finish.

**1/31/09 – 8 x 0.66M Tennis Court Loop**

**Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finsh</u>
1	VanZant/Bambury	1:00	40:14
2	Bedolla/Parhar	1:00	40:36
3	Blue/Preisler	:30	40:38
4	Collins/Krey	2:30	40:49
5	Myers/Schmitt	:30	41:14
6	Packwood/Bang	-0-	41:32
7	Conroy/Dunn	8:30	41:49
8	Al.Williams/An.Williams	9:15	41:59
9	Harter/Norlander	2:00	42:02
10	Park/Gelblum	8:15	42:12
11	C.Wiklund/M.Wiklund	7:45	42:17
12	H.Rohrer/J.Rohrer	9:00	42:21
13	Powell/Bloesch	-0-	42:21
14	Beatty/Souza	5:00	42:21
15	Prabel/McAllister	9:00	42:49
16	D.Moon/O'Connor	9:00	43:36
17	Zades/Rostege	1:15	43:40

Phantom Dick Barrett Trophy Winner – Rikke Preisler

Good turnout despite the cold weather (38 degrees when we arrived). Tough relay to run because the course was torn up due to construction -- a few right-angle turns to slow us and we had to run up about 15 steps and run through the volleyball court to get to the road. The Bambury team won but win was tainted by giving Stephanie a generous rating (This rating was given to her by her teammate, the handicapper). The second-place finish was tainted because Gurinder was given a generous rating when he showed up for the first time in eight months. So, the 3rd place team won the weekly trophy. The top runner for the guys was Magnus Wiklund with a 3:43 average. Stephanie led the ladies with a 4:03 average. Danny Moon ran a horrible 5:22 on his first run (Did the gamblers get to him with a substantial bribe payment?). In retrospect, Tim Rostege got a too-fast rating and his team paid the price with a last place finish. If we are scheduled to run this relay or the 0.33M relay and the course is still torn up, we will run a different relay on that day. It appears that most runners did not like running this relay under the conditions that we had this morning.

**2/7/09 – Farwell/H – 4.68 Miles**

1	John Weru	25:11	PR
2	Duncan Weru	26:13	
3	Scott Bang	27:08	
4	Tom O'Connor	27:50	PR
5	Andy Williams	28:19	
6	Dave Piazza	28:32	
7	Chris Kennedy	29:05	
8	Dennis Kurtis	29:07	
9	Al Murray	29:15	
10	Dave Woodruff	29:34	
11	Rick McConnell	30:03	
12	Bill Dunn	30:04	
13	Dino Delyani	30:19	PR
14	Norry McAllister	30:21	
15	Paul Taylor	30:45	PR
16	Missy Sudan	30:53	
17	Brian Conroy	31:25	
18	Frank Prabel	31:31	
19	Neil Gelblum	31:39	
20	Carol Bednar	33:27	
21	Jeff Rohrer	33:44	
21	Heather Rohrer	33:44	
23	Joe Hurtado	34:03	
24	Kelly Emo	34:09	
25	Tim Rostege	34:13	
26	Rikke Preisler	34:40	
27	Dave McIntyre	35:16	
28	Bob Schmitt	35:20	
29	Cecilia Wiklund	35:40	
30	Magnus Wiklund	35:41	
31	Carl Petersen	36:06	
32	Helen Wong	36:35	
33	Sara Lararch	36:37	
34	Glenn Kishi	37:54	
35	Ken Bloesch	39:04	
36	Dave Norlander	39:10	
37	Rich Collins	39:43	
38	Ed Gavin	40:05	
39	Rick Kananen	40:48	
40	Chris Blue	42:27	
41	Tim Riley	44:08	
42	Jim Myers	44:14	
43	Tom Zades	44:38	
44	Georgia Riley	46:45	
45	Don Packwood	47:14	
46	Chris Cassell	48:02	

Phantom Dick Barrett Trophy Winner – John Weru

Many good performances this morning. New club member John Weru (2:17 marathon best) and his brother finished 1-2.

John, who ran with us once before in November 2007, PRd by 65 seconds. Christine Kennedy led the ladies while breaking the women's 50+ course record by 3 minutes. Scott Bang improved his 40+ best by 10 seconds. Tom O'Connor PRd by 40 seconds to move to #8 on the 50+ list. Dennis Kurtis ran easy but still recorded the #7 best 55+ time. 8th-grader Heather Rohrer averaged 7:12 per mile. 8-year-old Cecilia Wiklund averaged 7:37 per mile. Tim Rostege came within 5 seconds of his 65+ best. Rich Collins improved his 65+ PR by 2 ½ minutes. Ed Gavin ran this course 2 minutes faster than last year. Chris Blue recorded the #2 women's time. Don Packwood knocked 4 minutes off his 65+ PR. Tom Zades ran 4 minutes faster than last year. Tim Riley missed his 65+ best by just 2 seconds. We had 11 women runners this morning. As usual, a good timing job by Jim Bordoni, Danny Moon, and Madelyn Moon.

**2/14/09 – Farwell -3.54 Miles**

1	John Weru	19:14.5
2	Duncan Weru	20:13.0
3	Scott Bang	20:30.1
4	Andy Williams	21:29.1
5	Dave Woodruff	22:23.6
6	Tim Souza	22:24.6
7	Bill Dunn	22:27.0
8	Frank Prabel	22:38.0
9	Paul Taylor	22:39.6 PR
10	Missy Sudan	22:49.5
11	Dino Delyani	23:04.7
12	Aaron Lee	23:53.1
13	Mike Krey	25:45.3
14	Carl Petersen	26:03.8
15	Dave McIntyre	26:23.2
16	Joe Hurtado	26:28.0
17	Helen Wong	26:37.2
18	Uyenthi Tran	26:39.5 PR
19	Jeff Bedolla	27:25.3
20	Glenn Kishi	27:25.7
21	Brian Low	27:51.3
22	Ken Bloesch	28:07.4
23	Dave Norlander	28:12.5
24	Rick Kananen	29:11.6
25	Pauline Beatty	29:27.3
26	Kat Powell	31:29.1
27	Ken Noel	31:43.x
28	Don Packwood	32:32.3
29	Tom Warfel	33:04.2
30	Tom Zades	34:26.5

31 Chris Cassell 34:56.4

Phantom Dick Barrett Trophy Winner –  
Uyenthi Tran

John and Duncan finished 1-2 for the second week in a row as they went by the first mile together in 5:50. John then picked up the pace to pull away for the win, passing the 2-mile mark in 10:49. Missy led the ladies. Uyenthi and Paul Taylor ran the only PRs with improvements of 82 and 37 seconds. Frank Prabel missed his PR by 9 seconds and Dino missed his PR by 14 seconds. Tim Souza improved his 45+ best by 82 seconds, Ken Noel improved his 70+ best by 55 seconds, and Don Packwood improved his 65+ best by an impressive 7 minutes. Tom Zades claimed that if Dena had been here that he would have clobbered her with his 9:43 per mile pace. The two best dashes to the finish line were the Woodruff/Souza and Bedolla/Kishi finishing sprints. Thanks to Danny Moon and Dick Chimenti for their help with the workout.

**2/21/09 – Valentine Team Race-5.37M**

1	John Weru (A)	30:22
2	Duncan Weru (B)	30:30
3	Scott Bang (C)	31:47
4	Jorn Jensen (E)	31:54
5	Dennis Kurtis (D)	32:01 PR
6	Tom O'Connor (G)	32:57 PR
7	Andy Williams (H)	33:08
8	Dave Piazza (I)	33:10
9	Jeff Rohrer (J)	34:10
10	Tim Souza (G)	34:51
11	Bob Pickens (F)	35:05
12	Dave Woodruff (J)	35:07 PR
13	Al Murray (K)	35:09
14	Bill Dunn (F)	35:25
15	Missy Sudan (E)	35:30
16	Frank Prabel (I)	36:30
17	Neil Gelblum (C)	36:36
18	Todd Hayes (B)	37:16
19	Rikke Preisler (D)	39:11
20	Des Knuckey (A)	39:13
21	Mike Krey (A)	39:30
22	Matt Kriege (D)	40:10 PR
23	Liz Nast (H)	40:22
24	Joe Hurtado (C)	40:25
25	Carl Petersen (F)	41:06
26	Helen Wong (K)	41:12
27	Bob Schmitt (J)	41:40

28	Dave McIntyre (E)	41:52
29	Mary Kriege (B)	41:55 PR
30	Dave Norlander (I)	42:24
31	Jeff Bedolla (G)	42:48
32	Cecilia Wiklund (K)	43:34
33	Magnus Wiklund (J)	43:35
34	Glenn Kishi (I)	45:22
35	Pauline Beatty (H)	46:00
36	Tom Warfel	47:10
37	Rich Collins	47:23
38	Kat Powell (G)	47:53
39	Chris Blue (H)	49:08
40	Don Packwood (A)	50:43
41	Jim Myers (F)	51:00
42	Dena Noble (E)	51:27
43	Ken Noel (K)	51:37
44	Tom Zades (C)	52:06
45	Tim Riley (D)	52:59
46	Georgia Riley (B)	54:50

**Team Scores**

1 Team H	84	7 Team E	91
2 Team J	86	8 Team D	92
3 Team G	87	9 Team F	93
4 Team K	88	10 Team I	94
5 Team C	89	11 Team B	96
6 Team A	90		

Good weather conditions this morning. John and Duncan started fast, quickly pulling away to an easy 1-2 finish. John finally got away from Duncan during the last mile to get the win. Missy led the ladies for the second time in the last three years. Dennis Kurtis, Tom O'Connor, and Dave Piazza ran the #4, #7, and #9 best-ever 50+ times. The H team of Andy Williams, Liz Nast, Pauline Beatty, and Chris Blue scored a narrow win over the J team of Jeff Rohrer, Dave Woodruff, Bob Schmitt, and Magnus Wiklund. Thanks to Aaron Lee, Uyenthi Tran, and Danny Moon for helping with the timing and scoring.

**2/28/09-4x1.46M WVC Loop Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Lamarch/Prabel	1:15	41:19
2	Gavin/Burke	:45	42:12
3	McCloud/Wiklund	9:15	42:34
4	L.Nast/Delyani	4:30	42:48
5	Beatty/Schmitt	:15	44:06
6	Hayes/Dunn	8:15	44:30
7	T.Riley/Gelblum	:15	44:42
8	Collins/Petersn	:15	44:53
9	Myers/Rostege	-0-	45:00



10	Lee/McIntyre	2:45	45:09
11	Noel/Preisler	:15	45:14

Dick Barrett Trophy Winner – Sarah Lamarch

Sara Lamarch started in the #7 position, moved into second place after one loop, her partner put them into first place during the second loop, and then they held on for the remainder of the way for the win. Magnus Wiklund had the best average for the guys at 8:15.0 and Rikke led the ladies with a 9:49.0 average.

**3/7/09 – Short Six – 5.74 Miles**

1	John Weru	31:42
2	Duncan Weru	31:55
3	Jorn Jensen	33:36 PR
4	Andy Lief	33:58
5	Magnus Wiklund	35:33 PR
6	Jim Bordoni	37:49
7	Scott McLeod	37:52
8	Norry McAllister	38:05
9	Dino Delyani	38:31
10	Aaron Lee	39:51
11	Brian Conroy	39:53
12	Dave Piazza	41:10
13	Des Knuckey	41:40 PR
14	Tim Rostege	43:16
15	Mike Krey	44:00
16	Liz Nast	44:43
17	Rich Hahn	44:49
18	Jeff Rohrer	46:07
19	Heather Rohrer	46:08
20	Dave McIntyre	46:09
21	Helen Wong	46:15
22	Kelly Emo	47:05
23	Sarah Lamarch	47:26
24	Tom Warfel	48:59
25	Ken Bloesch	49:32
26	Ed Gavin	52:17
27	Chris Cassell	56:05
28	Ken Noel	56:21
29	Tom Zades	57:11
30	Don Packwood	64:23

Dick Barrett Trophy Winner – John Weru

Good race for first place this morning between John and Duncan as Duncan led most of the way before John kicked by during the last mile. They ran splits of 6:00 at the mile, 11:10 at 2 miles, 15:18 at 2.74 miles, 20:34 at 3.74 miles, and 26:04 at 4.74 miles. Jorn improved his PR

by 3 seconds, Magnus improved his PR by 13 minutes (soft PR), and Des improved his PR by 63 seconds. Tom Warfel knocked 5 minutes off his 60+ best. Liz Nast made it to #9 on the women's 45+ list. Tom Zades was ecstatic about finally making it onto a top 25 list for a Saturday course as he is now #18 on the 65/69 list for the Short Six course (out of a total of 18 65+ runners who have run the course). Liz Nast led Mike Krey off course as she turned left onto Chester from Sobey. This is becoming a popular divergence for club members when running this course. Good timing and assistance jobs by Danny and Madelyn Moon, Chris Blue, Cecilia Wiklund, and Paul Taylor.

**3/14/09 – Valle Vista – 3.0 Miles**

1	Duncan Weru	15:59	
2	John Weru	16:03	
3	Jean Harris	17:19	
4	Magnus Wiklund	17:48	PR
5	Greg Jizmagian	18:01	
6	Scott McLeod	19:05	
7	Frank Prabel	19:23	
8	Brian Conroy	19:25	
9	Paul Taylor	19:49	
10	Des Knuckey	20:26	
11	Greg Burke	20:46	
12	Danny Moon	21:17	
13	Dave McIntyre	22:27	
14	Jeff Bedolla	23:13	
15	Ken Bloesch	24:01	
16	Ed Gavin	24:33	
17	Kat Powell	26:38	
18	Chris Casell	27:26	
19	Tom Zades	27:43	
20	Ken Noel	28:02	

Duncan and John finished 1-2 this morning while tuning up for the Across The Bay 12K the next morning. Duncan became the 27th club member to crack 16 minutes. Ed Gavin improved his 45+ best by 73 seconds. Chris Cassell led the mighty threesome of himself, Zades, and Noel.

**3/21/09 – 16 x 400 Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Taylor/McLeod	4:45	26:20
2	Gelblum/Burke	4:15	26:33
3	Van Zant/Dunn	:15	26:34
4	Knuckey/Delyani	4:15	26:41
5	Prabel/D.Moon	4:15	26:49

6	Hurtado/Blancas	4:00	26:55
7	Krey/McAllister	4:30	26:56
8	Rostege/Ji.Bordoni	4:15	27:07
9	Beatty/Schmitt	1:15	27:27
10	T.Riley/R.Sudan	-0-	27:43
11	McIntyre/Woodruff	4:45	27:49
12	Powell/Hahn	:15	27:52
13	Joseph/Wong	1:15	27:57
14	Myers/Chimenti	:15	28:16
15	Bloesch/A.Lee	4:30	28:34

Phantom Dick Barrett Trophy Winner – Paul Taylor & Scott McLeod

The McLeod team started last, took the lead during the last 100 meters of the 15th interval, and then pulled away during the last lap to win by about half a straightaway. Greg Burke and Bill Dunn started together on the last lap with Greg barely got away during the last few yards to finish 2nd. The two 60+ runners ran their last lap in 76.5 and 78.5. Jim Bordoni had the best average at 77.1. Dick Chimenti, who is recovering from a broken wrist while skiing, ran with us for the first time in 8 months. He ran with a light cast, having downsized from a larger cast. Ron Blancas joined us for the first time in a little over a year. Pauline Beatty brought out her friend, Nancy Joseph, to run with us for the first time. The handicapper did a terrible job rating Ken Bloesch, who ran 67 seconds over his rating. Nice job of keeping track of the times for this difficult to time relay by Pablo Rodriguez, Carl Petersen, Chris Blue, and Uyenthi Tran.

**3/28/09 – Triangle – 4.76 Miles**

1	Jorn Jensen	27:08
2	Andy Lief	27:39
3	Scott Bang	27:55
4	Magnus Wiklund	28:41
5	Scott McLeod	29:49
6	Tim Souza	29:52
7	Bob Pickens	29:53
8	Chris Kennedy	30:06
9	Nory McAllister	30:09
10	Christy Runde	30:27
11	Missy Sudan	30:55
12	Frank Prabel	31:12
13	Neil Gelblum	31:43
14	Aaron Lee	32:11
15	Kristina Park	32:16

16	Todd Hayes	32:33	34	Don Packwood	45:01
17	Jeff Rohrer	33:14	35	Chris Cassell	45:23
18	Heather Rohrer	33:14 PR	36	Jim Myers	46:39
19	Danny Moon	34:05	37	Tom Zades	49:01 PU
20	Liz Nast	34:39			
21	Joe Hurtado	34:42		Phantom Dick Barrett Trophy Winner –	
22	Dick Chimenti	34:52		Joann Dahlkoetter	
23	Joann Dahlkoetter	35:02			
24	Helen Wong	35:20		Jorn celebrated his 40th birthday two days	
25	Bob Schmitt	35:49		late by winning our race this morning.	
26	Dave Norlander	36:05		Christine Kennedy led the ladies while	
27	Dave McIntyre	37:49		improving her women's 50+ course record	
28	Glen Kishi	38:00		by 20 seconds. Joann Dahlkoetter made her	
29	John Pickens	39:35		first Saturday appearance in many years,	
30	Ed Gavin	39:58		missing the 50+ course record by 5 seconds.	
31	Chris Blue	41:35		8th-grader Heather Rohrer improved her PR	
32	Ken Noel	43:43		by 4½ minutes, averaging 6:59 per mile.	
33	Tom Warfel	44:45		Chris Blue recorded the #2 time by a 60+	

runner and Dave Norlander recorded the #4 time by a 70+ runner. Liz Nast moved to #6 on the 45+ list. Danny Moon improved his 60+ PR by 77 seconds. Nory McAllister showed that he has nearly fully recovered his conditioning from a long-time layoff due to injury by coming within 10 seconds of his 50+ best. Tom Zades, exhausted by his recent 58:27 10K, staggered to a 49:01 finish (10:18 pace). Some of his fellow slugs (Ken Noel, Chris Casell, Jim Myers) were heard muttering that they were embarrassed to be seen warming up with him.

## RACE RESULTS

### 10/19/08-Grand Rapids Marathon

Marcia Morrison 4:39 2nd-60+

1:51:40

Jeff Bedolla 34:31

Norm Takeuchi 32:08

Paul Armstrong 37:43

2:15:10

### 12/13/08-Lake Merced Xmas -Relays

4.464M per leg

#### Open Men (8th)

Jonathan Kimura 24:21

Matt Tompkins 24:46

AJ Pala 28:57

Mike Bordoni 25:51

1:43:55

#### 40+ Men A (3rd)

Ken Hsu 26:52

Bob Pickens 26:28

Brian Davis 27:12

Matt Nolan 26:08

1:46:40

#### 50+ Men A (1st)

Tom O'Connor 26:10

Dave Piazza 26:38

Dave Woodruff 27:33

Al Murray 27:54

1:48:15

#### 40+ Men B (6th)

Tony Scardina 27:15

Mike Kriege 28:05

Jeff Rohrer 27:54

Ken Hsu 28:26

#### 50+ Men B (3rd)

Art Mitchum 29:17

Dino Delyani 29:40

Paul Taylor 29:41

Dan Anderson 28:12

1:56:50

#### 40+ Women (2nd)

Carol Bednar 30:40

Christine Kennedy 27:46

Marian Richard 30:37

Kelly Emo 32:51

2:01:54

#### 60+ Men (2nd)

Joe Hurtado 36:14

Jim Howe 29:19

Ron Kiyono 29:07

Bill Dunn 28:55

2:03:35

#### Open Women (5th)

Helen Wong 32:57

Fogolin, Johanna 28:49

Laura Melendez 32:34

Missy Sudan 29:52

2:04:12

#### 50+ Men C (4th)

Mark Goldman 30:48

### 1/1/09 – Palo Alto Baylands 5K

18 Kelly Emo 22:28 1st-40+

23 Rich Hahn 22:46 4th-40+

29 Alice Isaacson 23:16 1st-50+

96 Marcia Morrison 32:42 1st-60+

### 1/1/09-Palo Alto Baylands 10K

13 Paul Taylor 41:13 4th-50+

15 Jim Howe 42:02 1st-60+

### 1/1/09-Carmel Rio Resolution Run-3M

Tim Riley 27:00 4th-60+

Georgia Riley 27:10 1st-60+

### 1/1/09-Los Gatos Resolution Run-5M

2 Jonathan Kimura 28:23

3 Scott Bang 29:38 1st-40+

8 Bjorn Samson 31:36

21 Norry McAllister 34:32 3rd-50+

29 Greg Burke 35:50 1st-60+

38 Liz Nast 37:41 2nd-40+

61 Norm Gould 40:27

71 Jeff Bedolla 41:14

80 Pauline Beatty 42:06 1st-50+

108 Chris Blue 45:18 3rd-50+

125 Kat Powell 46:31

134 Dan Duston 47:53

**1/11/09-California 10-Miler**

Tony Scardina	63:40	2nd-40+
John Mintz	64:47	3rd-40+
Eddie Reyna	96:05	1st-75+

**1/18/09 – Houston Marathon**

Dennis Kurtis	2:52:03	1st-55+
Tom O'Connor	2:53:01	2nd-50+

Tom's time was a PR. Dennis' has a PR with the club of 2:28 back in 1991. His time today was a Texas state record for 55-year-old runners.

**1/18/09-Arizona Rock 'n" Roll Half Mar**

Glenn Kishi	1:42:40
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**1/24/09-San Juan Bautista 10M**

9 Matt Tompkins	59:12	1st-30+
11 Jorn Jensen	59:24	2nd-30+
23 Dan Anderson	65:37	2nd-50+
28 Neil Gelblum	67:25	5th-50+
82 Tim Rostege	80:08	6th-60+
175 Jose Casillas	99:48	

**1/24/09-San Juan Bautista 5K**

110 Glynn Wood	29:05	3rd-70+
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**2/1/09-San Francisco Half Marathon**

19 Andy Lief	1:17:00	2nd-40+
20 Matt Tompkins	1:17:02	6th-30+
29 Ole Agesen	1:18:06	3rd-40+
69 Rob Nast	1:22:28	5th-40+
148 Ken Hsu	1:26:47	9th-45+
306 Paul Taylor	1:30:59	10th-50+
345 Dino Delyani	1:32:29	
471 Tina Lount-Pretre	1:34:59	
584 Joe Hurtado	1:36:59	3rd-65+
802 Carl Petersen	1:40:26	1st-70+
872 Liz Nast	1:41:43	
955 Rich Hahn	1:43:03	
1020 Carol Bednar	1:43:50	
2361 Helen Wong	1:57:28	
3559 Dave McIntyre	2:09:52	

**2/1/09-Santa Cruz Super Bowl 10K**

59 Kelly Emo	47:27	2nd-40+
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**2/1/09-Santa Cruz Super Bowl 3K**

18 Kelly Emo	13:10	1st-40+
41 Glynn Wood	16:56	1st-70+

**2/7/09 – Jed Smith 50K**

12 Todd Hayes	4:15:33	1st-50+
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**2/7/09-Trinidad To Clam Beach – 8.75M**

114 Ted Pawlak	1:07:09	5th-50+
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181 Jeff Bedolla	1:13:43	
298 Kat Powell	1:24:37	5th-50+

**2/8/09-Together With Love 5K**

81 Glynn Wood	28:30	1st-70+
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**2/14/09 – Campbell Valentine 10K**

3 Jeff Candello	37:31	1st-50+
6 Neil Gelblum	39:27	2nd-50+
10 Norry McAllister	40:02	4th-50+
29 Kelly Emo	43:58	1st-40+
30 Rikke Preisler	43:59	1st-30+
41 Tim Rostege	45:39	2nd-60+
49 Alice Isaacson	46:34	2nd-50+

**2/28/09 – Juana Run – 8K**

12 Matt Tompkins	27:16	5th-30+
17 Ole Agesen	28:19	1st-40+
34 Tony Scardina	29:45	6th-40+
64 Norry McAllister	32:09	4th-50+
173 Alice Isaacson	37:24	2nd-50+
178 Dave Norlander	37:40	4th-60+
185 Mike Kriege	38:01	
186 Matt Kriege	38:03	
206 Steve Chamberlin	39:00	

**2/28/09 – Juana Run – 1 Mile**

5 Bob Pickens	5:14	2nd-40+
23 Dave Larson	6:27	6th-40+
101 George Moss	8:24	1st-70+

**3/7/09-NorCal 10-Mile**

36 Brian Davis	60:25	2nd-50+
37 Scott Bang	60:26	2nd-40+
46 Tom O'Connor	61:53	5th-50+
47 Matt Nolan	62:23	6th-45+
52 Chris Kennedy	63:44	1st-50+
63 Neil Gelblum	65:12	2nd-55+
65 Bob Pickens	66:39	9th-45+
67 Dave Woodruff	66:43	7th-50+
69 Bill Dunn	66:50	2nd-60+
73 Johanna Fogolin	68:22	3rd-25+
76 Ron Kiyono	68:54	3rd-60+
78 Todd Hayes	69:10	3rd-55+
99 Marian Richard	74:00	1st-45+
100 Tim Souza	74:03	
102 Joe Hurtado	74:11	1st-65+
112 Carl Petersen	76:04	2nd-70+
118 Dave Norlander	76:24	3rd-70+
135 Glenn Kishi	80:44	
148 Bob Schmitt	82:02	2nd-65+
156 Pauline Beatty	83:35	5th-50+
204 Kat Powell	95:28	7th-55+
208 Eddie Reyna	96:21	1st-75+

Good turnout by club members for a race so far away as 22 of us traveled to Redding.

Brian Davis led the way but the star of the day again was Christine Kennedy as she finished as the second woman overall while winning the 50+ division. Dave Norlander ran very well in his first race as a 70+ runner, finishing just 20 seconds behind Carl Petersen. It appears that our 50+ men, 60+ men, and 70+ men's teams finished first. Our 40+ men probably finished 2nd. Depending upon what the women's team captains decided to do, the ladies will probably get 2nd place in either the 40+ or 50+ divisions.

**3/8/09 – Sports Basement 5K**

Kelly Emo	21:48	1st-40+
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**3/15/09 – Across The Bay 12K**

30 Duncan Weru	40:48	
32 John Weru	40:58	
51 Scott Bang	43:14	2nd-40+
61 Matt Tompkins	43:43	9th-30+
78 Matt Nolan	44:50	6th-45+
79 Jonathan Kimura	44:50	
81 Brian Davis	44:54	6th-50+
90 Tom O'Connor	45:18	8th-50+
124 Jeff Rohrer	47:03	
127 Dave Piazza	47:08	10th-50+
136 Christine Kennedy	47:37	1st-50+
145 Derrick Peterman	48:10	
147 Mike Smith	48:12	
151 Tony Scardina	48:28	
152 Dan Anderson	48:33	3rd-55+
160 Neil Gelblum	48:51	4th-55+
161 Dave Woodruff	48:51	
163 Bob Pickens	48:52	
167 Bill Dunn	48:57	2nd-60+
177 Norry McAllister	49:33	
181 Johanna Fogolin	49:38	9th-30+
216 Dino Delyani	50:31	
219 Ron Kiyono	50:34	3rd-60+
221 Aaron Lee	50:40	
229 Missy Sudan	51:04	7th-35+
311 Art Mitchum	53:53	
344 Mike Krey	54:53	
375 Joe Hurtado	55:49	2nd-65+
417 Helen Wong	56:51	
465 Rich Hahn	58:07	
478 Norm Takeuchi	58:27	
493 Carl Petersen	58:41	2nd-70+
522 Bob Schmitt	59:20	4th-65+
529 Dave Norlander	59:28	3rd-70+
533 Steve Chamberlin	59:30	
621 Uyenthi Tran	61:19	
778 Dave McIntyre	64:00	
919 Chris Blue	66:39	5th-60+
945 Kat Powell	67:14	



1300 Elaine Erickson	72:16							22 Dave Norlander	22:46	1st-70+	
1305 Eddie Reyna	72:20	1st-75+									
2396 Ruby Hurtado	94:12	8th-65+									
			<b><u>3/22/09-Dare To Be Fit 5K Races</u></b>								
			<b><u>Open Race</u></b>				<b><u>3/22/09 - Mermaid 5K at Shoreline Park</u></b>				
			5 Ole Agesen	17:30	1st-40+	3 Kelly Emo	23:21	1st-40+			
<b><u>3/21/09-Susan Alves 10K in San Jose</u></b>			<b><u>50+ Race</u></b>				4 Uyenthi Tran	23:46	2nd-35+		
1 Kelly Emo	45:49	1st-40+	3 Dave Piazza	18:33	3rd-50+	5 Alice Isaacson	23:51	1st-50+			
22 Tom Zades	58:27	1st-60+	11 Dino Delyani	19:54							

## **2008 LOS GATOS SUMMER ALL-COMER MEET RESULTS**

	Summer	June 19	June 26	Jul 3	Jul 10	July 17	July 24	July 31	Aug 7
	'08 Best								
<b>60 METERS</b>									
Mark Pasos	7.78				7.90	7.78			
Chris Cassell	8.91	8.91							
Dave McIntyre	9.18							9.19	9.18
Tom O'Connor	9.28							9.28	
Harriet Cassell	10.09						10.09		
Matthew Campbell	10.40				10.68			10.40	10.57
Scott McIntyre	12.53						12.55	13.18	12.53
Mark Pasos	7.78				7.90	7.78			
Chris Cassell	8.91	8.91							
<b>100 METERS</b>									
Mark Pasos	12.22	12.28	12.28	12.26	12.22	13.14			
Dimitri Stefanidis	12.97				12.97				
Janelle Lief	14.42	16.10			14.42				
Chris Cassell	14.76	15.05		14.93	14.76		14.83		
Helen Cassell	15.01						15.01		
Harriet Cassell	16.95						16.95		
Cecilia Wiklund	18.20		18.20						
Scott McIntyre	20.45						20.45		
Ed Reyna	24.36			24.36					
<b>200 METERS</b>									
Mark Pasos	24.74	25.18	25.26	24.74	24.93	25.27			
Dimitri Stefanidis	25.97	26.02	25.97		26.09	26.50		26.43	
Magnus Wiklund	26.92		26.92						
Art Mitchum	29.69					29.69			
Dave McIntyre	29.90						32.26	30.95	29.90
Tom O'Connor	30.25							30.25	
Danny Moon	30.54		30.58					30.54	30.73
Jose Casillas	30.70		30.70						
Chris Cassell	30.76	32.63			30.76		31.08		
Brian Conroy	31.88		31.88						
Cecilia Wiklund	38.50		38.50						
Ed Reyna	49.69			49.69					
Scott McIntyre	50.56							50.56	54.75
<b>400 METERS</b>									
Mark Pasos	0.57.13						0.57.13		
Dimitri Stefanidis	0.57.33		0.57.33	0.58.10	0.57.95				

Mike Dyer	1.01.18	1.01.18						
Jack Bordoni	1.01.36			1.01.36				
Mike Kriege	1.03.06				1.03.06			
Tom O'Connor	1.03.73						1.03.73	
Jim Bordoni	1.03.84	1.03.84						
Art Mitchum	1.04.72				1.05.11		1.04.72	
Jose Casillas	1.06.61		1.07.76	1.06.61				
Jeff Rohrer	1.06.74	1.06.74						
Dave Woodruff	1.06.77		1.06.77		1.07.70			
Danny Moon	1.08.67		1.08.92					1.08.67
Dave McIntyre	1.11h					1.11h		
Chris Cassell	1.15.03		1.18.19		1.15.03			
Janelle Lief	1.21.76	1.21.76			1.23.70			
Ed Reyna	1.53.06		1.53.06					

**800 METERS**

Scott Bang	2.12.43		2.12.43	2.12.48				
Mike Kriege	2.17.07		2.28.50	2.21.27	2.17.07			
Dimitri Stefanidis	2.19.13				2.20.70	2.19.13	2.20.64	
Andy Lief	2.19.69			2.19.69				
Jim Bordoni	2.22.24							2.22.24
Tom O'Connor	2.23.18		2.34.99					2.23.18
Art Mitchum	2.23.6h		2.30.22	2.26.30	2.26.35	2.23.6h	2.28.23	
Jeff Rohrer	2.24.52	2.24.58	2.26.90	2.25.54	2.24.52			
David Woodruff	2.25.97	2.25.97		2.27.16	2.27.11	2.28.05		
Becki Kriege	2.35.21		2.35.21					
Danny Moon	2.39.81		2.39.81				2.39.82	
Heather Rohrer	2.48.04		2.48.04					
Alison Rohrer	3.05.86				3.08.16	3.05.86		
Jackie Rohrer	3.24.12					3.24.12		

**1500 METERS**

Tom O'Connor	4.53.70							4.53.70
David Woodruff	4.54.55							4.54.55
Art Mitchum	5.10.52							5.10.52
Brian Conroy	5.12.07							5.12.07
Aaron Lee	5.18.10							5.18.10

**MILE**

Andy Lief	4.56.54	5.02.49	5.02.09	4.56.54				
Scott Bang	4.58.21						4.58.21	
Dennis Kurtis	4.59.49					4.59.49		
Bjorn Sampson	5.01.63				5.01.63			
Jorn Jensen	5.06.48				5.06.48			
Magnus Wiklund	5.09.15		5.09.15					
Mike Kriege	5.13.25			5.13.25	5.16.02			
Jeff Rohrer	5.16.21		5.22.74	5.18.10	5.17.70	5.16.21	5.17.15	
Andy Williams	5.18.95	5.21.44	5.18.95					
Dave Woodruff	5.25.38	5.32.00		5.26.29	5.32.12			5.25.38
Tom O'Connor	5.28.15			5.31.24			5.28.15	
Brian Conroy	5.29.42		5.35.39	5.31.50	5.39.79	5.37.38	5.33.93	5.29.42
Becki Kriege	5.33.95			5.33.95				
Art Mitchum	5.42.60						5.42.60	
Missy Sudan	5.45.87			5.45.87	5.51.64			



Danny Moon	6.04.64				6.04.64				
Matt Campbell	6.07.35				6.14.80	6.10.21	6.22.3h	6.07.35	6.08.58
Alex Williams	6.21.12	6.21.12						6.25.55	6.28.83
Aaron Lee	6.21.83			6.21.83					
Dave McIntyre	6.23.24						6.35.31	6.23.24	
Sean Williams	7.13.29	7.25.69						7.32.46	7.13.29

**2-MILE**

Andy Lief	10.37.22					10.37.22			10.48.41
Andy Williams	11.23.2h	11.25.43	11.23.2h						
Jeff Rohrer	11.28.00	11.48.10	11.42.4h	11.40.55		11.34.45	11.28.00		
Bjorn Sampson	11.39.10				11.39.10				
Tony Scardina	11.46h						11.46h		
Dave Woodruff	11.53h			11.53h		12.02.31			
Brian Conroy	11.59.17			12.09.36		12.10.25	11.59.17		
Aaron Lee	12.41.37			12.41.37					
Rich Hahn	13.19.77						13.27.99	13.19.77	
Heather Rohrer	13.24h		13.24h						

**5000 METERS**

Brian Chow	15.53.58								15.53.58
Andy Lief	17.09.72								17.09.72
Dennis Kurtis	17.11.05								17.11.05
Brian Conroy	19.25.54								19.25.54
Rich Hahn	21.31.84								21.31.84

**4 x 400 Relay**

Team Bordoni: 6/26	3.49.18		3.49.18						
(Mike 54.6 - Jim 63.8 - Jack 59.7 - Matt 51.1)									
Open Team of 7/3	4:41.73								
Joey 71.8 - A.Lee - 70.1 - Conroy - 70.0 - Woodruff 69.7									
Masters Team of 8/7	4:39.6h								
A.Lee 69.0 - Woodruff - Conroy 73.7 - McINTyre 67.4									

**2009 LOS GATOS WINTER ALL-COMER MEET RESULTS**

	Winter '09 Best	Jan. 10	Jan. 17	Jan. 24	Jan. 31	Feb. 7	Feb. 14	Feb. 21	Feb. 28
<b>60 METERS</b>									
Mark Pasos	7.98						8.16	7.98	
Robert Pickens	9.26								9.26
Chris Cassell	9.62							9.62	
Harriet Cassell	9.85							9.85	
Matthew Campbell	10.70			10.70					
Scott McIntyre	12.9h		12.9h						
<b>100 METERS</b>									
Mark Pasos	12.72						12.72	12.87	
Dimitri Stefanidis	13.27	13.46	13.33	13.61	13.27	13.39		14.08	
Chris Cassell	15.46							15.99	15.46
Harriet Cassell	16.11							16.11	

Sean Williams	<b>19.24</b>		19.24						
Scott McIntyre	<b>19.3h</b>		19.3h			20.98			
<b>200 METERS</b>									
Mark Pasos	<b>25.13</b>	25.24	25.21			25.16	25.13		
Dimitri Stefanidis	<b>26.60</b>		27.17	27.37	26.65	26.60			
Danny Moon	<b>29.77</b>			30.67	30.47	29.77		30.81	30.34
Robert Pickens	<b>30.68</b>								30.68
Chris Cassell	<b>35.35</b>							35.95	35.35
<b>400 METERS</b>									
Mark Pasos	<b>0.57.59</b>					0.57.59			
Andy Lief	<b>1.02.39</b>	1.02.39							
Robert Pickens	<b>1.04.86</b>								1.04.86
Chris Cassell	<b>1.23.08</b>								1.23.08
<b>800 METERS</b>									
Bjorn Sampson	<b>2.12.3h</b>			2.12.3h					
Jim Bordoni	<b>2.21.9h</b>		2.23.44			2.21.9h			
Mark Pasos	<b>2.27.92</b>		2.27.92						
David Woodruff	<b>2.29.73</b>	2.32.44							2.29.73
<b>1500 METERS</b>									
David Woodruff	<b>5.11.00</b>								5.11.00
Danny Moon	<b>5.18.48</b>								5.18.48
<b>MILE</b>									
Jonathan Kimura	<b>4.44.52</b>		5.01.84	4.44.52					
Robert Pickens	<b>4.59.40</b>		4.59.40						
Alp Mimaroglu	<b>5.02.39</b>			5.02.39	5.03.59				
AJ Pala	<b>5.03.81</b>		5.16.51	5.03.81	5.14.47				
Jim Bordoni	<b>5.21.83</b>				5.21.83				
Joe Walsh	<b>5.26.38</b>	5.26.38							
Jeff Candello	<b>5.33.96</b>			5.33.96					
Aaron Lee	<b>5.48.27</b>				5.48.27				
Dimitri Stefanidis	<b>5.48.82</b>	6.12.30	5.59.24	6.04.29	5.53.75	5.48.82			
Danny Moon	<b>5.52.10</b>	5.57.86	5.55.93			5.52.10			
Mark Pasos	<b>5.54.44</b>	5.54.44							
Greg Burke	<b>5.59.92</b>	6.03.71	5.59.92						
Matthew Campbell	<b>6.17.75</b>			6.17.75					
Alex Williams	<b>6.26.80</b>		6.26.80						
Dave McIntyre	<b>6.33.84</b>		6.34.98			6.33.84			
Uyenthi Tran	<b>6.43.35</b>				6.43.35				
Sean Williams	<b>7.11.66</b>		7.11.66						
<b>2-MILE</b>									
Jonathan Kimura	<b>10.16.50</b>		10.16.50	10.19.06					
Andy Lief	<b>10.27.67</b>	10.32.23	10.27.67						
Alp Mimaroglu	<b>11.15.75</b>			11.15.75					
Joe Walsh	<b>11.37.94</b>		11.37.94						
Tony Scardina	<b>11.46.12</b>				11.46.12				
Jim Bordoni	<b>11.54.37</b>	11.54.37							
AJ Pala	<b>12.00.16</b>			12.00.16					
Brian Conroy	<b>12.29.24</b>							12.29.24	
<b>3000 METERS</b>									



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Katie Nast	<b>11.00.64</b>		11.00.64
Brian Conroy	<b>11.22.66</b>	11.22.66	
<b>5000 METERS</b>			
John Weru	<b>16.19.56</b>		16.19.56
Duncan Weru	<b>16.49.0h</b>		16.49.0h
Jonathan Kimura	<b>16.59.76</b>		16.59.76
Scott Bang	<b>17.20.92</b>		17.20.92
Jeff Rohrer	<b>18.42.39</b>		18.42.39
Brian Conroy	<b>19.38.98</b>		19.38.98
Aaron Lee	<b>20.26.63</b>		20.26.63
<b>4 x 400 RELAY</b>			
WVJS "A" 2/28*	<b>4.48.70</b>		4.48.70
*Masters Team of R. Pickens (67.4r) - D. Woodruff (70.9r) - Aaron Lee (72.2r) - B. Conroy (78.3r)			