



WVJS



VOL XXXII-#1 WEST VALLEY JOGGERS & STRIDERS May 2002

Saturday Workouts

05/25/02	8 x 0.66-Mile Tennis Court Loop Relay	08/03/02	36 x 200 Relay
06/01/02	Farwell/Herriman (4.68 miles)	08/10/02	Doug/Sara/Frtvle (2.75 miles)
06/08/02	16 x 300 Relay	08/17/02	One Mile on the Track
06/15/02	Farwell (3.54 miles)	08/24/02	4 x 1.46-mile WVC Loop Relay
06/22/02	Short Six (5.74 miles)	08/31/02	Annual Handicap Race
06/29/02	One Mile on the Track	09/07/02	Farwell/Herriman (4.48 miles)
07/06/02	Valle Vista (3.0 miles)	09/14/02	18 x 0.33-Mile Tennis Court Loop Rly
07/13/02	5K on the Track	09/21/02	Farwell (3.54 miles)
07/20/02	12 x 600 Relay	09/28/02	Step-up & Step-down Relay
07/27/02	Triangle Run (4.76 miles)	10/05/02	Short Six (5.74 miles)

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

Upcoming Races

PA-USATF Championships

06/22/02	Shriner's 8K
07/07/02	Fleet Feet Capital Mile
09/29/02	Heritage Oaks 10K
10/20/02	Humboldt alf Marathon
11/10/02	Clarksburg 30K
12/08/02	Cal Intl Marathon

Racer of the Year

Fastest Farwell Time
Cumulative Saturday Races
Fastest Marathon
Fastest of 2 5Ks on the track
Fastest of 2 one-milers on the track
06/16/02 Holy City Race
06/30/02 Run For The Law 5K
07/07/02 Fleet Feet Capital Mile
-8/31/02 Club Handicap Race
09/xx/02 Carousel 5K
10/27/02 Silicon Valley Marathon
10/27/02 Hollister Road Mile

Other Popular Races

06/09/02	Aptos Women's 5-Miler
06/15/02	Hunting Hollow 10K-Gilroy
06/19/02	Longest Day 5M-San Mateo
07/04/02	Firecracker 10K-Santa Crz
07/28/02	San Francisco Marathon
07/28/02	Wharf to Wharf Race
08/17/02	Dammit Run - 5M
08/18/02	Run Thr The Redwds-Felton
08/25/02	Mt.Madonna Challenge-12K
09/15/02	Ron's Wildlife 55/10K
09/20/02	Paly Alto Moonlight 5k/10K
10/06/02	Los Gatos Chiropractic 5K

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:15 PM. We run intervals with 50% rest, rotating weekly through 12 x 400, 6 x 800, 4 x 1200, and 3 x 1600s.

Sunday Runs

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

2002 PA/USATF Grand Prix

Open Men

We are off to a slow start this year, scoring in only one race, and, we had to use older runners in that race.

Open Women

As is the case with the guys, we off to a slow start. We have scored in only one race - the Compaq 10K. Hopefully, we will do better later in the year. Kelly Emo is getting back into shape and Missy Sudan will be able to start training again in late June. Becki Kriege (257-9056) is in charge of this team.

40+ Men

We are presently in 5th place (thru the Big Sur 5K). Slim Pickens and Rich Hahn are in charge of this team.

40+ Women

Presently, we are in 5th place. Sue Francis and Antonine Ettare are in charge of this team.



50+ Men

We were in 3rd place after the Big Sur 5K. However, we did not field a complete team for the Zippy 5K. Danny Moon is in charge of this team.

50+ Women

We are in 3rd place and have fielded teams in all of the 2002 Grand Prix races. Georgia Riley is in charge of this team.

60+ Men

We are in 2nd place, 7.5 points behind Tamalpa through the Zippy 5K race.

70+ Men

We have yet to field a team in this division this year. Tamalpa leads with 20 points.

Miscellaneous Drivel

The parking fee at West Valley College is \$2 per day every day of the week from 7AM to 10PM. The Fall and Spring parking fees are \$30 each. The summer fee is \$18. The fine for parking without a permit is \$25.

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.

Sue Francis and Cecil Baumgartner will not be moving to the Ojai area in June. As of now, they will delay their move until next year.

Jim Angelopoulos has just turned 40 and will be helping us in our Grand Prix races. Ken Napier turned 70 but has had a variety of physical problems. So, he will not be able to help our 70+ team for a few months. He believes that his steady diet of 10-mile weeks will have him ready for the Clarksburg 30K and Cal International Marathon later in the year.

Pauline Beatty will again be directing our Holy City race. She needs volunteers to assist her with this 6/16/02 race. So, please contact her if you can help.

George Maes periodically sends us notes from Las Vegas. He is happy there but misses the gang in the Santa Clara Valley.

McKayla Plank is nearing the end of her freshman track season at Mitty high school. She ran 10:56 for the 2 mile last Saturday and has a shot at placing high enough at the Section Meet to qualify for the State Meet.

Jake White has now moved to Alpine, Texas. He intends to come back and visit us for three weeks, beginning in mid-July. He has just purchased 12 unimproved lots in Alpine and hopes to build and sell homes on these lots.

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>

2001 WVJS RACER OF THE YEAR CONTEST

Placings in this contest were based upon your best 8 performances in 15 designated events. The top finisher in each division for each event received 25 points, the second finisher received 24 points, etc. Since you could only use your best 8 performances, the maximum score was 200 points (8 x 25). The final results for 2001 for all who scored in four or more races are as follows:

Elite Division

Bob Pickens (8)	198
Dave Piazza (8)	191
Jim Bordoni (8)	175
Jeff Rohrer (8)	168
Dan Sauers (4)	95
Brian Davis (4)	93
Scott Bang (4)	91

A Division

Becki Kriege (8)	198
Joe Hurtado (8)	187
Danny Moon (8)	187
Dick Chimenti (8)	177
Cecil Baumgartner (8)	171
Todd Hayes (6)	139

McKayla Plank (6) 122

B Division

Tom Warfel (8)	195
Rich Hahn (8)	192
Ralph Poole (8)	190
Dimtrios Stefanidis (8)	190
Sue Francis (8)	179
Rick Kananen (8)	164
Kelly Emo (8)	157
Tim Rostege (6)	122
Rich Stiller (5)	95
Russ Kinsch (4)	93
Marian Richard (4)	88

C Division

Dave Norlander (8) 196

Pauline Beatty (8)	192
Walt Van Zant (8)	182
Norm Saucedo (7)	170
Jim Myers (7)	159
Dave McIntyre (4)	93

D Division

Don Packwood (8)	198
Tom Zades (8)	196
Dena Noble (8)	177
Tim Riley (7)	153
Ken Napier (7)	149
John Pickens (5)	107
Elaine Erickson (4)	95
Mark Winitz (4)	91
Dan Duston (4)	81



E Division					
Chris Hallen (8)	194	Ed Reyna (6)	139	Madelyn Moon (4)	85
Georgia Riley (8)	193	Antonina Ettare (6)	137	Dave McCarten (4)	84
Howard Powers (8)	172	Rich Collins (5)	124	Stan DeMartinis (4)	66
		Terri Kinsch (5)	104		

LOS GATOS 2002 WINTER ALL-COMER TRACK MEETS

(Best times over the 8-week season January 5 through February 23)

<u>400 Meters</u>		<u>Mile</u>		<u>2-Mile</u>	
John Bronson	1:08.3	Bob Pickens	4:45.6	Bob Pickens	10:30.9
		Jeff Rohrer	5:09.0	Jeff Rohrer	11:09.4
		Gail Campbell	6:21.3	Jim Bordoni	11:13.4
<u>800 Meters</u>				<u>5000 Meters</u>	
Mike Bordoni	2:04.9			Bob Pickens	16:27.0
Matt Bordoni	2:07.1 PR				
Jim Bordoni	2:19.2				
John Bronson	2:43.3				

Item of note: Bob Pickens' efforts came after running the Saturday workout or racing that same morning.

3/17/02 - PARIS HALF MARATHON

By Dave Norlander

The earlier forecast had been for cool rainy conditions but it turned out to be a bright sunny morning - unusual for Paris at this time of year - with the temperatures in the low 50s at the start warming to about 60 at the finish. The race begins on Kellerman Blvd just outside Charley Stadium on the south side of Paris with the course making a loop to the east and north.

The street is quite wide so I would guess about 15 to 20 runners abreast. I was probably about 3000 or 4000 runners from the start. Becky was farther back as she went to try to find a porta potty - there were none. I think the rest rooms in the stadium were open but were too difficult to get to in the time remaining before the race.

I made it to the starting line in 1:34 while it took Becky 4:10 to get here from her starting point. The first half mile or so is downhill but with the congestion, you aren't able to take advantage of it and of course that meant an uphill as you come back to enter the stadium for the finish. With 14,000 runners there was some

congestion for the entire course. Going around corners onto the narrower streets later in the race was pretty slow.

There were quite a few spectators and some cheerleaders and bands along the course. Maybe bands is a little overstated. One group was just a banjo and tuba. One of the cheerleading groups was a bunch of guys in red tee shirts and shorts with yellow pom-poms just out there to clown around. Bottled water near the 5, 10, and 15 km marks. All in all quite a nice run. A few moderate hills.

The hardest part was running a race at 1:00 AM body time in a jet lagged condition.

I finished in 1:40:53 to place 25th out of 247 in the 60-69 men division and 3461 overall.

Becky finished in 1:52:45 to place 162nd out of 667 open women and 7442 overall.

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 2001 were:

Joe Hurtado	2952	1020	3972	Silver Award
Tom Warfel	2886	900	3786	Silver Award
Jeff Rohrer	2833	240	3073	Silver Award
Rich Hahn	1998	900	2898	Bronze Award
Georgia Riley	1542	820	2362	Bronze Award
Dave Norlander	1337	920	2257	Bronze Award
Eddie Reyna	2069	160	2229	Bronze Award
Jim Myers	1575	640	2215	Bronze Award
Jim Bordoni	1494	680	2174	Bronze Award
Walt Van Zant	1305	780	2085	Bronze Award
Mark Winitz	1589	80	1669	

The previous winners have been:

1978	Phil Sanfillipo	4865	1990	Tom Warfel	4231
1979	Phil Sanfillipo	5022	1991	Tom Warfel	4118
1980	Phil Sanfillipo	5659	1992	Jim Wahlen	3603
1981	Ted Pawlak	7103	1993	Tim Rostege	3928
1982	Ted Pawlak	6405	1994	Joe Hurtado	4037
1983	Mike Hicks	5355	1995	Tom Warfel	4113
1984	Don Dugdale	5004	1996	Tom Warfel	3961
1985	Don Dugdale	4084	1997	Tom Warfel	4089
1986	Bob Herndon	4303	1998	Joe Hurtado	4012



Ken Napier	702	800	1502	1987	Don Dugdale	4341	1999	Joe Hurtado	3881
Stan DeMartinis	509	920	1429	1988	Frank Ruona	4032	2000	Joe Hurtado	4260
Laurie Warfel	1334	0	1334	1989	Jake White	3841	2001	Joe Hurtado	3972
Don Dugdale	875	20	895						

SATURDAY WORKOUT RESULTS

2/22/01 - Farwell/Herriman - 4.68

Miles

1	Slim Pickens	28:42
2	Jim Bordoni	28:52
3	Bill Dunn	29:09
4	Scott Bang	29:40
5	Kristina Mathias	29:48
6	Danny Moon	31:38
7	Tom Warfel	31:50
8	Tim Rostege	32:45
9	Dimit Stefanidis	33:34
10	Dave Norlander	34:40
11	Don Packwood	35:58
12	Ed Gavin	36:36
13	Joe Hurtado	37:22
14	Dena Noble	37:24
15	Pauline Beatty	39:14
16	Linda Legregni	47:49
17	Stan DeMartinis	59:47
18	Dave McCarten	59:48
19	George Pal	75:00

Dick Barrett Trophy Winner - Madelyn Moon

19 hardy souls ran the course this AM in a cold wind and rain. Slim Pickens was an easy winner in 28:42, which was very respectable considering the hurricane force wind coming up Fruitvale. All runners were worthy of the trophy for just running under these conditions. However, we decided to give the trophy to Madelyn for her excellent timing job. Stan and Dave had to sprint coming into the campus to break the magic one hour barrier.

2/29/01 - All Courses Day

1	Becki Kriege	18:37	VV
1	Tenaya Adams	18:37	VV
3	Danny Moon	19:25	VV
4	Rich Hahn	20:42	VV
5	Bill Dunn	21:58	Far
6	Scott Bang	22:12	Doug
7	Rich Collins	22:43	Doug
8	Rich Stiller	23:34	Doug
9	Ken Napier	24:04	Doug
9	Antonina Ettare	24:04	Doug
11	Sue Francis	25:10	Far
11	Cecil Baumgartner	25:10	Far

13	Bob Pickens	26:09	Trian
14	Don Dugdale	27:56	VV+
15	Jim Bordoni	29:46	Trian
16	Stan DeMartinis	31:08	Doug
17	Tom Warfel	32:36	Trian
18	Tim Rostege	33:17	Trian
19	Dave Norlander	34:14	Trian
20	Joe Hurtado	36:09	Trian
21	Don Packwood	45:25	SS
22	George Pal	46:15	Doug

Dick Barrett Trophy Winner - Dave Norlander

22 runners showed up for the runs on this rainy morning. This was all-courses day. So, each runner got to choose which of the six courses that they wanted to run. Becki and Tenaya were the first to cross the line. However, Slim Pickens probably had the best performance of the day with his 26:09 for the Triangle Run. This time put him #8 on the all-time 40+ list.

1/5/02 - 4 x 1.46-Mile WVC Loop Relay

Pl	Team	Start	Finish
1	DeMartinis/D.Moon	-0-	46:21
2	Noble/Packwood	6:00	48:03
3	Erickson/Hallen	2:15	48:09
4	Spink/Kriege	12:30	48:14
5	Gavin/Norlander	8:00	48:21
6	Mathias/Dunn	13:15	48:25
7	M.Moon/Beatty	-0-	48:36
8	Zades/Francis	8:00	48:46
9	Napier/Powers	:45	49:02
10	Van Zant/Myers	6:15	49:18
11	McPhail/Pickens	8:45	49:26
12	Hahn/Browne	11:15	49:32
13	Salinas/Baumgartner	11:15	49:53
14	Plank/Stefanidis	12:30	50:10
15	Warfel/Chimenti	12:00	50:38
16	M.Bordoni/Bang	16:15	50:38

Dick Barrett Trophy Winner - Stan Demartinis

We had a good turnout for our first Saturday workout of 2002 - 16 teams. Stan DeMartinis was the star of the day as he talked his way into a 31-minute rating, which led to his team winning by nearly two

minutes. Other notable achievements for the day included 10 PWs (personal worsts) and 1 PR (by Elaine Erickson). Slim Pickens had the best splits of the day at 15:52. Katy Spink and Becki Kriege led the ladies at 17:51 and 17:53. Sue Francis led the 40+ women at 19:30. Bill Dunn led the 50+ men at 16:57. Chris Hallen led the 50+ women at 23:36. And, Dave Norlander led the 60+ men at 19:23. Dick Chimenti and Scott Bang had a great race over the last 30 yards as Dick threw in a desperation sprint to hold off Scott by a few inches. Scott did make up 90 seconds on Dick but it wasn't good enough.

1/12/02 - Farwell - 3.54 Miles

1	Scott Bang	20:16	
2	Ray Russell	20:47	
3	Jim Bordoni	20:50	
4	Floyd Gerhardt	21:44	
5	Katy Spink	22:21	PW
6	Danny Moon	22:42	PW
7	Cecil Baumgartner	23:49	
8	Sue Francis	23:53	
9	Tom Warfel	24:09	
10	Dave McIntyre	24:26	PR
11	Dimitrios Stefanidis	24:31	
12	Rick Kananen	25:11	
13	Robert Salinas	25:19	
14	Dave Norlander	25:38	
15	Jeff Bedolla	25:50	
16	Ed Gavin	25:51	
17	Don Packwood	25:59	
18	Dena Noble	27:07	PR
19	Don Dugdale	27:15	PW
20	Fely Castillo	27:33	PR
21	Pauline Beatty	27:39	
22	Todd Hayes	27:39	
23	Joe Hurtado	27:40	
24	Missy Sudan	27:41	
25	Rich Collins	28:27	
26	Ken Napier	28:39	
27	Rich Stiller	29:17	
28	Annette McPhail	30:20	
29	Mark Winitz	30:24	
30	Howard Powers	33:55	
31	Linda Legregni	35:44	
32	Dave McCarten	38:28	PW
33	Stan DeMartinis	39:54	

34 George Pal 79:43

Dick Barrett Trophy Winner - Dave McIntyre

We had several good performances on his foggy morning. Scott Bang pulled away after a half mile to score an easy win. Katy Spink led all of the ladies. 215-pound Dave McIntyre knocked 37 seconds off his PR. Dena Noble improved her PR by 31 seconds. Fely Castillo improved her PR by nearly two minutes. Don Dugdale ran 9 minutes over his PR.

1/19/02 - 8 x 1200 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Jacobs/Baumgartner	7:00	42:20
2	D.Moon/Adams	9:45	42:38
3	Myers/Mathias	6:00	42:50
4	Ettare/Goslicka	:15	43:03
5	G.Riley/Noble	-0-	43:12
6	Lee/Rohrer	8:15	43:18
7	Spink/Dunn	9:45	43:23
8	Noel/Hovancik	6:00	43:30
9	Powers/Warfel	:15	43:33
10	DeMartinis/Pickens	-0-	43:38
11	Hayes/Bang	10:30	43:39
12	Murray/Kriege	8:00	43:48
13	Winitz/Zades	:15	43:51
14	Napier/Rea	:15	43:55
15	VanZant/Hurtado	3:15	44:28

Dick Barrett Trophy Winner - Cecil Baumgartner

We had a large turnout for such a cold morning (32 degrees when we began our warmup). In any event, the Baumgartner team ran to an easy win as 14 of the 15 teams ran under their rating of 44:15. Slim Pickens and Scott Bang had the best averages for the guys at 3:47 and 3:53. Tenaya Adams of the Aggies had the best average for the ladies at 4:01. This is probably the best average that a female runner has ever run for this club workout. We had a lot of good women runners this morning as they had 6 of the top 12 times. Bob Rea flew all of the way from New Zealand to visit us. He had a bad knee and had not run a step in three months prior to running with us. Then, he ran the 3-mile warmup and the 3 miles of intervals. Jim Bordoni, Dick Chimenti, and Sue Francis did an excellent timing job.

1/26/02 - Short Six - 5.74 Miles

1	Scott Bang	34:52
2	Jim Bordoni	35:17
3	Ray Russell	35:36
4	Tenaya Adams	35:55
5	Becki Kriege	36:22

6 Bill Dunn 36:26

7 Kristin Jacobs 37:42

8 Todd Hayes 37:55

9 Cecil Baumgartner 40:43

10 Rich Hahn 40:48

11 Jonathan Lee 41:40

12 Tom Warfel 41:42

13 Don Packwood 42:48

14 Dave Norlander 43:16

15 Jeff Bedolla 43:26

16 Tom Zades 44:24

17 Bill Flodberg 46:03

18 Missy Sudan 47:01

19 Elaine Erickson 47:06

20 Helen Wong 48:24

21 Dena Noble 48:42

22 Norm Saucedo 48:44

23 Chris Hallen 48:58

24 Joe Hurtado 49:35

25 Georgia Riley 49:36

26 Ken Napier 51:20 PW

27 Rich Stiller 51:32

28 Annette McPhail 52:25

29 Jim Wurm 61:01

30 Julie Wurm 61:23

31 Dave McCarten 62:14 PW

Dick Barrett Trophy Winner - Don Packwood

31 runners showed up to run our most difficult course on a rainy and cold morning (mid 40s and light rain). Scott Bang scored his second consecutive road win. Jim Bordoni is running well again as he led all of the 40+ runners. Tenaya Adams led a good group of women runners. Bill Dunn improved his 50+ best by 12 seconds. Don Packwood improved his 60+ PR by 4 minutes while running his best time on this course in 7 years. Congrats to Ken Napier and Dave McCarten for their PWs. Ken was nearly 20 minutes over his PR. Joe Hurtado hurt himself when he took a tumble out on the course. We may have to require all of our older runners to use walkers during their races. Georgia Riley, Norm Saucedo, Madelyn Moon, Rich Collins, Jim Wurm (an ambulance job), and several others have taken tumbles during the past year. We had great timers this morning. Danny Moon (timing so that he could avoid running another PW), Linda Legregni, Stan DeMartinis, Antonina Ettare, and Slim Pickens performed a variety of chores, including umbrella holding. Bill Meinhardt made it to a club workout for the first time in many, many months. He did a little jogging and then went to breakfast.

2/2/02 - 5K on the Track

Heat #1 (7:30 AM)

1 Jim Bordoni 17:52.5

2 Jonathan Lee 20:51.0

3 Walt Van Zant 23:33.6

4 Antonina Ettare 24:34.9

5 Georgia Riley 24:53.9

6 Ken Napier 25:42.4

7 Terri Kinsch 28:15.2

8 Stan DeMartinis DNF

Heat #2 (8:10 AM)

1 Ray Russell 17:35.9

1 Bob Pickens 17:35.9

3 Hank Lawson 17:53.7

4 Bill Dunn 18:38.5

5 Becki Kriege 18:48.0

6 Katy Spink 18:57.9

7 Danny Moon 19:03.0

8 Mark Isaacson 19:27.8

9 Al Murray 19:29.8

10 Dick Chimenti 19:59.4

11 Cecil Baumgartner 20:03.0

12 Tom Warfel 20:08.1

13 Rich Hahn 20:14.6

14 Dimitrios Stefanidis 20:35.8

15 Jose Casillas 20:36.9

16 Sue Francis 20:55.1

17 Tim Rostege 21:02.5

18 Dave Norlander 21:19.0

19 Norm Saucedo 21:23.2

20 Robert Salinas 21:28.6

21 Don Packwood 21:49.7

22 Rick Kananen 22:05.6

23 Jim Myers 22:29.9

24 Tom Zades 22:33.0

25 Ken Noel 22:48.7

26 Pauline Beatty 22:50.4

27 Fely Castillo 24:40.0

28 John Pickens 26:07.1

Dick Barrett Trophy Winner - Ray Russell

Heat #1

Jim Bordoni ran in the first heat so that he would not have to fight through the many runners that he would have lapped in the second heat. However, he did have to battle high 30-degree weather and no competition to record his 17:52.

Heat #2

The sun was out for the second heat. So, it was a bit warmer for this race. Ray Russell took the early lead in this race while Bob Pickens lagged back in third place for several laps. He finally caught Ray on the 8th lap and they then ran the remainder of the race together. Ray had mile (actually 1600 meters) splits of 5:38, 11:21, and 16:57.

Frank Lawson held second place for about three laps before Bob passed him. He then gradually dropped back from the leaders throughout the run but easily finished third.

Janny Moon ran in 4th place through 7 laps. Then, Bill Dunn passed him, then, Becki, and, finally Katy got him. Still, he was pleased to finish as his leg was bothering him. Becki caught Bill Dunn during the 9th lap and desperately tried to get away from him. But, Bill hung on and then kicked in with a 78 to finish 4th.

Mark Isaacson and Al Murray had a good battle for 8th place. They ran neck and neck for 10 laps, when Mark gained 5 seconds on Al. Mark had a 7 second lead with one lap to go. But, Al had a big finish to get within 2 seconds of Mark.

There was a big group initially battling for 10th place. Dick Chimenti, Cecil Baumgartner, Tom Warfel, Rich Hahn, Dimitrios, and Jose Casillas stayed closely bunched through 7 laps before they dropped Dimitrios. Jose went out the back door on the 9th lap, and Rich Hahn dropped back 5 yards. Dick, Cecil, Tom, and Rich held their relative positions until there was one lap to go. Cecil grabbed a 5-yard lead just before the start of the last lap but could not withstand the 78.0 final lap by the aging (59 year old) Dick Chimenti. Cecil ran a good 82.8 final lap to finish 11th.

Sue Francis started slow and was in 21st place after 5 laps and 20 seconds behind Tim Rostege with 4 laps to go. But, she caught him with a lap to go to finish about 35 yards in front of him while finishing 16th.

Slim Myers was in front of Norm Saucedo through 2 miles. But, Norm then stepped it up to finish 66 seconds in front of Jim. Norm had a great kick over the last 150 meters to come from 10 meters behind Robert Salinas to beat him.

The story of the day is about Don Packwood. Don has been running very well lately. He is 61 years old and, unlike some of us, has not been slipping with age. He is also very sharp in that he has a PhD and is able to count to ten without using his fingers. Last year he made a big breakthrough to run 22:04 in the 5K. This morning he battled with Dave Norlander through two miles before Dave got away from him on his way to a 21:19. But, this great effort through two miles did him in mentally. Most runners in Don's condition, exhausted mentally and physically, if they

erred, would have erred by running a lap short. But, Don, after passing 5K in 21:49 (with a 108 on his last lap) ran another lap to finish with a 102 for a 23:31. It was only after one of his fellow competitors discussed the situation with Don for half an hour that Don realized that he had run one lap too many.

2/16/02 - Valle Vista - 3.0 Miles

1	Scott Bang	16:57
2	Ray Russell	17:17
3	Jeff Rohrer	17:22
4	Jim Bordoni	17:26
5	Slim Pickens	17:39
6	Bill Dunn	17:46
7	Marty Eng	18:55
8	Al Murray	19:00
9	Todd Hayes	19:11
10	Jonathan Lee	19:23
11	Dick Chimenti	19:30
12	Chris Baker	19:47
13	Cecil Baumgartner	19:50
14	Tom Warfel	19:53
15	Rich Stiller	19:54
16	Des Knuckey	19:55
17	Liz Nast	20:14
18	Sue Francis	20:17
19	Tim Rostege	20:25
20	Dave Norlander	20:29
21	Joe Hurtado	21:14
22	Ed Gavin	21:44
23	Jeff Bedolla	21:56
24	Ken Noel	22:04
25	Brian Boyle	22:10
26	Fely Castillo	22:21
27	Walt Van Zant	22:52
28	Pauline Beatty	22:57
29	Kelly Emo	23:20
30	Missy Sudan	23:43
31	Bill Flodberg	23:45
32	Ruth Harris	24:16
33	Antonina Ettare	25:08
34	Jim Wurm	25:28
35	Annette McPhail	25:58
36	Dave McCarten	28:04
37	Betty Root	28:07
38	Madelyn Moon	29:08
39	Stan DeMartinis	33:27

Dick Barrett Trophy Winner - Scott Bang

No PRs on this cold morning (mid 40s). Scott Bang ran to an easy win. Ray Russell edged Jeff Rohrer for 40+ honors for the men. Bill Dunn ran very well to lead the 50+ men as he recorded the #15 time for 50+ men runners. Tim Rostege nipped Dave Norlander to lead the 60+ men. Liz

Nast of the Aggies led the ladies and was closely followed by Sue Francis, the top 40+ woman runner. Pauline Beatty recorded the #8 all-time time by a 45+ woman runner. Kelly Emo, several weeks past giving birth, cruised to a 23:20 run. Missy Sudan, within a few months of giving birth, ran 23:43 on this difficult 3-mile course. Ruth Harris came within a few seconds of her PR. Danny Moon and Don Packwood did the timing.

2/23/02 - Step Up & Down Relay

Pl	Team	Start	Finish
1	Legregni/Gerhardt	2:45	37:49
2	M.Moon/Warfel	2:00	37:55
3	Baker/Wong	7:00	38:05
4	T.Kinsch/Dunn	3:15	38:13
5	DeMartinis/Hayes	-0-	38:16
6	Collins/Rostege	4:30	38:32
7	Noble/Saucedo	5:45	38:41
8	Ettare/Spink	6:00	39:03
9	Noel/Hurtado	6:30	39:11
10	McPhail/Myers	3:00	39:51
11	Castillo/Stiller	5:30	40:19

Phantom Dick Barrett Trophy Winner - Linda Legregni & Floyd Gerhardt

Floyd Gerhardt started the last lap a few yards behind Tom Warfel and finished with a 73 to lead his team to victory. The top men runners for the day were Bill Dunn at 13:53 and Floyd Gerhardt at 13:55. Katy Spink led the ladies at 14:00 (84 seconds per lap).

3/2/02 - Triangle Run - 4.76 Miles

1	Jim Bordoni	28:10	
2	Bill Dunn	29:00	
3	Floyd Gerhardt	29:15	
4	Becki Kriege	29:40	
5	Slim Pickens	30:24	
5	Katy Spink	30:24	
7	Dick Chimenti	31:40	
8	Nick Butterfield	31:49	
9	Tim Rostege	32:47	
10	Rich Hahn	33:42	
11	Dave Norlander	33:50	
12	Norm Saucedo	33:57	
13	Tom Warfel	34:31	
14	Joe Hurtado	34:41	
15	Dave McIntyre	34:49	PR
16	Jim Myers	35:10	
17	Helen Wong	35:16	PR
18	Ken Noel	35:24	
19	Don Packwood	35:33	
20	Kelly Emo	35:42	
21	Ed Gavin	36:15	
22	Tom Zades	36:23	



23	Walt Van Zant	36:57
24	Mike Corrick	37:18
25	Robert Salinas	39:02
25	Cecil Baumgartner	39:02
27	Pauline Beatty	39:20
28	Ken Napier	39:32
29	Fely Castillo	39:58
30	Georgia Riley	40:24
31	Jim Wurm	41:19
32	Rich Stiller	41:43
33	Terri Kinsch	45:00
34	Madelyn Moon	45:12
35	Ruth Harris	45:17

Dick Barrett Trophy Winner - Tim Rostege

Jim Bordononi took the lead immediately this morning and then just kept extending it to score an easy win. Becki Kriege led the ladies. Bill Dunn led the 50+ men and Tim Rostege led the 60+ men (#12 on the 60+ all-time list). Pauline Beatty was the top 10+ woman and Georgia Riley was the top 50+ woman. Kelly Emo continued to recover her previous form. Helen Wong knocked 43 seconds off her PR and Dave McIntyre improved his PR by 24 seconds.

1/9/02 - Douglas/Sara/Fruitvale - 1.75 Miles

1	Bob Pickens	14:21	PR
2	Scott Bang	15:33	
3	Floy Gehrhardt	16:05	
4	Bill Dunn	16:07	
5	Becki Kriege	16:46	
5	Katy Spink	16:46	
7	Al Murray	17:06	
8	Dick Chimenti	17:15	
9	Tom Warfel	17:42	
10	Rich Stiller	17:54	
11	Tim Rostege	18:11	
12	Liz Nast	18:14	
13	Dave McIntyre	18:17	PR
14	Sue Francis	18:46	
15	Joe Hurtado	19:00	
16	Don Packwood	19:10	
17	Ed Gavin	19:13	
18	Cecil Baumgartner	19:19	
19	Helen Wong	19:20	PR
20	Greg Bunker	19:36	
21	Ken Noel	19:42	
22	Jim Myers	19:48	
23	Walt Van Zant	20:09	
24	Mike Corrick	20:16	
25	Jake White	20:31	
26	Dena Noble	20:40	
27	Tom Zades	21:00	

28	Norm Saucedo	21:14
29	Pauline Beatty	21:20
30	Antonina Ettare	21:56
31	Georgia Riley	22:07
32	Fely Castillo	22:19
33	Ken Napier	22:26
34	Jim Wurm	22:30
35	Chris Hallen	22:52
36	Annette McPhail	23:58
37	Terri Kinsch	24:38
38	Betty Root	25:04
39	Madelyn Moon	25:05
40	Linda Legregni	25:30
41	Stan DeMartinis	30:02

Dick Barrett Trophy Winner - Bob Pickens

There were several excellent performances on this cold morning (mid 40s). Slim Pickens ran to an easy win while knocking 14 seconds off his PR. This moved him into a tie for 5th place on the all-time 40+ list with Bill Meinhardt and Ray Russell. Jake White holds the 40+ record at 14:04. Jake ran 20:31 today. Floyd Gerhardt improved his PR by 14 seconds. Bill Dunn led the 50+ men runners. Becki and Katy led the ladies. Rich Stiller improved his 55+ PR by 71 seconds to move to 1 second in front of Jake on the 55+ list. Tim Rostege led the 60+ men (His time puts him #10 on the 60+ list). Liz Nast of the Aggies led the 40+ women. Dave McIntyre bettered his PR by 15 seconds. Don Packwood, who has been running very well lately, took 50 seconds off his 60+ PR. Helen Wong ran great for the second week in a row, PRing by 84 seconds. Dena Noble was very pleased to come from behind to slaughter her arch rival, Tom Zades. Georgia Riley led the 50+ ladies. Jim Wurm improved his 55+ PR by a remarkable 147 seconds. However, fat and old age has left him 7+ minutes over his all-time PR. He celebrated his 55+ PR by ordering two breakfasts at Carrows rather than one. Betty Root beat her fellow 55+ runner, Madelyn Moon, by a mere one tenth of a second. Madelyn will join the 60+ crew in June along with Sue Meinhardt and Kathy Van Zant (They will join to celebrate their birthdays for the 11th year in a row sometime during June).

3/16/02 - 18 x 0.33-Mile Half

Tennis Court Loop Relay

Pl	Team	Strt	Finish
1	VanZnt/Hayes/Nast	:30	36:18
2	Noble/Stefdis/Salins	:45	37:25
3	Emo/Mathias/Myers	:30	37:30
4	Etta/J.Bordononi/Warfel	-0-	37:32
5	Corrick/Hahn/Kanan	:45	38:02

6	Zades/Kriege/Castillo	-0-	41:57
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Dick Barrett Trophy Winner - Todd Hayes

Small turnout this morning (M-N race tomorrow, 50+ race tomorrow, cold and windy weather). Par was 36:00 and nobody broke it. The Myers team lost about a minute during the first lap due to a mis-communication. Otherwise, they might have contended for first place. Tom Zades started 45 seconds too late and then gave a whole new meaning to running slow in his effort to save himself for the 50+ race. Thus, his team got lapped by the first 4 teams.

3/23/02 - Farwell/Herriman - 4.68

Miles

1	Jim Bordononi	27:35	
2	Dwight Cornwell	28:17	
3	Floyd Gerhardt	28:29	
4	Ray Russell	29:46	
5	Mike Hegglund	30:35	
6	Dick Chimenti	30:35	
7	Katy Spink	31:04	
8	Nick Butterfield	31:09	PR
9	Tom Warfel	31:12	
10	Des Knuckey	31:46	
11	Liz Nast	32:10	
12	Dave McIntyre	33:51	PR
13	Jake White	35:08	
14	Rich Stiller	35:09	
15	Mike Corrick	35:43	
16	Jim Myers	36:01	
17	Danny Moon	36:48	
18	Walt Van Zant	37:12	
19	Kelly Emo	37:26	
20	Antonina Ettare	38:38	
21	Ken Napier	38:48	
22	Tom Zades	40:43	
23	Annette McPhail	42:21	
23	Don Packwood	42:21	
25	Howard Powers	44:17	

Dick Barrett Trophy Winner - Jim Bordononi

Jim Bordononi came within 10 seconds of his 45+ best while easily winning our run this morning. Dwight Cornwell, visiting us from Colorado, ran the #2 all-time best for a 55+ runner. Tim Rostege holds the record at 27:31. Mike Hegglund and Nick Butterfield lost time when they were stopped by a cop for running through the signal at Saratoga Ave and Hwy 9 right in front of the policeman. Katy Spink led the open ladies and Liz Nast led the 40+ ladies. Danny Moon, although burdened by pushing Kelly's baby in a stroller, beat 8 hapless souls. Howard Powers found a car and

was able to run with us for the first time in awhile.

1/30/02 - 16 x 300 Relay

Pl	Team	Start	Finish
1	Casillas/Knuckley	3:	18:31
2	M.Moon/Grimes	-0-	18:37
3	Legregni/K.Murphy	-0-	18:38
4	Warfel/Noel	1:30	18:40
5	Mathias/Rohrer	3:45	18:41
6	Ettare/Hurtado	1:00	18:43
7	VanZant/White	1:00	18:46
8	Castillo/McIntyre	1:45	18:58
9	Myers/Lawson	3:15	19:00
10	J.Bordoni/Hegglund	4:45	19:03
11	Chimenti/Jacobs	3:45	19:08
12	Norlander/Hayes	3:15	19:20
13	Noble/Francis	1:00	19:22
14	Saucedo/Butterfield	3:15	19:25
15	Stefanidis/B.Pickens	4:45	19:30
16	Zades/Packwood	1:30	19:34
17	Powers/T.Murphy	-0-	19:48
18	McPhail/Hahn	1:00	20:05

Dick Barrett Trophy Winners - Jose Casillas & Des Knuckey

We had a close race this morning as the Knuckley team came from approximately 7th place during the last lap to win the race. Jim Bordoni, Mike Hegglund, Hank Lawson, and Slim Pickens were the top ten runners. Kristina Mathias and Kristin Jacobs were the top lady runners.

1/6/02 - Farwell - 3.54 Miles

1	Hank Lawson	21:00.5
2	Floyd Gerhardt	21:21.0
3	Becki Kriege	21:27.2
4	Todd Hayes	21:32.7
5	Katie Spink	21:46.6
6	Kristin Jacobs	22:12.3
7	Dick Chimenti	22:24.5
8	Kristina Mathias	23:13.5
9	Jose Casillas	23:59.3
10	Bill Dunn	24:07.6
11	Rick Kananen	24:26.6
12	Amanda Gerhardt	24:59.6
12	Joe Hurtado	24:59.6
14	Ed Gavin	25:05.2
15	Sue Francis	25:26.8
16	Robert Salinas	25:31.0
17	Ken Noel	25:36.5
18	Kelly Emo	25:49.1
19	Jim Myers	26:11.0
20	Tom Murphy	27:02.2
21	Ken Napier	29:56.2

22	Tom Warfel	29:59.2
22	Danny Moon	29:59.2
22	Rich Stiller	29:59.2
25	Jim Wurm	30:51.3
26	Betty Root	40:35.3

Dick Barret Trophy Winner - Todd Hayes

Hank Lawson cruised to an easy win. Becki led the ladies. Todd Hayes was the top 50+ runner, bettering his 50+ PR by 30 seconds. We had a great timing crew of Jim Bordoni, Stan DeMartinis, and Rich Hahn who in turn were supervised by Don Packwood and Dimitrios Stefanidis.

4/13/02 - 12 x 600M Relay

Pl	Team	Start	Finish
1	Nast/D.Moon	6:00	33:22
2	Zades/Noble	4:00	34:26
3	G.Riley/Francis	4:00	34:32
4	Pickens/Hayes	12:00	34:46
5	Warfel/Hahn	8:00	35:03
6	J.Bordoni/Kriege	11:00	35:26
7	Hegglund/Mathias	12:00	35:27
8	Noel/Norlander	8:00	35:46
9	M.Moon/Powers	-0-	35:58
10	Stefanidis/Chimenti	10:00	36:01
11	Root/Beatty	-0-	36:26
12	Salinas/White	8:00	36:30
13	Myers/Packwood	8:00	36:34
14	DeMartinis/Napier	-0-	40:43

Dick Barrett Trophy Winners - Matthew Kriege

Not a close race this morning. Danny Moon must have bribed the handicapper, Ken Napier, to get the start that his team got. Slim Pickens led the way for the guys as he averaged 1:47 per run, including a 1:41 on his last run. Kristina Mathias led the ladies with a 2:01 average. We gave the weekly trophy to Matt because he helped time until Cecil Baumgartner arrived on the scene and because he tried to warn Ken that his handicaps were errant.

4/20/02 - Valle Vista - 3.0 Miles

1	Katy Spink	17:58
2	Todd Hayes	18:42
3	Danny Moon	19:24
4	Steve Kurasch	19:38
5	Nick Butterfield	19:42
6	Tom Warfel	19:42
7	Rich Stiller	19:45
8	Jose Casillas	19:56

9	Dave Norlander	20:24
10	Jim Myers	20:58
11	Jake White	21:23
12	Tom Zades	23:26
13	Fely Castillo	24:39
14	Sue Francis	24:46
15	Ken Napier	24:49
16	Annette McPhail	26:45
16	Antonina Ettare	26:45
18	Howard Powers	27:57

Dick Barrett Trophy Winner - Katy Spink

Todd took an early lead with Danny running right with him. Then, Todd suddenly stopped half way up Fruitvale, leaving Danny as Katy's sole target. It wasn't long until Katy zoomed by Danny on her way to an easy win. Todd finally started running again and finished second, passing Danny with a little over a mile to go. There was a 4-man battle for third place with tall Steve Kurasch kicking in for the win in this battle. Ken Napier, who turned 70 on Wednesday, posted the #6 70+ time. He passed Howard about a mile into the run. Howard later cut off Annette and Antonina when he passed them. They were loafing in preparation for the Compaq race the next day. But, after Howard's maneuver, they sped up to beat him by over a minute.

4/27/02 - 36 x 200 Relay

Pl	Team	Start	Finish
1	Zades/Ptersn/Whte	3:15	27:30
2	DeMart/Wurm/Heggl	-0-	28:20
3	Warfl/Myers/Hilt	5:15	28:39
4	Noble/Wong/VanZ	3:15	28:48
5	Francs/Norlder/Spn	5:15	29:03
6	Kriege/D.Moon/Hys	7:00	29:16

Dick Barrett Trophy Winner - Tom Zades & John Peterson

The winning team used Floyd Gerhardt as a substitute for John Peterson's legs toward the end because he strained a muscle. This helped to increase their margin of victory to 50 seconds. Mike Hegglund ran the fastest of all of us, averaging about 30.0 per run.

5/4/02 - Triangle Run - 4.76 Miles

1	Todd Hayes	28:27
2	Katy Spink	28:57
3	Jim Bordoni	29:08
4	Becki Kriege	29:24
5	Floyd Gerhardt	29:59



6	Dick Chimenti	30:32	
7	Danny Moon	31:21	
8	Chris Baker	32:04	
9	Tom Warfel	32:06	
10	Liz Nast	32:18	
11	Rich Hahn	33:13	
12	Rick Kananen	33:50	
13	Joe Hurtado	34:02	
14	Dave McIntyre	34:11	PR
15	Sue Francis	34:14	
16	Helen Wong	34:42	PR
17	Don Packwood	35:06	
18	Ken Noel	35:28	
19	Norm Saucedo	36:34	
20	Tom Zades	36:48	
21	Kelly Emo	38:00	
22	Walt Van Zant	38:11	
23	Dena Noble	38:18	
24	Fely Castillo	40:56	
25	Taylor Tran	41:09	
26	Georgia Riley	42:18	
27	Pauline Beatty	42:19	
28	Madelyn Moon	48:18	
	Stan DeMartinis	DNF	

Dave McIntyre knocked 38 seconds off his PR. Helen Wong improved her PR by 34 seconds. She won't run with us again until August as she will be attending a Saturday class. Don Packwood bettered his 60+ PR by 16 seconds. 79-year-old Stan started early and finished early as he turned around at the mile mark. He claimed that this did not qualify as a DNF but was unable to come up with a logical reason why it did not qualify.

5/11/02 - 16 x 400 Relay

Pl	Team	Start	Finish
1	M.Moon/Ettare	:15	28:52
2	DeMartinis/Dunn	-0-	29:50
3	Emo/Hahn	7:15	30:15
4	Francis/Chimenti	7:45	30:25
5	Kriege/D.Moon	9:15	30:42
6	McIntyre/Casillas	8:30	30:46
7	Root/Noble	2:00	31:03
8	Bronson/Warfel	7:15	31:18

Phantom Dick Barrett Trophy Winner - Madelyn and Antonina

5/18/02 - Doug/Sar/Frtvle - 2.75 Miles

1	Scott Bang	15:44	
2	Jim Bordoni	15:48	
3	Jeff Rohrer	16:03	
4	Christian Saucedo	16:10	
5	Bob Pickens	16:13	
6	Bill Dunn	16:29	
7	Danny Moon	17:26	PW
8	Tom Warfel	17:57	
9	Bob Schmitt	18:25	
10	Joe Hurtado	18:26	
11	Dave Norlander	19:14	
12	Jim Myers	19:37	
13	Sue Francis	19:49	
14	Ken Noel	19:56	
15	Cecil Baumgartner	20:55	
16	Dena Noble	21:17	
17	Pauline Beatty	22:51	
18	John Peterson	22:54	
19	Jim Wurm	23:07	
20	Rich Stiller	23:12	
21	Madelyn Moon	24:49	
22	Linda Legregni	25:19	

Dick Barrett Trophy Winner - Todd Hayes

Todd Hayes won his first club Saturday run in the many years that he has been running with us. Further, he recorded the #8 50+ time for this course. Jim Bordoni went out fast, hitting the mile marker in 5:25. Todd cruised the first mile in 5:37 and caught Jim at the firehouse and then kept pulling away to win by 30 seconds. Becki hung with Katie until a little before here was a mile to go. Then, Katie accelerated away to lead all of the ladies.

All teams were rated to finish at 30:00. Madelyn and Antonina ran very well as Madelyn averaged 118.5 per run when rated at 125.0 per run and Antonina averaged 96.3 per run when rated to run 99.4 per 400. Bill Dunn had the best average at 75.0. John Bronson had the best collapse as he averaged 84 per run for his first 5 and then threw in runs of 93, 117, and 120. He rode his bike 30 miles on Friday while commuting to and from work.

Dick Barrett Trophy Winner - Jim Bordoni

Jim Bordoni took home the weekly trophy this morning as he came within 6 seconds of his 45+ best. He took off fast, grabbing an early 30-yard lead. But, Scott soon caught him and ran with him until he kicked by Jim with a little over a quarter mile to go. New club member Bob Schmitt barely held off Joe Hurtado to claim top 60+ honors. His time put him #12 on the 60+ list. 60+ runners finished 9th, 10th, 11th, and 14th. Sue Francis led the ladies.

RACE RESULTS

8/26/01 - Mt.Madonna Challenge - 12K (Revised)

Bob Pickens	45:30	1st-40+
Dan Anderson	49:34	1st-45+
Howard Powers	86:11	1st-75+

Bob finished 2nd overall.

12/16/01 - Miracle Mile

32	Ron Kiyono	5:08.5	3rd-50+
36	Nick Butterfield	5:13.1	
59	Rich Stiller	5:44.2	
83	Antonina Ettare	6:28.8	
84	Annette McPhail	6:33.4	

12/16/02 - Xmas Classic 5K

8	Brian Davis	17:25	1st-40+
12	Dave Piazza	17:29	2nd-40+
36	Ron Kiyono	19:47	3rd-50+
49	Chris Baker	20:21	
67	Tim Rostege	21:01	1st-60+

1/1/02 Los Altos New Year's Day 3-Miler

Jim Bordoni	17:49
Dave Norlander	20:24

This was the first time that this race was held since 1993. They intended the distance to be 5K but Bob Anderson measured it at 3 miles.

1/1/02 - Rio Resolution 5 -Miler

63	Katie Scott	35:21	1st-40+
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1/1/02 - Rio Resolution 3 Miler

5	Nick Butterfield	20:31	1st-40+
17	Rod MacKinlay	22:39	1st-60+

1/13/02 - Cal 10

Bob Pickens	56:05	
Dan Anderson	57:26	2nd-45+
Brian Davis	57:31	3rd-45+
Craig Whichard	58:40	
Becki Kriege	61:20	1st-35+
Jim Angelopoulos	62:53	



Bill Dunn	63:33	
Jim Reitz	68:21	
McKayla Plank	68:25	2nd-14-
Rich Hahn	70:40	
Tim Rostege	71:03	4th-60+
Marian Richard	72:11	
Joe Hurtado	74:25	
Tom Zades	78:52	
Dan Duston	79:18	
Bill Flodberg	80:52	2nd-65+
Ed Reyna	83:41	1st-70+
Chris Hallen	83:52	3rd-50+
Georgia Riley	84:38	2nd-55+
Karin Bivens	100:47	

29 Walt Van Zant (L)	42:32	
30 Ed Gavin (C)	43:25	
31 Missy Sudan (M)	43:45	
32 Dena Noble (O)	43:53	
33 Fely Castillo (I)	44:12	
34 Don Dugdale (L)	44:28	
35 Jerry Lewis (J)	45:13	
36 Antonina Ettare (G)	45:16	
37 Rich Collins (C)	45:51	
38 Ken Napier (N)	46:08	
39 Ruth Harris (D)	46:25	
40 Annette McPhail (F)	47:56	
41 Madelyn Moon (E)	53:19	
42 Dave McCarten (B)	56:32	
43 Stan DeMartinis (A)	65:40	

Dimitrios Stefanidis	5:19	1st-40+
Nick Butterfield	5:32	3rd-40+
Kevin Murphy	5:55	3-6thGr

3/17/02 - Fifty Plus Race - 8K

Bill Dunn	29:12	5th-50+
Dwight Cornwell	30:13	3rd-50+
Todd Hayes	30:49	
Ron Kiyono	31:30	
Dick Chimenti	31:44	
Jim Reitz	32:24	
Jose Casillas	33:47	
Tim Rostege	34:22	4th-60+
Joe Hurtado	34:47	
Norm Saucedo	34:53	3rd-65+
Ken Noel	36:21	
Glynn Wood	37:10	5th-65+
Don Packwood	37:39	
Bill Flodberg	39:00	
Tom Zades	40:13	
Georgia Riley	41:29	3rd-55+
Jim Myers	46:04	
Terri Kinsch	46:35	
Madelyn Moon	46:47	
Jack Friedlander	52:03	1st-80+
Joyce Friedlander	55:36	

Our 40+ men finished 5th, our 50+ men finished 7th, our 50+ women finished 4th, and our 60+ men finished 2nd.

1/27/02 - Home Depot Half

Marathon

9 Slim Pickens	1:13:52	1st-40+
582 Dan Duston	1:40:46	

1/27/02 - Home Depot 5K

15 Dave Piazza	17:24	5th-40+
26 Ron Kiyono	18:31	1st-50+

2/9/02 - 24th Annual WVJS Race

1 Bob Pickens (D)	30:36	
2 Scott Bang (C)	32:19	
3 Tenaya Adams (O)	32:38	
4 Jim Bordoni (B)	33:09	
5 Bill Dunn (M)	33:29	
6 Al Murray (K)	34:57	
7 Becki Kriege (A)	35:00	
8 Danny Moon (F)	35:02	
9 Katy Spink (E)	35:09	
10 Kris Mathias (G)	35:54	
11 Todd Hayes (I)	36:06	
12 Cecil Baumgart (N)	36:14	
13 Tom Warfel (J)	36:15	
14 Rich Stiller (M)	37:29	
15 Rich Hahn (J)	37:39	
16 Tim Rostege (B)	37:59	
17 Sue Francis (F)	38:41	
18 Jonathan Lee (N)	39:17	
19 Joe Hurtado (I)	39:38	
20 Dave Norlander (A)	39:48	
21 Tom Zades (K)	40:20	
22 Rick Kananen (L)	40:30	
23 Robert Salinas (G)	40:33	
24 Don Packwood (D)	40:54	
25 Ken Noel	41:01	
26 Norm Saucedo (E)	41:09	
27 Pauline Beatty (O)	42:16	
28 Jim Myers (K)	42:21	

Team Scores

1 Team M	5/14/30 = 49
2 Team K	6/21/27 = 54
3 Team O	3/26/31 = 60
4 Team B	4/16/41 = 61
5 Team I	11/19/32 = 62
6 Team J	13/15/34 = 62
7 Team D	1/24/38 = 63
8 Team F	8/17/39 = 64
9 Team C	2/29/36 = 67
10 Team N	12/18/37 = 67
11 Team G	10/23/35 = 68
12 Team A	7/20/42 = 69
13 Team E	9/25/40 = 73
14 Team L	22/28/33 = 83

We had good weather for this Racer of the Year contest race. Members of the first five teams received boxes of Valentine candy. Bob Pickens led the way. Tenaya Adams of the Aggies led the ladies. She wore seat pants for the run but still broke the women's course record by 34 seconds.

2/23/02 Juana Run - 8K

Slim Pickens	27:09	3- Overl
Scott Bang	28:37	
Jim Bordoni	29:52	
Cecil Baumgartner	32:25	
Sue Francis	33:41	3rd-40+
Liz Nast	33:47	
Kelly Emo	37:35	
Lisa Low	37:46	
Pauline Beatty	38:00	
Ruth Harris	40:06	
Georgia Riley	40:57	2nd-50+
John Pickens	43:49	
Karin Bivens	47:xx	

2/23/02 Juana Run - 1 Mile

3/17/02 - Mercury/News 10K

Bob Pickens	33:55	
Dan Sauers	35:42	1st-50+
Jim Angelopoulos	35:56	3rd-40+
Jonathan Lee	42:01	
Kelly Emo	37:41	
Ruth Harris	53:31	

3/24/02 - Houlihan's 12K

Bob Pickens	41:24	4th-40+
Rob Nast	42:42*	
Brian Davis	43:02	2nd-45+
Tenaya Adams	44:05*	1st-Ovrl
Jim Angelopoulos	44:33	
Dan Anderson	45:03	4th-45+
Bill Dunn	45:28	4th-50+
Jeff Rohrer	45:29	
Dave Piazza	46:02	
Becki Kriege	46:22	3rd-35+
Ron Kiyono	48:28	
Alison Olver	52:24	
Joe Hurtado	52:40	3rd-60+
Marian Richard	53:23	
Tim Rostege	54:06	5th-60+
Rich Hahn	54:26	
Norm Saucedo	54:56	1st-65+
Dave McIntyre	56:54	
Helen Wong	57:44	
Kelly Emo	58:24	
Ken Noel	58:37	



Elaine Erickson	62:16		Jeff Rohrer	37:18		Glynn Wood	23:11	4th-65+
Chris Hallen	62:40		Becki Kriege	37:32	5th-35+	Chris Hallen	25:18	5th-50+
Anna Luo	63:54		Todd Hayes	37:44		Georgia Riley	25:34	2nd-55+
Tom Zades	64:31		Stephanie Hovancik	39:06		Mark Winitz	25:54	
Pauline Beatty	65:58		Bill Dunn	39:58		Helen MacKinlay	29:40	
Bill Flodberg	66:11		Jim Reitz	40:09		Jutta McCormick	29:50*	
Georgia Riley	66:21	5th-55+	Mark Isaacson	42:21		Jim Whalen	29:55	
Jack Friedlander	84:38	1st-80+	Joe Hurtado	42:32	5th-60+	Marcia Morrison	30:11	
Ruby Hurtado	85:33		Tony Hilton	42:35		Diane Bordoni	31:09	
Joyce Friedlander	87:42		Rich Hahn	42:37		Ruby Hurtado	32:19	
			Sue Francis	43:31	4th-45+			
			Tim Rostege	43:38				
			Marian Richard	43:39				
			Mark Stauffer	44:24				
			Laura Lopez	44:27				
			Kelly Emo	44:29				
			Dave Pogue	44:45				
			Ken Noel	45:22				
			Robert Salinas	45:29				
			Carl Ellsworth	47:52				
			Tom Zades	48:30				
			Antonina Ettare	48:31				
			Anna Luo	48:36				
			Pauline Beatty	51:50				
			Chris Hallen	53:28				
			Georgia Riley	54:07				
			Betty Root	60:04				
			Jack Friedlander	68:10	1st-80+			
			Joyce Friedlander	68:27				

* Runs for Aggies

Our 40+ men finished 5th, our 40+ women finished 6th, our 50+ men finished 7th, our 40+ women finished 4th, and our 60+ men finished 2nd.

4/7/02 - The Great Race - 4.0 Miles

Bob Pickens	21:05	2nd-40+
Jim Bordoni	23:04	3rd-40+
Stephanie Hovancik	24:29	4th-19+
Christian Saucedo	25:09	
Dimitrios Stefanidis	25:10	
Liz Nast	25:27	3rd-40+
Nick Butterfield	25:34	
Tom Warfel	25:36	
Rich Hahn	26:49	
Norm Saucedo	26:51	1st-60+
Danielle Zelinski	26:59	
Dave Mintyre	27:04	
Sue Francis	27:20	
Kelly Emo	28:31	
Don Packwood	28:37	5th-60+
Jim Myers	28:42	
Tom Zades	30:30	
Dena Noble	30:45	
Pauline Beatty	32:09	
Chris Hallen	32:10	
Georgia Riley	32:21	
Bill Flodberg	32:31	
Katie Nast	33:02	
Dan Duston	33:35	
Linda Legregni	35:24	

4/15/02 - Boston Marathon

Joe Hurtado 3:20:58

4/21/02 - Compaq 10K

Bob Pickens	33:32	
Rob Nast	34:44*	
Brian Davis	34:49	2nd-45+
Dan Sauers	35:01	2nd-50+
Tenaya Adams	35:45*	1st-25+
Dan Anderson	36:27	5th-50+
Dave Piazza	37:01	

Jeff Rohrer	37:18	
Becki Kriege	37:32	5th-35+
Todd Hayes	37:44	
Stephanie Hovancik	39:06	
Bill Dunn	39:58	
Jim Reitz	40:09	
Mark Isaacson	42:21	
Joe Hurtado	42:32	5th-60+
Tony Hilton	42:35	
Rich Hahn	42:37	
Sue Francis	43:31	4th-45+
Tim Rostege	43:38	
Marian Richard	43:39	
Mark Stauffer	44:24	
Laura Lopez	44:27	
Kelly Emo	44:29	
Dave Pogue	44:45	
Ken Noel	45:22	
Robert Salinas	45:29	
Carl Ellsworth	47:52	
Tom Zades	48:30	
Antonina Ettare	48:31	
Anna Luo	48:36	
Pauline Beatty	51:50	
Chris Hallen	53:28	
Georgia Riley	54:07	
Betty Root	60:04	
Jack Friedlander	68:10	1st-80+
Joyce Friedlander	68:27	

* Runs for the Aggies

There were several club highlights at this race. Brian Davis and Dan Sauers finished 2nd in the very tough 45+ and 50+ divisions. Jack Friedlander won the 80+ division. Our men's 50+ team won in its division for the first time in quite awhile. Our other teams finished as follows -- open men-7th, open women-6th, 40+ men-5th, 40+ women-5th, 50+ women-4th, 60+men-2nd.

4/28/02 - Big Sur 5K

Bob Pickens	16:57	
Brian Davis	17:26	3rd-45+
Jim Bordoni	18:22	4th-45+
Bill Dunn	18:49	
Jose Casillas	20:33	
Rich Hahn	21:04	
Rod MacKinlay	2nd-60+	
Norm Saucedo	21:20	1st-65+
Luis Casillas	21:29	
Tim Rostege	21:35	3rd-60+
Joe Hurtado	22:06	4th-60+
Ed Gavin	22:13	
Ken Noel	22:43	

* Runs for the WVTC

As can be seen, 8 of the 23 club members who ran in this race placed in the top 5 in their division. Our 40+ men finished 5th, the 50+ men finished 5th, the 50+ women finished 3rd, and the 60+ men finished 2nd.

5/5/02 - Devil Mountain 5K

Gail Campbell	21:53	1st-50+
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5/11/02 - Quicksilver 50K

3	Todd Hayes	4:23:58	1st-50+
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Todd missed the 50+ course record by about 2 minutes.

5/11/02 - Quicksilver 50M

Ephraim Romesburg	11:33:4	1st-70+
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Ephraim set the 70+ course record with this performance. Both the 50K and 50M are very difficult courses.

5/11/02 - San Jose Human Race 5K

10	Greg Burke	19:10	1st-40+
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10K

6	Tony Hilton	38:42	
17	Dave Norlander	40:52	5th-40+

There were only two divisions in these races -- under 40 and 40+.

5/12/02 - Zippy's 5K

Men

30	Robt Pickens	16:13	
58	Rick Reitz	16:51	
62	Brian Davis	16:58	2nd-45+
97	Jeff Rohrer	18:01	
111	Christian Sauced	18:41	
132	Jim Reitz	19:20	
153	Joe Hurtado	20:37	
157	Norman Saucedo	20:41	1st-65+



167 Tim Rostege 21:14	89 Gail Campbell 22:10 5th-50+	*** Runs for WVTC
178 Robert Salinas 21:41	115 Georgia Riley 25:25 4th-50+	
196 Ken Noel 22:33	120 Chris Hallen 25:41	5/19/02 - San Carlos 5K
	145 Marcia Morrison 29:31	Don Packwood 21:59 1st-60+
	146 Jutta McCormick 29:35***	Rich Hahn xx:xx 3rd-40+
		Rich Stiller xx:xx 2nd-50+
Women		
19 Katy Spink 18:32*	* Runs for Aggies	
73 Danielle Zelinski 20:50**	** Unattached	

FINAL 2001 CUMULATIVE SATURDAY STANDINGS

Elite Div	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL
Pickens,Bob	0:15:48 0:37:11	0:15:51 0:33:33	0:19:59 0:35:41	0:28:42 0:38:22	0:26:09 0:34:03	0:31:52 0:33:41	2:18:21
Piazza,Dave	0:15:34 0:36:38	0:16:44 0:35:25	0:20:13 0:36:06	0:28:31 0:38:07	0:26:53 0:35:00	0:33:27 0:35:22	2:21:22
Rohrer,Jeff	0:15:48 0:37:11	0:17:05 0:36:10	0:20:46 0:37:05	0:27:33 0:36:50	0:28:44 0:37:25	0:34:31 0:36:29	2:24:27
Bordoni,Jim	0:15:54 0:37:25	0:17:07 0:36:14	0:20:30 0:36:36	0:28:31 0:38:07	0:29:02 0:37:48	0:35:32 0:37:34	2:26:36
Bang,Scott	0:22:12 0:52:15	0:17:25 0:36:52	0:00:00 0:00:00	0:28:16 0:37:47	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Dunn,Bill	0:16:08 0:37:58	0:00:00 0:00:00	0:21:58 0:39:14	0:00:00 0:00:00	0:29:13 0:38:03	0:36:38 0:38:43	0:00:00
Fergus,Dave	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:31:32 0:42:09	0:30:42 0:39:58	0:35:37 0:37:39	0:00:00
Kriege, Mike	0:00:00 0:00:00	0:18:13 0:38:34	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Kurtis,Dennis	0:00:00 0:00:00	0:00:00 0:00:00	0:20:58 0:37:26	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Russell,Ray	0:16:02 0:37:44	0:17:31 0:37:05	0:00:00 0:00:00	0:29:01 0:38:48	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
A Div	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL
Kriege,Becki	0:16:57 0:39:54	0:18:05 0:38:17	0:21:24 0:38:13	0:28:27 0:38:02	0:29:40 0:38:38	0:35:33 0:37:35	2:30:06
Moon,Danny	0:16:20 0:38:27	0:18:22 0:38:53	0:22:13 0:39:40	0:29:01 0:38:48	0:29:40 0:38:38	0:36:57 0:39:04	2:32:33
Chimenti,Dick	0:16:51 0:39:40	0:18:52 0:39:56	0:22:32 0:40:14	0:30:15 0:40:26	0:30:20 0:39:30	0:37:22 0:39:30	2:36:12
Hayes,Todd	0:17:25 0:41:00	0:18:47 0:39:46	0:22:04 0:39:24	0:29:38 0:39:37	0:31:29 0:41:00	0:37:13 0:39:20	2:36:36
Baumgartner,Cecil	0:17:55 0:42:10	0:19:11 0:40:36	0:23:35 0:42:07	0:31:20 0:41:53	0:31:53 0:41:31	0:38:59 0:41:13	2:42:53
Hurtado,Joe	0:17:33 0:41:18	0:19:40 0:41:38	0:23:29 0:41:56	0:31:10 0:41:40	0:31:55 0:41:33	0:40:27 0:42:46	2:44:14
Plank,McKayla	0:17:27 0:41:04	0:19:23 0:41:02	0:25:00 0:44:39	0:30:41 0:41:01	0:32:24 0:42:11	0:39:43 0:41:59	2:44:38
Baker,Chris	0:16:54 0:39:47	0:22:57 0:48:35	0:00:00 0:00:00	0:30:50 0:41:13	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Butterfield,Nick	0:00:00 0:00:00	0:19:11 0:40:36	0:23:06 0:41:15	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Chappell,Neal	0:16:59 0:39:58	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Hilton,Tony	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:30:13 0:40:24	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Isaacson,Mark	0:18:13 0:42:53	0:00:00 0:00:00	0:23:02 0:41:08	0:00:00 0:00:00	0:31:54 0:41:32	0:37:19 0:39:27	0:00:00
Lee,Jonathan	0:00:00 0:00:00	0:19:33 0:41:23	0:22:40 0:40:29	0:00:00 0:00:00	0:00:00 0:00:00	0:38:55 0:41:08	0:00:00
Menezes,Marlon	0:00:00 0:00:00	0:18:20 0:38:48	0:22:11 0:39:37	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Murray,Al	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:30:14 0:40:25	0:00:00 0:00:00	0:37:19 0:39:27	0:00:00
Sudan,Missy	0:17:14 0:40:34	0:18:57 0:40:07	0:22:57 0:40:59	0:30:55 0:41:20	0:42:29 0:55:19	0:00:00 0:00:00	0:00:00
B Div	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL
Poole,Ralph	0:17:04 0:40:10	0:18:49 0:39:50	0:23:00 0:41:04	0:29:34 0:39:32	0:30:25 0:39:36	0:37:20 0:39:28	2:36:12
Warfel, Tom	0:17:11 0:40:27	0:18:52 0:39:56	0:22:34 0:40:18	0:29:45 0:39:46	0:31:04 0:40:27	0:38:16 0:40:27	2:37:42
Stefanidis,Dimitrios	0:17:15 0:40:36	0:19:20 0:40:55	0:23:20 0:41:40	0:30:08 0:40:17	0:31:25 0:40:54	0:38:33 0:40:45	2:40:01
Kinsch,Russ	0:17:43 0:41:42	0:19:31 0:41:19	0:22:57 0:40:59	0:30:51 0:41:15	0:31:44 0:41:19	0:39:45 0:42:01	2:42:31
Hahn,Rich	0:18:22 0:43:14	0:20:42 0:43:49	0:23:37 0:42:10	0:31:02 0:41:29	0:31:54 0:41:32	0:39:15 0:41:29	2:44:52
Rostege,Tim	0:18:57 0:44:36	0:19:49 0:41:57	0:23:50 0:42:34	0:31:17 0:41:49	0:33:17 0:43:20	0:40:10 0:42:28	2:47:20
Francis,Sue	0:18:05 0:42:34	0:20:38 0:43:41	0:23:45 0:42:25	0:31:32 0:42:09	0:32:27 0:42:15	0:41:23 0:43:45	2:47:50
Kananen,Rick	0:19:05 0:44:55	0:20:47 0:44:00	0:23:51 0:42:35	0:33:20 0:44:34	0:34:09 0:44:28	0:42:47 0:45:14	2:53:59
Boyle,Brian	0:18:40 0:43:56	0:00:00 0:00:00	0:00:00 0:00:00	0:33:45 0:45:07	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Bronson,John	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:36:22 0:47:21	0:00:00 0:00:00	0:00:00
Browne,Bob	0:18:40 0:43:56	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:34:11 0:44:31	0:00:00 0:00:00	0:00:00
Dugdale,Don	0:00:00 0:00:00	0:27:56 0:59:08	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Emo,Kelly	0:18:43 0:44:03	0:20:16 0:42:54	0:24:53 0:44:26	0:51:16 1:08:32	0:41:23 0:53:53	0:00:00 0:00:00	0:00:00
Gavin,Ed	0:20:12 0:47:33	0:22:48 0:48:16	0:00:00 0:00:00	0:00:00 0:00:00	0:37:54 0:49:21	0:46:02 0:48:40	0:00:00
Nelson,Ron	0:17:05 0:40:12	0:00:00 0:00:00	0:22:44 0:40:36	0:29:47 0:39:49	0:00:00 0:00:00	0:38:25 0:40:37	0:00:00
Salinas,Robert	0:18:42 0:44:01	0:00:00 0:00:00	0:25:04 0:44:46	0:32:58 0:44:04	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Stiller,Rich	0:19:05 0:44:55	0:00:00 0:00:00	0:32:04 0:57:16	0:36:56 0:49:23	0:40:21 0:52:32	0:47:36 0:50:19	0:00:00

