



WVJS



VOL XXXVI-#1 WEST VALLEY JOGGERS & STRIDERS May 2007

Saturday Workouts

05/19/07	Farwell (3.54 miles)	07/21/07	Doug/Sara/Frtvle (2.75 miles)
05/26/07	8 x 0.66-Mile Tennis Court Loop Relay	07/28/07	Farwell/Herriman (4.68 miles)
06/02/07	Short Six (5.74 miles)	08/04/07	One Mile on the Track
06/09/07	All Courses Day	08/11/07	12 x 600 Relay
06/16/07	16 x 300 Relay	08/18/07	Annual Handicap Race
06/23/07	Valle Vista (3.0 miles)	08/25/07	Farwell (3.54 miles)
06/30/07	One Mile on the Track	09/01/07	36 x 200 Relay
07/07/07	Triangle Run (4.76 miles)	09/08/07	Short Six (5.74 miles)
07/14/07	5K on the track	09/15/07	4 x 1.46M WVC Loop Relay

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

Upcoming Races

PA-USATF Championships

05/28/07	Marin 10K (1.0)
06/03/07	Don Bowden Mile (1.0)
06/23/07	Shriner's 8K (1.0)
08/11/07	Susan Anthony Wom 5K (2.0)
09/16/07	Banana Chase 5K (2.0)
09/23/07	Heritage Oaks 10K (2.0)
10/21/07	Humboldt Half Marathon (1.5)
11/11/07	Clarksburg 30K (2.0)
11/22/07	Seagate 5K (Open) (2.0)
12/02/07	Cal Intl Marathon (TBA)
12/16/07	Xmas Relays (1.0)

Racer of the Year

Fastest Farwell Time
 Cumulative Saturday Races
 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, Marin 10K, Bowden Mile,
 Banana 5K, Clarksburg 30K

04/01/07	Great Race – 4 miles
06/17/07	Holy City Race – 9.08M
08/11/07	Dammit Run – 5 Miles
09/23/07	Almaden Times 2M
10/28/07	Hollister Road Mile

Other Popular Races

05/20/07	San Carlos 5K, 10K
06/03/07	Lupus 5K in Mt. View
07/15/07	Los Gatos Half Marathon
08/19/07	Run Thru Redwoods 10K
02/11/07	Together With Love 5K/10K

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:30 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 small group leaves from WVC parking area at 7:00 AM. They run 7-15 miles at 6:30-8:00 pace.

2007 PA/USATF Grand Prix

Open Men

Our open men's team is currently in 4th place. Aaron Lee is our team captain.

Open Women

Our open women's team is in 4th place. Individually, Missy Sudan is in 11th place in the short race division and 13th place in the long race division. Missy is the team captain.

40+ Men

Our 40+ men's team is in 3rd place. Al Murray is our team captain. Individually, Slim Pickens and Ole Agesen are in 12th and 13th places in the short race division and Matt Nolan is in 14th place in the long race division.

40+ Women

Our 40+ women's team is in 7th place. Marian Richard is in 7th place in the long race division. Kelly is the team captain.

50+ Men

Our 50+ men's team is in first place. Jim Bordoni and Tom O'Connor are our 50+ team captains. Individually, Dennis Kurtis is in 3rd place, Brian Davis is in 7th place, Tom O'Connor is in 10th place, Jim Bordoni is in 11th place, Bill Dunn is in 12th place, and Ron Kiyono is in 15th place in the short race division. Tom is in 7th place, Jim is in 9th place, Dennis Kurtis is in 10th place, Ron is in 11th place, Brian is in 15th place, and Dan Anderson is in 16th place in the long race division.

50+ Women

Our 50+ women's team is in 4th place. Elaine Erickson and Chris Blue are in 15th and 17th places in the long race division. Georgia Riley is in 7th place in the short race division. Kat Powell is the team captain.

60+ Men

Our 60+ men's team is in 2nd place. Joe Hurtado is the team captain. Individually, Bob Schmitt is in 8th place, Joe Hurtado is in 10th, and Carl Petersen is in 11th place in the short race division.



Joe Hurtado is in 4th place, Bob Schmitt is in 7th, Carl Petersen is in 9th, and John Peterson is in 18th place in the long race division.

Our 70+ men's team has not yet fielded a complete team this year but expects to do so at the Bowden Mile.. Eddie Reyna is the team captain. Individually, Eddie is in 3rd and Ed Singleton is in 5th place in the short race division. Eddie is in first place 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.

Don Dugdale, after spending a few years in North Carolina, is moving back to our area. He will be working for a newspaper in Salinas. During Don's early days with the club, he ran a 2:37:16 marathon, 14:05 for the Douglas course, 15:41 for Valle Vista, 18:38 for Farwell, 25:21 for Farwell-Herriman, 25:47 for Triangle, and 31:01 for the Short Six.. He also either broke 6 hours for a 50-mile run or came very close to breaking 6 hours.

Bill Dunn is back to running well and will join the 60+ ranks on August first. He will soon be joined by Jim Myers on 7/22 and Danny Moon on 9/12. Ron Kiyono turns 60 on 1/12/08. Dino Delyani turns 50 on 5/20, Dave Fergus turns 50 on 9/14, and Mike Toney turns 50 on 11/26. Carol Bednar becomes a master on 8/16. Carl Petersen turns 70 on 10/24.

Dave Garcia, who now lives in Las Vegas, has visited us a couple of times in recent months. He ran well at the Great Race and in our 16 x 400 relay last Saturday.

Dete Kraus was proud that his daughter qualified for the Boston Marathon this year and then was able to complete under terrible weather conditions. I don't recall her time but I believe that it was near 3:30.

Rob & Liz Nast's daughter, Katie, won the DeAnza high school league title in the 3200 meters a couple of weeks ago with a fast time of 11:37.

Peter and Nao Wei's daughter, Stephanie, won two individual titles and was part of two winning relay teams for Mitty in the West Catholic Athletic League finals. Her winning times in the individual events were league records.

On April 19 Ken Napier and 7 other senior citizens were inducted into the Bakersfield College track and field/cross country Hall of Fame. This was the 50th anniversary of the team's Southern California State junior college championship. The BC individuals finished 2nd (Miles Eisenman, 5th (Jerry Strong, 9th (Jim Wren), 10th (Ken Napier), and 13th (Vernon Crawford. They outscored Mt. San Antonio College 38-48. This avenged BC's prior loss to Mt SAC at the Mt SAC Invitational. BC beat all other junior colleges in the state plus several out of state teams. The amazing thing about this team is that all eight members were on hand at the awards banquet and were still healthy. All eight who were inducted into the Hall of Fame were presented with plaques by their 89-year-old coach – John Collins. That's got to say something about exercise and longevity. The evening was especially meaningful for Ken as his 50-year-old niece was also inducted into the BC Hall of Fame for her performances on the track back in the 1970s.

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>

2007 RUNNER OF THE YEAR CONTEST

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. 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.

2007 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 17 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 standings to date for 2007 for all who scored in three or more races are as follows:.

<u>Elite Division</u>		Mike Bordoni (4)	100	Andy Lief (3)	74
Bob Pickens (7)	164	Dennis Kurtis (4)	92	Rob Nast (3)	72
Dave Piazza (6)	128	Brian Davis (4)	86		



	Ron Blancas (5)	104	Art Mitchum (6)	144
	Dino Delyani (6)	102	Mike Kolesnik (6)	129
	Missy Sudan (4)	92	Dave McIntyre (5)	108
	Norry McAllister (4)	78	Carol Bednar (4)	84
	Mike Smith (4)	78	Jim Howe (3)	75
	Dan Anderson (3)	67		
	Aaron Lee (3)	65		
	David Woodruff (3)	58		
A Division			B Division	
Al Murray (8)	199		Joe Hurtado (8)	184
Tom O'Connor (7)	158		Bob Schmitt (8)	181
Jeff Rohrer (6)	147			
Ron Kiyono (7)	136			
Jim Bordonni (6)	124			
C Division			D Division	
Carl Petersen (8)	189		Kat Powell (5)	117
Joe Johnson (7)	150		John Peterson (4)	97
Mike Krey (4)	100		Chris Cassell (3)	75
Marion Richard (4)	98		Uyenthi Tran (3)	71
Rich Hahn (4)	95			
Helen Wong (3)	67			
Norm Takeuchi (3)	63			
Kelly Emo (3)	62			
			E Division	
			Eddie Reyna (6)	140
			Tim Riley (6)	134
			Georgia Riley (5)	117
			Elaine Erickson (3)	75
			Chris Blue (3)	71
			Ed Singleton (3)	67
			Ruby Hurtado (3)	62

2007 All-Comer Meets Grand Prix

This is the first year that we are holding a track Grand Prix based upon results at the Los Gatos winter and summer all-comer meets. We will score your best four events out of eight possible events – 60M, 100M, 200M, 400M, 800M, 100M/Mile, 2 miles, and 5K. Each event will be scored using the WAVA age-graded performance tables. Shown below are the scores as of the end of the winter all-comer meets 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 (47)	337.8		88.47	87.78	84.77	76.82			
2	Bob Pickens (46)	300.4			67.39	76.42	81.61			74.96
3	Chris Cassell (52)	295.6	79.80	74.55	71.67	67.90	69.59			
4	Mike Kriege (47)	249.6					81.54	82.71	85.40	
5	Jim Bordonni (54)	249.0					84.22	83.08	81.65	
6	Jeff Candello (51)	239.8					78.64	81.30	79.84	

Event Times

Pl	Runner	Total	60M	100M	200M	400M	800M	1500/Mile	2 Mile	5K
1	Mark Pasos (47)	337.8		12.23	24.87	57.11	2:28.46			
2	Bob Pickens (46)	300.4			32.17	62.89	2:18.68			18:47.22
3	Chris Cassell (52)	295.6	9.11	15.01	31.56	73.98	2:50.48			
4	Mike Kriege (47)	249.6					2:19.87	5:01.14	10:25.61	
5	Jim Bordonni (54)	249.0					2:23.19	5:17.29	11:32.12	
6	Jeff Candello (51)	239.8					2:29.61	5:16.24	11:30.49	

SATURDAY WORKOUT RESULTS

1/6/07 – Triangle Run – 4.76 Miles

1	Rob Nast	28:05		10	Jim Howe	30:55		20	Dave McIntyre	33:48
2	Jeff Candello	28:25		11	Norry McAllister	31:02		21	Dave Fergus	34:18
3	Dave Piazza	28:41		12	Al Murray	31:05		22	Dimitrios Stefanidis	34:21
4	Amanda Gerhardt	29:03		13	Dino Delyani	31:06		23	Joe Hurtado	34:44
5	Andy Williams	29:19		14	Todd Hayes	31:19		24	Helen Wong	35:10
6	Tom O'Connor	29:34	PR	15	Dick Chimenti	32:28		25	Dave Norlander	35:14
7	Missy Sudan	29:38		16	Aaron Lee	32:31		26	Jeff Bedolla	35:27
8	Jim Anderson	30:39		17	Daniel Del Rey	32:54		27	Kelly Emo	35:42
9	Matt Allie	30:42		18	Mike Krey	33:01	PR	28	Carol Bednar	36:11
				19	Bob Schmitt	33:34		29	Tom Warfel	36:14

30	Chris Cassell	37:06	
31	Jennifer Padilla	38:48	
32	Uyenthi Tran	39:32	
33	Elaine Erickson	39:56	
34	Chris Blue	40:14	
35	Kat Powell	40:45	
36	Roger Lobbes	40:52	PR
37	Dena Noble	41:15	
38	Georgia Riley	41:33	
39	John Peterson	43:29	
40	Rich Stiller	43:31	
41	Walt Van Zant	47:02	PU
42	Don Packwood	54:17	

J.Peterson/Anderson 1:15 45:09

Dick Barrett Trophy Winner – Mike Krey & Dino Delyani

Big turnout for such lousy weather (28 degrees at the start of the workout). The Van Zant team led after the first 5 runs but got passed by 3 teams during the last run as Dino anchored with a 6:14 final 1600 to lead his team to victory. Mike Bordoni, aided by the rest given him because his partner was race walking, had the best average at 5:09 per mile. Stephanie Bambury led the ladies with a 5:53 average.

1/20/07-Doug/Sar/Fruitvale-2.75M

1	Dave Piazza	16:03	
2	Tom O'Connor	16:38	
3	Al Murray	16:55	
4	Brian Conroy	17:07	
5	Scott Bang	17:14	
6	Norry McAllister	17:17	
7	Ron Blancas	17:29	
8	Dino Delyani	17:34	
9	Daniel Delrey	18:04	
10	Dave McIntyre	18:22	
11	Mike Krey	18:30	PR
12	Dave Fergus	18:44	
13	Liz Nast	18:48	PR
14	Bob Schmitt	18:54	
15	Joe Hurtado	18:55	
16	Carl Petersen	19:08	PR
17	Tim Rostege	19:22	
18	Jeff Bedolla	19:38	
19	Dave Norlander	20:27	
20	Tom Warfel	20:42	
21	Helen Wong	21:04	
22	Chris Cassell	21:09	
23	Jennifer Padilla	21:09	
24	Mark McPherson	21:26	
25	Rick Kananen	21:45	
26	Elaine Erickson	21:58	
27	Rich Collins	22:06	
28	Rich Stiller	22:08	
29	Dena Noble	22:12	
30	Chris Blue	22:35	
31	John Peterson	22:58	
32	Catherine Frye	23:33	
33	Georgia Riley	23:51	
34	Kat Powell	24:41	
35	Tim Riley	26:14	
36	Tin Tran	28:26	
37	Uyenthi Tran	28:31	
38	Don Packwood	30:03	
39	Stan DeMartinis	46:57	

Dick Barrett Trophy Winner – Liz Nast

Easy win for Dave Piazza on another cold morning (40 degrees?). Good race for 65+ honors among Bob Schmitt, Joe Hurtado, Carl Petesen, and Tim Rostege with Bob emerging as the winner. Bob and Carl recorded the #5 and #6 times by a 65+ runner. Liz Nast led the ladies, recording the #7 best-ever time by a 40+ woman runner. Chris Blue recorded the #3 55+ time and Elaine Erickson recorded the #6 50+ time. Don Packwood improved his walking best for this course by 76 seconds, averaging 10:56 per mile.

1/27/07-5K on the Track

1	Mike Bordoni	17:25
2	Rob Nast	18:09
3	Dave Piazza	18:23
4	Jeff Rohrer	18:34
5	Al Murray	18:39
6	Missy Sudan	18:59
7	Amanda Gerhardt	19:17
8	Jim Bordoni	19:31
9	Brian Conroy	19:37
10	Jim Howe	19:47
11	Dino Delyani	19:58
12	Kristina Park	20:02
13	Aaron Lee	20:09
14	Dave McIntyre	20:26
15	Ranjeet Sudan	21:15
16	Bob Schmitt	21:21
17	Liz Nast	21:33
18	Mike Krey	21:37
19	Carl Petersen	21:54
20	Mike Kolesnik	21:59
21	Helen Wong	22:39
22	Jeff Bedolla	22:47
23	Carol Bednar	22:59
24	Tom Warfel	23:12
25	Dave Norlander	23:31
26	Chris Cassell	24:43
27	Uyenthi Tran	24:59
28	John Peterson	25:30
29	Chris Blue	26:06
30	Tim Riley	27:59
31	Tin Tran	29:21
32	Ruby Hurtado	31:54
	Don Packwood	30:49*

* Walked 11 1/2 laps at 10:47 per mile pace

Dick Barrett Trophy Winner - Mike Bordoni

The temperature was about 50 degrees during the run this morning with the rain varying between light to moderate and the runners had to run wide at the end of the first turn each lap due to standing water in the first lane. Easy win for Mike with splits at 1600, 3200 and 4800 meters of 5:28, 11:03, and 16:48. Missy led the ladies. Rob led the 40+ men, Jim Bordoni led

Dick Barrett Trophy Winner – Jeff Candello

Rob Nast ran to an easy win on our first road run of the year on another cold morning (high 30s). Jeff Candello finished second with the all-time #10 time by a 50+ runner. Dwight Cornwell, Tim Rostege, and Bill Meinhardt have the top three 50+ times at 26:41, 27:01, and 27:07. Amanda Gerhardt continued her good running by recording the #2 time by a club open woman runner. She ran the course in 28:34 in 1999 before joining the club. Tom O'Connor finished as the #2 50+ runner while improving his PR by 9 seconds. Jim Howe recorded the all-time #3 time by a 60+ runner. Missy Sudan finished as the #2 woman runner, coming within 22 seconds of her PR. Mike Krey improved his PR by 52 seconds. Bob Schmitt ran the #5 time by a 65+ runner. Norry McAllister ran with us for the first time in quite awhile, coming within 7 seconds of his 45+ best. Chris Cassell improved his 50+ PR by 7 seconds. Elaine Erickson ran the #10 time by a woman 50+ runner. Kat Powell improved her 55+ best by 3 minutes to move to #5 on the women's 55+ list. Roger Lobbes ran this course for the second week in a row. Last week he ran 40:52.8 and this week he ran 40:52.9. Don Packwood walked th course at 11:24 per mile pace to improve his walking time for this course by 53 seconds.

01/13/07 – 6 x 1600M Relay

Pl	Team	Start	Finish
1	Krey/Delyani	9:00	47:01
2	Packwood/Mi.Bordoni	-0-	47:10
3	Rostege/Samson	10:15	47:10
4	U.Tran/Van Zant	:30	47:29
5	McAllister/Park	11:00	47:30
6	Beatty/Blancas	4:30	47:32
7	Schmitt/McIntyre	8:45	48:01
8	Blue/Warfel	2:15	48:02
9	Wong/Hurtado	7:15	48:07
10	C.Petersen/Piazza	10:15	48:09
11	Powell/Bedolla	2:30	48:26
12	Norlander/Emo	7:30	48:39
13	Rileys/Murray	6:00	49:08
14	Lee/Hayes	11:30	49:12
15	Bambury/Rohloff	12:45	49:52
16	T.Tran/Noble	-0-	50:23

the 50+ men, Jim Howe led the 60+ men, Liz Nast was the first 40+ woman finisher, Chris Blue was the first 50+ finisher, Ruby was the first 60+ finisher, and Tim Riley was the first finisher with an artificial hip. Don Packwood did a great job of race walking but came up short in the counting-laps department.

2/3/07 – 8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Myers/Bedolla	-0-	36:46
1	Blue/Blancas	:45	36:46
3	Warfel/M.Bordoni	5:45	36:55
4	Frye/Goldman	-0-	36:59
5	Rostege/Zelinski	1:50	37:20
6	Magill/Williams	4:30	37:42
7	Beatty/Lee	1:00	38:20
8	G.Riley/Schmitt	-0-	38:28
9	J.Peterson/U.Tran	-0-	38:32
10	Lobbess/Russell	3:15	38:50
11	Park/Sudan	8:00	39:02
12	T.Riley/Fergus	-0-	39:59
13	Van Zant/B.Kriege	3:30	40:24

Dick Barrett Trophy Winner – Ron Blancas

Close race for first place. Ron Blancas started 42 seconds behind Jeff Bedolla on the last lap and got close to him but Jeff just would not let Ron get by as they finished in a tie. Jeff, who had run below par the last several weeks, had a very good day, averaging 4:27 per run. Jim Myers ran with us for the first time in 6 months, averaging 7:11 per mile pace for his runs. Tom Warfel averaged 7:16 per mile a few weeks ago when we ran repeat miles and improved all of the way down to 6:44 pace this morning. Mike Bordoni led all runners with a total time of 13:23 (5:04 per mile pace). This broke the Bordoni family record (held by his brother, Matt) for this workout by 15 seconds. At least four club members have broken 13 minutes for this workout, including current members Ray Russell (12:30) and Jake White (12:52). 60-year-old Jim Magill ran with us for the first time, averaging 4:31 per run (6:50 per mile). Don Packwood walked his 4 intervals in a total time of 28:03 (4:00 rest in between walks). Missy Sudan led the ladies (2 seconds faster than her teammate, Kristina) with a total time of 15:30. This broke her workout record for this course by 14 seconds, which she set 4 years ago. Danny Moon presented the annual brown bag award prior to the start of the workout. This award is given to the runner with the most DNFs for the year. Ray did not appear to be pleased to receive this award as we pulled him from his hiding place in the bushes.

2/10/07-Farwell/H-4.68M

1	Dave Piazza	28:26
2	Al Murray	28:48
3	Missy Sudan	28:50
4	Amanda Gerhardt	30:05
5	Norry McAllister	30:16 PR
6	Ron Blancas	30:28 PR

7	Kristina Park	30:38
8	Dino Delyan	31:02
9	Dave Fergus	32:34
10	Bob Schmitt	32:54
11	Joe Hurtado	33:18
12	Jim Magill	33:45
13	Carl Petersen	34:30
14	Jeff Bedolla	35:26
15	Helen Wong	38:11
16	Elaine Erickson	38:33
17	Rich Stiller	40:05
17	Tom Warfel	40:05
19	John Peterson	40:15
20	Rich Collins	40:28
21	Dena Noble	40:46
22	Roger Lobbes	41:52
23	Kat Powell	43:59

Dick Barrett Trophy Winner – Norry McAllister

Surprisingly good weather for the run this morning. It rained hard driving to the workout, drizzled during the warmup, and then we had rainless, 55-degree weather for the race. Dave Piazza won his second consecutive Saturday road run with a 100-yard victory over Al Murray. Missy Sudan led the ladies with a fast 28:50. Newly-turned 50+ runner, Norry McAllister, took home the weekly trophy with his PR run. Bob Schmitt ran this course for the first time as a 65+ runner, recording the #5 65+ time. Elaine Erickson ran the #8 time for a woman 50+ runner.

2/17/07 – 29th Annual WVJS Race-5.37M

Pl	Runner	Time
1	Mike Kriege (A)	31:30 PR
2	Scott Bang	31:43 PR
3	Mike Bordoni (F)	32:06
4	Jorn Jensen (B)	32:19
5	Dennis Kurtis (D)	32:33
6	Dave Piazza (E)	33:22
7	Andy Williams (H)	33:27 PR
8	Jeff Rohrer (G)	33:39
9	Al Murray (C)	33:40
10	Missy Sudan (I)	33:56
11	Ron Blancas (K)	35:07 PR
12	Kristina Park (K)	35:36
13	Stephanie Bambury(H)	35:47
14	Norry McAllister (J)	35:56 PR
15	Jim Anderson (I)	36:18
16	Todd Hayes	36:47
17	Dino Delyani (F)	36:56 PR
18	Daniel Del'Re (C)	37:02
19	Neil Gelblum	37:03
20	Mike Krey (B)	37:13
21	Bob Schmitt (E)	37:35
22	Mark Goldman (D)	38:00
23	Art Mitchum (J)	38:15
24	Dave McIntyre (A)	38:22 PR

25	Joe Hurtado (A)	38:24
26	Ray Russell (G)	39:01
27	Kelly Emo (F)	39:57
28	Liz Nast (C)	40:09
29	Joe Johnson (D)	40:10
30	Helen Wong (I)	40:30
31	Carol Bednar (B)	40:48
32	Dave Norlander (G)	41:31
33	Matt Kriege (H)	41:37
34	Jeff Bedolla (J)	42:09
35	Uyenthi Tran (J)	44:15 PR
36	Chris Cassell (K)	45:26
37	John Peterson (I)	46:16
38	Chris Blue (H)	46:24
39	Jim Myers (F)	46:59
40	Rich Stiller (E)	46:59
41	Jennifer Padilla (K)	47:34
42	Dena Noble (G)	48:00
43	Annette McPhail (E)	48:14
44	Kat Powell (C)	49:03 PR
45	Georgia Riley (D)	51:49
46	Chris Wachs	54:35
47	Tim Riley (B)	54:41
48	Walt Van Zant	55:23 PW
49	John Pickens	55:37
50	Don Packwood (A)	61:25

Team Scores

1	Team F	2/16/24/36 = 78
2	Team H	6/13/30/35 = 84
3	Team I	9/15/27/34 = 85
4	Team J	10/14/31/32 = 87
5	Team A	1/21/22/44 = 88
6	Team C	8/17/25/41 = 91
7	Team D	4/20/26/42 = 92
8	Team B	3/18/28/43 = 92
9	Team K	11/12/33/38 = 94
10	Team G	7/23/29/39 = 98
11	Team E	5/19/37/40 = 101

Mike Kriege finished first for the 3rd year in a row. The F team of Mike Bordoni, Dino Delyani, Kelly Emo, and Jim Myers won the team title. This was one of our warmest mornings of the year (60 degrees?). Many helpers, including Jim Bordoni, Aaron Lee, Roger Lobbes, Mike Kolesnik, Bob Pickens, and Madelyn Moon. Hope that I did not miss anyone. The help was appreciated. I've seen years when we had only one helper. Dennis Kurtis ran the #6 50+ time for this course behind Bill Meinhardt at 30:42 (1990), Tim Rostege at 30:45 (1990), Ulrich Kaempf at 21:02 (1983), Myron Nevraumont at 32:09 (1984), and Nick Winter at 32:18 (1993).

2/24/07-Farwell-3.54M

1	Mike Bordoni	19:50 PR
2	Al Murray	21:46
3	Ron Blancas	22:10
4	Norry McAllister	22:21 PR

5	Brian Conroy	22:45	
6	Dino Delyani	22:58	
7	Aaron Lee	23:06	
8	Neil Gelblum	23:56	
9	Mark Goldman	24:04	
10	Art Mitchum	24:09	
11	Bob Schmitt	24:22	
12	Mike Krey	24:40	
13	Mike Kolesnik	25:01	
14	Jim Magill	25:11	
15	Carl Petersen	25:42	
16	Helen Wong	26:07	
17	Jeff Bedolla	26:27	
18	Elaine Erickson	28:19	
19	Chris Wachs	28:52	
20	Rich Collins	29:05	
21	Chris Blue	29:06	
22	John Peterson	29:11	
23	Dena Noble	29:28	
24	Paul Rodriguez	30:12	PR
25	Tom Warfel	30:33	
26	Rich Stiller	30:34	
27	Kat Powell	30:38	
28	Georgia Riley	31:23	
29	Tim Riley	33:20	
30	John Pickens	33:28	
31	Uyenthi Tran	38:38	
31	Tin Tran	38:38	
33	Don Packwood	40:42	RW

Dick Barrett Trophy Winner – Paul Rodriguez

Mike Bordoni PRd by 20 seconds while winning by nearly 2 minutes and becoming the 83rd club member to crack the 20-minute barrier. Brian Conroy missed his PR by 7 seconds and Mr. Consistency, Dino, missed his PR by 8 seconds. Bob Schmitt ran the 2nd best-ever 65+ time, missing Norm Saucedo's record by 18 seconds. Helen Wong ran her fastest time on this course in 3 1/2 years and Elaine Erickson ran her fastest time since she ran 25:37 in November 2007. She also moved to #7 on the women's 50+ list. Rich Collins ran his best Farwell time in 5 years. Chris Blue improved her 55+ time by 51 seconds as she recorded the #4 55+ time. Rich Stiller missed his PR by 12 minutes and 12 seconds.

3/3/07-4x1.46M WVC Loop Relay

Pl	Team	Start	Finish
1	Rostege/Mitchum	7:00	45:55
2	Blue/Goldman	3:15	45:55.2
3	Van Zant/Fogolin	3:15	46:06
4	Packwood/Mi.Bordoni	---	46:26
5	Sudan/B.Kriege	12:00	46:44
6	Wachs/Bedolla	3:15	46:51
7	U.Tran/Wong	4:45	46:56
8	J.Anderson/Samson	12:30	47:14
9	Warfel/Krey	6:45	47:32

10	T.Riley/Lee	3:15	47:49
11	Rohrer/Russell	12:30	48:08
12	T.Tran/Conroy	---	48:41
13	Collins/Cassell	3:15	50:54

Dick Barrett Trophy Winner – Tim Rostege & Art Mitchum

Great race this morning as Art Mitchum outsprinted Mark Goldman by inches for the win. Mike Bordoni ran the fastest time for this workout since Ray Russell ran 14:47 10 years ago. Missy Sudan led the ladies and PRd for the workout with a cumulative time of 17:18. Uyenthi Tran also PRd by over a minute. Don Packwood race walked the workout at a 10:47 per mile pace. The two runners who were the furthest over their ratings – Rich Collins and Chris Cassell – were on the same team. So, you know what place they finished. Danny Moon, Madelyn Moon, and Dick Chimenti did a superb job of timing us.

3/10/07-Short Six-5.74M

1	Mike Bordoni	34:16	PR
2	Becki Kriege	34:54	PR
3	Bob Pickens	34:56	
4	Dave Piazza	35:25	
5	Missy Sudan	35:32	PR
6	Scott Bang	35:49	
7	Andy Williams	35:57	
8	Al Murray	36:12	
9	Brian Conroy	37:27	PR
10	Norry McAllister	37:49	PR
11	Kristina Park	39:00	
12	Aaron Lee	39:03	PR
13	Neil Gelblum	39:32	
14	Mike Krey	39:53	PR
15	Bob Schmitt	40:15	
16	Mike Kolesnik	41:14	PR
17	Joe Hurtado	41:46	
18	Dave McIntyre	43:00	
19	Seve Chamberlin	43:43	
20	Mark Isaacson	44:42	
21	Helen Wong	44:57	
22	Jeff Bedolla	44:57	
23	Uyenthi Tran	45:09	PR
24	Tom Warfel	45:13	
25	Danielle Zelinski	47:52	
26	Jennifer Padilla	47:56	
27	Elaine Erickson	48:15	
28	Chris Wachs	48:51	
29	Paul Rodriguez	49:40	PR
30	John Peterson	51:22	
31	Georgia Riley	52:14	
31	Pauline Beatty	52:14	
33	Kat Powell	53:22	
34	Dena Noble	53:39	
35	Tim Riley	57:58	
36	Ruby Hurtado	83:50	

Dick Barrett Trophy Winner – Becki Kriege

Good morning for running as 10 of us ran PRs. Mike Bordoni won by about 200 yards despite making a wrong turn onto Springbook and running an extra 280 or more yards, which may have cost him a minute. Becki Kriege broke her own women's course record, which she set 18+ years ago in August 1988. She also broke the women's 40+ record by over 2 minutes. Missy Sudan continued to run well as she improved her PR by 6 seconds. She ran her previous best 3 1/2 years ago. The top three women's times for this course are held by Becki, Kristina Park (35:19 in September 1996), and Missy Sudan, all of whom ran today. Bob Schmitt ran the #2 men's 65+ time, trailing just Ralph Poole. Elaine Erickson ran the #7 time by a woman 50+ runner. Ruby Hurtado became the oldest woman club member to complete this course, establishing a new 65+ standard for the women at 83:50.

3/17/07-Valle Vista-3.0 Miles

1	Mike Bordoni	16:31	PR
2	Brian Conroy	18:53	
3	Kristina Park	18:57	
4	Becki Kriege	18:59	
5	Dave McIntyre	19:59	
6	Neil Gelblum	20:04	
7	Mark Goldman	20:49	
8	Liz Nast	21:08	
9	Tim Rostege	21:23	
10	Jennifer Padilla	22:02	
11	Jeff Bedolla	22:02	
12	Todd Hayes	22:26	
13	Dave Norlander	22:55	
14	Ron Blancas	23:02	
15	Rick Kananen	23:34	
16	Tom Warfel	23:37	
17	Jim Myers	23:49	
18	Chris Cassell	24:11	
19	Paul Rodriguez	24:59	
20	Dena Noble	26:03	
21	Kat Powell	29:56	
22	Tin Tran	30:17	
23	Uyenthi Tran	30:25	

Dick Barrett Trophy winner – Mike Bordoni

Mike did not get lost this week, winning by nearly half a mile. Kristina led the ladies. Liz Nast ran the #6 time by a 45+ woman runner.

3/31/07-Triangle Run – 4.76 Miles

1	Bob Pickens	27:07	
2	Mike Bordoni	27:29	PR
3	Dennis Kurtis	27:58	
4	Dave Piazza	28:38	
5	Al Murray	28:50	
6	Jeff Rohrer	29:02	
7	Missy Sudan	29:44	

4	Norry McAllister	30:07	PR
5	Neil Gelblum	31:40	
6	Mark Goldman	31:46	
7	Mike Krey	31:56	PR
8	Kelly Emo	34:04	
9	Tim Rostege	34:23	
10	Helen Wong	34:38	
11	Dave Norlander	36:23	
12	Jeff Bedolla	36:27	
13	Rosa Hellen	36:34	
14	Brian Low	36:47	
15	Jim Myers	37:46	
16	Paul Rodriguez	38:07	
17	John Peterson	38:58	
18	Tom Warfel	39:01	
19	Chris Blue	39:45	
20	Pauline Beatty	39:51	
21	Chris Cassell	44:57	
22	Kat Powell	44:57	
23	Roger Lobbes	45:56	

Rare win for Andy. Kristina led the ladies. Mike Krey PRd by 61 seconds and Norry PRd by 9 seconds. Pauline ran the #9 time by a 50+ woman.

5/5/07 – 36 x 200 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Krey-McAllister-Bednar	2:45	25:20
2	Eng-Woodruff-Chambe	3:00	26:09
3	Emo-McIntyre-Lee	3:00	26:27
4	Kolesnik-Dunn-Delyani	3:45	26:30
5	VanZant-Bedolla-L.Nast	:15	26:32
6	Conroy-Kurtis-R.Nast	5:45	26:33
7	O'Connor-Wachs-Sch	2:45	26:37
8	J.Peterson-Blue-Johnsn	-0-	26:41
9	Collins-Myers-Hahn	:15	27:03
10	Petersen-Norlandr-Moon	1:15	27:32

4	Russell/Blancas	4:30	25:33
5	Hurtado/Krey	2:45	25:42
6	Eng/Piazza	4:15	25:43
7	Warfel/Goldman	1:15	25:46
8	B.Kriege/O'Connor	4:30	25:49
9	Rodriguez/Kolesnik	1:15	25:54
10	D.Moon/Wong	1:15	25:57
11	Delyani/Conroy	4:15	25:58
12	Woodruff/M.Kriege	5:00	26:06
13	Chamberlin/Bednar	2:45	26:08
14	Blue/Johnson	---	26:12
15	Collins/Garcia	---	26:21
16	Armstrong/Dunn	4:15	26:27
17	Hahn/Hellen	1:15	26:30

5/12/07-16 x 400 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	C.Petersen/Zelinski	1:15	24:59
2	Murray/Park	4:30	25:00
3	Sudan/Pickens	5:15	25:26

Dick Barrett Trophy Winner – Mike Krey

RACE RESULTS

1/14/07-Phoenix Half Marathon

Rich Hahn 1:40:00
A crisp 29 degrees at the start of this race.

1/27/07-San Juan Bautista 10M

Rich Hahan	76:26	
Kelly emo	76:53	2nd-40+
Kat Powell	96:00	

1/27/07-San Juan Bautista 5K

Tim Rostege	22:33	3rd-60+
Glynn Wood	28:26	2nd-70+
Ed Singleton	31:43	3rd-70+

2/3/07-Orient Express Run-4M

Dick Chimenti	27:xx	1st-60+
Ken Napier	39:23	2nd-70+

2/4/08-Kaiser SF Half Marathon

23	Mike Matthews	1:15:10	2-40+
28	Andy Lief	1:16:53	3-40+
35	Rob Nast	1:18:11	5-40+
108	Ken Hsu	1:23:51	
124	Al Murray	1:24:43	
167	Jeff Rohrer	1:26:25	
177	Dan Anderson	1:26:49	
208	Ron Kiyono	1:27:58	2-55+
280	Dino Delyani	1:30:17	
312	Ron Blancas	1:30:56	
316	Aaron Lee	1:31:15	
440	Joe Hurtado	1:33:50	1-65+
573	Carl Petersen	1:36:52	2-65+

643	Rich Hahn	1:38:09	
697	Liz Nast	1:39:07	
734	Mike Kolesnik	1:39:42	
945	Helen Wong	1:42:49	
991	Dave McIntyre	1:43:31	
1027	Dave Norlander	1:44:05	4-65+
1203	Steve Chamberlin	1:46:21	
1392	Uyenthi Tran	1:49:06	
1643	Mandy Benham	1:52:02	
2329	Chris Cassell	1:59:42	
2903	Kat Powell	2:07:01	

2/4/07 – Ventura Half Marathon

Cecil Baumgartner	1:35:28	4th-50+
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2/10/07 – Campbell Valentine 10K

3	Jeff Candello	36:45	1st-50+
9	Neil Gelblum	41:17	2nd-50+
11	Mike Krey	42:53	3rd-50+
47	Chris Blue	52:48	1st-50+
88	Georgia Riley	59:17	1st-60+

2/10/07 – Juana Run – 8K

8	Ole Agesen	28:07	1st-40+
17	Larry Hyde	30:01	1st-50+
37	John Mintz	32:21	
42	Jim Howe	32:46	1st-60+
69	Kelly Emo	35:41	2nd-40+
71	Rich Hahn	35:47	
80	Dave Norlander	36:17	3rd-60+
89	Tim Rostege	36:42	5th-60+
116	Steve Chamberlin	38:24	

2/10/07 – Juana Run – 1M

5	Bob Pickens	5:07	1st-40+
7	Jim Bordoni	5:16	1st-50+

2/11/07 – Together With Love 5K

97	Glynn Wood	27:44	1st-70+
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2/25/07-Chinese New Year Run-5K

5	Mike Bordoni	16:49	
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2/25/07-Chinese New Year Run-10K

6	Dave Piazza	38:05	
16	Dan Anderson	41:44	

3/3/07 – NorCal 10M

26	Andy Lief	1:00:21	
39	Scott Bang	1:02:45	4th-35+
45	Al Murray	1:04:44	
60	Tom O'Connor	1:07:20	4th-50+
63	Ron Kiyono	1:07:36	4th-55+
73	Jim Bordoni	1:08:54	5th-50+
77	Bob Pickens	1:09:46	
98	Joe Hurtado	1:11:53	2nd-65+
104	Bob Schmitt	1:12:44	3rd-65+
111	Mike Kobesnik	1:14:00	
123	Marian Richard	1:15:57	3rd-45+
124	Carl Petersen	1:16:00	4th-65+
161	Joe Johnson	1:22:59	
165	Dave Norlander	1:23:38	5th-65+
220	Kat Powell	1:39:22	4th-55+
226	Eddie Reyna	1:40:44	1st-75+

Our men's 40+ team finished 3rd and our men's 50+ and 60+ teams finished 2nd.

1163	Kat Powell	68:52	
1255	Eddie Reyna	70:17	2nd-75+
1592	Tim Riley	75:41	
2308	Ruby Hurtado	93:25	

405	Jim Myers	32:34	
481	Bob Conroy	33:36	
551	Allison Goldman	34:35.	
678	Tim Riley	36:58	
792	Nicky McAllister	38:39	
837	Ed Singleton	39:16	5th-70+
1049	Ruby Hurtado	43:11	

3/11/07-Fifty Plus 8K

1	Dennis Kurtis	29:23	1st-50+
2	Paul Skokowski	29:55	2nd-50+
3	Larry Hyde	30:09	3rd-50+
4	Brian Davis	30:42	4th-50+
7	Dwight Cornwell	32:04	1st-60+
8	Bill Dunn	32:11	2nd-55+
10	Art Mitchum	33:16	3rd-55+
12	Mark Goldman	33:26	5th-55+
23	Tim Rostege	36:31	1st-65+
27	Dave Norlander	37:50	3rd-65+
39	Jim Myers	40:25	

Our open men finished 7th, our open women finished 6th, our 40+ men finished 3rd, our 40+ women finished 6th, our 50+ men finished 1st, our 50+ women finished 4th, and our 60+ men finished 2nd.

4/1/07-Carlsbad 5K

Georgia Riley	25:56	6th-60+
Tim Riley	27:58	

4/1/07-Ruth Anderson 50K

13	Jim Magill	4:39:51	1st-60+
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3/18/07 – Across The Bay 12K

54	Matt Nolan	43:34	4th-45+
70	Dennis Kurtis	44:58	2nd-50+
88	Bob Pickens	46:10	
93	Jeff Rohrer	46:27	
97	Al Murray	46:38	
101	Brian Davis	46:43	
111	Dave Piazza	47:20	
113	Missy Sudan	47:23	3rd-35+
130	Dan Anderson	48:12	
132	Tom O'Connor	48:15	
135	Mike Smith	48:25	
138	Jim Bordoni	48:29	
156	Ron Blancas	49:14	
158	Ron Kiyono	49:29	4th-55+
164	Norry McAllister	49:46	
174	Johanna Fogolin	50:00	
196	Dino Delyani	50:52	
203	Aaron Lee	51:17	
215	Art Mitchum	51:42	
271	Joe Hurtado	53:29	2nd-65+
276	Mike Krey	53:34	
288	Bob Schmitt	53:52	4th-65+
302	Marian Richard	54:13	
316	Carol Bednar	54:32	
346	Rich Hahn	55:17	
361	Helen Wong	55:33	
362	Steve Chamberlin	55:36	
365	Carl Petersen	55:39	
381	Mike Kolesnik	55:55	
407	Norm Takeuchi	56:34	
414	Kelly Emo	56:39	
419	Joe Johnson	56:51	
439	Dave McIntyre	57:19	
649	Uyenthi Tran	61:25	
750	Elaine Erickson	62:55	
761	Angela Stearns	63:06	
820	Christine Blue	63:54	
1057	John Peterson	67:14	
1128	Georgia Riley	68:20	3rd-60+

4/14/07 – Brown Invitational

McKayla Plank set a new Iona College mile record while taking first place with a time of 4:42.80. She later came back to finish second in the 800 meters in 2:12.52.

4/14/07 – American River 50M

109	Cecil Baumgartner	8:45:16	
173	Jim Magill	9:24:15	

4/15/07-The Great Race-4M

19	Rob Nast	21:46	4th-40+
27	Bob Pickens	22:23	
41	Al Murray	23:20	
45	Dave Piazza	23:37	
49	Bjorn Samson	23:49	
50	Rebecca Hbetamu	23:55	1st-14+
51	Tom O'Connor	24:04	1st-50+
60	Norry McAllister	24:29	3rd-50+
61	David Woodruff	24:33	
63	Katie Nast	24:39	2nd-14+
77	Jim Howe	25:24	1st-60+
83	Brian Conroy	25:35	5th-50+
94	Art Mitchum	25:55	
95	Mike Krey	25:58	
96	Mark Goldman	25:59	
100	Dave McIntyre	26:10	
108	Mike Kolesnik	26:27	
115	Bob Schmitt	26:45	3rd-60+
135	Joe Hurtado	27:17	5th-60+
144	Kelly Emo	27:32	2nd-40+
158	Norm Takeuchi	27:59	
161	Greg Burke	28:04	
164	Liz Nast	28:07	3rd-40+
201	Michael Frazier	28:53	
266	David Garcia	30:10	
317	Chris Cassell	31:23	
351	John Peterson	31:58	
365	Joe Johnson	32:09	

4/16/07 – Boston Marathon

Neil Gelblum	3:15:05
Ron Blancas	3:23:52
Rich Hahn	4:20:51

4/29/07-Zippy 5K

Ladies

13	Missy Sudan	18:33
64	Danielle Zelinski	20:55
80	Carol Bedmar	21:31
118	Mandy Benham	24:24
135	Georgia Riley	26:42

Men

39	Mike Bordoni	16:34
49	Bob Pickens	16:54
50	Ole Agesen	16:55
65	Dennis Kurtis	17:20
75	Brian Davis	17:43
80	Al Murray	17:50
90	Dave Piazza	18:05
96	Jeff Rohrer	18:27
104	Tom O'Connor	18:36
105	Jim Bordoni	18:39
113	BillDunn	19:04
115	Mike Smith	19:08
118	David Woodruff	19:14
121	Ron Kiyono	19:27
123	Jim Anderson	19:29
133	Jim Howe	19:55
135	Dino Delyani	19:57
141	Dave McIntyre	20:08
144	Art Mitchum	20:15
154	Bob Schmitt	20:51
159	Joe Hurtado	21:22
162	Carl Petersen	21:49
166	Joe Johnson	21:58
186	Chris Cassell	23:49
198	Tim Riley	28:09
199	Eddie Reyna	28:23
206	Ed Singleton	30:48

Our open women finished 4th, our open men's team of Mike Bordoni, Bill Dunn, Mike Smith, David Woodruff, and Ron Kiyono finished 6th, our 40+ men finished 3rd, our 50+ men finished 2nd, and our 60+ men finished 3rd.



4/29/07 – Big Sur Marathon

197 Ron Blancas 3:24:52

21 Tom O'Connor 39:34 5th-50+
30 Dan Anderson 40:44 1st-55+
95 Tim Rostege 46:17 1st-65+5 Ole Agesen 17:04 1st-40+
12 Alp Mimaroglu 18:17
21 Jim Howe 19:57 1st-60+
41 Kelly Emo 22:17 2nd-40+**5/6/07 – Devil Mountain 5K**19 Mike Smith 18:51 1st-40+
53 Norm Takeuchi 21:40 3rd-50+**5/6/07 – Avenue of the Giants Marathon**

2 Mike Matthews 2:50:52 2nd-40+

5/12/07 – Human Race 10K12 Ron Kiyono 40:45 1st-50+
49 Dave Norlander 47:24 1st-60+**5/6/07 – Devil Mountain 10K****5/12/07 – Human Race 5K****2006 CUMULATIVE SATURDAY STANDINGS**

See appropriate web page