



WVJS



VOL XXXXIII-#2 WEST VALLEY JOGGERS & STRIDERS May 2014

Saturday Workouts

05/31/14	Short Six (5.74M)	08/09/14	36 x 200 Relay
06/07/14	All Courses Day	08/16/14	12 x 600 Relay
06/14/14	Valle Vista (3.0 miles)	08/23/14	Farwell (3.54M)
06/21/14	Triangle Run (4.76M)	08/30/14	Club Handicap Race
06/28/14	800/1500/3000 Day	09/06/14	Short Six (5.74M)
07/05/14	One Mile on the track	09/13/14	4 x 1.46M WVJ Loop Relay
07/12/14	Doug/Sara/Frtvle (2.75M)	09/20/14	18 x 0.66M Half Tennis Court Loop Relay
07/19/14	Farwell/H (4.68M)	09/27/14	Valle Vista (3.0 miles)
07/26/14	5K on the track	10/04/14	Step-up & Step-down Relay
08/02/14	One Mile on the track	10/11/14	6 x 1600 Relay

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

Upcoming Races

PA-USATF Championships

07/13/14	San Rafael Miracle Mile 1.0)
10/19/14	Humboldt Half Marathon (1.5)
11/09/14	Clarksburg Half Marathon (1.5)
11/27/14	Sil Val 5K (2.0) – Open only
12/07/14	Cal Intl Marathon (2.0)
12/14/13	Xmas Relays (1.0)

Racer of the Year

	Fastest Farwell Time
	Fastest Marathon
	Fastest Half Marathon
	Fastest of 2 Designated Track Miles
	Fastest of 2 Designated Track 5Ks
06/15/14	Holy City Race
07/13/14	San Rafael Road Mile
08/09/14	Dammit Race
08/16/14	Santa Cruz XC Race
	Bang Road Mile
12/07/14	Cal International Marathon

Other Races

06/07	Forest of Nisene Marks Marathon
06/08	Lupus 5K at West Valley College
06/22	Packard Summer 5K/10K-Palo Alto
06/22	Santa Cruz River Run-5K/10K
06/28	San Jose Giant 5K/5M
07/04	Morgan Hill Freedom Run 5K
07/04	Santa Cruz Firecracker 5K/10K
07/13	Jungle Run 10K/Half Mar-Los Gatos
07/19	Lighting the Way 5K/10K-Los Gatos
07/26	Donate Life Run 5K-Santa Clara
07/26	Woodside Half Marathon & 5M
07/27	Wharf to Wharf 6M in Santa Cru

Miscellaneous Drivel

The parking fee at West Valley College is \$2 per day every day of the week from 7AM to 10PM. The Fall and Spring parking fees are \$40 each. The summer fee is \$20. The fine for parking without a permit is \$30.

Remember to let **Walt VanZant** know as soon as possible on Saturday mornings whether or not you are going to run in the scheduled relay (when we have a relay). If you wait until you get back from the warm up and sometimes even later, it is difficult to properly place you.

Joanne Dahlkoetter is excited about being in second place in the women's 60+ division of the short race grand prix competition. She is hoping that her performance in the next grand prix race will put her into first place. As shown later in the club bulletin, **Bob Lord** lead the 70+ short race competition and **Eddie Reyna** leads in the 80+ long race competition.

Mary Kriege of Santa Clara University PRd in the 5000 meters on the track in her final meet of the season with a 17:11.7. She has one more year in which to break the school record of 17:02.

Jake White has developed one of his sophomore runners at Lynbrook high school into a red-hot prospect. His runner, Justin Robinson has run 1600 meter and 3200 meter times of 4:18 and 9:27 this season.

High schooler **Jose Pina** of Lincoln high school in San Jose ran PRs of 4:19 in the 1600 meters and 9:26 in the 3200 meters at the CCS semifinals last Saturday to qualify for the CCS finals.

Bob Lord broke the 75+ record for the Douglas course and **Bill Dodson** broke the 75+ record for the Farwell course. We presently have some very good 75+ runners.

Tom Zades, Dena Noble's arch rival, has apparently retired from running. He turned 70 at the end of February and had been training for his debut into the 70+ age category. However, he reported that his degenerative disc problem proved to be too severe. So, he has had to quit running. **Dena** has finally returned to running after 5 foot surgeries.

Alvin Jackson, who had heart valve surgery about a year ago, is still not ready to run but has recently come out a couple of times to help us with the timing of Saturday runs.

The **Rileys** are having a tough time of it lately. Georgia was in the hospital for a week early this month due to another incident in which her heart muscle suddenly became weak. Tim is undergoing radiation treatment for prostate cancer. They will be helping us as volunteers at the Lupus race.

Speaking of volunteers, we could still use a few volunteers for this race at West Valley College on 6/8/14.



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>

2014 RUNNER OF THE YEAR CONTEST

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. Point total for 2014 will be shown in the next club bulletin.

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>
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2014 PA/USATF Road Grand Prix

40+ Men

Our 40+ men's team is presently in 7th place. Jorn Jensen is our team captain. He is in 10th place in the short race division for 40+ runners..

50+ Men

Our 50+ men's team is presently in 2nd place. Ken Camet is our 50+ team captain. Individually, Brian Davis is in 5th place, Norry McAllister is in 9th, Dino Delyani is in 19th, Roberto Palos is in 21st, Robert Navarrete is in 34th, Ken Camet is in 37th, Mike Krey is in 42nd, and Tom O'Connor is in 46th in the short race division. . Brian, Ray Rodriguez, Barry Farrara, Dino, Ken, Norry, Tom Lochardt, Glenn Kishi, Robert, and Norm Takeuchi are in 5th,7th, 19th, 28th, 31st, 45th, 48th, 57th, 69th, and 71st in the long-race division.

60+ Men

Our 60+ men's team is presently in 2nd place. Scott Graham is the team captain. Individually, Jim Bordoni and Dan Anderson are in 7th

and 8th places in the short race division. Dan is in 25th place in the long-race division.

70+ Men

Our 70+ men's team is presently in 1st place. Eddie Reyna is the team captain. Individually, Bob Lord is in 1st place, Joe Hurtado is in 2nd, Dave Norlander is in 4th, and Eddie Reyna is in 12th place in the short race division. Joe is in 2nd, Dave is in 4th, Bill Dodson is in 5th, Eddie is in 7th, and Bob is in 11th in the long race division.

80+ Men

Eddie Reyna is in 2nd place in the short race division and 1st in the long race division.

Women

The club women have not yet scored as a team so far this year. Individually, Dalila Rodriguez is in 42nd place in the 40+ long race division. Joanne Dahlkoetter is in 2nd place in the 60+ short race division (includes Marin 10K) and Kat Powell is in 8th place in the 60+ long race division.

2014 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 15 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 7 different events in order to be eligible for an award.** The interim standings for this contest will be shown in the next club bulletin.

SATURDAY WORKOUT RESULTS

1/11/14-Dou/Sar/Frtvale-2.75M

1 Jorn Jensen	15:37	13 Paul Taylor	19:04	26 Rich Collins	26:16
2 Geoff Bradley	16:54	14 Brian Conroy	19:11	27 Don Packwood	30:43
3 Norry McAllister	17:04	15 Rob Jacobson	19:52	28 Jim Myers	32:58
4 Dino Delyani	17:25	16 Helen Wong	20:20		
5 Ken Camet	17:37	17 Neil Gelblum	20:24		Dick Barrett Trophy Winner – Jorn Jensen
6 Kristina Park	17:39	18 Matt Kriege	20:27		
7 Scott Bang	17:48	19 Dick Chimenti	20:46		Easy win by Jorn as he won by nearly a
8 George Lo	17:54	20 Jeff Bedolla	21:08		quarter of a mile. One all-time PR – by 10
9 Jim Bordoni	18:08	21 Todd Hayes	21:11		seconds for Robert. Mr. Consistency, Dino,
10 Jeff Rohrer	18:30	22 Jim Howe	21:26		broke his 55+ best by 7 seconds and missed
11 Aaron Lee	18:35	23 Joe Hurtado	22:50		his all-time PR by 11 seconds. George Lo
12 Robert Navarrete	18:46 PR	24 Kat Powell	23:57		missed his all-time PR by just 10 seconds.
		25 Tom Warfel	25:02		Jim Bordoni improved his 60+ best by 6

seconds. Dick Chimenti ran this course for the first time as a 70+ runner, recording the 5th best-ever time for that age group and is just a few seconds behind Dave Norlander's all-time 70+ best. Don Packwood missed his walking PR by 40 seconds. Thanks to Dave Norlander, Carl Petersen (holder of the 70+ best for this course), Becki Kriege, and Carol Bednar for helping at the finish line.

1/18/14-8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Frye/Delyani	8:30	44:07
2	Taylor/Lo	10:30	44:44
3	Hurtado/Krey	6:45	44:50
4	L.Norlander/D.Noranldr	-0-	45:08
5	Wong/Bradley	10:45	45:18
6	Navarrete/Rohrer	10:45	45:56
7	Goldman/McAllister	11:15	46:38
8	Moon/McIntyre	7:15	49:57

Dick Barrett Trophy Winner – Dave McIntyre

The Delyani team trailed the Norlander team by 61 seconds when Dino started the last leg and he ran a 3:59 final leg to give his team the win. He was helped by his partner running 61 seconds under her rating. Geoff Bradley and Norry McAllister had the best averages at 3:56 and 3:59. Danny Moon and Dave McIntyre teamed up in what you might call the perfect storm as Danny ran 209 seconds over his rating and Dave ran 88 seconds over his rating – the two worst performances of the day. Dave finished so far behind the 2nd-to-last place team that all of us had time to hide and give Dave the impression that we had left. All teams were rated to finish at 45:00. Thanks to Jim Bordoni, Chris Blue, and Carl Petersen for helping at the finish line.

1/25/14-5K on the Track

1	Geoff Bradley	18:37
2	Ken Camet	19:28
3	Kristina Park	19:29
4	Dino Delyani	19:43
5	George Lo	20:06
6	Jim Bordoni	20:18 *
7	Scott Bang	20:33
8	Mike Krey	20:41
9	Aaron Lee	21:03
10	Robert Navarrete	21:15 *
11	Becki Kriege	21:18
12	Paul Taylor	21:24
13	Todd Hayes	21:56
14	Mark Goldman	22:01
15	Neil Gelblum	22:42

16	Jeff Bedolla	23:07
17	Jim Howe	23:30
18	Dick Chimenti	23:51
19	Dave McIntyre	24:02
20	Bob Lord	25:09
21	Bill Dodson	25:11
22	Kat Powell	26:42
23	Tom Warfel	27:41 *
24	Don Packwood	30:52
25	Jim Myers	34:44 PW
26	Walt Van Zant	37:21 PW

Dick Barrett Trophy Winner – Geoff Bradley

Geoff Bradley, although disappointed with his time, won easily this morning. Kristina led the ladies. Just three of us bettered our times from last year with the most impressive being Robert Navarrete with a 47-second improvement. Thanks to Danny Moon, Norry McAllister, and Danielle Zelinski for helping at the finish line.

2/1/14-Farwell/H-4.68M

1	Roberto Palos	29:22
2	Norry McAllister	29:25
3	Gary Waggoner	30:02
4	Dino Delyani	30:25
5	Scott Bang	30:28
6	Kristina Park	30:31
7	Jim Bordoni	32:01
8	Paul Taylor	33:35
9	Hank Lawson	34:39
10	Katherine Frye	37:20
11	Bob Lord	40:16 PR
12	Phil Spink	40:55
13	Lisa Norlander	44:04
13	Dave Norlander	44:04
15	George Lo	44:08
16	Tom Warfel	44:42
17	Rich Collins	47:40
18	Don Packwood	50:58
19	Carol Bednar	57:09

Dick Barret Trophy Winner – Roberto Palos

Close race all of the way between Roberto and Norry with Roberto gradually pulling away during the last 300 yards. Bob Lord ran the only all-time PR. Scott Bang knocked 4 minutes off his 45+ PR and Jim Bordoni improved his 60+ best by 2 minutes.

2/8/14-Farwell-3.54M

1	Geoff Bradley	22:24.5
2	Roberto Palos	22:28.1
3	Gary Waggoner	22:59.9

4	Scott Bang	23:07.5
5	Kristina Park	23:10.4
6	Dino Delyani	23:41.6
7	Jim Bordoni	24:08.6
8	George Lo	24:41.5
9	Ken Camet	25:08.0
10	Robert Navarrete	25:52.1
11	Jeff Rohrer	27:01.3
12	Todd Hayes	27:22.6
13	Jeff Bedolla	27:57.8
14	Catherine Frye	30:18.1
15	Phil Spink	30:18.1
16	Kat Powell	31:53.3
17	Bill Dodson	32:50.9
18	Dave Norlander	33:21.6
19	Tim Rostege	35:29.5
20	Tom Warfel	36:53.7
21	Don Packwood	38:57.6
22	Carl Petersen	53:43.7

Dick Barrett Trophy Winner – Bill Dodson

So-so weather this morning – mid 50s, light drizzle but a strong wind. Geoff Bradley and Roberto Palos entered the college 300 meters from the finish abreast of each other and stayed that way until about 80 meters to go when Geoff sprinted away for the win. Kristina Park led the ladies. No PRs -- overall or age-group. There were several mishaps. Both Geoff and Dino had to stop to retie their shoelaces. Dino estimated that he lost at least 5 minutes for his stop. Otherwise, he could have been a winner. Bill Dodson ran off course twice – once at the turnoff to Douglas and once at the “trail” sign in the double gate section of the course – but still finished in front of the five 70+ runners. Tim Rostege ran with us for the first time after a long layoff. Thanks to Madelyn Moon, Danielle Zelinski, and Bob Lord for their help at the finish line.

2/15/14 - 12 x 800M Relay

Pl	Team	Start	Finish
1	J.Wong/Hurtado	-0-	46:35
2	Bordoni/McAllister	12:00	46:42
3	Norlander/Goldman	2:30	46:45
4	H.Wong/Lee	8:15	47:08

5	Navarrete/Bradley	11:45	47:24	16	Catherine Frye	49:39	giving up his spot on the winning team to Dave McIntyre and doing the timing.
6	Lo/Delyani	11:45	47:47				
7	Howe/Krey	9:15	49:35		Dick Barrett Trophy Winner – Dick Chimenti		

Dick Barrett Trophy Winner – Jack Wong

The winning team of Jack Wong and Joe Hurtado were the oldest (73) and youngest (8) runners in this relay. They started first and barely held off the the Bordoni/McAllister team, who started last – 12 minutes after them. Fairly close finish for the first 6 teams as all of the runners on these teams ran under their ratings. Alas, Jim Howe and Mike Krey, the only 2 runners who ran over their ratings had the misfortune of being on the same team and, accordingly, finished last. Geoff Bradley and Norry McAllister had the fastest averages at 2:46 and 2:47. Thanks to Tom Warfel, Carl Petersen, Mike Kriege, Madelyn Moon and Scott Bang for helping at the finish line.

3/1/14-4x1.46M WVC Campus Loop Relay

Pl	Team	Start	Finish
1	Kishi/Delyani	2:00	42:42
2	Conroy/McAllister	5:45	43:36
3	Ma.Kriege/Lo	4:00	43:48
4	Rostege/Bang	-0-	44:14
5	Frye/Navarrete	1:15	44:44

Dick Barrett Trophy Winner – Glenn Kishi & Dino Delyani

Glenn Kishi put his team into the lead during the third loop and Dino Delyani held the lead to the end for the victory. Norry had the best average at 8:45 and was followed by Scott Bang at 9:05. Running conditions were difficult as it rained and there were several puddles to run around or try to leap.

3/8/14-Short Six – 5.74M

1	Norry McAllister	36:38
2	Scott Bang	37:19
3	Geoff Bradley	37:38
4	Ken Camet	37:44
5	Dino Delyani	38:33
6	George Lo	39:40
7	Mike Krey	41:22
8	Todd Hayes	41:42
9	Jeff Rohrer	42:33
10	Mark Goldman	42:38
11	Robert Navarrete	42:55
12	Dick Chimenti	44:27
13	Glenn Kishi	45:00
14	Walter Downey	45:04
15	Dave McIntyre	47:27

There were several candidates for the Saturday trophy winner. Norry won while improving his 55+ best by 8 seconds. Todd Hayes improved his 60+ PR by 30 seconds. Glenn Kishi took 169 seconds off his best 50+ time. And, Dick Chimenti won the Dick Barrett trophy as he improved his 70+ best by 132 seconds to move to #3 on the 70+ list behind Ray Stewart and Carl Petersen.

3/15/14-Valle Vista-3.0M

1	Andy Williams	19:11
2	Kristina Park	19:43
3	Todd Hayes	21:20
4	Bill Dunn	21:38
5	Jim Howe	22:37
6	Dave McIntyre	25:50
7	Glenn Kishi	26:55
8	George Lo	26:56
9	Tim Rostege	27:24
10	Walt Van Zant	31:11
11	Carl Petersen	31:26
12	Tom Warfel	32:49

Dick Barrett Trophy Winner – Walt Van Zant

A small but elite field showed up for the run this morning with Andy and Kristina leading the way with their 1-2 finish. Some were saving themselves for the race tomorrow. Bill Dunn's time tied him for #11 on the 65+ list with Bob Schmitt. Thanks to Danny and Madelyn Moon and Chris Blue for handling the finish line.

3/22/14 – 18x0.33M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	McIntyre/McAllister/Delya	3:00	39:09
2	Park/Navarrete/Goldman	1:30	39:13
3	Dodson/Krey/Lo	2:00	40:59
4	Gelblum/Kishi/Howe	-0-	42:05
5	Norlander/Taylor/Camet	:45	42:46

Dick Barrett Trophy Winner – The Delyani Team

Bad handicapping but a close race for first place as all teams were rated to finish in 39:45. Dino estimated that he started at least 200 meters behind Mark Goldman at the start of the last leg and, yet, was able to catch him for the win. Mark claims that Dino started just inches behind him and pulled on his shirt when Dino passed him in the last few yards. Thanks to Danny Moon for

3/29/14-Triangle Run-4.76M

1	Ken Camet	30:22
2	Scott Bang	30:36
3	Geoff Bradley	30:42
4	Norry McAllister	30:53
5	Kristina Park	31:26
6	Dino Delyani	31:29
7	George Lo	32:06
8	Jim Bordoni	32:45
9	Robert Navarrete	34:25
10	Todd Hayes	34:26
11	Mark Goldman	34:31
12	Jim Howe	35:52
13	Dave McIntyre	38:38
14	Bob Lord	39:29
15	Kat Powell	43:40
16	Dave Norlander	50:29
17	Tom Warfel	55:57
18	Carl Petersen	56:57

Trophy winner - Ken Camet

Great morning for running with some drizzle at the beginning and then a bit humid by the end of the run. Ken Camet cruised to a first place victory. Scott Bang, just in front of Dino at one mile, made his move to get to within 14 seconds of Ken. Dino and Kristina entered the college together and stayed together until the last 100 feet when Kristina showed her track speed, finishing 3 seconds ahead of Dino. It was great have Alvin Jackson out to help time with Chris Blue and Danny Moon

4/5/14-16x300 Relay

1	R.Jacobson/McAllister	16:55
2	Krey/Navarrete	17:30
3	McIntyre/Park	17:46
4	Moon/Bang	18:25
5	Collins/Bradley	19:52

Dick Barrett Trophy Winner- Rob & Norry

Small but enthusiastic group of runners. Easy win for the McAllister team. Thanks to Dave Norlander for timing the workout.

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

1	Kevin Breit	16:17
2	Scott Bang	16:36
3	Norry McAllister	16:39
4	Andy Williams	16:59
5	Gary Waggoner	17:19
6	Dino Delyani	17:31

7 Ken Camet	17:34	Small turnout this morning. Geoff Bradley was	All runners were self-rated. Most ran way
8 Jim Bordoni	17:44	a 1-man team, starting each time that Becki	under their rating. Jim Bordoni timed himself in
9 Aaron Lee	18:31	started. Thanks to Packwood and Frye for	7:24, which was 7 seconds faster than he ran
10 Robert Navarrete	19:01	timing.	last August for this workout. The splits shown
11 Paul Taylor	19:39		above were the times at the end of 3 laps, 6
12 Mark Goldman	19:46	<u>4/26/14 – Farwell/H – 4.68M</u>	laps, 9 laps, 12 laps, 15 laps, and 18 laps.
13 Dave McIntyre	20:33	1 Jorn Jensen	27:52
14 Bob Lord	21:43 PR	2 Kevin Breit	28:30
15 Jeff Bedolla	22:01	3 Ellie Lemco	28:47 PR
16 Carol Bednar	22:09	4 Gary Waggoner	29:49
17 Bill Dodson	22:26 PR	5 Andy Williams	31:36
18 Joe Hurtado	23:17	6 Todd Hayes	33:12
19 Kat Powell	24:28	7 Jim Howe	35:02
20 George Lo	25:00	8 George Lo	39:28
20 Glenn Kishi	25:00	9 Glenn Kishi	39:29
22 Mike McMahon	25:27	10 Brian Low	39:51
23 Dave Norlander	26:03	11 Bill Dodson	40:07
24 Tom Warfel	27:24	12 Kat Powell	41:19
25 Chris Blue	27:37	13 Dave McIntyre	43:08
26 Dena Noble	28:16	14 Mike McMahon	53:35
		15 Dave Norlander	44:10
		16 Tom Warfel	48:08
		17 Dena Noble	51:18

5/10/14 – 16 x 400M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Taylor/Park	-0-	24:09
2	Moon/Bradley	-0-	24:37
3	Bedolla/Williams	:15	25:06

Dick Barrett Trophy Winner – Bob Lord

Dick Barrett Trophy Winner = Danny Moon & Geoff Bradley

Kevin Breit ran his first Saturday road run as a 40+ runner, scoring an easy win. Following him were many runners with good performances. We had four 75+ finishers, led by Bob Lord. He broke the course 75+ record by 24 seconds while also breaking his all-time best for this course by 10 seconds (set 3 years ago). Bill Dodson was the 2nd 75+ finisher, recording the 3rd best-ever 75+ time and also running an all-time PR. Mike McMahon and Dave Norlander finished 3rd and 4th in this division, becoming the 8th and 9th all-time best 75+ runners for this course. Jim Bordoni bettered his 60+ best by 24 seconds to move to #10 on the course 60+ list. Scott Bang knocked 72 seconds off his 45+ PR. Andy Williams improved his 50+ PR by 8 seconds, Aaron Lee improved his 40+ by 4 seconds, and Dave McIntyre improved his 50+ PR by 9 seconds. Dena Noble ended a 2-year layoff due to an injury by running the course at nearly 10 minutes per mile. Thanks to Slim Pickens for helping at the finish line.

Dick Barrett Trophy Winner – Bill Dodson

Jorn Jensen celebrated running his first Saturday course as a 45+ runner by leading the pack this morning. Ellie Lemco led the ladies with the all-time #8 best by a female runner for Farwell/H. We nearly doubled the number of 75+ runners who have completed this course as Bill Dodson, Mike McMahon, and Dave Norlander were added to the previous list of four. Bill led the way with the # all-time 75+ best, one minute behind Carl Petersen. Bill has one more year to catch Carl as he will turn 80 in February of next year. Dena Noble ran her second Saturday course of the year. She is recovering from 5 foot surgeries during the past 2 years. George Lo and Glenn Kishi recovered enough from running the Boston Marathon 5 days ago to run this course. Our elite timing crew included Don Packwood, Norry McAllister, and Danny Moon.

We had very few runners this morning as many club members were competing in the grand prix 5K race. All runners were self-rated. And, based upon these self-ratings, all teams were projected to finish in 24:45. The Bradley time missed their guess by 8 seconds and were awarded the weekly trophy. Thanks to Carl Petersen for recording all of the times.

4/19/14-Step Up & Down Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Lee/Conroy	-0-	32:03
2	Kriege/Park	2:45	33:32
3	Bradley	2:45	17:26

Phantom Dick Barrett Trophy Winner – Aaron Lee & Brian Conroy

5/3/1-36 x 200M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Kishi/Lo/Z.McAllistr	-0-	24:24
2	Hahn/Lee/Conroy	:30	26:00
3	Moon/B.Kriege/Bng	1:59	26:56
4	Mac/Delyani/Bordni	3:40	27:03
5	Norland/Navar/Norry	1:30	27:34

Dick Barrett Trophy Winner – Dave McIntyre

5/17/14-Farwell-3.54M

1	Norry McAllister	21:49.3
2	Gary Waggoner	21:59.0
3	Andy Williams	22:28.6
4	Scott Bang	22:59.0
5	Geoff Bradley	23:42.5
6	Kristina Park	23:45.0
7	Jim Bordoni	23:58.9
8	George Lo	24:10.4
9	Robert Navarrete	25:16.6
10	Mark Goldman	25:57.7
11	Paul Taylor	26:06.8
12	Neil Gelblum	26:29.8
13	Dave McIntyre	28:25.8
14	Helen Wong	29:06.3
15	Brian Low	29:16.6
16	Rich Hahn	29:27.2
17	Glenn Kishi	29:31.8
18	Jeff Bedolla	29:32.8
19	Bill Dodson	29:47.8 PR
20	Kat Powell	31:27.0
21	Dave Norlander	39:22.7
21	Lisa Norlander	39:22.7
23	Dena Noble	39:26.7
24	Tom Warfel	47:02.3

Short Six

Walt Van Zant 69:21 PW

Dick Barrett Trophy Winner – Bill Dodson

5/24/14 – 8 x 0.66M Tennis Court Loop

Close race between Norry and Gary with Norry coming out on top. Kristina led the ladies. The star of the day was Bill Dodson as he broke Carl Petersen's 75+ course record by 9 seconds. The only other PR was Scott Bang's 8-second improvement on his 45+ best. Dave Norlander and Lisa Norlander pulled a sneak attack on the unsuspecting Dena as they came to the finish line. Alvin Jackson made another rare appearance and looked to be in good health while recording the finishing times. Your editor ran the Short Six course at 6AM, thinking that it was the scheduled run for the day.

<u>Relay</u>	PITeam	Start	Finish
	1Norlander/Bradley	-0-	38:11
	2Gelblum/Park	4:30	38:35
	3Taylor/Waggoner	5:15	38:50
	4Krey/Delyani	4:45	38:15
	5Moon/Camet	2:15	39:29

Dick Barrett Trophy Winner – Dave Norlander

The Bradley team won by an apparent margin of 55 seconds but when their time was adjusted for Geoff Bradley inadvertently starting 51 seconds too soon on his first leg, they won by only 4 seconds. Then, I later

discovered that I started the Delyani team one minute too soon. So, they should have finished 4th, 64 seconds out of the lead. Gary Waggoner had the best average at 3:53 per run, closely followed by Geoff Bradley and Kristina Park at 3:56 per run. Thanks to Pablo Rodriguez and Carl Petersen for doing the timing.

RACE RESULTS

12/31/13-Coastal Trails 6Hr/12Hr/24Hr
Runs
6-Hour Run

Bill Dodson 29.8M

12-Hour Run

Kat Powell 39.4M

Kat said that she completed her run 31 seconds before midnight and then drank champagne and watched the fireworks with her fellow runners.

2/1/14-Jed Smith 50K

31 Todd Hayes 4:49:45
55 Bill Dodson 5:31:40 1st-70+

2/15/14-Barzan Breeze 5K in San Leandro

271 Tim Riley 35:25

2/15/14-Barzan Breeze 10K

24 Neil Gelblum 46:50 1st-60+

2/22/14-Double Road Race in San Jose

5 Jose Pina 53:15 1st-40+
11 Roberto Palos 56:54 2nd-50+
14 Brian Davis 58:34 1st-55+
18 Norry McAllister 59:45 2nd-55+
30 Ron Kiyono 67:08 1st-65+
38 Mark Goldman 69:07 2nd-60+
95 Kat Powell 83:24 2nd-60+
224 Eddie Reyna 120:07 1st-75+

3/1/14-Redding 10-Mile Race

66 Brian Davis 1:04:02 2nd-55+
146 Joe Hurtado 1:24:52 2nd-70+
185 Dave Norlander 1:38:09 2nd-75+

213 Eddie Reyna 2:02:58 1st-80+
Our 70+ men finished 2nd behind Tamalpa in this race.

3/1/14-Blazen Hellyer Park 10K

22 Neil Gelblum 46:22 1st-60+
41 Kelly Emo 50:21 1st-45+

3/8/14-Way Too Cool 50K

688 Bill Dodson 6:40:59
731 Kat Powell 6:50:10

3/16/14-ATB 12K

78 Ray Rodriguez 45:28 5th-50+
103 Brian Davis 46:48 1st-55+
123 Norry McAllister 48:13 3rd-55+
144 Kevin Breit 49:23
157 George Lo 50:00
162 Scott Bang 50:19
163 Dino Delyani 50:22 9th-55+
240 Dan Anderson 55:00 7th-60+
258 Robert Navarette 56:02
286 Norm Takeuchi 58:04
351 Dalila Rodriguez 61:49
373 Dave McIntyre 63:24
389 Joe Hurtado 64:06 2nd-70+
394 Bob Lord 64:26 1st-76+
395 Bill Dodson 64:27 2nd-75+
448 Kat Powell 67:27 5th-60+
665 Dave Norlander 77:20 7th-75+
1054 Eddie Reyna 91:48 2nd-80+

Our 40+ men finished 7th, our 50+ men finished 1st, our 60+ men finished 3rd, and our 70+ men finished 1st.

3/16/14-Go Green 5K at Vasona Park

14 Kelly Emo 24:21 1st-40+

3/16/14-Go Green Half Marathon

30 Neil Gelblum 1:44:42 2nd-60+

4/5/14-American River 50M

231 Todd Hayes 9:44:57 4th-60+
654 Kat Powell 12:11:48 3rd-60+

4/6/14-Sactown 10M

64 Jorn Jensen 58:44 5th-45+
80 Ray Rodriguez 59:39 5th-50+
87 Barry Farrara 60:01 7th-50+
112 Brian Davis 62:49 1st-55+
135 Ken Camet 65:06
158 George Lo 67:26
162 Dino Delyani 68:02 5th-55+
206 Thomas Lockhart 72:20
340 Glenn Kishi 82:52
348 Dalila Rodriguez 83:26
354 Joe Hurtado 84:14 3rd-70+
356 Bill Dodson 84:18 1st-75+
565 Kat Powell 99:07
628 Dave Norlander 105:12 3rd-75+
778 Eddie Reyna 120:05 1st-80+

Our 40+ men finished 7th, our 50+ men finished d2nd, and our 70+ men finished 1st.

4/19/14-Ruth Anderson 50K

3 Todd Hayes 4:23:12 1st-60+
23 Bill Dodson 10:38:46 2nd-70+
Bill got nipped by a 71-year-old kid by 28 seconds for the win in the 70+ division.

4/19/14-Zippy 5K

46 Jorn Jensen 17:36 4th-45+



76	Brian Davis	18:53	1st-55
80	Norry McAllister	19:01	2nd-55+
101	Dino Delyani	19:49	4th-55+
119	Jim Bordoni	20:25	6th-60+
125	Dan Anderson	20:47	7th-60+
141	Mike Krey	21:31	5th-55+
144	Robert Navarrete	21:40	6th-55+
165	Mark Goldman	22:47	
175	Dave McIntyre	23:44	
182	Bob Lord	24:48	1st-70+
184	Joe Hurtado	25:28	2nd-70+
208	Dave Norlander	28:04	8th-70+
236	Eddie Reyna	36:36	2nd-80+

Our 50+ men finished 4th, our 60+ men finished 2nd, and our 70+ men finished 1st.

5/3/14-Western Pacific Marathon

Neil Gelglum 4:13:33 2nd-60+

5/11/14-Pacific Ther X 5K4Play 5K

50 Jorn Jensen 17:34

58	Calvin Do	17:47	
60	Roberto Palos	17:54	7th-50+
82	Brian Davis	18:44	
89	Norry McAllister	18:53	
110	Ken Camet	19:49	
116	Dino Delyani	19:58	
128	Jim Bordoni	20:23	7th-60+
130	George Lo	20:25	
134	Tom O'Connor	20:36	
138	Dan Anderson	20:47	8th-60+
152	Robert Navarrete	21:56	
166	Joann Dahlkoetter	23:32	1st-60+
167	Bill Dunn	23:33	
174	Bob Lord	24:27	1st-70+
183	Joe Hurtado	25:20	2nd-70+
198	Dave Norlander	27:51	4th-70+
224	Eddie Reyna	37:25	2nd-80+

Our 40+ men's team finished 5th, our 50+ men finished 3rd, our 60+ men finished 2nd, and our 70+ men finished 1st.

5/26/14-Marin 10K

101	Barry Farrara	36:38	6th-50+
141	Brian Davis	38:29	7th-55+
161	Norry McAllister	39:22	8th-55+
180	Jorn Jensen	40:20	
212	Dino Delyani	41:28	
226	George Lo	42:17	
228	Jim Bordoni	42:27	4th-60+
261	Robert Navarrete	44:51	
267	Mark Goldman	45:19	7th-60+
286	Bill Dunn	46:23	4th-65+
291	Joann Dahlkoetter	46:47	2nd-60+
317	Al Murray	48:31	
347	Carol Bednar	50:42	
361	Bill Dodson	51:33	1st-75+
374	Joe Hurtado	52:13	3rd-70+
385	Bob Lord	52:44	2nd-75+
405	Dave Norlander	54:24	3rd-75+

