



# WVJS



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## VOL XXXIII-#2 WEST VALLEY JOGGERS & STRIDERS November 2004

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### Saturday Workouts

11/27/04 Farwell/Herriman (4.68 miles)  
12/04/04 Farwell (3.54 miles)  
12/11/04 4 x 1.46-mile WVC Loop Relay  
12/18/04 Short Six (5.74 miles)  
12/26/04 All Courses Day  
01/01/05 Valle Vista (3.0 miles)  
01/08/05 6 x 1600 Relay  
01/15/05 Triangle Run (4.76 miles)  
01/22/05 Doug/Sara/Frtvle (2.75 miles)

01/29/05 8 x 0.66-Mile Tennis Court Loop Relay  
02/05/05 5K on the Track  
02/12/05 Farwell/Herriman (4.68 miles)  
02/19/05 Valentine Team Race (5.4 miles)  
02/26/05 Farwell (3.54 miles)  
03/05/05 4 x 1.46-mile WVC Loop Relay  
03/12/05 Short Six (5.74 miles)  
03/19/05 18 x 0.33-Mile Tennis Court Loop Relay  
03/26/05 Valle Vista (3.0 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.

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### Upcoming Races

#### PA-USATF Championships

12/05/04 Cal Marathon (2.0)  
12/12/04 Xmas Relays (1.0)

#### Racer of the Year

Fastest Farwell Time  
Cumulative Saturday Races  
Fastest Marathon

#### Other Popular Races

12/05/04 Xmas Classic 5K  
01/01/05 Los Gatos run-5M  
01/09/05 California 10-miler  
02/05/05 San Juan Baustista 10M  
02/06/05 SF Half Marathon  
02/26/05 Juana Run – 5K

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

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## 2004 PA/USATF Grand Prix

### Open Men

We have fielded a team in one race so far this year and presently are in 8<sup>th</sup> place.. Jake Roberts is our open team captain for 2004.

### Open Women

Presently, we are in 5<sup>th</sup> place. Missy Sudan, Becki Kriege, and Johanna Wans are in 3rd, 13th and 19th places in the short-race division. Becki is the team captain.

### 40+ Men

Presently, we are in 5<sup>th</sup> place. Bob Pickens and Brian Davis are in 9<sup>th</sup> and 33rd places in the short-race division and 2nd and 15<sup>th</sup> in the long-race division.. Al Murray is our 40+ team captain.

### 40+ Women

We have competed in two races so far this year and are in 9<sup>th</sup> place. Marian Richard is in 15th place in the long-race division. We need a team captain. Any volunteers?

### 50+ Men

Presently, we are in 4<sup>th</sup> place. Jim Bordoni is in 5<sup>th</sup> place in both the short-race and long-race divisions. Bill Dunn, Ron Kiyono and Dan Anderson are 8<sup>th</sup> and 11th, and 14th in the long-race division. Jim is our 50+ team captain.

### 50+ Women

We are taking a rest this year. So far, we have not competed in any races. Georgia Riley is the team captain.

### 60+ Men

Presently, we are in 2nd place. Bob Schmitt, Joe Hurtado, Dick Chimenti, Jim Reitz, and Neal Chappell are in 4th, 6th, 7th, 9th, and 11th places in the short-race division. Bob, Joe, and Jim are in 3rd, 4th, and 11th in the long-race division. Joe is the team captain.

### 70+ Men

Presently, we are in 2<sup>nd</sup> place. Bill Flodberg, Glynn Wood, Stan DeMartinis, and Jack Friedlander, are in 4th, 5th, 6th, and 15th places in the short-race division and Eddie Reyna, Stan, Jack, and Howard Powers are in 8th, 9th, 10th, and 12th places in the long-race division. Bill is the team captain.



## 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+ win 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 2004 will be shown in the next club bulletin.

### 2004 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 16 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). The results to date for 2004 for all who have scored in three or more races are as follows:.

#### Elite Division

Bob Pickens (8)	200
Dave Piazza (8)	192
Brian Davis (8)	188
Jim Bordoni (8)	179
Scott Bang (7)	166
Jorn Jensen (4)	93
Mike Toney (4)	90
Dan Anderson (4)	82
Bill Dunn (4)	78
Al Murray (3)	66
Ray Russell (3)	62
Jake Roberts (3)	59

#### A Division

Missy Sudan (8)	195
Becki Kriege (8)	189
Johanna Wans (8)	181
Danny Moon (8)	175
Neil Gelblum (8)	174
Ron Kiyono (6)	132
Mike Kriege (5)	125
Jeff Rohrer (5)	120
Katy Spink (4)	94
McKayla Plank (4)	94

Todd Hayes (4) 79

Mike King (3) 67

#### B Division

Mark Isaacson (8)	200
Dino Delyani (8)	194
Bob Schmitt (8)	191
Joe Hurtado (8)	175
Jim Reitz (8)	170
Dave McIntyre (8)	167
Norry McAllister (6)	139
Mark Goldman (6)	132
Carol Mendoza (6)	130
Dick Chimenti (5)	119
Aaron lee (5)	110

#### C Division

Kelly Emo (8)	193
Marian Richard (6)	148
Dave Norlander (5)	124
Christina Wilk (4)	95
Tom Warfel (4)	94
Gail Campbell (3)	71
Helen Wong (3)	63

#### D Division

John Peterson (8)	200
Jeff Bedolla (8)	196
Chris Cassell (8)	191
Brian Low (4)	93
Elaine Erickson (4)	88
Ken Noel (4)	87
Becky Norlander (3)	73
Jim Myers (3)	64
Walt Van Zant (3)	62

#### E Division

Kat Powell (8)	195
Marcia Morrison (8)	191
Stan DeMartinis (8)	180
Tom Zades (8)	177
Bill Flodberg (7)	168
Madelyn Moon (6)	126
Jack Friedlander (4)	86
John Pickens (3)	73
Georgia Riley (3)	71
Annette McPhail (3)	61
Ken Napier (3)	55
Betty Root (3)	55

### LOS GATOS 2004 SUMMER ALL-COMER TRACK MEETS

(As per Jim Bordoni)

	Summer	Jun. 24	Jul. 1	Jul. 8	Jul. 15	Jul. 22	Jul. 29	Aug. 5	Aug. 12
	'04 Best								
<b>60 METERS</b>									
Patrick Rowland	<b>9.08</b>					9.08			
Jack Bordoni	<b>10.35</b>	10.39	10.46		10.53	10.52	10.35		10.62
J. P. Campbell	<b>10.41</b>	10.78	10.74		10.48			10.41	10.60
Matthew Campbell	<b>11.48</b>	11.94	12.15		11.95	11.48			11.95
Scott McIntyre	<b>21.45</b>				26.5h		21.45		

	Summer '04 Best	Jun. 24	Jul. 1	Jul. 8	Jul. 15	Jul. 22	Jul. 29	Aug. 5	Aug. 12
<b>100 METERS</b>									
Mark Pasos	<b>12.41</b>							12.41	
Patrick Rowland	<b>14.18</b>		14.18			14.22			
Chris Cassell	<b>14.69</b>				14.82		14.69		
Jack Bordoni	<b>16.43</b>	16.72	16.89		16.43	16.43	17.34		17.5h
J. P. Campbell	<b>16.55</b>	16.79	16.90		16.91	16.55	16.58		17.3h
Matthew Campbell	<b>18.09</b>	19.08	19.35		18.54	18.09	18.86		20.20
Scott McIntyre	<b>41.96</b>						41.96		
<b>200 METERS</b>									
Dimitrios Stefanidis	<b>25.16</b>	25.16	25.35	26.41	25.27	25.47	25.34	25.22	
Mark Pasos	<b>25.46</b>	25.73		26.28		25.46		25.70	
Greg Bunker	<b>27.45</b>	27.45							
Danny Moon	<b>28.60</b>		28.88				29.03	28.85	28.60
Dave McIntyre	<b>28.91</b>		30.60				29.27		28.91
McKayla Plank	<b>28.94</b>		28.94						
Chris Cassell	<b>30.60</b>				32.07		30.60		
Jack Bordoni	<b>34.90</b>	35.26				34.90	37.29		38.83
J. P. Campbell	<b>34.96</b>	38.20		38.38	35.83	34.96	37.27		36.34
Matthew Campbell	<b>39.69</b>	42.85	42.60	41.82	41.78	39.69			45.34
<b>400 METERS</b>									
Dimitrios Stefanidis	<b>54.76</b>	54.76	56.03		57.19	56.95		55.44	56.45
Scott Bang	<b>57.47</b>	57.47							
Mark Pasos	<b>58.24</b>	58.24	58.79	59.04		58.30			58.45
Ray Russell	<b>1.00.10</b>	1.00.10	1.01.06						
Kristina Park	<b>1.00.65</b>	1.00.65							
Robert Pickens	<b>1.01.41</b>		1.01.41						
McKayla Plank	<b>1.01.96</b>		1.01.96						
Dave McIntyre	<b>1.01.97</b>	1.03.27	1.01.97				1.02.80		1.04.90
Jose Casillas	<b>1.04.66</b>			1.04.66					
Chris Cassell	<b>1.11.39</b>				1.11.39			1.11.47	
Patrick Rowland	<b>1.15.26</b>		1.15.26						
J. P. Campbell	<b>1.19.64</b>	1.19.64		1.23.61					
Jack Bordoni	<b>1.25.6h</b>				1.25.6h				
Matthew Campbell	<b>1.30.78</b>	1.35.86			1.37.1h	1.30.78	1.35.97	1.34.21	1.38.90
<b>800 METERS</b>									
Scott Bang	<b>2.05.70</b>		2.07.37	2.07.39		2.05.9h	2.05.70		2.10.53
Dimitrios Stefanidis	<b>2.08.6h</b>	2.11.10	2.08.93	2.14.36	2.09.4h	2.08.6h	2.09.27		
Robert Pickens	<b>2.11.87</b>		2.11.87						
Mike Kriege	<b>2.14.66</b>	2.16.24						2.14.66	2.15.23
Ray Russell	<b>2.14.94</b>	2.15.24	2.14.94						
Kristina Park	<b>2.17.01</b>	2.17.01							
McKayla Plank	<b>2.17.24</b>		2.17.24						
Jose Casillas	<b>2.28.46</b>	2.28.46							
Becki Kriege	<b>2.35.51</b>	2.35.51						2.35.64	
Patrick Rowland	<b>2.56.0h</b>	2.57.55				2.56.0h			



	Summer '04 Best	Jun. 24	Jul. 1	Jul. 8	Jul. 15	Jul. 22	Jul. 29	Aug. 5	Aug. 12
<b><u>MILE</u></b>									
Nick Fill	4.37.93	4.51.96					4.37.93	4.39.74	
Robert Pickens	4.55.31		4.55.31						
Ray Russell	5.13.70			5.13.70					
Jeff Rohrer	5.13.78			5.23.52	5.16.7h	5.21.38	5.14.83	5.13.78	
Missy Sudan	5.18.68			5.37.71	5.25.86		5.23.36	5.18.68	
Dennis Kurtis	5.18.82					5.18.82			
Danny Moon	5.21.83	5.28.77	5.22.64	5.31.28			5.22.89	5.23.93	5.21.83
Becki Kriege	5.30.48							5.30.48	
Dimitrios Stefanidis	5.40.90			5.40.90					
Bob Anderson	5.42.99					5.48.35	5.47.99	5.42.99	
Jose Casillas	5.54.70		5.54.70						
Danielle Zelinski	5.55.90			5.55.90					
Dave McIntyre	5.58.42		5.58.42						6.06.28
Rich Stiller	6.07.45					6.07.45	6.36.36		
Jake White	6.09.06	6.40.89			6.09.06	6.11.48		6.28.18	
Gail Campbell	6.20.36		6.30.91	6.33.78	6.20.36	6.20.69			
J. P. Campbell	6.38.15		6.54.26	6.53.56		6.38.15	6.39.74	6.40.58	6.52.48
Hank Lawson	7.09.65			7.09.65					
Madelyn Moon	8.28.49						8.28.49		
<b><u>2-MILE</u></b>									
Nick Fill	10.03.46		10.14.14	10.17.54			10.17.53	10.03.46	
Jeff Rohrer	11.22.71			11.51.31	11.39.2h	11.44.25	11.23.08	11.22.71	
Bob Anderson	11.50.85					11.58.98	11.58.09	11.50.85	
Brian Conroy	11.57.01	11.57.01						12.01.42	
Danielle Zelinski	12.25.25	12.25.25	12.39.00	12.50.61			12.34.89	12.43.37	
Dave McIntyre	12.58.43				12.58.43				
Kelly Emo	13.27.17			13.27.17					
Chris Cassell	14.33.08							14.33.08	
<b><u>5000 METERS</u></b>									
Brian Davis	18.16.7								18.16.7
Brian Conroy	19.21.4h								19.21.4h
Kelly Emo	21.09.8h								21.09.8h

### 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.

Dick Chimenti caught Kelly Emo and Walt Radloff red handed competing in Knights Ferry in an obscure 5K race and a duathlon. Both denied attempting to cherry pick. They claimed that they were visiting relatives. Dick

said that Kelly was the first woman finisher in the 5K race. He left in disgust before seeing how Walt did.

George Moss reports that he is running better now that he has been able to build up his mileage base to 40 miles per week. He has been winning his age division in races ranging from 10K to the half marathon. He looks forward to helping our 70+ team when he turns 70 late next year.

Congrats to McKayla Plank, Beckie Palm, and Paul Armstrong. McKayla qualified for the State Meet in cross country by finishing 2nd in the section division 2 race. Beckie qualified for the State Meet by finishing 4th in the section division 4 race. Paul Armstrong coached the Cupertino high school girls to a first place finish at their league finals and a 3rd place finish at the section finals in division 2, which qualified them for the State Meet.



Mike Gruber, who lives in Washington, ran his first race in 5 years on June 19<sup>th</sup>. He finished 7<sup>th</sup> in the 40+ division of a 5K race with a time of 20:05.. He said that the girls state mile champion sprinted by him at the end. Mike said that it was warmish and that he can do better. Mike is one of the few club members to break 16 minutes on our Valle Vista course with a time of 15:50.

John Peterston scored a close win over Mike Kriege in our annual handicap race this year, winning by less than one second.

50+ runner, Dennis Kurtis, has been running well lately. He ran 16:33 at the Lockheed 5K and 4:55 at the Hollister Road Mile.

Katy Spink (1st time), Kristina Park (1st time), and Missy Sudan (2nd time) are all expecting. Congrats.

Linda Legregni is undergoing chemotherapy and radiation in her rehabilitation from cancer.

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>

## SATURDAY WORKOUT RESULTS

### 6/19/04 – 16 x 300 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Cassell/Song	2:00	18:05
2	Rowland/Conroy	2:00	18:14
3	McAllister/Toney	3:00	18:23
4	Palm/Park	2:45	18:33
5	McPhail/McIntyre	-0-	18:40
6	Bang/Russell	4:30	18:44
7	Pala/Pasos	2:00	18:51
8	M.Moon/D.Moon	-0-	18:55
9	Warfel/Saucedo	1:00	18:58
10	Zades/Roberts	1:00	19:03
11	Root/Hayes	-0-	19:07

Dick Barrett Trophy Winner – Chris Cassell & Nick Song

Nick Song ran his fastest split on his 6<sup>th</sup> run (50.5) to put his team into the lead and they held it the rest of the way for the win. We did not get all of the individual splits but Nick Song, Scott Bang, and Ray Russell probably had the fastest splits for the guys and Kristina Park and Becky Palm probably led the gals.

### 6/26/04 – Mile Runs on the Track

#### Heat #1 (7:30AM Runners)

1	Ken Napier	8:22.8
2	Walt Van Zant	9:49.8

Ken said that he was aiming to break 10:00 and was pleasantly surprised to run 8:22.

#### Heat #2 (6:00 & Over Milers)

1	Christina Wilk	6:11.6
2	Patrick Rowland	6:19.5
3	Chris Cassell	6:20.1
4	John Peterson	6:28.3
5	Jake White	6:30.0
6	Dave Norlander	6:30.3

7	Helen Wong	6:51.6
8	Ken Noel	7:02.1
9	Sally Plank	7:16.6
10	Tom Zades	8:08.5
11	Madelyn Moon	8:22.5
12	Stan DeMartinis	10:32.5

Chris Cassell and Patrick Rowland raced away from the pack at the start, passing the opening 440 in 89 and 90 while the rest of the pack was back at 95 and slower. They reached the half in 3:07 with Christina Wilk cruising back in 3rd at 3:15. Patrick stormed into the lead during the 3rd 440, hitting the 1320 in 4:44 with Chris a couple of yards back. Christina was still in 3rd but was only 5 seconds out of the lead. Patrick raced away from Chris down the backstretch but then Christina changed gears, running her last lap in 82 to easily win. Patrick started to fall apart during the last 50 yards but held on to beat Chris. 60+ runners John Peterson, Jake White, and Dave Norlander had a close battle throughout the race with John pulling away near the end. Ken Noel blitzed his last lap in 99 but missed cracking 7 minutes by a couple of seconds. Tom Zades opened with a super fast first lap of 115 seconds but then hit upon hard times and was unable to crack 8 minutes. Madelyn beat all of the times from the first heat. Stan tried hard but couldn't crack 10:00.

#### Heat #3 (5:30/5:559 Runners)

1	Mark Isaacson	5:28.6
2	AJ Pala	5:29.3
3	Becki Kriege	5:31.7
4	Brian Conroy	5:33.4
5	Dave McIntyre	5:48.5
6	Dino Delyani	5:49.7
7	Mark Goldman	5:53.5
8	Becky Palm	6:01.6

9	Joe Hurtado	6:08.1
10	Helen Wong	6:48.8

Heat #3 was a good race. Brian took the early lead, passing by the first 440 in 81 with AJ and Becki close on his heels. The positions stayed the same through two laps with Brian leading at 2:46. Mark was a close 4th. Mark jumped into the lead just before the end of the 3rd lap, leading with a 4:09. Becki was right behind him with Brian and AJ trailing in 3rd and 4th. Mark pulled well away down the backstretch but AJ then rallied over the last 220 yards to move from 4th to 2nd and get close to Mark at the end. Dave McIntyre sprinted by Dino in the last few yards to get 5th. Helen ran faster in the 3rd heat than she did in the 2nd heat.

#### Heat #4 (Sub-5:30 Runners)

1	Jim Bordoni	4:59.6
2	Ray Russell	4:59.6
3	Gil Flores	5:06.9
4	McKayla Plank	5:07.3
5	Dave Piazza	5:13.9
6	Andy Williams	5:15.5
7	Danny Moon	5:31.0
	Scott Bang	DNF

Scott Bang blitzed the field with opening laps of 71 and 2:26 and then decided to quit. Ray, Jim, Gil, and McKayla were all closely bunched after 2 laps between 2:28 and 2:29. All four stayed together through most of the 3rd lap but Ray and Jim started to edge away from Gil and McKayla just before the the 1320-yard mark. They then raced away from the field with Ray holding the lead by a few inches until just before he reached the finish line. Ray slowed slightly when he reached across his body to click his stop watch and this allowed Jim to edge him by a fraction. Gil edged McKayla.

This may have been a PR for McKayla. I know that she has run 5:06 for 1600 meters but I do not know whether she has run 5:06 for the mile. A mile is 9 meters farther than the standard high school distance of 1600 meters. So, McKayla probably ran the equivalent of a high 5:05 for 1600 meters.

**Heat #5 (Consolation Heat)**

1 Scott Bang 5:01.2

Scott regretted quitting after two laps of the first heat. So, he gave it another try. He opened with a 70, fell to 80 and 82 for the next two laps and then kicked in with a 32-69 on his last lap to barely miss cracking 5:00.

**7/3/04 – Valle Vista – 3.0 Miles**

1	Dave Piazza	17:03	
2	Slim Pickens	17:03	
3	Rob Nast	17:09	
4	Nick Song	17:56	
5	Becki Kriege	18:06	
5	Scott Bang	18:06	
7	Al Murray	18:48	
8	Jake Roberts	18:53	
9	Dimitri Stefanidis	19:00	PR
10	Kristina Park	19:05	
11	Todd Hayes	19:13	
12	Dino Delyani	19:19	PR
13	Danny Moon	19:28	
14	Becky Palm	19:31	
15	Mark Goldman	19:43	
16	Aaron Lee	20:04	
17	Joe Hurtado	20:16	
18	Christina Wilk	20:28	PR
19	Keith Corbin	20:45	
20	Ajay Pala	20:56	
21	Helen Wong	21:05	
22	Dave Norlander	21:09	
23	Kelly Emo	21:16	
24	Jeff Bedolla	21:43	PR
25	Jake White	21:59	
26	John Peterson	22:19	
27	Dave McIntyre	20:47*	
28	Bill Flodberg	23:40	
29	Uyenthi Tran	24:11	
30	Pauline Beatty	24:35	
31	Rich Stiller	25:23	
32	Annette McPhail	27:12	
33	Kat Powell	27:24	PR
34	Madelyn Moon	33:13	
35	Walt Van Zant	36:38	PW

\* Started late

**Dick Barrett Trophy Winner – Dino Delyani**

Bob Pickens pushed Dave Piazza to his 45+ PR and the win this morning. Rob Nast finished a close 3rd, 3 seconds off his PR. Nick Song was the top high schooler and Becki led the ladies. Dino took home the weekly trophy for his 32-second improvement on his PR. Christina Wilk knocked 48 seconds off her PR. Bill Flodberg recorded the #3 best-ever time by a 70+ runner and Dave Norlander moved to #5 on the 65+ list.

**7/10/04 – Triangle Run – 4.76M**

1	Jorn Jensen	26:55	
2	Andy Lief	27:05	
3	Dave Piazza	27:31	
4	Mike Toney	27:57	
5	Jeff Rohrer	29:25	
6	Todd Hayes	29:48	
7	Jake Roberts	31:16	
8	Dino Delyani	31:50	PR
9	Kelly Emo	33:20	
10	Dave Norlander	34:11	
11	Jose Casillas	34:52	
12	Dave McIntyre	35:12	
13	Brian Low	35:47	
14	Pauline Beatty	38:49	
15	Zealina Casillas	40:42	
16	Jerry Lewis	41:37	
17	Marcia Morrison	41:48	
18	Tom Zades	42:22	
19	Annette McPhail	43:03	
20	Kat Powell	43:56	PR
21	Betty Root	46:43	
22	Walt Van Zant	54:08	PW

**Dick Barrett Trophy Winner – Jerry Lewis**

Close win for Jorn as he came within 7 seconds of his PR. Andy, who is coming back from an injury, gave Jorn a good race. Dave Piazza's time tied Danny Moon for #9 on the men's 45+ list. Mike Toney missed his PR by 8 seconds. Todd Hayes ran well again, even though he ran the Western States 100-miler two weeks ago. Dino knocked 60 seconds off his PR. Dave McIntyre survived a verbal altercation with a bicyclist during his run. Brian Low ran his first Saturday course as a 60+ runner. Pauline Beatty recorded the #9 time by a female 45+ runner. Jerry Lewis improved his 65+ best by 59 seconds. Annette improved her 50+ best by 27 seconds. We failed to note after the race that Kat improved her PR by 5+ minutes. Betty has run 46:46, 46:42, and 46:43 for her last three efforts on this course.

**7/17/04 - Dou/Sara/Frtvle - 2.75M**

1	Nick Song	15:38	
2	Mike Toney	15:44	
3	Jeff Rohrer	16:25	
4	Al Murray	16:49	
5	Todd Hayes	16:51	
6	Bob Toney	17:17	
7	Dick Chimenti	17:24	
8	Ajay Pala	17:33	
9	Bob Schmitt	17:37	PR
10	Dino Delyani	17:54	PR
11	Aaron Lee	18:05	PR
12	Matt Russo	18:24	
13	Dave McIntyre	18:39	
14	Dave Norlander	19:24	
15	Tom Warfel	19:41	
16	John Peterson	20:07	
17	Chris Cassell	20:49	
18	Uyenthi Tran	21:35	
19	Dena Noble	22:41	
20	Tom Zades	22:46	
21	Kat Powell	24:12	
22	Jerry Lewis	24:21	
23	Annette McPhail	25:26	
24	Betty Root	26:28	
25	Dave McCarten	31:00	

**Dick Barrett Trophy Winner - Uyenthi Tran**

High-schooler Nick Song scored a close win over Mike Toney this morning. Mike missed his PR by one second. Uyenthi was awarded the weekly trophy because she was the first woman finisher. Ancient Todd Hayes came within 10 seconds of his 50+ PR. Bob Schmitt moved to #7 on the men's 60+ list with a 15-second PR. Aaron Lee improved his PR by 30 seconds. Tom Warfel ran his fastest time on this course in a little over 2 years. Pauline Beatty, Don Packwood, and Stan DeMartinis did a good job of managing the race.

**7/24/04 - 5K on the Track**

**Heat #1 – 7:30AM**

1	Aaron Lee	20:45
2	John Peterson	23:02
3	Pauline Beatty	23:33
4	Uyenthi Tran	24:39

**Heat #2 – 8AM**

1	Mike Kriege	17:28
2	Scott Bang	17:31
3	Dave Piazza	17:34
4	Andy Williams	18:08
5	Nick Song	18:10
6	Becki Kriege	18:15
7	Missy Sudan	18:18
8	Gary Waggoner	18:40



9	Mike King	18:55
10	Todd Hayes	19:16
11	Brian Conroy	19:18
12	Dino Delyani	19:40
13	Ben Sigrist	20:04
14	Jojo Lim	20:36
15	Steve Padnos	20:38
16	Joe Hurtado	20:57
17	Ajay Pala	21:01
18	Dave Norlander	21:25
19	Tom Warfel	21:27
20	Al Murray	21:31
21	Joe Sigrist	22:08
22	Tom Zades	24:56
23	Marcia Morrison	25:46
24	Kat Powell	26:37
	Bob Schmitt	18:08*

\*Ran 1 lap short

Dick Barrett Trophy Winner –  
Mike & Becki Kriege

**7/31/04 – Farwell/Herriman–4.68M**

1	Nick Song	28:12	
2	Andy Williams	28:19	
3	Missy Sudan	28:45	
4	Becki Kriege	29:47	
5	McKayla Plank	30:10	PR
5	Brian Conroy	31:10	
7	Mark Isaacson	31:13	
8	Neil Gelblum	31:19	
9	Ajay Pala	31:35	
10	Bob Schmitt	31:38	
11	Aaron Lee	32:36	PR
12	Mark Goldman	32:42	
13	Keith Corbin	32:43	
14	Jojo Lim	33:31	
15	Kelly Emo	34:06	
16	Tom Warfel	34:17	
17	Ben Sigrist	35:02	
18	Joe Sigrist	35:04	
19	Joe Hurtado	37:40	
20	John Pickens	37:40	PR
21	Jim Myers	39:43	
21	Pauline Beatty	39:43	
23	Tom Zades	39:51	
24	Rich Stiller	40:28	
25	Dave McCarten	51:48	
26	Stan DeMartinis	68:29	
	Kat Powell	42:42*	

\*Inadvertantly turned right at Saratoga and continued down to Fruitvale.

Dick Barrett Trophy Winner – Nick Song

Close win for Nick over Andy. Missy led the ladies. McKayla improved her PR by 31 seconds, Aaron by 3 seconds, and John by 14 seconds.

**7/31/04 – 5K on the Track**

1	Jorn Jensen	17:08.3
2	Andy Lief	17:13.8
3	Jeff Rohrer	18:21.2
4	Al Murray	19:07.0
5	Danny Moon	20:17.5
6	Liz Nast	21:23.7
7	Jake White	21:43.7
8	Chris Cassell	23:33.2
9	Madelyn Moon	29:51.7
10	Walt Van Zant	35:15.6
	Hank Lawson	11:47.6*

\*Hank said before the race that he would only run 3200 meters.

Jorn and Andy ran together until the last two laps, when Jorn began to gradually pull away.

**8/7/04 – 12 x 600 Relay**

Pl	Team	Strt	Finish
1	McPhail/Goldman	:30	30:31
2	Pala/B.Pickens	6:45	30:40
3	Blue/Murray	1:00	30:48
4	Schmitt/Lief	6:45	31:02
5	Zades/Peterson	:30	31:14
6	Riley/Emo	:45	31:26
7	Warfel/Rohrer	5:30	31:29
8	Powell/Palm	:30	31:31
9	Corbin/Russell	6:45	31:35
10	Cassell/Song	5:15	31:51
11	M.Moon/D.Moon	-0-	31:57
12	Hurtado/Rowland	4:00	32:29
13	White/Stiller	4:15	34:04
	VanZant/M.Toney	1:00	30:16DQ
	Casillas/Cassilas	:30	DNF

DQ because did not run with a baton.

Dick Barrett Trophy Winner – Annette McPhail

Danny brought out a whole bunch of batons this morning and all teams ran with them but one. The Goldman team held on for the win over a fast-closing Pickens team.

**8/14/04 – Mile Runs on the Track**

**Heat #1 (6:00 & Over Runners)**

1	Neil Gelblum	5:57.2
2	Dave Norlander	6:16.2
3	Jake White	6:18.6
4	Kristina Park	6:21.7
5	Becki Kriege	6:22.2
6	Tom Warfel	6:26.5

7	John Peterson	6:26.8
8	Jeff Bedolla	6:32.3
9	Rich Collins	7:28.7
10	Jerry Lewis	7:31.1
11	Walt Van Zant	7:32.9
12	Kat Powell	7:38.7
13	Ken Noel	7:52.4
14	Madelyn Moon	8:28.7

Neil ran in the slow heat because he was recovering from an injury. Kristina and Becki ran in this heat because they were also taking it easy due to injuries. Dave Norlander was the first legit 6:00+ runner in this heat, beating his 6/27 mile time by 14 seconds. Rich Collins was elated to beat the oldsters at the back of the pack.

**Heat #2 (5:30/5:59 Runners)**

1	Missy Sudan	5:25.3
2	AJ Pala	5:27.7
3	Mike King	5:29.2
4	Mark Isaacson	5:40.0
5	Todd Hayes	5:40.5
6	Dino Delyani	5:41.7
7	Danny Moon	5:44.8
8	John Udall	5:46.5
9	Aaron Lee	5:53.0
10	Martin Hinderer	6:13.6
11	Stephen Udall	6:19.8
12	Patrick Rowland	DNF

Danny moved out fast at the start but by the end of the first lap AJ, Mike, and Missy had joined him. Missy took over near the end of the second lap and stretched her lead to about 20 yards by the end of the third lap. AJ and Mike closed quickly at the end but had no chance of catching Missy. AJ knocked 2 seconds off his 6/27 time and Dino improved his mile time by 5 seconds.

**Heat #3 (5:29 & Faster Runners)**

1	Slim Pickens	4:42.1
2	Scott Bang	4:56.2
3	Mike Kriege	4:59.9
4	Jorn Jensen	5:02.4
5	Nick Song	5:06.5
6	Mike Holt	5:16.7
7	Al Murray	5:35.2

**Dick Barrett Trophy Winner – Slim Pickens**

Slim bolted away from the field right away, passing through the first 3 laps in 66, 2:17, 3:29 before finishing with a 73 final lap. Mike Kriege broke 5:00 for the first time in a long while (maybe since he was in college 20 years ago).

**8/21/04 – Farwell – 3.54 Miles**

1	Mike Kriege	20:11	
2	Slim Pickens	20:12	
3	Mike Toney	20:50	PR
4	Jim Bordoni	20:53	
5	Andy Williams	20:58	PR
6	Dave Piazza	21:07	
7	Missy Sudan	21:49	
9	McKayla Plank	22:12	PR
10	Brian Conroy	22:38	PR
11	Neil Gelblum	23:00	
12	Dino Delyani	23:13	PR
13	Mark Goldman	23:27	PR
14	Bob Schmitt	23:44	
15	Todd Hayes	23:51	
16	Danny Moon	23:51	
17	Aaron Lee	23:55	PR
18	Joe Hurtado	24:47	
19	Tom Warfel	24:49	
20	Dave McIntyre	25:01	
21	Joe Sigrist	25:05	PR
22	Kelly Emo	25:23	
23	Dave Norlander	25:35	
24	Kristina Park	25:37	
25	Brian Low	26:30	
26	Jeff Bedolla	26:36	
27	Ben Sigrist	27:03	
28	Norm Saucedo	27:28	
29	John Peterson	27:32	
30	John Pickens	28:36	
31	John Burch	28:39	
32	Tim Zades	29:20	
33	Uyenthi Tran	29:43	
34	Dena Noble	29:55	
35	Ken Noel	30:18	
36	Kat Powell	31:18	PR
37	Rich Collins	32:48	
38	Walt Van Zant	32:52	PW
39	Betty Root	35:42	
40	Madelyn Moon	36:32	
41	Stan DeMartinis	52:36	
	Patrick Rowland	DNF	

Dick Barrett Trophy Winner – McKayla Plank

Mike and Slim ran together throughout the run with Slim letting up at the end so that Mike could cross the line first. This was Mike's best run in many years. Missy led the ladies and was followed by McKayla, who improved her PR by 6 seconds. Joe Sigrist improved his PR by 90 seconds.

**8/28/04 - 33rd Annual Shettler Handicap Race - 3.06M**

Pl	Runner	Time	Start
1	John Peterson	32:53	11:00
2	Mike Kriege	32:54	16:00
3	Dave McIntyre	33:02	13:00
4	Jeff Rohrer	33:05	15:10
5	Todd Hayes	33:09	14:20
6	Kelly Emo	33:12	12:30
7	Mark Goldman	33:14	13:40
8	Bob Schmitt	33:17	13:40
8	Neil Gelblum	33:17	14:10
10	Dino Delyani	33:22	13:40
11	Jim Bordoni	33:25	15:40
12	Tom Warfel	33:27	12:30
13	Dave Piazza	33:31	16:00
14	Becki Kriege	33:31	15:00
15	Tom Zades	33:32	9:10
16	Jake White	33:34	11:40
17	Al Murray	33:41	15:00
18	Dave Norlander	33:46	12:30
19	Slim Pickens	33:51	17:10
20	Ray Russell	33:58	16:00
21	Andy Lief	34:02	17:10
22	Jorn Jensen	34:03	16:55
23	Danny Moon	34:06	14:10
24	Mark Isaacson	34:06	14:30
25	Joe Hurtado	34:22	13:40
26	Dimitrios Stefanidis	34:37	14:10
27	Chris Cassell	34:44	10:50
28	Dena Noble	34:52	10:20
29	Betty Root	35:10	5:30
30	Madelyn Moon	35:34	5:00
31	Pauline Beatty	35:35	10:10
32	Scott Bang	35:50	16:20
33	McKayla Plank	36:15	14:40
34	Jerry Lewis	37:45	11:10
35	Stan DeMartinis	38:24	-0-
36	Rich Stiller	DNF-injured	

Close finish as Mike Kriege came within 0.7 seconds of catching John at the end. Slim Pickens led the guys with an actual time of 16:41 and Becki led the ladies with a time of 18:31. Scott Bang got to keep the bottle of Cheap Red Wine for the worst performance. He started late and then sprinted at the end of the third lap because

he thought that that was the end of the race. Thus, he staggered through the last lap. Jerry Lewis started 3+ minutes later than his scheduled start. McKayla ran through the race as a training run. Rich Stiller pulled his calf muscle trying to stay with Joe Hurtado during the first lap. Stan got a bad handicap. Another great breakfast put on by Rich and Judy Collins after the race. Good help at the finish line by Linda Legregni, Don Packwood, Betty Norlander, Annette McPhail, and one other individual.

**9/4/04 – 36 x 200 Relay**

Pl	Team	Start	Finish
1	Corbin/Pasos/Goldman	7:45	30:32.6
2	Williams/D.Moon/Stefanidis		10:00 30:33.2
3	Hurtado/Delyani/Gelblum	7:45	30:33.9
4	Conroy/Bordoni/Palm	9:30	30:37.6
5	M.Tony/Rohrer/Russell	10:00	30:44.0
6	Nast/Schmitt/Pala	7:45	31:05.7
7	Noble/Peterson/White	5:45	31:10.6
8	Bedolla/McIntyre/Wong	7:15	31:45.6
9	M.Moon/Powell/Zades	1:30	31:51.0
	Noel/VanZant/Saucedo	1:00	28:54.1
	DeMartinis/Lee/Norlander	0-	29:15.6
	Baker/Murray/McPhail	6:15	29:36.6

Dick Barrett Trophy Winner – Mark Goldman

Close win for the Goldman team. All teams were rated to finish in 31:00. It was decided after the race to eliminate from consideration for the trophy any team that finished more than 30 seconds under their rating.

**9/11/04 – Short Six – 5.74M**

	Jorn Jensen	33:49
1	Mike Kriege	34:13
2	Mike Toney	34:28
3	Jim Bordoni	35:52
4	Missy Sudan	36:27
5	Becki Kriege	37:09
6	Al Murray	37:40
7	Mark Isaacson	38:29
8	Neil Gelblum	38:43
9	Mark Goldman	39:06
10	Dino Delyani	39:29
11	Bob Schmitt	39:34
12	Norry McAllister	40:07
13	Dave Fergus	40:27
14	Aaron Lee	40:34PR
15	Joe Hurtado	41:03



16	Liz Nast	41:56
17	Keith Corbin	41:57
18	Beckie Palm	43:22
19	Josh Brown	43:39
20	John Peterson	44:02PR
21	Christina Park	44:20
22	Jake White	44:41
23	John Pickens	46:57PR
24	John Burch	47:39
25	Chris Cassell	48:24
26	Tom Zades	48:27
27	Helen Wong	50:50
28	Jim Hill	55:26
29	Marcia Morrison	56:35
30	Kat Powell	56:36*
31	Eddie Reyna	64:38

\*Ran all of the way down Quito Rd to Allendale rather than turning left onto Sobey Rd.

Dick Barrett Trophy Winner – John Pickens

**9/18/04–4 x 1.46M WVC Campus Loop**

**Relay**

PI	Team	Start	Finish
1	Palm/Song	4:00	40:53
2	Beyers/L.Nast	4:00	42:16
3	Wong/Lee	3:30	44:03
4	Warfel/Park	4:00	44:34
5	Noble/Rohloff	4:00	45:24
6	Powell/Bedolla	1:00	45:53
7	Root/Conroy	-0-	46:04
8	M.Moon/Lief	2:00	46:25
9	Blue/Murray	2:00	48:07

Dick Barrett Trophy Winner – Beckie Palm

Easy win for the Song team. Andy Lief had the top splits for the guys at 15:51 and Julie Rohloff led the ladies at 18:28.

**9/25/04 – 18 x 0.33-Mile Tennis Court**

**Loop Relay**

PI	Team	Start	Finish
1	Zades/Peterson/Toney	6:00	42:26
2	Powell/Warfel/Rowland	3:00	43:09
3	Napier/Noble/Russell	5:15	43:54
4	M.Moon/Park/O'Connor	4:30	44:42
5	Collins/McIntyre/Conroy	7:15	45:04
6	DeMartinis/Pasos/Bedolla	:50	45:08

Dick Barrett Trophy Winner – Mike Toney Team

All teams were rated to finish at 43:00 but only one team was able to run under par.

Eddie Tico surfaced for the first time in years, running the warmup.

**10/02/04 - Step Up & Down Relay**

PI	Team	Strt	Finish
1	M.Moon / Gelblum	-0-	35:53
2	Cassell / Peterson	4:00	37:45
3	Murray / Toney	9:45	38:05
4	Bordoni / Russell	11:45	38:14
5	Hurtado / Norlander	6:00	38:19
6	Noble / Wong	2:15	38:23
7	Nast / Delyani	7:30	38:27
8	Powell / Bedolla	3:40	41:16

Dick Barrett Trophy Winner - Madelyn Moon & Neil Gelblum

**Writeup by Danny Moon**

It was a great day for the relays. Madelyn Moon took an early lead with the help of Annette McPhail, running with her the whole way. Thus, causing Madelyn to smoke her handicap rating and giving Neil Gelblum no rest...poor Neil. Ray Russell had the fastest split times followed closely by his relay team partner - Jim Bordoni. Madelyn Moon, Mike Toney, Chris Cassell and Joe Hurtado all ran under there handicap time. Kat Powell and Jeff Bedolla ran a different version of the "Step Up and Step Down." Tom Warfel was seen trying to explain what the relay consisted of but the final conclusion was that Kat and Jeff needed to run a total of 18 laps somehow....they did. There was a closely contested last leg of the relay between Helen Wong, Dino Delyani and Dave Norlander as they all took the exchange for the 400 meters together. Dave proved to be the fastest while Helen held off Dino who had not fully recovered from his fast 1200 meter earlier. Our timers Tom and Danny proved to be of mature quality by both being over fifty -- kind of slow starting off with their timing duties.....and of course our stick man Don Packwood did a fantastic stick job!

**10/9/04 – Valle Vista – 3.0M**

1	Mike Kriege	16:29
2	Jim Bordoni	17:38
3	Missy Sudan	18:20
3	Becki Kriege	18:20
5	Amanda Gerhardt	18:25PR
6	Neil Gelblum	18:39
7	Al Murray	18:49
8	Brian Conroy	18:52
9	Pierre Del Forge	19:38
10	Aaron Lee	19:51
11	Joe Hurtado	20:36
12	Dave McIntyre	20:40
13	Jeff Bedolla	20:42PR

14	Liz Nast	20:51
15	Bob Schmitt	21:01
16	Tom Warfel	21:02
17	Floyd Gerhardt	21:20
18	Ed Lock	23:40
18	Katy Spink	23:40
18	Kristina Park	23:40
18	Kelly Emo	23:40
22	Ken Noel	23:55
23	Kat Powell	25:10PR
24	Walt Van Zant	27:46PW
25	Madelyn Moon	30:05
26	Stan DeMartinis	39:43

Dick Barrett Trophy Winner – Mike Kriege

Good run by Mike as he recorded the #13 time by a club 40+ runner. Amanda posted the #7 time by an open woman on this course. Jeff Bedolla improved his PR by 61 seconds. Kat improved her PR by 134 seconds while moving to #10 on the women's 50+ list.

**10/16/04 – 6 x 1600M Relay**

PI	Team	Start	Finish
1	Noel/Norlander	8:00	49:30
2	Packwood/Gelblum	5:00	49:41
3	Beyers/Bang	14:30	50:02
4	Rohloff/Murray	15:30	50:08
5	O'Connor/Delyani	13:15	50:10
6	Noble/Warfel	8:15	50:14
7	Wong/Bedolla	9:15	50:43
8	Peterson/L.Nast	11:30	50:56
9	J.Pickens/Zades	6:45	51:24
10	Corbin/Kurtis	16:15	51:31
11	Powell/Lee	8:00	51:39
12	Goldman/Williams	16:15	51:41
13	M.Moon/D.Moon	8:00	52:20
14	DeMartinis/Hayes	-0-	53:20

Phantom Dick Barrett Trophy Winner – Ken Noel & Dave Norlander

Ken Noel put his team into the lead during the 5<sup>th</sup> leg and then Dave Norlander held off Neil Gelblum during the last leg for the win. Dennis Kurtis had the fastest splits with three consecutive 5:14s. Julie Rohloff led the ladies with a 5:52 average.

**10/23/04 – Triangle Run – 4.76 Miles**

1	Mike Kriege	28:16
2	Andy Williams	28:26 PR
3	Dave Piazza	28:45
4	Ray Russell	29:30

5	Scott Bang	29:49	
6	Neil Gelblum	30:43	
7	Mark Isaacson	31:16	
8	Dino Delyani	31:43	PR
9	Dave Fergus	32:13	
10	Tom O'Connor	32:30	
11	Mark Goldman	32:52	
12	Keith Corbin	33:56	
13	Missy Sudan	34:00	
14	Bob Schmitt	34:01	
15	Joe Hurtado	34:09	
16	Nick Song	34:22	
17	Alex Lin	34:24	
18	Ajay Pala	34:24	
19	Dave McIntyre	34:29	
20	Michael Park	34:43	
21	Kristina Wilk	35:28	
21	Jake Roberts	35:28	
23	John Peterson	36:31	
24	Tom Warfel	37:09	
25	Patrick Rowland	38:46	
26	Tom Zades	39:36	
27	Kat Powell	40:04	PR
28	Norm Saucedo	41:44	
28	Ken Noel	41:44	
30	Walt Van Zant	43:24	
31	Don Packwood	44:42	

Dick Barrett Trophy Winner – Stan DeMartinis

Close win for Mike Kriege over Andy. 3-minute PR for Kat and she moved to #10 on the women's list for this course. Andy Williams improved his PR by 21 seconds. Superb timing job by Dick Chimenti and Stan DeMartinis.

**10/30/04 – 12 x 800 Relay**

Pl	Team	Start	Finish
1	Peterson/Lawson	3:15	40:52

2	Noel/Wong	-0-	42:09
3	Ma.Kriege/McIntyre	:15	42:14
4	M.Park/Roberts	7:15	42:26
5	B.Kriege/Bordoni	9:45	42:28
6	Fergus/Russell	8:45	42:29
7	Warfel/Baker	6:30	42:34
8	Cassell/Norlander	3:15	42:35
9	Schmitt/Goldman	6:00	43:01
10	White/D.Moon	6:30	43:59
11	Noble/Zades	-0-	44:33

Dick Barrett Trophy Winner – Matt Kriege

**11/6/04 – 8 x 0.66M Tennis Court Loop Relay**

Pl	Team	Start	Finish
1	Jo.Sigrist/Ja.Sigrist	:15	38:03
2	Rostege/Cassell	:30	38:24
3	Sudan/L.Nast	4:30	38:34
4	Riley/Toney	3:15	38:43
5	Corbin/Goldman	5:00	38:47
6	Fergus/Hayes	6:00	38:50
7	Norlander/Lawson	6:30	38:57
8	Saucedo/Noel	1:30	39:07
9	Noble/Bordoni	5:00	39:12
10	Peterson/Bang	7:15	39:29
11	Zades/Schmitt	2:30	39:35
12	M.Moon/D.Moon	-0-	40:05
13	M.Park/McIntyre	6:00	40:12

Phantom Dick Barrett Trophy Winner = Jacob Sigrist

All teams were rated to finish at 39:00. Seven made it under the standard and six didn't. Good timing job by a bimbo (Betty Root), a bozo (Jim Wurm), and a straight man (Don Packwood). Joe Sigrist showed great improvement, running way under his previous runs of 17:15 and 16:45 for this workout as he ran 15:25 today.

**11/13/04 – Doug/Sar/Frtvale – 2.75 M**

1	Scott Bang	15:30	
2	Rob Nast	15:45	
3	Andy Williams	15:47	PR
4	Mike Kriege	15:48	
5	Becki Kriege	16:53	
6	Mark Isaacson	17:28	
7	Dave Fergus	17:45	
8	Neil Gelblum	17:52	
9	Joe Beyers	18:03	
10	Michael Park	18:08	
11	Aaron Lee	18:11	
12	Mark Goldman	18:21	
13	Dave McIntyre	18:35	
14	Keith Corbin	18:40	PR
15	Jeff Bedolla	19:03	PR
16	Tim Rostege	20:25	
17	John Peterson	20:36	
18	Helen Wong	20:37	
19	Tom Warfel	20:50	
20	Ken Noel	21:01	
21	Chris Cassell	21:11	
22	John Pickens	21:24	
23	Tom Zades	21:53	
24	Kristina Park	22:18	
25	Bill Floodberg	23:26	
26	Kat Powell	25:08	
27	Madelyn Moon	26:38	

Dick Barrett Trophy Winner - Andy Williams

**RACE RESULTS**

**6/19/04 – Shriner's 8K**

Men

25	Bob Pickens	27:04	
62	Jim Bordoni	29:32	5 <sup>th</sup> -50+
88	Ron Kiyono	31:30	
101	Mark Goldman	32:05	
112	Bob Schmitt	32:52	2 <sup>nd</sup> -60+
115	Dick Chimenti	33:03	3 <sup>rd</sup> -60+
123	Jim Reitz	33:29	5 <sup>th</sup> -60+
126	Joe Hurtado	33:45	

146	Neal Chappell	35:09	2 <sup>nd</sup> -65+
159	Jeff Bedolla	36:33	
200	Ken Noel	40:28	4 <sup>th</sup> -65+
205	Bill Flodberg	40:49	3 <sup>rd</sup> -70+
291	Stan Demartinis	65:07	1 <sup>st</sup> -80+

Our 60+ men finished 1st, our 50+ men finished 4th, and our 40+ men finished 8th.

Women

7	Becki Kriege	29:48	2 <sup>nd</sup> -35+
8	Missy Sudan	29:49	2 <sup>nd</sup> -30+
17	Amanda Gerhardt	31:13	
21	Johanna Wans	31:38	
25	McKayla Plank	31:54	1 <sup>st</sup> -16+

Our open women finished 2nd.

**6/20/04-41st Holy City Race-9.1 M**

1	Scott Bang	59:10
2	Jeff Rohrer	59:55

3	Todd Hayes	62:03
4	Joe Hurtado	68:33
5	Tom Warfel	71:47
6	Dennis Coonan	72:01
7	Dave Norlander	72:07
8	Jeff Bedolla	72:11
9	Pauline Beatty	77:58
10	Dave McIntyre	78:41
11	John Peterson	79:07
12	Elizabeth Baker	83:44
13	Laura Romesbrg	84:03
14	Dick Gear	84:05
15	Dena Noble	84:28
16	Ephraim Romes	95:24

Moderate weather conditions. First wins for Scott Bang and Pauline Beatty

**6/26-5/27- Western States 100**

Todd Hayes	23:45
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**6/27/04 – Run For The Law 5K**

**Men**

3	Mike Kriege	16:54	1-40+
4	Dave Piazza	17:07	2-40+
10	Michael King	18:35	4-40+
11	Dino Delyani	18:59	5-40+
13	Danny Moon	19:07	1-50+
14	Tony Hilton	19:27	3-30+
18	Aaron Lee	20:01	4-30+
21	Gregg Bunker	20:56	2-50+
28	Jake White	21:45	2-60+
36	Chris Cassell	22:25	14-40+
38	John Peterson	22:53	3-60+
51	Tom Zades	25:53	5-60+
75	Stan DeMartinis	35:57	1-80+

**Women**

1	Kelly Emo	20:38	1-30+
5	Pauline Beatty	22:58	1-40+
13	Christine Blue	25:15	1-50+
17	Georgia Riley	25:32	1-60+
18	Marcia Morrison	25:38	2-50+
31	Madelyn Moon	29:32	4-60+

**6/27/04 – Run For The Law 10K**

**Men**

6	Mike Toney	35:19	1-40+
18	Bob Toney	39:17	5-14+

**Women**

12	Amelia Carchidi	49:56	4-19+
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**6/27/04 – Anchorage Mar**

Kat Powell	4:58:35
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Fairly warm at 74 degrees and a sharp 90-foot climb at 25 miles.

**7/4/04 – Almaden 4M**

Jorn Jensen	22:56	2nd 26+
Andy Lief	23:18	1st 36+
Hank Lawson	25:27	2nd 46+
Johanna Wans	25:45	1st Wo
Jonathon Lee	28:19	2nd 36+
Dena Noble	33:21	2nd 36+
Tom Zades	34:20	1st 56+

**7/11/04 – Monterey Bay Challenge**

Bill Meinhart	1:33:05	1st-60+
Georgia Riley	1:48:38	1st-60+
Elaine Erickson	1:52:41	2nd-45+

This race consisted of a half mile swim in the ocean, a 12-mile bike ride, and a 5K run.

**7/11/04 – Jungle Run Half Mar**

Jeff Bedolla	2:10:32
Kat Powell	2:10:32 4 <sup>th</sup> -50+

**7/11/04 – Davis Grand Prix Mile**

Bob Pickens	4:42.51	6th-40+
Scott Bang	4:44.56	7th-35+
Brian Davis	4:55.51	6th-45+
Jim Bordoni	4:58.05	1st-50+
Mckayla Plank	5:07.68	1st-14+
Johanna Wans	5:18.94	4th-25+
Becki Kriege	5:20.61	5th-35+
Missy Sudan	5:21.42	2nd-30+
Danny Moon	5:27.04	5th-55+
Dick Chimenti	5:48.14	3rd-60+
Jim Reitz	5:52.01	4th-60+
Joe Hurtado	6:03.71	6th-60+
Bob Schmitt	6:04.15	7th-60+
Marian Richard	6:05.04	19-40+
Neal Chappell	6:08.22	3rd-65+
John Peterson	6:19.79	8th-60+
Gail Campbell	6:23.33	1st-55+
Glynn Wood	7:08.28	3rd-70+
Bill Flodberg	7:24.09	4th-70+
Madelyn Moon	8:14.65	5 <sup>th</sup> -60+

**7/26/04 – Wharf to Wharf Race**

Jorn Jensen	33:45
71 Rob Nast	33:50*
78 Mike Toney	34:01
90 Bob Pickens	34:27
Dan Anderson	?
Al Murray	37:10
Jim Bordoni	37:43
Bob Toney	39:00
Mark Goldman	39:15
53 Tina Lount	39:51
64 Danielle Zelinski	40:25*
100 Liz Nast	42:13

\*Compete for the Aggies

**8/1/04 – SF Marathon**

Dave Piazza	3:05:47	1st-45+
Christina Wilk	3:26:50	3rd-35+
Dino Delyani	3:27:13	
Christian Saucedo	3:31:16	

Dave Piazza estimates that he ran about 27 miles as he was directed off course at the 23-mile marker and ran 4 long blocks before being directed back to the correct course.

**8/1/04 - Alameda 10K**

33 Ron Kiyono	39:25	2nd-55+
133 John Peterson	47:05	4th-60+
134 Brian Low	47:12	5th-60+
270 Marcia Morrison	55:09	4th-55+

**8/1/04 - Skyline 50K**

Todd Hayes	4:55:11	3rd-50+
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**8/14/04 - Dammit Race - 5M**

**Men**

9 Dennis Kurtis	31:32	1st-50+
51 Brian Conroy	36:17	6th-45+
55 Greg Burke	36:33	1st-55+
58 Bob Schmitt	36:36	1st-60+
84 Joe Hurtado	38:13	3rd-60+
99 Dave McIntyre	39:20	2nd*
150 Dave Pogue	41:22	8th-55+
228 Carlos Saldivar	45:21	2nd-65+

**Women**

9 Liz Nast	38:30	2nd-40+
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**8/22/04 – Tri One Sprint Triathlon**

Georgia Riley	1:21:54	1 <sup>st</sup> -60+
Kelly Emo	1:03:47	1 <sup>st</sup> -30+
Tim Riley	2:04:04	2 <sup>nd</sup> -60+

This race consisted of a 750-meter swim, an 8-mile bike ride, and a 5K run. It was Tim's first race since he had hip surgery. Georgia ran 26:07 for her finishing 5K, Kelly ran 20:57, and Tim ran 43:39.

**9/11/04-Golden Gate Park-4M**

Brian Conroy	26:57
Dave Norlander	29:52 2 <sup>nd</sup> -65+
Gail Campbell	32:19

**9/18/04-Sierra Nevada Ultra-53.2M**

Cecil Baumgartner 10:06:03  
Cecil 2<sup>nd</sup> in the 40+ division and 15<sup>th</sup> overall. Cecil said the weather conditions were very good for this ultra race.

**9/19/04-Jamba Juice 5K**

Bob Pickens	17:05	
Mike Kriege	17:10	
Jim Bordoni	17:59	3 <sup>rd</sup> -50+
Dave Piazza	18:06	
Al Murray	18:13	
Missy Sudan	18:26	1 <sup>st</sup> -30+
Ron Kiyono	18:49	4 <sup>th</sup> -55+
Neil Gelblum	19:13	
Mark Isaacson	19:22	
Norry McAllister	19:25	
Mark Goldman	19:35	
Dino Delyani	19:45	
Dick Chimenti	19:59	4 <sup>th</sup> -60+
Neal Chappell	20:11	2 <sup>nd</sup> -65+
Jim Reitz	20:19	
Joe Hurtado	20:51	
Bob Schmitt	21:02	
Jeff Bedolla	22:11	
John Peterson	22:22	
Chris Cassell	24:14	
Ken Noel	24:42	
Kat Powell	25:49	
Bill Flodberg	27:05	3 <sup>rd</sup> -70+
Marcia Morrison	27:05	5 <sup>th</sup> -55+
Stan DeMartinis	39:57	2 <sup>nd</sup> -80+

**9/23/04-Lockheed Employee 5K**

2 Dennis Kurtis	16:33	1 <sup>st</sup> -50+
5 Scott Bang	18:03	1 <sup>st</sup> -30+
7 Mark Isaacson	18:57	1 <sup>st</sup> -40+
11 Tom O'Connor	19:22	2 <sup>nd</sup> -40+
18 Joe Johnson	20:35	2 <sup>nd</sup> -50+
42 Chris Cassell	23:15	
67 Kat Powell	25:05	1 <sup>st</sup> -50+
123 Madelyn Moon	30:15	1 <sup>st</sup> -60+

**9/26/04 - Trailblazer 10K**

Jeff Bedolla	46:55
Kat Powell	53:27

**9/26/04-Heritage Oaks 10K**

Bob Pickens	34:37	
Jim Bordoni	37:33	
Missy Sudan	37:43	
Neal Chappell	41:14	3 <sup>rd</sup> -65+
Bob Schmitt	42:03	5 <sup>th</sup> -60+
Joe Hurtado	42:58	
John Pickens	48:43	
Ken Noel	50:10	

Glynn Wood 54:06 1<sup>st</sup>-70+

**10/2/04 - Presidio Challenge 3.55M**

Jeff Rohrer 23:13

**10/2/04 - Ojai 5K**

Cecil Baumgartner 20:45 2<sup>nd</sup>-40+  
Sue Francis 24:01 1<sup>st</sup>-50+

**10/2/04 - Ojai 10K**

Cecil Baumgartner 50:30  
Sue Francis 51:20 1<sup>st</sup>-50+

**10/3/04-Portland 5-Miler**

Len Edholm 40:34 1<sup>st</sup>-65+  
Len said that it was a very tough course that included a 1 1/2 mile hill climb.

**10/10/04 - Almaden Times 10K**
**MEN**

3 Dennis Kurtis	33:03	1 <sup>st</sup> -50+
4 Mike Toney	34:03	2 <sup>nd</sup> -40+
8 Dave Piazza	35:19	5 <sup>th</sup> -40+
14 Dino Delyani	38:24	
30 Jeff Bedolla	42:21	4 <sup>th</sup> -50+
53 John Peterson	45:25	2 <sup>nd</sup> -60+

**WOMEN**

1 Johanna Wans	36:24	1 <sup>st</sup> -19+
2 Kelly Emo	41:32	1 <sup>st</sup> -30+
24 Kat Powell	49:30	2 <sup>nd</sup> -50+
34 Marcia Morrison	52:15	3 <sup>rd</sup> -50+

**10/10/04 - Almaden Times 2 Miler**
**MEN**

2 Michael King	11:05	2 <sup>nd</sup> -40+
4 Pat Buzbee	11:20	2 <sup>nd</sup> -40+
17 Grgg Bunker	13:59	3 <sup>rd</sup> -50+

**WOMEN**

5 Dena Noble	14:36	1 <sup>st</sup> -40+
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**10/17/04-Humboldt Half Marath**

Bob Pickens	1:14:17	1st-40+
Jim Bordoni	1:23:40	4th-50+
Brian Davis	1:25:36	8th 45+
Bob Schmitt	1:32:45	4th-60+
Joe Hurtado	1:32:55	5th-60+
Ed Reyna	2:08:03	4th-70+

**10/23/04-Shoreline 5K**

Gail Campbell 22:42 2<sup>nd</sup>-50+

**10/23/04-Shoreline- 4.6M**

Jeff Rohrer 26:33

**10/24/04 - Detroit Marathon**

Marcia Morrison 4:28:xx

**10/30/04-Tamalpa Challenge-4.612M**

Jeff Rohrer 28:00

**10/31/04-Hollister Road Mile**

2-Scott Bang	4:52	1st-30+
3-Dennis Kurtis	4:55	1st-50+
4-Danny Moon	5:15	2nd-50+
6-Dimitrios Stefanids	5:19	1st-40+
10-Tom O'Connor	5:27	2nd-40+
12-Dave McIntyre	5:39	3rd-40+
34-Walt VanZant	7:05	
46-Madelyn Moon	8:02	1st-60+

**11/7/04 - New York Marathon**

Rebecca Norlander 3:54:05

Kat Powell 4:43:44 PR

Kat was pleased to improve her marathon PR by 13 minutes. Rebecca had the fun of getting a celebrity pass (her friend's dad was the doctor for the celebrity medical tent). This entitled her and her friend to ride to the start on a bus so that they did not have to get to the start 2 hours before the race, food and drinks before the start of the race, and special treatment after the finish of the race.

**11/13/04-Crystal Springs Challenge- 4.19M**

Jeff Rohrer 25:15

**11/14/04 - Clarksburg 30K**

Ken Hsu	2:04:42	5th40+
Jim Bordoni	2:06:48	4th-50+
Tom O'Connor	2:14:48	
Neil Gelblum	2:16:04	
Joe Hurtado	2:18:10	2nd-60+
Johanna Wans	2:20:22	
Bob Schmitt	2:27:24	4th-60+
Dave Norlander	2:32:58	3rd-65+
Eddie Reyna	3:21:07	3rd-70+

**2004 CUMULATIVE SATURDAY STANDINGS**

Elite Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Pickens,Bob	0:14:51	0:34:57	0:16:03	0:33:58	0:19:02	0:33:59	0:25:10	0:33:39	0:28:25	0:37:00	0:34:43	0:36:42	2:18:14
Piazza,Dave	0:15:29	0:36:27	0:17:03	0:36:05	0:20:18	0:36:15	0:26:49	0:35:51	0:27:31	0:35:50	0:34:07	0:36:04	2:21:17
Toney, Mike	0:15:44	0:37:02	0:18:28	0:39:05	0:20:50	0:37:12	0:26:50	0:35:52	0:27:57	0:36:24	0:34:28	0:36:26	2:24:17
Williams, Andy	0:15:47	0:37:09	0:18:15	0:38:38	0:20:58	0:37:26	0:28:19	0:37:51	0:28:26	0:37:07	0:35:42	0:37:44	2:27:27
Bordoni, Jim	0:15:36	0:36:43	0:17:38	0:37:20	0:20:53	0:37:17	0:28:46	0:38:27	0:29:11	0:38:00	0:35:52	0:37:55	2:27:56
Angelopoulos, Ji	0:00:00	0:00:00	0:16:47	0:35:32	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
Bang, Scott	0:15:27	0:36:22	0:17:08	0:36:16	0:20:38	0:36:51	0:00:00	0:00:00	0:29:49	0:38:49	0:00:00	0:00:00	0:00:00
Corbin, Keith	0:18:40	0:43:56	0:20:45	0:43:55	0:29:03	0:51:52	0:32:43	0:43:44	0:33:56	0:44:11	0:41:57	0:44:21	2:57:04
Gerhardt, Floyd	0:16:21	0:38:29	0:17:51	0:37:47	0:00:00	0:00:00	0:28:20	0:37:53	0:28:49	0:37:31	0:37:07	0:39:14	0:00:00
Jensen, Jorn	0:00:00	0:00:00	0:16:40	0:35:17	0:19:50	0:35:25	0:25:55	0:34:39	0:26:48	0:34:54	0:33:49	0:35:45	0:00:00
Lief, Andy	0:00:00	0:00:00	0:16:15	0:34:24	0:00:00	0:00:00	0:00:00	0:00:00	0:26:42	0:34:46	0:00:00	0:00:00	0:00:00
McAllister, Nory	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:30:55	0:41:20	0:30:26	0:39:38	0:40:07	0:42:24	0:00:00
Murray, Al	0:16:49	0:39:35	0:17:46	0:37:36	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:40	0:39:49	0:00:00
Nast, Rob	0:15:35	0:36:41	0:17:06	0:36:12	0:20:31	0:36:38	0:27:11	0:36:20	0:00:00	0:00:00	0:34:44	0:36:43	0:00:00
Roberts, Jake	0:00:00	0:00:00	0:18:53	0:39:58	0:23:47	0:42:28	0:33:12	0:44:23	0:28:41	0:37:21	0:42:13	0:44:38	0:00:00
Russell, Ray	0:15:56	0:37:30	0:16:57	0:35:53	0:20:50	0:37:12	0:00:00	0:00:00	0:29:30	0:38:25	0:00:00	0:00:00	0:00:00
Souza, Tim	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:31:37	0:41:10	0:00:00	0:00:00	0:00:00
Toney, Bob	0:17:17	0:40:41	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
Waggoner, Gary	0:00:00	0:00:00	0:00:00	0:00:00	0:21:52	0:39:03	0:29:58	0:40:04	0:38:30	0:50:08	0:38:18	0:40:29	0:00:00
A Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Sudan, Missy	0:16:25	0:38:38	0:17:55	0:37:56	0:21:24	0:38:13	0:28:22	0:37:55	0:29:16	0:38:06	0:36:27	0:38:32	2:29:49
Kriege, Becki	0:16:43	0:39:21	0:18:06	0:38:19	0:21:40	0:38:41	0:29:47	0:39:49	0:29:33	0:38:29	0:37:09	0:39:16	2:32:58
Gelblum, Neil	0:17:31	0:41:14	0:18:24	0:38:57	0:22:05	0:39:26	0:29:30	0:39:26	0:30:15	0:39:23	0:37:49	0:39:59	2:35:34
Hayes, Todd	0:16:51	0:39:40	0:18:49	0:39:50	0:22:49	0:40:45	0:30:15	0:40:26	0:29:48	0:38:48	0:41:17	0:43:38	2:39:49
Park, Kristina	0:22:18	0:52:29	0:18:34	0:39:18	0:23:34	0:42:05	0:29:52	0:39:56	0:30:48	0:40:06	0:39:13	0:41:27	2:44:19
Moon, Danny	0:17:53	0:42:05	0:19:15	0:40:45	0:23:48	0:42:30	0:31:38	0:42:17	0:32:24	0:42:11	0:40:35	0:42:54	2:45:33
Beyers, Joe	0:18:03	0:42:29	0:18:52	0:39:56	0:23:21	0:41:42	0:31:50	0:42:33	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Conroy, Brian	0:00:00	0:00:00	0:18:52	0:39:56	0:22:38	0:40:25	0:31:10	0:41:40	0:00:00	0:00:00	0:39:13	0:41:27	0:00:00
Fergus, Dave	0:16:27	0:38:43	0:18:59	0:40:11	0:00:00	0:00:00	0:00:00	0:00:00	0:29:26	0:38:19	0:40:27	0:42:46	0:00:00
Gerhardt, Amand	0:16:35	0:39:02	0:18:25	0:38:59	0:00:00	0:00:00	0:28:07	0:37:35	0:29:35	0:38:31	0:37:10	0:39:17	0:00:00
Kriege, Mike	0:15:48	0:37:11	0:16:29	0:34:53	0:20:11	0:36:02	0:00:00	0:00:00	0:28:16	0:36:48	0:34:13	0:36:10	0:00:00
Piank, McKayla	0:00:00	0:00:00	0:00:00	0:00:00	0:22:12	0:39:39	0:30:10	0:40:20	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Rohrer, Jeff	0:16:13	0:38:10	0:00:00	0:00:00	0:21:18	0:38:02	0:00:00	0:00:00	0:29:25	0:38:18	0:36:50	0:38:56	0:00:00
Spink, Katy	0:17:02	0:40:05	0:18:45	0:39:41	0:00:00	0:00:00	0:29:04	0:38:52	0:29:56	0:38:59	0:37:15	0:39:23	0:00:00
Stefanidis, Dimit	0:17:06	0:40:15	0:19:00	0:40:13	0:22:46	0:40:39	0:31:16	0:41:48	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Wans, Johanna	0:16:56	0:39:51	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:30:17	0:39:26	0:42:17	0:44:42	0:00:00
B Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Isaacson, Mark	0:17:28	0:41:07	0:20:36	0:43:36	0:22:26	0:40:04	0:30:22	0:40:36	0:30:33	0:39:47	0:38:21	0:40:32	2:39:46
Schmitt, Bob	0:17:37	0:41:28	0:19:39	0:41:36	0:23:18	0:41:36	0:30:32	0:40:49	0:31:07	0:40:31	0:38:41	0:40:53	2:40:54
Delyani, Dino	0:17:54	0:42:08	0:19:19	0:40:53	0:23:13	0:41:27	0:30:53	0:41:17	0:31:43	0:41:18	0:39:29	0:41:44	2:42:31
Goldman, Mark	0:18:02	0:42:27	0:19:43	0:41:44	0:23:27	0:41:52	0:30:53	0:41:17	0:32:52	0:42:48	0:39:06	0:41:20	2:44:03
Lee, Aaron	0:18:05	0:42:34	0:19:51	0:42:01	0:23:55	0:42:43	0:32:36	0:43:35	0:33:00	0:42:58	0:40:34	0:42:53	2:48:01
Nast, Liz	0:18:30	0:43:33	0:19:48	0:41:55	0:24:05	0:43:00	0:31:42	0:42:23	0:33:19	0:43:23	0:41:56	0:44:20	2:49:20
Hurtado, Joe	0:18:39	0:43:54	0:19:54	0:42:07	0:24:01	0:42:53	0:32:00	0:42:47	0:34:06	0:44:24	0:40:54	0:43:14	2:49:34
McIntyre, Dave	0:18:35	0:43:44	0:20:40	0:43:45	0:25:01	0:44:40	0:34:02	0:45:30	0:34:29	0:44:54	0:44:11	0:46:42	2:56:58
Chimenti, Dick	0:17:24	0:40:57	0:19:28	0:41:12	0:00:00	0:00:00	0:00:00	0:00:00	0:31:16	0:40:43	0:41:36	0:43:58	0:00:00
C Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Emo, Kelly	0:18:37	0:43:49	0:20:31	0:43:26	0:25:11	0:44:58	0:34:06	0:45:35	0:33:20	0:43:24	0:42:22	0:44:47	2:54:07
Warfel, Tom	0:19:41	0:46:20	0:21:02	0:44:31	0:24:49	0:44:19	0:34:17	0:45:50	0:33:28	0:43:35	0:42:24	0:44:49	2:55:41
Wilk, Christina	0:18:58	0:44:38	0:20:28	0:43:19	0:26:00	0:46:26	0:34:59	0:46:46	0:33:34	0:43:42	0:42:18	0:44:43	2:56:17
Wong, Helen	0:18:28	0:43:28	0:20:50	0:44:06	0:27:11	0:48:33	0:34:05	0:45:34	0:35:14	0:45:53	0:43:38	0:46:07	2:59:26
Stiller, Rich	0:19:23	0:45:37	0:21:13	0:44:55	0:26:38	0:47:34	0:37:30	0:50:08	0:33:45	0:43:57	0:44:39	0:47:12	3:03:08
Baumgartner, Ce	0:18:55	0:44:31	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
Casillas, Jose	0:18:30	0:43:33	0:21:20	0:45:09	0:00:00	0:00:00	0:00:00	0:00:00	0:34:52	0:45:24	0:00:00	0:00:00	0:00:00
Kananen, Rick	0:00:00	0:00:00	0:23:00	0:48:41	0:30:02	0:53:38	0:39:15	0:52:28	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Norlander, Dave	0:18:40	0:43:56	0:20:43	0:43:51	0:24:39	0:44:01	0:32:36	0:43:35	0:33:12	0:43:14	0:00:00	0:00:00	0:00:00
Packwood, Don	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:43:41	0:58:24	0:44:42	0:58:12	0:00:00	0:00:00	0:00:00
Rooste, Tim	0:20:25	0:48:03	0:21:28	0:45:26	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:47:54	0:50:38	0:00:00
Saucedo, Norm	0:00:00	0:00:00	0:00:00	0:00:00	0:27:28	0:49:03	0:43:28	0:58:07	0:36:14	0:47:11	1:03:12	1:06:48	0:00:00
Stigrist, Ben	0:17:50	0:41:58	0:00:00	0:00:00	0:27:03	0:48:18	0:35:02	0:46:50	0:35:36	0:46:21	0:00:00	0:00:00	0:00:00
White, Jake	0:00:00	0:00:00	0:21:59	0:46:32	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:44:41	0:47:14	0:00:00



D Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Peterson,John	0:19:31	0:45:56	0:22:11	0:46:57	0:25:31	0:45:34	0:35:49	0:47:53	0:35:51	0:46:41	0:44:02	0:46:33	3:02:55
Cassell, Chris	0:20:36	0:48:29	0:22:33	0:47:44	0:26:19	0:47:00	0:37:34	0:50:13	0:37:15	0:48:30	0:45:40	0:48:16	3:09:57
Noel, Ken	0:21:01	0:49:28	0:23:21	0:49:26	0:26:49	0:47:53	0:39:09	0:52:20	0:37:18	0:48:34	1:03:12	1:06:48	3:30:50
Bedolla, Jeff	0:19:03	0:44:50	0:20:42	0:43:49	0:26:36	0:47:30	0:34:02	0:45:30	0:35:12	0:45:50	0:00:00	0:00:00	0:00:00
Gavin, Ed	0:00:00	0:00:00	0:21:55	0:46:24	0:00:00	0:00:00	0:34:26	0:46:02	0:36:06	0:47:00	0:00:00	0:00:00	0:00:00
Low, Brian	0:00:00	0:00:00	0:00:00	0:00:00	0:26:30	0:47:19	0:38:03	0:50:52	0:35:47	0:46:36	0:45:40	0:48:16	0:00:00
Myers, Jim	0:21:41	0:51:02	0:00:00	0:00:00	0:28:22	0:50:39	0:39:43	0:53:06	0:38:17	0:49:51	1:02:02	1:05:34	0:00:00
Noble, Dena	0:22:25	0:52:46	0:23:12	0:49:07	0:29:46	0:53:09	0:39:24	0:52:40	0:39:31	0:51:27	0:00:00	0:00:00	0:00:00
Norlander, Becky	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:39:17	0:52:31	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Rowland, Patrick	0:18:57	0:44:36	0:21:05	0:44:38	0:00:00	0:00:00	0:00:00	0:00:00	0:38:46	0:50:29	0:00:00	0:00:00	0:00:00
Sigrist, Joe	0:19:06	0:44:57	0:00:00	0:00:00	0:25:05	0:44:47	0:35:04	0:46:53	0:34:47	0:45:17	0:00:00	0:00:00	0:00:00
Tran, Uyenthi	0:21:35	0:50:48	0:24:11	0:51:11	0:29:43	0:53:04	0:36:41	0:49:03	0:38:45	0:50:27	0:00:00	0:00:00	0:00:00
VanZant, Walt	0:23:42	0:55:47	0:27:46	0:58:47	0:32:52	0:58:41	0:45:26	1:00:44	0:43:24	0:56:31	0:00:00	0:00:00	0:00:00
E Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Pickens, John	0:21:24	0:50:22	0:23:05	0:48:52	0:28:36	0:51:04	0:37:40	0:50:21	0:37:19	0:48:35	0:46:57	0:49:38	3:15:01
Zades, Tom	0:21:53	0:51:30	0:27:58	0:59:12	0:29:20	0:52:23	0:39:51	0:53:17	0:40:04	0:52:10	0:48:27	0:51:13	3:27:33
Morrison, Marcia	0:23:31	0:55:21	0:26:01	0:55:04	0:30:25	0:54:19	0:40:42	0:54:25	0:41:48	0:54:26	0:54:20	0:57:26	3:36:47
McPhail, Annette	0:22:48	0:53:40	0:27:12	0:57:35	0:32:08	0:57:23	0:42:57	0:57:25	0:43:03	0:56:03	0:52:34	0:55:34	3:40:42
Root, Betty	0:26:28	1:02:18	0:29:08	1:01:40	0:34:17	1:01:13	0:46:52	1:02:39	0:46:42	1:00:48	0:59:46	1:03:11	4:03:13
DeMartinis, Stan	0:34:58	1:22:18	0:34:39	1:13:21	0:44:42	1:19:49	1:02:30	1:23:33	0:57:58	1:15:29	1:15:00	1:19:17	5:09:47
Beatty, Pauline	0:21:40	0:51:00	0:24:35	0:52:02	0:00:00	0:00:00	0:39:43	0:53:06	0:38:49	0:50:33	0:00:00	0:00:00	0:00:00
Blue, Christine	0:22:56	0:53:59	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
Collins, Rich	0:00:00	0:00:00	0:00:00	0:00:00	0:32:48	0:58:34	0:00:00	0:00:00	0:38:52	0:50:36	0:00:00	0:00:00	0:00:00
Carchidi, Amelia	0:21:44	0:51:09	0:23:16	0:49:15	0:27:23	0:48:54	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Fjordberg, Bill	0:23:26	0:55:09	0:23:40	0:50:06	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:48:46	0:51:33	0:00:00
Lewis, Jerry	0:24:21	0:57:19	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:41:37	0:54:11	0:00:00	0:00:00	0:00:00
McCarten, Dave	0:31:00	1:12:58	0:26:34	0:56:14	0:33:06	0:59:06	0:51:48	1:09:15	0:00:00	0:00:00	0:58:18	1:07:38	0:00:00
Moon, Madelyn	0:26:38	1:02:41	0:30:05	1:03:41	0:36:32	1:05:14	0:47:52	1:04:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Napier, Ken	0:25:20	0:59:38	0:26:42	0:56:31	0:33:16	0:59:24	0:45:26	1:00:44	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Powell, Kat	0:23:27	0:55:12	0:25:10	0:53:16	0:31:18	0:55:54	0:00:00	0:00:00	0:40:09	0:52:17	0:00:00	0:00:00	0:00:00
Reyna, Eddie	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	1:04:38	1:08:19	0:00:00
Riley, Georgia	0:22:48	0:53:40	0:25:33	0:54:05	0:00:00	0:00:00	0:39:43	0:53:06	0:41:34	0:54:07	0:00:00	0:00:00	0:00:00
Shaner, Tina	0:00:00	0:00:00	0:28:37	1:00:35	0:34:17	1:01:13	0:00:00	0:00:00	0:46:29	1:00:32	1:00:35	1:04:02	0:00:00