



WVJS



VOL XXXI-#3 WEST VALLEY JOGGERS & STRIDERS November 2012

Saturday Workouts

12/08/12	4 x 1.46M WVC Loop Relay	02/09/13	Farwell/H (4.68M)
12/15/12	Short Six (5.74M)	02/16/13	Valentine Team Race (5.4M)
12/22/12	Valle Vista (3.0 miles)	02/23/13	Farwell (3.54M)
12/29/12	All Courses Day	03/02/13	4 x 1.46M WVC Loop Relay
01/05/13	6 x 1600 Relay	03/09/13	Short Six (5.74M)
01/12/13	Triangle Run (4.76M)	03/16/13	Valle Vista (3.0 miles)
01/19/13	Doug/Sar/Frtvle (2.76M)	03/23/13	18 x 0.33M Tennis Court Loop Relay
01/26/13	5K on the Track	03/30/13	Triangle Run (4.76M)
02/02/13	8 x 0.66M Tennis Court Loop Relay	04/06/13	16 x 300 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

12/16/12 Christmas Relays (2.0)

Racer of the Year

Fastest Farwell Time
Fastest Marathon
Fastest Half Marathon

Other Races

12/23 Pleasanton Double Road Run
01/01 End World Hunger-Palo alto
02/03 SF Half Marathon

Miscellaneous Drive

I will start this section of our club bulletin on a sad note. Long-time club members **Ken Napier** and **Stan DeMartins** died during the last couple of months – Ken at age 80 and Stan at one month short of 90.

Ken joined the WVJS about a month after the club was formally organized in 1970 but had been running with the runners that formed the club for several years prior to that time. He became the club president for one year in the early 1970s. Ken was a great runner before he joined the club and for many years after he joined the club. He won many track and cross country races while competing for Bakersfield high school, Bakersfield Community College, and San Jose State University. He was a member of the winning Bakersfield CC cross country team at the 1956 Southern California championships and was inducted into the Bakersfield CC Hall of Fame. He had many highlights during his career, including finishing 3rd in the race where Don Bowden became the first American to break the 4-minute mile, winning the 1972 Examiner Games masters indoor mile, at one time holding the American 1500M record in the 1500 meters, and winning the Nor Cal title as the top 40+ runner in 1973, Ken always got along well with this club mates and those who knew him will fondly remember him.

Stan joined our club in 1991 at the young age of 68. He loved to run and eat. He rarely missed a Saturday run or a Wednesday track workout or eating with his buddies on Saturday and Sunday mornings. He turned 70 on 12/1/92 and won the 70+ division of the Road Grand Prix 6 out of the next 7 years. His wife, Miriam came down with Alzheimer disease in the early 2000s and eventually died. Stan, a very intelligent man, started to get Alzheimer disease shortly thereafter; He eventually had his driving license taken away and stopped running with us about 5 years ago. He was a super club member to be around.

The high school and college cross country season has ended with several highlights for club members during the past season. **Dick Chimenti**, the assistant coach at Sonora high school, coached a runner who made it to the State Meet. **Kevin Breit's** Prospect girls high school team won the BVAL league finals and one of his boys, **Dan Chiriaev**, and one of his girls, **Ellie Lemco**, qualified for the State Meet. **Jake White's** Lynbrook boys and girls teams had a

very good season as their boys ended up as the 14th ranked team in the CCS and their girls as the 23rd best. He had a freshman boy who made it to the State Meet in Division 2. **Jim Bordon** is the assistant coach at Mountain View high school. His girls won the league championship, finished 2nd in Division 2 at the CCS meet, and qualified to run in the State Meet. **Jonathan Lee** at Valley Christian won the CCS XC honors coach award. **Paul Armstrong** at Cupertino high school won the same award the prior year. **Grant Jacobson** at Cupertino high school improved his Crystal springs time from 19:11 to 17:39. **Jose Pina** at Lincoln high school had a best time of 15:38 on the Crystal springs course, finished 5th at his league finals, 11th at the CCS Meet, won the second Center Meet at Crystal Springs, had the top CCS time at the Artichoke Invitational, and finished 3rd at the Ram Invitational. **Mary Kriege** was the top finisher for Santa Clara University in all of her races, ran 17:28 for 5K on a XC course, and will probably win the MVP award at her school for the 2nd consecutive year.

Zoe McAllister, a 6th grader, won the first XC race that she entered over a large field.

Bill Dunn broke the club 65+ record for Farwell and **Carl Petersen** broke the club 75+ record for Farwell. The former records were set 11 years ago by **Norm Saucedo** and **Howard Powers**.

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

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

As most of you know, we have a club web page. If you haven't checked it out, take a look. The address is: <http://www.wvjs.org>

2012 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. The point totals through 9/30/12 are as follows (except * = thru 6/30/12 and ** = thru 3/3/12):

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Totals</u>
George Lo	2641	640	3281	Walt Van Zant	742	780	1522
Tom Warfel	1661	650	2311	Ken Camet	1344	80	1424*
Rosanna Kennedy	1173	500	1673	Dave Norlander	520	750	1270
Carl Petersen	1123	530	1653	Geoff Bradley	439	320	759*
Joe Hurtado	1027	480	1507*	Jim Bordoni	423	190	613**

2012 PA/USATF Road Grand Prix

Open Men

Our open men's team is presently in 13th place. Aaron Lee is our team captain.

Open Women

Our open women's team has not yet fielded a complete team this year.

40+ Men

Our 40+ men's team is presently in 7th place. Jorn Jensen is our team captain.

40+ Women

Our 40+ women's team is presently in 9th place.

50+ Men

Our 50+ men's team is presently in 2nd place. Ken Camet is our 50+ team captain. Individually Brian Davis is in 6th place, Ken Camet is in 18th place, Bob Pickens is in 20th place, Jim Bordoni is in 25th place, Dave Woodruff is in 28th place, Dino Delyani is in 31st place, and Mike Krey is in 47th place in the short race division. Brian Davis is in 2nd place, Ken Camet, is in 3rd place, Dino Delyani is in 36th place, and Glenn Kishi is in 44th place in the long race division.

50+ Women

Our 50+ women's team has not yet fielded a complete team this year.

60+ Men

our 60+ men's team is presently in 2nd place. Scott Graham is the team captain. Individually, Bill Dunn, Ron Kiyono, Scott Graham, Art Mitchum, and Dan Anderson are in 3rd, 14th, 26th, 27th and 29th places in the short race division. Bill Dunn, Ron Kiyono, Scott Graham, and Todd Hayes are 14th, 18th, 20th, and 25th places in the long race division.

60+ Women

Our 60+ women's team has not yet fielded a complete team this year. Individually, Victoria Kros, Kat Powell, and Chris Blue are in 13th, 15th, and 19th places in the long race division.

70+ Men

Our 70+ men's team is presently in 2nd place, 4.5 points out of first. Eddie Reyna is the team captain. Individually, Dave Norlander, Joe Hurtado, Bob Lord, Richard Cottrell, Carl Petersen, Bill Dodson, Eddie Reyna, and Carl Tuck are in 3rd, 4th, 5th, 6th, 11th, 11th, 14th and 15th places in the short race division. Joe Hurtado, Bill Dodson, Carl Petersen, Dave Norlander, Bob Lord, Mike McMahon, and Eddie Reyna are in 4th, 5th, 6th, 7th, 9th, 15th, and 15th in the long race division.

80+ Men

Eddie Reyna leads both the short race and long race divisions of this age grouping.

2012 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 16 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 7 different events in order to be eligible for an award.** The remaining events included in this contest are listed on page 1. The standings to date for 2012 for all who have scored in three or more races are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races as two races. The 2nd number is the total number of events competed in.

Elite Division		Bob Pickens (8-8)	190
Brian Davis (8-8)	199	Calvin Do (5-4)	122
Scott Bang (8-8)	197	Gary Funck (3-3)	64

Suraj Jagota (4-4)	91
Norry McAllister (4-3)	89
Andy Williams (4-3)	80

Bill Dunn (8-8)	189
Ron Kiyono (6-3)	136
Jim Bordoni (6-4)	126
Laura Melendez (5-3)	124
George Lo (8-8)	183
Geoff Bradley (7-6)	175
Jim Bordoni (8-7)	175
Ron Kiyono (7-4)	157
Neil Gelblum (7-7)	134
Laura Melendez (5-3)	124
Aaron Lee (5-4)	107
Scott Graham (5-3)	101
Dan Anderson (5-3)	99
Todd Hayes (5-4)	93
Jeff Rohrer (4-3)	70
Grant Jacobson (3-3)	61

A Division

Ken Camet (8-9)	198
Jorn Jensen (6-5)	172
Roberto Palos (5-4)	118
Mike Kriege (5-4)	109
David Garza (5-5)	107

B Division

Dave Woodruff (8-8)	191
Dino Delyani (8-8)	190

C Division

Mike Krey (8-9)	200
Robert Navarette (8-6)	191
Rich Hahn (8-8)	183
Joe Hurtado (8-10)	182
Glenn Kishi (8-7)	181
Carol Bednar (8-7)	179
Dave McIntyre (8-8)	162
Art Mitchum (6-3)	111
Rob Jacobson (5-5)	109
Jeff Bedolla (5-4)	102
Kelly Emo (4-4)	80
Mark Goldman (4-4)	74
Heather Rohrer (3-3)	74
Ida Rosenblum (4-4)	68
Des Knuckey (3-3)	67

D Division

Carl Petersen (8-12)	200
Dave Norlander (8-10)	197
Bob Lord (8-8)	195
Alvin Jackson (5-5)	106
Rosanna Kennedy(5-5)	106
Pauline Beatty (4-4)	85

E Division

Bill Dodson (8-7))	200
Eddie Reyna (8-6)	194
Chris Blue (7-6)	163
Tom Warfel (6-6)	144
Tim Riley (6-5)	126
Mike McMahon (5-4)	120
Kat Powell (4-3)	97
Walt Van Zant (4-4)	80
Rich Collins (3-3)	69
Chris Cassell (3-3)	51

2012 PA/USATF Cross Country Grand Prix (by Jeff Rohrer)

Another season of XC is in the books and overall it was another good season for WVJS. Our Masters, Seniors, Super Seniors, and Veterans teams finished 3rd, 2nd, 2nd, and 2nd for the season. In the very competitive Pacific Association, those are good results. While we had no championships we did have good attendance and we won meets. The Masters team won 1 meet, the Seniors won 3 meets, the Super Seniors won 2 meets, and the Vets won 5.

We had 35 different team members with USATF cards run for us this year. Our Vets team were the real stars of participation with the five runners making, 11 (Dave Norlander), 10 (Joe Hurtado and Bill Dodson), 9 (Carl Petersen), and 7 (Bob Lord) meets. As noted a number of times previously Jeff Bedolla and Kristian Petersen ran all 12 meets. We had a number of other runners run over half the meets. Art Mitchum and Jose Pina ran 10, Dave Woodruff and Bill Dunn 9, Jorn Jensen and Roberto Palos 8, and Glenn Kishi, Andy Williams, Dennis Kurtis, Dan Anderson, Dino Delyani, and I ran 7. That's what it takes to score a lot of teams and give the team scoring options.

We had some new members this year with Jimmy Forbis joining us mid season and Raymond Rodriguez joining us for the last meet. Both runners had impact on our team scoring. Both were recruited by Jorn.

On the individual front, Jose was 2nd overall in the Masters competition and 3rd at the Championship Meet. We had 3 other teammates in the top 25 with Jorn in 8th, Roberto in 17th, and Adam Prince in 19th (despite having to miss the Championship Meet - one of the six meets you can score - with an injury). We had 3 in the top 25 for the Seniors with Dennis in 3rd, Brian Davis in 7th, Mike Kriege in 18th, Ken Camet in 22nd, and Dave in 23rd. For our Super Seniors Bill was in 4th, Dan in 9th, and Art in a tie for 10th. Our 5 Vets, Dave, Joe, Carl, Bob, and Bill were 3rd, 5th, 6th, 7th, and 9th, respectively.

Looking to next year the Seniors will now have Adam Prince. The Super Seniors will have at least 3 new runners with Dennis Kurtis, Jim Bordoni, and Jeff Bedolla aging up. We are also hoping to get back some of the guys that were out this year including Tom O'Connor, Robert Pickens, Andy Lief, Dave Piazza, and Marc Ostrowski. Everybody should keep recruiting. While we had 35 runners with USATF cards run for us this year that is a bit lower than some recent years (last year 39 and in 2010, arguably our most successful year - 48). While we want all Masters runners, we could use more in the early 40s. This year, due in part to injuries during the season, we were often a little short of runners for our Masters team. We can also not expect that Jose will run 10 meets every season, Andy Williams aged up during the season, and, as stated earlier, Adam moves up next year.

Overall we are a team that has a number of talented runners, but we are not loaded with former college Division I runners (we do have some!) as some of the teams do. We have always been the team that has been successful by going to a lot of meets and getting good attendance at those meets. That is only possible because we are a bunch of guys that love to run XC. I also believe we have been a good team because we have a number of runners that are committed to running XC and recruiting others to join us.

Finally, remember that this team is what you make it. We have a banner because a couple of people wanted one. We got special XC uniforms because some of us wanted them. Many of our current younger Masters runners were recruited by Jorn. Kristian has hosted some tailgates. In the past some of us have met for breakfast after the meet. I think you get the idea. So next year when I send out the preliminary schedule, think about what you would like to the 2013 season to be about. Thanks to everyone for making 2012 a special

season for me to come back to. While I was frustrated at times, it was fun to toe the line again with my teammates.

SATURDAY WORKOUT RESULTS

6/9/12- Rick Milam 3000/1500/800 Track

<u>Day</u>		
<u>3000M</u>		
1	Daniel Chiriaev	10:33.6
2	Bjorn Samson	11:02.3
3	David Garza	11:24.9
4	Brian Conroy	11:38.4
5	Grant Jacobson	11:42.6
6	Becki Kriege	11:46.1
7	Bill Dunn	11:47.5
8	J.R. Mintz	11:49.7
9	Aaron Lee	11:50.8
10	Scott Graham	11:58.0
11	Ellie Lemco	11:58.9
12	Kevin Breit	12:02.9
13	Paul Taylor	12:05.6
14	Mike Krey	12:18.6
15	George Lo	12:40.3
16	Unidentified Wom	13:00.9
17	Rob Jacobson	13:02.4
18	Ida Rosenblum	13:06.1
19	Rich Hahn	13:07.5
20	Ricky Safran	13:13.9
21	Jeff Bedolla	13:26.3
22	Dave McIntyre	13:50.1
23	Glenn Kishi	14:14.2
24	Joe Hurtado	14:24.5
25	Pauline Beatty	14:47.1
26	Rosanna Kennedy	14:51.8
27	Kat Powell	15:46.8
28	Don Packwood	15:49.5
29	Tim Rostege	15:57.3
30	Rich Collins	17:19.3
31	Tim Riley	3:53.8*

* Ran his 800M at the beginning of the 3000M.

1500M

1	Scott Bang	4:53.1
2	Suraj Jagota	4:57.0
3	Ken Camet	4:59.9
4	Bob Pickens	5:10.1
5	David Garza	5:16.0
6	Grant Jacobson	5:26.5
7	David Woodruff	5:27.4
8	Scott Graham	5:31.3
9	George Lo	5:38.3
10	Matt Kriege	5:40.8
11	J.R. Mintz	5:45.7
12	Paul Taylor	5:47.1

13	Mike Krey	5:50.3
14	Danielle Zelinski	5:51.8
15	Bill Dunn	6:10.3
16	Ellie Lemco	6:19.4
17	Dave McIntyre	6:21.0
18	Rob Jacobson	6:22.4
19	Jeff Bedolla	6:25.1
20	Joe Hurtado	7:04.8
21	Pauline Beatty	7:23.7
22	Kat Powell	7:28.5

800M (Heat #1 - Over 3:10)

1	Bill Dunn	2:59.3
2	George Lo	2:59.7
3	Dave McIntyre	3:11.6
4	Jeff Bedolla	3:14.7
5	Rich Hahn	3:16.1
6	Rob Jacobson	3:19.7
7	Don Packwood	3:30.2
8	Joe Hurtado	3:31.1
9	Rosanna Kennedy	3:40.1
10	Kat Powell	3:46.2
11	Pauline Beatty	3:53.0
12	Walt Van Zant	3:59.7

800M (Heat #2-Under 3:10)

1	Daniel Chiriev	2:23.1
2	Scott Bang	2:28.4
3	David Garza	2:29.9
4	Ken Camet	2:32.3
5	Ricky Safran	2:41.1
6	Aaron Lee	2:41.7
7	Grant Jacobson	2:43.9
8	David Woodruff	2:47.3
9	Scott Graham	2:48.7
10	Ellie Lemco	2:51.9
11	Paul Taylor	2:53.4
12	J.R. Mintz	2:55.0
13	George Lo	2:58.5
13	Danny Moon	3:00.1

Dick Barrett Trophy Winner - Daniel Chiriev

40 runners turned out for the 3rd annual running of this event. Each event started approximately 10 minutes after the finish of the previous event. Daniel took home the weekly trophy as he won two of the three events. Scott Bang got one win and one second.

6/16/12 – All Courses Day

Dou/Sar/Frutvle-2.75M

1	Roberto Palos	18:19
1	Geoff Bradley	18:19
3	Dave Norlander	23:36
4	Rich Collins	26:02
5	Walt Van Zant	27:45

Valle Vista-3.0M

1	Ken Camet	18:57
2	Des Knuckey	21:04

Farwell-3.54M

1	Suraj Jagota	23:51.4
1	Kristina Park	23:54.6
3	Robert Navarrete	26:32.7
4	Ida Rosenblum	26:58.5
5	George Lo	29:11.1
6	Don Packwood	31:42.6
7	Chris Blue	32:48.7
7	Pauline Beatty	32:48.7
9	Tom Warfel	34:23.1
10	Jim Myers	39:20.x

Farwell/H-4.68M

1	Brian Low	39:32
2	Dan Duston	47:48
3	Tim Riley	48:55

Triangle – 4.76M

1	Scott Graham	34:30
2	Jim Howe	35:58
3	Georgia Riley	50:20

Short Six – 5.76M

1	Jim Bordoni	41:24
2	Dave McIntyre	47:45

6/23/12-Valle Vista – 3.0M

1	Scott Bang	17:49
2	Geoff Bradley	18:23 PR
3	Slim Pickens	18:31
4	Sean Williams	18:46 PR
5	Andy Williams	18:50
6	Bjorn Samson	18:56
7	Neil Gelblum	19:53
8	Suraj Jagota	19:54
9	George Lo	19:55
10	Jim Bordoni	19:56

11	Dave Woodruff	20:00
12	Aaron Lee	20:04
13	Mike Krey	20:13
14	Des Knuckey	20:37
15	Helen Wong	21:00
16	Robert Navarrete	21:18
17	Rob Jacobson	21:29
18	Jim Howe	21:36
19	Alex Williams	21:37
20	David Garza	22:16
21	Jeff Bedolla	22:16
22	John Metzger	22:17
23	Ida Rosenblum	22:21 PR
24	Joe Hurtado	24:00
25	Bob Lord	24:02
26	Brian Low	24:04
27	Alvin Jackson	24:04
28	Tom Warfel	24:12
29	Rosanna Kennedy	24:22
30	Rich Stiller	24:38
31	Dave McIntyre	24:41
32	Dan Duston	24:49
33	Chris Blue	26:19
34	Rich Collins	27:51
35	Tim Riley	28:57
36	Sydney Ferriante	30:20
36	Dave Norlander	30:20
38	Jim Myers	32:26

Dick Barrett Trophy Winner – Scott Bang

Good weather for running this morning (60 degrees) and most of us took advantage of the situation to run fast times. Scott Bang, who has won many of our Saturday workouts over the years but none in slightly less than a year, took the lead at the halfway point of the course and ran away to win by about 200 meters. This puts him into the lead in the Elite division of the Cum Sat contest. Geoff Bradley PR'd by 15 seconds. Slim Pickens knocked 4½ minutes off his 50+ best. This was his best time for this course since he ran 17:41 in December 2008. Sean Williams, who just finished his freshman year at Bellarmine, improved his PR by 7 minutes. Neil Gelblum improved his 60+ best by 103 seconds to move to #12 on the 60+ list. George Lo's run put him into first place in the B division of the Cum Sat contest. Oldie Mike Krey tied his all-time PR while improving his 55+ best by 19 seconds. Helen Wong, who has been running very well lately, improved her 40+ best by 40 seconds. This was her best time on this course since she ran 20:50 in January 2004. Jeff Bedolla tied his 55+ best. Ida PR'd by 45 seconds. Tom

Warfel improved his 60+ PR by 16 seconds. Rich Stiller erased that ugly 33:05 from the 65+ list by improving his 65+ best by 8½ minutes. Rich has a PR of 15:54 on this course. So, he needs more work. Chris Blue ran her best time on this course in about 3 years. Dave Norlander paced his niece and in the process completed all of the Saturday courses to take the lead in the D division of the Cum Sat contest. 8 runners have now completed all of the Saturday courses this year, including 4 in the E division, which the 70+ runners like to refer to as the Elite division. Thanks to Danny Moon, Matt Kriege, and Don Packwood with helping at the finish line.

6/30/12-One Mile Runs on the Track

Heat #1 (6:45 & Over)

1	Neil Gelblum	6:36.7
2	Danny Moon	6:45.4 *
3	Matt Kriege	6:45.8
4	Jorn Jensen	6:46.4
5	Becki Kriege	6:48.4
6	Mark Goldman	6:58.8
7	Joe Hurtado	7:17.9
8	Dave Norlander	7:20.5
9	Carl Petersen	7:23.6
10	Rosanna Kennedy	7:29.5
11	Pauline Beatty	7:29.9
12	Gary Funck	7:36.1
13	Rich Collins	7:38.0
14	Tom Warfel	7:38.6 *
15	Kat Powell	7:41.6
16	Walt Van Zant	8:56.6
17	Chris Cassell	10:08.5
	Alvin Jackson	DNF

Heat #2 (6:00/6:45)

1	Jorn Jensen	5:51.0
2	Becki Kriege	6:08.4 *
3	Mike Krey	6:11.4
4	Rob Jacobson	6:19.0
5	Helen Wong	6:23.1
6	Art Mitchum	6:27.4
7	John Metzger	6:35.3
8	Jeff Bedolla	6:36.4 *
9	Carol Bednar	6:37.8
10	Ida Rosenblum	6:40.0 *

Heat #3 (Under 6:00)

1	Slim Pickens	5:13.9 *
2	Jorn Jensen	5:16.1
3	Mike Kriege	5:17.8
4	David Garza	5:35.7
4	Suraj Jagota	5:35.7 *
6	Jim Bordoni	5:38.3

7	David Woodruff	5:45.1 *
8	Aaron Lee	5:48.3 *
9	Grant Jacobson	5:49.2 *
10	George Lo	5:49.7 *
11	Bill Dunn	5:50.7
12	Des Knuckey	6:06.0
13	Becki Kriege	6:20.2

Ran On Their Own

Tim Riley	8:32+
Jim Myers	8:46+

* Beat best time from last year

Phantom Dick Barret Trophy Winner – Slim Pickens

Easy wins for Neil and Jorn in the first two heats. Garza and Jagota led the fast race for the first two laps before the oldies passed them. Slim took the lead with a little over a lap to go and maintained his lead to the end. Alvin dropped out of the first race shortly before some lesser lights were about to pass him, complaining of a possible undiagnosed leg problem. Thanks to Uyenthi Tran and Dr. Packwood for helping at the finish line.

7/7/12- Triangle – 4.76 Miles

1	Dennis Kurtis	28:58
2	Mike Kriege	29:17
3	Scott Bang	29:26
4	Geoff Bradley	31:44
5	David Garza	31:48
6	Dino Delyani	31:49
7	Kristina Park	31:59
8	George Lo	32:06
9	Bjorn Samson	33:28
10	Heather Rohrer	34:13
11	Becki Kriege	35:07
11	Ken Camet	35:07
13	Grant Jacobson	35:36 PR
14	Mark Goldman	35:42
15	Jeff Bedolla	36:08
16	Suraj Jagota	36:17
17	Rob Jacobson	36:33
18	Glenn Kishi	37:14
19	Ida Rosenblum	38:50
20	Joe Hurtado	38:52
21	Dave Norlander	39:06
22	Catherine Frye	39:27
23	Rosanna Kennedy	39:54
24	Kat Powell	41:14
25	Chris Blue	42:34
26	Tim Rostege	44:07
27	Carl Petersen	44:19
28	Alvin Jackson	45:07
29	Eddie Reyna	52:39

Dick Barrett Trophy Winner – Dennis Kurtis

58-year-old Dennis Kurtis took the lead near the firehouse (2+ miles) and went on to win by about 100 yards. Kristina led the ladies. Grant Jacobson was the only runner to run an overall PR. Mike Kriege improved his 50+ PR by 15 seconds, Jeff Bedolla improved his 55+ PR by 2 seconds, and Glenn Kishi improved his 50+ PR by 2 seconds. Eddie Reyna became the 2nd 80+ club member to finish this course. Stan DeMartinis ran this course in 51:03 when he was 80+.

7/14/12 – 5K on the Track

1	Jorn Jensen	17:20.0
2	Dennis Kurtis	18:10.9
3	Ken Camet	18:15.4
4	Jean Harris	18:23.2
5	Suraj Jagota	18:33.6
5	Mike Kriege	18:33.6
7	Geoff Bradley	18:45.8
8	Scott Bang	18:55.3
9	Bjorn Samson	18:58.6
10	Bob Pickens	19:05.7
11	David Garza	19:26.6
12	Andy Williams	19:28.5
13	Brian Conroy	20:15.8
14	George Lo	20:18.7
15	Aaron Lee	20:23.6
16	Dino Delyani	20:45.9
17	Mike Krey	20:47.6
18	Heather Rohrer	21:00.2
19	Rob Jacobson	21:20.4
20	Carol Bednar	22:23.1
21	Helen Wong	22:44.0
22	Jeff Bedolla	22:45.8
23	Neil Gelblum	22:58.5
24	Joann Dahlkoetter	23:01.7
25	Jeff Rohrer	23:12.8
26	Dave McIntyre	23:44.7
27	Glenn Kishi	23:57.3
28	Gary Funck	24:40.9
29	Ida Rosenblum	24:52.5
30	Pauline Beatty	25:09.3
31	Kat Powell	25:52.4
32	Jackie Rohrer	26:09.3
33	Tim Rostege	28:14.8
34	Rich Collins	28:41.2
35	Tim Riley	29:32.9
36	Walt Van Zant	31:25.3
37	Ken Noel	31:44.0
38	Chris Cassell	36:01.6

Dick Barrett Trophy Winner – Jorn Jensen

Jorn ran consistent low 5:30 miles all of the way to win by about half a lap. 58-year-old Dennis Kurtis ran strongly all of the way to finish a little in front of Ken Camet. Suraj Jagota ran his best-ever 5K as Mike Kriege stayed back to encourage Suraj to run hard over the last few laps. Heather led the ladies, missing breaking 21 by a few tenths. She was overheard telling her dad that the old timer at the finish line had a slow thumb. Another 58-year-old, Joann Dahlkoetter, missed her goal of breaking 23 flat by a mere 1.7 seconds. Bill Dunn was on her case all of the way and thought that she was going to meet her goal when she passed 4800 meters in 22:10. Jeff Rohrer and Ken Noel ran a Saturday run for the first time in a long time. Thanks to Don (slow thumb) Packwood, Jim Bordoni, and Chris Cassell for helping at the finish line.

7/21/12-Dou/Sar/Frtvale-2.75 Miles

1	Jorn Jensen	15:43
2	Dan Chiriaev	16:15
3	Scott Bang	16:18
4	Ken Camet	16:37 PR
5	Slim Pickens	17:04
6	Tommy Nguyen	17:13
7	Kristina Park	17:21
8	George Lo	17:57
9	Jim Bordoni	18:08
10	Brian Conroy	18:10
11	Ellie Lemco	18:18 PR
12	Kevin Breit	18:24
13	Grant Jacobson	18:27 PR
14	Aaron Lee	18:48
15	Rob Jacobson	18:54
16	Helen Wong	19:12
17	Paul Taylor	19:33
18	Robert Navarrete	19:37
19	Jim Howe	19:56
20	Jeff Bedolla	20:22
21	Ida Rosenblum	21:08 PR
22	Joe Hurtado	21:19
23	Glenn Kishi	21:23
24	Neil Gelblum	21:32
25	Rosanna Kennedy	21:51
26	Catherine Frye	22:11
27	Carl Petersen	22:25
28	Dave Norlander	22:26
29	Mike McMahon	22:30
30	Tim Rostege	23:25
31	Kat Powell	23:30
32	Terry Ward	24:27
33	Rich Collins	25:07
34	Tim Riley	27:10
35	Georgia Riley	31:31

Dick Barrett Trophy Winner – Grant Jacobson

Easy win for Jorn and Kristina led the 2nd ladies. Grant Jacobson PRd by 74 seconds, Ellie PRd by 87 seconds, Ken Camet PRd by 4 seconds, and Ida PRd by 17 seconds. Slim Pickens improved his 50+ best by 52 seconds and Helen Wong improved her 40+ best by 17 seconds. Mike McMahon recorded the 8th best-ever 70 time. Terry Ward, who formerly coached many great Bellarmine track and cross country teams and is now their athletic director, ran with us for the first time. Thanks to Danny Moon and Don Packwood for helping at the finish line.

7/28/12 – Farwell/H – 4.68 Miles

1	Jose Pina Sr	25:41 PR
2	Jose Pina Jr	26:16 PR
3	Roberto Palos	28:41 PR
4	Ken Camet	28:59 PR
5	Geoff Bradley	29:22 PR
6	Kristina Park	30:21
7	Kevin Breit	30:56
8	Dave Woodruff	31:06
9	George Lo	31:18
10	Jim Bordoni	31:43
11	Ellie Lemco	31:49 PR
12	Des Knuckey	32:35
13	Paul Taylor	33:19
14	Grant Jacobson	33:26
15	Robert Navarrete	33:44
16	Rob Jacobson	34:02
17	Mark Goldman	34:36
18	Jeff Bedolla	35:15
19	? Dsui	35:48
20	Glenn Kishi	36:13
21	Dick Chimenti	36:37
22	Joe Hurtado	37:35
23	Carl Petersen	38:02
24	Mike McMahon	38:04
25	Rosanna Kennedy	38:22
26	Kat Powell	39:38
27	Alvin Jackson	40:52
28	Pauline Beatty	41:01
29	Dave Norlander	41:02
30	Kira B	41:55
31	? Stephenson	41:56
32	Rich Collins	44:29
33	Georgia Riley	46:51

Dick Barrett Trophy Winner – Jose Pina Jr.

The Pinas dominated the race this morning with a 1-2 finish. There were 6 PRs, including a 2-minute improvement by Ellie Lemco and a 69-second improvement by Jose Jr. Mike McMahon improved his 70+ best by 29 seconds.

8/4/12-One Mile Runs on the Track

Heat #1 (6:45 & Over)

1	Jim Howe	6:45.2
2	Jeff Rohrer	6:54.0
3	Helen Wong	6:55.3
4	Danielle Zelinski	6:55.6
5	Carol Stephenson	6:56.0
6	Bob Lord	6:56.4
7	Rich Hahn	6:57.5
8	Joe Hurtado	7:01.5
9	Jackie Rohrer	7:12.4
10	Gary Funck	7:22.8
11	Carl Petersen	7:26.7
12	Kat Powell	7:28.1
13	Mike McMahon	7:43.9
14	Rich Collins	7:54.6
15	Walt Van Zant	8:43.6
16	Chris Cassell	9:37.0
	DM	DNF

Heat #2 (6:00/6:45)

1	Mike Krey	6:09.8
2	Livvy Brashears	6:16.8
3	Robert Navarrete	6:18.9
4	Omar Pina	6:19.6
5	Becki Kriege	6:20.4
6	Jeff Rohrer	6:31.3
7	Dave McIntyre	6:32.0
8	Helen Wong	6:33.3
9	Jeff Bedolla	6:34.5
10	Ida Rosenblum	6:45.9
11	Danielle Zelinski	7:15.1
12	Alvin Jackson	7:24.4

Heat #3 (Under 6:00)

1	Jose Pina Jr	4:50.2
2	Jose Pina Sr	5:07.7
3	Slim Pickens	5:13.9
4	Bjorn Samson	5:18.6
5	Geoff Bradley	5:25.0
5	Scott Bang	5:25.0
7	Roberto Palos	5:27.8
8	Mike Kriege	5:28.7
9	Tommy Nguyen	5:31.9
10	Ken Camet	5:40.1
11	Dave Woodruff	5:45.1
12	Aaron Lee	5:45.5
13	Brian Conroy	5:49.6
14	Bob Rea	5:50.5
15	Jim Bordoni	5:54.6

16	George Lo	5:59.2
17	Becki Kriege	6:03.0
18	Kira Brashears	6:38.6
19	Helen Wong	7:09.1

Dick Barrett Trophy Winner – Slim Pickens

43 runners ran this morning with Jose Pina Jr having the best time of the day. Becki Kriege had the best time for the ladies. Bob Rea flew in from New Zealand after hearing about this unique event. An unidentified runner who lives in Saratoga dropped out of the first race on the backstretch of the 2nd lap without disclosing that he had DNFd. Danny & Madelyn Moon, Don Packwood, Matt Kriege, Tom Warfle, and Des Knuckey helped at the finish line.

8/11/12-12 x 600 Relay

Pl	Team	Start	Finish
1	Williams/Perry	1:15	26:37
2	Zelinski/Cooper	-0-	27:43
3	McMahon/Samson	-0-	28:08
4	Kishi/Graham	-0-	28:40
5	Moon/Sudan	-0-	29:02
6	Rosenblum/Navarette	:30	29:12
7	Norlander/Conroy	-0-	29:18
8	Park/Chiriaev	5:00	29:24
9	Goldman/Delyani	1:15	29:31
10	Hurtado/Taylor	-0-	30:12
11	Breit/Ernst	5:00	30:41

Dick Barrett Trophy Winner – Andy Williams

The Perry team won by a whopping 66 seconds. Alas, I just discovered that I mistakenly started them with the Delyani team when I should have started them 3:30 later. The real winner should have been the Cooper team. Thanks to helpers Madelyn Moon, Tom Warfel, Don Packwood, and Slim Pickens, who did not make any mistakes.

8/18/12-Farwell-3.54M

1	Tommy Nguyen	22:31.4
2	Bjorn Samson	22:58.2
3	Kristina Park	23:05.0
4	Becki Kriege	23:20.8
5	Ellie Lemco	23:38.2
6	Daniel Chiriaev	23:39.7
7	Kevin Breit	24:23.9
8	Missy Sudan	24:49.8
9	Norry McAllister	24:50.2
10	Paul Taylor	24:56.0
11	Danielle Zelinski	26:19.2
12	Ida Rosenblum	26:33.4 PR

13	Todd Hayes	27:17.3
14	Dick Chimenti	27:49.4
15	Brian Low	29:06.1
16	Rosanna Kennedy	29:31.8
17	Alvin Jackson	30:32.7
18	Chris Blue	32:32.3
19	Terry Ward	32:34.4
20	Don Packwood	37:16.6
20	Walt Van Zant	37:16.6

Dick Barrett Trophy Winner – Tommy Nguyen

Tommy Nguyen won his first-ever Saturday race, winning by about 150 meters. The club women with the top three open women's times for this course – Becki, Missy, and Kristina – ran in the same Saturday race for the first time in awhile and were the top three women finishers this morning although between 2 and 3 minutes slower than their open bests. Ida had the only overall or age-group PR with a 20-second improvement. Thanks to Catherine Frye, Danny Moon, and Matt Kriege for helping at the finish line.

8/25/12-36 x 200 Relay

Pl	Team	Start	Finish
1	Moon/Navarette/Krey	1:00	25:40
2	Sudan/Park/T.Nguyen	3:30	25:53
3	Kennedy/Zelinski/Lo	-0-	26:04
4	Bordoni/Bradley/Conroy	4:00	26:12

Dick Barrett Trophy Winner – Moon/Navarette/Krey

Small turnout for this less-than popular relay. The Krey team took the lead during the 24th leg and went on to win by about 70 yards. They could have won by more but Mike Krey slowed during the last straightaway to look for a flag. The teams were rated to finish in 26 flat and all came reasonably close to that. All of the runners looked to be very fast. But, everyone looks fast to your editor. Thanks to Don Packwood and Slim Pickens for their help at the start/finish line.

9/1/12 – 8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Rostege/Krey	1:15	39:34
2	Van Zant/Park	:30	40:12
3	Petersen/Lo	3:45	40:44
4	Moon/R.Jacobson	3:45	41:05
5	Blue/Wong	1:15	41:22
6	Collins/Goldman	-0-	42:14
7	Packwood/Sudan	1:30	42:32

Dick Barrett Trophy Winner – Tim Rostege

The Krey team took the lead for good during the 3rd leg and then gradually pulled away to win by about 200 meters as they ran nearly 2 minutes under their rating. Finish line crew included Slim Pickens, Norry McAllister, and Tom Warfel.

9/8/12-Short Six – 5.74 Miles

1 Geoff Bradley	38:48
2 George Lo	39:19
3 Kristina Park	39:51
4 Paul Taylor	42:43
5 Scott Bang	42:43
6 Scott Graham	42:54
7 Todd Hayes	46:02
8 Dave McIntyre	47:56
9 Rosanna Kennedy	50:40
10 Mike McMahan	50:42
11 Tim Rostege	52:07
12 Kat Powell	55:19
13 Don Packwood	55:59
14 Chris Cassell	74:00

Easy win for Geoff. Scott Graham improved his 60+ by 4 seconds. Dave Norlander, resting himself for a XC race tomorrow, handled all of the finish line chores by himself.

9/15/12-4x1.46M WVC Campus Loop Relay

1 Lee/Graham	38:14
2 Navarette/Delyani	39:27
3 Goldman/Lo	39:37
4 B.Kriege/Sudan	40:13
5 Jackson/Samson	40:20
6 D.Moon/Hahn	46:53
7 Rostege/Norlander	50:45

Phantom Dick Barrett Trophy Winner – Aaron Lee & Scott Bang

Due to a mixup as to the address of my house, the ratings for this relay were not brought out to WVC. However, Becki immediately came to the rescue and told everyone to select their own partners and all runners would start from scratch. It then took an hour before we could start the relay because we had to provide psychological counseling to those not selected for a team. The Bang team grabbed the lead right off the bat and won by a fair amount. Someone masquerading as Danny Moon ran an opening leg of 13:56. Bob Pickens did the

timing. It appears from the worksheet that other runners were out on the course – Norry McAllister, Kristina Park, and Bang -- but I do not know what their splits were. They apparently were running alongside official relay runners. Bjorn Samson, George Lo, Dino Delyani, and Scott Graham had the fastest splits of the day.

9/15/12-Valle Vista -3.0M

Kat Powell 33:15

9/22/12-18 x 0.33M Tennis Court Loop

Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	VanZant/Nguyen/Moon	-0-	39:08
2	Sudan/Park/Lo	1:45	39:33
3	Rostge/Navarette/Zelnsk	-0-	39:51
4	Jackson/Wong/Chimenti	:45	41:09
5	Packwd/Samsn/Rosenb2	:45	41:31

Dick Barrett Trophy Winner – Danny Moon

9/29/12 – Valle Vista – 3.0 Miles

1 Kristina Park	19:14
2 Brian Conroy	19:42
3 Norry McAllister	19:56
4 Mike Krey	20:38
5 Scott Graham	20:55
6 Robert Navarette	21:26
7 Ida Rosenblum	21:52 PR
8 Mark Goldman	22:05
9 Walter Downey	22:47
10 Catherine Frye	23:12 PR
11 Alvin Jackson	25:05
12 Tim Rostege	25:31
13 Rosanna Kennedy	25:32
14 Becki Kriege	27:00
15 Pauline Beatty	27:00
16 Unidentified	27:02
17 George Lo	27:02
18 Rich Collins	28:59
19 Chris Cassell	34:43

10/6/12-Step Up & Down Relay

<u>Pl</u>	<u>Team</u>	<u>Finish</u>
1	Moon/Bradley	30:23
2	Downey/Park	30:23.1
3	Sudan/Conroy	30:26
4	Delyani/J.Rohrer	30:35
5	Graham/B.Kriege	30:50

10/13/12-6 x 1600 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Downey/Camet	1:30	40:59
2	Moon/Lo	1:30	41:01
3	Hahn/Kennedy	-0-	44:53

4 Rostege/R.Jacobson :45 45:58

Dick Barrett Trophy Winner – Danny Moon

10/20/12-Triangle Run-4.76M

1 Andy Williams	29:39
2 Tommy Nguyen	30:25 PR
3 Norry McAllister	30:39
4 Kristina Park	30:56
5 Dino Delyani	31:36
6 George Lo	31:57
7 Dave Woodruff	32:18
8 Bjorn Samson	32:36
9 Gary Waggoner	32:45
10 Mike Krey	33:26
11 Mark Goldman	34:34
12 Neil Gelblum	35:30
13 Des Knuckey	35:30
14 Glenn Kishi	35:54
15 Carol Bednar	35:57
16 Ed Gavin	38:20
17 Brian Low	38:46
18 Bob Lord	40:54
19 Carl Petersen	40:57
20 Ida Rosenblum	41:03
21 Don Packwood	45:53
22 Walt Van Zant	49:13
23 Chris Cassell	58:25
24 Tom Warfel	68:38
Scott Bang	DNF

Dick Barrett Trophy Winner – Andy Williams

Newly-turned 50+ runner, Andy Williams, romped to an easy win this morning and even had time to sing a few notes from “Moon River” before the 2nd-place runner finished. Tommy Nguyen had the only PR, a 2-minute improvement. Dino bettered his 55+ best by 13 seconds, Glenn Kishi improved his 50+ best by 80 seconds, and your editor improved his 70+ best by 2 minutes but still remained last on the 70+ list by 4 minutes. Carol Bednar recorded the 9th best-ever time by a club 45+ woman runner. Bob Lord ran the 9th best-ever 70+ time. Gary Waggoner ran with us for the first time in 8 years. Thanks to Pablo Rodriguez, Danny Moon, and Madelyn Moon for helping at the finish line.

10/27/12-12 x 800 Relay

1 Waggoner/Graham	36:52
2 Gelblum/Conroy	37:18
3 Wong/Delyani	37:20
4 Knuckey/Bordoni	37:21
5 Moon/Lo	38:53
6 Kennedy/Park	39:21

7	Manesh/Howe	40:37
8	Rostege/Camet	41:03
9	Powell/Bradley	41:23
10	Abhi/Chimenti	42:54

No handicapping this morning. All teams started at scratch. The first four teams were close through the half-way point and the Waggoner team led by just 20 meters after 8 runs. But thereafter the Graham team kept pulling farther and farther away until they finally won by about 150 meters. Geoff Bradley had the best average for the guys at 2:44 per run and Kristina led the gals with a 2:46 average.

11/3/12-Dou/Sar/Frtvle-2.75 Miles

1	Geoff Bradley	16:45 PR
2	Tommy Nguyen	16:53 PR
3	Norry McAllister	16:58
4	Mike Kriege	17:01
5	Bjorn Samson	17:05
6	Kristina Park	17:22
7	Gary Waggoner	17:53
8	George Lo	17:57
9	Scott Graham	18:06
10	Des Knuckey	19:24
11	Robert Navarette	19:35
12	Mark Goldman	20:27
13	Neil Gelblum	20:27
14	Ida Rosenblum	20:59 PR
15	Ken Camet	21:23
16	Carl Petersen	22:10
17	Rosanna Kennedy	23:07
18	Tim Rostege	23:29
19	Alvin Jackson	23:30
20	Kat Powell	23:34
21	Rick Kananen	25:52
22	Tim Riley	27:04
23	Walt Van Zant	27:05
24	Tri Ngo	27:25

Dick Barrett Trophy Winner – Carl Petersen

Fairly close race this morning among the top 5 finishers with Geoff Bradley proving to be the better runner this day. He PRd by 5 seconds and Tommy PRd by 20 seconds. Ida Rosenblum had the remaining PR with a 9 second improvement. Norry McAllister in his first try at this course as a 55+ runner recorded the 15th best-ever 55+ time for this course and is just 12 seconds out of 10th place. Scott Graham improved his 60+ best by 27 seconds to move to #14 on the 60+ list. Neil Gelblum improved his 60+ best by 65 seconds. Newly-turned 75+ runner, Carl

Petersen, began his quest to break all of the 75+ course records by knocking off Dave Valles' 75+ record by 35 seconds. Dave was a very good 75+ runner. Kat Powell recorded the 3rd best-ever time by a woman 60+ runner. Thanks to Glenn Kishi, Dave Norlander, and Dr Rich Hahn for helping at the finish line. Rich did the timing. He was supposed to record the times. But, after we learned that he had recently attended a seminar on how to write illegible prescriptions along with several other aspiring club doctors we changed his duties.

11/10/12-8 x 0.66M Tennis Court Loop

Relay

Pl	Team	Start	Finish
1	Jackson/Waggoner	2:30	38:10
2	Rostege/Park	2:00	38:15
3	Kennedy/Bordoni	1:30	38:31
4	Wong/Krey	3:45	38:59
5	VanZant*/McAllister	0-39	39:39
6	Hahn/Navarette	3:15	41:13

Dick Barrett Trophy Winner – Jackson/Waggoner

Fairly close race this morning with the Waggoner Team grabbing the lead during the 7th leg and then holding on for the win. Norry McAllister had the fastest splits for the guys at 3:52 and Kristina Pakr led the ladies with the same average. Thanks to Carl Petersen, Dave Norlander, and George Lo for helping at the finish line.

11/17/12-Farwell/H-4.68M

1	Norry McAllister	30:12
2	George Lo	31:21
3	Garry Waggoner	31:31
4	Des Knuckey	34:18
4	Ken Camet	34:18
6	Helen Wong	35:20
7	Ed Gavin	36:47
8	Catherine Frye	38:43
9	Tim Rostege	41:38
10	Pauline Beatty	41:56
11	Tom Warfel	51:26
12	Chris Cassell	58:04

Phantom Dick Barrett Trophy Winner – Norry McAllister

Despite having to stop early in the run to redo his shoelaces, Norry romped to an easy win this morning under ideal weather conditions – no wind, 60 degrees, very slight drizzle. No

PRs or age-group bests. Thanks to Don Packwood (writing down times), Rich Hahn (timing), Danny Moon (holding umbrella for Don), Matt Kriege (holding the umbrella for himself), Carl Petersen (yelling out bogus times), and Dave Norlander (insistently yelling that Carl's times were correct) for their help at the finish line.

11/24/12-8 x 1200M Relay

Pl	Team	Start	Finish
1	Moon/Garza	-0-	38:19
2	Rosenblum/Delyani	:15	38:57
3	Navarette/Samson	2:00	39:13
4	Goldman/B.Kriege	:15	39:27
5	Norlander/Jagota	-0-	39:46
6	Wong/Bang	2:00	39:50
7	Krey/Camet	2:15	40:49

Phantom Dick Brett Trophy winner – Danny Moon & David Garza

The Garza team started first with the Jagota team and stayed first as they won by about 200 meters. Suraj Jagota had the fastest average at 4:09.5 and Becki Kriege was the fastest lady at 4:34.8. Thanks to Rich Hahn and Slim Pickens for helping at the finish line.

12/1/12-Farwell-3.54M

1	Suraj Jagota	21:52.8
2	Geoff Bradley	21:55.5 PR
3	Mike Kriege	22:21.5
4	Norry McAllister	22:52.9
5	David Garza	23:00.8
6	Becki Kriege	23:05.0
7	Bjorn Samson	23:10.9
8	Dino Delyani	23:39.6
9	Gary Waggoner	23:44.9
10	Bill Dunn	23:52.8
11	Aaron Lee	25:37.6
12	Helen Wong	25:46.4
13	Robert Navarette	26:00.x
14	Jeff Rohrer	27:02.4
15	Dave Piazza	27:04.7
16	Ed Gavin	27:12.6
17	Danielle Zelinski	27:58.7
18	Jeff Bedolla	27:59.3
19	Phil Spink	28:00.8
19	Catherine Frye	28:22.7
20	Dave McIntyre	28:27.6
21	Carl Petersen	30:39.3
22	Tim Rostege	31:53.1
23	Chris Blue	32:54.7
24	Kat Powell	32:56.7
25	Rich Collins	33:37.4
26	Tom Warfel	35:42.2

Phantom Dick Barret Trophy Winner – Bill Dunn

Good turnout for such miserable-appearing weather. However the weather was okay for running – light rain, negligible wind, and high 50s temperature. Suraj outsprinted Geoff for the win but Geoff at least got the satisfaction of running the only PR for the day. We had a unique occurrence this morning. Way back

on 5/5/01 Norm Saucedo and Howard Powers broke the 65+ and 75+ Farwell course records. These records held until today when Bill Dunn broke the 65+ record by 12 seconds and Carl Petersen broke the 75+ record by 7 seconds. The other significant events of the day included Mike Kriege beating his 50+ best by 50 seconds, Becki Kriege missing her own Farwell course record for 45+ women by just 4 seconds, Helen Wong breaking her 40+ PR by 4

seconds, and Kat Powell recording the #5 60+ women's best – 1 second behind Madelyn Moon on this list. Thanks to Ida Rosenblum and Dave Norlander for helping at the finish line.

RACE RESULTS

6/17/12 – Holy City – 9.1M

3	David Garza	61:53
4	Scott Bang	62:57
5	Geoff Bradley	63:54
6	Dino Delyani	66:36
7	George Lo	67:30
8	Neil Gelblum	68:31
9	Heather Rohrer	68:50
10	Bob Pickens	70:07
11	Mike Krey	70:24
12	Ida Rosenblum	76:58
13	Jeff Bedolla	77:12
14	Tom Warfel	83:24
15	Carl Petersen	85:35
16	Pauline Beatty	86:02
18	Rosa Kennedy	88:38
19	Kat Powell	88:57
20	Chris Blue	91:44
21	Dave McIntyre	98:26
22	Walt Van Zant	106:30

6/23/12-San Lorenzo River Half Marathon

16 Dick Chimenti 2:13:54 1st-60+

Dick would have finished first in the 50+ division. This event included a 10K, a half marathon, a 30K, a marathon, and a 50K. The half marathon had the most finishers with 146.

6/30/12 – Midnight Sun Half Marathon

Rebecca Norlander 2:31:27

Rebecca, representing our club, may be the first club member to run a half marathon in Norway. Her race started at 10:30PM and the marathon started at 8:30PM. She ran the race with a friend and did no training in preparation for the event.

7/1/12-Hernia Hill Half Marathon

22 Dick Chimenti 1:51:45 1st-60+

7/8/12-One Mile Bang

4	Jose Pina, Jr.	4:33.8	2nd-13+
5	Jose Pina	4:35.4	1st-40+
14	Suraj Jagota	5:04.4	4th-13+
16	Scott Bang	5:07.5	5th-40+
17	Roberto Palos	5:08.1	
19	David Garza	5:13.8	4th-19+
20	Geoff Bradley	5:14.4	
23	Ken Camet	5:21.5	1st-50+
25	Dave Woodruff	5:30.0	2nd-50+
28	Bill Dunn	5:34.6	1st-60+
30	Robert Pickens	5:35.9	3rd-50+
32	George Lo	5:38.0	
40	Neil Geldblum	5:53.0	3rd-60+
46	Omar Pina	6:13.0	1st-12-
49	Tim Souza	6:18.4	
52	Rich Hahn	6:43.5	
54	Tom Warfel	6:59.8	4th-60+
56	Carl Peterson	7:12.4	1st-70+
57	Bill Dodson	7:13.5	2nd-70+
58	Gary Funck	7:14.3	5th-60+
76	Lauren Emo	10:36.1	4th-12-
77	Kelly Emo	10:36.7	

7/15/12 – San Rafael Road Mile

Bob Pickens	5:27.1
Mike Smith	5:27.6
Jim Bordoni	5:36.6
Dave Woodruff	5:38.3
Bill Dunn	5:43.3 3rd-60+
Brian Davis	5:56.3
Art Mitchum	6:08.8 9th-60+
Bob Lord	6:51.8 3rd-70+
Dave Norlander	6:52.3 4th-70+
Joe Hurtado	6:54.8 5th-70+
Bill Dodson	7:21.3 7th-70+
Eddie Reyna	9:54.6 1st-80+

7/15/12-Jungle Run 10K

Rich Hahn	48:55
Alice Isaacson	49:57 2nd-50+

7/15/12-Jungle Run Half Marathon

Ellie Lemco	1:32:51	1st-20-
Ron Kiyono	1:34:53	2nd-60+
Kat Powell	2:02:02	2nd-60+

7/22/12-Wharf To Wharf-6M

163	Mike Matthews	37:16
175	Geoff Bradley	37:39
349	Scott Graham	41:51 5th-60+
495	Mike Bordoni	44:24

8/4/12-San Leandro Half Marathon

21	Neil Gelblum	1:32:37	1st-60+
30	Ron Kiyono	1:35:56	2nd-60+

8/4/12-San Leandro 10K

15 Paul Taylor 44:41 1st-55+

8/4/12-San Leandro 5K

52	Alice Isaacson	24:29	1st-50+
120	Tim Riley	29:44	2nd-65+

8/11/12-Dammit Run-5M

Men

30	Scott Bang	33:30	3rd-40+
63	George Lo	36:43	6th-40+
144	Dave McIntyre	44:38	
157	Carl Petersen	45:44	1st-70+
232	Gary Funck	51:10	6th-60+
258	Alvin Jackson	54:45	9th-65+

Women

15	Lisa Low	40:17	2nd-30+
137	Pauline Beatty	58:57	

8/18/12 –Santa Crus XC Race – 4.0M

Master Men's Race

7	Jorn Jensen	23:40	7th-40+
8	Calvin Do	23:41	8th-40+
14	Adam Prince	23:56	
16	Roberto Palos	24:10	
18	Dennis Kurtis	24:13	2nd-50+
20	Brian Davis	24:22	3rd-50+

24	Mike Kriege	24:40	4th-50+
27	Ken Camet	25:01	5th-50+
31	Andy Williams	25:24	
37	Scott Bang	25:56	
48	Geoff Bradley	26:41	
55	George Lo	27:21	
57	David Woodruff	27:30	
59	Bill Dunn	27:45	4th-60+
64	Dino Delyani	28:11	
66	Jeff Rohrer	28:38	
70	Jim Bordoni	28:56	
72	Mike Krey	28:58	
74	Dan Anderson	29:16	6th-60+
78	Robert Navarrete	30:22	
79	Jeff Bedolla	30:31	
80	Scott Graham	30:37	
82	Art Mitchum	30:49	
85	Glenn Kishi	31:10	
91	Dave McIntyre	32:07	
92	Rich Hahn	32:19	
96	Joe Hurtado	33:41	3rd-70+
97	Kristian Petersen	33:51	
98	Carl Petersen	34:00	4th-70+
99	Dave Norlander	34:01	
103	Bill Dodson	34:52	6th-70+

Our men's 40+ team finished 3rd, our men's 40+ B team finished 7th, our men's 50+ team finished 1st, our men's 50+ B team finished 3rd, our men's 60+ team finished 2nd, and our men's 70+ team finished 2nd.

Women's Race

76	Carol Bednar	31:28	
107	Kat Powell	36:25	6th-60+

8/25/12-Empire XC Race-3.43M

Open Men's Race

11	Jose Pina Jr	18:15	
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Master Men's Race

1	Jose Pina	19:01	1st-40+
6	Jorn Jensen	19:46	6th-40+
9	Calvin Do	19:51	9th-40+
11	Roberto Palos	20:09	
12	Adam Prince	20:12	
14	Dennis Kurtis	20:24	1st-50+
58	Jeff Bedolla	25:01	
60	Art Michum	25:42	8th-60+
61	Glenn Kishi	25:54	
68	Dave Norlander	27:20	1st-70+
69	Kristian Petersen	27:51	
72	Joe Hurtado	28:03	3rd-70+
74	Carl Petersen	28:37	4th-70+
75	Bob Lord	28:42	5th-70+

Our men's 40+ team finished 1st, our men's 50+ team finished 3rd, and our men's 70+ team finished 1st.

9/1/12-Rebels Challenge XC – 7K

Master Men Race

1	Jose Pina	23:22	1st-40+
13	Roberto Palos	25:08	
21	Ken Camet	26:06	6th-50+
24	Mike Kriege	26:20	8th-50+
31	Scott Bang	27:31	
32	Tom Fahey	27:43	
39	Dave Woodruff	28:44	
42	Bill Dunn	29:01	3rd-60+
44	Jeff Rohrer	29:26	
51	Fred Martin	30:42	6th-60+
48	Jim Bordoni	29:51	
57	Jeff Bedolla	31:46	
63	Joe Hurtado	34:54	3rd-70+
64	Kristian Petersen	34:59	
65	Dave Norlander	35:03	4th-70+
68	Bob Lord	35:19	5th-70+
69	Bill Dodson	35:39	6th-70+

Our men's 40+ team finished 2nd and our men's 50+ team finished 3rd,

Open Men Race

Jack Bordoni	22:33	
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Women Race

74	Kat Powell	26:50	5th-60+
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9/3/12-41st Annual Shettler Handicap

Race-3.06M

Pl	Runner	Time	Start	Time
1	George Lo	28:59	9:50	19:09
2	Dave Woodruff	29:00	9:50	19:10
3	Joe Hurtado	29:21	6:10	23:11
4	Brian Low	29:23	5:30	23:53
5	Kristina Park	29:23	10:30	18:53
6	Helen Wong	29:26	8:30	20:56
7	Brian Conroy	29:27	9:50	19:37
8	Carl Petersen	29:28	5:30	23:58
9	Mike McMahan	29:29	5:30	23:59
10	Geoff Bradley	29:36	11:10	18:26
11	Mike Krey	29:37	9:30	20:07
12	Pauline Beatty	29:38	4:50	24:48
13	Dave McIntyre	29:43	7:20	22:23
14	Georgia Riley	29:44	0:00	29:44
15	Carol Bednar	29:45	8:10	21:35
16	Danielle Zelinski	29:46	7:40	22:06
17	Jorn Jensen	29:49	12:30	17:19
18	Scott Bang	29:54	11:40	18:14
19	Jackie Rohrer	29:56	4:50	25:06
20	Catherine Frye	29:59	6:40	23:19
21	Jim Howe	30:09	8:40	21:29
22	Ken Camet	30:10	11:50	18:20
23	Aaron Lee	30:14	9:40	20:34
24	Bill Dodson	30:15	6:00	24:15
25	Todd Hayes	30:16	8:30	21:46
26	Al Murray	30:18	9:00	21:18
27	Missy Sudan	30:19	9:30	20:49

28	Mike Kriege	30:23	11:50	18:33
29	Rosanna Kennedy	30:30	5:20	
30	Dave Norlander	30:39	6:30	24:09
31	Nicky McAllister	30:47	4:50	25:57
32	Jeff Rohrer	30:54	9:30	21:24
33	KimChi Nguyen	30:55	2:30	28:25
34	Kat Powell	31:19	4:30	26:49
35	Scott Graham	31:23	10:20	21:03
36	Dannhy Moon	31:38	7:00	24:38
37	Neil Gelblum	32:05	9:40	22:25
38	Tim Riley	32:17	2:00	30:17
39	Heather Rohrer	33:09	9:40	23:29
40	Heather Bradley	34:48	4:30	30:18

George Lo and Dave Woodruff started together at 9:50. George gradually pulled away from Dave and was in 11th place after 3 laps of the 4-lap race, 10 seconds in front of Dave. After George took the lead, Dave put on a frantic sprint at the end but could not quite catch George, losing by 1.4 seconds.

Jorn Jensen had the fastest time for the men at 17:19 and Kristina Park led the ladies at 18:53. Slim Pickens and Becki Kriege hold the course records at 15:52 and 17:36.

Although it was announced that Scott Graham was closest to his predicted time at 3 seconds, a recount showed that Carl Petersen was only 2 seconds off his prediction. 9 of the 40 runners came within 10 seconds of their predicted times. One runner, Dave Norlander, missed his prediction by 171 seconds and was awarded the coveted bottle of "Cheap Red Wine" to hold for a year.

Thanks to Rich and Judy Collins for allowing us to use their residence for the race and for again serving a very nice breakfast. Also, thanks to Uyenthi Tran, Tom Warfel, Chris Cassell, and several others for helping at the finish line. The race management came off perfectly with no screwups.

9/9/12-Garin Park XC-5K

Men's Masters Race

4	Jose Pina	17:48	4th-40+
13	Calvin Do	18:18	
17	Jorn Jensen	18:31	
28	Dennis Kurtis	18:56	4th-50+
31	Brian Davis	19:23	5th-50+
39	Scott Bang	20:06	
41	Andy Williams	20:07	

55	Tom Fahey	21:05
65	Dave Woodruff	21:38
70	Jeff Rohrer	22:02
73	Bill Dunn	22:19 3rd-60+
77	Dan Anderson	23:17 6th-60+
82	Jeff Bedolla	23:52
83	Art Mitchum	23:57 9th-60+
86	Glenn Kishi	24:16
95	Kristian Petersen	25:51
98	Dave Norlander	26:19 2nd-70+
102	Bib Lord	27:35 3rd-70+
104	Bill Dodson	27:50 4th-70+

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

Women's Race

104	Kat Powell	29:35 8th-60+
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9/15/12-Nor Cal XC – 8K

7	Jeff Bedolla	39:54
15	Kristian Petersen	44:56

9/16/12-Nor Cal Half Marathon

15	Calvin Do	1:26:19 4th-40+
26	Jorn Jensen	1:29:22 7th 40+
54	Ron Kiyono	1:35:15 2nd-60+
83	Lisa Low	1:39:36 3rd-30+
89	Glenn Kishi	1:39:50 4th-50+

9/23/12-Golden Gate Park XC-4M

Master Men

3	Jose Pina	22:39 2nd-40+
23	Jorn Jensen	24:01
25	Adam Prince	24:11
28	Dennis Kurtis	24:23 4th-50+
30	Brian Davis	24:30 5th-50+
41	Mike Kriege	25:10 9th-50+
48	Andy Williams	25:25
64	Jimmy Forbis	26:31
79	George Lo	27:35
81	Dave Woodruff	27:38
86	Dino Delyani	27:53
90	Scott Graham	28:07 6th-60+
91	Bill Dunn	28:10 7th-60+
94	Jeff Rohrer	28:23
99	Brian Conroy	28:57
108	Dan Anderson	30:00
110	Jeff Bedolla	30:01
115	Glenn Kishi	31:02
118	Art Mitchum	31:22
124	Kristian Peterson	32:55
125	Rich Hahn	33:16
127	Dave Norlander	33:34 4th-70+
128	Carl Petersen	33:44 5th-70+
130	Joe Hurtado	34:07 6th-70+

133	Bill Dodson	34:19 7th-70+
Our men's 40+ team finished 6th, our men's 50+ team finished 1st, our men's 60+ team finished 2nd, and our men's 70+ team finished 2nd.		

9/29/12-Ojai 5K

1	Sue Francis	
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9/29/12-Ojai 10K

2	Cecil Baumgartner	
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9/30/12-Clarence DeMar Marathon

Todd Hayes	3:43:21	2nd-60+
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9/29/12-Presidio Challenge XC – 5K

Men's Master Race

2	Jose Pina	18:49 2nd-40+
5	Jorn Jensen	19:06 5th-40+
10	Adam Prince	19:26
13	Roberto Palos	19:33
26	Dennis Kurtis	20:13 4th-50+
30	Andy Williams	20:35
40	Tom Fahey	21:26
43	Jimmy Forbis	21:53
44	Jeff Rohrer	22:05 9th-50+
48	Dave Woodruff	22:30
49	Dino Delyani	22:38
60	Dan Anderson	24:22 8th-60+
61	Art Mitchum	24:26 9th-60+
62	Jeff Bedolla	24:28
65	Kristian Petersen	25:35
75	Dave Norlander	27:39 3rd-70+
76	Rich Hahn	27:52
77	Carl Petersen	27:57 4th-70+
81	Joe Hurtado	28:16 5th-70+
83	Bill Dodson	30:10 7th-70+

Our 40+ men's team finished 2nd (tied for 1st but lost on the tie-breaker rule), our men's 50+ team finished 1st, our men's 60+ team finished 3rd (1 point out of 2nd), and our men's 70+ team finished 2nd.

Women's Race

83	Kat Powell	31:33 6th-60+
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9/30/12-Trailblazer 5K

Jose Pina Jr	16:01 1st 13+
Omar Pina	21:30 1st 12-
Jim Howe	21:51 1st-60+
Bill Dodson	25:04 1st-70+

9/30/12-Trailblazer 10K

Jose Pina Sr	34:25 1st-40+
George Lo	41:14 6th-40+
Jose Jr won the 5K race outright and Jose Sr also finished first overall in the 10K.	

10/5/12-Ojai Classic 10K

6	Cecil Baumgartnr	45:05 1st-50+
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10/6/12-Stevenson Run Thru The Forest 5K

Georgia Riley	30:40	1st-60+
Tim Riley	31:16	2nd-60+

10/6/12-October Classic 5K

5	Cecil Baumgartnr	22:57 1st-50+
Sue Francis	24:16	2nd-50+

This was Sue's last race as a 50+ runner.

10/6/12-Willow Hills XC – 5K

Men's Masters Race

2	Jose Pina	17:20 2nd-40+
11	Roberto Palos	18:31 9th-40+
28	Tom Fahey	20:07
33	Dave Woodruff	21:17
36	Bill Dunn	21:30 4th-60+
51	Jeff Bedolla	22:59
56	Art Mitchum	23:43 9th-60+
57	Kristian Petersen	24:00
60	Dave Norlander	25:09 3rd-70+
62	Joe Hurtado	25:45 4th-70+
63	Carl Petersen	25:51 5th-70+
66	Bob Lord	26:53 6th-70+
70	Bill Dodson	28:10 7th-70+

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

10/7/12-San Jose Rock N' Roll Half Mar

Alice Isaacson	1:52:27
Kat Powell	2:00:15
Rosanna Kennedy	2:05:08
Alvin Jackson	2:36:02

10/7/12-Chicago Marathon

Glenn Kishi	3:26:49
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10/13/12-Campbell Octoberfest 5K

1	Jose Pina Jr	15:36
15	Brian Conroy	20:02 2nd-50+
17	Scott Graham	20:09 1st-60+
29	Omar Pina	21:37 1st-12-
182	Tim Riley	31:03

10/14/12-Shoreline XC Race

Men's Masters Race-4.0M

1	Jose Pina	21:13 1st-40+
10	Jorn Jensen	22:35 9th-40+
13	Adam Prince	22:54
24	Roberto Palos	23:42
27	Andy Williams	24:10 5th-50+

31	Geoff Bradley	24:26
33	Jimmy Forbis	24:41
34	Mike Kriege	24:43 9th-50+
40	Scott Bang	25:05
48	Dave Woodruff	26:19
51	Bill Dunn	26:30 1st-60+
53	Jeff Rohrer	26:55
54	Mike Krey	27:04
57	Dan Anderson	27:49 2nd-60+
60	Jeff Bedolla	28:48
61	Art Mitchum	28:55 3rd-60+
66	Kristian Petersen	30:18
71	Dave Norlander	31:14 3rd-70+
72	Joe Hurtado	31:27 4th-70+
73	Carl Petersen	31:50 5th-70+
77	Bill Dodson	32:55 6th-70+

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

Women's Race-3.0M

48	Marian Richard	21:04 5th-50+
81	Kat Powell	28:51 5th-60+

10/21/12-Humboldt Half Marathon

41	Brian Davis	1:20:36 2nd-55+
54	Ken Camet	1:24:05 3rd-50+
172	Joe Hurtado	1:44:59 3rd-70+
198	David Norlander	1:48:31 6th-70+
199	Lisa Norlander	1:48:31
234	Bill Dodson	1:53:11 1st-75+
347	Kat Powell	2:03:56
608	Eddie Reyna	3:05:03 2nd-80+

10/27/12-Ancil Hoffman XC – 6K

2	Jose Pina	19:29 2nd-40+
8	Jorn Jensen	20:49 6th-40+
17	Roberto Palos	21:33
29	Tom Fahey	22:35
48	Bill Dunn	24:25 5th-60+
58	Art Mitchim	25:33 8th-60+
65	Jeff Bedolla	26:25
76	Glenn Kishi	27:37
81	Kristian Petersen	29:02
82	Joe Hurtado	29:29 4th-70+
83	Dave Norlander	29:35 5th-70+
87	Carl Petersen	30:03 6th-70+
89	Bob Lord	30:38 7th-70+
91	Bill Dodson	30:42 8th-70+

Our 40+ men's team finished 4th, our 50+ men's team finished 5th, and our 70+ men's team finished 2nd.

10/28/12-Marine Corp Marathon

Rich Hahn	4:56:47 PW
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11/4/12-John Lawson XC Challenge-4.25M

Master Men's Race

3	Jose Pina	23:28 2nd-40+
18	Adam Prince	25:29
21	Brian Davis	25:43 4th 50+
27	Andy Williams	26:31 6th 50+
28	Dennis Kurtis	26:35 7th 50+
39	Ken Camet	27:17
46	Casey Reinking	27:59
54	Dino Delyani	29:11
59	David Woodruff	29:25
67	Bill Dunn	30:20 5th 60+
72	Dan Anderson	30:51 6th 60+
78	Art Mitchum	31:53 7th 60+
84	Glenn Kishi	32:53
90	Dave Norlander	34:06 2nd 70+
92	Kristian Petersen	34:56
94	Joe Hurtado	35:06 3rd 70+
95	Jeff Bedolla	35:11
102	Rich Hahn	36:19
103	Carl Petersen	36:21 4th-70+
106	Bob Lord	37:14 5th-70+
107	Bill Dodson	37:16 6th-70+

Our 40+ men's team finished 6th, our 50+ men's team finished 2nd, our 60+ men's team finished 2nd, and our 70+ men's team finished 1st.

Women's Race

90	Marion Richard	31:33
105	Helen Wong	32:37
106	Carol Bednar	33:08
139	Kat Powell	39:41 6th-60+

11/11/12-Run to The Jets 5K

Tim Riley	31:30 3rd-60+
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11/11/12 – Clarksburg Half Marathon

40	Brian Davis	1:20:43 1st-55+
56	Ken Camet	1:23:12 7th-50+
78	George Lo	1:29:23
88	Dino Delyani	1:32:19 5th-55+
93	David Woodruff	1:33:30
135	Glenn Kishi	1:40:49
165	Joe Hurtado	1:47:56 3rd-70+
186	David Norlander	1:50:08 4th-70+
195	Bill Dodson	1:51:42 1st-75+
214	Carl Petersen	1:56:47 2nd-75+
244	Kat Powell	2:01:34 5th-60+
255	Bob Lord	2:04:53 5th-70+

11/18/12-Big Sur Half Marathon

Kelly Emo 1:49:03
Former club member Christine Kennedy was the 3rd master in this race with a time of 1:24:53.

11/18/12-Pac Assoc SC Championships

Men's Masters Race-6.0M

4	Jose Pina	34:22 3rd-40+
11	Jorn Jensen	36:02 9th-40+
26	Calvin Do	37:29
28	Roberto Palos	37:38
31	Brian Davis	37:47 5th-50+
39	Dennis Kurtis	38:29 8th-50+
40	Ray Rodriguez	38:30 9th-50+
47	Andy Williams	39:13
48	Tom Fahey	39:18
60	Ken Camet	40:09
80	Dino Delyani	42:57
83	Bill Dunn	43:03 6th-60+
86	Dave Woodruff	43:30
100	Dan Anderson	45:25 9th-60+
103	Jeff Rohrer	45:42
109	Art Mitchum	47:03
120	Jeff Bedolla	50:07
121	Kristian Petersen	50:08
122	Dave Norlander	50:23 4th-70+
124	Rich Hahn	50:57
129	Carl Petersen	52:04 7th-70+
130	Joe Hurtado	52:13 8th-70+
135	Bill Dodson	53:26 9th-70+
136	Glenn Kishi	53:59
137	Bob Lord	55:47 10th-70+

Our 40+ men finished 3rd, our 50+ men finished 2nd, our 50+ men's B team finished 8th, our 60+ men finished 3rd, and our 70+ men finished 2nd.

Women's Race-4.0M

188	Kat Powell	37:02 7th-60+
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11/22/12-Zoom/Coastal Hellyer Turkey Trot 5K

Kelly Emo	23:03 1st-40+
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11/22/12-Mt.View HS Turkey Trot-5K

Art Mitchum	?
Dave Norlander	24:38 1st-70+

11/22/12-Marin Turey Trot 10K

28 Dick Chimenti 45:24 1st-60+
Dick was very pleased to run 3 minutes faster than last year.

11/22/12-Silicon Valley Turkey Trot 5K

17	Suraj Jagota	18:05 9th-14+
55	Andy Williams	19:11 1st-50+
59	Sean Williams	19:19
79	Bill Dunn	19:42 1st-65+
115	Aaron Lee	20:22
183	Maneesh Agarwal	21:25
187	Jim Howe	21:31 3rd-65+
189	Alex Williams	21:34



204	Des Knuckey	21:48	3rd-60+	7	Jose Pina Jr	34:55	2nd-14+	11/22/12-Feed The Hungry 5K in Sacto			
325	Stacy Rue	23:12	2nd-50+	20	Roberto Palos	36:52	2nd-45+	738	Georgia Riley	30:05	1st-65+
330	Uyenthi Tran	23:15	6th-35+	40	Ken Camet	37:53	1st-50+	776	Tim Riley	30:22	6th-65+
342	Joann Dahlkoetter	23:24	3rd-55+	83	David Garza	39:55		12/2/12-Cal Intl Marathon			
399	Kira Brashears	23:56		126	George Lo	40:52		150	Ken Camet	2:55:59	2nd-50+
400	Carol Stephenson	23:56	2nd-40+	225	Scott Graham	43:06	2nd-60+	384	George Lo	3:09:16	
440	Liv Brashears	24:12		230	Mike Krey	43:10	2nd-55+	2241	Joe Hurtado	4:01:17	5th-70+
586	Alice Isaacson	25:07	6th-50+	366	Mark Goldman	44:53	3rd-60+	3023	Bill Dodson	4:19:20	1st-76+
				2242	Rich Hahn	55:55		3415	Dave Norlander	4:29:08	9th-70+

11/22/12-Silicon Valley Turkey Trot 10K

2012 Los Gatos All-Comer Track Meet Results

	Winter '12 Best	Summer '12 Best	Jun.21	Jun.28	Jul. 5	Jul. 12	Jul. 19	Jul. 26	Aug.2	Aug. 9
60 METERS										
Mark Pasos		9.23		9.23						
Carl Tuck	11.50	11.94	11.94							
100 METERS										
Mark Pasos		12.66	12.66							
Bill Dodson	17.21	17.36			18.05	18.34	17.72	17.56	17.57	17.36
Carl Tuck	18.57	18.83	19.43		18.83					
Bob Lord	19.48	19.75								19.75
200 METERS										
Mark Pasos		25.89	25.89							
Danny Moon		33.3h	27.50		33.3h					
Bill Dodson	37.2h	36.70			38.38	37.78	37.46	37.44	36.70	
Carl Tuck	38.84	42.97	42.97							
400 METERS										
Kevin Breit		1:09.34				1:09.34				
Danny Moon		1:14.64		1:14.64						
Art Mitchum		1:15.29					1:15.29			
Bill Dodson	1:21.58	1:22.60			1:29.22	1:24.29	1:26.14	1:22.60	1:24.09	1:23.15
Carl Tuck	1:33.18	1:39.54				1:39.54				
Bob Lord	1:32.99									
800 METERS										
Jim Bordoni	2:31.55	2:28.51	2:31.10					2:28.51		
Ken Camet	2:32h	2:29.12						2:29.12	2:31.71	
Aaron Lee	2:35.90	2:37.84				2:37.84				
Kevin Breit		2:39.76				2:39.76				
Brian Conroy		2:40.39				2:40.39				
Art Mitchum		2:42.17				2:52.59	2:53.99	2:42.17	2:49.57	
Scott Graham		2:46.70			2:46.70		2:49.79	2:53.87		
Bob Lord	3:16h	3:10.66	3:16.58	3:09.58		3:14.50	3:10.66		3:14.03	3:12.13
Rich Hahn		3:12.86				3:12.86				
Bill Dodson	3:20.38	3:21.94			3:29.25	3:24.04	3:3:23.20	3:21.94	3:27.33	
Carl Tuck		4:09.39	4:09.39							
1500 METERS										
Bill Dodson	5:22.32									
Art Mitchum		5:47.89							5:47.89	
Jacie Rohrer		6:30.17							6:30.17	
Bill Dodson		7:10.17							7:10.17	
MILE										
Geoff Bradley		5:16.83								5:16.83
Bob Pickens		5:25.22				5:25.22	5:26.73			
Brian Conroy	5:52.99	5:54.95			5:55.61	5:56.33		5:54.95		
Aaron Lee	5:58.91	5:59.41				5:59.41				
Kevin Breit		5:59.65		5:59.65						
Scott Graham		6:00.74			6:00.74	6:14.57	6:12.56			
Art Mitchum)		6:12.40				6:32.94		6:12.40		
Rich Hahn	6:39.89	6:45.85			6:45.85					
Bob Lord	7:15.87	7:07.19					7:07.19			



Bill Dodson	7:29.76	7:16.31		7:48.96	7:25.40	7:16.31		7:33.91
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2-MILE

Ken Camet		11:39.57					11:39.57	
Brian Conroy	12:32.07	12:16.66	12:26.44	12:48.35		12:16.66		12:36.31
Kevin Breit	11:52.91	12:35.96		12:35.96				
Scott Graham		13:02.76		13:02.76	13:20.75		13:18.39	
Jim Howe		13:58.29				13:58.29		
Rich Hahn	13:55.42	14:01.59				14:01.59		

5000 METERS

Ken Camet		18.30.36						18.30.36
Brian Conroy	20:07.69	20:14.38						20:14.38
Jeff Rohrer		21:29.03						21:29.03
Rich Hahn	22:14.32	22:43.16						22:43.16
Heather Rohrer		22:44.67						22:44.67

4 x 400 Relay

Masters+ on 7/5/12 5:27.5h
(Kevin Breit 1:11.6, Brian Conroy 1:21.2, Scott Graham 1:21.6, Bill Dodson 1:33.0)

Long Jump (meters)

Mark Pasos		4.41	4.41
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2012 Notes

Finish Lynx times (hundredths) from Hank Lawson's website when available. Otherwise, hand times (tenths) are noted with "h".
Bob Pickens and Mark Pasos ran a 400 in the 60s but timing system malfunctioned.

