



WVJS



VOL XXXVIII-#3 WEST VALLEY JOGGERS & STRIDERS Oct 2009

Saturday Workouts

10/24/09	12 x 800 Relay	12/26/09	All Courses Day
10/31/09	Dou/Sar/Fruitvale (2.75 miles)	01/02/10	Triangle Run (4.76 miles)
11/07/09	8 x 0.66-Mile Tennis Court Loop Relay	01/09/10	6 x 1600 Relay
11/14/09	Farwell/H (4.68M)	01/16/10	Dou/Sar/Fruitvale (2.75 miles)
11/21/09	8 x 1200 Relay	01/23/10	5K on the track
11/28/09	Farwell (3.54 miles)	01/30/10	8 x 0.66-Mile Tennis Court Loop Relay
12/05/09	4 x 1.46-Mile Campus Loop Relay	02/06/10	Farwell/H (4.68M)
12/12/09	Short Six (5.74 miles)	02/13/10	Farwell (3.54 miles)
12/19/09	Valle Vista (3.0 miles)	02/20/10	Valentine Team Race (5.4 miles)

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

Upcoming Races

PA-USATF Championships

10/18/09	Humboldt Half Mar (1.5)
11/08/09	Clarksburg 30K (2.0)
11/26/09	Synaptics 5K (2.0)
12/06/09	Cal Intl Mar (2.0)
12/13/09	Xmas Relays (1.0)

Racer of the Year

Fastest Farwell Time
Fastest Marathon
Fastest Half Marathon
Fastest of 2 Designated Track Miles
Fastest of 2 Designated Track 5Ks
10/31/09 Tamalpa Challenge XC Race
11/08/09 Clarksburg 30K
12/20/09 Miracle Mile in GG Park (SF)

Other Popular Races

10/18/09	Sawyer Camp Trail 5K/10K
11/01/09	Great Highway in SF 4M Run
11/07/09	Almaden Hills Trail Races
11/15/09	Mt. School 5K-Vasomna Park
11/15/09	San Mateo Rotary 5K/10K
12/05/09	Bah Humbug 5K-San Ramon
01/10/10	Cal 10 in Stockton
01/30/10	San Juan Bautista 10M

Sunday Runs

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

2009 PA/USATF Road Grand Prix

Open Men

Our open men's team is presently in 8th place. Aaron Lee is our team captain. Individually, Duncan Weru is in 2nd place in the short race division.

Open Women

Our open women's team is presently tied for 2nd place. Missy Sudan is the team captain. Individually, Johanna Fogolin and Missy Sudan are in 15th and 25th places in the short race division. Johanna is in 11th place in the long race division.

40+ Men

Our 40+ men's team is presently in 4th place. Al Murray is our team captain. Individually, Scott Bang is in 25th place and Magnus Wiklund in 30th place in the short race division. Scott is in 5th place in the long race division.

40+ Women

Our 40+ women's team is presently in 4th place. Kelly Emo and Carol Benar are the team captains. Individually, Becki Kriege is in 5th place in the short race division. Marian Richard is in 22nd place in the long race division.

50+ Men

Our 50+ men's team is presently in 2nd place. Tom O'Connor is our 50+ team captain. Individually, Brian Davis, Dave Piazza, Norry McAllister, Jim Bordoni, and David Woodruff are in 5th, 17th, 18th, 22nd, and 26th places in the short race division. Brian, Tom

O'Connor, Neil Gelblum, Dave Woodruff, Dave Piazza, Dan Anerson, and Norry are in 2nd, 6th, 11th, 12th, 16th, 18th, and 24th places in the long race division.

50+ Women

Our 50+ women's team is presently in 4th place. Kat and Pauline Beatty are the team captains. Christine Kennedy is in 1st place in the long race division. She also leads the long race division for the 40+ women and is in 4th place for the open women in the long race division. Pauline Beatty is in 21st place in the long race division.

60+ Men

Our 60+ men's team is presently in 1st place. Joe Hurtado is the team captain. Individually, Bill Duun, Jim Howe, and Joe Hurtado, are in 1st, 2nd, and 4th places in the short race division. Bill, Jim, Joe, Ron, and Bob Schmitt are in 1st, 3rd, 5th, 6th, and 9th places in the long race division.

60+ Women

Our 60+ women's team is presently in 2nd place. Chris Blue is the team captain. Individually, Victoria Kros, Chris Blue, and Marcia Morrison are in 3rd, 5th, and 16th places in the short race division. Chris is in 8th place in the long race division.

70+ Men

Our 70+ men's team is presently in 1st place for the fifth year in a row. Eddie Reyna is the team captain. Individually, Carl Petersen, Neal Chappell, Dave Norlander, Bob Lord, Carl Tuck, Eddie Reyna,



and Glynn Wood are in 3rd, 4th, 6th, 9th, 10th, 11th, and 14th places in the short race division. Carl, Dave, Eddie, and Bob are in 2nd, 3rd,

4th, and 6th places in the long race division.

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.

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>

Joann Dahlkoetter has set three women's 55+ course records during the past few months – the Triangle course, the Farwell/H course, and the Farwell course. Chris Blue broke the women's 60+ record for the Farwell/H course.

Alvin Jackson won our 38th annual club handicap race. It was a very competitive race as the first 28 of the 45 competitors finished

within one minute of the lead and 38 finished within two minutes of the lead. Rich and Judy Collins again did a fabulous job of putting this race together.

Kelly Emo qualified for the World sprint triathlon championships in Australia, which were run on 9/13/09. I have not yet seen the results.

The 2009 high school season is rapidly coming to a close. Matt Kriege has made the varsity of a very good Prospect team. Mary Kriege is vying to be the #1 runner on the highly-ranked Mitty team. Heather Rohrer, a freshman, is leading the Fremont team. And, Jack Bordonni is the #4 runner on the #2 ranked Bellarmine team.

Many club members are helping as coaches of high school teams. These include Paul Armstrong at Cupertino, Danny Moon and Chris Blue at Saratoga, Jake White at Lynbrook, Mike White at Leigh, Matt Tompkins at King's Academy, Dick Chimenti at Sonora, Stephanie Bambury at a San Ramon high school, and Todd Hayes and Brian Low at Wilcox.

2009 RUNNER OF THE YEAR CONTEST

Contest points were earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. Scoring 4,000 points wins a gold award, those scoring 3,000+ wins a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel at the end of each quarter.

2009 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 17 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must compete in at least 7 different events in order to be eligible for an award.** The standings to date for 2009 for all who have scored in five or more races are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races. The 2nd number is the total number of events competed in.

Elite Division

Duncan Weru (8-6)	200
Scott Bang (8-9)	189
Brian Davis (8-7)	185
Matt Nolan (8-4)	174
John Weru (7-4)	169
Bob Pickens (8-7)	169
Dave Piazza (8-6)	151
Magnus Wiklund (7-5)	143
Tom O'Connor (7-5)	139

A Division

Jeff Rohrer (8-8)	200
Neil Gelblum (8-10)	189
Tony Scardina (8-4)	186
Scott McLeod (8-6)	179
Ken Camet (8-7)	179
Bill Dunn (8-8)	172
David Woodruff (8-7)	170
Christine Kennedy (7-5)	164
Becki Kriege (8-6)	163
Johanna Fogolin (8-5)	156
Jim Bordonni (7-5)	150
Aaron Lee (8-8)	142
Miissy Sudan (8-6)	132
Norry McAllister (6-3)	130
Jim Howe (6-3)	104

B Division

Dino Delyani (8-8)	197
Tim Souza (8-6)	190
Joe Hurtado (8-11)	182
Mike Krey (8-6)	180
Carol Bednar (8-7)	171
Todd Hayes (7-6)	160
Art Mitchum (5-3)	121
Ron Kiyono (5-3)	120

C Division

Glenn Kishi (8-10)	195	Carl Petersen (8-10)	188
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Helen Wong (8-7)	187	Dave Norlander (8-6)	197	Kat Powell (8-9)	196
Rich Hahn (8-6)	186	Bob Schmitt (8-7)	189	Chris Blue (8-8)	195
JoAnn Dahlkoetter (5-3)	123	Pauline Beatty (8-7)	182	Eddie Reyna (8-6)	188
Kelly Emo (5-4)	114	Bob Lord (6-4)	136	Victoria Kros (7-4)	172
				Georgia Riley (8-7)	155
				Ruby Hurtado (8-4)	150
				Carl Tuck (6-3)	132
				Tim Riley (5-4)	94
				Walt Van Zant (5-4)	86
D Division		E Division			
Uyenthi Tran (8-8)	200				

SATURDAY WORKOUT RESULTS

7/4/09-Triangle Run-4.76 Miles

1	Scott Bang	28:52
2	Magnus Wiklund	29:43
3	Becki Kriege	30:23
4	Brian Conroy	30:37 PR
5	Matt Kriege	31:20
6	Mike Kriege	31:20
7	Dino Delyani	31:29
8	Dave Woodruff	31:41
9	Missy Sudan	32:07
10	Aaron Lee	33:27
11	Bill Dunn	33:30
12	Joann Dahlkoetter	33:32
13	Todd Hayes	33:51
14	Paul Taylor	34:41
15	Joe Hurtado	34:58
16	Helen Wong	35:36
17	Carl Petersen	36:32
18	Tim Rostege	37:23
19	Brian Low	37:30
20	Mary Kriege	38:19
21	Jeff Bedolla	38:28
22	Dave Norlander	39:58
23	Kat Powell	42:12
24	Iris Louie	44:??
25	Rosanna Kennedy	44:??
26	Tim Riley	45:26
27	Alvin Jackson	45:28
28	Chris Cassell	45:54
29	Georgia Riley	48:51
30	Dena Noble	50:09
31	Tom Warfel	53:17
	Danny Moon	DNF

Dick Barrett Trophy Winner – Joann Dahlkoetter

Scott led the way this morning, winning by nearly one minute. Becki led the ladies. The star of the day was Joann as she broke the women's 55+ course record, set 13½ years ago by Jutta McCormick, by 85 seconds. Brian Conroy ran the only PR. He also took

over the lead in the B division of the Cum Sat contest by 65 seconds over Dino Delyani. Danny Moon felt lousy but was enlivened when he passed several runners going down Fruitvale, but then got very tired going up Saratoga. So, he cut back at Douglas, finishing first for this course but also earning the dreaded DNF. Ken Bloesch did an excellent job of timing over the past few weeks but could not make it out today. So, Mike Krey, Madelyn Moon, and Cecilia Wiklund filled in admirably for him.

7/11/09-5K on the Track

1	Jorn Jensen	17:10
2	Andy Lief	17:11
3	Jack Bordoni	17:15
4	Scott Bang	17:51
5	Adam Prince	18:08
6	Dave Piazza	18:23
7	Dan Martinelli	18:52
8	Becki Kriege	18:55
9	Ken Camet	19:03
10	Scott McLeod	19:08
11	Dave Woodruff	19:14
12	Bill Dunn	19:18
13	Brian Conroy	19:19
14	Tim Souza	19:47
15	George Lo	19:51
16	Dino Delyani	20:03
17	Todd Hayes	20:17
18	Neil Gelblum	20:19
19	Aaron Lee	20:44
20	Mike Krey	20:46
21	Paul Taylor	21:19
22	Carol Bednar	21:28
23	Hank Lawson	21:42
24	Joe Hurtado	21:47
25	Helen Wong	21:50
26	Carl Petersen	22:42
27	Danny Moon	22:49
28	Tim Rostege	22:51

29	Dave Norlander	22:52
30	Uenthi Tran	23:00
31	Jeff Bedolla	23:29
32	Brian Low	24:19
33	Pauline Beatty	24:52
34	Kat Powell	25:31
35	Rich Collins	25:36
36	Rosanna Kennedy	25:41
37	Glenn Kishi	26:10
38	Tom Warfel	26:29
39	Rick Kananen	27:19
40	Iris Louie	27:28
41	Tom Zades	27:50
42	Don Packwood	27:58
43	Chris Cassell	28:15
44	Tim Riley	28:27
45	Jim Myers	28:45
46	Walt Van Zant	29:55

Dick Barrett Trophy Winner – Jorn Jensen

We ran two heats this morning – one at 7:20AM and another at 8:10AM. The results shown above are a combination of the two heats. Jorn Jensen and Andy Lief ran within a few steps of each other throughout the race with Jorn having a better finish over the last 200 meters. Ken Bloesch, Madelyn Moon, Jim Bordoni, Aaron Lee, and Uyenthi Tran helped at the finish line. Good 5K weather conditions this morning. We were slowed a bit by standing water on parts of the first turn.

7/18/09 –Dou/Sar/Frtvle – 2.75M

1	Bob Pickens	15:53
2	Dave Piazza	15:57
3	Rob Nast	16:00
4	Magnus Wiklund	16:12
5	Jean Harris	16:23
6	Bjorn Samson	16:43
7	Dave Woodruff	17:02
8	Scott Bang	17:14

9	Tim Souza	17:35	6	Todd Hayes	30:49	7	Pauline Beatty	6:58.2
10	Neil Gelblum	17:41	7	Missy Sudan	31:00	8	Rich Collins	7:03.1
11	Dino Delyani	17:49	8	Neil Gelblum	31:14	9	Bob Schmitt	7:06.1
12	Brian Conroy	17:58	9	Aaron Lee	31:41	10	Pablo Rodriquez	7:20.4
13	Aaron Lee	18:19	10	Mike Krey	32:18	11	Don Packwood	7:23.7
14	Paul Taylor	18:45	11	Bill Dunn	33:33	12	Tom Warfel	7:24.5
15	Bill Dunn	19:03	12	Joann Dahlkoetter	33:36	13	Julie Sobzcak	7:25.9
16	Joann Dahlkoetter	19:05	13	Joe Hurtado	34:28	14	Chris Blue	7:26.8
17	Todd Hayes	19:59	14	Tim Rostege	34:53	15	Chris Cassell	7:34.0
18	Helen Wong	20:07	15	Jim Howe	34:55	16	Iris Louie	7:42.5
19	Tim Rostege	20:24	16	Carl Petersen	36:02	17	Rosanna Kennedy	7:47.5
20	Carl Petersen	20:43	17	Jeff Bedolla	36:39	18	Tim Riley	7:51.9
21	Joe Hurtado	20:43	18	Brian Low	36:54	19	Jim Myers	7:56.3
22	Jeff Bedolla	20:43	19	Glenn Kishi	37:20 PR	20	Tom Zades	8:20.8
23	Glenn Kishi	21:06	20	Helen Wong	37:51	21	Georgia Riley	9:33.0
24	Dave Norlander	21:11	21	Dave Norlander	38:10			
25	Rich Collins	22:13	22	Pablo Rodriguez	38:46			
26	Maureen Riley	22:39	23	Rosanna Kennedy	39:18			
27	Alvin Jackson	22:44	24	Pauline Beatty	39:37			
28	Rick Kananen	23:56	25	Kat Powell	39:37			
29	Tom Zades	24:38	26	Chris Blue	39:46			
30	Tom Warfel	24:40	27	Rick Kananen	41:17			
31	Chris Cassell	24:55	28	Alvin Jackson	41:52			
32	Don Packwood	24:56	29	Iris Louie	42:59			
33	Tim Riley	25:15	30	Tom Zades	43:32			
34	Georgia Riley	26:53	31	Tom Warfel	44:50			
35	Jim Myers	26:53	32	Tim Riley	45:11			
			33	Jim Myers	45:24			

Bob Lord led most of the way but Glenn and Ken were able to kick by him on the backstretch of the last lap. Still, Bob improved his time by 5 seconds from his first mile run on the track on June 27th. Glenn ran his fastest mile in 17 years. Other improvements were made by Alvin Jackson (1 second), Pauline Beatty (14 seconds), Rich Collins (4 seconds), Tom Warfel (16 seconds), Chris Blue (10 seconds), Iris Louie (5 seconds), and Tim Riley (6 seconds).

Dick Barrett Trophy Winner = Bob Pickens

Warmish morning today, which slowed the times. Close win by Bob Pickens over Dave Piazza. The latter improved his 50+ PR by 19 seconds to move into a 10th place tie with Dick Chimenti on the all-time 50/54 list. There were several other good performances. Georgia became the first club 65+ female runner to complete this course. Thus, she established the 65+ record. Neil Gelblum continued to run well, improving his 55+ PR by 5 seconds. Joann improved her 55+ PR by 13 seconds. Rich Collins knocked 24 seconds off his 65+ best. And, Tom Zades led the turtle group with a 60-second improvement on his 65+ best. Fellow turtle, Tim Riley, feigning slowness in preparation for the annual handicap race, took over last place on the 65+ list from Tom.

7/25/09 – Farwell/H – 4.68 Miles

1	Andy Williams	28:39
2	Bjorn Samson	28:58
3	Ken Camet	29:49
4	Dave Woodruff	30:09
5	Brian Conroy	30:22

Dick Barrett Trophy Winner – Chris Blue

Andy Williams pulled away from Bjorn during the last mile to win by 100 yards. Missy Sudan led the ladies. Glenn Kishi ran the only PR. Two course records were set. Joann Dahlkoetter broke the women's 55+ record by 2 minutes and Chris Blue broke the women's 60+ record by 21 seconds. Neil Gelblum improved his 55+ best by 20 seconds. Todd Hayes and Aaron Lee ran their fastest times on this course in three years. Brian Conroy missed his PR by one second. Pauline and Kat had a great battle at the end of the race with Pauline getting the edge by about an inch.

8/1/09 – One Mile on the Track

Heat #1 – 6:30 & Slower

1	Glenn Kishi	6:40.1
2	Ken Bloesch	6:43.2
3	Bob Lord	6:45.3
4	Dick Chimenti	6:50.1
5	Carl Petersen	6:52.6
6	Alvin Jackson	6:55.0

Heat #2 – 5:30/6:30

1	Mike Kriege	5:32.3
2	Scott McLeod	5:35.4
3	Ken Camet	5:37.0
4	Dino Delyani	5:38.0
5	Matt Kriege	5:38.9
6	Tim Souza	5:41.3
7	George Lo	5:42.2
8	Becki Kriege	5:43.0
9	Aaron Lee	5:47.9
10	Tom O'Connor	5:53.3
11	Todd Hayes	5:54.4
12	Neil Gelblum	5:55.5
13	Mike Krey	6:08.6
14	Paul Taylor	6:13.0
15	Neal Chappell	6:26.4
16	Joe Hurtado	6:28.6
17	Helen Wong	6:30.0
18	Jeff Bedolla	6:52.9
19	Cecilia Wiklund	6:53.9
20	Caroline Green	7:04.6
21	Danny Moon	7:34.7
22	Kat Powell	7:46.8

Mike Kriege and his son, Matt, held a 10-yard lead over the field going into the last lap, Mike tried to keep Matt close to him but finally sprinted away on the backstretch and held on for the win. Many runners improved their times from the 6/27 mile run. Ken Camet improved by 1 second, Dino by 2 seconds, Aaron Lee by 7 seconds, Neil Gelblum by 7 seconds, Paul Taylor by 7 seconds, Joe Hurtado by 2 seconds, and Helen Wong by 10 seconds. Neal Chappell was very happy to get out of his rut of running 6:45 miles recently with his 6:26. Danny ran a horrible 7:34 (but 2 minutes better than Van Zant's recent 9:32).

Heat #3 (5:30 & Under)

1	Aaron Patterson	4:41.3
2	Jean Harris	4:57.0
3	Scott Bang	5:02.6
4	Bjorn Samson	5:04.9
5	Brian Davis	5:11.8
6	Bob Pickens	5:12.8
7	Magnus Wiklund	5:18.0
8	Dave Piazza	5:27.1
9	Dave Woodruff	5:30.4
10	Art Mitchum	5:33.4
11	Brian Conroy	5:35.9
12	Joe Hurtado	7:39.4

Dick Barrett Trophy Winner – Aaron Patterson

This race was for the club elite (except for Joe Hurtado). All graciously signed autographs for the less-than-elite club members before the start of the race. Aaron and Jean started fast, passing the first lap in 69. Then, Aaron started pulling away, passing through the second and third laps at 2:20 and 3:32 before finishing with a 69 last lap. Jean finished second in the 6/27 mile run and second again today but was 19 seconds faster today. Other runners who improved their 6/27 time included Scott Bang by 19 seconds, Art Mitchum by 2 seconds, Brian Conroy by 1 second, and Dave Piazza by 0.1 second. Good turnout this morning as 54 different runners ran.

8/8/09 – 12 x 600 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Bedolla/Alx Willms	2:45	32:15
2	Myers/Dunn	2:15	32:37
3	Wong/Andy Williams	5:30	32:42
4	D.Moon/Samson	7:45	32:52
5	Hurtado/Lief	7:30	32:53

6	Petersen/Taylor	3:15	33:14
7	Packwood/Sudan	2:45	33:48
8	Van Zant/Bloesch	-0-	34:11

Phantom Dick Barrett Trophy Winners – Jeff Bedolla and Alex Williams

Tough workout. All runners had to run forward 200 meters after each run in order to get their handoff. Easy win for the Bedolla/Alex Williams team as Alex ran 53 seconds under his rating. Andy Lief and Bjorn Samson had the best averages at 1:50 and 1:51. Missy averaged 2:14 for the ladies.

8/15/09-Farwell-3.54 Miles

1	Jorn Jensen	20:02
2	Scott Bang	20:09
3	Magnus Wiklund	20:43 PR
4	Bjorn Samson	20:50
5	Andy Williams	20:52
6	Dave Piazza	21:06
7	Jeff Candello	21:33 PR
8	Scott McLeod	21:57 PR
9	Ken Camet	22:26
10	Neil Gelblum	22:39
11	Brian Conroy	22:41
12	Tim Souza	22:49
13	Frank Prabel	22:57
14	Dino Delyani	22:59
15	Missy Sudan	23:15
16	Aaron Lee	23:21
17	Todd Hayes	23:29
18	Paul Taylor	24:32
19	Mike Krey	24:50
20	Scott Graham	25:12
21	Bill Dunn	25:20
22	Joann Dahlkoetter	25:21
23	Glenn Kishi	26:05 PR
24	Jeff Rohrer	26:42
25	Liz Nast	26:44
26	Danny Moon	27:02
27	Brian Low	27:03
28	Bob Lord	27:30 PR
30	Tim Rostege	27:46
31	Dave Norlander	28:27
32	Pablo Rodriguez	29:10
33	John ?	29:31
34	Rick Kananen	30:00
35	Iris Louie	30:07
36	Kat Powell	30:14
37	Tom Zades	31:59
38	Rich Collins	32:12

39	Walt Van Zant	33:45
40	Caroline Green	42:35
41	Rosanna Kennedy	42:40

Dick Barrett Trophy Winner – Tom Zades

Big turnout this morning and a close race for first place with Jorn pulling away from Scott over the last half mile. Joann Dahlkoetter was the star of the day again as she broke Jutta McCormick's 55+ record for women by 37 seconds. There were 5 PRs. Bob Lord led the way with a 77-second improvement that put him into 4th place on the men's 70+ all-time list. Glenn Kishi PR'd by 43 seconds. Scott McLeod improved by 28 seconds. Magnus improved by 18 seconds. And, Jeff Candello improved by 13 seconds. Magnus now leads the elite division of the Cum Sat contest by 1 second over Dave Piazza. Neil Gelblum continued his good improvement as he beat his 55+ best by 56 seconds. Andy Williams took 37 seconds off his 45+ PR and Scott Bang took 12 seconds off his 40+ PR. Comebacking Tom Zades took nearly 5 minutes off his 2008 best for Farwell. Rick Kananen ran his last race as a middle-age runner as he turns 60 tomorrow. Alas, Caroline Green and Rosanna Kennedy followed the trail sign that pointed to the right in the double-gate area and ran far off course. They finished in 42 minutes but would probably have run near 30 minutes flat if they had known the correct course.

8/22/09-36 x 200 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Purvis/Warfel/Bedolla	-0-	26:47
2	Kennedy/Jacksn/Taylor	1:00	26:47
3	Noble/Bloesch/Wong	-0-	27:17
4	Zades/Collins/Lo	:30	27:31

Dick Barrett Trophy Winner – Jeff Bedolla

Small turnout this morning as many of our club members were participating in the Santa Cruz grand prix XC race. However, we did have an exciting finish to our relay race. Jeff Bedolla started slightly behind Paul Taylor on the last 200 and promptly stepped on the back of one of Paul's shoes. It took Paul about 80 meters to get the back

of his shoe onto his foot. Then, the real competition began. They ran toe-to-toe down the final stretch. Paul edged ahead and then, due to fatigue, staggered in front of Jeff before regaining his balance. They then sprinted the final 50 meters with Jeff winning by about an inch. George Lo, despite running a couple of 40+ runs on his 9th and 10th runs, had the best average at 37.3. He was closely followed by Paul Taylor at 37.7. Helen Wong led the ladies at 44.3. Nice timing jobs by Jim Bordononi (at the 200M mark) and Chris Cassell (at the finish line), who were able to get all of the splits.

8/29/09-Short Six-5.74M

1	Jorn Jensen	34:58
2	Magnus Wiklund	36:58
3	Norry McAllister	37:43
4	Neil Gelblum	38:39
5	Aaron Lee	40:04
6	Frank Prabel	40:28
7	Paul Taylor	40:56
8	Al Murray	42:14
9	Ken Camet	45:40
10	Matt Kriege	45:43
11	Carol Bednar	46:02
12	Brian Low	46:38
13	Jeff Bedolla	47:50
14	Missy Sudan	48:01
14	Becki Kriege	48:01
16	Danny Moon	50:58
17	Dave McIntyre	52:59
18	Don Packwood	53:54
19	Chris Blue	54:37
20	Tim Rostege	55:13
21	Walt Van Zant	57:21
22	Tom Warfel	58:23
23	Dena Noble	61:11
24	Jim Myers	63:46
25	Rosanna Kennedy	69:58
	Rich Collins	DNF

Very hot weather for running our most difficult Saturday course this morning. Jorn won by about a quarter of a mile. Carol led the ladies. Madelyn drove out to SobeyRd to distribute water to the heated runners. Helen Wong and Uyenthi Tran did the timing. Time Rostege and Rosanna Kennedy got lost.

9/5/09-38th Annual Shetler Handicap Race - 3.06M

Finish Actual

PI	Runner	Time	Start	Time
1	Alvin Jackson	28:06	4:00	24:06
2	Joe Hurtado	28:09	7:20	20:49
3	Norry McAllister	28:11	10:00	18:11
4	Mike Krey	28:20	8:10	20:10
5	Ken Camet	28:24	10:00	18:24
6	Kat Powell	28:25	3:30	24:55
7	Dave Norlander	28:28	6:20	22:08
8	Iris Louie	28:29	3:50	24:39
9	Paul Taylor	28:29	8:50	19:39
10	Brian Conroy	28:30	9:40	18:50
11	Pauline Beatty	28:34	4:50	23:44
12	Jeff Bedolla	28:34	6:00	22:34
13	Dennis Kurtis	28:36	11:20	17:16
14	Becki Kriege	28:36	10:00	18:36
15	George Lo	28:38	9:20	19:18
16	Scott Bang	28:40	11:40	17:00
17	Andy Williams	28:42	11:00	17:42
18	Helen Wong	28:43	7:00	21:43
19	Scott McLeod	28:46	10:30	18:16
20	Missy Sudan	28:47	9:20	19:27
21	Jim Howe	28:50	9:10	19:40
22	Jorn Jensen	28:50	11:40	17:10
23	Matt Kriege	28:53	9:50	19:03
24	Frank Prabel	28:53	9:50	19:03
25	Rosanna Kennedy	28:57	4:30	24:27
26	Aaron Lee	28:59	9:10	19:49
27	Scott Graham	29:01	9:50	19:11
28	Carl Petersen	29:06	6:30	22:36
29	Heather Rohrer	29:07	7:50	21:17
30	Carol Bednar	29:08	8:10	20:58
31	Mike Kriege	29:09	10:30	18:39
32	Ken Bloesch	29:14	5:30	23:44
33	Georgia Riley	29:17	0	29:17
34	Tim Rostege	29:24	6:30	22:54
35	Tom O'Connor	29:33	9:00	20:33
36	Don Packwood	29:33	3:30	26:03
37	Neil Gelblum	29:41	9:30	20:11
38	Jim Myers	30:05	2:30	27:35
39	Dave McIntyre	30:11	8:00	22:11
40	Tom Warfel	30:13	4:10	26:03
41	Dena Noble	30:31	3:30	27:01
42	Joe Johnson	31:12	7:20	23:52
43	Tim Riley	31:40	3:10	28:30
44	Tom Zades	33:03	2:10	30:53
45	Mary Vidovich	36:44	8:50	27:54

Another great annual handicap race hosted by Rich and Judy Collins. Our surprise winner was Alvin as he started 9th, 4 minutes behind Georgia Riley. She held the lead through the first three loops of this four-loop race. Alvin finally moved into the lead during the last loop and then held off a

frantic sprint by Joe Hurtado to win by about 10 yards. The top 29 runners finished within one minute of each other. Scott Bang, a late entrant, followed up on his good run of last week to have the fastest scratch time. Jorn Jensen and Dennis Kurtis had the next two best times. Becki Kriege had the fastest time for the gals. Iris Louie slaughtered her turtle group and is on the verge of being given the boot because she is running so well. Tom O'Connor, who has been weakened from the start of year-long medical treatments, showed great spunk as he sprinted the last 100 yards to barely edge Don Packwood. Jim Bordononi and Uyenthi Tran did an excellent job of getting all of the lap splits.

9/12/09 - 4x1.46M WVC Loop Relay

PI	Team	Start	Finish
1	R.Kennedy/Taylr	4:00	45:27
2	Blue/Collins	-0-	48:21
3	G.Riley/Krey	2:30	49:12
4	Noble/Wong	3:30	49:44
5	Myers/Rostege	3:00	50:48
6	T.Riley/Bedolla	3:00	51:05

Dick Barrett Trophy Winner – Chris Blue & Rich Collins

Blessed with a fantastic rating for Rosanna, the Kennedy/Taylor team ran to an easy win. The Blue/Collins team won the weekly trophy as they came closest to par. All teams were ratefd to finish at 48:30. Small turnout this morning as many of our runners were competing in the XC grand prix race in San Francisco or coaching their high school teams.

9/19/09- 18 x 0.33M Relay

PI	Team	Start	Finish
1	Moon/Pickens/Sudan	4:15	37:50
2	U.Tran/R.Kennedy/Bang	2:15	38:34
3	Bednar/H.Wong/Hayes	2:15	38:36
4	Powell/Jackson/Dunn	:15	38:52
5	Petersen/Rostege/A.Lee	:45	39:22
6	Mat.Kriege/Gelblm/Conry	4:15	39:24
7	Norlander/Beatty/Taylor	-0-	39:27
8	Kishi/Bloesch/Bedolla	1:15	40:03
9	Noble/Purvis/Souza	:15	40:32

Dick Barrett Trophy Winner = The Missy Sudan Team

Easy win for the Sudan team. They started last, took the lead during the 13th run, and then kept pulling away to sine by more than 200 meters. Scott Bang was the top guy with an average of 1:38 per run. Missy Sudan led the ladies with a 1:56 average.

9/26/09 – Valle Vista – 3.0 Miles

1	Neil Gelblum	19:06
2	Tim Souza	19:22
3	Jim Bordoni	19:56
4	Paul Taylor	20:09
5	Mike Krey	21:11
6	Rosanna Kennedy	23:29
7	Pauline Beatty	23:47
8	John Purvis	24:55
9	Kat Powell	25:08
10	Alvin Jackson	26:08
11	Don Packwood	26:28
12	Tom Zades	28:00

Dick Barrett Trophy Winner – Neil Gelblum

Small group this morning but a high percentage of good performances. Neil won the race while knocking 43 seconds off his 55+ best. Tim Souza ran for the last time on this course as a 45+ runner (he turns 50 in November) and improved his 45+ best by 41 seconds. Rosanna and Pauline ran the #9 and #10 best-ever times by women 50+ runners on this course. Don Packwood improved his 65+ best by 69 seconds. Thanks to Madelyn Moon for timing the runners and compiling the results.

10/3/09 –Step-Up & Down Relay

Pl	Team	Start	Finish
1	Collins/U.Tran	-0-	36:21
2	Myers/D.Moon	3:15	37:59
3	Zades/Wong	:15	38:16

All teams were rated to finish at 38:00. The Tran team easily beat that rating and, accordingly, won by a lot – finishing more than a lap in front of the other two teams. Good job by Ken Bloesch and Madelyn

Moon of timing the myriad of runners in this event.

10/10/09 – 6 x 1600 Relay

Pl	Team	Start	Finish
1	Rostege/Sudan	4:00	43:23
2	Zades/Conroy	-0-	43:48
3	Bednar/Taylor	5:45	43:54
4	Hurtado/Graham	5:45	44:01
5	Purvis/Moon	4:00	44:17
6	Myers/Krey	:15	44:27
7	McAllister/Prabel	8:15	44:46
8	Wong/Delyani	5:30	44:59
9	Schmitt/Gelblum	4:00	47:06

Dick Barrett Trophy Winner – None

Phantom Dick Barrett Trophy Winner = Tim Rostege

Easy win for the Sudan team. 50+ runner, Brian Conroy had the best average of the day at 5:56. Missy Sudan led the ladies at 5:57.

RACE RESULTS

7/4/09 –Santa Cruz Firecracker 10K

157	Victoria Kros	54:06	1st-60+
176	Chris Blue	55:02	2nd-60+

7/4/09-Morgan Hill 5K

4	Aaron Patterson	16:52
17	Tony Scardina	18:42
109	Bob Lord	23:15

7/12/09-Armstrong Challenge 5K

Glenn Kishi	22:17
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7/11/09-Rancho Seco Triathlon

Kelly Emo 1:26:11
 Kelly finished 1st in the 40+ division with a time of 12:00 for the half mile swim, 48:00 for the 16-mile bike ride, and 23:00 for the 3-mile run.

7/18/09-USCAA National Relays-5K

Men

3	Jonathan Kimura	16:25	1st-25+
12	Adam Prince	17:29	2nd-45+
15	Dennis Kurtis	17:44	1st-55+
56	Matt Kriege	21:08	

94	Walt Van Zant	30:07
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Women

2	Becki Kriege	19:14	1st-40+
21	Carol Bednar	22:25	2nd-40+
49	Julie Sobczak	25:56	

7/19/09-USCAA Nstional Relays-10K

Men

2	Jonathan Kimura	34:23	2nd-25+
13	Adam Prince	36:56	2nd-45+

7/19/09 – Jungle Run 10K

17	Rich Hahn	45:47	5th-40+
22	Kelly Emo	46:27	2nd-40+
25	Alice Isaacson	46:40	
47	Gina Krieg	50:08	2nd-50+

7/19/09 – Jungle Run Half Marathon

106	Lisa Low	1:46:17	
162	Brian Low	1:51:42	2nd-60+
308	Chris Blue	2:01:24	1st-60+
320	Kat Powell	2:02:06	

7/26/09-SF Marathon

Kat Powell	5:25:06
Kat was the pacer for the 5:30 group.	

7/26/09-Wharf to Wharf-6.0 Miles

37	Matt Tompkins	32:30
56	Mike Bordoni	33:31
88	Magnus Wiklund	34:53

8/2/09-Skyline 50K

Kat Powell	7:41:14	4th-50+
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8/8/09-Suan Anthony 5K

7	Becki Kriege	19:00	3rd-40+
23	Mary Kriege	21:21	
71	Julie Sobczak	26:31	

8/8/09-Dammit-5.0M

Men

9	Jonathan Kimura	30:53	3rd-18+
33	Ken Camet	35:16	1st-45+
38	Neil Gelblum	36:09	1st-55+
55	Dino Delyani	38:00	3rd-50+
81	Greg Burke	39:44	1st-60+
116	Glenn Kishi	41:58	
158	Dave McIntyre	44:26	

281	Tom Zades	53:25
296	Alvin Jackson	55:19
Women		
61	Pauline Beatty	47:54 5th-50+
66	Chris Blue	49:21 1st-60+
87	Kat Powell	51:37 2nd-55+
188	Georgia Riley	60:53 1st-65+

8/22/09-National Senior Games

800M-Trials

Jim Bordoni	2:25.79
David Woodruff	2:29.71
Both qualified for the finals. Dave finished 2nd in his heat and Jim finished first in his heat.	

800M-Finals

6	Jim Bordoni	2:24.90	55/59 Div
9	David Woodruff	2:28.85	50/54 Div

1500M Finals - 50/54 Div

8	Paul Skokowski	4:58.69
10	David Woodruff	5:02.90
14	Brian Conroy	5:16.04

8/16/09-Run Thru The Redwoods 10K

86	Kelly Emo	50:34	1st-40+
191	Victoria Kros	57:35	2nd-60+
251	Ken Bloesch	61:26	

8/16/09-Run Thru the Redwoods Mile Run

Lauren Emo	12:41
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8/22/09-Santa Cruz 4.0M XC Race

Men's Race

5	Duncan Weru	20:54
28	Matt Tompkins	22:57
34	Andy Lief	23:21
36	Jorn Jensen	23:30
40	Scott Bang	23:49
42	Magnus Wiklund	23:59
43	Jean Harris	24:00
45	Brian Davis	24:05
46	Matt Nolan	24:07
48	Adam Prince	24:09
52	Dennis Kurtis	24:28
60	Dave Piazza	25:03
66	Marc Ostrowski	25:27
68	Casey Reinking	25:33
69	Scott McLeod	25:34
72	Ken Camet	25:49
81	Mike Kriege	26:10
83	Bill Dunn	26:15
91	Tony Scardina	26:36
94	Frank Prabel	26:42

96	Brian Conroy	26:54
101	Tim Souza	27:16
107	Aaron Lee	27:28
110	Jeff Rohrer	27:39
116	Dave Woodruff	28:01
121	Bob Pickens	28:40
123	Dan Anderson	28:43
126	Mike Krey	28:58
135	Rich Hahn	29:39
137	Joe Hurtado	30:00
146	Glenn Kishi	30:56
147	Carl Petersen	31:13
150	Dave Norlander	31:44
158	Joe Johnson	34:13
169	Eddie Reyna	40:24
170	Carl Tuck	42:06

Women's Race

14	Chris Kennedy	26:28
21	Becki Kriege	26:50
35	Missy Sudan	27:43
47	Mary Vidovich	29:05
52	Marian Richard	29:46
56	Joann Dahlkoetter	30:18
57	Kelly Emo	30:24
60	Claudia Alne	31:00
65	Uynethi Tran	31:20
82	Kat Powell	37:14

8/22/09 – Marshall Clark Race-4M

10	Rob Nast	23:30	1st-40+
20	Neil Gelblum	25:32	1st-50+
63	Heather Rohrer	30:21	5th-13+

8/22/09 – Bulldog 50K

29	Cecil Baumgartner	5:20:36	3rd-50+
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8/29/09-Empire XC Race-3.43M

Open Men's Race

14	Duncan Weru	18:59
22	Jon Kimura	19:47
47	Scott McLeod	22:03

Men's 40 & Over Race

10	Andy Lief	19:55
13	Scott Bang	20:12
20	Matt Nolan	20:32
22	Brian Davis	20:45
23	Dennis Kurtis	20:57
26	Andy Williams	21:05
27	Dave Piazza	21:11
43	Mike Kriege	22:23
47	Bob Pickens	22:34
52	Bill Dunn	22:58
53	Brian Conroy	23:05
57	Jeff Rohrer	23:21
65	Dino Delyani	23:45

69	Todd Hayes	23:54
73	Art Mitchum	24:09
77	Tom O'Connor	24:41
92	Glenn Kishi	26:03
94	Joe Hurtado	26:14
95	Carl Petersen	26:31
98	Dave Norlander	26:54
120	Carl Tuck	36:48
121	Eddie Reyna	37:33

Women's Race

10	Christine Kennedy	22:20
24	Mary Vidovich	24:38
60	Kat Powell	34:09

8/29/09 – Super Sprint Triathlon

15	Kelly Emo	50:44	1st-40+
This race consisted of a 400-yard swim, an 8-mile bike ride, and a 2-mile run.			

8/30/09 – Luna Bar Women's Triathlon

6	Kelly Emo	1:51:49	1st-40+
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9/6/09-Run For Healthy World 5K

43	Carl Tuck	30:36	1st-70+
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9/6/09-Run For Healthy World 10K

9	Derrick Peterman	39:40	4th-40+
11	Neil Gelblum	40:57	2nd-50+

9/13/09-Buffalo Stampede 10-Miler

63	Jim Howe	67:31	1st-60+
120	Glenn Kishi	77:53	

9/13/09-Union City 10K

9	Neil Gelblum	38:15	1st-56+
13	Dan Anderson	39:55	2nd-56+

9/13/09-Union City 5K

4	Ron Kiyono	18:57	1st-56+
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9/13/09 – Quicksilver 10K

24	Ken Bloesch	67:58	
34	Tom Zades	76:07	2nd-60+
Challenging course			

9/13/09 – Quicksilver Half Marathon

Chris Kennedy	1:50:49	2nd-Wom
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9/27/09 – Trailblazer 10K

1	John Weru	33:59
7	Ken Camet	38:25
18	George Lo	40:45
19	Jim Howe	41:20

9/27/09-Paso Robles 10K

15	Chris Kennedy	38:44
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Kristine finished 4th overall on an age-graded basis, 1st in the 50+ division, and was the 4th woman finisher overall.

9/27/09 – Almaden Times 10K

10	Todd Hayes	40:42
12	Dan Anderson	41:18
41	Tim Rostege	48:51

10/3/09 – Presidio XC Race – 3.55M

Men's Master Race

7	Andy Leif	21:56
19	Matt Nolan	22:45
23	Scott Bang	23:00
25	Brian Davis	23:09 3rd-50+
27	Andy Williams	23:19
28	Magnus Wiklund	23:21
36	Dave Piazza	23:45
39	Mike Kriege	24:05
43	Norry Mcallister	24:17
45	Marc Ostrowski	24:20
54	Frank Prabel	25:01
55	Bob Pickens	25:05
64	Bill Dunn	25:46 1st-60+
67	Brian Conroy	25:52
72	Dino Delyani	26:20
74	Dave Woodruff	26:31
90	Tom O'Connor	30:00
93	Carl Petersen	30:30 1st-70+
99	Glenn Kishi	31:37
103	Dave Norlander	32:50 4th-70+
112	Eddie Reyna	39:52

Men's Open Race

9	Duncan Weru	20:03
24	Jonathan Kimura	21:06
33	John Weru	21:35
53	Scott Mcleod	24:15
59	Aaron Lee	27:13

Women's Race

10	Chris Kennedy	24:12	1st-50+
28	Missy Sudan	26:04	
47	Mary Vidovich	27:36	

10/3/09 – Ojai Half Marathon

Cecil Baumgartner	1:38:06	3rd-50+
Sue Francis	1:58:52	3rd-50+

Cecil finished 12th overall and was only 80 seconds behind the first 50+ finisher.

10/4/09 – Rock /Roll Half Marathon

Jorn Jensen	1:20:03	3rd-40+
Todd Hayes	1:25:08	2nd-55+
George Lo	1:28:50	
Ron Kiyono	1:33:02	2nd-60+
Glenn Kishi	1:40:56	
Kelly Emo	1:44:18	
Rosanna Kennedy	1:47:06	
Brian Low	1:47:29	1st-65+
Chris Blue	1:55:46	2nd-60+
Alvin Jackson	1:57:29	
Victoria Kros	1:58:47	4th-60+
Kat Powell	2:01:50	

Roger Lobbes	2:07:32
Dena Noble	2:18:36

10/10/09 – Willow Hills XC Race - 5K

Men's Open Race

23	Jon Kimura	17:01
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Women's Race

9	Chris Kennedy	19:49
38	Mary Vidovich	21:05

Men's Master Race

19	Dave Piazza	18:59
23	Bob Pickens	19:38
24	Ken Camet	19:40
29	Jeff Rohrer	20:01
33	Bill Dunn	20:19
42	Tim Souza	20:57
44	Dave Woodruff	21:13
46	Art Mitchum	21:28
66	Neal Chappel	23:01
69	Tom O'Connor	23:13
71	Glenn Kishi	23:16
76	Dave Norlander	23:37
91	Carl Petersen	24:43
107	Eddie Reyna	31:02

10/11/09 – Royal Victoria Mar

Rich Hahn	3:34:06
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This is a new 45+ PR for Rich.