



WVJS



VOL XXXIV-#3 WEST VALLEY JOGGERS & STRIDERS September 2005

Saturday Workouts

10/08/05 Valle Vista (3.0 miles)	12/10/05 4 x 1.46-Mile WVC Loop Relay
10/15/05 6 x 1600 Relay	12/17/05 Short Six (5.74 miles)
10/22/05 Triangle Run (4.76 miles)	12/24/05 Valle Vista (3.0 miles)
10/29/05 12 x 800 Relay	12/31/05 All Courses Day
11/05/05 8 x 0.66-Mile Tennis Court Loop Relay	01/07/06 Triangle Run (4.76 miles)
11/12/05 Dou/Sar/Frtvle (2.75 miles)	01/14/06 6 x 1600 Relay
11/19/05 8 x 1200 Relay	01/21/06 Dou/Sar/Frtvle (2.75 miles)
11/26/05 Farwell/Herriman (4.68 miles)	01/28/06 5K on the Track
12/03/05 Farwell (3.54 miles)	02/04/06 8 x 0.66-Mile Tennis Court Loop Relay

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

Upcoming Races

PA-USATF Championships

10/16/05 Humboldt Half Mar (1.5)
11/13/05 Clarksburg 30K (2.0)
12/11/05 Christmas Relays (2.0)

Racer of the Year

Fastest Farwell Time
Cumulative Saturday Races
Fastest Marathon
10/16/05 Humboldt Half Marathon
10/30/05 Hollister Mile
11/13/05 Clarksburg 30K

Other Popular Races

10/01/05 Quicksilver Half Marathon
10/08/05 Almaden Classic 2M, 10K
10/30/05 Silicon Valley Marathon
11/27/05 Run to the Farside 5K, 10K
01/01/06 Los Gatos Resolution 5M
01/08/06 Cal 10
02/05/06 SF Half Marathon

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:30 PM. We run intervals with 50% rest, rotating weekly through 12 x 400, 6 x 800, 4 x 1200, and 3 x 1600s.

Sunday Runs

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

2005 PA/USATF Grand Prix

Open Men

Our open men's team is currently in 7th place. Jake Roberts is our team captain.

Open Women

Our open women's team is currently in 6th place. Becki Kriege and Johanna Wans are in 17th and 19th places in the short race division and Johanna is in 2nd place and Becki in 6th in the long race division. Becki is the team captain.

40+ Men

We are currently in 5th place. Bob Pickens is in 3rd place, Mike Kriege is in 20th place, Brian Davis is in 39th place and Al Murray is 40th place in the short race division and Bob is in 8th place in the long race division. Al Murray is our 40+ team captain.

40+ Women

We are currently in 6th place. Marian Richard is in 14th place in the long race division. Kelly Emo is the team captain.

50+ Men

We are currently in second place. Jim Bordoni is in 6th place, Bill Dunn is in 8th place, Ron Kiyono is in 13th place, Mark Goldman is in 25th place, and Neil Gelblum is in 27th place in the short race division. Dan Anderson is in 4th place, Jim Bordoni is in 6th place, Ron Kiyono is in 10th place, Dennis Kurtis is in 20th place, and Neil Gelblum is in 23rd place in the long race division. Jim is our 50+ team captain.

50+ Women

We have not been able to field a complete team in any race so far this year. Kat Powell and Gail Campbell are in 16th and 17th places in the short race division and Kat is in 15th place in the long race division. Kat is our team captain.

60+ Men

We are currently in first place. Joe Hurtado is in 4th place, Bob Schmitt is in 7th place, Dick Chimenti is in 9th place, Neal Chappell is in 11th place, Rich Stiller is in 23rd place, Dave Norlander is in 24th place, Ken Noel is in 26th place, Tim Rostege is in 34th place, and John Peterson is in 39th place in the short race division. Joe Hurtado is in 3rd place

and Bob Schmitt is in 7th place in the long race division. Joe is the team captain.

70+ Men

We are currently in second place. Eddie Reyna, Bill Floodberg, Eddie Reyna, Ed Singleton, Glynn Wood, and Jerry Lewis are in 1st, 2nd, 6th, 10th places, and 12th places in the short race division. Bill Floodberg, Ed Singleton, and Eddie Reyna are in 1st, 7th, and 8th places in the long race division. Bill is the team captain.

Miscellaneous Drive

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

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

Tom Zades ran the Nisene Marks half marathon in Aptos on June 4th and reports that his pace was 2 minutes per mile slower than a mere 4-5 years ago when he won his 55+ age group with a 1:53. His 2:20 this year was still good for 3rd place in the 60-64 age group. He described his condition after the race as "beat up from the feet up."

Congrats to Tim Riley for winning our annual Jim Shettler handicap race.

Ken Napier, who moved to Groveland a little over a year ago, finally moved into his newly-built house. It's a very nice place, located near several fishing holes.

David Furst, who has been beset by injuries for the last 10 years, has decided to retire from running.

Carol Mendoza, who has lived in Fremont for many years, has moved to Cupertino in order to be closer to her job at Lockheed. So, we should see her more often at our Saturday workouts.

Katie Nast, the daughter of Rob and Liz, has just started her freshman year at Saratoga. She has been their number one runner during the early part of the season and should run in the low 5s in the mile this coming track season.

Cecil Baumgartner and Damon Lease started the Western States 100-miler on June 25th. Cecil made it to the finish in a little under 24 hours to win the coveted belt. Damon was pulled from the course at 93.5 miles because he had gone over the pace necessary to complete the course in 30 hours. Cecil was still out of it a week after the race (something about a potential toe amputation) but wants to run the race again even though he felt horrible over the last 25 miles. Damon said that he was well on his way to breaking 30 hours but started running into trouble at 80 miles and slowed dramatically at 90 miles. He also hopes to run the race again.

Mark Pasos flew to Hawaii for the 2005 National Masters track championships. He ran 12.13 for the 100M in the

qualifying round to qualify for the finals but skipped the 100 finals because the back of his knee was tender. He also qualified for the finals in the 200 with a time of 24.91 and then came back to get a 5th in the 45+ finals with a slightly slower time. Mark did not fare as well in the 400 M as he was unable to qualify for the finals.

Mike Gruber, who ran with us regularly in the late 70s and early 80s but now lives near Seattle, visited us recently and paced Walt Van Zant to a seasonal best on the Short Six course. He then returned to Seattle and won the 46+ division of a hilly 5K in 20:30.

Dan Sauers reports that in February 2004 that he went from a 34:00 10K runner and a strong cyclist to not being able to jog across the street. After about 9 months, even cycling began to be uncomfortable. So, he began investigating several options. He considered Hip resurfacing, but was not willing to travel repeatedly to L.A. and pay upwards of \$24,000. A major concern when making his decision to have a procedure done was would he be able to run again - at all? Every doctor he spoke to told him 'no way!' However, many advances have been made in materials and techniques. So, he paid 5 bucks to Kaiser and had his hip replaced in early May of this year. So far, Dan is pleased with the results. Tim Riley had his hip replaced and seems to be doing quite well. John Bronson is also considering a hip replacement operation.

Ulrich Kaempf, who was one of the club's greatest runners, died of leukemia on 6/21/05 at the age of 74. There follows an article about him in the Mercury News.

Ulrich was born and raised in Bern, Switzerland, where he served in the Swiss army and graduated from engineering school. He met his wife Ruth on the ski slopes of the Alps, he an instructor and she a student. Together they immigrated to California in 1958 and became proud US citizens in 1964.

Ulrich was the consummate athlete, excelling in running, skiing, cycling and soccer. His passion for running boosted him to elite status for long distance in the Masters category, where he set national records in the marathon and 10K events. He loved to race and logged up to 80 miles per week in the local foothills. He became a fixture, running or cycling to work daily, rain or shine.

Ulrich spent his early years at Fairchild Semiconductor and later years at Hewlett Packard working as an electrical engineer. His knack for engineering led to several patents and publications in the fields of integrated circuit and semiconductor design and manufacturing.



After retiring in 1998, Ulrich continued to consult and later volunteered as a Roadrunner with the El Camino Hospital Auxiliary and at CESE, an HP sponsored program aimed at improving science education locally.

Ulrich is survived by Ruth, his wife of 48 years; his children, Tina, Victoria, Matt and their spouses; his six granddaughters; and his brother, Peter. We will miss him dearly.

He was a master at balancing family responsibilities, his career and his passion for fitness -- each one received his full commitment. He cherished family values and embraced life with integrity, character, classic humor, appreciation and loyalty.

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>

2005 RUNNER OF THE YEAR CONTEST

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

2005 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 19 designated events. The top finisher in each division for each event received 25 points, the second finisher received 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. The standings to date for 2005 for all who scored in four or more races are as follows:

Elite Division

Bob Pickens (8)	200
Mike Kriege (8)	192
Jim Bordoni(8)	182
Dave Piazza (7)	153
Brian Davis (6)	140
Andy Williams (6)	139
Scott Bang (5)	110
Mike Smith (4)	82

A Division

Jeff Rohrer (8)	200
Becki Kriege(8)	194
Al Murray (8)	193
Bill Dunn (8)	187
Johanna Wans (8)	178
Amanda Gerhardt (8)	176
Neil Gelblum (8)	174
Ron Kiyono (8)	167
Danny Moon (8)	164
Mark Isaacson (6)	121
Neal Chappell (6)	114

B Division

Tom O'Connor (8)	200
Bob Schmitt (8)	190
Joe Hurta 107 (8)	185
Kelly Emo (8)	173
Mark Goldman (7)	168
Jeff Bedolla (7)	146
Aaron Lee (6)	145
Dino Delyani (6)	137
Dick Chimenti (6)	133
Carol Mendoza (6)	130
Marian Richard (4)	86
Liz Nast (4)	81

C Division

Rich Stiller (8)	188
Dave McIntyre (7)	122
Mike Kolesnik (7)	169
Norm Takeuchi (7)	168
Dave Norlander (7)	167
Chris Cassell (7)	152
Rich Hahn (5)	118
Gail Campbell (4)	88

D Division

Tim Rostege (8)	198
Ken Noel (8)	194
John Peterson (8)	191
Kat Powell (8)	189
Tom Zades (8)	185
Becky Norlander (4)	98
Don Packwood (4)	77

E Division

Bill Flodberg (8)	200
Eddie Reyna (8)	190
Tim Riley (7)	163
Betty Root (6)	134
Georgia Riley (5)	122
Chris Blue (4)	97

LOS GATOS 2005 SUMMER ALL-COMER TRACK MEETS

(As per Jim Bordoni)

	Summer	Jul. 7	Jul..14	Jul. 16 USATF	Jul. 21	Jul. 28	Aug. 4	Aug. 11
60 METERS								
J. P. Campbell	10.18							10.18
Helen Cassell	10.34						10.34	
Scott McIntyre	18.05				18.05			

100 METERS

Mark Pasos	12.11			12.11			
Chris Cassell	14.63	15.05	14.63				
Helen Cassell	16.73					16.73	
J. P. Campbell	16.94				16.94		
Matthew Campbell	18.86				20.08	19.42	18.86
Harriet Cassell	19.47		19.47				
Heather Rohrer	19.89					19.89	
Jackie Rohrer	24.25					24.25	
Scott McIntyre	32h				32h		

200 METERS

Mark Pasos	24.75	25.08		24.75			25.22
Danny Moon	28.72	29.27		28.72		29.06	29.23
Chris Cassell	30.73	32.05					30.73
Mike Kolesnik	31.49				31.49		
J. P. Campbell	34.19				34.19		34.53
Helen Cassell	36.36					36.36	
Matthew Campbell	39.61				40.88		39.61
Scott McIntyre	70.75				70.75		

400 METERS

Mark Pasos	56.27	56.8h		57.24			56.27
Dimitrios Stefanidis	57.4h		57.4h				
Robert Pickens	59.59		61.49	59.59		59.96	
Danny Moon	64.67			64.67			
Jose Casillas	64.9h	64.9h					
Mike Kolesnik	69.98				69.98		
Chris Cassell	70.47	72.3h	75.9h			70.47	
Alison Rohrer	91.42						91.42
Harriet Cassell	110.23		110.23				

800 METERS

Dimitrios Stefanidis	2.17.33		2.17.33				
Jeff Rohrer	2.20.65						2.20.65
Ray Russell	2.22.93		2.22.93				
Danny Moon	2.27.64			2.27.64			
Hank Lawson	2.31.88	2.31.88					
Chris Cassell	2.50.93	2.50.93					
Matthew Campbell	3.12.70					3.12.70	3.30.57

1500 METERS

Robert Pickens	4.19.00			4.19.00			4.19.26
Dimitrios Stefanidis	4.47.06						4.47.06
Tom O'Connor	5.08.86						5.08.86
Brian Conroy	5.10.32						5.10.32

MILE

Robert Pickens	4.40.71				4.48.11	4.40.71	
Jeff Rohrer	5.01.99	5.14.72	5.07.69		5.12.19	5.08.73	5.07.29
Andy Williams	5.13.63				5.26.92		5.28.56
Dimitrios Stefanidis	5.14.43				5.18.13		5.14.43
Becki Kriege	5.15.73						5.15.73
Tom O'Connor	5.26.15	5.43.00	5.33.79			5.31.16	5.26.15
Ray Russell	5.30.36	5.30.36					
Danny Moon	5.35.20	5.35.20				5.35.59	5.39.46
Brian Conroy	5.41.37				5.42.97	5.41.37	
Jim Howe	5.54.33		5.54.33				
Rich Hahn	6.13.60				6.13.60		
Dave McIntyre	6.26.28				6.27.93	6.26.28	
Jake White	6.30.40						6.30.40
J. P. Campbell	6.31.55				6.31.55		6.33.8h
Alison Rohrer	7.51.03				7.51.03		8.02.74
Matthew Campbell	8.16.06						8.16.06

3200 METERS

Jeff Rohrer	10.59.9h	11.19h	11.13.17		11.07.43	10.59.9h	11.01.98
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Andy Williams	11.25.50				11.25.50
Brian Conroy	12.12.6h			12.15.2h	12.12.6h
Tom O'Connor	12.13h		12.13h		11.56.76
Jim Howe	12.19.95				12.19.95
Rich Hahn	12.43.11	13.21h	13.18h		12.43.11
Dave McIntyre	13.27.3h			14.36.76	13.27.3h
Chris Cassell	15.33.9h	15.33.9h			15.36.6h

5000 METERS

Robert Pickens	16.10.65				16.10.65
Andy Lief	17.13.10				17.13.10
Andy Williams	18.11.00				18.11.00
Jim Howe	19.41.32				19.41.32
Rich Hahn	20.37.94				20.37.94
Dave McIntyre	21.47.27				21.47.27

LONG JUMP

Helen Cassell	10' 2"				10' 2"
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NOTES: FinishLynx system not used 2/19/05 due to heavy rain. Feb. 19 & 26 results courtesy of Bob Pickens.

SATURDAY WORKOUT RESULTS

5/28/05 – 8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish							
1	VanZant/Schmitt	-0-	42:03	11	Jeff Bedoll	42:17	1	Bill Dunn	16:51	Doug
2	Cassell/Russell	10:00	42:26	12	Dave Norlander	42:58	2	Ray Russell	17:19	Doug
3	Root/Warfel	-0-	42:28	13	Bob Schmitt	43:04	3	Mike Kriege	20:35.6	Farw
4	Norlander/O'Connor	10:00	42:38	14	Jeff Rohrer	45:02	4	Dave Norlander	21:04	Doug
5	Beyers/Bedolla	10:45	43:08	14	Kelly Emo	45:02	5	Jeff Rohrer	21:06.2	Farw
6	Noble/Conroy	8:45	43:51	14	Johanna Wans	45:02	6	Becki Kriege	21:09.4	Farw
7	L.Nast/Lee	11:00	43:56	14	Mike Kolesnik	45:02	7	Helen Wong	22:38	Doug
8	Powell/Wong	4:00	44:05	18	Chris Cassell	45:39	7	Joe Hurtado	22:38	Dougl
9	McPhail/Gelblum	-0-	44:55	19	John Peterson	48:42	9	Don Packwood	23:20	Doug
10	Zades/D.Moon	8:45	45:02	20	Tom Warfel	49:46	10	Ken Noel	23:21	Doug
11	DeMartin-Moon/Hayes	-0-	46:51	21	Chris Blue	51:36	11	Norry McAllister	23:59.6	Farw
				22	Dena Noble	52:34	11	Neil Gelblum	23:59.6	Farwl
				23	Kat Powell	54:33	13	Brian Conroy	24:06.3	Farw
				24	Walt Van Zant	56:43	14	Tom Zades	24:39	VV
				25	Don Packwood	57:10	15	Jeff Bedolla	24:54.4	Farw
				26	Ken Noel	58:09	16	Kelly Emo	25:41.8	Farw
				26	Norm Saucedo	58:09	17	John Peterson	26:42.2	Farw
				28	Betty Root	59:06	18	Betty Root	27:10	Doug
				29	Scott Bang	99:59	19	Walt Van Zant	27:44	VV
					Tom O'Connor	DNF	20	Madelyn Moon	28:49	Doug
							21	Jim Wurm	29:36	Doug
							22	Georgia Riley	30:55.0	Farw
							23	Elaine Erickson	31:04.0	Farw
							24	Kat Powell	32:09.7	Farw
							25	Andy Williams	36:16	Shrt 6
							25	Slim Pickens	36:16	Shrt 6
							27	Al Murray	36:51	Shrt 6
							28	Tom Warfel	38:00	F-H
							29	Tom O'Connor	38:26	Shrt 6
							30	Tim Riley	56:50	Shrt 6

Dick Barrett Trophy Winner – Chris Cassell

All teams were rated to finish in 44:00. Several teams ran well under that time. Ray Russell ran 3:26 on his last run as he had the best average at 3:38. Liz Nast led the ladies with a 4:18 average. The Gelblum team would have won but Neil mistakenly ran a full campus loop on his first run rather than just running around the tennis courts.

Dick Barrett Trophy Winner – Scott Bang

Easy win for Scott this morning on this difficult course. Good run for Dimitrios as he knocked 4 seconds off his PR, which was set more than 4 years ago. Chris Blue recorded the #6 time by a 55+ woman runner. Tom O'Connor had to drop out due to a blister. Despite this valid excuse for dropping out, the DNF puts Tom in contention to win the brown bag award. Norm tripped and took a bad fall on Allendale but seemed to be okay laying next to his car when we left for breakfast.

6/4/05 – Short Six – 5.74 Miles

1	Scott Bang	35:23	
2	Jim Bordoni	38:10	
3	Dimitrios Stefanidis	38:29	PR
4	Bjorn Samson	38:57	
4	Bob Pickens	38:57	
6	Todd Hayes	39:39	PW
7	Chris Baker	39:41	
8	Dino Delyani	39:45	
9	Neil Gelblum	40:21	
10	Joe Hurtado	42:12	

6/11/05 – All Courses Day

Phantom Dick Barrett Trophy Winner – Bill Dunn

Bill Dunn took advantage of a rare Saturday day-off from the post office to be

the top finisher this morning. His time tied him for #9 on the 55+ list, just 14 seconds behind the #5 time. Mike Kriege led the 12 finishers for the Farwell course with the #22 45+ time. Farwell was the most popular course that was run this morning. Douglas followed with 10 finishers. **Georgia Riley** broke the women's 60+ course record (held by her) by 2 seconds. Tom Zades was pleased that he improved his 60+ best for Valle Vista by 64 seconds. This moved him to #4 from the bottom of the 60+ list. Walt Van Zant improved his 65+ best for Valle Vista by 14 seconds to move to within 104 seconds of extricating himself from last place on the 65+ List. Jim Wurm lost about 5 minutes when he had to take a bathroom break near the end of the Douglas run. Andy Williams, Slim Pickens, and Al Murray lost about 20 seconds when they mistakenly turned up Chester for about 50 yards while running down Sobey Rd.

6/18/05 – Valle Vista – 3.0 Miles

1	Mike Kriege	16:38	
2	Andy Williams	17:47	
3	Becki Kriege	17:49	
4	Jorn Jensen	17:51	
5	Al Murray	18:21	
6	Bjorn Samson	18:38	
7	Tom O'Connor	18:54	
8	Dimitrios Stefanidis	19:01	
9	Brian Conroy	19:09	
10	Dino Delyani	19:56	
11	Jeff Bedolla	20:15	PR
12	Danny Moon	20:23	
13	Joe Hurtado	20:25	
14	Dave Fergus	20:36	
15	Greg Burke	21:11	
16	Dave Norlander	21:16	
17	Neil Gelblum	21:39	
18	Helen Wong	22:04	
19	Jonathan Lee	22:06	
20	Jeff Rohrer	22:15	
20	Damon Lease	22:15	
22	Chris Cassell	22:30	
23	Tom Warfel	23:20	
24	Don Packwood	24:47	
25	Uyenthi Tran	25:08	
26	John Peterson	25:32	
26	Dick Chimenti	25:32	
28	Kat Powell	26:15	
29	Norm Saucedo	29:44	
29	Ken Noel	29:44	
31	Rich Collins	30:16	
32	Rich Stiller	30:19	

33	Madelyn Moon	31:20
34	Adam Perrotta	37:59
35	Stan DeMartinis	47:32

Dick Barrett Trophy Winner – Mike Kriege

Very easy win for Mike as he recorded the #7 best-ever time by a 45+ runner. Becki led the ladies with her best time on this course since she ran 17:42 eight years ago. Jeff Bedolla was the only one to PR as he shaved 5 seconds off his best time. Dimitrios missed his PR by one second. Chris Cassell knocked 68 seconds off his 50+ best. Damon Lease, who moved away from the Bay Area about 9 years ago and who will be running the Western States 100 next weekend, ran this course for the first time since 2000 and was able to improve his time from then by 7 seconds.

6/25/05 – 16 x 300 Relay

Pl	Team	Start	Finish
1	Peterson/Conroy	7:30	24:35
2	Noble/Zades	6:15	25:51
3	Stefanidis/Rohrer	11:00	25:54
4	Goldman/Williams	10:15	26:30
5	McPhail/Gavin	6:45	26:47
6	DeMartinis/Tran	-0-	29:56

Dick Barrett Trophy Winner – Dena Noble & Tom Zades

Tom Warfel directed this workout. He decided to give the trophy to Dena and Tom because the first place team finished so far in front. Later, he discovered why the Conroy team finished so far in front. Due to a rare error by Tom, they were allowed to start at 7:30 rather than 8:45. If they had started at the correct time, they would have finished at 25:50. All teams were rated to finish at 25:45.

7/2/05 – One Mile Runs on the Track

Heat #1 (6:15 & Over)

1	Rich Hahn	6:12.5
2	Kelly Emo	6:14.7
3	Dave Norlander	6:15.6
4	Chris Cassell	6:24.6
5	Joe Hurtado	6:24.8
6	Jeff Bedolla	6:26.7
7	Liz Nast	6:27.4
8	Jake White	6:35.0
9	Ed Gavin	6:38.3
10	John Peterson	6:40.0
11	Don Packwood	6:43.4

12	Tom Warfel	6:44.1
13	Ken Noel	6:53.0
14	Helen Wong	6:56.3
15	Uyente Tran	6:59.3
16	Tom Zades	7:06.2
17	Kat Powell	7:56.7
18	Betty Root	8:54.7

Heat #2 (Under 6:15)

1	Bob Pickens	4:39.5
2	Jeff Rohrer	5:16.0
3	Andy Williams	5:16.7
4	Al Murray	5:26.5
5	Becki Kriege	5:27.9
6	Tom O'Connor	5:28.5
7	Danny Moon	5:34.8
8	Jonathan Lee	5:37.8
9	Brian Conroy	5:38.3
10	Neil Gelblum	5:51.1
11	Jim Howe	5:51.4
12	Aaron Lee	5:53.4
13	Mike Kolesnik	5:53.9
14	Mark Goldman	6:02.3
15	Bob Schmitt	6:13.3

Dick Barrett Trophy Winner – Slim Pickens

Chris Cassell jumped to an early lead in the first heat but was closely followed by Rich Hahn, Kelly Emo, and Dave Norlander as they ran their first lap in 90. Kelly then surged into the lead, passing two laps in 3:05 with Dave and Rich about 10 yards back. Chris dropped out of contention during the second lap. Kelly still held the lead after 3 laps (4:42) with Rich right on her shoulder and Dave 10 yards back. Rich showed his superior speed during the last lap (90 seconds) to pass Kelly and pull away for the win. Dave closed on Kelly but was not fast enough to catch her. Ken Noel ran his best track mile since he ran 6:17 in 2001. Tom Zades missed cracking 7:00 but ran his best track mile since his 6:47 in 2002. Betty Root ran her first track mile since 2001.

Slim Pickens ran a superb mile in the second heat. He started with a 69, dropped to a 71 on the second lap, improved to 70 on the third lap, and finished with a 69. As can be seen, nobody was near him. Dimitrios ran a 1320 in 3:51 in this heat and that is all that he intended to run. Jeff and Andy battled all of the way for second as they ran 79, 80, 79, and 78.

7/9/05 – Triangle Run – 4.76 Miles

1	John Mintz	29:30
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2	Brian Conroy	31:16
3	Todd Hayes	31:38
4	Dino Delyani	31:59
5	Jonathan Lee	34:39
6	Hank Lawson	35:31
7	Brian Low	35:31
8	Dave Norlander	36:03
9	Ed Gavin	36:15
10	Tom Warfel	37:17
11	Chris Cassell	38:23
12	Tom Zades	38:43
13	Don Packwood	39:11
14	John Peterson	39:19
15	Kat Powell	44:11
16	Walt Van Zant	47:40
17	Betty Root	48:40
18	Stan DeMartinis	84:35

25	Chris Blue	23:33
26	Don Packwood	23:33
27	Kat Powell	24:23
28	Bethany Mayer	31:01

Narrow win for Jeff. Fastest time on this course by Becki since she ran 15:53 in early 1992. PRs for Tom O'Connor, Mark Goldman, and Mike Kolesnik.

17	Tom Warfel	35:10
18	Ed Gavin	35:34
19	Dave McIntyre	36:03
20	John Peterson	36:33
21	Carl Peterson	36:36
22	Chris Cassell	36:48
23	Dave Norlander	37:18
24	Uyenthi Tran	37:36
25	Ken Noel	37:43
26	Tim Rostege	37:46
27	Tom Zades	38:25
28	Don Packwood	40:41
29	Rick Kananen	41:24
30	Dena Noble	42:24
31	Walt Van Zant	44:19
32	Kat Powell	46:02
33	Betty Root	49:09

7/23/05-5K on the Track

1	Jorn Jensen	17:54
2	Dave Piazza	17:56
3	Jeff Rohrer	18:09
4	Andy Williams	18:22
5	Dino Delyani	19:31
6	Neil Gelblum	19:48
7	Brian Conroy	19:50
8	Mark Goldman	19:55
9	Jim Howe	20:00
10	Bob Schmidt	20:24
11	Aaron Lee	20:41
12	Missy Sudan	21:08
13	Keith Corbin	21:14
14	Jeff Bedolla	21:40
15	Dave McIntyre	22:20
16	John Petersen	23:18
17	Ken Noel	23:34
18	Don Packwood	24:14
19	Uyenthi Tran	24:20
20	Tom Zades	24:38
21	Kat Powell	26:02
22	Tim Riley	27:46
23	Chris Blue	27:48
24	Betty Root	30:44

Close win for Jorn. Great runs by Ken Noel and Tim Riley. Don Packwood improved his February 2005 track 5K time by 3 minutes.

7/30/05 – Farwell/H – 4.68 Miles

1	Slim Pickens	26:35
2	Andy Williams	28:07
3	Jim Bordoni	30:00
4	Brian Conroy	30:10
5	Jim Howe	31:04
6	Bob Schmitt	31:25
7	Todd Hayes	31:38
8	Aaron Lee	31:51
9	Dick Chimenti	31:57
10	Joe Hurtado	32:00
11	Missy Sudan	32:05
12	Dave Fergus	33:32
13	Kristina Park	33:33
14	Kelly Emo	33:39
15	Danny Moon	33:40
16	Jeff Bedolla	34:59

Dick Barrett Trophy Winner – Ken Noel

We made the big change this morning from the Farwell-Herriman course to the Farwell-Horseshoe course. The distance has stayed the same at 4.68 miles but we chopped out the Hwy 9/Herriman segment so that we could avoid the stop signal at Saratoga and Hwy 9 and we added the Horseshoe segment and started 117 feet back of the normal starting line. As can be seen, Bob Pickens was the first winner for this course. Missy Sudan led the ladies. Jim Bordoni led the 50+ men and Bob Schmitt led the ten 60+ runners. Brian Conroy missed his PR by 0.07 seconds. Kelly Emo ran the course for the first time as a 40+ runner, moving into #6 on that list just 3 seconds in front of Antonina Ettore and 10 seconds behind Marian Richards. Chris Cassell improved his 50+ best by one second. Tom Zades knocked 45 seconds off his 60+ best. Van Zant improved his 65+ best by 41 seconds, moving to within 6 **minutes** of second to last place on that list. Ken Noel was given the weekly trophy because of his persistence in the face of several injuries, which has now started to result in good performances.

8/6/05 – 12 x 600 Relay

PI	Team	Start	Finish
1	Tran/White	6:15	36:14
2	M.Moon/McPhail	-0-	36:24
3	Conroy/R.Pickens	13:30	36:45
4	J.Lee/Gelblum	11:15	36:45
5	Williams/Rohrer	13:30	37:14
6	Powell/Root	-0-	37:15
7	A.Lee/D.Moon	11:45	37:20
8	Warfel/Noel	7:00	37:20
9	Hahn/Schmitt	9:30	37:24

Dick Barrett Trophy Winner – Tom Zades

John Mintz ran with us for the first time this morning and scored an easy win. No overall PRs this morning. Brian Low and Tom Zades improved their 60+ PRs by 16 and 53 seconds. Dino completed all of the Saturday courses and moved into 2nd place in the B division of the Cum Sat contest, 3 1/2 minutes behind Tom O'Connor. Small turnout was probably due to runners saving themselves for the Grand Prix mile race tomorrow in Davis.

7/16/05-Dou/Sar/Frtvle-2.75M

1	Jeff Rohrer	15:58
2	Becki Kriege	16:02
3	Al Murray	16:08
4	Tom O'Connor	16:50
5	Jim Bordoni	17:13
6	Ray Russell	17:25
7	Dino Delyani	17:37
8	Dick Chimenti	17:48
9	Mark Goldman	17:56
10	Aaron Lee	17:58
11	Bob Schmitt	18:03
12	Joe Hurtado	18:04
13	Chris Baker	18:17
14	Missy Sudan	18:59
15	Richard Leherpeur	19:08
16	Mike Kolesnik	19:12
17	Dave Norlander	19:24
18	Brian Low	19:50
19	Jeff Bedolla	20:30
20	Dave McIntyre	21:04
21	Ken Noel	21:26
22	Uyenthi Tran	21:45
23	Tom Zades	22:23
24	Dena Noble	22:41

PR

PR

10	Hurtado/Nast	9:45	38:09
11	Goldman/Howe	11:15	38:18

home the trophy for her efforts in timing the mile and efforts in the 36 x 200 relay.

8/27/05

34th Annual Shettler Handicap Race – 3.06M

Dick Barrett Trophy Winner – Uyenthi Tran

8/20/05 – Farwell – 3.54 Miles

All teams were rated to finish in 37:15. Five teams made it under that time, one team hit that time on the nose, and five teams ran over 37:15. Uyenthi ran 60 seconds under her rating to lead her team to victory. The McPhail team started first and held the lead until the final lap when Jake White finally put his team into first. Slim Pickens had the best average for the day (1:46), finishing with a 1:36 on his final run. Becki Kriege, Don Packwood, and Tom Warfel did an excellent job of organizing and timing the relay.

1	Bob Pickens	18:50.4	PR
2	Andy Lief	20:08.1	
3	Rob Nast	20:22.8	PR
4	Andy Williams	20:55.2	PR
5	Dave Piazza	21:15.8	
6	Scott Bang	21:49.4	
7	John Mintz	22:07.1	
8	Neil Gelblum	22:50.8	
9	Becki Kriege	22:54.7	
10	Jim Howe	23:05.1	
11	Aaron Lee	23:07.2	PR
12	Todd Hayes	23:18.4	
13	Dino Delyani	23:49.9	
14	Bob Schmitt	24:01.5	
15	Kristina Park	24:19.5	
16	Dave Fergus	24:29.6	
17	Danny Moon	24:40.7	PW
18	Rich Hahn	24:44.5	
19	Joe Hurtado	25:29.8	
20	Jeff Bedolla	25:43.2	
21	Julianne Hanson	25:48.4	
22	Dave Norlander	25:49.9	
23	Tom Warfel	26:14.0	
24	Mike Kolesnik	26:35.2	PR
25	Rick Kananen	27:55.4	
26	John Pickens	28:05.1	
27	Ken Noel	28:13.7	
28	Uyenthi Tran	28:29.7	PR
29	Dena Noble	32:24.x	
30	Walt Van Zant	32:43.6	
31	Betty Root	35:04.x	
32	Madelyn Moon	35:20.x	
33	Bob Blonder	52:08.x	

Runner	Finish Time	Start	Actual Time
1	Tim Riley	28:54	2:40 26:14
2	Jim Myers	29:17	3:40 25:37
3	Jonathan Lee	29:23	9:10 20:13
4	Jorn Jensen	29:25	12:30 16:55
5	Joe Hurtado	29:28	9:30 19:58
6	Bob Pickens	29:32	13:40 15:52
7	Jake White	29:35	8:20 21:15
8	Andy Williams	29:35	12:10 17:25
9	Neil Gelblum	29:36	10:40 18:56
10	Mark Goldman	29:36	10:10 19:26
11	Jeff Rohrer	29:36	12:10 17:26
12	Andy Lief	29:38	12:50 16:48
13	Chris Cassell	29:39	7:10 22:29
14	Tom Warfel	29:45	7:40 22:05
15	Georgia Riley	29:46	4:10 25:36
16	Rick Kananen	29:47	7:10 22:37
17	Missy Sudan	29:48	10:40 19:08
18	Danny Moon	29:48	9:40 20:08
19	Becki Kriege	29:48	12:10 17:38
20	Jim Bordonni	29:49	11:20 18:29
21	Mike Kriege	29:54	13:00 16:54
22	Dick Chimenti	29:57	10:10 19:47
23	Bob Schmitt	29:58	9:50 20:08
24	Dena Noble	29:59	5:40 24:19
25	Carol Mendoza	30:00	9:50 20:10
26	Scott Bang	30:05	12:10 17:55
27	Kelly Emo	30:06	8:50 21:16
28	Al Murray	30:12	12:10 18:02
29	Brian Low	30:13	8:00 22:13
30	John Pickens	30:14	6:20 23:54
31	Jeff Bedolla	30:15	9:10 21:05
32	Mark Isaacson	30:18	10:40 19:38
33	Madelyn Moon	30:20	_____ 30:20
34	Dave Norlandr	30:22	8:40 21:42
35	Rich Stiller	30:27	9:00 21:27
36	Tom O'Connor	30:28	11:40 18:48
37	Ranjeet Sudan	30:32	10:50 19:42
38	Mike Kolesnik	30:33	9:10 21:23
39	Dave McIntyre	30:44	9:50 20:54
40	John Peterson	31:25	8:40 22:45
41	Chris Blue	31:31	5:10 26:21
42	Kat Powell	31:35	4:40 26:55
43	Mark Pasos	32:54	9:10 23:44

8/13/05

One Mile on the Track

1	Jim Bordonni	5:23
2	Al Murray	5:31
3	AJ Pala	5:34
4	Aaron Lee	5:48
5	Neil Gelblum	5:54
6	Todd Hayes	5:59
7	Christina Wilk	6:01
8	Mark Pasos	6:08
9	Jose Casillas	6:08
10	Jake White	6:27
11	Jeff Bedolla	6:44
12	John Peterson	6:45
13	Carl Peterson	7:01
14	Uyenthi Tran	7:09
15	Zerlina Casillas	7:45
16	Walt Van Zant	7:46
17	Tim Riley	7:55
18	Jim Myers	8:08

36 x 200 Relay

Pl	Team	Time
1	J.Casillas/Norlander/White	24:17
2	Hayes/Bedolla/Z.Casillas	24:55
3	Murray/J.Peterson/Root	25:07
4	C.Peterson/Gelblum/Bordonni	25:36
5	Pala/Hurtado/M.Moon	27:05

Dick Barrett Trophy Winner – Madelyn Moon

Many of our club members were running the Dammit Run this morning. So, the turnout to run the mile was surprising. Jim Bordonni led the way with a 5:23, an 8-second improvement on his time at the Davis mile. Other improvements included Christina Wilk at 10 seconds better than last year and Jake White at 8 seconds better than his run last month. Madelyn took

Dick Barrett Trophy Winner – Slim Pickens

Finish
Slim Pickens was our star this morning as he broke Tim Rostege's 45+ course record by 6 seconds. We have had many great 45+ runners in the club. So, this was a significant accomplishment. Other good performances included Mike Kolesnik bettering his PR by 4 1/2 minutes, Uyenthi Tran knocking 74 seconds off her PR, Aaron Lee improving his PR by 33 seconds, Rob Nast improving his PR by 9 seconds, and Andy (Moon River) Williams improving his PR by 3 seconds. Danny added 49 seconds to his PW. Bob Blonder would have run in the 33s if he hadn't gotten lost. He hadn't run this course since November 1976. So, he can be forgiven for getting lost. Bob has a PR for this course of 21:42.

Tim Riley started 2nd this morning, took over the lead from Madelyn Moon during the 3rd lap, and then went on to win by about 100 yards. Although the battle for first place was not close, the runners behind were closely bunched as the next 37 runners finished within 76 seconds of each other. Bob Pickens was the star of the day

as he broke his own course record by 6 seconds. He ran his last lap at 5:00 per mile pace while moving from 40th place to 6th place. Becki Kriege led the ladies as she tied her own course record at 17:38. Mark Pasos did a better job of handicapping himself than the handicap committee did as he won the predicted time contest, coming within 1.4 seconds of his prediction. 4 runners broke 17 minutes. As usual, Rich and Judy Collins did a spectacular job of hosting the race, including a very nice breakfast. Thanks to the timers and race-line officials - Tom Zades, Dimitrios Stefanidies, Becky Chimenti, Ruby Hurtado, and Stan DeMartinis. They held up very well during the stress of 37 runners finishing so closely together.

10	Brian Conroy	5:38.7
11	Aaron Lee	5:41.7
12	Carl Palmucci	5:43.5
13	Danny Moon	5:49.2
14	Dave McIntyre	5:50.2
15	Dino Delyani	5:50.5
16	Missy Sudan	5:53.8
17	Neil Gelblum	5:55.4
18	Mike Kolesnik	5:57.6

Dick Barrett Trophy Winner – Al Murray

Easy win for Andy on thi unusually cool September morning. No PRs. Chris Cassell improved his 50+ best by 15 seconds. Danny Moon skipped the run in order to help with the finish line. He was ably assisted by Stn DeMartinis and Tom Zades. Mike Gruber, the sole club representative in the state of Washington, ran with us for the first time in about 10 years.

36 x 200 Relay

Pl	Team	Start	Finish
1	Petersn/McIntyre/Moon	1:30	25:13
2	Pala/Kocisko/Gelblum	3:15	26:08
3	White/Noble/Pickens	1:30	26:29
4	Kolesnik/Lee/Conroy	4:00	26:31
5	Powell/Bedolla/Noel	-0-	29:15

9/17/05 – 4 x 1.46M WVC Campus Loop Relay

Pl	Team	Start	Finish
1	McAlister/Packwood	:45	41:48
2	R.Nast/K.Park	7:45	43:04
3	Hayes/Blue	1:00	43:19
4	Rohrer/Fergus	8:00	43:51
5	B.Kriege/Lawson	8:00	44:21
6	Norlander/Rostege	2:00	44:40
7	Mintz/Collins	-0-	45:21
8	Rous/Burke	8:00	46:07
9	Bedolla/Noble	2:00	47:20
10	Conroy/Van Zant	-0-	DNF

9/3/05 – One Mile Runs on the Track

Heat #1 (6:00+)

1	Joe Hurtado	6:12
2	Bob Schmitt	6:13
3	Dave Fergus	6:14
4	Kelly Emo	6:18
5	Dave Norlander	6:22
6	Jake White	6:26
7	Chris Cassell	6:26
8	Jeff Bedolla	6:27
9	Tom Warfel	6:35
10	John Peterson	6:38
11	Tim Rostege	6:50
12	Don Packwood	6:51
13	Helen Wong	6:57
14	Ken Noel	7:12
15	Georgia Riley	7:39
16	Allison Rohrer	8:04
16	Kat Powell	8:04
18	Stan DeMartinis	13:10

9/10/05 – Short Six – 5.74 Miles

1	Andy Lief	33:51
2	Jorn Jensen	34:41
3	Al Murray	36:39
4	John Mintz	36:39
5	Jim Bordoni	37:21
6	AJ Pala	38:17
7	Neil Gelblum	38:21
8	Jim Howe	39:32
9	Dave Fergus	39:38
10	Todd Hayes	39:49
11	Nory McAllister	39:51
12	Mark Goldman	40:10
13	Bob Schmitt	40:27
14	Joe Hurtado	41:45
15	Kristina Park	41:55
16	Dave McIntyre	42:49
17	Jeff Bedolla	42:54
18	Tom Warfel	44:46
19	Dave Norlander	45:00
20	Chris Cassell	45:24
21	John Peterson	45:53
22	Tim Rostege	46:10
23	Ken Noel	50:29
24	Kat Powell	51:50
25	Don Packwood	53:22
26	Walt Van Zant	54:50
26	Rick Kananen	54:50
26	Mike Gruber	54:50
29	Betty Root	62:09

Dick Barrett Trophy Winner – Chris Blue

The Packwood team won by close to a quarter mile. Rob Nast had the best splits of the morning at 8:33 and 8:38. Someone impersonating Dena Noble ran 11:56 and 13:05.

Heat #2 (Sub-6:00)

1	Bob Pickens	4:42.4
2	Mike Kriege	5:05.9
3	Scott Bang	5:11.2
4	Jeff Rohrer	5:13.8
5	Jim Bordoni	5:18.1
6	Chris Baker	5:20.7
7	Tom O'Connor	5:26.0
8	A.J.Pala	5:29.6
9	Al Murray	5:36.8

RACE RESULTS

5/30/05 - Marin Memorial Day 10K

27	Bob Pickens	33:53	5th-40+	91	Larus Thorlaciuss	37:44	138	Ron Kiyono	39:22	5th-55+	
47	Mike Kriege	35:02	5th-45+	98	Jeff Rohrer	37:58	144	Tom O'Connor	39:33		
81	Al Murray	37:27		102	Johanna Wans	38:13	2nd-19+	210	Bob Schmitt	41:43	4th-60+
82	Becki Kriege	37:27	4th-35+	115	Bill Dunn	38:48	3rd-55+	216	Mark Goldman	41:57	
				134	Jim Bordoni	39:14		234	Joe Hurtado	43:05	

237	Art Mitchum	43:13		Men				Dick Chimenti	5:53.0	3rd-60+
241	Carol Mendoza	43:18		8	Michael King	19:16	4th-40+	Neal Chappell	6:02.8	1st-65+
244	Marian Richard	43:26	5th-45+	9	Chris Baker	19:43	5th-40+	Joe Hurtado	6:07.1	
268	Dave Norlander	44:29	3rd-65+	12	Tony Hilton	20:20	3rd-30+	Angela Stearns	6:15.2	
279	Jeff Bedolla	44:56		14	Jim Howe	20:28	1st-50+	Bob Schmitt	6:16.0	
286	Angela Stearns	45:20		Women				Ken Noel	6:52.5	5th-65+
290	Norm Takeuchi	45:27		3	Kelly Emo	22:38	2nd-40+	Bill Flodberg	7:17.6	3rd-70+
416	Bill Flodberg	52:25	1st-70+	40	Madelyn Moon	34:17	1st-60+	Eddie Reyna	8:14.0	4th-70+
478	Kat Powell	57:00								
495	Jerry Lewis	58:59	3rd-70+	6/26/05 – Gustine 10K				7/16/05 – PA Masters Track Championship		
498	Eddie Reyna	59:28	4th-70+	5	Tom O'Connor	41:03	2nd-40+	100M	Mark Pasos	12:11 3rd-45+
								200M	Mark Pasos	24.75 3rd-45+
								PR		
5/30/05 - Marin Memorial Day 2.5M				7/4/05 - Almaden 4 - 4.085M				200M	Danny Moon	28.72 6th-55+
59	Matt Kriege	20:08		Andy Lief	23:28	1st-36+		400M	Mark Pasos	57.24 3rd-45+
79	Mary Kriege	21:24	5th-2/12	Jorn Jensen	23:48	2nd-36+		400M	Bob Pickens	59.59 4th-45+
				Scott Bang	24:01	4th-36+		400M	Danny Moon	64.67 2nd-55+
6/12/05 – Mermaid Triathlon				Tom O'Conner	25:29	3rd-46+		800M	Danny Moon	2:27.64 2nd-55+
9	Kelly Emo	63:17	2nd-40+	Neil Gelblum	25:47	4th-46+		1500M	Bob Pickens	4:19.00 1st-45+
This race consisted of a 440-yard swim				Rick Kananen	31:22					
(9:34), a 11-mile bike (35:16), and a 2.5M				Tom Zades	32:55	3rd-56+				
trail run (18:49).				Dena Noble	34:06	3rd-36+				
				7/4/05 - San Ramon 5K				7/24/05 – Wharf to Wharf Race – 6 Miles		
6/12/05 – Dipsea Race – 7.1M				Bill Dunn	18:46	1st-55+		Rob Nast	34:04	
134	Joe Hurtado	76:08		Jim Howe	20:07	2nd-55+		Bob Pickens	34:34	
150	Bob Schmitt	76:30						Matt Bordoni	35:33	
				7/4/05 - San Ramon 10K				Mike Bordoni	35:50	
6/19/05 – Fremont Bank 5K				Ron Kiyono	40:12	1st-55+		Dan Anderson	36:33	
3	Brian Davis	17:20	1st-40+					McKayla Plank	37:56	
12	Mike Smith	18:12	4th-40+	7/4/05 - Morgan Hill Freedom 5K				Jim Bordoni	38:07	
				Jim Angelopoulos	17:51	2nd-40+		Danielle Zelinski	38:13	
6/25/05 – SJ Mountain Bike Triathlon				Kelly Emo	23:40	3rd-40+		Katie Nast	39:35	
24	Mark Isaacson	70:09		Bill Flodberg	24:11	1st-70+		Art Mitchum	39:37	
58	Kelly Emo	77:24		Kelly ran the first mile of this race in 9:10 in				Christina Wilk	41:27	
This race consisted of a 500-yard swim, a				order to stay with Dana, who was running a				Rich Hahn	41:55	
10-mile bike, and a 5K. Mark finished his				one mile race.				Chris Blue	52:xx	
race with a 19:36 5K and Kelly with a 21:39								Elaine Erickson	53:xx	
5K.								Georgia Riley	57:06	
				7/4/05 - Morgan Hill One Mile Race				Diane Bordoni	62:40	
6/25/05 – Shriner's 8K				Dana Emo	9:15	1st-7+		Liz Nast	?	
24	Bob Pickens	27:02	4th-40+					Greg Bunker	?	
64	Al Murray	29:30		7/10/05-Los Gatos Half Marathon				Annette McPhail	?	
66	Mike Smith	29:43		9	Dan Anderson	1:26:27	2nd-50+	7/23/05 - National Corporate Cup Relays		
86	Bill Dunn	30:44	3rd-55+	192	Kat Powell	2:08:48	3rd-50+	Division 1 5K Race		
91	McKayla Plank	30:59	1st-15+					Scott Bang	18:15.8	3rd-35+
101	Ron Kiyono	31:31	4th-55+	7/10/05 - Davis Mile Races				Tom O'Connor	18:51.1	3rd-50+
102	Jim Bordoni	31:37		Bob Pickens	4:43.8	4th-40+		Joe Hurtado	20:52.8	4th-60+
110	Neil Gelblum	31:50		Mike Kriege	5:01.1			Marion Richard	21:05.7	3rd-45+
118	Johanna Wans	32:01		Jeff Rohrer	5:12.0			David Garcia	24:16.5	4th-55+
139	Dick Chimenti	32:55	4th-60+	Becki Kriege	5:18.1	1st-35+		Eph Romesburg	28:10.4	1st-75+
149	Joe Hurtado	33:26		Tom O'Connor	5:19.5					
163	Neal Chappell	34:33	1st-65+	Johanna Wans	5:25.4			Division 3 5K Race		
165	Michael Kolesnik	34:39		Bill Dunn	5:27.9	4th-55+		Mike Kriege	17:56.7	1st-40+
180	Rich Hahn	35:18		Jim Bordoni	5:31.4			Becki Kriege	19:06.4	1st-30+
247	Ken Noel	38:16	5th-65+	Danny Moon	5:32.4	5th-55+		Walt VanZant	29:03.1	3rd-60+
374	Eddie Reyna	45:35	6th-70+	Ron Kiyono	5:32.9			Grace Voss	29:36.3	1st-60+
				Neil Gelblum	5:42.5					
				Mark Goldman	5:50.4					
6/26/05 – Run For The Law 5K								7/24/05 - National Corporate Cup Relays		

Division 1 10K Race

Scott Bang	39:22.2	4th-35+	70	Bob Schmitt	37:04	1st-60+	Danny Moon	20:18
Tom O'Connor	39:37.8	3rd-50+	77	Greg Burke	37:23	1st-55+	237 Joe Hurtado	20:26 5th-60+
Marion Richard	43:31.1	2nd-45+	110	Dave McIntyre		39:13	239 Bob Schmitt	20:27
Joe Hurtado	44:12.2	3rd-60+	132	Mike Kolesnik	40:32		267 Marian Richard	21:00
Chris Cassell	51:05.3	5th-50+	134	Jim Doran	40:43	6th-55+	288 Angela Stearns	21:26
Dave Garcia	55:28.0	4th-55+	191	Chris Cassell	43:17		295 Rich Stiller	21:34
Eph Romesburg	59:26.2	1st-55+	232	Bill Flodberg	46:37	1st-70+	302 Norm Takeuchi	21:40

Women
7/31/05 – SF Marathon

103	Dave Piazza	3:10:51
368	Dino Delyani	3:31:23
508	Tony Hilton	3:38:19
	Becky Norlander	4:12:14

7/31/05–SF Half Marathon

	Kelly Emo	1:43:23
489	Kat Powell	2:06:42

8/7/05 – Alameda 10K

22	Al Murray	38:02	1st-45+
26	Tom O'Connor	38:32	2nd-45+
31	Becki Kriege	39:05	1st-35+
46	Ron Kiyono	40:13	1st-55+
80	Dino Delyani	43:17	
110	Mike Kolesnik	46:13	
120	Norm Takeuchi	47:41	

8/7/05 - Skyline 50K (Unofficial Results)

12	Cecil Baumgartner	4:57:13	3rd-40+
13	Todd Hayes	4:57:33	3rd-50+
	Dan Anderson	DNF	

This was Dan's first try at an ultra race. He went out too fast and knew that he was done at 10 miles but kept going until he had to give it up at 20 miles.

8/13/05 - Dammit Run - 5.0 Miles
Men

18	Rob Nast	31:04	3rd-40+
24	Jeff Rohrer	32:08	1st-45+
25	Andy Williams	32:09	5th-40+
34	Bob Pickens	32:57	2nd-45+
40	Tom O'Connor	34:21	3rd-45+
52	Brian Conroy	35:37	9th-45+

8/27/05 – Headlands 50K

Todd Hayes finished 7th in the 50+ division with a time of 5:42:14.

8/28/05 – Mt.Madonna Challenge –12K

	Dan Anderson	59:17	1st-50+
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9/15/05 - Lockheed Martin 5K

7	Scott Bang	18:22	4th-30+
9	Tom O'Connor	18:29	1st-40+
15	Carol Mendoza	19:58	1st-50+
23	Joe Johnson	21:22	3rd-50+
35	Chris Cassell	22:45	7th-50+

9/18/05 - Jamba Juice 5K

33	Bob Pickens	16:15	1st-45+
66	Mike Kriege	17:04	
101	Al Murray	18:11	
112	David Piazza	18:21	
118	Jim Bordoni	18:25	4th-50+
125	Tom O'Connor	18:31	
131	Bill Dunn	18:33	4th-55+
133	Amanda Gerhrdt	18:35	
141	Neil Gelblum	18:40	
156	Johanna Wans	18:58	
169	Ron Kiyono	19:13	
199	Missy Sudan	19:45	
211	Neal Chappell	19:57	1st-65+
213	Tony Hilton	19:59	
226	Carol Mendoza	20:14	

237	Joe Hurtado	20:26	5th-60+
239	Bob Schmitt	20:27	
267	Marian Richard	21:00	
288	Angela Stearns	21:26	
295	Rich Stiller	21:34	
302	Norm Takeuchi	21:40	
355	Helen Wong	22:28	
396	Chris Cassell	23:14	
402	Ken Noel	23:19	
404	Gail Campbell	23:21	2nd-55+
440	Bill Flodberg	23:59	2nd-70+
573	Rebecca Norlander	26:11	
610	Kat Powell	26:41	
683	Tim Riley	27:50	
687	Ed Reyna	27:57	1st-75+

9/25/05 - Heritage Oaks 10K
Open Race

25	Becki Kriege	37:30	2nd-35+
30	Amanda Gerhardt	38:34	3rd-35+
48	Kristina Park	41:17*	

*Competes for Aggies

National Masters Championship Race

12	Bob Pickens	33:45	3rd-45+
36	Brian Davis	36:21	6th-50+
46	Al Murray	38:06	
51	Bill Dunn	38:35	3rd-55+
53	Neil Gelblum	38:39	
58	Thomas O'Connor	38:56	
66	Jim Bordoni	39:40	
92	Bob Schmitt	41:50	4th-60+
101	Neal Chappell	42:27	2nd-65+
108	Joe Hurtado	43:11	5th-60+
124	Jeff Bedolla	45:11	
130	Norm Takeuchi	45:46	
144	Ken Noel	49:02	7th-65+
145	John Pickens	49:32	
151	Glynn Wood	52:43	2nd-70+
156	Kat Powell	55:17	6th-50+
157	Bill Flodberg	55:48	3rd-70+
160	Eddie Reyna	56:45	2nd-75+

2005 CUMULATIVE SATURDAY STANDINGS

Elite Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Pickens,Bob	0:15:08	0:35:37	0:16:48	0:35:34	0:18:50	0:33:38	0:26:35	0:35:32	0:28:57	0:37:42	0:35:14	0:37:15	2:21:32
Williams,Andy	0:16:05	0:37:51	0:17:36	0:37:15	0:20:55	0:37:21	0:28:07	0:37:35	0:29:39	0:38:36	0:36:16	0:38:20	2:28:38
Bang,Scott	0:15:49	0:37:14	0:24:48	0:52:30	0:20:53	0:37:17	0:00:00	0:00:00	0:28:19	0:36:52	0:35:23	0:37:24	0:00:00
Bordoni,Jim	0:16:57	0:39:54	0:00:00	0:00:00	0:22:19	0:39:51	0:30:00	0:40:06	0:31:09	0:40:34	0:37:21	0:39:29	0:00:00
Jensen,Torn	0:00:00	0:00:00	0:17:51	0:37:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:34:41	0:36:40	0:00:00
Kriege,Mike	0:15:08	0:35:37	0:16:38	0:35:13	0:20:35	0:36:45	0:27:00	0:36:06	0:00:00	0:00:00	0:33:34	0:35:29	0:00:00
Kurtis,Dennis	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lief,Andy	0:00:00	0:00:00	0:00:00	0:00:00	0:20:08	0:35:57	0:00:00	0:00:00	0:00:00	0:00:00	0:33:51	0:35:47	0:00:00
Moore,Mike	0:00:00	0:00:00	0:18:14	0:38:36	0:00:00	0:00:00	0:00:00	0:00:00	0:30:33	0:39:47	0:00:00	0:00:00	0:00:00
Nast,Rob	0:00:00	0:00:00	0:16:55	0:35:49	0:20:22	0:36:22	0:00:00	0:00:00	0:00:00	0:00:00	0:34:05	0:36:02	0:00:00
Piazza,Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:21:15	0:37:57	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Russell,Ray	0:17:19	0:40:45	0:18:58	0:40:09	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Toney,Mike	0:16:03	0:37:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
A Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Rohrer,Jeff	0:15:56	0:37:30	0:17:21	0:36:44	0:20:59	0:37:28	0:27:51	0:37:14	0:28:16	0:36:48	0:35:14	0:37:15	2:25:37
Kriege,Becki	0:16:04	0:37:49	0:17:49	0:37:43	0:21:00	0:37:30	0:28:34	0:38:11	0:28:57	0:37:42	0:37:36	0:39:45	2:30:00
Gelblum,Neil	0:17:16	0:40:38	0:19:26	0:41:08	0:22:50	0:40:46	0:33:17	0:44:30	0:31:00	0:40:22	0:38:21	0:40:32	2:42:10
Fergus,Dave	0:17:36	0:41:25	0:20:36	0:43:36	0:24:29	0:43:43	0:33:32	0:44:50	0:32:14	0:41:58	0:39:38	0:41:54	2:48:05
Moon,Danny	0:18:40	0:43:56	0:20:23	0:43:09	0:24:40	0:44:03	0:33:36	0:44:55	0:34:49	0:45:20	0:41:18	0:43:39	2:53:26
Beyers,Joe	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Conroy,Brian	0:17:17	0:40:41	0:19:09	0:40:32	0:24:06	0:43:02	0:30:09	0:40:18	0:31:16	0:40:43	0:00:00	0:00:00	0:00:00
Dunn,Bill	0:16:51	0:39:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Gerhardt,Amanda	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Gerhardt,Floyd	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Hayes,Todd	0:18:02	0:42:27	0:00:00	0:00:00	0:23:18	0:41:36	0:30:29	0:40:45	0:31:38	0:41:11	0:38:36	0:40:48	0:00:00
Isaacson,Mark	0:17:00	0:40:01	0:18:57	0:40:07	0:24:33	0:43:50	0:00:00	0:00:00	0:30:16	0:39:25	0:39:52	0:42:09	0:00:00
McAllister,Norry	0:00:00	0:00:00	0:00:00	0:00:00	0:23:59	0:42:50	0:00:00	0:00:00	0:00:00	0:00:00	0:39:51	0:42:07	0:00:00
Murray,Al	0:16:08	0:37:58	0:18:21	0:38:51	0:20:58	0:37:26	0:29:25	0:39:20	0:00:00	0:00:00	0:36:37	0:38:42	0:00:00
Park,Kristina	0:00:00	0:00:00	0:00:00	0:00:00	0:24:19	0:43:25	0:33:33	0:44:51	0:00:00	0:00:00	0:41:55	0:44:19	0:00:00
Plank,McKayla	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Roberts,Jake	0:15:54	0:37:25	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:28:26	0:37:01	0:40:30	0:42:49	0:00:00
Spink,Katy	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Stefanidis,Dimitrios	0:20:49	0:49:00	0:19:01	0:40:15	0:22:16	0:39:46	0:31:32	0:42:09	0:00:00	0:00:00	0:38:29	0:40:41	0:00:00
Sudan,Missy	0:18:59	0:44:41	0:00:00	0:00:00	0:27:21	0:48:50	0:32:05	0:42:54	0:37:58	0:49:26	0:00:00	0:00:00	0:00:00
Wans,Johanna	0:17:01	0:40:03	0:00:00	0:00:00	0:00:00	0:00:00	0:32:38	0:43:38	0:30:43	0:40:00	0:45:02	0:47:36	0:00:00



B Div	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
O'Connor,Tom	0:16:50	0:39:37	0:18:54	0:40:00	0:23:09	0:41:20	0:31:45	0:42:27	0:31:12	0:40:37	0:38:26	0:40:38	2:40:16
Delyani,Dino	0:17:28	0:41:07	0:19:56	0:42:12	0:23:49	0:42:32	0:31:20	0:41:53	0:31:59	0:41:39	0:39:44	0:42:00	2:44:16
Schmitt,Bob	0:18:03	0:42:29	0:20:31	0:43:26	0:23:54	0:42:41	0:31:25	0:42:00	0:33:12	0:43:14	0:40:18	0:42:36	2:47:23
Hurtado,Joe	0:18:04	0:42:31	0:20:25	0:43:13	0:23:50	0:42:34	0:32:00	0:42:47	0:32:49	0:42:44	0:40:22	0:42:40	2:47:30
Bedolla,Jeff	0:18:28	0:43:28	0:20:15	0:42:52	0:24:54	0:44:28	0:32:57	0:44:03	0:33:33	0:43:41	0:40:34	0:42:53	2:50:41
Emo,Kelly	0:19:12	0:45:11	0:21:09	0:44:46	0:25:41	0:45:52	0:33:39	0:44:59	0:33:55	0:44:10	0:41:53	0:44:16	2:55:29
Chimenti,Dick	0:17:48	0:41:54	0:25:32	0:54:03	0:30:53	0:55:09	0:31:57	0:42:43	0:00:00	0:00:00	0:40:05	0:42:22	0:00:00
Goldman,Mark	0:17:56	0:42:13	0:00:00	0:00:00	0:23:15	0:41:31	0:32:15	0:43:07	0:31:28	0:40:58	0:40:10	0:42:28	0:00:00
Howe,Jim	0:00:00	0:00:00	0:00:00	0:00:00	0:23:05	0:41:13	0:31:04	0:41:32	0:00:00	0:00:00	0:39:32	0:41:47	0:00:00
Lee,Aaron	0:17:34	0:41:21	0:19:40	0:41:38	0:23:07	0:41:17	0:30:52	0:41:16	0:31:44	0:41:19	0:00:00	0:00:00	0:00:00
Lee,Jonathan	0:18:48	0:44:15	0:21:11	0:44:50	0:00:00	0:00:00	0:00:00	0:00:00	0:34:39	0:45:07	0:46:47	0:49:27	0:00:00
Nast,Liz	0:00:00	0:00:00	0:00:00	0:00:00	0:24:37	0:43:58	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Sudan,Ranjeet	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Wilk,Christina	0:18:04	0:42:31	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
C Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Norlander,Dave	0:19:06	0:44:57	0:21:16	0:45:01	0:25:49	0:46:06	0:36:14	0:48:26	0:36:03	0:46:56	0:42:58	0:45:25	3:01:26
Warfel,Tom	0:19:41	0:46:20	0:22:08	0:46:51	0:26:14	0:46:51	0:35:10	0:47:01	0:36:33	0:47:35	0:44:46	0:47:19	3:04:32
Casillas,Jose	0:19:55	0:46:53	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Cassell,Chris	0:20:45	0:48:50	0:22:30	0:47:38	0:00:00	0:00:00	0:36:48	0:49:12	0:37:19	0:48:35	0:45:24	0:47:59	0:00:00
Corbin,Keith	0:18:43	0:44:03	0:00:00	0:00:00	0:24:24	0:43:34	0:32:39	0:43:39	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Hahn,Rich	0:00:00	0:00:00	0:21:22	0:45:14	0:24:44	0:44:10	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kananen,Rick	0:21:15	0:50:01	0:00:00	0:00:00	0:27:55	0:49:51	0:41:24	0:55:21	0:00:00	0:00:00	0:48:04	0:50:49	0:00:00
Koesnik,Mike	0:19:12	0:45:11	0:00:00	0:00:00	0:26:35	0:47:28	0:00:00	0:00:00	0:00:00	0:00:00	0:45:02	0:47:36	0:00:00
McIntyre,Dave	0:19:26	0:45:44	0:21:31	0:45:33	0:00:00	0:00:00	0:32:44	0:43:46	0:34:31	0:44:57	0:42:49	0:45:16	0:00:00
Stiller,Rich	0:18:30	0:43:33	0:21:23	0:45:16	0:30:53	0:55:09	0:47:07	1:02:59	0:00:00	0:00:00	0:49:11	0:51:59	0:00:00
Wong,Helen	0:22:38	0:53:16	0:22:03	0:46:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:45:43	0:48:20	0:00:00
D Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Rostege,Tim	0:19:16	0:45:21	0:21:06	0:44:40	0:25:16	0:45:07	0:33:19	0:44:32	0:33:50	0:44:03	0:46:10	0:48:48	2:58:57
Peterson,John	0:19:44	0:46:27	0:20:57	0:44:21	0:26:42	0:47:41	0:33:39	0:44:59	0:35:03	0:45:38	0:43:28	0:45:57	2:59:33
Zades,Tom	0:22:23	0:52:41	0:24:39	0:52:11	0:28:18	0:50:32	0:38:25	0:51:22	0:38:43	0:50:25	0:48:18	0:51:03	3:20:46
Noel,Ken	0:21:26	0:50:27	0:24:09	0:51:07	0:27:49	0:49:40	0:37:43	0:50:25	0:41:32	0:54:05	0:50:29	0:53:22	3:23:08
Packwood,Don	0:23:20	0:54:55	0:24:47	0:52:28	0:33:07	0:59:08	0:40:41	0:54:23	0:39:11	0:51:01	0:53:22	0:56:25	3:34:28
Powell,Kat	0:22:40	0:53:21	0:26:15	0:55:34	0:30:19	0:54:08	0:43:40	0:58:23	0:41:37	0:54:11	0:51:50	0:54:48	3:36:21
Beatty,Pauline	0:27:08	1:03:52	0:24:59	0:52:53	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Gavin,Ed	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:35:34	0:47:33	0:36:15	0:47:12	0:00:00	0:00:00	0:00:00
Lee,Jonathan	0:00:00	0:00:00	0:21:11	0:44:50	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Low,Brian	0:19:50	0:46:41	0:00:00	0:00:00	0:27:30	0:49:06	0:00:00	0:00:00	0:35:31	0:46:15	0:00:00	0:00:00	0:00:00
McMahon,Mike	0:00:00	0:00:00	0:25:26	0:53:50	0:00:00	0:00:00	0:43:52	0:58:39	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Noble,Dena	0:22:41	0:53:23	0:00:00	0:00:00	0:32:24	0:57:51	0:39:22	0:52:38	0:00:00	0:00:00	0:51:50	0:54:48	0:00:00
Erickson,Elaine	0:00:00	0:00:00	0:00:00	0:00:00	0:31:04	0:55:29	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00



Pickens,John	0:21:39	0:50:57	0:24:27	0:51:45	0:28:05	0:50:09	0:40:34	0:54:14	0:00:00	0:00:00	0:48:17	0:51:02	0:00:00
Saucedo,Norm	0:27:24	1:04:29	0:23:26	0:49:36	0:32:16	0:57:37	0:00:00	0:00:00	0:47:47	1:02:13	0:57:36	1:00:53	0:00:00
Tran,Uyenthi	0:21:45	0:51:12	0:25:08	0:53:12	0:28:29	0:50:52	0:37:36	0:50:16	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
White,Jake	0:19:50	0:46:41	0:00:00	0:00:00	0:25:16	0:45:07	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
E Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Riley,Georgia	0:23:40	0:55:42	0:25:58	0:54:58	0:30:55	0:55:13	0:41:02	0:54:51	0:43:07	0:56:08	0:55:27	0:58:37	3:40:09
VanZant,Walt	0:24:28	0:57:35	0:27:44	0:58:42	0:32:43	0:58:25	0:44:19	0:59:15	0:47:40	1:02:04	0:54:50	0:57:58	3:51:44
Root,Betty	0:27:10	1:03:56	0:31:04	1:05:46	0:35:04	1:02:37	0:47:22	1:03:19	0:48:40	1:03:22	0:59:06	1:02:28	4:08:26
Moon,Madelyn	0:28:49	1:07:49	0:31:20	1:06:20	0:35:20	1:03:06	0:48:43	1:05:08	0:50:20	1:05:32	1:00:49	1:04:17	4:15:21
Blue,Christine	0:22:45	0:53:33	0:26:51	0:56:50	0:00:00	0:00:00	0:00:00	0:00:00	0:41:06	0:53:31	0:51:36	0:54:33	0:00:00
Collins,Rich	0:00:00	0:00:00	0:30:16	1:04:04	0:33:19	0:59:30	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
DeMartinis,Stan	0:41:31	1:37:43	0:47:32	1:40:37	0:00:00	0:00:00	1:21:46	1:49:19	1:09:31	1:30:31	1:40:01	1:45:44	0:00:00
Flodberg,Bill	0:00:00	0:00:00	0:24:54	0:52:42	0:29:46	0:53:09	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lewis,Jerry	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:46:21	1:01:58	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McCarten,Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:40:12	1:11:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McPhail,Annette	0:24:58	0:58:46	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Morrison,Marcia	0:00:00	0:00:00	0:26:21	0:55:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Napier,Ken	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Reyna,Eddie	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Riley,Tim	0:27:07	1:03:49	0:00:00	0:00:00	0:36:12	1:04:39	0:45:30	1:00:50	0:46:50	1:00:59	0:56:50	1:00:05	0:00:00
Wurm,Jim	0:24:00	0:56:29	0:00:00	0:00:00	0:00:00	0:00:00	0:45:49	1:01:15	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00