



# WVJS



## VOL XXXVIX-#3 WEST VALLEY JOGGERS & STRIDERS Sep 2010

### Saturday Workouts

10/09/10	6 x 1600 Relay	12/11/10	Short Six (5.74 miles)
10/16/10	Triangle Run (4.76 miles)	12/18/10	Valle Vista (3.0 miles)
10/23/10	12 x 800 Relay	12/26/10	All Courses Day
10/30/10	Doug/Sar/Frtvle (2.75 miles)	01/01/11	Triangle Run (4.76 miles)
11/06/10	8 x 0.66mile Tennis Court Loop Relay	01/08/11	6 x 1600 Relay
11/13/10	Farwell/H (4.68 miles)	01/16/11	Doug/Sar/Frtvle (2.75 miles)
11/20/10	8 x 1200 Relay	01/23/11	5K on the Track
11/27/10	Farwell (3.54 miles)	01/30/11	8 x 0.66mile Tennis Court Loop Relay
12/04/10	4 x 1.46-mile WVC Loop Relay	02/06/11	Farwell/H (4.68M)

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

10/17	Humboldt Half Marathon (1.5)
11/07	Clarksburg Half Marathon (2.0)
11/25	Turkey Trot 5K (No team scoring)
12/05	Cal Intl Marathon (2.0)
12/12	Christmas 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

#### Other Races

10/10/10	Fremont Happy Fish 5K/10K
10/24/10	Grape Stomp Half Mar in Livermore
11/14/10	Stockton Half Marathon
12/04/10	San Ramon 5K

### 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.

### 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>

Six races in the ten-race cross country grand prix season have passed. Presently, our open men are in 11th place, our 40+ men are in 2nd, our 50+ men are tied for 1st, our 60+ men are in 2nd, and our 70+ men are in first. The Willow Hills XC results are not included in the totals. Individually, those club members in the top 10 in their divisions include **Adam Prince** in 7th place in the 40+ division, **Dennis Kurtis** in 2nd place, **Tom O'Connor** in 3rd place,

and **Jeff Rohrer** in 9th place in the 50+ division, **Todd Hayes** in 3rd place, **John Yamagata** in 4th place, **Joe Hurtado** in 8th place, and **Joe Johnson** in 10th place in the 60+ division, and **Dave Norlander** in 2nd place, **Carl Petersen** in 3rd place, **Bob Lord** in 7th place, and **Bill Dodson** in 10th place in the 70+ division.

**Scott Bang** is putting on a one-mile road race on University Avenue in Los Gatos on Sunday, 10/24/10. Scott Welcomes all club members to compete in this race.

Several club members are either head coaches or volunteer coaches for high school teams this fall. These include **Jim Bordoni** at Mt. View, **Paul Armstrong** at Cupertino, **Matt Tompkins** at King's Academy, **Danny Moon** at Saratoga, **Jake White** at Lynbrook, **Kevin Breit** at Prospect, and **Todd Hayes, Brian Low,** and **Walt Van Zant** at Wilcox. Hope that I did not forget someone.

**Jack Bordoni** is leading the top rated Bellarmine XC team and **Mary Kriege** is off to a great start for her final year at Mitty. Both have finished high in several big meets.



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## 2010 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 9/30/10 are as follows:

Runner	Miles	Sat Pts	Total	Runner	Miles	Sat Pts	Totals
Joe Hurtado	2,059	760	2,819	Rosanna Kennedy	1,258	480	1,738
George Lo	1,749	310	2,059*	Walt Van Zant	701	690	1,391
Carl Petersen	1,284	620	1,904	Todd Hayes	992	310	1,310*
Ken Camet	1,721	140	1,861*	Jim Bordoni	760	510	1,270*
Tom Warfel	1,207	590	1,797	Dave Norlander	470	480	950

\* Totals for runners with an asterik are for 2 quarters. All other totals are for 3 quarters.

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## 2010 PA/USATF Road Grand Prix

### Open Men

Our open men's team is presently in 5th place. Aaron Lee is our team captain. Individually, John Kamau and John Weru are in 21st and 45th places in the short race division. John Kamau is in 10th place, Ivan Medina is in 48th place, John Weru is in 53rd place, and Jon Kimura is in 61st place in the long race division.

### Open Women

Our open women's team has not yet fielded a complete team this year. Uyenthi Tran is the team captain.

### 40+ Men

Our 40+ men's team is presently in 5th place, one point out of 4th and five points out of 3rd. Al Murray is our team captain. Individually, Scott Bang is in 12th place, Mike Smith is in 38th place, and Ken Camet is in 57th place in the short race division. Ken Camet is in 30th place, Matt Nolan is in 37th place, and Mike Smith is in 52nd place in the long race division.

### 40+ Women

Our 40+ women's team is presently in 3rd place. Carol Bednar is the team captain. Individually, Becki Kriege is in 7th place, Missy Sudan is in 11th place, Carol Bednar is in 33rd place, Kari Cornwell is in 44th place, and Kelly Emo is in 93rd place in the short race division. Missy Sudan and Carol Bednar are in 23rd and 38th places in the long race division.

### 50+ Men

**Our 50+ men's team is presently in 1st place.** Tom O'Connor is our 50+ team captain. Individually, **Brian Davis is in 3rd place**, Tim Souza is in 8th place, Tom O'Connor is in 9th place, Dave Woodruff is in 11th place, Norry McAllister is in 12th place, Jim Bordoni and Dennis Kurtis are in 18th place, Dave Piazza is in 22nd place, and Neil Gelblum is in 26th place in the short race division. Brian Davis is in 7th place, Dennis Kurtis is in 10th place, Tim Souza is in 12th

place, Tom O'Connor is in 14th place, Dave Woodruff is in 16th place, Dave Piazza and Neil Gelblum are in 20th place, Jeff Rohrer is in 25th place, Dino Delyani is in 38th place, Dan Anderson is in 41st place, and Norm Takeuchi is in 65th place in the long race division.

### 50+ Women

Our 50+ women's team has not yet fielded a complete team this year. Kat Powell is the team captain. Individually, Marian Richard and Diane Bordoni are in 9th and 27th places in the short race division. **Marian is in 2nd place** in the long race division and Kat Powell is in 28th place.

### 60+ Men

Our 60+ men's team is presently in 2nd place, 2 points out of 1st. Joe Hurtado is the team captain. Individually, John Yamagata is in 3rd place, Ron Kiyono is in 4th place, Joe Hurtado is in 9th place, Bill Dunn is in 10th place, and Fred Martin is in 14th place in the short race division. **John Yamagata, Bill Dunn, and Ron Kiyono are in 1st, 2nd, and 3rd places**, Joe Hurtado is in 6th place, and Jim Howe is in 10th place in the long race division.

### 60+ Women

Our 60+ women's team is presently in 4th place. Chris Blue is the team captain. Individually, Victoria Kros and Georgia Riley are in 9th and 21st places in the short race division and Victoria is in 6th place in the long race division.

### 70+ Men

Our 70+ men's team are presently in 2nd place. Eddie Reyna is the team captain. Individually, **Carl Petersen is in 2nd place**, Dave Norlander is in 4th place, Bob Lord is in 6th place, Bill Dodson is in 10th place, Glynn Wood is in 13th place, and Eddie Reyna is in 15th place in the short race division. Carl Petersen, Bill Dodson, and Bob Lord are in 3rd, 4th, and 5th places, Dave Norlander is in 7th place, and Eddie Reyna is in 12th place in the long race division.

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## 2010 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 15 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must compete in at least 7 different events in order to be eligible for an award.** The standings to date for 2010 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 as two races. The 2nd number is the total number of events competed in.

**Elite Division**

Scott Bang (8-9)	197
Brian Davis (8-8)	191
Dennis Kurtis (8-7)	182

**A Division**

Kevin Breit (8-11)	200
Tim Souza (8-10)	194
Ken Camet (8-13)	188
Tom O'Connor (8-11)	188
Dave Piazza (8-7)	183
Norry McAllister (8-7)	183
Neil Gelblum (8-9)	163
Jeff Rohrer (8-7)	168
John Yamagata (8-9)	162
Becki Kriege (8-6)	162
Jim Bordoni (8-7)	160
David Woodruff (8-10)	158
Todd Hayes (6-5)	147
Missy Sudan (8-8)	138
Bill Dunn (8-7)	137
Brian Conroy (7-5)	118

**B Division**

George Lo (8-12)	200
Dino Delyani (8-9)	196
Ron Kiyono (8-6))	196
Aaron Lee (5-5)	190
Carol Bednar (8-7)	184
Dave McIntyre (8-7)	178

**C Division**

Glenn Kishi (8-10)	200
Joe Hurtado (8-9)	193
Rich Hahn (8-7)	193
Marian Richard (8-5)	190

**D Division**

Helen Wong (8-7)	200
Carl Petersen (8-12)	200
Dave Norlander (8-9)	190
Bob Lord (8-8)	184
Rosanna Kennedy (5-5)	110

**E Division**

Eddie Reyna (8-7)	196
Tim Riley (8-9)	192
Kat Powell (8-7)	188
Georgia Riley (7-5)	141

## SATURDAY WORKOUT RESULTS

**8/7/10 – 12 x 600 Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	P.Rodriguez/Petersen	-0-	32:08
2	C.Wiklund/Norlander	2:15	33:02
3	M.Wiklund/McLeod	9:30	33:19
4	Souza/Samson	10:00	33:25
5	Conroy/Breit	9:00	33:30
6	Ji.Bordoni/McAllister	9:15	33:31
7	Hayes/McIntyre	6:15	33:41
8	Knuckey/Delyani	7:15	33:45
9	Sudan/an.Williams	9:00	34:09
10	Lee/Camet	8:30	34:14
11	Bednar/Graham	7:15	34:55
12	Noble/Hurtado	1:00	34:59
13	Wong/D.Moon	4:45	35:20

Dick Barrett Trophy Winner-Pablo Rodriguez

All teams were rated to finish in 34:00. Pablo Rodriguez ran so well that his team ran 2 minutes under their rating and won by nearly a minute. Thanks to Uyenthi and Ken Bloesch for

doing the timing and Aaron Lee for setting up the teams.

**8/14/10-Farwell-3.54 Miles**

1	Bruk Assefa	20:21.8
2	Bjorn Samson	20:29.4 PR
3	Jean Harris	20:41.6
4	Tom O'Connor	21:03.8
5	Tim Souza	21:25.4
6	Dave Piazza	21:53.6
7	Jeff Rohrer	22:11.5
8	Dino Delyani	22:34.7 PR
9	Jim Bordoni	23:03.5
10	Mike Kriege	23:11.8
11	Aaron Lee	23:15.6
12	Dwight Cornwell	23:38.5
13	Des Knuckey	24:00.6 PR
14	Mike Krey	24:24.4
15	Todd Hayes	24:43.2
16	Matt Kriege	24:54.1
17	Paul Taylor	25:01.5
18	Rich Hahn	25:15.4
19	Jonathan Lee	27:47.7

20	Dave Norlander	28:03.8
21	Rosanna Kennedy	28:46.0
22	Pablo Rodriguez	28:59.5
23	Rich Collins	30:59.3
24	Mike McMahon	31:23.4
25	Dena Noble	36:27.8
26	Jim Myers	36:31.3

Dick Barrett Trophy Winner – Des Knuckey

Good race this morning. Assefa, Samson, and Harris ran together until there was about a mile ago. Then, Bruk and Bjorn broke away with Bruk showing his 4:23 mile speed (at Prospect high school last season) to sprint away from Bjorn when they reached the college entrance. Bjorn PRd by 10 seconds. There were many good performances behind the top 3. Tom O'Connor ran within 5 seconds of his PR. Tim Souza improved his 50+ PR by 42 seconds and Jeff Rohrer improved his 50+ PR by 3 seconds. Oldie Dino Delyani improved his all-time PR by 11 seconds. Dwight Cornwell ran the #11 60+

best by a club member. Des Knuckey took 32+ minutes to run this course in May because he got lost. Today he ran 24:00, improving his all-time PR by 77 seconds. Todd Hayes improved his 60+ PR by 44 seconds and Dave Norlander improved his 70+ PR by 13 seconds. Danny Moon and Uyenthi Tran did the timing and recording.

**8/21/10 – 36 x 200 Relay**

1	Wong/Bloesch/Moon	28:33
2	VanZant.Kennedy/Rodriguz	29:44

Dick Barrett Trophy Winner – None

Easy win for the Moon team as they walked away with the win over the highly-regarded Rodriguez team (or, was that lightly-regarded).

**8/28/10-Short Six – 5.74 Miles**

1	Kari Cornwell	37:50
2	Dino Delyani	38:16
3	Missy Sudan	38:45
4	George Lo	39:05
5	Dwight Cornwell	39:30
6	Des Knuckey	39:59 PR
7	Helen Wong	43:49
8	Matt Kriege	46:59
9	Rosanna Kennedy	47:16 PR
10	Pablo Rodriguez	48:52
11	Pauline Beatty	50:35
12	Rich Collins	51:56
13	Kat Powell	53:50
14	Chris Blue	53:59
15	Tom Zades	60:00
16	Tom Warfel	67:05

Dick Barrett Trophy Winner – Kari Cornwell

Rare event this morning. A woman easily won the race. This happens about once every three years. Kari won by over 100 meters while recording the #11 all-time women's best for this course. Women garnered two of the top three finishes and five of the top nine. Missy ran the #5 time by a woman 40+ runner. Dwight Cornwell recorded the #11 best by a 60+ runner. Des improved his PR by 101 seconds. Mr. consistency, Dino Delyani, had a bad day and ran a full 11 seconds over his all-time PR.

**9/4/10-Shettler Handicap Race-3.06 Miles**

Pl	Runner	Finish Time	Actual Time
1	Dave Norlander	27:18	22:38
2	Mike Kriege	27:23	17:43

3	Rosanna Kennedy	27:29	22:49
4	Brian Conroy	27:35	18:55
5	Ken Bloesch	27:37	23:37
6	Helen Wong	27:47	21:17
7	Jeff Rohrer	27:48	18:28
8	Pauline Beatty	27:50	23:50
9	Carl Petersen	27:52	22:32
10	George Lo	27:56	19:26
11	Jorn Jensen	27:56	17:16
12	Aaron Lee	27:58	19:48
13	Missy Sudan	28:01	19:21
14	Scott Graham	28:04	19:44
15	Neil Gelblum	28:05	19:25
16	Kat Powell	28:07	25:27
17	Dena Noble	28:12	28:12
18	Becki Kriege	28:13	18:53
19	Tom Warfel	28:17	27:37
20	Des Knuckey	28:18	20:18
21	Joe Hurtado	28:20	21:40
22	Chris Blue	28:20	26:40
23	Mike Krey	28:23	20:53
24	Jim Myers	28:25	28:25
25	Dick Chimenti	28:27	21:47
26	Carol Bednar	28:29	21:49
27	Don Packwood	28:42	26:02
28	Pablo Rodriguez	29:01	25:21
29	Tom Zades	29:17	29:17
30	Tim Riley	29:24	28:14
31	Dave McIntyre	29:30	22:10
32	Mike McMahon	30:04	25:24
33	Al Murray	30:14	23:04
34	Danny Moon	30:29	24:19
35	Jeff Bedolla	31:10	25:30
36	Heather Rohrer	31:21	24:11
37	Kari Cornwell	32:32	23:12

Good race as Dave won this race for the first time. He held off a fast-closing Mike Kriege, who started the last lap in 23rd place and gained 92 seconds on Dave during the last lap. Jorn Jensen had the fastest scratch time. Brian Conroy won the predicted time contest as he missed his prediction by a mere 0.1 seconds. The finisher right behind him, Ken Bloesch, missed his prediction by 1.1 seconds. Tim Riley took home the Cheap Red Wine (it may be water after all of these years) because he was the last of the turtle group to finish.

**9/11/10 – 4 x 1.46M WVC Campus Loop Relay**

Pl	Team	Finish Time	Start Time	Finish Actual
1	Beatty/Krey	8:00	52:20	
2	Warfel/Collins	-0-	52:32	
3	Packwood/Taylor	9:00	54:11	
4	Noble/Souza	7:30	55:33	

5	Rodrigz/Rostege	8:00	58:11
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event proved challenging. Several of the club members who often walk (due to injury) elected to run the relay and some club members returned from injury. It was nice to see Tim Rostege at the workout. He is returning from a injury.

Thanks to Chris Blue who assisted with timing the relay this morning.

**9/18/10 - 18 x 0.33 Tennis Court Loop Relay**

Pl	Team	Start	Finish
1	Blue/Jackson/Souza	:15	39:41
2	Riley/Kennedy/Delyani	:15	42:43
3	Warfel/Wong/Moon	2:15	43:24
4	Noble/Hurtado/Stefanid	2:00	47:01
5	McMahon/Rodrigz/Gelblm Tran ***	-0-	39:18 **

Dick Barrett Trophy Winner - Chris Blue

\*\* Finished first by time but was disqualified because a team member cut through the dirt trail between the tennis courts because he was unfamiliar with the course.

\*\*\* Uyenthi ran two segments for an injured runner

The runners faced heavy automobile traffic on campus. This was because of the tennis and water polo tournaments. The timing was performed by Don Packwood and recording of times by Uyenthi Tran (until she replaced the injured runner)and Ken Bloesch.

**9/25/10 – Valle Vista – 3.0M**

1	Norry McAllister	18:16
2	Joseph Aubuchon	19:52 PR
3	Des Knuckey	20:10
4	Kristina Park	20:14
5	Paul Taylor	20:26
6	Mike Krey	20:37
7	Alvin Jackson	23:26
8	Rosanna Kennedy	23:54
9	Pablo Rodriguez	24:30
10	Pauline Beatty	24:46
11	Tim Rostage	25:21
12	Rich Collins	26:08
13	Chris Blue	26:33
14	Kat Powell	26:36
15	Lan Aubuchon	26:59 PR
16	Bob Pickens	27:13
17	Don Packwood	29:38

Phantom Trophy winner - Lan Aubuchon

It was a warm morning with Norry McAllister finishing 1 minute 36 seconds well in front of the pack. Only 2 PRs this morning both from the same family, Joseph improving by 50 seconds and Lan Aubuchon with a 3 minute 40 second improvement. There was a race to the finish between Kat Powell and Chris Blue, which was exciting. We all heard this very loud cat like screech from Kat and saw Chris sprinting (flying) by Kat for the for the win! Bob Pickens ran for the first time since his surgery a while back. Glad to see him out. Timers were Ken Bloesch and Danny Moon.

1	Packwood/Breit	:45	34:06
2	Wong/Gelblum	2:15	34:42
3	Hahn/Lee	2:45	35:05
4	Kananen/Delyani	-0-	35:06
5	Moon/Sudan	4:00	35:51

Dick Barrett Trophy Winner - Aaron Lee

We had a small turnout for the relay this morning. This was due to the cross country event the same day and the San Jose 1/2 Marathon and Bridge to Bridge 12k the following day.

The team of Don Packwood and Kevin Breit finished first. A fantastic finish for third place developed on the final leg. Dino had a small

lead on Aaron with 200 to go. Both runners were all out and Aaron caught Dino about 50 yards from the finish. This finish earned Aaron the weekly trophy.

Don Packwood, Kevin Breit and Helen Wong ran under their rating. Danny Moon performed well over his rating. His performance may have been partially attributed to running with his shorts on backwards.

Timing was provided by Madelyn Moon and Ken Bloesch

**10/2/10-Step-Up & Down Relay**

Pl	Team	Start	Finish
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**RACE RESULTS**

**6/20/10-Pleasanton 10K**

3	Ivan Medina	34:40
13	Tom O'Connor	38:16 2nd-50+
25	Neil Gelblum	40:19 4th-40+

**6/20/10-Pleasanton 5K**

5	Brian Davis	17:41 1st-50+
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**7/25/10 – San Francisco Marathon**

Jean Harris	2:57:03
Neil Gelblum	3:20:59 2nd-50+

**7/25/10-SF Half Marathon (1st Half)**

Bob Lord	1:59:46 2nd-70+
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**8/1/10-Skyline 50K**

Kat Powell	7:55:49
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**8/8/10-Santa Cruz Duathlon & Triathlon**

**Duathlon**

Ken Bloesch	1:21:29 1st-45+
Tim Riley	1:38:17 1st-65+

**Triathlon**

Kelly Emo	1:20:50 2nd-45+
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A calm and cool morning greeted the athletes. These conditions combined with a beautiful course was a perfect setting for the competitors and fans. The triathlon consisted of a 750 meter swim in the ocean, followed by a 12.4 mile (two loops of 6.2m) bike ride through the backstreets of Santa Cruz to Natural Bridges and down West Cliff Drive to the pier area and culminating with a 5k run out and back on West Cliff.

The duathlon began with a 1.5 mile run on the beach (which proved interesting dodging the triathletes and beach goers) followed by the same two bike and run courses as described immediately above.

The triathlon served as a U.S. regional qualifying event. Kelly competed in a competitive age group and had a great performance despite nursing a calf injury. She started with a nice swim (in the ocean) followed by a great bike and the run to complete the event. If her calf was near 100% she could have easily made up the 16-second gap between her and the winner of her division.. Great job Kelly.

Tim had an uneventful event and finished strong when crossing the finish line. He had enough energy to slap high fives as he approached the end.

Ken broke his left shoe cleat leaving the transition area. He had to pedal out of the saddle (standing up) for the majority of the ride which is less than ideal for a flat course.

**8/14/10-Dammit Run – 5.0 Miles**

**Men**

16	Kevin Breit	32:05 1st-35+
20	Ken Camet	33:04 2nd-45+
70	George Lo	36:25
108	Greg Burke	39:35 1st-60+
111	Glenn Kishi	39:45

128	Dave McIntyre	40:58
153	Carl Petersen	42:17 1st-70+
241	Ken Bloesch	48:03
273	Alvin Jackson	50:14
327	Tim Riley	57:01
360	E. Romesberg	74:05

**Women**

81	Kat Powell	51:00 2nd-55+
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**8/22/10-Bay Vista 10K**

13	Neil Gelglum	40:59 1st-50+
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**8/21/10-Santa Cruz 4M XC Race**

**Men**

18	Jon Kimura	22:27 5th-30+
36	Adam Prince	23:19 6th-40+
42	Jorn Jensen	23:31
43	Mike Matthews	23:32
44	Scott Bang	23:33
47	Dennis Kurtis	23:51 2nd-50+
50	Brian Davis	24:05 4th-50+
53	Andy Lief	24:15
57	Kevin Breit	24:27
61	Tom O'Connor	24:46 7th-50+
66	Ken Camet	25:07
72	Andy Williams	25:16
84	Jeff Rohrer	25:49
85	Dave Piazza	25:54
101	Brian Conroy	26:59
103	Dave Woodruff	27:02
104	Tony Scardina	27:06
105	Dino Delyani	27:08
107	George Lo	27:17
108	Bill Dunn	27:18 2nd-60+
111	Dan Anderson	27:23
112	John Yamagata	27:25 3rd-60+



117	Todd Hayes	27:51	4th-60+
127	Des Knuckey	28:27	
128	Mike Krey	28:33	
138	Glenn Kishi	30:00	
139	Al Murray	30:01	
145	Joe Hurtado	31:27	7th-60+
148	Joe Johnson	31:53	
152	Dave Norlander	32:33	3rd-70+
157	Bob Lord	33:50	4th-70+
171	Eddie Reyna	44:30	7th-70+

**Women**

10	Christ Kennedy	25:33*	1st-50+
76	Joann Dahlkoetter	31:56	
84	Carol Bednar	32:37	

\*Competes for another club

**8/28/10-Empire XC Race-3.43M**

**Masters Race**

12	Scott Bang	19:45	
17	Jorn Jensen	20:19	
18	Mike Matthews	20:21	
22	Dennis Kurtis	20:36	4th-50+
25	Tom O'Connor	20:53	6th-50+
50	Mike Kriege	22:41	
53	Brian Conroy	22:44	
54	John Yamagata	22:45	1st-60+
56	Dave Woodruff	22:47	
64	Todd Hayes	23:19	4th-60+
67	Neil Gelblum	23:29	
79	Glenn Kishi	25:14	
87	Carl Peterson	26:34	3rd-70+
88	Joe Johnson	26:39	9th-60+
89	Joe Hurtado	26:52	
93	Dave Norlander	27:10	4th-70+
116	Carl Tuck	35:06	

**8/29/10- Santa Rosa Half Marathon**

Neil Gelblum	1:29:09	1st-50+
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**9/11/10-Golden Gate Park XC-4M**

**Open**

38	Juan Gomez	22:57	
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**Masters**

16	Scott Bang	23:32	
17	Adam Prince	23:34	
20	Miike Matthews	23:42	
22	Jorn Jensen	23:56	
28	Brian Davis	24:09	

31	Dennis Kurtis	24:20	
40	Tom O'Connor	24:53	
42	Matt Nolan	24:57	
45	Tom Fahey	25:11	
47	Marc Ostrowski	25:13	
72	Dave Woodruff	26:55	
74	John Yamagata	26:57	
77	Dino Delynni	27:01	
78	Brian Conroy	27:03	
80	George Lo	27:07	
89	Todd Hayes	27:32	
90	Tony Scardina	27:33	
94	Ron Kiyono	27:58	
113	Glenn Kishi	30:21	
119	Joe Johnson	31:07	
120	Joe Hurtado	31:28	
124	Dave Norlander	32:49	
128	Bob Lord	34:05	
131	Jeff Bedolla	35:00	
136	Bill Dodson	35:58	
140	Mike McMahan	36:52	

**Women**

121	Helen Wong	30:31	
143	Carol Bednar	32:27	

**9/12/10-Pacific Grove Sprint Triathlon**

Kelly Emo	1:07:22	2nd-40+
Tim Riley	1:33:20	6th-65+
Elaine Erickson	1:36:35	
Georgia Riley	1:49:27	3rd-65+

**9/19/10-Quicksilver 10K**

1	Magnus Wiklund	45:08	
15	Cecilia Wiklund	63:50	
36	Tom Zades	79:10	
37	Ken Bloesch	79:11	

Magnus and Cecilia were the first male and female finishers in this race.

**9/19/10-Quicksilver Half Marathon**

62	Kat Powell	2:45:28	
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**9/23/10-Lockheed 5K**

2	Aaron Paterson	16:43	2nd-30+
3	Dennis Kurtis	17:16	1st-50+
5	Adam Prince	17:42	1st-40+
6	Tom O'Connor	17:44	2nd-50+
21	Glenn Kishi	21:19	
23	Mark Isaacson	21:33	5th-50+

31	Carol Bednar	22:25	1st-Wom
113	Chris Cassell	31:24	

**9/25/10-Garin Park XC Race-3.15M**

**Men**

10	John Munene	16:41	7th-20+
26	John Weru	17:28	8th-20+
32	Jose Pina	17:43	2nd-40+
46	Adam Prince	18:28	7th-40+
51	Dennis Kurtis	18:46	2nd-50+
53	Jorn Jensen	18:54	
66	Kevin Breit	19:26	
69	Tom O'Connor	19:37	6th-50+
71	Marc Ostrowski	19:44	
77	Jeff Rohrer	20:00	8th-50+
82	Tim Souza	20:30	
88	Mike Kriege	20:59	
93	Ken Camet	21:11	
94	Dave Woodruff	21:12	
95	Tony Scardina	21:14	
98	Dan Anderson	21:17	
100	George Lo	21:18	
101	Dino Delyani	21:19	
102	Brian Conroy	21:22	
108	Todd Hayes	21:44	3rd-60+
116	Aaron Lee	22:45	
122	Joe Johnson	23:55	7th-60+
124	Glenn Kishi	24:33	
126	Joe Hurtado	24:44	
127	Carl Petersen	25:11	1st-70+
129	Dave Norlander	25:20	2nd-70+
147	Carl Tuck	32:09	6th-70+

**Women**

61	Marian Richard	23:10	7th-50+
82	Carol Bednar	25:28	

**9/26/10-Trailblazer 5K**

Ron Kiyono	20:04	1st-60+
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**9/26/10-Trailblazer 10K**

13	Neil Gelblum	40:50	1st-50+
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**10/3/10-San Jose Rock & Roll Half Mar**

Victoria Kros	1:53:57	
Rosanna Kennedy	1:54:49	
Pablo Rodriguez	1:57:15	
Alvin Jackson	2:00:55	
Kat Powell	2:02:16	
Dena Noble	2:32:33	

**2010 All-Comer Meets Grand Prix**

This is the second year that we are holding a track Grand Prix based upon results at the Los Gatos winter and summer all-comer meets. We scored your best four events out of eight possible events – 60M, 100M, 200M, 400M, 800M, 100M/Mile, 2 miles, and 5K. Each event was scored using the WAVA age-graded performance tables. Shown below are the scores for all who competed in three events or more.

### Event Scores

Pl	Runner		Total	60M	100M	200M	400M	800M	1500/Mile	2 Mile	5K
1	Mark Pasos	50	360.4	93.4	90.89	90.53	85.00				
2	Jim Bordoni	57	327.0				79.81	85.99	82.19	78.97	
3	Tim Souza	50	309.8				68.35	78.73	74.70	79.60	76.73
4	Ken Camet	49	308.4			71.39	72.79	77.37	80.85	77.38	
5	Alvin Jackson	63	300.5		72.26	78.28	75.31	77.71	71.71		
6	Dave McIntyre	48	300.1	77.90	73.24	74.81	74.13				
7	Jon Kimura	30	297.6				63.01		78.95	77.29	78.37
8	Danny Moon	62	297.4			77.55	74.05	74.37	71.40		
9	Bob Lord	71	292.6	74.80	69.45	64.51	67.10	72.76	73.89	71.14	
10	Kevin Breit	36	290.7				70.38	73.44	73.32	73.31	70.67
11	Bill Dodson	74	283.7					72.18	70.34	69.36	71.80
12	Rich Hahn	48	264.3					63.66	65.31	67.71	67.62
13	Brian Conroy	54	230.3						74.18	78.67	77.47
14	Dave Woodruff	52	227.2				72.27	77.25	77.70		
15	Carl Tuck	75	203.9			67.55	69.98	66.35			

### Event Times \*

Pl	Runner		Total	60M	100M	200M	400M	800M	(1500)/Mile	2 Mile	5K
1	Mark Pasos	50	349.6	7.69	12.08	24.76	58.27				
2	Jim Bordoni	57	342.5				64.98	2:23.30	5:28.11	12:08.15	
3	Tim Souza	50	328.3				72.47	2:27.74	5:40.67	11:21.60	18:47.83
4	Ken Camet	49	325.0			31.17	67.57	2:29.00	(4:55.36)	11:35.60	
5	Alvin Jackson	63	315.7			33.86	68.38	2:46.26	6:36.37		
6	Dave McIntyre	48	308.0	9.14	14.79	29.53	65.89				
7	Jon Kimura	30	306.7				68.53		4:42.20	10:14.60	16:06.80
8	Danny Moon	62	305.2			31.35	72.29	2:52.39	(6:13.66)		
9	Bob Lord	71	294.9	11.10	18.10	40.61	89.58	3:13.24	(6:31.5)	15:22.74	
10	Kevin Breit	36	282.9				63.70	2:19.38	(4:47.43)	11:05.46	18:21.07
11	Bill Dodson	74	262.3					3:24.10	7:37.11	16:28.44	25:22.90
12	Rich Hahn	48	256.7					2:59.52	6:23.45	13:08.57	20:59.61
13	Brian Conroy	54	233.1						5:54.50	11:52.72	19:14.40
14	Dave Woodruff	52	230.3				69.44	2:33.08	(5:15.57)		
15	Carl Tuck	75	222.4			41.30	92.89	3:45.64			

\* If a 1500m time is used, that time is (in parenthesis)