



WVJS



VOL XXXIII-#2 WEST VALLEY JOGGERS & STRIDERS August 2003

Saturday Workouts

09/06/03	Annual Handicap Race	11/01/03	Triangle Run (4.76 miles)
09/13/03	18x0.33M Tennis Court Loop Relay	11/08/03	8 x 0.66M Tennis Court Loop Relay
09/20/03	Short Six (5.74 miles)	11/15/03	Dou/Sar/Frtvle (2.75 miles)
09/27/03	Step-up & Step-down Relay	11/22/03	8 x 1200 Relay
10/04/03	Valle Vista (3.0 miles)	11/29/03	Farwell/Herriman (4.68 miles)
10/11/03	6 x 1600 Relay	12/06/03	4 x 1.46M WVC Loop Relay
10/18/03	All Courses Day	12/13/03	Farwell (3.54 miles)
10/25/03	12 x 800 Relay	12/20/03	Short Six (5.74 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

09/21/03 Jamba Juice 5K (2.0)
 09/28/03 Heritage Oaks 10K (3.0)
 10/19/03 Humboldt Half Mar (1.0)
 11/09/03 Clarksburg 30K (2.0)
 12/14/03 Xmas Relays (2.0)

Racer of the Year

Fastest Farwell Time
 Cumulative Saturday Races
 Fastest Marathon
 Fastest of 2 one-milers on the track
 09/21/03 Jamba Juice 5K
 10/12/03 Almaden Times 10K
 10/26/03 Hollister Mile

Other Popular Races

09/21/03 Wildlife 5K/10K - LG
 09/28/03 Trailblazer 5K/10K-MtVw
 10/05/03 Bridge To Bridge 12K - SF
 10/10/03 Palo Alto Moonlight 5K/10K
 10/12/03 Los Gatos Chiropractic 5K
 10/26/03 Jungle Run Half Mar - LG
 11/16/03 Big Sur 5K
 12/07/03 Cal Intl Marathon

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:15 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.

2003 PA/USATF Grand Prix

Open Men

We are in 8th place.

Open Women

We are in 6th place. Becki Kriege and Missy Sudan are in 10th and 13th places in the short-race competition. Becki, Johanna Wans, and Missy are in 9th, 13th, and 18th places in the long-race competition. Becki (257-9056) is in charge of this team.

40+ Men

We are presently in 5th place. Al Murray is in 15th place in the short-race competition.

40+ Women

Presently, we are in 5th place. Marian Richard is in 6th place in the short-race competition and in 10th place in the long races.

50+ Men

We are in 3rd place. Jim Bordoni and Jim Bordoni are in 4th and 6th places in the short-race competition and Jim, Bill, and Dan Sauers are in 4th, 7th, and 9th places in the long races. Jim Bordoni is in charge of this team.

50+ Women

We are in 3rd place. Sue Francis is in 6th place in the short races and 4th place in the long races. Georgia Riley is in charge of this team.

60+ Men

We are in 2nd place, 5.5 points behind Tamalpa through the Zippy 5K race. Joe Hurtado, Bob Schmitt, and Dick Chimenti are in 2nd, 3rd, and 6th places in the short races and Bob and Joe are 2nd and 3rd in the long races.

70+ Men

We have scored in just one race this year, trailing Tamalpa by 22 points. Eddie Reyna and Stan DeMartinis are in 2nd and 6th places in the short races and Eddie and Jack Friedlander are in 2nd and 5th in the long races.

LOS GATOS 2003 WINTER ALL-COMER TRACK MEETS

(Best times over the 8-week season January 4 through February 23)

400M

Ann Loree 1:05.8
McKayla Plank 1:08.4

800M

Jim Angelopoulos 2:17.7
Jim Bordononi 2:19.9
Kevin Murphy 2:27.0
McKayla Plank 2:27.0
Greg Burke 2:28.5

Mile

Robert Pickens 4:49.3
Greg Burke 5:33.5
Kevin Murphy 5:39.4
Katie Nast 6:00.8

2-Mile

Robert Pickens 10:43.0
Jim Bordononi 11:20.7
Mike Toney 11:57.0

2003 Summer All-Comer Meet Results

(As per Jim Bordononi)

	Best	6/26	7/3	7/10	7/17	7/24	7/31	8/7	8/14
60 METERS									
J.P. Campbell	10.45				13.64				10.45
Jack Bordononi	10.92				10.92	11.09			
Matthew Campbell	10.94			12.72	10.94	12.60			
100 METERS									
J. P. Campbell	16.83								16.83
Jack Bordononi	17.24				17.24		17.58		17.26
Matt Campbell	20.32			21.47	21.08		21.35		20.32
200 METERS									
Dimitrios Stefa	25.27	26.0	25.9		25.27	26.54	26.00	26.58	
Greg Bunker	27.34						27.34		
Art Mitchum	27.5h							27.5h	
Danny Moon	28.3h	28.9	28.3			29.71	29.11	29.03	29.01
Linda Fong Baker	35.2h		35.2						
Jack Bordononi	37.57			37.57		40.72	38.75		38.07
J.P. Campbell	37.72					40.45			37.72
Matt Campbell	41.61					49.47	45.05		41.61
Jordan Lief	49.92			49.92					
400 METERS									
Dimitrios Stefa	55.95	57.3	56.1	55.95	57.21		58.7h	57.6h	
Greg Bunker	59.8h						59.8h		
Bob Pickens	60.34					61.49	61.1h		60.34
Ray Russell	60.7h							60.7h	
Art Mitchum	61.2h							61.2h	
Ann Loree	61.31						63.7h	61.31	
Dave McIntyre	63.50								63.50
Jose Casillas	63.6h	63.6	67.9						
J.P. Campbell	84.57					85.14			84.57
Jack Bordononi	84.86			84.86	90.21	89.60			
Matt Campbell	100.51			106.58	106.16	104.81	111.3h		100.51
Jordan Lief	111.00			111.00					
800 METERS									
Dimitrios Stefa	2:10.90	2:14	2:12.7	2:13.53	2:12.33		2:10.8h	2:11.8h	2:10.90
Bob Pickens	2:11.51					2:17.31	2:15.0h		2:11.51
Hank Lawson	2:17.87	2:20.33	2:18.1	2:17.87					
Jim Bordononi	2:18.68			2:18.68					
Ray Russell	2:18h							2:18h	
Art Mitchum	2:23h							2:23h	
Jose Casillas	2:28.3h		2:28.3						
Dick Chimenti	2:38.25				2:38.25				
Jack Bordononi	3:13.25			3:13.59					
Best									
	6/26	7/3	7/10	7/17	7/24	7/31	8/7	8/14	



1500 METERS

Scott Bang	4:27.90								4:27.90
Missy Sudan	4:59.40								4:59.40

MILE

Nick Fill	4:47.54					4:47.54			
Bob Pickens	4:50.76					5:07.08	4:58.50		4:50.76
Andy Lief	4:56.58		4:56.58						
Jeff Rohrer	5:01.98			5:12.08	5:10.68	5:06.88	5:06h	5:01.98	
Gil Flores	5:03.17				5:14.82		5:05h	5:03.17	
Ray Russell	5:04.67				5:07.42	5:04.67	5:25h	5:07.43	
Leonard	5:05h		5:19.14				5:05h		
Hank Lawson	5:12.41					5:17.65		5:12.41	
Missy Sudan	5:22.3h		5:29.8			5:27.37		5:22.3	
Danny Moon	5:24.60	5:36.0	5:26.9	5:29.30		5:30.74	5:25.58	5:25h	5:24.60
Becki Kriege	5:27.2h		5:27.2			5:27.77			
Dimitrios Stefa	5:32.41					5:32.41			
Katie Nast	5:44.21				5:44.21				
Jose Casillas	5:46.72			5:46.72					
Rich Stiller	5:51.54	6:08.0	5:56.1	5:51.54	5:57.79				
Dave McIntyre	6:04.3h		6:04.3						
Kelly Emo	6:11h							6:11h	
Helen Wong	6:38.6h		6:38.6						
Madelyn Moon	7:49.27		8:06.6	8:01.07		8:07.35	7:52.20	8:03h	7:49.27

2-MILE

Lenin Zapata	9:49.19						9:49.19		
Nick Fill	10:04.77	10:16.5					10:04.77		
Jeff Rohrer	11:11.40				11:23h	11:17.39	11:11.40	11:15h	
Leonard	11:33.0h	11:33.0							
Danielle Zelinsk	12:06.92			12:06.92	12:32.85				
Danny Moon	13:24h							13:24h	
Kelly Emo	13:24h							13:24h	
Andy Lief	???				???				

5000 METERS

Scott Bang	15:39.48								15:39.48
Jeff Rohrer	17:47.9h								17:47.9h
Becki Kriege	17:49.2h								17:49.2h
Rich Hahn	19:52.87								19:52.87
Danny Moon	20:54.88								20:54.88

9/6/03 – Annual Club Handicap Race & Breakfast

Our 32nd annual club handicap race will be held on Saturday, 9/6/03 at 8AM.

The race starts and finishes in front of Rich & Judy Collins' house at 12564 Scully Ave in Saratoga. The distance is 3.06 miles, consisting of 4 flat 0.765 mile loops.

The race will be followed by a breakfast at the Collins' house. We will determine the cost of the prizes and food on race day and ask for a donation to cover the cost (\$2 per person?).

A meeting will be held at Walt Van Zant's house (1124 Kensington Ave in Sunnyvale) on Tuesday night, 9/2/03 (7PM), in order to determine the handicaps. All club members are welcome to attend this meeting. But, please let Walt know ahead of time if you intend to attend the meeting so that he can better determine how many copies of results data that he should make.

If you do not want to run the race but just want to come to watch it and eat breakfast, please feel free to do so.

Please let Walt know who will be running the race prior to the 9/2/03 meeting so that he can look up your record ahead of time and prepare tentative handicaps prior to the meeting. If you sign up after 9/2, the handicap committee members will determine a handicap for you on the Saturday morning of the race but we will be very conservative in our handicapping so that you are not able to escape with an easy win.

This race and breakfast is an excellent opportunity to meet and socialize with your fellow club members. So, please give serious consideration to attending this affair. Out-of-town club members are especially encouraged to attend the race.

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.

Miscellaneous drivel is going to be short this time as I want to get this bulletin prepared today so that you will have at least a one week notice of our annual handicap race.

Old-time club members may remember Dave Peterson. He was a very good runner who ran and competed with us during the 1970s. In fact, for a while we started and finished our Sunday long runs from his house. I recently learned that he died of a heart attack at age 60 a couple of years ago.

Cecil Baumgartner was featured in the July 4th edition of the Ojai Valley News. His picture was shown along with the story of his accomplishment of finishing the Western States 100-miler in under 24 hours. Todd Hayes also started this race but had to bow out after 62 miles due to fatigue.

As per Kelly Emo, there is a great running website at www.zinzil.com that will do a complete search of all Northern California/Sacramento area race results. It will then give you a listing of all your results for the last four years or so with your times, split times, age group and gener places, race names and dates.

Katie Nast won the Regional Junior Olympics 3000 meters for midget girls with a time of 11:20.

Dave Garcia, after suffering for many years with a bad back, underwent surgery to fuse his L5 and S1. He had a degenerated disk (It was gone) and an offset vertebrate. The L5 was sitting about mid-S1, which is the first vertebrate in the hip area. The UCSF surgeon took some bone from his hip and used it to create a gap. The L5 had been compressing his nerves as it rested on his S1. He also had screws and retaining rods put between the vertebrate. He hopes to start running within 3 months. Dave was a super open runner. Now that he has had his back repaired, maybe he can become a good master runner.

Jim Bordoni was thrilled to finish 3rd in the 50/54 division of the 1500 meters at the National Masters track meet in August. He ran a fast last lap to finish in 4:35. Then, last Saturday Jim ran 4:55 for the mile.

Rich Collins was missing in action for awhile this summer. When he finally returned, we learned that he had had prostate surgery to cure his cancer.

Tom Warfel had surgery for his heart a few months back. Then, he broke his ankle while walking around the outside of his house. He became our star timer for the Saturday workouts while wearing his cast. The cast has now been removed and he is walking (23 minutes for the mile last week).

Bob Toney is ready to start his high school running career this fall. He ran 4:54 as an 8th grader. So, his expectations for his high school career are high. McKayla is ready to start her junior year at Mitty. She is already one of the top high school distance runners in the Central Coast section.

Neil Gelblum has now moved back to the Santa Clara Valley from Oregon.

Dennis Kurtis will turn 50 on 11/1 and Jim Reitz will turn 60 on 11/9.

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>

Triathletes' Corner (by Kelly Emo)

July 19th Tri for Fun:

Several WVJS'ers participated in Triathlons in July. On July 19th, several of us did the Tri for Fun in Pleasanton. The Tri for Fun is a timed but non-competitive (meaning no awards but people still try to compete against their peers) sprint Triathlon in a warm lake. It's particularly friendly to first timers. The distances are 400 yard swim, 11 mile bike and 5k run. Several club members did it including Pauline Beatty (first Tri), Georgia Riley, Chris Blue, Kelly Emo and Bill Meinhardt. Bill and Kelly both completed the event in about 1 hour and 8 minutes. Not sure about everyone else's time.

July 20th: Catfish Open Water swim

Kelly Emo and Dave Macintyre both completed the 1.2 mile open water swim in Lexington Reservoir. Kelly was 8th in 35/39 in the non-wetsuit category with a time of 41:23. Didn't catch Dave's time.

August 3rd SandMan Triathlon:

Kelly Emo competed in the SandMan Triathlon in Aptos. The event consisted of an 800 meter swim in the ocean, a 15 mile bike ride and a 4 mile run completely on the hard packed sand at Seacliff beach. Kelly completed the event in 1:41:21 with splits of approximately 18 minutes for the swim, 55 minutes for the bike and 27 minutes for the run. In Kelly's attempt to pass as many



women as possible on the run, she ran down several but could not catch one in the final stretch. Turns out she took 3rd and Kelly ended up 4th 35/39, missing the trophy by 3 seconds.

Upcoming triathlon events of interest:

9/13: Pacific Grove Triathlon (sprint and Olympic)

9/14: Tri for Real in Pleasanton

9/28: Sentinel Olympic Distance Triathlon in Santa Cruz

2003 WVJS RACER OF THE YEAR CONTEST

Placings in this contest were based upon your best 8 performances in 16 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). The results to date for 2003 for all who have scored in four or more races are as follows:

Elite Division

Al Murray (8)	191
Jim Bordoni (8)	185
Bob Pickens (8)	173
Scott Bang (7)	172
Dave Piazza (7)	169
Jeff Rohrer (8)	168
Gil Flores (6)	127
Gary Waggoner (6)	121
Brian Davis (4)	90

A Division

Becki Kriege (8)	198
Missy Sudan (8)	185
Bob Schmitt (8)	176
Jake Roberts (7)	166
Ron Kiyono (6)	138
Dick Chimenti (6)	131
Johanna Wans (5)	123
Danny Moon (5)	113
Dimitrios Stefanidis (4)	88

B Division

Joe Hurtado (8)	199
Rich Hahn (8)	191
Dave McIntyre (8)	190
Kelly Emo (8)	186
Marion Richard (6)	142

C Division

Sue Francis (8)	200
John Peterson (8)	188
Norm Saucedo (8)	187
Pauline Beatty (7)	148
Helen Wong (6)	145
Chris Cassell (5)	113

D Division

Georgia Riley (8)	198
Elaine Erickson (4)	98
Ken Napier (4)	91

E Division

Marcia Morrison(8)	195
Stan DeMartinis (8)	186
Chris Blue (6)	150
Madelyn Moon (5)	118
Eddie Reyna (4)	98

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. Results for the first half of the year are not readily available. Current standings will be shown in the next club bulletin.

SATURDAY WORKOUT RESULTS

6/7/03 – 16 x 300 Relay

Pl	Team	Start	Finish
1	Saucedo/McIntyre	2:15	18:38
2	Loree/Waggoner	2:30	18:49
3	Norlander/Roberts	2:15	18:51
4	Napier/Van Zant	-0-	18:53
5	Jensen/Lief	5:15	19:00
6	Isaacson/Armstrng	3:30	19:09
7	D.Moon/Angelopoul	4:30	19:09
8	Packwood/Murray	3:00	19:10
9	Hayes/Russell	4:30	19:16
10	Riley/Wong	-0-	19:19

11	Wilks/Emo	2:15	19:28
12	Noble/Peterson	1:00	19:31
13	Noel/Schmitt	2:15	19:40
14	M.Moon/Cassell	-0-	19:54
15	Myers/Francis	2:00	20:18
16	McPhail/Chimenti	-0-	20:43

Dick Barrett Trophy Winner – Dave McIntyre

Norm Saucedo put his team into the lead near the end of his first leg and Dave

McIntyre lengthened the lead during his last leg as the Saucedo/McIntyre team won by about 60 yards. Andy Lief led the guys with an average of about 51 seconds per run. Ann Loree may have been the top dog for the ladies (we did not get the splits for Helen Wong, Christina Wilks, Kelly Emo, or Dena Noble) with an average of 66 seconds per run.

6/14/03 – Short Six – 5.74 Miles

1	Jorn Jensen	33:49
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2	Al Murray	35:35	
3	Gary Waggoner	35:43	PR
4	Slim Pickens	36:16	
5	Katy Spink	36:44	
5	Floyd Gerhardt	36:44	PR
7	Kristina Mathias	37:04	
8	Amanda Gerhardt	37:28	PR
9	Jake Roberts	38:07	
10	Todd Hayes	38:12	
11	Steve Kurasch	38:32	
12	Johanna Wans	39:15	
13	Dave McIntyre	42:15	
14	Bob Schmitt	43:39	
15	Kristina Wilks	44:13	
16	Chris Cassell	44:32	PR
17	Ken Noel	49:00	
18	John Peterson	51:48	
19	Don Packwood	54:30	
	Georgia Riley	DNF	

Dick Barrett Trophy Winner – Stan DeMartinis

Scott Bang took the lead about a half mile after the start and then went on to win by about 100 yards. Amanda Gerhardt led the ladies. Jorn led the runners pushing a baby stroller (2 or 3). Jake Roberts improved his PR by 90 seconds. Danny ran his slowest time on this course in his 21 years of running the course. Mike Toney and Stan DeMartinis did not get lost as they did when we ran this course last March. Stan improved his own 80+ course record by 16 seconds. Ed Lock, Ann Loree, and Dave McCarten did an excellent job of timing.

6/28/03 – One Mile Races on the Track

Heat #1 (6:35 & Slower)

1	Helen Wong	6:37.3	
2	Christina Wilk	6:38.3	
3	Walt Van Zant	6:38.8	
4	Jim Myers	6:47.6	
5	Ken Noel	7:14.6	
6	Jerry Lewis	7:48.0	
7	Ken Napier	7:54.4	PW
8	Pauline Beatty	7:58.1	
9	Madelyn Moon	8:20.5	
10	Tina Shaner	8:39.2	
11	Dave McCarten	9:04.6	
12	Stan DeMartinis	10:00.8	PW
13	Howard Powers	10:23.3	PW

Jim Myers led this group through opening laps of 1:43 and 3:28. Helen Wong, who was running in the slow heat due to a foot injury, couldn't stand the slow pace. So, after trailing by about 15 yards for most of the race, she accelerated with a 660 to go and built about a 25-yard lead as she passed through the 3-lap mark in 5:05. She held the lead until the end but Christina Wilk ran very well over the last lap to come from way back to finish within 5 yards of Helen. Jim Myers loafed the whole race to finish 4th. Ken Noel (former 1:48 half miler) also loafed to a 7:14. Jerry Lewis made a rare Saturday workout appearance and at the age of 68 was able to manage a 7:48 (he could run in the 4:40s when he was a kid of 40+). He held off Ken Napier (age 71), who was a little off his mile best of 4:11. Pauline loafed. 78-year-old Howard Powers had a significant lead on 80-year-old Stan with

just 100 meters to go when he either tripped or just fell down due to fatigue. He eventually got up and finished in 10:23. Howard has lost a lot of weight due to his new diet (starvation?) but his new slimness did not help him today.

Heat #2 (5:45 to 6:35)

1	Chris Baker	5:27.1
2	Becki Kriege	5:29.3
3	Missy Sudan	5:33.3
4	Dimitrios Stefanidis	5:54.1
5	Ranjeet Sudan	5:54.5
6	Rich Stiller	5:55.8
7	Joe Hurtado	6:01.9
8	Dave Norlander	6:09.5
9	Chris Cassell	6:23.3
10	Jim Myers	6:29.6
11	Rick Kananen	6:40.6

Chris Baker jumped into the lead right away and led for most of the race. He ran laps of 79, 2:41 (82), and 4:04 (83) to take a 20+ yard lead into the last last lap. Becki caught and passed Chris with about 200 meters to go but couldn't build a big enough lead to hold off his sprint on the final straightaway. Joe Hurtado missed breaking 6:00 by a slight amount but had the best time of any 60+ runner this morning. Jim Myers loafed again but ran faster than he ran in the first heat.

Heat #3 (Sub 5:45 Runners)

1	Scott Bang	4:59.6	
2	Dave Piazza	5:04.3	PR
3	Jim Bordoni	5:05.8	
4	Al Murray	5:10.6	
5	Hank Lawson	5:13.2	
6	Jeff Rohrer	5:16.8	
7	Gary Waggoner	5:19.6	
8	Jake Roberts	5:32.7	
9	Danny Moon	5:40.6	PW
10	Dimitrios Stefanidis	5:57.4	

Dick Barrett Trophy Winner – Scott Bang

Scott Bang ran splits of 73, 2:29, and 3:46 on his was to an easy win. Dave Piazza was pleased that he improved his PR by 1.6 seconds and thought that he could have done even better if he hadn't been caught off guard by the quick start. Jim Bordoni had by far the best 50+ time of the day. Al Murray improved his time from last year by 23 seconds. Danny Moon ran

Dick Barrett Trophy Winner – Jorn Jensen

Easy win for Jorn. Katy led the ladies. Gary Waggoner improved his PR by 3 minutes, Floyd improved his PR by 4 minutes, Amanda improved her PR by 4 minutes, and Chris Cassell improved his PR by 36 seconds. Bob Schmitt got lost.

6/21/03 – Farwell – 3.54 Miles

1	Scott Bang	20:11	
2	Dave Piazza	20:34	
3	Jorn Jensen	20:53	
4	Floyd Gerhardt	21:41	
5	Mike Toney	21:48	
6	Katy Spink	22:10	
7	Amanda Gerhardt	22:25	
8	Jake Roberts	22:29	PR
9	Danny Moon	23:22	PW
10	Todd Hayes	24:19	
11	Jose Casillas	25:21	
12	Dave Norlander	25:34	
13	Jim Myers	25:45	
14	Christina Wilk	26:29	
15	John Peterson	26:42	
16	Dave McIntyre	27:00	
17	Brian Low	27:04	
18	Ken Noel	27:13	
19	Helen Wong	28:12	
20	Dena Noble	28:13	
21	Walt Van Zant	28:14	
22	Georgia Riley	30:54	
23	Madelyn Moon	35:02	
24	Stan DeMartinis	44:20	



a PW of 5:36 on Thursday night in 105-degree weather and showed that he had not recovered as he sunk even further to 5:40 this morning.

7/5/03 – Triangle Run – 4.76 Miles

1	Al Murray	29:01	
2	Hank Lawson	30:22	
3	Danny Moon	31:21	PW
4	Dick Chimenti	31:40	
5	Bob Schmitt	32:00	
6	Mark Isaacson	32:49	
7	Joe Hurtado	32:58	
8	Dave McIntyre	34:33	
9	Dave Norlander	34:41	
10	Helen Wong	34:45	
11	Chris Cassell	35:30	PR
12	Jim Myers	36:33	
13	Ken Noel	37:44	PW
14	Don Packwood	39:26	
15	Walt Van Zant	41:52	PW
16	Marcia Morrison	43:58	PW
17	Dave McCarten	49:00	PW
18	Madelyn Moon	49:49	PW
19	Stan DeMartinis	58:31	PW

Dick Barrett Trophy Winner – Al Murray

Al Murray got the weekly trophy because he won his first Saturday road race in many years. Dick Chimenti recorded the #4 time by a 60+ runner on this course as he led nine 60+ runners this morning. Helen, who has been running slow lately due to a foot injury, came within 3 seconds of her PR. Chris Cassell improved his PR by 24 seconds. We had a record number of PWs (personal worsts). Danny's was tainted in that he only tied his PW.

7/12/03 – 5K on the Track

1	Andy Lief	16:43
2	Scott Bang	17:38
3	Dave Piazza	17:41
4	Bob Pickens	17:49
5	Gary Waggoner	18:52
6	Michael King	19:01
7	Jake Roberts	19:07PR
8	Jonathan Lee	19:54
9	Todd Hayes	20:40
10	Dave McIntyre	21:14
11	Dave Norlander	21:44
12	Kelly Emo	21:54
13	Chris Cassell	22:32
14	John Peterson	22:43
15	Christina Wilk	23:24

16	Don Packwood	24:15
17	Dena Noble	24:18
18	Jim Wurm	25:31
19	Ruth Harris	26:29
20	Maggie Mortimer	28:57

Dick Barrett Trophy Winner - Jake Roberts
Timer - Tom Warfel, Clip Board - Jim Bordononi, Stick Man - Stan DeMartinis, Lap Counter - Danny Moon

Great day for a 5K, which prompted many spectators who were saving themselves for the Fleet Feet Mile in Davis tomorrow. Scott Bang and Andy Lief took the early lead, alternating each lap for the first 6 laps with Dave Piazza and Slim Pickens following behind them. After the sixth lap, Andy took the lead and maintained it the remainder of the way. Gary Waggoner, Mike King and Jake Roberts, who ran a PR, were running very consistently, staying fairly close to each other. Todd Hayes hung in there after his bout with the Western States 100 miler the week before. He looked okay. The rest of the pack was fairly spread out as the day became a little warmer. It was nice to see Ruth Harris who has not been out for a while. There were words of encouragement " Coffee and Breakfast will be Good" shouted to Jim Wurm as he would stagger past the clock each laps. It did bring a smile to his face! The two bosses, Walter and Ken, were out of town in Laughlin Nevada, running, fishing or was it the one-arm bandits, with the temperature in the 125 range.

7/19/03 - Doug/Sar/Fruitvle-2.75M

1	Al Murray	15:50	
2	Slim Pickens	15:56	
3	Jeff Rohrer	16:04	
4	Missy Sudan	16:23	PR
5	Jake Roberts	16:30	
6	Katy Spink	16:51	
7	Dick Chimenti	17:02	
8	Floyd Gerhardt	17:18	
9	Neil Gelblum	17:22	
10	Bob Schmitt	17:56	PR
11	Amanda Gerhardt	18:07	
12	Dave McIntyre	18:20	
13	Liz Nast	18:59	
14	Todd Hayes	19:07	
15	Helen Wong	19:26	

16	Chris Cassell	19:56	PR
17	John Peterson	20:18	
18	Ken Noel	20:46	
19	Dena Noble	21:36	
20	Annette McPhail	23:18	
21	Jim Myers	23:18	
22	Marcia Morrison	23:41	
23	Ken Napier	23:50	PW
24	Stan DeMartinis	30:15	

Dick Barrett Trophy Winner - Missy Sudan

A fun morning. Al Murray won by a few seconds over Slim Pickens. Dick Chimenti recorded the #3 time by a 60+ runner for this course and Bob Schmitt moved into a tie for 8th place on the 60+ list. Missy improved her PR by 17 seconds to move within 1 second of the 4th best open women's time for this course

7/26/03 – 12 x 600 Relay

Pl	Team	Start	Finish
1	Schmitt/Pickens	8:45	32:45
2	Wong/Waggoner	7:45	33:13
3	Myers/Bordononi	8:15	33:43
4	Cassell/Murray	8:15	33:45
5	Beatty/Peterson	3:45	33:46
6	Norlander/Gelblum	7:45	33:57
7	DeMartinis/D.Moon	-0-	34:05
8	VanZant/Saucedo	3:45	34:45
9	Napier/Noel	2:30	35:11
10	M.Moon/Packwood	1:15	35:46

Dick Barrett Trophy Winner –Slim Pickens

The Pickens team started last but quickly moved through the field and finally took the lead during the 11th interval on their way to an easy win. There were several good performances. Bob Pickens led the way with a 1:47 average. Al Murray averaged 1:53, 50-year-old Jim Bordononi averaged 1:55, Gary Waggoner averaged 1:58, 61-year-old Bob Schmitt averaged 2:12, and Helen Wong averaged 2:16.

8/9/03 - 36 x 200 Relay

Pl	Team	Start	Finish
1	Loree/Mathias/Hayes	6:00	27:55
2	D.Moon/Murray/Pickens	8:15	28:04
3	Hurtado/Schmitt/Wong	5:00	28:05
4	Toney/Gelblum/Burke		6:30
5	Myers/Cassell/Saucedo		4:45
6	Navarette/Wagg/Rohrer	7:15	28:38

7	Noble/Noel/Peterson	3:30
8	Napier/Zades/Beatty	:45 29:10
9	DeMartin/Moon/McIntyre --	29:53

8	Stan DeMartinis	9:14.6
9	Tom Warfel	23:01.2

Heat #3 (Sub-5:30 Runners)

1	Andy Lief	4:55.0
2	Jim Bordoni	4:55.6
3	Slim Pickens	4:55.9
4	Gilbert Flores	5:03.7
5	Jeff Rohrer	5:05.4
6	Hank Lawson	5:08.2
7	Dave Piazza	5:09.2
8	Jake Roberts	5:17.0
9	Gary Waggoner	5:17.4
10	Missy Sudan	5:20.5

Dick Barrett Trophy Winner -
Loree/Mathias/Hayes

8/16/03 – 4 x 1.46M WVC Relay

Pl	Team	Start	Finish
1	Myers/Cassell	5:15	46:36
2	Lawson/Rohloff	10:30	46:50
3	Collins/Wilk	-0-	47:00
4	Noel/Van Zant	3:30	47:01
5	Toney/Wong	10:30	47:17
6	Norlander/Hovancik	9:30	47:18
7	Sudan/D.Moon	12:00	47:22
8	Russell/L.Nast	10:30	47:23
9	DeMartinis/Gelblum	-0-	48:41
10	G.Riley/Carchidi	2:30	49:00
11	Chimenti/Kriege	11:30	49:35
12	Shaner/Murray	-0-	52:08

Phantom Dick Barrett Trophy Winner –
Jim Myers & Chris Cassell

Ken Noel ran his heart out to give his team the lead with a lap to go and then saw it all disappear as Chris Cassell ran a strong last lap to lead his team to victory. Christina Wilk ran her second lap a remarkable 80 seconds faster than her first lap (11:23 to 10:03). Ray Russell, although he ran a hard 3-miler one hour before the workout, was still good enough to lead all runners with splits of 8:24 and 8:20. Missy Sudan had the fastest splits for the women at 17:37, which was a PR. Tom Warfel, who may be able to start running within a couple of weeks, again did a good job of timing.

8/16/03 - One Mile on the Track

1	Kelly Emo	6:06.9
2	Don Packwood	6:21.0

8/23/03 – One Mile Races on the Track

Heat #1 (6:30 & Slower)

1	Rich Collins	7:15.7
2	Tom Zades	7:26.8
3	Marcia Morrison	7:48.0
4	Ken Napier	7:51.0
5	Madelyn Moon	7:58.6
6	Dave McCarten	8:08.9
7	Tina Shaner	8:34.6

Rich Collins ripped off an opening lap of 107 to take a 10 yard lead over Tom Zades. He then ran laps of 113 and 111 to gradually pull away and then sprinted the last lap in 105 to win by 11 seconds. Marcia and Ken ran neck and neck for the entire race with Marcia holding on to finish 3rd. Ken improved his time from our first race by 3 seconds. Madelyn improved by 22 seconds to finish 5th, Dave McCarten improved by 56 seconds to finish 6th, Tina Shaner improved by 5 seconds to finish 7th, and Stan DeMartinis improved by 46 seconds to finish 8th. Tom Warfel, who just had his foot cast taken off, walked a blazing 23:01 to finish last in both the 1st race and the 2nd race.

Heat #2 (5:30 - 6:29)

1	Danny Moon	5:26.5
2	Neil Gelblum	5:40.4
3	Dave McIntyre	5:46.0
4	Dick Chimenti	5:49.3
5	Kelly Emo	6:00.2
6	Bob Schmitt	6:01.4
7	Joe Hurtado	6:03.6
8	Helen Wong	6:04.0
9	Dave Norlander	6:05.3
10	John Peterson	6:11.7
11	Chris Cassell	6:17.5
12	Don Packwood	6:27.6

Danny opened with laps of 74 and 80 to take a big lead in this race. He then staggered home with laps of 87 and 85 to still win by a lot. 6 of the 12 runners in this race were over 60. Dick Chimenti, who was suffering from the effects of a cold, was still good enough to lead the oldies. However, the 60+ runners behind him were closely bunched. Bob Schmitt edged Joe Hurtado by 2 seconds, Dave Norlander was another 2 seconds back, and John Peterson was another 6 seconds back. Don Packwood had an off day, finishing 6 seconds slower than last week. Helen Wong may have run a PR with her 6:04. Chris Cassell was 6 seconds faster than his first mile from a couple of months ago.

This race featured our best runners. Any and Gil took everyone out in a 70 first lap with the top 7 runners closely bunched. Andy, Gil, Jim, and Slim began to separate themselves from the field during the 2nd lap, which they finished in 2:28. They still stayed close during the 3rd lap but Gil began to drop off the pace. They finished the 3rd lap in 3:42. Andy, Jim, and Slim maintained their position throughout the last lap as all finished in the 4:55s. Jim was very pleased with his performance, which was slightly better than when he finished 3rd in the 50+ division at the National Masters Meet 1500. Slim did not run all out because he was saving himself for the Mt Madonna Run tomorrow. Gil missed his goal of breaking 5:00, possibly because of the fast start. Jeff improved his time from our first mile race by 11 seconds. Hank was disappointed that he didn't break 5:00. Dave Piazza was a few seconds slower than his PR 5:04 of 6/28/03. Jake Robers continued to improve as he bettered his previous mile time by 15 seconds to barely edge Gary, who also bettered his mile time. Missy ran at the back of the group throughout the race. She improved 13 seconds from her first run and 2 seconds on her all-time PR (set at an all-comers meet a couple of weeks ago).

Dick Barrett Trophy Winner – Jim Bordoni

RACE RESULTS

1/26/03 – Home Depot Half Marathon

28	Dave Piazza	1:20:46
39	Bob Pickens	1:21:28
98	Dave Woodruff	1:25:44
113	Mike Hegglund	1:26:37
160	Mike Norcia	1:29:04
224	Tina Lount	1:31:30
330	McKayla Plank	1:34:46
428	Kelly Emo	1:37:36
469	Cecil Baumgartner	1:38:37
507	Sue Francis	1:39:24
544	Jake Roberts	1:39:59
606	Dave McIntyre	1:41:09
	John Peterson	1:44:45
	Marcia Morrison	2:19:52

5/5/03–Avenue of Giants Mar

Marcia Morrison	4:36.xx
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5/18/03 –Livermore 5K

10	David Furst	19:14	2 nd -50+
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6/15/03 – Pleasanton 5K

16	David Furst	18:52	3rd-50+
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6/19/03 – Thursday Thriller – 3M

7	Cecil Baumgartner	20:10	
24	Sue Francis	21:45	1 st -50+

This was the first race for Sue and Cecil since their move to Ojai.

6/21/03 – Shriner's 8K

Men

51	Al Murray	28:12	3rd-45+
71	Gil Flores	29:19	
76	Jeff Rohrer	29:28	
77	Jim Bordoni	29:32	5th-50+
92	Bill Dunn	30:15	4th-55+
107	Ron Kiyono	30:55	5th-55+
138	Bob Schmitt	32:49	3rd-60+
142	Joe Hurtado	32:57	5th-60+
254	Dick Chimenti	41:55	

Women

4	Becki Kriege	29:39	1st-35+
14	Missy Sudan	30:49	5th-30+
17	Johanna Wans	31:02	3rd-20+
35	Mckayla Plank	32:30	1st-15+
42	Marian Richard	33:07	5th-40+
57	Carol Mendoza	34:37	
84	Pauline Beatty	39:18	
110	Elaine Erickson	42:06	

6/22/03 – San Jose Intl Triathlon

Kelly Emo 2:34:57

This race consisted of a 1.25 mile swim, a 40K bike, and a 10K run. Kelly finished with a 42:54 for her 10K.

6/28/03 – Western States 100

Cecil Baumgartner	23:24
Todd Hayes	DNF

Great race for Cecil as he broke the magic 24-hour mark. Todd got through 62 miles before he had to quit the race.

6/29/03 - Run For The Law 5K

Men

2	Scott Bang	16:42	2nd-30+
4	Danny Moon	19:05	1st-50+
5	Mark Isaacson	19:08	1st-40+
16	Rich Hahn	20:18	
20	Gregg Bunker	21:21	2nd-50+
25	Chris Cassell	22:02	
42	Ken Napier	26:45	1st-70+
71	Stan DeMartinis	35:22	1st-80+

Women

1	Johanna Wans	18:27	1st-19+
2	Danielle Zelinski	19:47	2nd-19+
6	Pauline Beatty	23:22	2nd-40+
8	Dena Noble	23:37	
13	Georgia Riley	24:42	1st-50+
24	Madelyn Moon	28:38	1st-60+

Zelinski competes for the Aggies

7/4/03 – Mt. Shasta 5-Miler

Jerry Lewis	45:32	2 nd -65+
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7/4/03 – Bridgeport 5-Miler

Kelly Emo	37:05	2 nd -30+
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This race run at an altitude of 7800 feet.

7/5/03 – Mammoth Rock 10K

Kelly Emo	52:36	2 nd -30+
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Another 7800-foot elevation race with many steep hills.

7/13/03 – Davis Grand Prix Mile

Women

Johanna Wans	5:17	1st-20+
Becki Kriege	5:22	4th-35+
Missy Sudan	5:24	5th-30+
Carol Mendoza	5:44	
Kelly Emo	6:06	
Georgia Riley	7:22	4th-55+

Chris Blue	7:23	4th-50+
Marcia Morrison	7:52	
Madelyn Moon	8:03	3rd-60+

Men

Bob Pickens	4:50	
Brian Davis	4:53	1st-45+
Jim Bordoni	5:01	2nd-50+
Ray Russell	5:02	
Al Murray	5:04	
Gil Flores	5:11	
Jeff Rohrer	5:11	
Mike Kriege	5:18	
Danny Moon	5:24	5th-55+
Ron Kiyono	5:29	
Dick Chimenti	5:39	2nd-60+
Dave McIntyre	5:44	
Joe Hurtado	5:57	4th-60+
Bob Schmitt	6:00	
Rich Hahn	6:06	
John Peterson	6:17	
Stan DeMartinis	9:23	1st-80+

7/26/03 – Wharf to Wharf – 6M

Men

53	Andy Lief	33:09
75	Jorn Jensen	33:50
76	Jim Angelopoulos	33:52
87	Rob Nast	34:22

Women

29	Tina Lount	38:05
92	Liz Nast	41:30
94	Kelly Emo	41:32

8/3/03 - Alameda 10K

20	Al Murray	36:04	1st-45+
27	Becki Kriege	37:33	1st-35+
31	Jake Roberts	38:11	
32	Missy Sudan	38:13	2nd-30+
45	Gary Waggoner	39:20	
80	Joe Hurtado	42:08	3rd-60+
155	Brian Low	47:05	
176	John Peterson	48:09	
314	George Moss	54:09	3rd-65+
323	Marcia Morrison	54:23	2nd-55+

Becki and Missy were the 2nd and 3rd women finishers overall.

8/14/03–5K on Los Gatos Track

Jeff Rohrer	17:47.8
Becki Kriege	17:49.2
Rich Hahn	19:52.8



Danny Moon	20:54.3	Bob Schmitt	36:58	1st-60+	8/17/03–Felton Run For The
		Joe Hurtado	37:10	2nd-60+	Redwoods 10K
8/16/03 – Dammit Run - 5M		Dave McIntyre	38:19		5 Gilbert Munoz 39:39 1 st -45+
<u>Men</u>		John Peterson	40:38	4th-60+	10 Dan Anderson 41:14 1 st -50+
Jim Angelopoulos	30:20	1st-40+			
Jeff Rohrer	33:21	3rd-40+			
David Woodruff	34:17	2nd-45+	<u>Women</u>		8/24/03 –Alameda TriOne Triathlon
Jake Roberts	35:56		McKayla Plank	36:49	1st-14+
Art Mitchum	35:57	2nd-50+	Pauline Beatty	48:28	7th-45+
Greg Burke	36:27	1st-55+	Chris Blue	48:28	5th-50+
					<u>Long Race</u>
					Georgia Riley 3:11:18 1 st -55+
					<u>Short Race</u>
					Kelly Emo 1:02:41 2 nd -35+

2003 CUMULATIVE SATURDAY STANDINGS

Elite Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Bang,Scott	0:15:28	0:36:24	0:16:44	0:35:25	0:20:11	0:36:02	0:26:39	0:35:38	0:33:36	0:43:45	0:35:09	0:37:09	2:27:47
Bordoni,Jim	0:15:45	0:37:04	0:17:22	0:36:46	0:20:27	0:36:31	0:27:51	0:37:14	0:29:06	0:37:53	0:00:00	0:00:00	0:00:00
Cornwell,Dwight	0:00:00	0:00:00	0:00:00	0:00:00	0:20:35	0:36:45	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Fergus,Dave	0:17:46	0:41:49	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:29:54	0:38:56	0:00:00	0:00:00	0:00:00
Gelblum,Neil	0:17:22	0:40:53	0:00:00	0:00:00	0:22:34	0:40:18	0:31:46	0:42:28	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Gerhardt,Floyd	0:16:38	0:39:09	0:18:03	0:00:00	0:21:27	0:38:18	0:29:41	0:39:41	0:00:00	0:00:00	0:36:44	0:38:50	0:00:00
Hayes,Todd	0:18:39	0:43:54	0:00:00	0:00:00	0:23:10	0:41:22	0:28:53	0:38:37	0:32:28	0:42:16	0:38:12	0:40:23	0:00:00
Hegglund,Mike	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
Jensen,Jorn	0:00:00	0:00:00	0:17:17	0:36:35	0:20:53	0:37:17	0:26:43	0:35:43	0:28:17	0:36:50	0:33:49	0:35:45	0:00:00
Kepner,Tom	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:14	0:44:26	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kriege,Mike	0:00:00	0:00:00	0:00:00	0:00:00	0:21:46	0:38:52	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lanoisellee,Patric	0:00:00	0:00:00	0:00:00	0:00:00	0:21:03	0:37:35	0:28:28	0:38:03	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lawson,Hank	0:00:00	0:00:00	0:18:24	0:38:57	0:21:57	0:39:12	0:00:00	0:00:00	0:29:27	0:38:21	0:00:00	0:00:00	0:00:00
Lief,Andy	0:15:01	0:35:21	0:16:30	0:34:56	0:00:00	0:00:00	0:26:33	0:35:30	0:26:53	0:35:00	0:33:38	0:35:33	0:00:00
Murray,Al	0:15:34	0:36:38	0:17:20	0:36:41	0:00:00	0:00:00	0:27:35	0:36:53	0:28:50	0:37:33	0:35:35	0:37:37	0:00:00
Nast,Rob	0:15:38	0:36:48	0:17:09	0:36:18	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
Piazza,Dave	0:00:00	0:00:00	0:16:52	0:35:42	0:20:14	0:36:08	0:00:00	0:00:00	0:27:19	0:35:34	0:00:00	0:00:00	0:00:00
Pickens,Bob	0:15:08	0:35:37	0:17:21	0:36:44	0:19:52	0:35:29	0:27:10	0:36:19	0:29:51	0:38:52	0:36:16	0:38:20	2:25:38
Rohrer,Jeff	0:16:04	0:37:49	0:17:51	0:37:47	0:00:00	0:00:00	0:28:06	0:37:34	0:29:22	0:38:14	0:00:00	0:00:00	0:00:00
Russell,Ray	0:15:43	0:36:59	0:17:33	0:37:09	0:21:24	0:38:13	0:27:50	0:37:13	0:29:43	0:38:42	0:00:00	0:00:00	0:00:00
Saucedo,Christiar	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
Toney,Mike	0:20:40	0:48:39	0:17:42	0:37:28	0:21:09	0:37:46	0:27:21	0:36:34	0:00:00	0:00:00	0:34:12	0:36:09	0:00:00
Waggoner,Gary	0:16:32	0:38:55	0:00:00	0:00:00	0:00:00	0:00:00	0:28:13	0:37:43	0:30:04	0:39:09	0:35:43	0:37:45	0:00:00
Zapata,Lenin	0:00:00	0:00:00	0:16:17	0:34:28	0:00:00	0:00:00	0:00:00	0:00:00	0:26:41	0:34:45	0:32:26	0:34:17	0:00:00



A Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Roberts, Jake	0:16:30	0:38:50	0:19:31	0:41:19	0:21:12	0:37:51	0:32:25	0:43:20	0:32:14	0:41:58	0:38:07	0:40:18	2:39:59
Schmitt, Bob	0:17:56	0:42:13	0:19:42	0:41:42	0:23:16	0:41:33	0:30:45	0:41:07	0:31:48	0:41:24	0:43:39	0:46:08	2:47:06
Baker, Chris	0:00:00	0:00:00	0:19:41	0:41:40	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
Baumgartner, Ceci	0:18:24	0:43:18	0:20:15	0:42:52	0:00:00	0:00:00	0:34:03	0:45:31	0:33:35	0:43:44	0:00:00	0:00:00	0:00:00
Chimenti, Dick	0:17:02	0:40:05	0:19:25	0:41:06	0:22:41	0:40:30	0:00:00	0:00:00	0:30:48	0:40:06	0:00:00	0:00:00	0:00:00
Gerhardt, Amanda	0:16:53	0:39:44	0:19:14	0:40:43	0:22:11	0:39:37	0:29:14	0:39:05	0:00:00	0:00:00	0:37:28	0:39:36	0:00:00
Hilton, Tony	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:06	0:44:15	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kriege, Becki	0:16:41	0:39:16	0:17:59	0:38:04	0:21:00	0:37:30	0:00:00	0:00:00	0:30:01	0:39:05	0:00:00	0:00:00	0:00:00
Kurasch, Steve	0:00:00	0:00:00	0:19:14	0:40:43	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:38:32	0:40:44	0:00:00
Lee, Jonathan	0:00:00	0:00:00	0:19:32	0:41:21	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:40:08	0:42:25	0:00:00
Mathias, Kristina	0:16:41	0:39:16	0:00:00	0:00:00	0:00:00	0:00:00	0:29:45	0:39:46	0:30:58	0:40:19	0:37:04	0:39:11	0:00:00
Moon, Danny	0:17:30	0:41:11	0:19:36	0:41:29	0:23:10	0:41:22	0:00:00	0:00:00	0:31:13	0:40:39	0:00:00	0:00:00	0:00:00
Plank, McKayla	0:00:00	0:00:00	0:00:00	0:00:00	0:22:18	0:39:49	0:31:29	0:42:05	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Spink, Katy	0:16:51	0:39:40	0:18:20	0:38:48	0:21:16	0:37:59	0:28:08	0:37:37	0:00:00	0:00:00	0:36:44	0:38:50	0:00:00
Stefanidis, Dimitrid	0:19:07	0:45:00	0:00:00	0:00:00	0:00:00	0:00:00	0:32:00	0:42:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Sudan, Missy	0:16:23	0:38:34	0:18:07	0:38:21	0:21:00	0:37:30	0:28:33	0:38:10	0:29:40	0:38:38	0:00:00	0:00:00	0:00:00
Wans, Johanna	0:17:02	0:40:05	0:21:05	0:44:38	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:39:15	0:41:29	0:00:00
B Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
McIntyre, Dave	0:18:20	0:43:09	0:19:43	0:41:44	0:24:27	0:43:40	0:31:58	0:42:44	0:33:14	0:43:16	0:42:15	0:44:40	2:49:57
Warfel, Tom	0:20:32	0:48:20	0:20:39	0:43:43	0:29:15	0:52:14	0:32:49	0:43:52	0:41:24	0:53:54	0:42:02	0:44:26	3:06:41
Myers, Jim	0:21:00	0:49:26	0:24:37	0:52:06	0:25:45	0:45:59	0:38:13	0:51:06	0:34:57	0:45:30	0:48:21	0:51:07	3:12:53
Butterfield, Nick	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
Casillas, Jose	0:00:00	0:00:00	0:21:13	0:44:55	0:25:21	0:45:16	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Emo, Kelly	0:00:00	0:00:00	0:20:44	0:43:53	0:24:34	0:43:52	0:34:27	0:46:03	0:33:01	0:42:59	0:00:00	0:00:00	0:00:00
Hahn, Rich	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:13	0:43:15	0:00:00	0:00:00	0:00:00
Hurtado, Joe	0:17:57	0:42:15	0:19:45	0:41:48	0:24:14	0:43:16	0:30:57	0:41:23	0:32:11	0:41:54	0:00:00	0:00:00	0:00:00
Isacson, Mark	0:17:43	0:41:42	0:19:06	0:40:26	0:22:54	0:40:54	0:00:00	0:00:00	0:31:14	0:40:40	0:39:05	0:41:19	0:00:00
Kananen, Rick	0:21:54	0:51:33	0:27:13	0:57:37	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:54:59	0:58:07	0:00:00
Nast, Liz	0:18:48	0:44:15	0:20:00	0:42:20	0:24:29	0:43:43	0:32:22	0:43:16	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Packwood, Don	0:21:31	0:50:39	0:23:04	0:48:50	0:26:53	0:48:00	0:39:04	0:52:14	0:39:26	0:51:21	0:54:30	0:57:37	3:24:28
Stillier, Rich	0:20:40	0:48:39	0:20:14	0:42:50	0:25:19	0:45:13	0:41:12	0:55:05	0:00:00	0:00:00	0:55:01	0:58:09	0:00:00
Sudan, Ranjeet	0:18:51	0:44:22	0:00:00	0:00:00	0:00:00	0:00:00	0:31:44	0:42:25	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Wilk, Christina	0:00:00	0:00:00	0:00:00	0:00:00	0:26:29	0:47:17	0:37:06	0:49:36	0:00:00	0:00:00	0:44:13	0:46:44	0:00:00
C Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Francis, Sue	0:18:24	0:43:18	0:20:15	0:42:52	0:24:06	0:43:02	0:32:08	0:42:58	0:33:27	0:43:33	0:40:09	0:42:27	2:48:29
Norlander, Dave	0:18:48	0:44:15	0:21:19	0:45:07	0:24:22	0:43:31	0:34:15	0:45:47	0:34:32	0:44:58	0:42:05	0:44:29	2:55:21
Cassell, Chris	0:19:56	0:46:55	0:22:14	0:47:04	0:25:51	0:46:10	0:35:17	0:47:10	0:35:30	0:46:13	0:44:32	0:47:05	3:03:20
Armstrong, Paul	0:00:00	0:00:00	0:20:46	0:43:58	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
Beatty, Pauline	0:00:00	0:00:00	0:23:27	0:49:38	0:00:00	0:00:00	0:38:13	0:51:06	0:38:50	0:50:34	0:00:00	0:00:00	0:00:00
Bronson, John	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
Browne, Bob	0:00:00	0:00:00	0:00:00	0:00:00	0:26:19	0:47:00	0:34:30	0:46:07	0:35:57	0:46:49	0:48:25	0:51:11	0:00:00
Corrick, Mike	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:36:28	0:47:29	0:00:00	0:00:00	0:00:00
Dugdale, Don	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:42:32	0:56:52	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Gavin, Ed	0:20:18	0:47:47	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
Low, Brian	0:00:00	0:00:00	0:00:00	0:00:00	0:27:04	0:48:20	0:37:34	0:50:13	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Meinhardt, Bill	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:30	0:50:08	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Noel, Ken	0:20:46	0:48:53	0:23:03	0:48:48	0:26:43	0:47:43	0:38:15	0:51:08	0:37:44	0:49:08	0:49:00	0:51:48	0:00:00
Peterson, John	0:19:49	0:46:38	0:00:00	0:00:00	0:25:35	0:45:41	0:34:34	0:46:13	0:35:48	0:46:37	0:51:48	0:54:45	0:00:00
Rostege, Tim	0:18:59	0:44:41	0:21:00	0:44:27	0:28:10	0:50:18	0:34:54	0:46:39	0:33:25	0:43:31	0:00:00	0:00:00	0:00:00
Salinas, Robert	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
Saucedo, Norm	0:19:27	0:45:47	0:20:53	0:44:12	0:24:57	0:44:33	0:35:10	0:47:01	0:36:02	0:46:55	0:00:00	0:00:00	0:00:00
VanZant, Walt	0:20:49	0:49:00	0:23:00	0:48:41	0:28:14	0:50:25	0:36:51	0:49:16	0:38:10	0:49:42	0:00:00	0:00:00	0:00:00
White, Jake	0:00:00	0:00:00	0:20:38	0:43:41	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Wilk, Christina	0:00:00	0:00:00	0:00:00	0:00:00	0:26:29	0:47:17	0:37:06	0:49:36	0:00:00	0:00:00	0:44:13	0:46:44	0:00:00
Wong, Helen	0:19:08	0:45:02	0:21:10	0:44:48	0:24:36	0:43:56	0:33:31	0:44:49	0:34:45	0:45:15	0:00:00	0:00:00	0:00:00



D Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Noble,Dena	0:21:36	0:50:50	0:24:13	0:51:16	0:28:13	0:50:23	0:38:58	0:52:06	0:41:25	0:53:56	0:53:16	0:56:18	3:27:41
Napier,Ken	0:23:32	0:55:23	0:25:37	0:54:13	0:31:23	0:56:02	0:41:57	0:56:05	0:41:56	0:54:36	0:51:03	0:53:58	3:35:28
Erickson,Elaine	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
Ettare,Antonina	0:00:00	0:00:00	0:25:27	0:53:52	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
Flodberg,Bill	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:38	0:50:19	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Knutzen,Nancy	0:23:17	0:54:48	0:24:23	0:51:37	0:30:01	0:53:36	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Loree,Ann	0:21:47	0:51:16	0:23:44	0:50:14	0:28:29	0:50:52	0:39:35	0:52:55	0:00:00	0:00:00	1:00:26	1:03:53	0:00:00
Pickens,John	0:21:20	0:50:13	0:00:00	0:00:00	0:30:35	0:54:37	0:37:54	0:50:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Riley,Georgia	0:00:00	0:00:00	0:23:56	0:50:40	0:29:07	0:52:00	0:39:08	0:52:19	0:39:29	0:51:25	0:00:00	0:00:00	0:00:00
Valles,Dave	0:22:45	0:53:33	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
Wurm,Jim	0:00:00	0:00:00	0:25:29	0:53:57	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:54:56	0:58:04	0:00:00
Zades, Tom	0:00:00	0:00:00	0:00:00	0:00:00	0:29:20	0:52:23	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
Shaner,Tina	0:24:13	0:57:00	0:26:17	0:55:38	0:34:23	1:01:24	0:43:52	0:58:39	0:44:46	0:58:17	0:54:24	0:57:30	3:47:55
DeMartinis,Stan	0:30:03	1:10:44	0:32:44	1:09:17	0:39:03	1:09:44	0:54:00	1:12:12	0:51:12	1:06:40	1:09:46	1:13:45	4:36:48
Collins,Rich	0:22:27	0:52:50	0:00:00	0:00:00	0:29:20	0:52:23	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Hallen,Chris	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
McCarten,Dave	0:26:15	1:01:47	0:31:02	1:05:41	0:35:09	1:02:46	0:49:51	1:06:39	0:49:00	1:03:48	1:04:17	1:07:57	0:00:00
McPhail,Annette	0:23:18	0:54:50	0:00:00	0:00:00	0:31:44	0:56:40	0:43:50	0:58:36	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Moon,Madelyn	0:00:00	0:00:00	0:27:22	0:57:56	0:35:02	1:02:34	0:44:54	1:00:02	0:45:44	0:59:33	0:56:26	0:59:39	0:00:00
Morrison,Marcia	0:23:41	0:55:45	0:26:13	0:55:30	0:30:31	0:54:30	0:00:00	0:00:00	0:41:44	0:54:20	0:53:54	0:56:59	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
Root,Betty	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	1:03:40	1:07:18	0:00:00
Winitz,Mark	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