



WVJS



VOL XXXVII-#1 WEST VALLEY JOGGERS & STRIDERS Jul 2018

Saturday Workouts

07/21/18	5K on the track	09/29/18	Step-up & Step-down Relay
07/28/18	36 x 200 Relay	10/06/18	6 x 1600 Relay
08/04/18	One Mile on the Track	10/13/18	Doug/Sara/Frtvle (2.75M)
08/11/18	Farwell (3.54M)	10/20/18	Dou/Sar/Frtvle (2.75M)
08/18/18	12 x 600 Relay	10/27/18	8 x 0:33Mile Tennis Court Loop Relay
08/25/18	Short Six (5.74M)	11/03/18	Farwell/H (4.68M)
09/01/18	16 x 400 Relay	11/10/18	8 x 1200 Relay
09/08/18	4 x 1.46 mile WVC Loop Relay	11/17/18	Farwell (3.54M)
09/15/18	18 x 0.33M Tennis Court Loop Relay	11/24/18	4 x 1.46 mile WVC Loop Relay
09/22/18	Valle Vista (3.0M)	12/01/18	Short Six (5.74M)

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 College track.

Upcoming Races

2017 PA-USATF Championships

08/18/18 Santa Cruz XC
08/26/18 Empire XC
09/09/18 Golden Gate Park XC
09/15/18 Rebels Challenge XC
09/22/18 Garin Park XC
09/30/18 Tamalpa Challenge XC
10/07/18 Urban Cow Half Mar (1.5)
10/14/18 Willow Hills XC
10/20/18 Matt Yeo Aggies XC
10/27/18 Excelsior XC
11/11/18 Clarksburg Half Mar (1.5)
11/18/18 PA XC Championships
12/02/18 Cal Interntl Mar (2.0)
12/16/18 Xmas Relays (2.0)

Racer of the Year

Fastest Farwell Time
Fastest Marathon
Fastest Half Marathon
Fastest of 2 Designated Track Miles
Fastest of 2 Designated Track 5Ks
08/18/18 Santa Cruz XC
09/09/18 Golden Gate Park XC
11/11/18 Clarksburg Half Mar
12/02/18 Cal Intl Marathon

Other Races

07/22 Wharf to Wharf 6M
08/04 Dammit Run – 5M
08/11 Hellyer Prk in SJ5K & 10K
08/19 My Hrt Counts 5K&10K-Stnfd
08/19 Race in the Redwoods 10K
10/07 Roc “n” Roll half Mar in SJ
10/14 Humboldt Half Mar
10/15 Run for Children 5K/10K - Stnfd
11/04 Race Against PH 5K at Stanfd
11/04 RunSweat Love 5K at Lke Cun
11/11 Quicksilver Half Mar/10K

Miscellaneous Drivel (by Mark Goldman)

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.

Jose Casillas, a long-time club runner, died at age 67 on 5/24/18 of an apparent heart attack while out on a run in Greece. Jose was a very nice person and an excellent runner

The **One Mile Bang** entered its 8th year with lots of excitement and a second year of being part of the USA Track and Field / Pacific Association (PA/USATF) Grand Prix. There was a family fun run as well as the competitive mile.

Family Fun Run. Nearly half of the field of 40 runners were children 18 and under - great to see more youth getting involved! The overall female winner, and top female Los Gatos resident was 14 year old Elvira Lundberg, who ran 6:14. The youngest competitor was Finley Hood, 4 years old, San Jose, who ran 10:24!

Following the Family Run was the start of the PA Grand Prix competition, beginning with the Men's 50+ race. Taking first in the race was Barry Phelps, 51, Santa Clara, running wire-to-wire with a time of 4:43.0. Doug Steedman, 63, San Francisco, defended his Men's 60+ title from last year, taking first in 5:04.5. Len Goldman, 73, Oakland, took 1st in the Men's 70+ running 6:01.2, and Thomas Guldman, 85, Larkspur, won the Men's 80+ in 8:36.8.

The Women's 40+ race was quite a battle. Jennifer Bayliss pulled away for the win in 5:10.0, followed in 2nd at 5:12.6 by Renteria, who is the coach of the local running club, the Wolfpack. In the same race, Midori Sperandeo set a new Womens' 50+ course record in 5:23.8. Maria Briones won the 60+ in 6:32.3, Diane Anderson won the 70+ age group for the second year in a row at 8:18.5.

With a record 226 runners participating, including competitive races and fast times in the PA divisions, along with an injection of youth to fuel the fun family atmosphere, The One Mile Bang 2018 was a big success.

Track Workouts:

* Many club members meet on Thursday mornings at the WVC track at 8am; usually about 10-15 people attend; the workout is led by coach Moon; its typically 400's, 800's, and 200s. Of course, If Danny is involved, breakfast follows!

* Tuesday at 5:30 pm at Westmont High School in Campbell, there is a track workout led by Brian Conroy. Typically 6-10 runners participate. The workouts vary, including 880's and miles.

Speaking of **Brian Conroy** - he has recently retired from a long career teaching performance and drama, plus other topics; Brian is particularly suited for this because he is also a stand-up comic and author. He recently published a book of humorous essays titles "You Don't Hear Me Complaining"! The book is available on Amazon!

Mike Krey is still struggling to learn what 'retirement' means; after volunteering to serve on the Santa Clara Civil Grand Jury - and writing most of their reports for the year, he continues to work on the Campbell Planning Commission. However, it does not seem to be hurting his running, as he just ran the Morgan Hill 5K faster than last year!

The WVJS women's masters team is in third place in the PA/USATF standings. The women took third place at the Stowe Lake 5k and the One Mile Bang. Once the dust settled at the Freedom Fest 5k; the women took 4th place. Good job ladies!

Morgan Hill July 4th Freedom Run:

WVJS won M40+, M50+, M60+. W40+ took fourth and money as well. A \$290-day for WVJS.

2019 Short Course Comp: **Jensen (3rd), McAllister (2nd), Davis (3rd)**.

We had a great showing for the race; and a special thanks to **Ray Rodriguez** for bringing some new members to the race, George and Nancy!

Hard to believe Cross Country competitions begin next month with the race at Santa Cruz.

Dino Delyani continued his meteoric rise thru the coaching ranks to become Head Track and Field Coach at Aragon High in San Mateo in addition to being an assistant cross country coach at that school. Maybe Dino is getting some inspiration from his kids as he is running really well these days!

Robert Naverette - aka Bob the Builder - successfully completed all the requirements to get his contractors license! If anyone needs work done on their bathroom, Robert has lots of experience and would be glad to help!

Nancy Kirk continues to break with all eating conventions by ordering split-pea soup for breakfast!

Norry McAlister had a PW at a recent workout; he was DNF on the Farwell-H course; however, since he had just run the Morgan Hill Freedom run in 19:21, winning the M60+, I think we should all try that occasionally and see if we can run as fast as Norry.

Injuries & Illnesses

Danny Moon had a very tough March. It started on March 2nd with had a bad cold. So, he visited his doctor, who sent him directly to ER where they discovered that he had Influenza and pneumonia. So, they gave him antibiotics and flu meds. Then, on March 8th he was back in ER because he could not urinate and was in severe pain. The next step was to put a catheter in him. But, on March 10th it was back to the ER again as it was found that the catheter was blocked with blood clots. A CT scan showed that his prostate was abnormally large! March 13th -- Danny had a doctor appointment with his urologist to set a date to have the "TURP" surgery. Later that night he went back to ER since his catheter bag stopped filling and he started to get chills, fever and pain. He now had a bladder infection and I was admitted to the hospital to take care of the infection. He also had another CT scan which spotted 3 kidney stones. They finally released him and his catheter from the hospital on March 18th. Madelyn had to administer the IV antibiotics for the next 10 days. On March 27th Danny had the "TURP" surgery to his prostate, got a new catheter, and stayed overnight in the hospital. He was released on March 28th. Later that afternoon his catheter bag stopped filling and then the pain was back with a vengeance so he went back to ER to discover that the catheter was plugged with blood clots. They tried to flush the clots out but could not get all of them. He was released from the hospital on March 29th. Danny started running 8 weeks later and is recovering well!

Dave Norlander

Dave was recently diagnosed with Mantle Cell Lymphoma. It is called Mantle Cell Lymphoma as there is an enlargement of the lymph nodes and too many type B Lymphocytes are generated in the mantle of the lymph node. The excess type B Lymphocytes travel through the blood stream and can cause suppression of the creation of red and/or white blood cells in the bone marrow. It is treatable and can be put in remission with medication. IDave should be approaching remission soon.

Mark Goldman

Mark caught the flu - which h had never had before. Unfortunately, that turned into pneumonia! Antibiotics were not helping, so he decided to go to the emergency room and learned that he had very low sodium and was admitted.

Two days later Mark began having trouble breathing. It was found out that he had MRSA - which had gone into his lungs! He was placed in isolation. Anyone who wanted or needed to come into his room had to put on an entire 'bunny' suit, mask, and gloves. Unfortunately, we do not have a picture of Norry and Mike Krey in those outfits when they came to visit Mark. After a CT scan showed lots of fluid in and under Mark's right lung, the fluid was drained and he finally began to feel better. The only way to kill the MRSA were large doses of Vancomycin. He was released from the hospital after 6 days with an IV line in his arm so that he could take the antibiotics every day - which he did for a month. Or more accurately, his wife did as she became his nurse and gave him the drug twice a day, for 2 hrs each time. However, it worked and the MRSA was gone.

The day Mark was released, he got home and went for a 2 mi walk; He thought I was gonna die as he could hardly breathe. His condition has improved steadily along with his workouts. What an adventure!

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>.**

2018 RUNNER OF THE YEAR CONTEST RESULTS – thru 6/30/18

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 scores for 2018 through 6/30/18 are:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>
JR Mintz	2547	40	2587	Jim Bordonni	242	360	602
Tom Warfel	720	500	1220	Dave Norlander	103	490	593
Walt Van Zant	383	500	883				

2018 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 have competed in at least 6 different events in order to be eligible for an award.** The standings to date for 2018 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. Aaron Lee is keeping the records for this event and they can be found at <https://docs.google.com/spreadsheets/d/126PgoitSW1J3v81Hb8y4soUqucplJmzYEEULK-8YVOc/edit#gid=0>

A Division

Jorn Jensen (8/8)	200
Ray Rodriguez (8/6)	188
George Cross (6/3)	142
Joseph Aubuchon (5/4)	120
Sheldon Ah Sing (3/3)	75
Juan Rivera (2/1)	50

B Division

Scott Bang (8/5)	200
Brian Davis (8/8)	198
Norry McAllister (8/6)	194
Wayne Spencer (8/5)	188
Dino Delyani (8/4)	168
Robert Navarrete (8/5)	168
Tom O'Connor (8/4)	164
Ken Camet (6/3)	136
Kristina Park (4/2)	86
Tom Lockhart (2/1)	36

C Division

Missy Sudan (8/4)	194
Mike Krey (8/5)	190
Dalila Rodriguez (8/6)	188
Nancy Eubanks (4/2)	100
Aaron Lee (4/42)	98
Norm Takeuchi (4/2)	92
Joh Mintz (2/1)	50
Bob Pickens (2/1)	48

D Division

Kelly Emo (8/4)	190
Carol Bednar (4/2)	98
Mark Goldman (4/2)	94
Katherine Frye (2/1)	50
Radha Nambula (4/2)	48
Heather Rohrer (1/1)	25
Dave McIntyre (1/1)	23

E Division

Glenn Kishi (8/5)	200
Kat Powell (6/3)	140
Bob Lord (6/3)	140
Nicky McAllister (1)	25
Neil Gelblum	23

2018 PA/USATF Road Grand Prix

40+ Men

Jorn Jensen is our team captain. Presently, we are in 6th place in this division. Congrats to Jorn as he finished 3rd in the in short race competition for 2018 (all short races have been completed for this year) and Jorn is presently in 4th place in the long race competition.

40+ Women

Becki Kriege is the team captain. We finished in 3rd place in this division for 2018. Missy Sudan, Kristina Park, Dalila Rodriguez, Kelly Emo, and Nancy Eubanks finished 17th, 24th, 31st, 65th, and 69th in the short race division. Presently, Dalila, Nancy, and Nhu Stessen are in 31st, 40th, and 57th in the long race division.

50+ Men

Ken Camet is our 50+ team captain. We are presently in 3rd place in this division. Ray Rodriguez finished 5th and Scott Bang finished 10th in the short race competition. Presently, Ray is in 16th, Ken Camet is in 20th, George cross is in 24th, Scott Bang is in 32nd, and Glenn Kishi is in 45th in the long race division.

50+ Women

Our 50+ ladies have not yet scored in this division this year. Carol Bednar is in 64th place in the short race division. Kelly Emo and Catherine Frye are in 34th and 37th in the long race division.

60+ Men

Tom O'Connor is the team captain. Congrats to Norry McAllister, Brian Davis, Dino Delyani, Mike Krey, and Robert Navarrete, and Tom O'Connor, who finished 2nd, 3rd, 6th, 9th, 10th, and 11th in the short race division. Brian Davis leads the 60+ long race division. Tom O'Connor is 5th, Mike Krey is 17th, and Robert Navarrete is 19th in the long race division.

60+ Women

Our 60+ ladies have not yet scored in this division. Kat Powell is in 22nd place in the short race division and 16th in the long race division.

70+ Men

Dave Norlander is the team captain. Our 70+ men have not yet scored in this division this year. Dave finished 6th and Bob Lord finished 8th in the short races.

SATURDAY WORKOUT RESULTS

1/6/18 – Dou/Sar/Frtvle – 2.75M

1 Sheldon Ah Sing	16:57
2 Joseph Aubuchon	17:24
3 Kristina Park	17:35
4 Dwayne Spencer	17:40
5 Ken Camet	17:49
6 Dino Delyani	18:02
7 John Huang	18:25
8 Brian Conroy	19:01
9 Missy Sudan	19:06
10 Robert Navarrete	19:16
11 Becki Kriege	19:17
12 Bob Kemp	19:59
13 Mark Goldman	21:02
14 Heather Rohrer	22:03
15 Catherine Frye	22:06
16 Todd Hayes	22:07
17 Nagesh Saldi	22:33PR
18 Liz Nast	23:18
19 Carol Bednar	23:22
20 Rada Nambush	24:24
21 Neil Gelblum	25:00
22 Kat Powell	26:25
23 Don Packwood	26:52
24 Chris Blue	27:21
25 Neeraja Nambula	27:38
26 Willie Liu	27:45
27 Bob Lord	28:17
28 Nancy Kirk	28:18 PR
29 Rich Hahn	29:04
30 Dave Norlander	29:50
31 Walt Van Zant	38:53

Dick Barrett Trophy–Becki Kriege

Nagesh improved his time on this course from last week by 7 minutes. Neil Gelblum had knee surgery last year and is now starting to get back to his old self. He improved from last week by 61 seconds. Don Packwood improved his 75+ best by 54 seconds. Nancy improved her all-time PR by 22 seconds. Rich improved his time from last week by 100 seconds. Tom Lord tripped on a sidewalk uplift and has been out of commission for a long time. Today was his comeback. Slim Pickens visited us. He has not been training due to his work hours but he is healthy.

1/13/18 – 8 x 0.66M Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Norlander/Fujisawa	-0-	39:05
2	R.Nambula/Camet	3:00	39:50
3	N.Nambula/Ah Sing	1:30	40:51
4	Taylor/Jensen	9:30	41:35
5	Liu/McAllister	1:45	41:44
6	Navarrete/Krey	6:15	42:24
7	Hahn/Aubuchon	2:00	42:31
8	Frye/Delyani	6:00	42:45
9	Graham/B.Kriege	5:30	43:29
10	Goldman/M.Kriege	6:00	43:53
11	Pickens/N.Saldi	5:30	54:59

Dick Barrett Trophy Winner – Akito Fujisawa

The Akito team started first, briefly gave up the lead at the end of the 7th leg, and then Akito spurred to a final leg of 3:21 to give his team a 200-meter win. The Akito team was greatly aided by an overly-generous rating by the handicapper as Dave had run this workout in 24:41 when we ran this relay on 10/28/17 but was rated at 27:30. All teams were rated to finish in 42:30. Slim Pickens ran with us in a club run for the first time in possibly a couple of years. Slim ran this workout in 13:36 back in November 2001. Sub-15 minute runners today included Akito at 13:42, Jorn Jensen at 14:22 and Sheldon Ah Sing at 14:52. Jim Bordoni has been very sick with the flu the past two weeks. He attempted to get the double flu shot for individuals who are 65+ but he was denied because he didn't turn 65 until January 8. We had a great crew helping at the finish line – Jim, Nikki Saldi, and Carl Petersen. We would have had one more helper but Nandini Saldi, a high school sprinter, was put on a team at the last moment.

1/20/17 – Farwell/H – 4.68M

1 Akito Fujisawa	29:17
2 Sheldon Ah Sing	29:53
3 Norry McAllister	29:58
4 Dwayne Spencer	30:23
5 Kristina Park	30:44
6 Dino Elyani	31:00
7 John Huang	32:46 PR

8 Missy Sudan	32:54
9 Paul Taylor	33:04
10 Robert Navarrete	33:13
11 Bob Kemp	33:46
12 Mark Goldman	36:43
13 Scott Graham	37:07
14 Heather Rohrer	39:03
15 Radha Nambula	41:51
16 Chris Blue	46:15
17 Rich Hahn	52:28 PW
18 Dave Norlander	52:32
19 Walt Van Zant	69:31 PW

Dick Barrett Trophy Winner – Norry McAllister

Easy wins by Akito for the men and Kristina for the ladies. There were many highlights on this cold morning (40 degrees). Norry broke his 60+ PR by 28 seconds to move into 8th place on the all-time list for that age group. Norry credits his improvement and ability to train harder on his recent cortisone injection into his rear end. Paul Taylor improved his 60+ best by 17 seconds. Dino recorded the 13th best-ever time by a 60+ runner out of the 62 runners in that age category who have run the course. Kristina tied her 45+ best to remain in 2nd place on the women's 45+ list, 24 seconds behind Sue Francis. Missy improved her 45+ best by 20 seconds. Scott Graham improved his 65+ PR by 56 seconds. John Huang PRd by 1 second. Bob Kemp missed his PR by a mere 2 seconds. Chris Blue bettered her 2017 best by 39 seconds and Heather Rohrer ran 12 seconds faster than she did in 2017. Your editor ran 8 minutes slower than his previous PW but was outgunned by Rich Hahn who added 9 minutes to his previous PW. Thanks to Carl Petersen, Willie Liu, and Jim Bordoni for helping at the finish line.

1/27/18 – 5K on the Track

1 Sheldon Ah Sing	18:44.4
2 Joseph Aubuchon	19:21.9
3 Norry McAllister	19:23.6 *
4 Wayne Spencer	19:43.7
5 Kristina Park	19:50.8

6	Dino Delyani	20:07.4
7	John Huang	20:36.6 *
8	Aaron Lee	21:00.7 *
9	Missy Sudan	21:06.3 *
10	Brian Conroy	21:13.2
11	Robert Navarrete	21:21.8
12	Paul Taylor	21:28.0 *
13	Geoff Bradley	21:28.4
14	Mike Krey	21:52.1
15	Dave McIntyre	23:18.7 *
16	Scott Graham	24:39.0
17	Carolyn Benson	24:43.8
18	Hank Lawson	24:52.3
19	Heather Rohrer	24:59.0
20	Radha Nambula	25:57.9
21	Kat Powell	28:14.1
22	Neil Gelblum	28:45.6
23	Jeff Justice	29:25.1
24	Willie Liu	29:54.3
25	Neeraja Nambula	30:09.3
26	Don Packwood	30:23.1
27	Rich Hahn	31:04.0
28	Walt Van Zant	43:48.2

* Ran faster than their fastest track 5K last year

Dick Barrett Trophy Winner – Sheldon Ah Sing

Sheldon grabbed a big lead on the first turn and kept extending it the remainder of the race to win by about 200 meters. Joseph and Norry ran together until the last lap when Joseph proved to have better sprint between two of the club's faster kickers. Kristina led the ladies. Thanks to our helpers – Jim Bordoni, Jeff Rohrer, Ken Camet, and Becki Kriege

2/3/18 – 4x1.46M WVC Loop Relay

Pl	Team	Start	Finish
1	R.Nambula/Huang	4:15	46:09
2	N.Nambula/Aubuch	1:00	46:31
3	Pickens/B.Kriege	3:30	46:57
4	Norlandr/Ah Sing	:30	47:02
5	Saldi/Taylor	3:30	47:04
6	Blue/Bradley	-0-	48:03
7	Van Znt/S.Grahm	3:45	48:23
8	Liu/Park	:45	48:33

Dick Barrett Trophy Winner = Radha Nambula & John Huang

John Huang started the last loop in first place and ran very well to keep the lead for the win. Ah Sing and Joseph had the two best splits at 17:00 and 17:27. Kristina led the

ladies at 18:32. Thanks to Norry McAllister, Rich Hahn and Danny Moon for helping at the finish line.

2/10/18 – Farwell – 3.54M

1	Sheldon Ah Sing	21:43.6PR
2	Joseph Aubuchon	22:08.4
3	Dwayne Spencer	22:34.6PR
4	Kristina Park	22:48.5
5	Scott Bang	23:08.4
6	Dino Delyani	23:33.7
7	Paul Taylor	24:29.7
8	Missy Sudan	24:34.6
9	Ken Camet	24:35.8
10	Robert Navarrete	24:41.1
11	Bob Kemp	25:03.8PR
12	Becki Kriege	25:36.0
13	Tim Souza	27:05.0
14	Scott Graham	27:39.5
15	Dave McIntyre	28:00.7
16	Todd Hayes	29:28.7
17	Radha Nambula	31:09.2
18	Neil Gelblum	35:06.2 PR
19	Neeraja Nambula	35:21.7
20	Kat Powell	36:02.x
21	Rich Hahn	37:52.8
22	Don Packwood	38:03.7
23	Dave Norlander	41:30.xPW
24	Walt Van Zant	54:19.4PW

Dick Barrett Trophy Winner – Bob Kemp

Sheldon won by about 100 meters, PRing by 59 seconds. Kristina led the ladies. Dwayne PRd by 29 seconds, Bob Kemp PRd by 73 seconds, and Dave and your editor had significant PWs. Paul Taylor improved his 60+ best by 35 seconds, Missy improved her 45+ best by 18 seconds, and Neil improved his 65+ best by over 10 minutes. Thanks to Slim Pickens, Carl Petersen, Willie Liu, and Danny Moon for helping at the finish line.

2/17/18 – Valentine Team Race at WVC – 5.37M

1	Jorn Jensen (A)	32:59
2	Roberto Palos (C)	33:52
3	Joseph Aubuch (B)	35:25
4	Scott Bang (E)	35:45
5	Norry McAllister (D)	36:16
6	Emanuel Lee	36:29
7	Dino Delyani (F)	36:59
8	Ken Camet (F)	37:02
9	Paul Taylor (D)	39:02
10	Rbt Navarrete (B)	39:20
11	Bob Kemp (A)	39:28 PR

12	Mike Krey (A)	40:21
13	Geoff Bradley	41:55
14	Missy Sudan (C)	43:04
15	John Huang (E)	44:08
16	Dave McIntyre (C)	44:25
17	Catherine Frye (B)	45:02
18	Carol Bednar (D)	45:27
19	Radha Nambula (E)	50:22
20	Nicky McAllister (F)	50:22
21	Chris Blue (C)	54:22
22	Kat Powell (F)	55:28
23	Nancy Kirk	56:49
24	Neil Gelblum (E)	57:09
25	Don Packwood (B)	57:47
26	Willie Liu (D)	58:25
27	DaveNorlander	60:36 PW

2/24/18 – Short Six – 5.74M

1	Roberto Palos	37:11
2	Dwayne Spencer	37:49PR
3	Sheldon Ah Sing	38:06
4	Scott Bang	38:07
5	Ken Camet	38:51
6	Dino Delyani	39:07
7	John Huang	41:00 PR
8	Paul Taylor	41:18
9	Robert Navarrete	41:35
10	Bob Kemp	41:42 PR
11	Dave McIntyre	46:48
12	Scott Graham	47:48
13	Radha Nambula	51:39
14	Neil Gelblum	54:54
15	Kat Powell	59:02
16	Chris Blue	62:09
16	Willie Liu	62:09
18	Don Packwood	62:40
18	Neeraja Nambula	62:40
20	Walt Van Zant	92:08

Dick Barrett Trophy Winner – Roberto Palos

54-year-old Roberto became the first senior runner to win a Saturday road run (not including all courses days) since Norry won in March of last year as he pulled away from 52-year-old Dwayne Spencer 3½ miles into the run to win by about 200 meters. There were many good performances despite the 35-degree weather when we arrived at the college. Dwayne PRd by 56 seconds, John Huang PRd by 87 seconds, and Bob Kemp PRd by 86 seconds. An age-group PR was run by Dino (15 seconds). This put him #12 on the all-time list. Other age-group PRs were run by Paul Taylor (80 seconds under his 60+ PR), Dave McIntyre (1 second under his 55+ best), and Neil Gelblum (157 seconds under his 65+ PR). Ken Camet

missed his 55+ best by 1 second and Scott Graham also missed his age-group (65+) best by 1 second. We were not sure what time to give Neeraja. She was leading Don Packwood when she incorrectly took the Chester turnoff on Sobey while following a jogger not in the race (a runaway from the nearby old-folks home?). She then got a ride from Norry to get back on course. She claims that she covered 7.91M (Did this include the car ride?). Thanks to Danny Moon, Jim Bordoni, Rich Hahn, and Nikhita Saldi for helping at the finish line under the freezing conditions.

3/3/18-12 x 800M Relay

Pl	Team	Start	Finish
1		Hahn/Ah Sing	
2		Liu/McAllister	
3	R.Nambula/Kemp	3:45	45:11
4	Gelblum/Lee	2:30	45:56
5	Taylor/Conroy	7:15	46:30
6	Navarrete/Graham		5:15
7	Norland/Aubuch	1:15	46:50
8	Krey/Park	9:30	47:01

Phantom Dick Barrett Trophy Winner – Willie Liu & Norry McAllister

Another cold morning (39 degrees?) with broken clouds and occasional light showers. The Ah Sing team with great help from Rich Hahn finished first. Rich was rated at 26:30 but claimed that he could only run at 10:00-10:30 per mile pace. So, his rating was changed to 9:30 per mile pace and he then ran the workout at 8:47 per mile pace. Joseph Aubuchon and Sheldon Ah Sing had the two best averages at 2:43 and 2:45 per run. Kristina averaged 2:55 per run. Don Packwood did a super job of recording all of the splits under difficult conditions. Danny Moon did not come to the workout with the clock because he is presently in bed. He had a cold or the flu, starting on Monday, that has transitioned into pneumonia.

3/10/18 – 18 x 0.33M Half Tennis Court Loop Relay

Pl	Team	Start	Finish
1	N.Nambula/Aubu/Lawson	3:00	44:18
2	Bang/Ah Sing/R.Nambu	12:00	47:41
3	Liu/Jackson/Pickens	-0-	47:46
4	Hahn/Gelblum/Bradley	4:15	48:36

Dick Barrett Trophy Winner – Rich Hahn

All teams were rated to finish in 49:30. Rich Hahn's team came closest to their rating and took home the weekly trophy. Thanks to Norry McAllister for his help at the finish line.

3/17/18 – Valle Vista – 3.0M

1	Joseph Aubuchon	18:41
2	Sheldon Ah Sing	18:50
	PR	
3	Norry McAllister	19:27
4	Dino Delyani	19:47
5	John Huang	20:16
6	Paul Taylor	20:29
7	Geoff Bradley	20:37
8	Missy Sudan	20:50
9	Robert Navarrete	20:57
10	Bob Kemp	20:59
	PR	
11	Mike Krey	21:42
12	Ken Camet	22:20
13	Scott Graham	23:39
14	Heather Rohrer	24:45
15	Carol Bednar	25:12
16	Neil Gelblum	27:55
17	Glen Kishi	30:00
18	Don Packwood	44:22
	PR	
19	Jeff Justice	30:35
20	Nancy Kirk	31:02
21	Chris Blue	31:23
22	Dave Norlander	34:46
23	Alvin Jackson	35:00 PW
24	Walt Van Zant	44:13 PW

Dick Barrett Trophy Winner – Nancy Kirk

Close win for Joseph over Sheldon. Missy led the ladies with a 35-second improvement of her 45+ best. Bob Kemp and Sheldon broke their all-time PRs by 13 and 3 seconds. John Huang knocked 2 minutes off his 50+ PR and Neil Gelblum improved his 65+ best by a similar 2 minutes. Alvin Jackson edged his 70+ PR by 2 seconds. Nancy missed her 65+ best by one second. Dave Norlander and your editor made significant improvements to our PWS. Thanks to Rich Hahn for handling the finish line.

3/24/18–Triangle–4.76M

1	Sheldon Ah Sing	30:37
2	Norry McAllister	31:25
3	Ken Camet	31:46
4	Missy Sudan	33:17
5	Bob Kemp	33:22
6	Robert Navarrete	33:51
7	Nagesh Saldi	42:20
8	Radha Nambula	42:29
9	Neil Gelblum	42:30
10	Chris Blue	47:28
11	Kat Powell	47:37
12	Willie Liu	48:01
13	Jeff Justice	48:25
14	Nancy Kirk	48:28
15	Don Packwood	53:14
16	Dave Norlander	53:17 PW
17	Walt Van Zant	71:17 PU

3/31/18–Dou/Sar/Frtvle–2.75M

1	Sheldon Ah Sing	16:38
2	Scott Bang	16:40
3	Joseph Aubuchon	16:55
4	Dwayne Spencer	17:06
5	Randy Dawson	17:23
6	Norry McAllister	17:24
7	Ken Camet	17:45
8	Dino Delyani	17:49
9	Missy Sudan	18:46
10	Navarrete	18:50
11	Mike Krey	19:16
12	Brian Conroy	20:11
13	Scott Graham	21:33
14	Dave McIntyre	21:43
15	Catherine Frye	21:52
16	Radha Nambula	23:00
17	Neil Gelblum	23:56
18	Jim Howe	24:41
19	Chris Blue	25:31
20	Jeff Justice	26:59
21	Kat Powell	27:12
22	Willie Liu	27:14
23	Neeraja Nambu	27:36
24	Rich Hahn	27:40
25	Nancy Kirk	28:32
26	Jim Bordoni	30:21 RW
27	Dave Norlander	30:38
28	Don Packwood	33:07
29	Alvin Jackson	34:35

Dick Barrett Trophy Winner – Scott Bang

Sheldon and Scott had a good battle over the final 300 yards with Sheldon getting the win. However, Scott got the weekly trophy as he ran very well in his first race as a 50+ runner.

4/7/18 – 16 x 300M Relay

1	Ah Sing/H.Rohrer-0-	17:38
2	Conroy/McAllister:45	17:51
3	Navarrete/Taylor :30	17:53

4/14/18 - Farwell / H -4.68M

1	Sheldon Ah Sing	29:01 PR
2	Scott Bang	29:20
3	Dwayne Spencer	29:49 PR
4	Joseph Aubuchon	30:33
6	Norry McAllister	30:59
7	Ken Camet	31:29
8	Paul Taylor	32:27
9	Robert Navarrete	33:14
10	Mike Krey	34:07
11	Missy Sudan	34:10
12	Becki Kriege	34:10
13	George Lo	35:10
14	Heather Rohrer	38:12
15	Radha Nambula	38:57
16	Carol Bednar	39:00
17	Neil Gelblum	43:59
18	Jeff Justice	46:47
19	Neeraja Nambula	47:50
20	Rich Hahn	48:42
21	Don Packwood	49:31
22	Chris Blue	51:19
23	Alvin Jackson	63:36

Dick Barrett Trophy Winner – Sheldon Ah Sing

We had a large group who ran this morning with great conditions. Sheldon and Scott still battled it out for the win, but Sheldon overtook Scott right before heading into the college. There were several PRs including 2 all time PRs -- Sheldon Ah Sing and Dwayne Spencer, plus 3 age group PRs Paul Taylor, Radha Nambula and Rich Hahn. Thanks to our timers, Carl Peterson, Dave Norlander, Willie Liu and Danny Moon, who is back after his hotel stays at Kaiser Hospital during the month of March.

4/21/18-Step Up & Down Relay

Pl	Team	Start	Finish
1	Pickens/Jensen	7:00	37:23
2	Lo/H.Rohrer	4:45	39:41
3	Sudan/Navarret	8:00	39:56
4	A.Lee/B.Kriege	8:00	40:14
5	Jackson/Conry	-0-	40:22
6	Hahn/Ah Sing	4:45	40:28
7	Lawson/Taylor	7:00	40:38
8	Graham/Park	7:00	40:55
9	Gelblum/E.Lee	-0-	42:13

Dick Barrett Trophy Winner-
Gelblum/E.Lee

The Pickens/Jensen team, highlighted by Slim Pickens running 4 minutes under his self-predicted time, finished more than a lap in front of the next team. They were also led by Jorn Jensen running the fastest scratch time of the day at 13:17 (a sub 5:20 per mile pace). Kristina led the ladies with a time of 15:04. Willie Liu, Danny Moon, and Jim Bordoni did a great job in identifying each leg-finisher and their splits with no screw-ups. There were 80 splits, including many close finishes and no mistakes.

4/28/18 – 36 x 200M Relay

Pl	Team	Start	Finish
1	Moham/J.Prk/KPrk	0:45	26:39
2	Jackson/Knuk/Au	1:00	27:05

More timers/helpers than competitors (due to Grand Prix race tomorrow). Hisham Mohammed is the 3rd grade son of Rich Collins' next door neighbor. Jack Park is the 7th grade (genetic ringer!) son of Kristina Park. Hisham (10:00) and Jack (9:00) were rated with help from their parents. Teams were projected to finish at 27:00. Helpers included Scott Bang, Madelyn & Danny Moon, Willie Liu, Dave Norlander, Norry McAllister. Jim Bordoni did an excellent job of organizing this workout, arranging to get all of the splits and making all of the writeup except the last sentence.

5/5/18 – 16 x 400M Relay

Pl	Team	Start	Finish
1	Jackson/Prince	-0-	27:11
2	Bradley/Aubuch	5:30	27:16
3	R.Nambula/Ah Si	4:45	27:33
4	Krey/Eman.Lee	4:15	27:35
5	Lawson/Taylor	2:45	28:53
6	H.Rohrer/Park	4:30	28:58

We had close races for 1st place, 3rd place, and 5th place this morning. Joseph started about 20 yards behind Adam Prince going into the last lap but was not able to close ground as Adam's 74-second last lap was good enough to hold onto first place. Sheldon Ah Sing started in 4th place at the start of the last lap and ran a 70 to edge Emanuel Lee for 3rd place. Kristina started the last lap in 6th place, about 100 meters out of 5th place and was able to capture 5th place by about 25 meters. Joseph and Sheldon had the two best averages at 75.0 each. Rich Hahn, Norry McAllister, and Danny Moon did a superb job at the finish line.

5/12/18 – Farwell – 3.54M

1	Jorn Jensen	21:18
2	Sheldon Ah Sing	21:23 PR
3	Joseph Aubuchon	21:43
4	Scott Bang	21:55
5	Adam Prince	23:24.9
6	Norry McAllister	23:33.0
7	Kristina Park	24:19.1
8	Jon Slater	24:26.3
9	Ken Camet	24:49.7
10	Missy Sudan	25:10.9
11	Bob Kemp	25:31.2
12	Brian Conroy	25:51.6
13	Geoff Bradley	27:23.0
14	Dave McIntyre	27:51.6
15	Radha Nambula	28:54.5PR
16	Catherine Frye	28:58.1
17	Nagesh Saldi	30:35.4
18	Mark Goldman	30:42.4
19	Neila Gelblum	33:11.8
20	Neeraja Nambula	35:34.4
21	Jeff Justice	35:47.9
22	Don Packwood	36:08.8
23	Jim Bordoni	38:04 RW
24	Bob Lord	40:45.9
25	Dave Norlander	44:37
26	Alvin Jackson	53:10

Dick Barrett Trophy Winner – Sheldon Ah Sing

Close win for Jorn. Sheldon PRd by 20 seconds and Radha PRd by 136 seconds. Kristina led the ladies. Jim Bordoni broke Don Packwood's race walking course record and Don's record was a very good one. Neil Gelblum improved his 65+ best by 2 minutes. Don Packwood lost his race walking record but was pleased that he knocked 80 seconds off his 75+ PR. Thanks to Willie Liu, Danny Moon, and Jim Bordoni for handling the finish line. Jim walked extra fast so that he could get back in time to record the times.

5/19/18 – Short Six – 5.74M

1	Joseph Aubuchon	37:18
2	Dwight Spencer	38:15
3	Norry McAllister	39:03
4	Paul Taylor	41:19
5	Kristina Park	41:34
6	Bob Kemp	41:57
7	Mike Krey	42:27
8	Geoff Bradley	43:30
9	Robert Navarrete	43:42
10	Ken Camet	43:46
11	Radha Nambula	51:54
12	Mark Goldman	51:54
13	Neil Galblum	55:15
14	Jeff Justice	60:40
15	Don Packwood	61:59
16	Nancy Kirk	62:20
17	Jim Bordoni	63:51

Dick Barrett Trophy Winner – Nancy Kirk

Joseph ran to an easy win this morning. Don Packwood improved his 75+ PR by 77 seconds. Bob Kemp broke his 60+ PR by 71 seconds. Mike Krey broke his 60+ PR by 45 seconds and Neil Gelblum improved his 65+ best by 39 seconds. Jim Bordoni broke Don Packwood's excellent race walking course record by 2 minutes.

5/26/18-8x0.66M Tennis Court Loop Relay

Pl	Team	Time
1	Aubuchon/Spencer	30:24
2	Ah Sing/McAllister	30:43
3	Bang/Delyani	32:17
4	H.Rohrer/Slater	35:34
5	L.Norlander	35:56
6	B.Norlander/Pickens	39:32
7	N.Nambu/R.Nambula	41:40
8	Frye/Gelblum	41:48
9	A.Rohrer/Goldman	44:35
10	Graham/Norlander	49:23

Dick Barrett Trophy Winner – Dwayne Spencer

Several runners showed up this morning for whom we did not have a good line. So, we agreed to all start from scratch without any attempt to balance the teams. As a result, there was a 19-minute spread between first and last place. Ah Sing and Aubuchon had the two fastest splits. Thanks to Willie Liu, Danny Moon, and Carl Petersen for helping at the finish line.

6/2/18 – All Courses Day

Dou/Sar/Frtvle-2.75M

1 Geoff Bradley	21:42
2 Neil Gelblum	

Valle Vista – 3.0M

1 Slim Pickens	26:29
2 Ken Camet	26:58
3 Alvin Jackson	44:42

Farwell – 3.54M

1 Norry McAllister	23:05.5
2 Dino Delyani	23:43.2
3 Kristina Park	23:44.8
4 Mike Krey	25:50.7
5 Nancy Kirk	38:36.9
6 Chris Blue	39:38.6

Farwell/H – 4.68M

1 Bob Kemp	33:37
2 Dave McIntyre	38:27
3 Vinayak Parikh	44:21
4 Don Packwood	48:13
5 Bob Lord	49:30

Triangle – 4.76M

1 Joseph Aubuchon	30:41
2 Mark Goldman	38:44
3 Scott Graham	39:51
4 Jonathan Lee	43:00
5 Jim Bordoni	49:51 RW

Short Six – 5.74M

1 Jorn Jensen	39:54
2 Emanuel Lee	40:06
3 Jon Slater	40:09

Unidentified Course

1 Heather Rohrer	33:51
------------------	-------

Dick Barrett Trophy Winner-Jim Bordoni

We ran all six courses this morning and Heather ran the popular 4.25M course as she missed Douglas when running down Saratoga Ave in an attempt to run the Farwell course, running all of the way to Fruitvale Ave. Bob Kemp improved his all-time PR for the Farwell/H course by 7 seconds, Jim Bordoni broke the all-time race-walking mark for the

Triangle course by 4 minutes. Norry improved his Farwell best by 7 seconds. This left him in 10th place, 1 second behind Tom O'Connor and 8 seconds behind Brian Davis. Neil Gelblum improved his 65+ best for Douglas by 41 seconds and Mark Goldman improved his 65+ best by 34 seconds. Jonathan Lee joined us for the first time in a very long time and let us know that he was moving to El Dorado Hills to take a new job as principal at a school in El Dorado Hills. Thanks to Danny Moon, Carl Peterson, Willie Liu, and Jim Bordoni for helping at the finish line.

6/9/18 – 3000M/1500M/800M

3000M

1 Sheldon Ah Sing	11:15.4
2 Jon Slater	12:07.7
3 Geoff Bradley	12:32.7
4 Heather Rohrer	13:26.4
5 Radha Neeraja	14:19.3
6 Neil Gelblum	16:37.1

1500M

1 Sheldon Ah Sing	5:15.5
2 Jon Slater	5:31.7
3 Geoff Bradley	5:50.6
4 Heather Rohrer	6:22.2
5 Radha Neeraja	6:33.4
6 Neil Gelblum	7:37.1
7 Irfan Mohammed	8:10.6
8 Hisham Mohammed	8:11.3
9 Vedant Yadav	8:26.6
10 Chris Blue	8:33.6
11 Anjali Yadav	10:17.9
12 Rishi Yadav	14:23.7

800M

1 Sheldon Ah Sing	2:36.5
2 Geoff Bradley	2:44.6
3 Jon Slater	2:51.0
4 Heather Rohrer	3:08.2
5 Robert ?	3:08.7
6 Radha Neeraja	3:14.8
7 Neil Gelblum	3:51.0
8 Vedant Yadav	4:11.0
9 Hisham Mohammed	4:11.3
10 Chris Blue	4:18.5
11 Anjali Yadav	4:19.6
12 Irfan Mohammed	4:27.2
13 Illegible	5:06.6
14 Rishi Yadav	7:00.7

Dick Barrett Trophy Winner – Rachel Rohrer

Sheldon won all three races this morning for the 2nd year in a row. Our helpers at the finish line included long-time club member David Garcia

(visiting from Santa Maria), Rachel Rohrer, and Danny Moon.

6/16/18 – One Mile on the Track

Heat #1 – Over 7:00 Runners

1 Jonathan Lee	6:57.6
2 Hank Lawson	7:44.0
3 Vedant Yadav	8:09.3
4 Neil Gelblum	8:18.8
5 Jeff Justice	8:34.3
6 Alvin Jackson	8:44.8*
7 Anjali Yadav	8:53.1
8 Bob Lord	8:53.9
9 Jim Bordoni	9:09.7

RW

10 Don Packwood	9:10.7
11 Dave Norlander	10:23.9
12 Kashmira Yadav	11:25.3
13 Walt Van Zant	13:34.5
14 Rishi Yadav	15:33.7

Heat #2 – Under 7:00 Runners

1 Sheldon Ah Sing	5:16.4
2 Joseph Aubuchon	5:17.7
3 Scott Bang	5:32.2 *
4 Norry McAllister	5:40.6
5 Kristina Park	5:43.9
6 Simon Donovan	5:44.7
7 Jon Slater	5:45.2
8 Emanuel Lee	5:46.8
9 Dino Delyani	5:51.9 *
10 Dwayne Spencer	5:54.8
11 Aaron Lee	6:09.1
12 Brian Conroy	6:17.2
13 Robert Navarrete	6:19.4
14 Heather Rohrer	6:26.8
15 Mike Krey	6:33.2 *
16 Slim Pickens	6:33.9
17 Radha Nambula	6:35.5
18 Bob Kemp	6:36.5
19 Paul Taylor	6:39.7
20 Dave McIntyre	6:50.1
21 Sana Mohammed	7:41.8
22 Hisham Mohammed	8:40.7
23 Irfan Mohammed	8:50.2

*Ran faster than their best last time last year.

Dick Barrett Trophy Winner – Heather Rohrer

Finish line crew – Jim Bordoni, Willie Liu, Carl Petersen, Rich Collins, Nancy Kirk

6/23/18 – Valle Vista – 3.0M

1 Sheldon Ah Sing	20:52
2 Jon Slater	21:41
3 Paul Taylor	22:06
4 Heather Rohrer	22:46

5	Ken Camet	22:47
6	Mark Goldman	24:29
7	Catherine Frye	24:56
8	Kat Powell	28:51
9	Chris Blue	30:43
10	Slim Pickens	31:20
11	Hisham Mohammed	37:30
12	Irfan Mohammed	37:31

Dick Barrett Trophy Winner – Hisham Mohammed

The helpers were Danny Moon, Carl Petersen, and Norry McAllister

6/30/18 – Triangle – 4.76M

1	Sheldon Ah Sing	30:09 PR
2	Adam Prince	30:26
3	Jon Slater	31:50
4	Dino Delyyani	32:17
5	Kristina Park	33:17
6	Geoff Bradley	35:31
7	Paul Taylor	35:42
8	Heather Rohrer	36:30
9	Ken Camet	36:41
10	Mike Krey	37:51
11	Missy Sudan	38:02
11	Norry McAllister	38:02
11	Mark Goldman	38:02
11	Radha Nambula	38:02 PR
15	Dave McIntyre	38:55
16	Todd Hayes	39:38
17	Kat Powell	45:54
18	Chris Blue	47:09
19	Neil Gelblum	47:35
20	Anjelica Yadav	48:59
21	Don Packwood	51:30
22	Jeff Justice	52:04
23	Alvin Jackson	76:00

Dick Barrett Trophy Winner – Radha Nambula

It was warm this morning but we still got two PRs – 4-minute improvement for Ah Sing. Thanks to Dave Norlander, Danny Moon, and Willie Liu for helping at the finish.

7/7/18 – Dou/Sar/Frtvl – 2.75M

1	Sheldon Ah Sing	16:12 PR
2	Joseph Aubuchon	16:41
3	Scott Bang	17:01
4	Dino Delyyani	18:07

5	Kristina Park	18:10
6	Geoff Bradley	18:58
7	Heather Rohrer	19:09
8	Paul Taylor	19:34
9	Radha Nambula	20:32 PR
10	Mark Goldman	21:34
11	Todd Hayes	23:01
12	Jeff Justice	26:19 PR
13	Neeraja Nambula	26:42 PR
14	Negesh Saldi	26:44
15	Chris Blue	27:45
16	Anjali Yadav	32:21
17	Vedant Yadav	32:46
18	Alvin Jackson	38:11
19	Walt Van Zant	39:07

Dick Barrett Trophy Winner – Neeraja Nambula

Warmish weather this morning but we still got 4 all-time PRs. Joseph led the race until the start of the final uphill mile, when Ah Sing began to pull away. Radha had a 3-minute PR, Neeraja had a 54-second PR, Jeff had a 40-second PR, and Sheldon had a 26-second PR. Heather ran her fastest time on this course since she ran 18:10 in January 2010. Thanks to Danny and Rich Hahn for handling the finish line.

7/14/18-Farwell/H-4.68M

1	Joseph Aubuchon	29:08
2	Sheldon Ah Sing	29:18
3	Jon Slater	30:47
4	Dino Delyyani	31:22
5	Geoff Bradley	33:29
6	Heather Rohrer	33:37 PR
7	Neil Gelblum	43:32
8	Kat Powell	43:36
8	Radha Nambula	43:36
10	Jeff Justice	46:13 PR
11	Jim Bordoni	49:24 RW
12	Chris Blue	49:33
13	Willie Liu	54:36

Dick Barrett Trophy Winner – Joseph Aubuchon

Upset win by Joseph this morning. After six consecutive losses to Sheldon, dating back 4 months, Joseph finished in front of Sheldon this morning. Last week Joseph led Sheldon

by 15 seconds with a mile to go and lost. This week Joseph led Sheldon by a slight amount with a mile to go but this time pulled away for the win. Heather broke her all-time PR, set in February 2009, by 7 seconds. Jim Bordoni broke Don Packwood's course race walking record by 2 minutes. Don's record was 13 minutes better than the next best race waling mark. Thanks to Danny Moon, Willie Liu, and Jim Bordoni for their help at the finish line.

7/21/18 – 5K on the Track

1	Sheldon Ah Sing	18:36.9 *
2	Joseph Aubuchon	19:06.9 *
3	Scott Bang	19:36.6
4	Norry McAllister	20:25.0
5	Dino Delyyani	20:26.6
6	Kristina Park	20:27.4
7	Geoff Bradley	20:52.5 *
8	Aaron Lee	20:59.9 *
9	Heather Rohrer	21:08.7
10	Brian Conroy	21:55.4
11	Mike Krey	22:34.4
12	Radha Nambula	22:54.2 *
13	Dave McIntyre	24:04.7
14	Jeff Rohrer	24:51.7
15	Negesh Saldi	25:29.6
16	Kat Powell	29:07.9
17	Nikhita Saldi	29:23.3
18	Nandini Saldi	29:24.8
19	Neeraja Nambula	29:37.9 *
20	Jim Bordoni	32:22.6 RW
21	Willie Liu	33:19.1
22	Nancy Kirk	35:26.9

* Ran faster than their 1/27/18 5K

Sheldon took off fast and kept going hard to win by about 150 meters. Joseph and Scott settled into 2nd and 3rd place early in the run and stayed there the remainder of the race. Dino, Norry, and Kristina ran as a group throughout the run with Norry having the better finish at the end. Heather ran her fastest Racer of the Year 5K since running 21:00 in 2012. Thanks to Danny Moon, Madelyn Moon, Jim Bordoni, Rich Hahn, and Alvin Jackson for helping with the race

RACE RESULTS

4/23/17-London Marathon

Glenn Kishi 4:43:53

7/8/17-Golden Gate Trail run-30K

Kat Powell 5:12:37

7/23/17-SF Marathon

Kat Powell 5:10:15 2nd-65+

9/24/17-Pac.Grove Double 15K

Kat Powell 1:27:50 2'65+

10/8/17-San Jose Rock& Roll Half Mar

Kat Powell 2:13:38 2-65+

1/1/18-Brazen New Years Day Half Mar

3 Tom Finet 1:23:11 1-35+
197 Kat Powell 2:49:12 2-65+

2/4/18 – Super Sunday 10K

Jorn Jensen 35:38 5-40+
Ray Rodriguez 37:50 2-50+
N McAllister 40:46 4-60+
Brian Davis 41:52 7-60+
Dino Delyani 41:55 8-60+
Ken Camet 42:16
Rbt Navarrete 45:41
N Takeuchi 49:29
D Rodriguez 49:56
Glenn Kishi 55:39
Kat Powell 60:06
Tom O'Connor 92:33

Our 60+ men finished 2nd in this race.

2/17/18 Los Gatos All Comers Meet

Bill Dodson

60M 13.42
100M 22.48
200M 3:06
400M 2:11
800M 5:21

169

2/24/18 – Tokyo Marathon

Lisa Norlander 3:53:44
Glenn Kishi 4:23:33

3/3/18 – Nor Cal 10M in Redding

28 Jorn Jensen 59:26 9-40+
43 Ray Rodriguez 62:34 6-50+
53 Scott Bang 67:08
55 Brian Davis 68:10 3-60+
56 Ken Camet 69:26
60 Tom O'Connor 73:00 4-60+

Our 50+ men finished 2nd.

3/4/18 – Napa Marathon

483 Heather Rohrer 3:56:54
955 Liz Nast 4:49:31

3/11/18 – Ujena 8K Double

Kat Powell 49:33 3-60+

3/11/18 – Reach For a Star 5K

Women

46 Missy Sudan 21:23 5-45+
77 Kelly Emo 19:51 10-50+
79 Carol Bednar 25:45

Our 40+ women finished 4th.

Men

37 Jorn Jensen 17:24 3-45+
74 Brian Davis 19:51 4-60+
75 Norry McAllister 19:53 5-60+
77 Ken Camet 20:18 5-55+

83 Tom Camet 21:16 8-60+
84 Rbt Navarrete 21:40 9-60+
88 Mike Krey 21:52
109 Glenn Kishi 35:09 9-55+
117 Bob Lord 30:47 2-75+
121 D Norlander 32:02 3-75+
126 Bill Dodson 38:46

* Competes for another club.

Our 50+ men finished 5th and our 60+ men finished 2nd.

3/17/18 – Brazen Badger Cove – 13.9M

Kat Powell 3:31:53 1-65+

3/18/18 – Los Angeles Marathon

Cecil Baugartner 3:36:28 6-60+
Sue Francis 4:21:03 4-65+

4/8/18 – Sactown 10M

65 Jorn Jensen 60:26 6-45+
109 George Cross 64:38 4-50+
122 Brian Davis 65:55 2-60+
124 Scott Bang 66:17 7-50+
143 Ken Camet 68:49 5-55+
167 Tom O'Connor 71:34 5-60+
169 Ray Rodriguez 71:38 8-55+
171 Nancy Eubanks 71:47 4-40+
259 Nhu Stessman 80:12 7-45+
261 Dalila Rodriguez 81:29 8-45+
310 Catherine Frye 86:28
371 Glenn Kishi 91:16
455 Kat Powell 98:11 4-65+

Our 40+ women finished 5th. Our 50+ men finished 2nd and 5th. The 50+ men missed finishing 1st by 2 seconds.

4/14/18 – Brazen Mt.Diablo Trails –

13.5M

Kat Powell 3:20:54 1-65+

4/29/18 – Stow Lake Stampede 5K

42 Jorn Jensen 17:24 2-45+
96 George Cross 18:28 3-50+
105 Scott Bang 18:40
108 Ray Rodriguez 18:48 3-55+
124 D Spencer 19:07
127 Brian Davis 19:09 2-60+
150 N McAllister 19:43
151 Emanuel Lee 19:44
156 Dino Delyani 19:56
192 Aaron Lee 21:07
198 Missy Sudan 21:23
199 Mike Krey 21:27
209 Rbt Navarrete 21:40
280 D Rodriguez 24:32
315 Carol Bednar 26:04
386 Bob Lord 32:01
412 Bill Dodson 36:25*

*Competes for another club

Our 40+ men finished 3rd, our 40+ women finished 3rd, and our 50+ and 60+ men won.

5/5/18 – Devil Mountain 5K

John Mintz NT

5/6/18 Mile of Truth in Danville

Jorn Jensen 5:07 7-40+
Scott Bang 5:22 5-50+
Ray Rodriguez 5:35
Norry McAllister 5:39
Brian Davis 5:43
D Spencer 5:45
John Mintz 6:35
D Rodriguez 7:12
Our 50+ men won their division.

5/12/18 – Brazen Wildcat Half Mar – 13.5M

Kat Powell 3:21:53 1-65+

5/13/18-Yosemite Half Mar

Robert Navarrete 1:46:57

5/19/18 – Brazen Nitro Trail Half Mar

Kat Powell 2:23:26 1-65+

5/20/18 – Bay to Breakers – 12K

Kat Powell 80:09

6/2/18 – Brazen Trail Quake Half-13.7M

Kat Powell 3:56:01 1-65+

6/10/18 – Across The Bay 12K

24 Jorn Jensen 45:56 3-45+
39 Brian Davis 49:13 1-60+
Mike Krey 55:24 6-60+
Rbt Navarrete 56:30 7-60+
Glenn Kishi 66:04
Kelly Emo 67:02 9-50+
Kat Powell 72:17 2-65+
Our 60+ men won their division.

6/16/18-Double Dipsea-13.7M

Kat Powell 4:03:08 1-65+

6/24/18 – Bang Road Mile

7 Jorn Jensen 4:54.4 7-40+
37 J Aubuchon 4:59.3
8 Scott Bang 5:05.4 7-50+
17 N McAllister 5:18.3 3rd-60+
5 K Park 5:22.6 5-40+
22 D Spencer 5:25.3
23 R Rodriguez 5:28.7
27 Brian Davis 5:36.2 5-60+
Our 40+ women finished 3rd. And, our 60+ men finished 1st and 2nd and our 50+ men finished 4th.

7/4/18 – Freedom Fest 5K

27 Juan Rivera 16:57
40 Jorn Jensen 17:33 5-40+
56 Roberto Palos 18:15
58 George Cross 18:27 6-50+
60 Ray Rodriguez 18:29 3-55+
72 Scott Bang 18:48 9-50+
80 Dwayne Spenn 19:07 10-30+
91 Norry McAllister 19:29 1-60+
92 Brian Davis 19:34 2-60+
103 Dino Delyani 20:04 3-60+

110 Kristina Park 20:15
120 N Eubanks 20:40
134 Aaron Lee 21:12
140 T O'Connor 21:34
141 Missy Sudan 21:37
145 Tom Lockhart 21:46 9-55+
148 Mike Krey 21:40 7-60+
187 N Takeuchi 23:37 9-60+
199 Ma Goldman 24:25 4-65+
204 D Rodriguez 24:34

232 Kelly Emo 25:34 5-50+
243 Glenn Kishi 25:52
380 Brian Conroy 33:08 *
630 D Norlander 72:11 9-70+
* Competes for another club

Our men's 40+, 50+, and 60+ teams finished first and our women's 40+ team finished 4th.