



WVJS



VOL XXXX-#1 WEST VALLEY JOGGERS & STRIDERS April 2011

Saturday Workouts

05/14/11	Farwell (3.54 miles)	07/16/11	Doug/Sar/Frtvle (2.75 miles)
05/21/11	8 x 0.66mile Tennis Court Loop Relay	07/23/11	Farwell/H (4.68M)
05/28/11	Short Six (5.74 miles)	07/30/11	One Mile on the Track
06/04/11	All Courses Day	08/06/11	12 x 600 Relay
06/11/11	800/1500/3000 Day	08/13/11	Farwell (3.54 miles)
06/18/11	Valle Vista (3.0 miles)	08/20/11	36 x 200 Relay
06/25/11	One Mile on the Track	08/27/11	Annual Handicap Race
07/02/11	Triangle Run (4.76 miles)	09/03/11	Short Six (5.74 miles)
07/09/11	5K on the Track	09/10/11	4 x 1.46-Mile WVC Loop Relay

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

Upcoming Races

PA-USATF Championships

05/30	Marin 10K (1.0)
06/05	San Rafael Road Mile (1.0)
10/16	Humboldt Half Marathon (1.5)
11/13	Clarksburg Half Marathon (1.5)
11/24	Silicon Valley 5K Turkey Trot (2.0)
12/04	Cal Intl Marathon (2.0)
12/18	Christmas 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
05/30 Marin 10K
06/05 San Rafael Road Mile
06/19 Holy City Race
06/26 Scott Bang Road Mile
08/13 Dammit Run – 5M
08/20 Santa Cruz XC Race
09/25 Almaden Times 2M
12/04 Cal Intl Marathon

Other Races

05/15	Leigh HS in San Jose 5K
05/22	Vibha 5k/10K/Half Mar-Grant Prk
06/05	Hillsborough 2K/5K/10K
05/22	San Carlos 5K
06/12	Lupus 5K at WVC
06/22	Longest Day 5-Miler-San Mateo
07/02	Skyland Mt Run-5K/10L-Los Gatos
07/04	San Ramon 5K/10K
07/31	San Francisco Marathon

Sunday Runs

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

Miscellaneous Drivel

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

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

As most of you know, we have a club web page. If you haven't checked it out, take a look. **The address is:** <http://www.wvjs.org>

In the March issue of UltraRunning magazine they present 'The Year in Review'. Part of this review is a ranking of the Ultra Performances of the year, voted on by a panel 18 "keen and veteran observers from all corners of North America". The performances are divided into two categories: Overall, and Age Group (age 50 and over).

Bill Dodson was excited to find that he was voted 4th in the Men's Age Group Performances for his 9:57:55 finish in the American River 50 Mile Run, including one vote for 1st.

Rich Hahn is now a certified USATF Level 1 track & field coach after taking the 1/15-1/16 Level 1 Coaching Scholl and passing the 200-question exam with a score of 95.5%.

Jack Bordoni and **Mary Kriege** have had successful starts to their high school track season. Jack has recorded 4:28 and 9:40 for the 1600 and 3200. Mary has run 2:30, 5:22, and 11:03 for the 800M, 1 mile, and 3200M.

Ed Singleton has become the second active club runner in the past few months to turn 80. He joins **Eddie Reyna**.

79-year-old **Ken Napier**, who now lives in Groveland, has had a couple of downer months. First he blacked out while driving, running off the road into a tree, which resulted in a fractured neck bone. After partially recovering from that incident, he again blacked out from atrial fibrillation, bruising himself from the fall. Then, he got pneumonia. He can now take short walks and eventually hopes to return to running.

The Lupus 5K will be run at West Valley College on 6/26/11. We help with this race, receiving a fee for our services, which is then used to pay for our use of the West Valley College facilities during the year. So far, 15 club members have volunteered to help but we still need more volunteers.

Our annual Holy City race will be run on 6/19. **Bob Pickens**, our race director, needs a few helpers.

Scott Bang will be directing his second road mile in Los Gatos on 6/26. He also needs helpers and competitors.

Our annual handicap race is tentatively schedule for 8/27. However, there is a strong possibility that the date will be changed as a Grand Prix XC race is scheduled for that date. Determining an alternative date is difficult. A Grand Prix XC race is scheduled for the prior Saturday, the Dammit race is scheduled for 8/13, Grand Prix XC races and high school XC races (a fair amount of club members help coach high school XC teams during September) are scheduled for Saturdays in September. So, we may have to run the race as early as 8/6.

Ken Bloesch, has changed jobs and now works in Newark. So, he is not as flexible in being able to help club coaches put on high school races during the week.

Neil Gelblum has just turned 60 and should be a great addition to our 60+ team.

George Lo, who now lives in Santa Clara, ran 984 miles during the first 3 months of the year. That is an average of 75 miles per week. I'm sure that mileage helped him get down to 3:02 at the Boston Marathon.

Speaking of the Boston Marathon, four club members ran that race this year – **George, Jean Harris, Glenn Kishi, and Joe Hurtado**. Jean led the way with a 2:59:26.

Four club members – **Carl Petersen, Joe Hurtado, Joe Hurtado, and George Moss** – traveled to compete in the National 8K XC championships in San Diego. They finished in second place, a mere one point out of first. Carl, Joe, and Dave finished in the top 5 places.

Jose Pina and his 14-year-old son, **Jose Jr**, finished 2nd and 4th at the Saratoga/Los Gatos Great Race.

2011 RUNNER OF THE YEAR CONTEST

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. The point totals through 9/30/10 are as follows:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Totals</u>
George Lo	984	240	1,224	Dave Norlander	277	260	537
Carl Petersen	477	230	707	Rich Hahn	389	120	509
Walt Van Zant	287	340	627	Jim Bordoni	159	240	399
Tom Warfel	336	220	556	Rosanna Kennedy	357	20	377

2011 PA/USATF Road Grand Prix

Open Men

Our open men's team is presently in 11th place. Aaron Lee is our team captain

Open Women

Our open women's team has not yet fielded a team in the first four grand prix races.

40+ Men

Our 40+ men's team is presently in 3rd place. Ken Camet is our team captain. Individually, Ken Camet is in 29th place, Scott Bang is in 32nd place, and Michael Smith is in 38th place in the long race division.

40+ Women

Our 40+ women's team is presently in 3rd place. Individually, Becki Kriege is in 8th place, Kari Cornwell is 10th place, Kristina Park is in 13th place, and Carol Bednar is in 29th place in the short race division.

50+ Men

Our 50+ men's team is presently in 2nd place. Tom O'Connor is our 50+ team captain. Individually Brian Davis is in 7th place, Norry McAllister is in 10th place, Tim Souza is in 12th place, Tom O'Connor is in 14th place, Dino Delyani is in 23rd place, and Brian Conroy is in 24th place in the short race division. Brian Davis is in 3rd place, Tom

O'Connor is in 7th place, Tim Souza is in 11th place, and David Woodruff is in 14th place in the long race division.

50+ Women

Our 50+ women's team has not yet fielded a team in the first four grand prix races. Individually, Marian Richard is in 7th place in the long race division.

60+ Men

our 60+ men's team is presently in 1st place. Todd Hayes is the team captain. Individually, Ron Kiyono is in 6th place, John Yamagota is in 7th place, Jim Howe is in 9th place, and Todd Hayes is in 10th place in the short race division. John Yamagata is in 1st place, Todd Hayes is in 2nd place, and Des Knuckey is in 13th place in the long race division.

60+ Women

Our 60+ women's team has not yet fielded a team in the first four grand prix races.

70+ Men

Our 70+ men's team is presently in 1st place. Eddie Reyna is the team captain. Individually, Joe Hurtado is in 1st place, Carl Petersen is in 2nd place, Bob Lord is in 5th place, and Eddie Reyna is in 9th place in the short race division. Joe Hurtado is in 1st place, Carl Petersen is in 3rd place, Dave Norlander is in 4th place, Bill Dodson

2011 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are 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). Grand Prix races included in the events count double. **You must compete in at least 7 different events in order to be eligible for an award.** The remaining events included in this contest are listed on page 1. The events already contested in this contest so far this year include the Nor Cal 10-miler, the Across The Bay 12K, the Zippy 5K, and the Big Sur 5K. Standings for this contest will be shown in the next club bulletin.

SATURDAY WORKOUT RESULTS

1/8/11-Triangle-4.76 Miles

1	Andy Williams	30:25
2	Dino Delyani	31:24
3	Kevin Breit	31:49
4	Neil Gelblum	32:01
5	Tommy Nguyen	32:19
6	Dwight Cornwell	32:26
7	Scott Graham	32:28 PR
8	George Lo	32:53
9	Des Knuckey	32:55
10	Mike Krey	33:51
11	Paul Taylor	34:12
12	Dave McIntyre	37:18
13	Joe Hurtado	37:24
14	Jeff Bedolla	37:33
15	Glenn Kishi	38:55
16	Tim Rostege	39:36
17	Helen Wong	40:03
17	Debby Grizzle	40:03
19	Norry McAllister	40:05
20	Sean Williams	41:35
21	Dave Norlander	41:41
22	Pauline Beatty	41:44
23	Kat Powell	41:53
24	Tim Riley	46:30
25	Dena Noble	47:35
25	Ken Bloesch	47:35
27	Tom Warfel	49:06
28	Georgia Riley	53:02
29	Walt Van Zant	53:47

Dick Barrett Trophy Winner – Tim Rostege

Balmy weather (mid 40s) for our run this morning. Andy Williams won by a minute. Scott Graham PRd by 2½ minutes. Jeff Bedolla improved his 55+ best by 17 seconds. Tim Rostege improved his 70+ best by 90 seconds. Thanks to Jim Bordoni and Chris Blue for timing the workout.

1/15/11-Dou/Sar/Frtvle-2.75 Miles

1	Scott Bang	15:29
2	Kevin Breit	15:50
3	Alex Williams	16:36 PR
4	David Garza	16:37
5	Andy Williams	16:53
6	Norry McAllister	16:59
7	Ken Camet	17:03
8	Casey Reinking	17:12 PR
9	Brian Conroy	17:16
10	Jean Harris	17:20
11	Tim Souza	17:29
12	Scott Graham	17:30 PR
13	Missy Sudan	17:35
14	Aaron Lee	17:38
15	Dino Delyani	17:43
16	Neil Gelblum	17:54
17	Dwight Cornwell	18:14
18	Des Knuckey	18:16
19	George Lo	18:18
20	Mike Krey	18:20
21	Paul Taylor	18:34
22	Marian Richard	19:03
23	Matt Kriege	19:22
24	Rob Jacobson	19:31
25	Helen Wong	19:53
26	Kari Cornwell	20:01
27	Joe Hurtado	20:31
28	Dave McIntyre	20:33
29	Carl Petersen	20:52
30	Jeff Bedolla	20:53
31	Sean Williams	21:15 PR
32	Kelly Emo	21:21
33	Tim Rostege	21:30
34	Dave Norlander	22:29
35	Todd Hayes	22:36
36	Jim Howe	22:44
37	Pablo Rodriguez	22:46
38	Pauline Beatty	23:10
39	Nicky McAllister	23:29
40	Rich Collins	23:36

41	Catherine Frye	23:49
42	Kat Powell	24:27
43	Tom Warfel	24:31
44	Don Packwood	24:41
45	Tim Riley	25:22
46	Marcia Morrison	25:40
47	Dena Noble	25:46
48	Georgia Riley	27:11
49	Chris Cassell	27:48
50	Walt Van Zant	28:04
50	Ken Bloesch	28:04

Dick Barrett Trophy Winner – Joe Hurtado

Surprisingly large turnout on this 50-degree morning with many good performances and a few bummers. In addition to the 51 runners, we had 4 timers (Jim Bordoni, Chris Blue, Becki Kriege, and Uyenthi Tran) and a variety of non-running riff raff. The notable performances included a 3-minute PR by Alex Williams of Bellarmine, who edged David Garza of Wilcox for top high school honors, a 2-minute PR by Casey Reinking, a 75-second PR by Sean Williams, a 30-second PR by Scott Graham, a #17 55+ best by Brian Conroy who missed his all-time PR by just 11 seconds, an 8-second 60+ PR by Dwight Cornwell to move him to #15 on the 60+ list, a #17 60+ run by Des Knuckey, a 4-second miss of his all-time PR by Mike Krey while running in sweats, a #5 50+ run by Marian Richard, a #3 70+ best by Joe Hurtado on his 70th birthday (Joe received the weekly trophy for his performance and to celebrate his birthday but he then asked "where's the gift"), a #10 45+ run by Kelly Emo, a #5 70+ run by Tim Rostege as he improved his 70+ best by 13 seconds, Tim Riley missing his 65+ best by just 7 seconds, and your editor's 90-second improvement on his 70+ best to move within a

mere 4 minutes of 2nd-to-last-place on the 70+ list.

1/22/11-5K on the Track

1	Kevin Breit	17:45.1 *
2	Andy Williams	18:50.6
3	Norry McAllister	18:53.5
4	Alex Williams	19:00.1 *
5	David Garza	19:13.6
6	Brian Conroy	19:31.8
7	Tommy Nguyen	19:34.5
8	Dino Delyani	19:42.6
9	Missy Sudan	19:45.7
10	Aaron Lee	20:00.5
11	Neil Gelblum	20:05.5
12	Dwight Cornwell	20:13.9
13	Scott Graham	20:29.8
14	Des Knuckey	20:32.4
15	Mike Krey	20:44.6 *
16	George Lo	21:12.1
17	Becki Kriege	21:53.8
17	Kari Cornwell	21:53.8
17	Tom O'Connor	21:53.8
20	Dave McIntyre	22:38.7 *
21	Jeff Bedolla	22:57.9 *
22	Carl Petersen	22:59.0
23	Helen Wong	23:16.2
24	Glenn Kishi	23:17.x
25	Joe Hurtado	23:24.7
26	Jim Howe	23:35.5
27	Ida Rosenblum	23:46.7
28	Alvin Jackson	24:11.0
29	Dave Norlander	24:16.2
30	Pauline Beatty	24:48.x
31	Tim Rostege	25:01.2
32	Uyenthi Tran	25:02.x
33	Kat Powell	26:12.7 *
34	Pablo Rodriguez	26:19.7
35	Mark Urbino	27:12.5
36	Todd Welke	27:42.1
37	Elaine Erickson	28:27.x
38	Marcia Morrison	28:36.x
39	Don Packwood	28:38.x
40	Tim Riley	29:12.x *
41	Georgia Riley	30:17.x
42	Tom Warfel	30:18.8
43	Walt Van Zant	32:49.x
	Scott Bang	DNF
	Sean Williams	DNF
	Dena Noble	DNF

* Ran faster than their 2010 track 5K best.

DNF: One DNF due to strained muscle and two DNFs due to bathroom stop.

Dick Barrett Trophy Winner – Dwight Cornwell

Big turnout for the second week in a row. Many helpers, including Jim Bordoni, Uyenthi Tran, Todd Hayes, Don Packwood, Ken Bloesch, Danny and Madelyn Moon. Kevin Breit won by more than half a lap. Missy led the ladies. Andy Williams led the 40+ men, Alex Williams led the high schoolers, Norry led the 50+ men, Dwight Cornwell led the 60+ men, Carl Petersen led the 70+ men, Pauline Beatty led the 50+ ladies, and Kat Powell led the 60+ ladies.

Some of the leading times at the 1600M and 3200M marks were Kevin Breit at 5:36, Alex Williams at 5:51, David Garza at 5:51, Andy Williams at 5:57, Norry McAllister at 6:04, and Missy Sudan at 6:17 at 1600M and Kevin at 11:17, Andy at 11:59, Alex and David at 12:07, Norry at 12:09 and Missy at 12:40 at 3200M.

1/29/11- 8x0.66M Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Frye/R.Nast	2:15	37:37
2	Noble/Nguyen	-0-	38:05
3	Collins/Sudan	1:45	38:08
4	Nic.McAllister/Delyani	1:45	38:19
5	Urbino/Camet	2:30	38:21
6	T.Riley/Nor.McAllister	-0-	38:22
7	Wong/Taylor	3:45	39:11
8	Petersen/Knuckey	3:30	39:47
9	McIntyre/D.Moon	2:00	40:45
10	Norlander/Lo	3:30	40:56
11	Rosenblum/Jackson	2:15	41:04

Dick Barrett Trophy Winner – Catherine Frye & Rob Nast

Good weather for running as the temperature was in the low 50s. Catherine Frye put her team into the lead during the 7th leg and Rob lengthed the lead as their team won by about 150 yards. Rob had the best average for the guys at 3:41 and Missy led the ladies at 3:59.

2/5/11-Farwell/H – 4.68 Miles

1	Norry McAllister	29:06
2	Ken Camet	29:29 PR
3	David Garza	30:03
4	Tommy Nguyen	30:16
5	Dino Delyani	30:28
6	Missy Sudan	30:43
7	Neil Gelblum	31:03
8	Kari Cornwell	31:09
9	Dwight Cornwell	31:31
10	George Lo	31:34

11	Paul Taylor	31:48
12	Paul Baguley	31:51
13	Des Knuckey	31:52 PR
14	Mike Krey	32:22
15	Glenn Kishi	33:48 PR
16	Todd Hayes	34:21
17	Katie Baguley	34:29
18	Aaron Lee	34:33
19	Dave Piazza	35:09
20	Jim Howe	37:03
21	Helen Wong	37:03
22	Tim Rostege	37:30
23	Ida Rosenblum	37:48
24	Bob Pickens	38:13
25	Alvin Jackson	38:58
26	Nicky McAllister	40:02
27	Catherine Frye	40:34
28	Rich Collins	40:40
29	Brian Low	41:49
30	Kat Powell	42:58
31	Tom Warfel	46:23
32	Chris Cassell	49:40
33	Walt Van Zant	50:05
	Tom O'Connor	24:18 *

* Got lost

Dick Barrett Trophy Winner – Kari Cornwell

Norry won by about 100 meters over Ken Camet. Missy led the ladies. Glenn Kishi PRd by 51 seconds, Ken Camet by 20 seconds, and Des Knuckey by 8 seconds. Neil, three months shy of 60, improved his 55+ best by 3 seconds. Tim Rostege improved his 70+ best by 2½ minutes to move to #4 on the 70+ list. Dwight Cornwell and Des Knuckey recorded the #11 and 14 best-ever 60+ bests. Kari Cornwell took home the weekly trophy as she recorded the #5 best for a 40+ woman club runner. Tom O'Connor forgot the course and turned right at Douglas instead of continuing down Saratoga Ave to Fruitvale. He ran 4.0 miles in 24:18. Thanks to Uynethi Tran, Jim Bordoni, and Rich Hahn for their help with the timing.

2/12/11-Farwell-3.54 Miles

1	Scott Bang	20:23
2	Jorn Jensen	20:32
3	Tim Souza	22:27
4	Missy Sudan	22:51
5	Dino Delyani	22:59
6	Dave Piazza	23:04
7	George Lo	23:24 PR
8	Dave Woodruff	23:34
9	Kari Cornwell	23:43

10	Isaiah Azadgan	23:47
11	Dwight Cornwell	23:49
12	Des Knuckey	23:56 PR
13	Paul Taylor	24:20
14	Todd Hayes	25:19
15	Dave McIntyre	26:21
16	Jeff Bedolla	26:52
17	Jeff Rohrer	26:55
18	Joe Hurtado	27:02
19	Carl Petersen	27:19
20	Helen Wong	27:20
21	Al Murray	27:57
22	Aaron Lee	27:58
23	Carol Bednar	28:04
24	Tim Rostege	28:15
25	Ida Rosenblum	28:30
26	Dave Norlander	28:41
27	Alvin Jackson	29:13 PR
28	Rich Collins	29:47
29	Rick Kananen	30:07
30	Pauline Beatty	30:24
31	Catherine Frye	30:26
32	Scott Graham	30:29
33	Kat Powell	31:52
34	Tom Warfel	31:55
35	Dena Noble	33:56
35	Ken Bloesch	33:56
37	Chris Cassell	36:35
38	Walt Van Zant	36:43

Dick Barrett Trophy Winner – George Lo

Nice turnout on this cold morning (40 degrees at the start). Scott Bang and Jorn Jensen ran away from the field with Scott winning by about 50 yards. Missy finished 4th to lead the ladies. Three overall PRs, led by George Lo's 91-second improvement. Kari Cornwell recorded the #6 all-time best for 40+ women. Des Knucked moved to #16 on the 60+ list. Joe Hurtado and Tim Rostege ran the #4 and #8 times for 70+ runners with Tim improving his 70+ best by 66 seconds. Rich Collins improved his 65+ best by 50 seconds, Rick Kananen improved his 60+ best by 6 seconds, and Jeff Bedolla improved his 55+ best by 33 seconds. Danny Moon and Jim Bordoni did the timing.

2/26/11-4x1.46M WVC Relay

Pl	Team	Start	Finish
1	Norlander/Wright	-0-	41:57
2	Chimenti/Jackson	:15	43:47
3	Ma.Kriege/B.Kriege	-0-	43:56
4	Ni.McAllister/Bedolla	:15	45:12
5	Delyani/Nor.McAllister	10:15	45:42
6	Sudan/Garza	10:15	45:49

7	Rosenblum/Petersen	2:30	46:56
8	Lo/Graham	9:00	47:05
9	Noble/Krey	:45	47:30
10	Wong/Breit	9:00	48:04

Phantom Dick Barrett Trophy Winner – Nicky McAllister & Jeff Bedolla

The Wright team finished first but the first team to finish that did not set its own rating was the Bedolla team. Norry McAllister had the fastest time for the men at 17:04 and Missy Sudan led the ladies at 18:27. Shown below are the results for this same workout on 7/28/79

7/28/79-4x1.46M WVC Relay

Pl	Team	Start	Finish
1	Martin/Wurm	7:04	40:19
2	Meinhardt/Mahon	11:00	40:29
3	Clary/White	11:00	40:31
4	Napier/VanZant	8:30	40:34
5	Stiller/Garcia	11:00	40:42
6	Sordi/Barrett	-0-	41:31
7	Roskosz/R.Collins	8:30	41:34
8	Walter/Russell	10:00	41:50
9	Schultz/Sordi Jr	2:00	43:19

Individual Splits

Jake White	7:19- 7:22 = 14:41
Bill Meinhardt	7:19- 7:26 = 14:45
Manny Mahon	7:18- 7:28 = 14:46
Dave Garcia	7:13- 7:33 = 14:46
John Clary	7:18- 7:32 = 14:50
Rich Stiller	7:21- 7:35 = 14:56
Pat Walter	7:48- 7:47 = 15:35
Walt Van Zant	7:57- 7:56 = 15:53
Jim Wurm	8:01- 7:54 = 15:55
Ken Napier	8:00- 8:11 = 16:11
Ray Russell	7:43- 8:32 = 16:15
Rich Collins	8:10- 8:19 = 16:29
Charlie Roskosz	8:10- 8:25 = 16:35
Carl Martin	8:40- 8:30 = 17:10
Joe Sordi Jr	9:41- 9:35 = 19:16
Wymond Schultz	11:18-10:45 = 22:03
Dick Barrett	10:33-10:10 = 20:43
Joe Sordi	10:21-10:27 = 20:48

We had one of our best-ever competitive relay races over the 1.46-mile campus loop course this morning as five runners broke the previous course record of 14:51 for two loops. Jake White set the new record at 14:41 and Dave Garcia set a new one-loop record with his 7:13. The first team won by 16 seconds but the next four teams finished within 13 seconds of each other. Manny Mahon and Jake White had a good battle over the last quarter mile with Manny barely holding on for second place.

3/5/11-Short Six – 5.74 Miles

1	Scott Bang	35:34
2	Norry McAllister	35:39 PR
3	David Garza	36:58 PR
4	Dino Delyani	38:13
5	Brian Conroy	38:53
6	Tommy Nguyen	39:13
7	Paul Taylor	39:39
8	Kari Cornwell	40:25
9	Kristina Park	40:32
10	Hank Lawson	42:52
11	Jeff Bedolla	45:04
12	Dave McIntyre	47:03
13	Catherine Frye	49:05
14	Alvin Jackson	49:24
15	Kat Powell	50:52
16	Kelly Emo	52:32
17	Patti Rodriguez	52:33
18	Rich Hahn	52:33
19	Uyenthi Tran	53:44
19	Aaron Lee	53:44
21	Mark Urbino	55:03
22	Tim Riley	57:45
22	Ken Bloesch	57:45
24	Tom Warfel	58:46
25	Walt Van Zant	62:37
26	Chris Cassell	63:32

Phantom Dick Barrett Trophy Winner – David Garza

Close win for Scott Bang as he nipped Norry, who PRd by 27 seconds while moving to #13 on the men's 50+ list. David Garza improved his best by 41 seconds. Dino and Alvin missed their all-time PRs by 8 seconds each. Kari Cornwell, who is #4 on the women's 40+ list, led the ladies. Kristina finished close behind Kari as she recorded the #8 40+ best for women. Jeff Bedolla knocked 36 seconds off his 55+ best. Hank Lawson missed his PR by 6 minutes. Our superb timing crew consisted of Jim Bordoni, Chris Blue, Danny Moon, and Madelyn Moon.

3/12/11-Valle Vista-3.0 Miles

1	Kevin Breit	17:24 PR
2	Tom O'Connor	18:15
3	Missy Sudan	19:07
4	Dino Delyani	19:08 PR
5	Brian Conroy	19:17
6	George Lo	19:41
7	Scott Graham	19:47
8	Paul Taylor	19:59
9	Mike Krey	20:32
10	Glenn Kishi	20:46 PR

11	Todd Hayes	20:48
12	Hank Lawson	20:58
13	Grant Jacobson	21:11
14	Rob Jacobson	21:27
15	Helen Wong	21:34
16	Dick Chimenti	21:40
17	Al Murray	21:46
18	Jeff Bedolla	22:16
19	Carl Petersen	23:20
20	Dave McIntyre	23:23
21	Alvin Jackson	23:24 PR
22	Tim Rostege	23:34
23	Catherine Frye	24:26
24	Pablo Rodriguez	25:39
25	Pauline Beatty	26:19
26	Tom Warfel	27:07
27	Tim Riley	28:18
28	Walt Van Zant	29:32
29	Chris Cassell	30:42

Dick Barrett Trophy Winner – Tim Rostege

Many good performances this morning. We had four outright PRs and several age-group PRs. Glenn Kishi had the biggest PR at 18 seconds. Brian Conroy improved his 55+ best by 25 seconds, Mike Krey improved his 55+ best by 5 seconds, Todd Hayes improved his 60+ best by 74 seconds, Jeff Bedolla improved his 55+ PR by 57 seconds while running his best time for this course in more than three years, and Tim Rostege improved his 70+ best by 107 seconds while moving to #4 on the 70+ list. Missy Sudan, the fastest lady of the day, missed her 40+ PR by one second. Dick Chimenti recorded the #11 best by a 65+ runner.

3/19/11-18x0.33M Tennis Court Relay

1	Samson/Frye/Rosenblum	37:43
2	Wong/Park/Bednar	38:30
3	Taylor/Gelblum	39:56
4	Bang/Warfel/Riley	42:42

Dick Barrett Trophy Winner – Catherine Frye

Very miserable morning – light rain and cold. However, 11 hardy souls showed up to run. 9 of them ran half lappers and 2 ran full laps because we did not have a third runner for the final team. Bjorn Samson and Scott Bang led the guys with 1:41 and 1:42 averages. Kristina Park and Ida Rosenblum led the ladies with 1:55 and 2:10 averages. Jim Bordoni and Carl Petersen braved the weather at the half way point to get the splits and Danny Moon and Ken Bloesch got the splits at the start/finish line.

3/26/11-Triangle Run-4.76M

1	Adam Prince	29:55
2	Missy Sudan	31:29
3	Dino Delyani	31:43
4	Paul Taylor	32:02
5	George Lo	32:13
6	Kristina Park	32:14
7	Tim Souza	32:22
8	Scott Graham	32:46
9	Neil Gelblum	34:38
10	Helen Wong	35:01
11	Kari Cornwell	35:07
12	Katie Baguley	35:08
13	Fernando Cabada	35:12
14	Rob Jacobson	35:29
15	Glen Kishi	36:27 PR
16	Jeff Rohrer	37:25
17	Joe Hurtado	37:28
18	Tim Rostege	38:29
19	Catherine Frye	38:57 PR
20	Carl Petersen	39:28
21	Dave Norlander	40:33
22	Rosanna Kennedy	40:38
23	Alvin Jackson	43:20
24	Kat Powell	43:30
25	Jeff Bedolla	44:17
26	Chris Cassell	49:30
27	Ken Bloesch	49:32
28	Don Packwood	53:32

28 souls ran on this miserable morning for running – rain, wind, cold. Easy win for Adam Prince, who ran this course for the first time. Two PRs, the most significant being Catherine's 2 ½ minute PR. Missy was the first woman finisher, missing her 40+ PR by 9 seconds and finishing 2nd overall. Kristina recorded the #6 40+ time for a woman. Joe Hurtado and Tim Rostege recorded the #5 and #6 70+ times, Tim improving his 70+ best by 67 seconds. Rosanna Kennedy was happy to be able to run with us for the first time in a couple of months. Dwight Cornwell brought out his friend from Colorado to run with us – Fernando Cabada. He is the American record holder in the 25K, has run a 1:02:45 half marathon, and a 28:25 10K. He jogged with us today. Thanks to Mike Kriege and Danny Moon for timing us under these difficult conditions.

4/2/11-Killer -Diller Relay(16x300)

Pl	Team	Start	Finish
1	R.Jacobson/G.Jacobson	2:00	19:15
2	Norlander/Wong	:30	19:34
3	T.Riley/Delyani	-0-	19:47

4	Sudan/McAllister	4:00	19:52
5	Rosenblum/Bang	3:15	20:03
6	Noble/Krey	-0-	20:06
7	Moon/Breit	3:15	20:12
8	Taylor/Camet	3:30	20:13
9	Jackson/McIntyre	2:15	20:28
10	Hurtado/Souza	3:15	21:23

Dick Barrett Trophy Winner – Rob Jacobson & Grant Jacobson

The Jacobson team took the lead during the 13th leg and went on to win by about 100 meters. All teams were rated to finish at the 20:15 mark. 6 broke par. Scott Bang and Kevin Breit appeared to be the fastest male runners and Missy led the ladies. Thanks to Ken Bloesch, Dave Piazza, and Don Packwood for helping with the timing.

4/9/11-Dou/Sar/Fritvle-2.75 Miles

1	Scott Bang	15:35
2	Kevin Breit	15:38 PR
3	Dan Chiriaev	15:47
4	Brian Davis	15:57 PR
5	Tom O'Connor	16:10 PR
6	Jean Harris	16:22
7	Tim Souza	16:29
8	Bjorn Samson	16:59
9	Dino Delyani	17:14 PR
10	Brian Conroy	17:22
11	Missy Sudan	17:37
12	Paul Taylor	17:46
13	Scott Graham	17:53
14	Kristina Park	18:06
15	Rob Jacobson	19:02 PR
16	Helen Wong	19:39
17	Ellie Limco	19:45
18	Carol Bednar	20:12
19	Joe Hurtado	20:33
20	Carl Petersen	20:45
21	Alvin Jackson	20:50 PR
22	Tim Rostege	21:22
23	Ida Rosenblum	21:35
24	Bob Lord	21:53
25	Glenn Kishi	22:15
26	Dave Norlander	22:17
27	Rosanna Kennedy	22:26
28	Dave McIntyre	22:38
29	Stephanie Bambury	22:56
29	Hank Lawson	22:56
29	Becki Kriege	22:56
32	George Lo	23:02
33	Tom Warfel	23:42
34	Rich Collins	23:53
35	Aaron Lee	23:57

35	Ron Blancas	23:57
37	Danny Moon	24:25
38	Dena Noble	25:52

Dick Barrett Trophy Winner – Brian Davis

Close win by Scott over Kevin this morning. Brian Davis and Tom O'Connor highlighted the race by recording the all-time #1 and #2 55+ times for this course. The prior record by Ken Napier was set 23+ years ago. Alvin Jackson had the biggest PR at 53 seconds. Missy led the ladies. Kristina Park and Bob Lord recorded the #8 40+ and 70+ times. Helpers at the finish line included Cathy Frye, Don Packwood, and Dave Piazza.

4/16/11-Step Up & Step Down Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Bednar/G.Jacobson	2:00	34:15
2	Lawson/Jackson	2:15	34:45
3	Rodriguez/Delyani	1:45	35:18
4	Kennedy.B.Pickens	1:00	35:29
5	Petersen/Rosenblum	-0-	35:58
6	Norlander/R.Jacobs	2:00	36:13

Dick Barrett Trophy Winners – Carl Petersen and Ida Rosenblum

4/23/11-Farwell/H – 4.68 Miles

1	Paul Taylor	30:56
2	Scott Bang	30:56
3	Neil Gelblum	33:25
4	Bob Pickens	35:12
5	Jeff Bedolla	36:03
6	Rich Hahn	37:10
7	Isiah Azadgan	37:25

1/1/11-Los Gatos Resolution Run-5M

3	Jon Kimura	29:10	1st-30+
4	Scott Bang	29:35	1st-40+
7	Kevin Breit	30:45	2nd-30+
16	Scott Graham	33:34	3rd-50+
36	Glenn Kishi	37:30	
59	Jeff Bedolla	40:33	
65	Norm Gould	41:12	2nd-60+
94	Pauline Beatty	45:09	3rd-50+
118	Kat Powell	46:51	1st-60+

1/1/11-Rio Grill Resolution Run-6.3M

117	Victoria Kros	53:04	1st-60+
262	Chris Blue	62:58	

1/1/11-Rio Grill Resolution Run – 3M

101	Tim Riley	30:32	
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8	Tim Rostege	37:28
9	Catherine Frye	37:29 PR
10	Dave McIntyre	37:30
11	Dave Norlander	38:28
12	Ida Rosenblum	39:10
13	George Lo	39:11
14	Rosanna Kennedy	39:27
15	Helen Wong	40:35
16	Tim Souza	40:36
17	Pablo Rodriguez	42:38
18	Don Packwood	44:12
19	Tim Riley	44:48
20	Ken Bloesch	44:48
21	Dena Noble	45:08
22	Tom Warfel	48:52

Dick Barrett Trophy Winner – Time Rostege & Catherine Frye

The stars of the day were Catherine Frye with a 3-minute improvement on her all-time PR, Tim Riley with a 23-second improvement on his 65+ best and Tim Rostege with a 2-second improvement on his 70+ best. Thanks to Jim Bordoni and Danny Moon for the timing.

4/30/11-36 x 200 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Bloesch/Park/Conroy	:30	23:55
2	Moon/Taylor/Delyani	:30	24:26
3	Kennedy/Garza/G.Jacob	:45	24:44
4	Rodriguez/R.Jacob/Lo	-0-	25:06

Dick Barrett Trophy Winner – Kristina Park

Small turnout for this workout as many of you were saving yourself for the Big Sur race on

Sunday. Neck-and-neck race between the Conroy and Delyani team for the first 15½ laps before the Conroy team broke away to win by 150+ meters. Dave Garza was the star of the day with a 32.1 average. Kristina Park, a member of the winning team, averaged 37.4 55_ runner Brian Conroy averaged 36.8

5/8/11-16x400 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Schmitt/Petersen	-0-	27:43
2	Frye/Bednar	2:15	27:59
3	Jackson/Eng	5:30	29:04
4	Krey/Richard	5:30	29:08
5	Reinking/Taylor	7:15	29:09
6	Camet/Conroy	7:15	29:17
7	Kennedy/Hahn	3:00	29:49
8	Kriege/Garza	8:15	29:55
9	Noble/Norlander	:45	29:55
10	Warfel/Hurtdo	3:00	29:58
11	Powell/Rodriguez	1:15	30:05
12	Lo/Souza	8:00	30:12
13	Moon/Park	6:15	30:27

Dick Barrett Trophy Winner – Carol Bednar

Good turnout this morning. Runaway one-two finish by the Petersen and Bednar teams. Dave Garza led the guys with a 74 average and Kristina led the ladies with an 81 average. Thanks to Ken Bloesch and Aaron Lee for the timing.

RACE RESULTS

118 Glynn Wood 31:36 4th-70+

1/16/11-Phoenix Marathon

89 Tom O'Connor 2:57:23 1st-55+
1420 Isaiah Azadgan 3:54:24

2/5/11 – National XC Championships 8K –

70+ Division

2	Carl Petersen	38:37
4	Joe Hurtado	40:22
5	Dave Norlander	40:50
12	George Moss	53:33 4th-75+

Team Scores

1-San Diego Track Club	10
2-WVJS	11

2/6/11 – Kaiser Half Marathon

Jorn Jensen	1:19:14 2nd-40+
Mike White	1:21:51 5th-45+
Kevin Breit	1:22:26
Dino Delyani	1:32:42 7th-50+
Bob Lord	2:00:58 3rd-70+

2/6/11-Superbowl 3K

14	Ken Bloesch	14:22 2nd-50+
18	Kelly Emo	14:47 1st-45+
25	Maureen Riley	16:09 2nd-45+
26	Dana Emo	16:11 2nd-10+
37	Tim Riley	17:45 1st-65+
41	Georgia Riley	18:53 1st-65+
60	Glynn Wood	22:33 3rd-70+

2/6/11-Superbowl 10K



19 Ron Kiyono 42:29 1st-60+
97 Victoria Kros 53:48 1st-60+

2/12/11 – Campbell Valentine 10K

2 Kevin Breit 36:30 1st-30+
7 Norry McAllister 38:08 1st-50+
16 Ron Kiyono 41:33 1st-60+
33 Glenn Kishi 44:46
77 Nicky McAllister 50:23

2/12/11 – Campbell Valentine 5K

2 Jose Pina Jr 17:51 1st-13+
6 Michael King 19:33 2nd-40+
7 Brian Conroy 19:33 1st-50+
8 Neil Gelblum 19:38 2nd-50+
25 Alice Isaacson 22:38 1st-50+
38 Kelly Emo 23:43 1st-40+

2/12/11-Sacto Valentine Run-4M

Tony Scardina 25:30

3/6/11-Union City 10K

2 Neil Gelblum 42:56 1st-50+

3/12/11-Juana Run-8K

8 Matt Tompkins 27:36 4th-30+
21 Adam Prince 29:32 5th-40+
23 Marc Ostrowski 29:42 6th-40+
32 Derrick Peterman 30:29 9th-40+
40 Ken Camet 31:11
60 Ron Kiyono 32:57 2nd-60+
111 Jim Howe 35:37 6th-60+
167 Dave Norlander 38:10 1st-70+

3/5/11 – NorCal 10

38 Brian Davis 60:08 1st-55+
41 Kevin Breit 60:54 4th-35+
58 Tom O'Connor 63:30 4th-55+
65 Ken Camet 64:08 8th-45+
73 Tim Souza 65:56 10th-50+
74 John Yamagata 66:10 1st-60+
77 Tony Scardina 67:05 10th-45+
79 George Lo 67:59 9th-40+
86 David Woodruff 69:31
105 Glenn Kishi 72:55
106 Todd Hayes 73:04 2nd-60+
110 Marian Richard 73:48 2nd-50+
123 Joe Hurtado 76:34 2nd-70+
137 Carl Petersen 79:29 4th-70+
155 Bill Dodson 84:04 1st-75+
162 Dave Norlander 85:20 5th-70+

164 Tim Rostege 85:45 6th-70+
210 Eddie Reyna 106:26 1st-80+

Our 60+ and 70+ men's teams finished first, our 50+ men's team finished 2nd, and our 40+ men's team finished 5th.

3/20/11-Across The Bay 12K

Brian Davis 45:33 1st-55+
Scott Bang 46:13 8th-40+
Kevin Breit 46:41 5th-35+
Mike Smith 46:45 6th-45+
Tom O'Connor 47:57 3rd-55+
Ken Camet 48:38
Tim Souza 49:03
John Yamagata 50:27 2nd-60+
Missy Sudan 50:32 6th-40+
George Lo 51:05
David Woodruff 52:28
Glenn Kishi 54:30
Todd Hayes 54:47 6th-60+
Des Knuckey 55:46 7th-60+
Joe Hurtado 57:53 1st-70+
Norm Takeuchi 59:31
Carl Petersen 60:05 3rd-70+
Dave Norlander 60:13 4th-70+
Kelly Emo 61:38
Tim Rostege 62:52 6th-70+
Bill Dodson 63:25 1st-75+
Dave McIntyre 64:26
Bob Lord 65:19 7th-70+
Kat Powell 69:43 8th-60+
Eddie Reyna 80:37 1st-80+

Our 60+ and 70+ men's teams finished first, our 50+ men' team finished 2nd, our 40+ men's team finished 4th, and our open men's team finished 11th.

3/26/11-Bay Area Senior Games

1 Carl Tuck 17.91 75+100M
1 Bill Dodson 36.46 75+200M
1 Bill Dodson 1:21.29 75+400M
3 Carl Tuck 1:38.07 75+400M
5 George Moss 1:59.54 75+400M
2 Jim Bordoni 2:35.98 55+800M
1 Bill Dodson 3:20.47 75+800M
2 Carl Tuck 3:45.91 75+800M
4 George Moss 4:18.05 75+800M
1 Brian Conroy 5:12.62 55+1500M
1 Bill Dodson 6:59.50 75+1500M
2 George Moss 8:57.45 75+1500M
1 Brian Conroy 19:47.27 55+5000M
2 Bill Dodson 25:44.01 75+5000M
2 George Moss 3-10.50 75+LJ

4/9/11-American River 50M

Bill Dodson 10:56

Bill said that things went well for the first 30K and that he was on his way to break 10 hours. But, the last 19 miles did him in.

4/9/11-UC San Marcos 5K

Tim Riley 29:15 1st-60+
Georgia Riley 31:55 1st-60+

4/17/11-Great Race-4/17/11

2 Jose Pina 21:26 1st-40+
4 Jose Pina Jr 22:36 1st-10+
8 Scott Bang 23:12 2nd-40+
9 Marc Ostrowski 23:19 1st-45+
11 Kevin Breit 23:48 2nd-35+
12 Norry McAllister 23:54 1st-50+
20 Tony Scardina 25:22 3rd-45+
39 Scott Graham 26:44 3rd-55+
44 Mike Krey 27:06 4th-55+
145 Alvin Jackson 31:31 5th-60+
188 Norm Gould 32:35 6th-60+

4/18/11 – Boston Marathon

Jean Harris 2:59:26
George Lo 3:02:37
Glen Kishi 3:33:56
Joe Hurtado 3:47:22

4/24/11 – Zippy 5K

WVJS Women

171 Becki Kriege 19:39 7th-40+
177 Keri Cornwell 19:48 8th-40+
189 Kristina Park 20:02 10th-40+
259 Carol Bednar 22:44
Our 40+ women's team finished 4th.

WVJS Men

90 Kevin Breit 17:43 6th-35+
100 Brian Davis 17:56 3rd-55+
110 Norry McAllister 18:06 7th-50+
120 Tim Souza 18:19 9th-50+
124 Tom O'Connor 18:24 6th-55+
140 Ken Camet 18:54
163 Dino Delyani 19:33
164 Brian Conroy 19:33 8th-55+
200 Ron Kiyono 20:21 5th-60+
205 John Yamagata 20:28 6th-60+
222 Bob Pickens 21:00
233 Aaron Lee 21:15
237 Jim Howe 21:22 2nd-65+
241 Todd Hayes 21:27 8th-60+



258 Joe Hurtado 22:40 1st-70+
 262 Glenn Kishi 22:53
 269 Carl Petersen 23:30 2nd-70+
 305 Bob Lord 25:14 5th-70+
 364 Eddie Reyna 31:38 1st-80+
 Our men's 70+ team finished first, our men's
 50+ and 60+ teams finished 2nd, and our
 men's 40+ team finished 4th.

4/24/11 – Ruth Anderson 50M

Bill Dodson 9:09
 Bill won the 70+ division of this race while
 breaking the 70+ course record by 26
 minutes.

5/1/11-Big Sur 5K

34 Scott Bang 18:02 3rd-40+
 44 Brian Davis 18:42 2nd-55+
 Tim Souza 18:52 6th-50+
 50 Tom O'Connor 18:59 3rd-55+

52 Norry McAllister 19:05 7th-50+
 69 Casey Reinking 20:09 10th-50+
 93 Marian Richard 21:36 4th-50+
 95 Jim Bordoni 21:37 6th-55+
 114 Fred Martin 22:23 2nd-65+
 122 Glenn Kishi 22:45 6th-45+
 125 Carol Bednar 22:47
 130 Norm Takeuchi 23:08 9th-55+
 138 Todd Hayes 23:18 5th-60+
 143 Joe Hurtado 23:35 3rd-70+
 148 Dave Norlander 23:43 4th-70+
 155 Carl Petersen 23:50 5th-70+
 161 Mark Goldman 24:16 6th-60+
 173 Tim Rostege 24:51 6th-70+
 191 Bob Lord 25:58 8th-70+
 285 Tim Riley 30:22 3rd-65+
 305 Georgia Riley 31:22 4th-65+
 329 Eddie Reyna 32:25 1st-80+
 457 Glynn Wood 37:09 4th-75+

Our men's 70+ team finished first, our men's
 40+, 50+ and 60+ teams finished 2nd, and our
 women's 40+ team finished 4th.

5/1/11 – Mission City 5K

Kelly Emo 23:15 1st-Wom
 Dana Emo 25:56 1st-17-

5/7/11 – Mermaid 5K

Kelly Emo 22:56 1st-Wom
 Dana Emo 26:33 4th-14-

5/8/11- Marine Discovery 5K

Kelly Emo 23:35 3rd-40+
 Dana Emo 26:55 3rd-14-

5/8/11-Artichoke 5K in Castroville

Tim Riley 30:06 2nd-60+

2011 LOS GATOS WINTER ALL-COMER MEET RESULTS

	Winter '11 Best	Jan. 8	Jan. 15	Jan. 22	Jan. 29	Feb. 5	Feb. 12	Feb. 26
60 METERS								
Mark Pasos	8.01		8.01					
Ben McAllister	8.17			8.17				
Carl Tuck	11.10		11.60				11.31	11.10
Bob Lord	11.42		11.51					11.42
100 METERS								
Mark Pasos	12.46	12.59	12.46					
Ben McAllister (14)	13.05		13.05	13.23				
Zoe McAllister (9)	16.86		17.42	16.86				
Bill Dodson	16.93				17.70		17.20	16.93
Carl Tuck	17.96		18.72		18.55	18.58		17.96
Bob Lord	18.37		18.37		18.43			
Dave Norlander	18.67	18.67						
200 METERS								
Mark Pasos	25.46	25.91	25.46					
Ben McAllister	28.04			28.04				
Bill Dodson	35.15	38.40	36.46	37.68			35.15	
Carl Tuck	37.94	39.22		39.21		38.96	38.35	37.94
Bob Lord	39.34		39.34	39.46				
Dave Norlander	40.16	40.16	40.35					

400 METERS

Bill Dodson	1:22.40	1:29.65	1:23.38	1:24.91		1:23.49	1:22.40
Dave Norlander	1:25.92	1:28.12	1:25.92				
Bob Lord	1:30.29			1:30.29			
Carl Tuck	1:32.77	1:33.89	1:32.77		1:35.40	1:34.07	1:34.67

800 METERS

Aaron Paterson	2:23.60				2:23.60		
Jonathan Kimura	2:23.98				2:23.98		
Alex Williams	2:24.77			2:26.07	2:24.77		
Andy Williams	2:40.93				2:40.93		
Des Knuckey	2:46.34						2:46.34
Hank Lawson	2:57.08	2:57.08					
Bill Dodson	3:15.75	3:27.94	3:20.88	3:20.32	3:17.81	3:16.93	3:15.75
Dave Norlander	3:17.51		3:17.61	3:17.51			
Carl Tuck	3:47.98	3:47.98			3:54.59		

MILE

Jonathan Kimura	4:39.64				4:49.26	4:39.64	
Aaron Paterson	4:51.94				4:51.94		
Alex Williams	5:25.53				5:25.53		
Grant Jacobson (14)	6:04.80		6:04.80				6:16.11
Rob Jacobson	6:11.72		6:11.72				6:28.57
Hank Lawson	6:24.85	6:24.85					
Bob Lord	7:10.63		7:10.63				
Bill Dodson	7:21.36			7:21.36	7:32.36		
Carl Tuck	8:47.73			8:47.73			

2-MILE

Brian Conroy	11:54.59				12:03.21	11:54.59	
Ken Camet	12:01.88	12:01.88					
Becki Kriege	12:24.78				12:24.78		
Bill Dodson	15:29.78	15:55.07	15:29.78			16:00.24	

5000 METERS

Brian Conroy	19:39.77						19:39.77
Bob Lord	24:37.47						24:37.47

4 x 400 RELAY

WVJS 70+

1/15/11 team of Norlander (89.5r) – Tuck (99.6r) – Lord (91.8r) – Dodson (88.6r)

2011 NOTES:

 FinishLynx times from Hank's website when available. Otherwise hand times noted with "h".
 The 2/19/11 meet was rained out.