



WVJS



VOL XXX-#3 WEST VALLEY JOGGERS & STRIDERS Dec. 2000

Saturday Workouts

01/06/01	8 x 0.66-Mile Tennis Court Loop Relay	03/17/01	18 x 0.33-Mile Tennis Court Loop Relay
01/13/01	Farwell/Herriman (4.68 miles)	03/24/01	Step-up & Step-down Relay
01/20/01	4 x 1.46-mile WVC Loop Relay	03/31/01	Doug/Sar/Frvtvle (2.75 miles)
01/27/01	Farwell (3.54 miles)	04/07/01	8 x 1200 Relay
02/03/01	5K on the Track	04/14/01	Farwell/Herriman (4.68 miles)
02/10/01	Valentine Team Race (5.4 miles)	04/21/01	16 x 300 Relay
02/17/01	Short Six (5.74 miles)	04/28/01	4 x 1.46-mile WVC Loop Relay
02/24/01	6 x 1600 Relay	05/05/01	Farwell (3.54 miles)
03/03/01	Valle Vista (3.0 miles)	05/12/01	Short Six (5.74 miles)
03/10/01	Triangle Run (4.76 miles)	05/19/01	12 x 600 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

01/07/01	California 10 (1)
03/18/01	Fifty Plus 8K (1)
03/25/01	Houlihan's 12K (1.5)
04/22/01	Compacq 10K (2)
04/29/01	Big Sur 5K (1)
05/28/01	Zippy 5K (1)
06/09/01	Sacramento 8K (1)
07/01/01	Capitol Mile (1)
10/06/01	Fleet Feet 5K (1)
10/21/01	Humboldt Half Mar (1.5)
11/11/01	Clarksburg 30K (2)
12/02/01	Cal Intl Marathon (2)
12/16/01	Christmas Relays (1)

The 50+ race is just for 50+ runners. The numbers shown in parenthesis are the point values of the races.

Racer of the Year

Fastest Farwell Time
Cumulative Saturday Races
Fastest Marathon
Fastest of 2 5Ks on the track
Fastest of 2 One-Miles on the track
01/07/01 Cal 10
02/10/01 Club Valentine Race-5.4M
04/01/01 The Great Race-4M
04/22/01 Compacq 10K
04/29/01 Big Sur 5K
06/17/01 Holy City Race-9.1M
07/01/01 Capitol Mile
08/xx/01 Coe Park 10K
10/28/01 Silicon Valley Marathon
11/04/01 Run For The Law 5K

We may add one more race in Sep or Oct

Other Popular Races

01/01/01	Los Gatos 5M
01/28/01	Home Depot Half Mar
02/03/01	San Juan Bautista 5K/10M
02/11/01	Together With Love 10K
03/11/01	Mercury-News 10K
03/31/01	The Juana Run - 8K
04/22/01	LSI Logic 5K/10K
04/29/01	Run For Lupus 5K
05/01/01	Devil Mountain 10K

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.



2000 PA/USATF Grand Prix

Open Men

Rich Hahan (735-8910) is in charge of this team. We were in 8th place prior to the final race of the year -- the Christmas Relays.

Open Women

Becki Kriege (257-9056) is in charge of this team. We were in 4th place prior to the Christmas Relays.

40+ Men

Thanks to our winning the Christmas Relays, we won the team award in this division for the second time in the last three years.

40+ Women

Sue Francis (730-1944) and Antonina Ettare (279-6034) are in charge of this team. We were in 4th place prior to the Christmas Relays.

50+ Men

Dick Chimenti (247-5650) is in charge of this team. We were in 3rd place prior to the Christmas Relays

50+ Women

Ruby Hurtado (732-1018) is in charge of this team. We finished in 4th place for the year in this division

60+ Men

Stan DeMartinis (867-7013) is in charge of this team. We finished first in this division for the year.

70+ Men

Stan DeMartinis is in charge of this team. We finished first in this division for the year.

Annual Club Awards Dinner

Our annual club awards dinner will be held on Saturday night, 2/3/01, at the Los Gatos Lodge. The social half hour will start at 5:30PM followed by dinner. Kelly Emo and Danny Moon will be the MCs. Despite the riot during his poem last year, Danny has threatened to again recite a poem.

Club Dues

The annual club dues of \$15 per person (\$1 for students) and \$20 per family are now payable. Checks should be made out to the Van Zant Charitable Trust (for an Hawaiian vacation) or to the West Valley Joggers & Striders. Please give your money to Ken Napier, Walt Van Zant, or Sue Francis.

Miscellaneous Drivel

he 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 \$30 each. The summer fee is \$18. The fine for parking without a permit is \$25.

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.

Danielle Zelinski completed a successful high school cross country season by finishing 3rd at her league finals and then qualifying for the state meet with her finish at the section meet. Mike and Matt Bordoni also had good cross country seasons at Bellarmine. Mike broke the 17-minute barrier as a freshman on the difficult Crystal Springs course and Matt ran

on the varsity team several times before succumbing to injuries.

McKayla Plank finished 6th in the youth girls 800 at the National Hershey meet in August. She then ran 11:49 in the 2-mile when she returned to California. Recently, she finished 33rd in the National Youth XC championships in Rento.

Gail Campbell took a shot at the American age-51 2-mile record of 12:52 during August but missed by a little bit as she ran 13:02. She was on pace for the record for 5 1/2 laps before fading over the last 2 1/2 laps. She did run a 5:46 1500 and 6:12 mile during the summer.

Dave Bauer and Karen Bivens ran in the difficult Pike's Peak Ascent race on 8/19/00. This race, covering 13.3 miles, climbs from 6295 feet to 14,110 feet. Dave finished 2nd in the

35/69 division with a time of 4:13:44 and Karen finished 3rd in the 55/59 division with a time of 4:41:53.

Kathy Frank competed in the Duathlon World Championship in Calais, France on 10/7, finishing 13th overall in the women's 50/54 division and as the 3rd American in this division. She said that prior to the race that she cycled from Rome to Calais. This meant climbing over the Alps and Dolomites in northern Italy. She felt that this cycling helped her for the race. After the race, she flew to Kona, Hawaii to watch the Ironman. She worked in the medical tent, which has now inspired her to attempt to qualify for that race next year.

Mark Stauffer has temporarily moved to San Diego to attend Mesa College. He visited the Bay Area in late October, running the 4.2-mile Crystal Springs course in 22:46 and helping out with the Silicon Valley Marathon.

Todd Hayes and Cecil Baumgartner have been selected to run in the Western States 100-miler in June. They have been celebrating their selection. However, some club members believe that they are oblivious to the situation and should in fact be in mourning. Incidentally, Todd and Cecil finished 5th and 6th in the masters division of the Ultra Distance Grand Prix for the 1999-2000 season. Sue Francis finished 3rd in the women's masters division. Our team finished 8th.

Congratulations to Danny Moon. As many of you may have heard, he was listed as the winner of the women's 50+ division at the Pacific Sun 10K. His winning time of 39:05 slaughtered the soon-to-turn sixty Shirley Matson by over a minute.

Damon Lease, who now lives on the East Coast, ran the New York City Marathon in 3:41:41. He was hoping for better as he had run a half marathon in 1:30:52 a few weeks prior to the marathon. But, he got sick three days before the race. So, he was just happy to finish.

Neal Chappell finished first in the 60+ division of the National Masters 8K championships on 11/4. However, I do not believe that he got credit for the win because of a problem regarding date of birth verification. He has now shown a USATF official his birth certificate. So, maybe he will eventually get credit for the win.

Chris Hallen won our annual handicap race.

Dwight Cornwell has moved to Colorado.

As most of you know we have a club web page. We have changed our address (URL): **The address is: <http://www.wvjs.org>**

CORPORATE COMPETITION

Many club members participated for Lockheed in the Regional and National championships during July and August. Here is how they did.

Regionals - Saratoga High School

Gene Antonides ran 28.1 and 30.3 in the 200, John Bronson ran 63.2, 64.9, and 66.5 in the 400, Stan DeMartinis ran 29:43 in the 5K, Joe Hurtado ran 73.5 and 75.2 in the 400, 2:31.1 and 2:39.9 in the 800, and 20:00 in the 5K, Dave McCarten ran 25:29 in the 5K, Danny Moon ran 61.9 in the 400, 2:28.7 in the 800, and 5:09.0 in the 1600, Ralph Poole ran 31.3 and 32.1 in the 200, 2:42.1 in the 800, and 19:58 in the 5K, Jim Reitz ran 19:07 in the 5K, Pauline Beatty ran 75.3, 85.0, and 86.2 in the 400, Carol Mendoza ran 32.2 in the 200, 72.5 in the 400, and 2:33.5 and 2:37.8 in the 800, Alison Oliver ran 77.2, 80.0, and 86.3 in the 400, and 22:04 in the 5K, Marian Richard ran 34.8 in the 200, 2:47.2 in the 800, and 20:09 in the 5K, Betty Root ran 39.6 in the 200, and Gina Strong ran 31.6 and 34.2 in the 200.

National Championship - Seattle

John Bronson ran 63.3, 65.4, and 66.3 in the 400, and 2:36.4 in the 800, Dave Garcia ran 30.6 and 32.6 in the 200, and 20:40 in the 5K, Joe Hurtado ran 19:13 in the 5K and 40:13 in the 10K, Danny Moon ran 60.8 in the 400, 1:36.6 and 1:38.8 in the 600, and 2:16.1, 2:16.5, and 2:18.4 in the 800, Jim Reitz ran 18:33 in the 5K and 40:38 in the 10K, Pauline Beatty ran 22:12 in the 5K and 47:13 in the 10K, Carol Mendoza ran 2:40.0, 2:40.6 and 2:41.9 in the 800, and 5:48.9 in the 1600, Marian Richard ran 73.8 in the 400, 19:37 in the 5K, and 40:52 in the 10K, Alison Oliver ran 2:58.2 in the 800 and 20:44 in the 5K, and Betty Root ran 27:34 in the 5K.

2000 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 or 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). Listed below are all who have scored in four or more races so far this year.

Elite Division

Ray Russell (8)	197
Dave Fergus (8)	191
Bob Pickens (8)	188
Scott Bang (5)	116

A Division

Jim Bordoni (8)	193
Becki Kriege (8)	180
Danny Moon (8)	176
Joe Hurtado (8)	168
Jeff Rohrer (7)	163
Dick Chimenti (7)	144
Eddie Tico (5)	107
Todd Hayes (5)	99

B Division

Cecil Baumgartner (8)	194
Rich Hahn (8)	193
Tom Warfel (8)	189
Ralph Poole (6)	141
Tim Rostege (6)	141
Rich Stiller (4)	82

C Division

Kelly Emo (8)	197
Sue Francis (8)	183
Pauline Beatty (8)	172
Ken Noel (5)	124
Demetrios Stefanidis (5)	121
Danielle Zelinski (5)	106
Dave Norlander (5)	92
Norm Saucedo (4)	92
Jim Myers (5)	90
Dave McIntyre (4)	86
Russ Kinsch (4)	85.5
Marian Richard (4)	81

D Division

Walt Van Zant (8)	192
Ken Napier (8)	186
Howard Powers (8)	171
Tom Zades (6)	146
Elaine Erickson (4)	94

E Division

Stan DeMartinis (8)	179
Antonina Ettare (6)	149
Chris Hallen (6)	143
Madelyn Moon (6)	135
Dave McCarten (5)	118
Betty Root (4)	81
Terri Kinsch (4)	89

The remaining events that can be run to improve your scores during the last few weeks of the year include the Farwell course, the Cum Sat event, and the marathon.

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+ win a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. The scores for the first six months of 2000 are:

Runner	Miles	Sat Pts.	Total	Runner	Miles	Sat Pts.	Total
Joe Hurtado	1491	500	1991	Tom Warfel	1056	480	1536
Cecil Baumgartner	1387	500	1887	Walt Van Zant	552	420	972
Rich Hahn	1105	480	1585	Dave Norlander	454	440	894
Jeff Rohrer	1390	180	1570				

SATURDAY WORKOUT RESULTS

3/12/00 - 36 x 200 Relay

Pl	Team	Strt	Finish
1	Gavin/Voss/Hurtado	-0-	24:45
2	R.Kinsch/Emo/Warfel	1:00	25:04
3	Fergus/Pickens/Russell	5:45	25:20
4	Tico/D.Moon/Hayes	5:15	25:47

5	Legregni/Powers/Bell	-0-	25:59	11	Myers/Lawson/Beatty	4:00	28:24
6	Stefanidis/Zelinski/Chmen	5:15	26:00				
7	M.Moon/Ettare/VanZant	:15	26:40				
8	Winitz/Noble/Napier	2:00	27:19				
9	Root/McPhail/Norlander	-0-	27:22				
10	Casillas/Casillas/Noel	4:30	27:32				

Dick Barrett Trophy Winner - Slim Pickens

The team that probably deserved the trophy this morning was the Bell team.

The Hurtado team substituted early in the relay with Ed Gavin for Stan DeMartinis. This improved their team time by approximately two minutes. Soft handicaps were given to Kinsch and Warfel on the second place team because they thought that they would run slow but they ran fairly hard over the last half of their runs. It was discovered after the trophy had been given out that the third and fourth place teams were allowed to start one minute ahead of time due to a math error. So, it appears that the Bell team was the first legit team to finish. No splits were kept but it appeared that Slim Pickens and Ray Russell were the fastest of the men runners and Danielle was easily the fastest of the ladies.

3/19/00 - Farwell/Herriman-4.68 M

1	Bob Ebert	25:23	
2	Ray Russell	25:49	
3	Dave Fergus	26:21	
4	Jim Bordoni	27:25	
5	Mark Stauffer	27:42	
6	Matt Bordoni	27:54	PR
7	Tim Souza	28:09	
8	Eddie Tico	28:25	
9	Todd Hayes	28:47	
10	Danny Moon	29:39	
10	Becki Kriege	29:39	
12	Tom Warfel	30:12	
13	Mark Issacson	30:45	
14	Joe Hurtado	31:09	
15	Russ Kinsch	31:21	
16	Danielle Zelinski	31:44	PR
17	Kelly Emo	31:55	PR
18	Ken Noel	32:36	
19	Rich Hahn	33:25	
20	Scott Bang	34:19	
21	Tom Zades	34:20	
22	Dave McIntyre	35:09	PR
23	Dave Norlander	35:22	
24	Cecil Baumgartner	36:24	
25	Jutta McCormick	36:29	
26	Ken Napier	36:30	
27	Antonina Ettare	38:52	
28	Dave McCarten	39:49	
29	Don Packwood	40:17	
30	Grace Voss	41:49	
31	Howard Powers	42:00	
32	Rich Stiller	42:01	
33	Betty Root	43:22	
34	Terri Kinsch	44:23	

Dick Barrett Trophy - Kelly Emo

Bob Ebert ran a Saturday road run for the first time since April 1996 and made it a good one as he won while breaking the 45+ course record by 6 seconds. Ray Russell ran well to finish second. Dave Fergus and Eddie Tico improved their 40+ bests, Jim Bordoni and Antonina Ettare improved their 45+ bests, Tom Zades improved his 55+ best, and Ken Noel improved his 60+ best.

8/26/00 - Farwell - 3.54 Miles

1	Ray Russell	19:20.1	
2	Mike Bordoni	20:10.1	PR
3	Jim Bordoni	20:23.1	
4	Jeff Rohrer	20:32.5	
5	Matt Bordoni	20:59.2	PR
6	Becki Kriege	21:11.3	
7	Danny Moon	21:27.2	
8	Greg Burke	22:42.6	
9	Dick Chimenti	22:44.1	
10	Dave Fergus	22:50.0	
11	Ralph Pool	22:54.2	
12	Tom Warfel	22:56.9	
13	Demetrios Stefanidis	23:11.5	PR
14	Joe Hurtado	23:15.3	
15	McKayla Plank	23:24.8	
16	Tim Rostege	23:38.5	
17	Rich Hahn	24:41.7	
18	Dave McIntyre	25:03.7	PR
19	Gail Campbell	25:16.0	
20	Brian Low	25:29.0	
21	Danielle Zelinski	25:52.1	PR
22	Dave Norlander	25:56.9	
23	Walt Van Zant	26:11.9	
24	Ken Napier	26:57.1	
25	Russ Kinsch	31:13.1	
26	Howard Powers	31:27.4	
27	Linda Legregni	32:38.2	
28	Madelyn Moon	32:54.1	
29	Mark Winitz	36:37.7*	
30	Falee Rami	42:36.4	
30	Michelle Nguyen	42:36.4	

* = Got lost. Ran approxly 4.25 miles

Dick Barrett Trophy Winner - Mike Bordoni

There were a lot of good performances this morning. Ray Russell started 30 seconds behind everyone and still won easily with a gross time of 19:50. The Bordoni family put three in the top five. Mike and Matt led the way with 5 and 3-minute improvements on their PRs. Jeff Rohrer missed his all-

time PR by one second but still improved his 40+ PR by 18 seconds. Becki led the ladies while running her best time on this course in nearly four years. Danny Moon led the 50+ men while coming within 5 seconds of his 50+ PR. Dick Chimenti, after holding up the start for 5 minutes while allegedly retying his shoe laces, did not run a PR. McKayla ran the 15th best-ever time by a female runner on this course. Tim Rostege ran the course for the first time as a 60-year-old and recorded the #6 time. Dave McIntyre changed his racing strategy and went out fast this morning and was rewarded with a 51-second improvement on his PR. Gail Campbell recorded the #2 time by a 50+ woman runner (behind Jutta McCormick). Howard moved to #1 on the 75+ list in front of Stan DeMartinis. Mark Winitz got lost but at least finished. Thus, he did not earn a point toward the brown-bag award.

9/2/00 - 16 x 300 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Hayes/R.Kinsch	3:45	20:22
2	McPhail/Isaackson	3:15	21:01
3	Noel/Napier	2:00	21:05
4	Campbell/Norlander	3:15	21:06
5	Bang/Burke	5:45	21:09
6	Zelinski/M.Plank	5:45	21:15
7	Hahn/Stefanidis	4:48	21:19
8	Root/Beatty	-0-	21:19
9	Baumgartner/D.Moon	6:15	21:54
10	G.Riley/Erickson	1:00	22:02
11	Tico/Warfel	5:45	22:09

Dick Barrett Trophy Winner - Annette McPhail

All teams were rated to finish at 21:00. The Kinsch team finished first but was not given the trophy because Todd Hayes was given a soft handicap due to a hamstring injury. The next three teams started together on their last 300 with Mark Isaackson proving to have the best speed. 8th-grader McKayla Plank and 11th-grader Danielle Zelinski nearly had the best scratch time but got nipped by the Burke team. Eddie Tico pulled his hamstring on the first run. Thus, Tom Warfel ran the relay by himself, running back 100 meters after each run and waiting 60 seconds before he started his next run.

9/16/00 - 4 x 1.46-Mile WVC Loop Relay

Pl	Runner	Start	Finish
1	J.Hurtado/Lee	8:30	44:38
2	Poole/Warfel	8:30	44:57
3	Napier/Norlander	4:00	45:02
4	VanZant/Noel	5:30	45:11
5	R.Kinsch/Stefanidis	8:30	45:28
6	Ettare/Emo	2:30	45:34
7	J.Bordoni/Spink	13:00	45:41
8	T.Kinsch/McCormick	-0-	45:53
9	Gerhardt/D.Moon	11:45	46:09
10	Fergus/Piazza	11:30	46:17
11	Carter/Hallen	:30	46:17
12	Laine/McPhail	-0-	46:34
13	Collins/Bang	7:45	47:42
14	Root/Erickson	-0-	48:44
15	Powers/Packwood	-0-	49:16

Dick Barrett Trophy Winner - Jonathan Lee

Another screwup by me today. I wrote down the wrong handicap for the Lee team. This allowed them to start 30 seconds sooner than they should have started and they took full advantage of the error to easily win the relay. Katy Spink had the best splits of the day at 16:15. 17-year-old Jim Bordoni led the men at 16:26. Jutta McCormick, one day shy of 30, broke 20:00 for this workout for the first time in four years. Ken Napier cried that he didn't think that he would break 22:00 and then ran 21:08.

9/23/00 - Short Six - 5.74 Miles

1	Dave Piazza	34:47	
2	Jeff Rohrer	34:56	
3	Ray Russell	33:11*	
4	Jim Bordoni	36:19	
5	Becki Kriege	36:35	
6	Todd Hayes	37:38	
7	Jonathan Lee	38:38	
8	Joe Hurtado	39:12	
9	Kelly Emo	39:22	PR
10	Demetrios Stefanidis	39:52	PR
11	Tim Rostege	40:05	
12	Rich Hahn	40:11	
13	Dick Chimenti	40:36	
14	Russ Kinsch	41:21	
15	Ed Gavin	42:57	
16	Dave Norlander	43:31	
17	Cecil Baumgartner	46:36	
18	Pauline Beatty	46:39	
19	Ralph Poole	48:28	

20	Walt Van Zant	48:28
21	Hannah Laine	49:31
22	Chris Hallen	49:34
23	Dave McCarten	51:49
24	Howard Powers	53:01
25	Scott Bang	49:25*

* Ray started 2:00 and Scott 7:00 after the start for everyone else.

Dick Barrett Trophy Winner - Kelly Emo

Dave Piazza eked out a win over Jeff Rohrer this morning. Ray Russell gave the field a 2-minute head start and came within 24 seconds of winning. Kelly Emo, inspired by watching the Olympics, took a new drug and then posted her best time in nearly 8 years of running this course. Scott Bang showed excellent form while finishing last.

9/30/00 - Valle Vista - 3.0 Miles

1	Ray Russell	16:33	
2	Hank Lawson	16:48	
3	Jim Bordoni	17:04	
4	Danny Moon	18:02	
5	Becki Kriege	18:05	
6	Todd Hayes	18:28	
7	Tom Warfel	19:08	
8	Dick Chimenti	19:26	
9	Dave Fergus	19:28	
10	Demetrios Stefanidis	19:33	
11	Ralph Poole	19:56	
11	Joe Hurtado	19:56	
13	Rich Hahn	19:58	PR
14	McKayla Plank	20:11	
15	Neal Chappell	20:32	
16	Ed Gavin	20:36	
17	Ken Noel	20:52	
18	Dave Norlander	21:04	
19	Dave McIntyre	21:12	PR
20	Cecil Baumgartner	21:24	
21	Tom Zades	22:17	
22	Matt Laue	22:43	
23	Mark Winitz	22:52	
24	Chris Hallen	24:31	
25	Antonina Ettare	24:33	
26	Don Packwood	24:45	
27	Annette McPhail	24:52	
28	Georgia Riley	25:07	
29	Dave McIntyre	25:48	
30	Rich Collins	27:04	

Dick Barrett Trophy Winner - Rich Hahn

Rich Hahn tied his PR, Dave McIntyre broke his PR by 4 seconds, Jim Bordoni lowered his 45+ PR by 27 seconds, Todd lowered his 50+ PR by 76 seconds, Chris Hallen broke her 50+ PR by 3 seconds, and Antonina improved her 45+ PR by 23 seconds.

10/7/00 - Triangule Run - 4.76 M

1	Ray Russell	26:59	
2	Hank Lawson	27:07	
3	Scott Bang	27:25	
4	Jim Bordoni	27:35	
5	Dave Piazza	28:27	
6	Becki Kriege	28:45	
7	Danny Moon	29:10	
8	Todd Hayes	29:33	
9	Dave Fergus	30:28	
10	Cecil Baumgartner	30:34	
11	Tom Warfel	30:47	
12	Ralph Poole	31:10	
13	Rich Hahn	31:37	PR
14	Demetrios Stefanidis	31:45	
15	McKayla Plank	31:57	PR
16	Joe Hurtado	32:27	
17	Russ Kinsch	33:04	
18	Ed Gavin	33:44	
19	Kelly Emo	34:59	
20	Ken Napier	36:36	
21	Walt Van Zant	36:40	
22	Jim Wurm	38:37	
23	Hannah Laine	39:42	
24	Gina Strong	42:41	
25	Madelyn Moon	45:07	
26	Howard Powers	48:18	
27	Betty Root	DNF	

Dick Barrett Trophy Winner - Jim Bordoni

There were several good performances this morning. Ray Russell won the race, taking over the lead in the Cum Sat contest. Jim Bordoni came within 3 seconds of his all-time PR while breaking his 45+ PR by 55 seconds. Cecil ran his best time on this course in over 7 years. McKayla's time put her #11 on the women's all-time list. Jim Wurm remembered how to stay on course despite not having run this course in 14 years. However, he was 10 minutes over his PR.

10/14/00 - 6 x 1600 Relay

Pl	Team	Start	Finish
1	Napier/Wurm	5:45	48:58
2	D.Moon/Fergus	15:14	49:02
3	Warfel/Hurtado	14:00	50:35
4	Saucedo/D.Garcia	12:45	50:39
5	M.Moon/T.Kinsch	-0-	50:53
6	Beatty/Hahn	11:00	50:59
7	Lane/R.Kinsch	12:30	51:05
8	Hallen/Erickson	6:45	51:15
9	Emo/Plank	13:45	51:29

Dick Barrett Trophy Winner - Warfel & Hurtado

All teams were rated to finish at 50:15. Jim Wurm was of unknown quality and, as a result, received a generous handicap. Dave Fergus was given a generous handicap because he is recovering from an injury. Thus, both of their teams finished well in front of the remaining teams. Ken Napier thought that the handicapping was great. Danny Moon had the best splits for the gals and Kelly Emo had the best splits for the gals.

10/21/00 - Dou/Sara/Frtvle-2.75 M

1	Ray Russell	15:07	
2	Scott Bang	15:30	
3	Robert Pickens	15:37	
4	Dave Fergus	16:07	
5	Danny Moon	16:15	
6	Cecil Baumgartner	17:07	
7	Demetrios Stefanidis	17:10	PR
8	Tom Warfel	17:14	
9	Todd Hayes	17:20	
10	Dick Chimenti	17:28	
11	Joe Hurtado	17:32	
12	Russ Kinsch	17:39	
13	Rich Hahn	17:42	
14	Diana Kirk	18:06	
15	Ralph Poole	18:14	
16	Marian Richard	18:14	
17	Kelly Emo	18:15	
18	Tim Rostege	18:31	
19	Ed Gavin	18:34	
20	Elaine Erickson	19:21	PR
21	Walt Van Zant	19:41	
22	Kevin Murphy	20:13	
23	Dave Norlander	20:25	
24	Ken Napier	20:42	
25	Sue Francis	20:49	
26	Pauline Beatty	21:49	
27	Rich Collins	21:52	
28	Hannah Lane	21:56	

29	Tim Riley	22:26	
30	Don Packwood	22:42	
31	Marion Richard	22:49	
32	Georgia Riley	23:17	
33	Howard Powers	24:04	
34	Madelyn Moon	24:20	
35	Betty Root	25:10	
36	Terri Kinsch	25:34	

Dick Barrett Trophy Winner - Elaine Erickson

Ray Russell won his fifth consecutive Saturday road run. Diana Kirk led the ladies. Marian Richard and Elaine Erickson recorded the #5 and #7 all-time bests for 40+ women. Tim Rostege ran the #9 60+ time. Tim Riley ran a Saturday workout for the first time in a long time. Elaine took home the weekly trophy for her 22-second PR. She is ready to rumble at the Silicon Valley Half Marathon next Sunday. Cecil ran his best time on this course in 7 years.

10/28/00 - 8 x 0.66-Mile Tennis
Court Loop Relay

Pl	Team	Start	Finish
1	VanZant/Sonnberg	3:30	37:17
2	M.Plank/Francis	3:00	37:33
3	Baumgartner/Russell	9:15	37:58
4	Myers/Hayes	5:00	37:59
5	Carter/Norlander	-0-	38:25
6	Saucedo/Poole	5:00	38:39
7	Powers/Kananen	-0-	38:56
8	R.Kinsch/Burke	7:00	39:50
9	T.Kinsch/Warfel	-0-	42:14

Dick Barrett Trophy Winner - Cecil Baumgartner

First-timer Keith Sonberg led his team to victory. We gave the trophy to the 3rd-place team because VanZant and Francis were given generous handicaps and then ran faster. McKayla led the ladies as she improved her time for this workout by 24 seconds.

11/4/00 - Farwell/Herriman-4.68 M

1	Bob Pickens	27:15	
2	Ray Russell	27:54	
3	Dave Piazza	27:55	
4	Scott Bang	28:28	
5	Greg Burke	29:57	
6	Becki Kriege	30:15	

7	Jim Bordoni	30:16	
8	Tim Rostege	31:26	
9	Greg Bunker	33:27	
10	Nick Butterfield	33:28	
11	Tom Zades	34:49	
12	Demetr Stefanids	34:50	
13	Mark Winitz	35:52	PR
14	Walt Van Zant	35:54	
15	Jim Myers	37:02	
16	Rick Kananen	37:16	
17	Matt Laue	39:12	
17	Rich Stiller	39:12	
17	Cecil Baumgartner	39:12	
17	Joe Hurtado	39:12	

Phantom Dick Barrett Trophy Winner - Mark Winitz

Easy win for Bob. Mark knocked 39 seconds off his PR.

11/11/00-Step Up&Step Down Rel

Pl	Team	Start	Finish
1	Laine/Lawson	1:00	32:40
2	Packwood/Piazza	2:00	32:45
3	R.Kinsch/Hahn	3:00	33:17
4	Noble/Francis	:30	33:56
5	Collins/Emo	:30	34:00
6	Ettare/Myers	-0-	34:03
7	G.Riley/Chimenti	-0-	34:05
8	Root/Bordoni	-0-	34:08
9	McPhail/Fergus	1:30	34:21
10	McCormick/Noel	2:30	34:29
11	M.Moon/D.Moon	-0-	34:43

Dick Barrett Trophy Winner - Hanna Combe

Hank Lawson ran his final lap in 67.4 to bring his team to a come-from-behind victory in this relay. Jim Bordoni had the best average at 77.8 per lap. Kelly Emo led the ladies with a 92.6 per lap average.

11/18/00 - Farwell - 3.54 Miles

1	Ray Russell	20:14	
2	Jim Bordoni	20:17	
3	Dave Fergus	20:34	
4	Danny Moon	21:33	
5	Becki Kriege	21:36	
6	Jonathan Lee	21:59	
7	Cecil Baumgartner	23:05	
8	Rich Hahn	23:17	PR
9	Todd Hayes	23:26	
10	Tim Rostege	23:37	
11	Ed Gavin	24:46	



12	Sue Francis	24:55		9	Collins/D.Moon	1:00	29:33
13	Elaine Erickson	25:37	PR	10	Powers/M.Isaacson	1:00	30:24
14	Joe Hurtado	25:42					
15	Tom Zades	26:00					
16	Pauline Beatty	27:32					
17	Jim Myers	27:32					
18	Dave Norlander	27:46					
19	Antonina Ettare	28:15					
20	Don Packwood	28:32					
21	Jim Wurm	28:59					
22	Dena Noble	29:05					
23	Hanna Laine	29:06					
24	Walt Van Zant	29:41					
25	Howard Powers	32:03					
26	Madelyn Moon	32:03					
27	Betty Root	33:03					
28	Terri Kinsch	36:32					

Todd cried that he would run slow, Sue (the handicapper) believed his story and took pity on him, and then watched in horror as her act of charity was betrayed by Todd. As can be seen, his team easily won. Todd showed no remorse after this race for his taking advantage of a trusting and loving handicapper.

12/2/00 - Short Six - 5.74 Miles

1	Dave Piazza	34:11	PR
2	Scott Bang	34:14	
3	Katy Spink	34:43	
4	Dave Fergus	34:52	
5	Keith Sonnberg	35:34	
6	Becki Kriege	36:15	
7	Todd Hayes	37:31	
8	Tom Warfel	38:18	
9	Mark Isaacson	38:28	
10	Dick Chimenti	38:58	
11	Joe Hurtado	38:58	
12	Tim Rostege	39:15	
13	McKayla Plank	40:06	
14	Ron Nelson	40:43	
15	Diana Kirk	40:49	
16	Cecil Baumgartner	41:56	
17	Bob Pickens	42:08	
18	Ed Gavin	42:41	
19	Tom Zades	44:40	
20	Dave Norlander	46:37	
21	Walt Van Zant	46:46	
22	Russ Kinsch	47:10	
23	Dena Noble	47:12	
24	Ken Napier	47:52	
25	John Pickens	49:32	
26	Hanna Laine	49:46	
27	Antonina Ettare	51:55	
27	Georgia Riley	51:55	
29	Jim Wurm	53:09	
29	Don Packwood	53:09	
31	Rich Collins	54:32	
32	Terri Kinsch	56:00	
33	Howard Powers	60:15	

Dick Barrett Trophy Winner - Todd Hayes

Scott started fast and took the early but was eventually caught by Dave Piazza, who pulled away to a close victory. Dave improved his PR by 36 seconds. Todd (The Criminal) Hayes won the weekly trophy as he improved his 50+ best.

12/9/00 - Valle Vista - 3.0 Miles

1	Dave Fergus	17:29	
2	Keith Sonnberg	17:36	
3	Scott Bang	18:17	
4	Greg Burke	18:44	
5	Tom Warfel	19:02	
6	Dick Chimenti	19:13	
7	Jim Bordoni	19:13	
8	Demetr Stefanidis	19:21	PR
9	Ron Nelson	19:21	
10	Mark Isaacson	20:05	
11	Nick Butterfield	20:13	
12	Neal Chappell	20:20	
13	Cecil Baumgartner	20:21	
14	Diana Kirk	20:34	
15	Rich Stiller	20:39	
16	Russ Kinsch	21:09	
17	Joe Hurtado	21:44	
18	Elaine Erickson	21:48	PR
19	Dave Norlander	22:12	
20	Kevin Murphy	22:27	
21	Don Packwood	22:35	
22	Walt Van Zant	22:43	
23	John Pickens	23:57	
24	Rich Collins	24:31	
25	Hanna Laine	24:32	
26	Howard Powers	27:01	
27	Linda Legregni	27:36	PR

Phantom Dick Barrett Trophy Winner - Don Packwood

Close win by Dave Fergus over Keith. Diane led the ladies. Elaine's time put her #7 on the women's 40+ list. Don Packwood won the weekly trophy for knocking 2 minutes off his 60+ PR. Linda Legregni improved her PR by 30 seconds. Neal Chappell led all of the 60+ runners while warming up for his race tomorrow.

Dick Barrett Trophy Winner - Elaine Erickson

Ray Russell sprinted away from Jim Bordoni during the last 300 yards to win the race this morning. Becki, although outkicked by Danielle Moon, the winner of the 50+ women's division at Pacific Sun, will be given credit for being the top woman finisher this morning. Elaine took home the weekly trophy because she improved her PR by 105 seconds, even though she ran the Clarksburg 30K just 6 days ago. Jim Wurm had a great battle with Hanna Laine. They passed each other several times during the race before Jim got away during the last 300 yards. And, he got a bonus, when he was also able to pass Jena.

11/25/00 - 12 x 600 Relay

Pl	Team	Start	Finish
1	Hahn/Hayes	1:00	26:18
2	Myers/J.Bordoni	2:00	27:13
3	Poole/Fergus	2:00	27:17
4	McCormick/Noel	-0-	27:51
5	Emo/M.Plank	1:00	27:56
6	R.Kinsch/Warfel	1:00	28:05
7	D.Kirk/Kriege	1:30	28:13
8	Norlander/Saucedo	-0-	28:58

RACE RESULTS

4/20/00 - Boston Marathon

Kathy Frank	3:38:37
Art Mitchum	4:18:50

6/24/00 - Diligence 5K

Danny Moon	18:54	1st-50+
Nao Wei	21:54	2nd-40+
Stephanie Wei	27:27	1st-18-

Peter Wei	27:27	
Madelyn Moon	28:15	1st-55+

This race was held in North Carolina. The temperature for the race was 87 degrees with 100% humidity, ideal conditions for a fast race.

6/25/00-Almaden Quicksilver 5K

Tim Rostege 20:19 1st-60+
 Jerry Lewis 23:26 2nd-60+

6/25/00 - Tails & Trails 5K

1 Neal Chappell 22:59

This was an outright win for Neal as he outkicked a young runner for the win. Neal got his picture in the Tahoe Tribune for the win.

7/4/00 - Mt. Shasta 5-Miler

Jerry Lewis 39:20 3rd-65+

7/4/00 - Run San Ramon 5K

Brian Davis 16:43 1st-40+
 Rick Reitz 17:12 2nd-30+
 Bill Dunn 18:43 1st-50+

8/6/00 - Alameda 10K

Bob Pickens 34:25 3rd-40+
 Dan Anderson 35:39 3rd-45+
 Jeff Rohrer 36:59
 Tim Rostege 42:07
 Joe King 46:11 1st-70+
 John Pickens 49:48
 Ed Reyna 51:40 3rd-70+
 Stan DeMartinis 61:44 5th-70+
 Jack Friedlander 62:28 6th-70+
 Joyce Friedlander 65:12 2nd-60+

8/6/00 - Skyline 50K

Cecil Baumgartner 4:47:14

8/13/01-Chronicle Classic 5-Miler

Dwight Cornwell 27:24 1st-50+
 Dave Piazza 27:50 2nd-40+
 Katy Spink 28:02 1st-20+
 Tim Rostege 32:32 1st-60+
 Kelly Emo 33:15
 Jack Friedlander 48:58 4th-70+
 Joyce Friedlander 52:40 2nd-60+

8/20/00 - Vine to Wine 5K

Rick Reitz 15:26 1st-
 Overall
 Greg Burke 18:09 1st-50+

8/20/00 - Vine to Wine 10K

Brian Davis 34:08 1st-
 Overall
 Dan Anderson 36:11 2nd-40+
 Ron Kiyono 39:15 2nd-50+
 Jim Reitz 40:05 3rd-50+

8/26/00 - Headlands 50K

Cecil Baumgartner 5:22:13

8/27/00 - Golden State Triathlon in Sacto

Tim Riley 1:56 4th-55+
 Georgia Riley 2:08 2nd-55+

Tim improved from 7th to 4th place in his division from last year. Georgia finished 2nd in her division for the 2nd year in a row.

8/31/00 Dammit Run - 5 Miles

Scott Bang ?
 Dave McIntyre 39:03
 Jerry Lewis 41:23 1st-65+
 Ephraim Romesberg 46:xx 2nd-65+

This was Jerry's fourth win in five years at Dammit (he did not run in 97). However, he failed to break 40:00 for the first time.

8/00 - Mt.Madonna Challenge - 7 Miles

Danielle Zelinski 60:xx?
 Tom Zades 66:xx 2nd-55+

9/4/00-Pacific Sun 2.5 Mile Run

Rick Reitz 12:27
 Jim finished first overall in this race.

9/4/00 - Pacific Sun 10K

Brian Davis 33:45 4th-40+
 Jim Angelopoulos 34:27
 Bob Pickens 34:29
 Ray Russell 34:32
 Dan Anderson 35:14 2nd-45+
 Katy Spink* 35:45 1st-19+
 Jeff Cowling 36:08
 Jeff Rohrer 36:26
 Bill Dunn 36:59
 Beckie Kriege 37:40 1st-30+
 Danny Moon 39:05
 Tina Lount-Pretre 39:33
 Jim Reitz 40:00
 Ralph Poole 40:28 1st-60+
 Scott Bang 40:40
 Marian Richard 40:41

Carol Mendoza 41:05
 Kelly Emo 41:56
 Rich Hahn 42:24
 Rod MacKinlay 42:49 4th-60+
 Ed Gavin 43:04
 Cliff Bell 43:26
 Ken Noel 43:27 5th-60+
 Norm Saucedo 45:08 2nd-65+
 Kathy Frank 45:54 3rd-50+
 Gene Antonides 46:51
 Dave Norlander 46:54 PW
 Pauline Beatty 47:21
 Elaine Erickson 47:49
 Boyce Jacques 50:01 2nd-70+
 Ed Reyna 51:27 3rd-70+
 Frank Cunningham 52:18 1st-75+
 Howard Powers 53:23 2nd-75+
 Gina Strong 53:43
 Jack Friedlander 62:18 3rd-75+
 Joyce Friedlander 66:06

9/16/00 - Rio Del Lago 100-Miler

Cecil Baumgartner 23:22:19

Cecil was the 4th finisher overall as only 4 of the 50 starters broke 24 hours. Cecil carried a lot of water and ran slow (11:05 for the first half - 52 miles) because it was so hot (the temperature reached 87). Todd Hayes paced Cecil for the second half, which was very challenging because helpful people not involved with the race removed the course markers. Both Cecil and Todd looked very good but tired at the finish. All went well except that Cecil got annoyed when Todd kept walking while Cecil was running.

9/17/00 - Ron's Wildlife 10K

Ray Russell 35:21 1st
 Rich Hahn 39:53
 Kelly Emo 39:59
 Becki Kriege 43:xx
 Brian Low 44:xx

(Writeup by Kelly Emo)

In what can only be described as a comedy of errors, five WVJS runners attempted to compete in the Wildlife 10K. They were short volunteers. So, they let the volunteers cover what they could. Unfortunately, nobody checked to see if the volunteers were standing at the key turns and decision points, which they were not. After the race, Becki, Rich, Brian and I chatted with other

runners and found that no fewer than five different variations of the course were run. Rich and I competed the abbreviated course with the first large pack of around 30 runners that followed the leaders. After the fact, it looks like our group missed a loop right before a lap on the Los Gatos high school track. I know this because Ray and the lead bike passed me on the track at the 3-mile mark, which I passed in 17:03. Also, when a couple of guys ahead of me and I showed up at the track, I heard an official say "who the x!@# are these people." Ray was lucky enough to be in the lead and actually run the correct course because he was following the lead bike. It did not appear that anyone else as as lucky. Becki was with the next pack right after Ray and she and about five other guys got led astray and covered what was probably close to 12K, including a short jog down Main Street in Los Gatos. Brian and a pack ran the course backwards but it looks like they covered close to 10K due to their finishing times.

9/17/00 - Ron's Wildlife 2K For Kids 12 & Under

McKayla Plank	6:56.0	1st
Kevin Murphy	7:42.5	2nd
Jack Bordoni	9:27.9	1st-6-

9/17/00 - Bellarmine 5K

Ed Casey	17:26	2nd-40+
Norm Gould	19:38	1st-50+
Jerry Lewis	23:22	4th-60+
Sally Plank	24:47	
Diane Bordoni	26:03	

9/20/00 - Lockheed 5K

Scott Bang	17:26	1st
Danny Moon	18:44	1st-50+
Carol Mendoza	20:05	1st-Wo
Alison Olver	21:15	2nd-Wo
Dave McIntyre	21:24	
Pauline Beatty	22:51	2nd-40+
Jerry Lewis	23:06	2nd-60+
Eddie Reyna	26:20	
Madelyn Moon	28:05	1st-50+

10/1/00 - Bridge to Bridge 7K

Jutta McCormick	32:28	1st-60+
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Jutta was the 11th woman finisher overall on this hilly course.

10/7/00 - Quicksilver Half Mar

Tom Zades	1:55	3rd-55+
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10/8/00 - Stevens Creek 10K

Dave McIntyre	43:48	
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10/8/00 - Hoys Presidio

Challenge - 3.55 Miles (Hilly)

Gail Campbell	28:27	2nd-50+
Sue MacDonald	28:48	3rd-50+

10/14/00 - Firetrails 50M

Cecil Baumgartner	8:38:06	6th-40+
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10/15/00 - Almaden Times

Classic 10K

Rich Hahn	42:0x	
Kelly Emo	42:31	1st-30+
Tom Zades	?	1st-55+

Kelly was the second woman finisher in this race.

10/21/00 - Crystal Springs XC

Race - 2.95M

Gail Campbell	22:10	1st-50+
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10/21/00 - Stevenson Run in the Forest 10K

Kathy Frank	47:10	3rd-50+
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This is a very hilly course that is run on part of the 17-mile drive near Monterey.

10/24/00 - County Intermediate Schools XC Championships-2 M

McKayla Plank	13:48
Kevin Murphy	14:22

McKayla finished 2nd in the 8th-grade girls race and Kevin finished 6th in the 6th-grade boys race.

10/28/00-Shoreline XC Race-5K

Katy Spink	17:59	
Kristina Mathias	18:43	
Gail Campbell	21:48	2nd-50+
Anna Luo	24:15	

Gail was very pleased that she finished very close to her arch rival in the 50+ division, Maggie Fillmore.

10/28/00-Shoreline XC Race-4.5M

Arturo Rodriguez	26:29	2nd-50+
Mark Winitz	35:14	

10/28/00 - So.Valley Christian 10K

Tom Zades	?	1st-50+
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10/29/00-Stanford Home Run 5K

Tim Rostege	20:55	1st-60+
Kelly Emo	21:00	1st-30+

10/29/00-Stanfrd Home Run 10K

Marian Richard	42:47	1st-Wo
Kelly Emo	45:43	2nd-30+

10/29/00-Silicon Valley Half Mar

Rich Hahn	1:30:10	PR
Jonathan Lee	1:31:52	
Todd Hayes	1:45:48	
Pauline Beatty	1:46:08	4th-40+
Frank Cunningham	1:58:59	1st-70+
Marcia Morrison	2:08:21	

10/29/00 - Silicon Valley Mar

Ed Casey	2:46:47	1st-45+
Ephraim Romesberg	4:22:42	1st-65+

10/29/00 - Hollister Mile

Scott Bang	4:43
Danny Moon	5:07
Demetrios Stefanidis	5:16
Tom Warfel	5:51
Ken Noel	6:12
Jutta McCormick	6:16
Madelyn Moon	7:44

It rained hard during this race, flooding the streets.

11/4/00 - San Juan Bautista 5K

4 Dave Fergus	16:56	1st-40+
7 Danny Moon	17:43	1st-50+
11 Norm Gould	18:33	3rd-50+
14 Rich Hahn	19:13	2nd-30+
17 Walt Radloff	19:41	6th-50+
19 Kelly Emo	19:54	1st-Wo
25 Ken Noel	20:42	1st-60+
28 Dave Norlander	21:06	2nd-60+
30 Jutta McCormick	21:14	2nd-Wo
31 Pauline Beatty	21:20	3rd-Wo
38 Bill Flodberg	23:54	4th-60+
44 Madelyn Moon	26:13	2nd-50+

The weather was perfect for this 5K club race in San Juan Bautista with the first mile being a fast downhill mile. Kelly Emo was the first woman finisher and captured a nice trophy leaving Jutta McCormick finishing as the bridesmaid for the second week in a row. The

"flying Scotsman," Dave Fergus, breezed through his first mile in 5:04, chasing down Danny Moon whom he watched zip through his first mile in 4:59. This kept his 20-year sub-5:00 mile streak alive. Dave Norlander and Ken Noel battled it out while Jutta and Pauline kept them in their sights. Ken held on to win the 60+ division.

11/4/00 - Tamalpa Challenge - 4.612M

Gail Campbell 34:37 2nd-50+
Danielle Zelinski ?

11/5/00 - Montgomery Hill XC Race

McKayla Plank 26:38

McKayla won the age 13-14 race for girls. The course was supposed to be 4K (2.5M) but actually was between 3.5 and 3.7 miles. It was quite a shock to most of the runners.

11/5/00 - Run For The Law 5K

Cecil Baumgartner 18:38 2nd-40+
Greg Bunker 19:48 1st-50+
Rick Kananen 20:06 2rd-50+
Tim Riley 23:57
Georgia Riley 24:44

11/5/00 - New York City Mar

Damon Lease 3:41:41

11/11/00 - Helen Klein 50-Miler

6 C.Baumgartner 7:01:44
7 Todd Hayes 7:21:12 1st-50+
41 E.Romesberg 10:07:16

11/12/00 - Clarksburg 30K

Brian Davis 1:55:58 2nd-45+
Jeff Cowling 1:57:28
Ray Russell 1:59:09
Bob Pickens 2:00:02 2nd-60+
Ralph Poole 2:09:56
Chris Hallen 2:46:54 4th-50+
Gene Antonides 2:47:51 3rd-65+
Dave Norlander 2:48:30
Eddie Reyna 2:48:38 1st-70+
Pauline Beatty 2:51:17

Elaine Erickson 2:53:28
Walt Van Zant 3:04:34
Howard Powers 4:01:29

11/18/00 - PA/USATF XC

Championship - 4M

Katy Spink 24:18
Kristina Mathias 25:30
Danielle Zelinski 28:17
Gail Campbell 30:35 2nd-50+

11/18/00 - PA/USATF XC

Championship - 6M

Arturo Rodriguez 37:13
Jeff Rohrer 37:33
Mark Winitz 49:05

11/19/00-PA/USATF XC Meet-4K

16 McKayla Plank 17:41

McKayla's finish in this race qualified her for the National Championships in the 13-14 age division to be held on 12/9/00.

11/23/00 - Thanksgiving Day

10K in Sacto

Neal Chappell 38:30 1st-60+

12/2/00 - Cal Intl Marathon

Pauline Beatty 3:53:42 PR
Chris Hallen 3:56:00 PR

12/9/00 - National XC Meet - 4K

33 McKayla Plank 17:01

McKayla ran on a hilly XC course at 5000 feet elevation in Reno.
3rd-60+

12/10/00 - Lake Merced Xmas

Relays - 4.464M Per Leg

40+ Men

Bob Ebert 23:15
Bob Pickens 24:59
Ray Russell 25:01
Brian Davis 24:26
1:37:41 1st 40+

Open Men

Dave Piazza 25:01

Jeff Rohrer 26:08
Rich Hahn 29:09
Cecil Baumgartner 29:20
1:49:38

60+ Men

Norm Saucedo 30:35
Tim Rostege 30:26
Ralph Pool 28:53
Neal Chappell 28:00

1:57:54 2nd 60+

50+ Men

Joe Hurtado 29:13
Tim Riley 35:20
Todd Hayes 27:51
Bob Lilly 28:04

2:00:28

40+ Women

Georgia Riley 36:06
Elaine Erickson 34:07
Kathy Frank 32:11
Marian Richard 29:50

2:12:14

60+ Men

Walt Van Zant 34:57
Eddie Reyna 36:54
Marion Carter 36:55
Gene Antonides 34:49

2:23:35

Others

Rod MacKinlay 30:35
Jutta McCormick 32:58
Danielle Zelinski 33:03
Bill Flodberg 33:59

The 40+ men needed to beat the East Bay Striders in order to win the yearly grand prix championship and they did. Bob Ebert gave them a 75-second lead after the first leg. The lead got sliced to 39 seconds after the 2nd leg and to 22 seconds after the 3rd leg before Brian Davis held on for a 22-second victory. The 60+ team broke the relay record for 60+ team but did it 3-minutes too late as Tamalpa's 60+ team won with a 1:54+ time.



9/9/00 - 29th Annual Shettler Handicap Race - 3.06 Miles

Name	1st <u>Lap</u>	2nd <u>Lap</u>	3rd <u>Lap</u>	4th <u>Lap</u>	Actual <u>Time</u>	Start <u>Time</u>	Finishing <u>Time</u>	Predicted <u>Time</u>	Secs Off <u>Prediction</u>
Chris Hallen	5:46	5:51	6:12	5:50	23:39	2:30	26:09	25:00	81
Rich Collins	5:51	6:06	6:06	5:41	23:44	2:30	26:14	24:15	31
Elaine Erickson	5:27	5:29	5:33	5:40	22:09	4:10	26:19	23:30	81
Dave Norlander	5:02	5:20	5:23	5:09	20:54	5:30	26:24	22:15	81
Dave McIntyre	4:48	5:23	5:17	5:00	20:28	6:00	26:28	20:45	17
Danny Moon	4:27	4:34	4:42	4:26	18:09	8:20	26:29	18:05	4
Kelly Emo	4:47	5:01	5:04	5:01	19:53	6:40	26:33	20:00	7
Cecil Baumgartner	4:27	4:52	5:01	4:44	19:04	7:30	26:34	19:00	4
Pauline Beatty	5:52	5:42	5:42	5:31	22:47	3:50	26:37	24:00	73
Ray Russell	4:00	4:04	4:07	3:59	16:10	10:30	26:40	16:00	10
Ed Gavin	5:08	5:14	5:21	5:03	20:46	6:00	26:46	20:30	16
Ken Noel	5:16	5:14	5:17	5:00	20:47	6:00	26:47	21:25	38
Brian Low	5:05	5:17	5:19	5:10	20:51	6:00	26:51	21:00	9
Bob Pickens	4:01	4:09	4:10	4:02	16:22	10:30	26:52	16:45	23
Becky Norlander	5:24	5:37	5:36	5:17	21:54	5:10	27:04	23:00	66
Rich Hahn	4:56	5:08	5:13	5:05	20:22	6:50	27:12	20:05	17
Walt Van Zant	5:19	5:44	5:56	5:35	22:34	4:40	27:14	22:30	4
Madelyn Moon	6:10	6:42	6:50	6:21	26:03	1:20	27:23	26:09	6
Todd Hayes	4:23	4:57	4:59	4:46	19:05	8:20	27:25	18:45	20
Don Packwood	6:09	6:25	6:42	6:11	25:27	2:00	27:27	25:00	27
Joe Hurtado	4:49	4:59	5:02	4:59	19:49	7:40	27:29	19:40	9
Betty Root	6:39	7:01	7:09	6:47	27:36	_____	27:36	28:20	44
Tom Warfel	4:58	5:00	5:14	4:59	20:11	7:40	27:51	19:25	46
Greg Burke	4:40	4:50	4:50	4:33	18:53	9:00	27:53	19:00	7
Carol Mendoza	4:49	5:10	5:11	5:04	20:14	7:40	27:54	19:55	19
Cliff Bell	4:19	4:55	5:12	5:06	19:32	8:30	28:02	18:30	62
Linda Legregni	6:40	6:43	6:53	6:51	27:07	1:00	28:07	27:00	7
Becki Kriege	4:53	4:50	4:48	4:48	19:19	9:00	28:19	19:08	11
Jim Myers	5:52	5:52	5:56	5:41	23:21	5:50	29:11	23:00	21

Chris Hallen and Rich Collins started together as the fifth and sixth runners to start. She led him by 5 seconds after the first lap and 10 seconds after the second lap. She took the overall lead during the third lap but Rich cut 6 seconds off her lead. He cut her off by another 9 seconds during the last lap but ran out of time as Chris held on for the win. Elaine Erickson appeared to have the chance to win after 3 laps as she had recovered 80 of the 100-second handicap lead that Chris had been given. But, the effort over the first three laps tired her too much and she faded on the last lap. Ray Russell and Bob Pickens were the last two starters and they ran together for the first lap before Ray began to gradually pull away. Ray broke the course record by 56 seconds while winning the fastest scratch time award for the third time (He previously won in 1981 and 1996). As usual, Rich and Judy Collins put on a good breakfast after the run.



Elite Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Russell, Ray	0:14:36	0:34:22	0:16:33	0:35:02	0:18:49	0:33:36	0:25:49	0:34:31	0:26:59	0:35:08	0:33:11	0:35:05	2:15:57
Fergus,Dave	0:15:12	0:35:47	0:16:51	0:35:40	0:20:08	0:35:57	0:26:21	0:35:14	0:27:28	0:35:46	0:34:20	0:36:18	2:20:20
Pickens,Robert	0:15:37	0:36:45	0:17:39	0:37:22	0:23:24	0:41:47	0:27:15	0:36:26	0:28:17	0:36:50	0:33:56	0:35:52	2:26:08
Bang, Scott	0:15:30	0:36:29	0:16:26	0:34:47	0:20:28	0:36:33	0:34:19	0:45:53	0:26:55	0:35:03	0:34:14	0:36:11	2:27:52
Babbitt,Dave	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	0:37:36	0:39:45	0:00:00
Beauley,Dave	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
Ebert,Bob	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:25:23	0:33:56	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Hogue, Don	0:00:00	0:00:00	0:17:18	0:36:37	0:20:43	0:37:00	0:27:52	0:37:15	0:28:34	0:37:12	0:35:29	0:37:31	0:00:00
Kriege,Mike	0:15:50	0:37:16	0:18:04	0:38:15	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
Laue,Matt	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:39:12	0:52:24	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Piazza,Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:27:55	0:37:19	0:28:27	0:37:03	0:34:47	0:36:46	0:00:00
Rea,Bob	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	0:50:48	0:53:42	0:00:00
Souza,Tim	0:00:00	0:00:00	0:00:00	0:00:00	0:22:12	0:39:39	0:28:09	0:37:38	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Spink,Katie	0:15:39	0:36:50	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:28:23	0:36:57	0:34:43	0:36:42	0:00:00
A Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Bordoni, Jim	0:15:42	0:36:57	0:17:04	0:36:08	0:20:11	0:36:02	0:27:25	0:36:39	0:27:35	0:35:55	0:33:55	0:35:51	2:21:52
Kriege,Becki	0:16:15	0:38:15	0:17:54	0:37:53	0:21:11	0:37:50	0:29:39	0:39:38	0:28:23	0:36:57	0:36:15	0:38:19	2:29:37
Moon,Danny	0:16:15	0:38:15	0:18:02	0:38:10	0:21:27	0:38:18	0:29:39	0:39:38	0:29:10	0:37:59	0:37:01	0:39:08	2:31:34
Hayes,Todd	0:16:41	0:39:16	0:18:28	0:39:05	0:22:37	0:40:23	0:28:47	0:38:29	0:29:33	0:38:29	0:37:31	0:39:39	2:33:37
Chimenti,Dick	0:16:35	0:39:02	0:18:36	0:39:22	0:22:27	0:40:05	0:29:32	0:39:29	0:30:58	0:40:19	0:38:58	0:41:11	2:37:06
Tico,Eddie	0:16:13	0:38:10	0:19:41	0:41:40	0:23:09	0:41:20	0:28:25	0:37:59	0:29:34	0:38:30	0:41:35	0:43:57	2:38:37
Hurtado,Joe	0:17:17	0:40:41	0:19:40	0:41:38	0:23:15	0:41:31	0:31:09	0:41:39	0:30:59	0:40:21	0:37:40	0:39:49	2:40:00
Bordoni,Matt	0:15:52	0:37:21	0:19:11	0:40:36	0:20:59	0:37:28	0:27:54	0:37:18	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Bordoni,Mike	0:00:00	0:00:00	0:00:00	0:00:00	0:20:10	0:36:01	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lee,Jonathan	0:16:20	0:38:27	0:19:04	0:40:22	0:21:59	0:39:15	0:00:00	0:00:00	0:29:44	0:38:43	0:38:38	0:40:50	0:00:00
Menezes,Marlon	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:15	0:43:18	0:00:00	0:00:00	0:00:00
Murray, Al	0:00:00	0:00:00	0:00:00	0:00:00	0:23:35	0:42:07	0:00:00	0:00:00	0:30:33	0:39:47	0:40:56	0:43:16	0:00:00
Rohrer,Jeff	0:16:23	0:38:34	0:00:00	0:00:00	0:20:32	0:36:40	0:27:40	0:36:59	0:00:00	0:00:00	0:34:52	0:36:51	0:00:00
B Div	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Warfel,Tom	0:17:14	0:40:34	0:19:02	0:40:17	0:22:56	0:40:57	0:30:12	0:40:22	0:30:30	0:39:43	0:38:18	0:40:29	2:38:12
Poole, Ralph	0:17:55	0:42:10	0:19:13	0:40:41	0:22:40	0:40:29	0:30:28	0:40:44	0:30:59	0:40:21	0:37:53	0:40:03	2:39:08
Baumgartner,Cecil	0:17:07	0:40:17	0:19:23	0:41:02	0:23:05	0:41:13	0:30:45	0:41:07	0:30:34	0:39:48	0:39:31	0:41:46	2:40:25
Rostege,Tim	0:17:02	0:40:05	0:19:02	0:40:17	0:22:41	0:40:30	0:31:26	0:42:01	0:31:29	0:41:00	0:39:15	0:41:29	2:40:55
Hahn,Rich	0:17:42	0:41:40	0:19:58	0:42:16	0:23:17	0:41:35	0:33:25	0:44:40	0:31:37	0:41:10	0:40:11	0:42:29	2:46:10
Stiller,Rich	0:24:35	0:57:52	0:19:24	0:41:04	0:23:29	0:41:56	0:33:38	0:44:58	0:34:54	0:45:27	0:43:35	0:46:04	2:59:35
Casillas, Jose	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:31:16	0:41:48	0:32:19	0:42:05	0:00:00	0:00:00	0:00:00
Kananen,Rick	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:16	0:49:49	0:33:36	0:43:45	0:00:00	0:00:00	0:00:00
Kurasch,Steve	0:17:17	0:40:41	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:31:43	0:41:18	0:00:00	0:00:00	0:00:00
Meinhardt,Bill	0:00:00	0:00:00	0:27:25	0:58:02	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
Nelson,Ron	0:17:46	0:41:49	0:19:21	0:40:58	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:40:43	0:43:02	0:00:00
C Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Stefanidis,Demetri	0:17:10	0:40:24	0:19:21	0:40:58	0:23:11	0:41:24	0:30:51	0:41:15	0:31:26	0:40:56	0:39:52	0:42:09	2:41:51
Emo,Kelly	0:18:15	0:42:57	0:20:58	0:44:23	0:23:24	0:41:47	0:31:55	0:42:40	0:32:23	0:42:10	0:39:22	0:41:37	2:46:17
Kinsch,Russ	0:17:39	0:41:33	0:21:09	0:44:46	0:25:04	0:44:46	0:31:21	0:41:55	0:33:04	0:43:03	0:41:21	0:43:43	2:49:38
Gavin, Ed	0:18:27	0:43:25	0:20:32	0:43:28	0:24:46	0:44:14	0:32:51	0:43:55	0:33:43	0:43:54	0:42:41	0:45:07	2:53:00
Francis,Sue	0:18:21	0:43:11	0:20:28	0:43:19	0:24:55	0:44:30	0:33:29	0:44:46	0:32:45	0:42:39	0:43:33	0:46:02	2:53:31
Norlander,Dave	0:19:20	0:45:30	0:21:01	0:44:29	0:25:25	0:45:23	0:35:22	0:47:17	0:35:41	0:46:28	0:43:31	0:46:00	3:00:20
Myers,Jim	0:18:36	0:43:47	0:21:15	0:44:59	0:26:02	0:46:29	0:33:09	0:44:19	0:38:00	0:49:29	0:43:30	0:45:59	3:00:32
Beatty,Pauline	0:20:30	0:48:15	0:22:42	0:48:03	0:26:47	0:47:50	0:40:17	0:53:51	0:38:00	0:49:29	0:46:39	0:49:19	3:14:55
Campbell,Gail	0:00:00	0:00:00	0:21:35	0:45:41	0:25:16	0:45:07	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Flodberg,Bill	0:19:54	0:46:50	0:00:00	0:00:00	0:00:00	0:00:00	0:35:00	0:46:47	0:00:00	0:00:00	0:45:34	0:48:10	0:00:00
Lease,Damon	0:00:00	0:00:00	0:22:22	0:47:21	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	0:21:13	0:44:55	0:24:56	0:44:31	0:33:41	0:45:02	0:34:42	0:45:11	0:42:02	0:44:26	0:00:00
McIntyre,Dave	0:18:32	0:43:37	0:21:12	0:44:53	0:25:03	0:44:44	0:35:09	0:47:00	0:00:00	0:00:00	0:43:13	0:45:41	0:00:00
Murphy, Kevin	0:20:13	0:47:35	0:22:11	0:46:57	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
Noel,Ken	0:18:46	0:44:10	0:20:52	0:44:10	0:26:12	0:46:47	0:32:36	0:43:35	0:00:00	0:00:00	0:42:32	0:44:58	0:00:00
Pickens,Sue	0:00:00	0:00:00	0:21:59	0:46:32	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
Plank,McKayla	0:17:36	0:41:25	0:19:32	0:41:21	0:23:24	0:41:47	0:00:00	0:00:00	0:31:57	0:41:36	0:40:06	0:42:23	0:00:00
Richard, Marian	0:18:14	0:42:55	0:00:00	0:00:00	0:00:00	0:00:00	0:33:29	0:44:46	0:36:49	0:47:56	0:40:10	0:42:28	0:00:00
Riley, Tim	0:22:26	0:52:48	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:36:38	0:47:42	0:00:00	0:00:00	0:00:00
Saucedo, Norm	0:00:00	0:00:00	0:20:58	0:44:23	0:00:00	0:00:00	0:00:00	0:00:00	0:34:36	0:45:03	0:00:00	0:00:00	0:00:00
Zelinski,Danielle	0:00:00	0:00:00	0:22:07	0:46:49	0:25:52	0:46:11	0:31:44	0:42:25	0:33:50	0:44:03	0:00:00	0:00:00	0:00:00

D Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Zades, Tom	0:19:48	0:46:36	0:21:50	0:46:13	0:26:00	0:46:26	0:34:20	0:45:54	0:35:49	0:46:38	0:44:40	0:47:13	3:02:27
VanZant, Walt	0:19:41	0:46:20	0:22:43	0:48:05	0:26:11	0:46:45	0:35:54	0:48:00	0:36:33	0:47:35	0:44:37	0:47:10	3:05:39
Napier, Ken	0:20:11	0:47:30	0:22:36	0:47:50	0:26:33	0:47:25	0:35:21	0:47:16	0:35:46	0:46:34	0:45:26	0:48:02	3:05:53
Winitz, Mark	0:20:39	0:48:36	0:22:52	0:48:24	0:36:37	1:05:23	0:35:52	0:47:57	0:36:45	0:47:51	0:46:28	0:49:07	3:19:13
Powers, Howard	0:23:01	0:54:10	0:26:29	0:56:04	0:31:27	0:56:10	0:41:10	0:55:02	0:41:18	0:53:47	0:50:07	0:52:59	3:33:32
Carter, Marion	0:21:02	0:49:30	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
Erickson, Elaine	0:19:21	0:45:33	0:21:48	0:46:09	0:25:37	0:45:45	0:35:17	0:47:10	0:39:33	0:51:30	0:00:00	0:00:00	0:00:00
Ettare, Antonina	0:24:43	0:58:10	0:24:33	0:51:58	0:28:15	0:50:27	0:38:52	0:51:58	0:00:00	0:00:00	0:48:18	0:51:03	0:00:00
Legregni, Linda	0:23:34	0:55:28	0:27:36	0:58:25	0:32:38	0:58:16	0:00:00	0:00:00	0:43:18	0:56:23	1:01:45	1:05:16	0:00:00
McCormick, Jutta	0:24:03	0:56:36	0:22:17	0:47:10	0:00:00	0:00:00	0:36:29	0:48:46	0:00:00	0:00:00	0:48:18	0:51:03	0:00:00
Noble, Dena	0:20:57	0:49:19	0:00:00	0:00:00	0:27:47	0:49:37	0:00:00	0:00:00	0:38:16	0:49:50	0:47:12	0:49:54	0:00:00
Norlander, Becky	0:19:29	0:45:51	0:00:00	0:00:00	0:00:00	0:00:00	0:37:45	0:50:28	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Packwood, Don	0:22:42	0:53:26	0:22:35	0:47:48	0:28:32	0:50:57	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Pickens, John	0:21:06	0:49:40	0:23:38	0:50:02	0:29:32	0:52:44	0:38:53	0:51:59	0:38:46	0:50:29	0:49:32	0:52:22	3:21:27
Plank, Sally	0:21:34	0:50:46	0:23:47	0:50:21	0:00:00	0:00:00	0:00:00	0:00:00	0:40:17	0:52:27	0:00:00	0:00:00	0:00:00
Reyna, Eddie	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:38:20	0:51:15	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Riley, Georgia	0:21:53	0:51:30	0:25:07	0:53:10	0:00:00	0:00:00	0:40:41	0:54:23	0:00:00	0:00:00	0:51:55	0:54:53	0:00:00
Strong, Gina	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:40:32	0:52:47	0:00:00	0:00:00	0:00:00
E Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Collins, Rich	0:21:52	0:51:28	0:24:31	0:51:54	0:34:15	1:01:10	0:38:09	0:51:00	0:40:17	0:52:27	0:50:58	0:53:53	3:30:02
Kinsch, Terri	0:24:48	0:58:22	0:28:48	1:00:58	0:36:32	1:05:14	0:43:33	0:58:13	0:46:19	1:00:18	0:55:39	0:58:50	3:55:39
DeMartinis, Stan	0:24:15	0:57:05	0:28:03	0:59:23	0:33:47	1:00:20	0:43:46	0:58:31	0:45:03	0:58:40	1:01:45	1:05:16	3:56:39
Hallen, Chris	0:00:00	0:00:00	0:24:31	0:51:54	0:29:57	0:53:29	0:38:20	0:51:15	0:00:00	0:00:00	0:49:34	0:52:24	0:00:00
McCarten, Dave	0:22:26	0:52:48	0:24:54	0:52:42	0:33:22	0:59:35	0:39:49	0:53:14	0:00:00	0:00:00	0:51:27	0:54:23	0:00:00
McPhail, Annette	0:23:09	0:54:29	0:24:52	0:52:38	0:31:47	0:56:45	0:43:22	0:57:59	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Moon, Madelyn	0:24:20	0:57:16	0:26:47	0:56:42	0:32:03	0:57:14	0:00:00	0:00:00	0:45:07	0:58:45	0:00:00	0:00:00	0:00:00
Root, Betty	0:25:10	0:59:14	0:28:06	0:59:29	0:33:03	0:59:01	0:43:22	0:57:59	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Voss, Grace	0:23:14	0:54:41	0:25:58	0:54:58	0:00:00	0:00:00	0:41:49	0:55:54	0:41:32	0:54:05	0:48:49	0:51:36	0:00:00