



WVJS



VOL XXXV-#4 WEST VALLEY JOGGERS & STRIDERS Dec 2006

Saturday Workouts

01/13/07	6 x 1600 Relay	03/17/07	Valle Vista (3.0 miles)
01/20/07	Doug/Sara/Frtvle (2.75 miles)	03/24/07	18 x 0.33-Mile Tennis Court Loop Relay
01/27/07	5K on the track	03/31/07	Triangle Run (4.76 miles)
02/03/07	8 x 0.66-Mile Tennis Court Loop Relay	04/07/07	16 x 300 Relay
02/10/07	Farwell/Herriman (4.68 miles)	04/14/07	Doug/Sara/Frtvle (2.75 miles)
02/17/07	Valentine Team Race (5.4 miles)	04/21/07	12 x 600 Relay
02/24/07	Farwell (3.54 miles)	04/28/07	Farwell/Herriman (4.68 miles)
03/03/07	4 x 1.46-mile WVC Loop Relay	05/05/07	36 x 200 Relay
03/10/07	Short Six (5.74 miles)	05/12/07	16 x 400 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

03/03/07	NorCal 10M (1.0)
03/18/07	Across The Bay 12K (1.5)
04/29/07	Zippy 5K (1.0)
05/28/07	Marin 10K (1.0)
06/03/07	Don Bowden Mile (1.0)
06/23/07	Shriner's 8K (1.0)
08/11/07	Susan Anthony Wom 5K (2.0)
09/16/07	Banana Chase 5K (2.0)
09/23/07	Heritage Oaks 10K (2.0)
10/21/07	Humboldt Half Marathon (1.5)
11/11/07	Clarksburg 30K (2.0)
11/22/07	Seagate 5K (Open) (2.0)
12/02/07	Cal Intl Marathon (TBA)
12/16/07	Xmas Relays (1.0)

Racer of the Year

Fastest Farwell Time
 Cumulative Saturday Races
 Fastest Marathon
 Fastest Half Marathon
 Fastest of 2 Designated Track Miles
 Fastest of 2 Designated Track 5Ks

We will decide upon the remainder of the Races at our annual meeting on 1/7/07.

Other Popular Races

01/14/07	Cal 10
01/27/07	San Juan Bautista 5K, 10M
02/04/07	SF Half Marathon
02/10/07	Juana Runs – 8K/1M
02/11/07	Together With Love 5K/10K
03/24/07	Napa Marathon
04/22/07	Santa Cruz Half Marathon
04/29/07	Big Sur 5K/Marathon
05/06/07	Devil Mountain 5K/10K

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:30 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 small group leaves from WVC parking area at 7:00 AM. They run 7-15 miles at 6:30-8:00 pace.

2006 PA/USATF Grand Prix

Open Men

Our open men's team finished 5th for 2007. We have no team captain. Any volunteers?

Open Women

Our open women's team finished in 4th place. Individually, Becki Kriege finished in 5th, Amanda Gerhrdt in 15th, and Missy Sudan in 18th place in the short race division. Becki is the team captain.

40+ Men

Our 40+ men finished in 3rd place. Al Murray is our team captain. Individually, Slim Pickens and Mike Kriege finished in 11th and 17th places in the short race division and Slim finished in 4th place in the long race division.

40+ Women

Our 40+ women finished in 7th place. Becki won the only 40+ race that she competed in to finish in 22nd place in the short race division. Marian Richard and Kelly Emo finished in 31st and 34th places in the long race division. Kelly is the team captain.

50+ Men

Yea! Our 50+ men finished as the 2006 champions. Jim Bordoni is our 50+ team captain. Individually, Brian Davis finished in 3rd place, Tom O'Connor in 5th place, Jim Bordoni is in 6th place, Ron Kiyono in 17th place, and Bill Dunn in 23rd place, in the short race division. Tom finished in 4th place, Brian in 8th place, Todd Hayes in 10th place, and Jim Bordoni in 12th place in the long race division

50+ Women

Our 50+ women finished in 6th place. Kat Powell finished in 17th place in the short race division and 6th place in the long race division. Chris Blue and Gail Campbell finished in 30th and 32nd places in the long race division. Kat Powell is the team captain.

60+ Men

Our 60+ men finished in 2nd place, 10 points behind Tamalpa. Joe Hurtado is the team captain. Individually, Bob Schmitt finished in 4th place, Joe Hurtado in 6th, Jim Howe in 14th, Carl Petersen in 15th, and Dick Chimenti in 16th in the short race division. Joe Hurtado



finished in 4th, Bob Schmitt in 5th, Carl Petersen in 6th, and Dave Norlander in 9th place in the long race division.

Our 70+ men finished in 2nd place. Jerry Lewis is the acting team captain. Individually, Eddie Reyna finished in 3rd, Jerry Lewis in 5th, George Moss in 10th, Carl Tuck in 11th, and Ed Singleton in 12th place in the short race division. **Congrats to Eddie Reyna as he won the long-race division.**

70+ Men

Miscellaneous Drive

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

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

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>**

Our annual awards dinner will be held on Saturday evening, 1/20/07, at the Los Gatos Lodge. Please let Walt Van Zant know as soon as possible if you plan to attend. The cost is \$37 for prime rib, \$31 for salmon, and \$27 for vegetarian lasagne.

Scott Bang will be performing in a play by the name of **She Loves Me** on Friday thru Sunday on 1/27/07 through 2/17/07 with one Thursday performance on 2/15/07. Ticket and additional information can be found at www.saratogadramagroup.com. The performances will be at the Saratoga Civic Theatre.

Bob Mackey died a couple of weeks ago from cancer. Bob, Bill, and Jim Mackey (brothers) ran with us in the early 70s. Bill was the top 40+ runner in Northern California for a couple of years. Bob was a very good athlete. He had best times while running with us of 2:13 in the 880, 5:03 in the mile, 11:15 in the two mile, and 17:29 in the three mile. He won our 1974 Super Stars contest with marks of 2:25 in the 880 (Ken Napier ran 2:09 in that race), 53 yards for the football throw, 12.6 for 100 yards, 19 out of 30 free throws, 190 pounds in the

bench press, and 382 for his three game bowling series. Bob, Bill, and Jim, all of whom died from cancer, were great individuals to be around.

Becki Kriege turned 40 in September and should be very competitive in masters competition next year.

Amanda Gerhardt improve on her Lake Merced relay time by over two minutes this year with a great 26:17 (5:53 per mile).

George Maes, who has lived in Las Vegas for about 10 years, periodically sends us a post card. He loves Vegas but misses the club.

Danny and Madelyn Moon just returned from another winter Caribbean cruise. While we walked and ran around in 30, 40, and 50 degree weather, they basked in 80+ temperatures. And, Danny claims that he did not gain any weight on this trip.

George Moss, a 70+ runner, believes that his running career has come to an end due to persistent knee problems.

McKayla Plank earned All-American honors for her high finish in the NCAA Division I XC finals.

Howard Powers has moved from the Santa Cruz mountains in Carmichael – near Sacramento.

Bob Schmitt just turned 65 and looks forward to his competition against Joe Hurtado now that both are in the 65+ division.

Jim Wurm is still living in the New Orleans area, working to clean up the mess left by Katrina.

2006 RUNNER OF THE YEAR CONTEST

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. Scoring 4,000 points wins a gold award, those scoring 3,000+ wins a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. We will publish the 2006 totals in the next club bulletin. All should try to get their totals to Tom well before the 1/20 awards dinner so that we can correctly compute the results for that event.

2006 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 17 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. The final 2006 standings for all who scored in three or more races are as follows.

Elite Division

Bob Pickens (8)	200
Mike Kriege (8)	197
Scott Bang (8)	192
Brian Davis (8)	188
Dave Piazza (8)	184
Jim Bordon(8)	170
Jeff Rohrer (8)	164

Dan Anderson (8)	161
Mike Smith (8)	158
Rob Nast (6)	138
Andy Williams (5)	106

A Division

Becki Kriege (8)	200
Tom O'Connor (8)	199
Al Murray (8)	198
Missy Sudan (8)	179
Amanda Gerhardt (8)	177
Bill Dunn (8)	176
Todd Hayes (8)	170



Ron Kiyono (8)	162	B Division	Jeff Bedolla (6)	138	
Ranjeet Sudan (7)	127	Dino Delyani (8)	200	Marian Richard (6)	128
Jim Howe (7)	121	Aaron Lee (8)	198	Mike Krey (5)	98
John Mintz (5)	116	Bob Schmitt (8)	192	Joann Dahlkoetter (4)	74
Johanna Fogolin (5)	87	Carol Bednar (8)	190	Danny Moon (4)	73
AJ Pala (4)	84	Joe Hurtado (8)	189	Mark Goldman (3)	71
Dimitrios Stefabudus (4)	72	Dave McIntyre (8)	184	Steve Chamberlin (3)	70
Katy Spink (4)	66	Mike Kolesnik (8)	170	Liz Nast (3)	62
Neil Gelblum (3)	55	Joe Johnson (8)	157		
		Kelly Emo (8)	156		
C Division		D Division		E Division	
Rich Hahn (8)	200	Carl Petersen (8)	200	Eddie Reyna (8)	199
Dave Norlander (8)	197	Chris Cassell (8)	195	Georgia Riley (8)	188
Tim Rostege (8)	191	Kat Powell (8)	193	Jerry Lewis (8)	184
Helen Wong (7)	164	Uyenthi Tran (8)	188	Chris Blue (7)	166
John Peterson (7)	151	Jim Myers (5)	109	Walt Van Zant (7)	159
Norm Takeuchi (5)	117	Tom Warfel (4)	96	Dena Noble (6)	145
Rich Stiller (4)	92	Jake White (4)	94	Tim Riley (6)	127
Gail Campbell (3)	70	Roger Lobbes (5)	93	George Moss (4)	94
Gina Krieg (3)	68	Don Packwood (4)	68	Rich Collins (4)	92
		Brian Low (3)	67	Stan DeMartinis (4)	75
		Pauline Beatty (3)	64	Ed Singleton (3)	70
		Ken Noel (3)	57	Madelyn Moon (3)	62
		Elaine Erickson (3)	62		
		Ken Noel (3)	57		

Summer All-Comer Meets Grand Prix

Chris Cassell scored how club members did at the Los Gatos all-comer meets based upon their best three events. Scores for each event were based upon age and time for the event. Chris also computed standings for the club members who competed in four or more events.

Best 3-Event Scores

Pl	Runner	Total	60M	100M	200M	400M	800M	1500/Mile	2 Mile
1	Mark Pasos	257.6		87.12	86.37	84.09			
2	Bob Pickens	253.8			77.33	79.77	86.01	86.91	80.92
3	Jim Bordoni	249.4					84.69	83.89	80.78
4	Mike Kriege	244.5					80.27	83.46	80.74
5	Scott Bang	241.1				79.13	81.70	80.31	
6	Andy Lief	236.7					76.91	79.22	80.59
7	Tom O'Connor	235.1			75.35	76.34		83.37	
8	Jeff Rohrer	234.5					78.00	78.22	78.26
9	Danny Moon	232.1			79.05	78.80		74.29	
10	Chris Cassell	228.9	77.63	76.89	74.42	71.52		59.57	
11	Dimtr Stefanidis	225.1				75.25	76.78	73.06	
12	Dave McIntyre	212.9			71.79	73.83		67.25	64.87
13	Mike Kolesnik	208.4	72.93		67.33			68.15	
14	Aaron Lee	206.2			67.49	69.15	69.56	64.09	65.07
15	Rich Hahn	199.0					64.93	66.45	67.62

Pl	Runner	Total	60M	100M	200M	400M	800M	Mile/1500*	2 Mile
1	Mark Pasos	257.6		12.34	25.10	57.15			
2	Bob Pickens	253.8			27.84	60.25	2:11.59	4:42.19	10:55.14
3	Jim Bordoni	249.4					2:21.23	4:48.94*	11:28.06
4	Mike Kriege	244.5					2:21.00	4:56.13	10:56.64
5	Scott Bang	241.1				57.54	2:10.79	4:50.26	
6	Andy Lief	236.7					2:20.88	4:58.43	10:29.61
7	Tom O'Connor	235.1			29.61	64.80		5:05.85	
8	Jeff Rohrer	234.5					2:25.11	5:15.96	11:17.44
9	Danny Moon	232.1			29.88	66.90		6:07.70	
10	Chris Cassell	228.9	9.30	14.45	30.18	69.70		7:11.58	
11	Dimtr Stefanidis	225.1				64.80	2:29.68	5:43.55*	



12	Dave McIntyre	212.9		29.78	64.20		6:02.00	13:25.16
13	Mike Kolesnik	208.4	9.64	32.42			6:05.47	
14	Aaron Lee	206.2		29.22	63.38	2:27.51	5:50.14	12:27.20
15	Rich Hahn	199.0				2:51.74	6:06.33	12:52.45

Best 4-Event Scores

Pl	Runner	Total
1	Bob Pickens	333.6
2	Chris Cassell	300.5
3	Dave McIntyre	277.7
4	Aaron Lee	271.3

2006 PA/USATF XC Grand Prix

Last year we started competing late in the season in the XC Grand Prix. This year we went whole hog from the start and came out with great results. Our men's 40+ team tied for first with Excelsior and our 50+ team finished fourth. Individually, our guys finished as follows:

40+ Men

5-Mike Matthews	15-Mike Kriege	53-Andy Williams	89-Ole Agesen
7-Slim Pickens	32-Jeff Rohrer	53-Ken Hsu	107-Dave Piazza
9-Andy Lief	49-Mike White	56-Al Murray	113-Yuki Negoro

50+ Men

9-Paul Skokowski	18-Larry Hyde	35-Ron Kiyono	60-Joe Johnson
10-Tom O'Connor	31-Dennis Kurtis	56-Brian Davis	

There follows the results from all of the 2006 grand prix XC races.

8/26/06-Empire Masters XC – 3.5M

7 Bob Pickens	19:49	
20 Brian Davis	20:25	4th-50+
26 Jeff Rohrer	20:39	
28 Mike Kriege	20:47	
32 Al Murray	20:57	
35 Tom O'Connr	21:06	8th-50+
40 Dave Piazza	21:16	
50 P. Skokowski	21:42	
56 Miike Moore	22:03	
104 Joe Johnson	27:28	

Our 40+ team got second and our 50+ team got 5th.

9/2/06 – Santa Cruz XC Race – 4M

15 Mike Matthews	22:35
19 Andy Lief	23:06
24 Bob Pickens	23:17
36 Mike Kriege	23:53
40 Dennis Kurtis	24:13
46 Andy Williams	24:26
47 Jeff Rohrer	24:32
53 Al Murray	24:55
58 Tom O'Connor	25:24
59 Paul Skokowski	25:24
82 John Ducote	27:44
102 Rich Hahn	29:36
113 Joe Johnson	30:34

Great day for our cross country teams as our 40+ team got first and our 50+ team got second.

9/9/06-Golden Gate Park XC Race-4M

Mike Matthews	23:21
Andy Lief	23:28
Slim Pickens	23:32
Mike Kriege	23:56
Dennis Kurtis	24:13
Jeff Rohrer	25:07
Tom O'Connor	25:17
Ken Hsu	25:26
Larry Hyde	25:33
Paul Skokowski	25:36
Dino Delyani	27:35
Joe Johnson	30:47

Another good day for our XC teams as our 50+ team finished first and our 40+ team finished second.

9/30/06 – Garrin Park XC – 5K

Slim Pickens	18:03
Mike Kriege	18:10
Andy Lief	18:11
Jeff Rohrer	19:22
Andy Williams	19:37
Paul Skokowski	19:39
Tom O'Connor	19:53
Larry Hyde	19:57
Joe Johnson	23:17

Yuki Negoro	20:41
Rich Hahn	24:17

Our 40+ men finished first for the second time this season and our men's 50+ team finished third.

10/7/06 – Presidio XC – 3.55M

Women	
41 Shelby Golan	28:09

Masters Men

4 Andy Lief	21:28
5 Slim Pickens	21:31
6 Mike Matthews	21:37
10 Mike Kriege	22:10
20 Jeff Rohrer	23:21
22 Ken Hsu	23:35
29 Paul Skokowski	23:48
35 Larry Hyde	24:10
38 Tom O'Connor	24:33
71 Joe Johnson	29:17

Our 40+ men finished first for the third time and our 50+ men finished 4th.

10/21/06 – Shoreline XC

Women – 5K

13 Becki Kriege	18:37
33 Missy Sudan	19:32
72 Shelby Golan	21:43
73 Carol Bednar	21:52

Men – 4.5M

45	Mike Matthews	24:51
52	Slim Pickens	25:06
58	Mike Kriege	25:25
61	Andy Lief	25:36
79	Ken Hsu	26:40
82	Andy Williams	26:42
85	Al Murray	26:55
93	Paul Skokowski	27:21
98	Tom O'Connor	27:40
117	Ron Kiyono	28:51
121	Yuki Negoro	29:08
130	Dino Delyani	29:58
131	John Ducote	30:05
145	Mike Kolesnik	31:56
150	Dave McIntyre	32:27
156	Joe Johnson	32:59
157	Rich Hahn	33:19

Good turnout at this grand prix XC race by club members as 22 showed up to run the race. Our 40+ men got second and our 50+ men got fourth.

10/28/06 – Tamalpa Challenge XC – 4.25M
Masters Men

9	Slim Pickens	24:47
21	Mike Kriege	25:36
24	Mike Matthews	25:51
38	Ken Hsu	26:56
45	Larry Hyde	27:14
48	Tom O'Connor	27:26
77	Ron Kiyono	28:56
102	Dino Delyani	30:21

11/4/06 – Fleet Feet XC – 6K

9	Mike Matthews	20:05
10	Slim Pickens	20:10
12	Mike White	20:15
13	Mike Kriege	20:17
14	Andy Lief	20:18
36	Jeff Rohrer	21:56
37	Tom O'Connor	21:59
54	Ron Kiyono	23:07
94	Mike Kolesnik	26:17
99	Joe Johnson	27:14

Our 40+ men scored their 4th win of the season.

11/19/06 - PAUSATF Masters XC
Championships – 10K

7	Mike Matthews	35:00
17	Andy Lief	36:10
18	Slim Pickens	36:21
21	Mike White	36:33
24	Mike Kriege	36:44
28	Ole Agesen	37:08
53	Al Murray	38:59
55	Paul Skokowski	39:04
59	Jeff Rohrer	39:26
62	Dave Piazza	39:34
65	Ken Hsu	39:41
78	Larry Hyde	40:04
83	Tom O'Connor	40:31
94	Ron Kiyono	41:22
106	Yuki Necoro	42:12
147	Rich Hahn	46:28
159	Joe Johnson	48:58

Our 40+ men finished second behind Excelsior and our 50+ men got sixth. Overall, our 40+ men tied for first place for the season with Excelsior and our 50+ men finished fourth.

SATURDAY WORKOUT RESULTS

9/23/06 – 18 x 0.33-Mile Tennis Court Loop
Relay

Pl	Team	Start	Finish
1	VanZant/Conroy/Lee	1:00	38:20
2	McPhail/Tran/Fergus	-0-	38:23
3	B.Cable/C.Cable/White	2:45	38:50
4	Kananen/Norlndr/Bedo	:15	40:22
5	Warfel/Wong/Delyani	2:00	40:53

Dick Barrett Trophy Winner – Uyenthi Tran

Good close race this morning on the last leg. Aaron started the last leg 0.8 seconds in front of Dave Fergus. Dave caught up to Aaron and was right on his tail until the last 100 yards when Aaron pulled away to win by 3.2 seconds. Barret Cable had the best times of the day as he averaged 1:40 per run. Uyenthi led the ladies with a 2:05 average. Good timing job as Jim Bordoni got all of the splits at the gym handoff and Slim Pickens and Tom O'Connor got the splits at the start/finish line.

9/30/06 - Valle Vista - 3.0 Miles

1	Ajay Pala	18:01 PR
2	Becki Kriege	18:06
3	Kristina Parks	18:07
4	Missy Sudan	18:42
5	Aaron Lee	19:13 PR
6	Dino Delyani	19:28

7	Dave McIntyre	19:57
8	Dimitrios Stefanidis	20:09
9	Mike Kolesnik	20:15 PR
10	Mike Krey	20:17
11	Mark Isaacson	20:30
12	Shelby Golan	20:40
13	Carol Mendoza	20:49 PR
14	Joe Hurado	20:57
15	Matt Kriege	21:39 PR
16	Carl Petersen	21:52 PR
17	Dave Norlander	21:54
18	Brian Low	22:20 PR 60+
19	Danny Moon	22.28 PW
20	Chris Cassell	22:30
21	Jeff Bedolla	22:38
22	Tim Rostege	22:59
23	Rich Stiller	23:11
24	Tom Warfel	23:12
25	Paul Rodriguez	24:59
26	Kat Powell	25:48
27	Roger Lobbes	25:56
28	Marcia Morrison	27:52

Trophy Award goes to Ajay Pala who won the race while running a PR wearing ear phones from his iPod listening to the theme from "Rocky". There were 7 PR's today with Matt Kreigi shaving over 8 minutes off his previous

time according to Becki. Madelyn Moon timed, Stan DeMartinis handed out the sticks and with Kristina Parks volunteered writing times on the clipboard after she recovered from completing her race.

10/07/06 - Step Up & Down Relay

Pl	Team	Start	Finish
1	Wong/Stefanidis	6:30	37:44
2	Kananen/McIntyre	5:15	37:57
3	Collins/D.Moon	4:00	38:49
4	Rodrig/Norlander	3:15	38:51
5	Rostege/Bordoni	8:15	38:58
6	Singleton/White	-0-	39:12
7	M.Moon/Hurtado	1:00	39:25

Dick Barrett Trophy Winner = Helen Wong & Dimitrios Stefanidis

The White team started first and held the lead through just before the end of the second 1200. Helen Wong then ran a 3:07 to give Dimitrios a slight lead going into the final 400. He then lengthened the lead to about 70 meters at the finish. Jim Bordoni led all of the men with splits of 2:35 for the 800, 5:38 for the 1600, 4:09 for the 1200, and a finishing 400 of 70. Helen Wong showed remarkable improvement over a couple of weeks ago when she ran 108 seconds over her rating to lead her team to a last place finish. This week she ran 63 seconds under her rating while averaging 99 seconds per lap. Good



timing job by Carl Petersen, Roger Lobbes, and Kelly Emo. Danny Moon put the teams together.

10/14/06 – 6 x 1600M Relay

Pl	Team	Start	Finish
1	Blum/Park	-0-	40:47
2	White/B Kriege	4:45	42:36
3	Wong/Hayes	4:30	42:57
4	Norlander/Sudan	5:15	43:06
5	Kolesnik/Delyani	5:15	43:22
6	Krey/Stefanidis	6:00	43:57
7	Kananen/Conroy	5:15	44:12
8	M Kriege/McIntyre	5:45	44:41
9	Tran/Lee	4:30	44:43
10	Rostege/Isaacson	5:00	45:07
11	Emo/D Moon	6:00	46:31

Dick Barrett Trophy Winner – Jake White & Becki Kriege

This was a great day for 1600s on the track. 20 out of 22 runners ran under their rating. This was Amiee Blum's first 1600 workout with us and she ran much better than expected, 5 minutes under her rating. Matt Kriege ran very well, averaging 6:36 per run. Kristina Park led the ladies with a total time of 17:05 with Becki Kriege at 17:10 and Missy Sudan at 17:31. Brian Conroy led the men with a 17:34. Good job by the timers.

10/21/06 – Triangle Run – 4.76 Miles

1	Scott Bang	29:38	
2	Todd Hayes	30:27	
3	Jim Bordoni	32:12	
4	Mark Isaacson	32:53	
5	Bob Schmitt	33:17	
6	Dimitrios Stefanidis	33:19	
7	Dave McIntyre	33:32	
8	Joe Hurtado	34:04	
9	Abid Hussein	34:26	
10	Helen Wong	35:14	
11	Tim Rostege	35:27	
11	Rich Stiller	35:27	
13	Jake White	35:31	
14	Dick Chimenti	35:47	
15	Dave Norlander	35:51	
16	Jeff Bedolla	36:58	
17	Chris Cassell	37:13	
18	Brian Low	37:22	
19	Uyenthi Tran	37:43	PR
19	Aaron Lee	37:43	
21	Danny Moon	37:58	PW
22	Tom Warfel	38:06	
23	Paul Rodriguez	40:34	
24	Rich Collins	42:23	
25	Roger Lobbes	43:36	PR
26	Kat Powell	43:41	

Dick Barrett Trophy Winner – Uyenthi Tran

A lot of good performances this morning. Scott won by nearly a minute. Todd improved his 55+ PR by 10 seconds. Jake improved his 60+ PR by 3 minutes. Uyenthi knocked 62 seconds off her all-time PR. Danny ran another PW. Roger improved his all-time PR by 4 minutes. Chris Cassell improved his 50+ PR by 6 seconds.

10/28/06 – 12 x 800 Relay

Pl	Team	Start	Finish
1	Benham/Rostege	:45	41:54
2	Powell/Schmitt	:15	42:26
3	Noble/C.Cable	:15	42:27
4	Krey/Bedolla	4:45	42:48
5	Tran/Blancas	4:15	42:51
6	Lobbes/Petersen	:30	43:05
7	McPhail/Hurtado	0:45	43:13
8	Bordoni/Russell	10:15	44:05
9	M.Moon/D.Moon	-0-	47:25
	Park/B.Cable	11:15	DNF

Dick Barrett Trophy winner = Kat Powell

All teams were rated to finish in 43:45 and the first seven teams ran way under that time. Barrett Cable was unable to finish because on the backstretch of his last run he was inadvertently tripped by Ray Russell. It was unclear whether Ray ticked him with his foot or bumped into him with his stomach.

11/4/06 – Dou/Sar/Frtvale- 2.75 Miles

1	Rob Nast	15:24	PR
2	Scott Bang	15:27	
3	Bjorn Samson	15:47	PR
4	Casey Rankin	16:30	
5	Al Murray	16:39	
6	Missy Sudan	16:42	
7	Jim Bordoni	17:09	
8	Jim Howe	17:42	
9	Mark Isaacson	18:18	
10	Mike Krey	18:30	
11	Bob Schmitt	18:38	
12	Joe Hurtado	18:41	
13	Marian Richard	18:56	
14	Dimitrios Stefa	18:57	
15	Kelly Emo	19:26	
16	Jeff Bedolla	19:29	
17	Carl Petersen	19:33	PR
18	Tim Rostege	19:44	
19	Brian Low	20:00	
20	Jake White	20:06	
20	Rich Stiller	20:06	
22	Carol Bednar	20:39	
23	Chris Cassell	21:02	
24	Danny Moon	21:19	
25	Tom Warfel	21:42	
26	Mandy Benham	22:36	
27	Chris Blue	22:48	
28	Georgia Riley	22:52	

29	Annette McPhail	23:39
30	Rich Collins	23:41
31	Julie Sobczak	24:04
32	Tim Riley	26:01
33	Ed Singleton	26:56
34	Kat Powell	26:57
35	Madelyn Moon	27:40
36	Don Packwood	31:19

Dick Barrett Trophy Winner – Missy Sudan

Close win for Rob over Scott. Best run for Missy in awhile. Georgia knocked a whopping 38 seconds off her women's 60+ course record. Carl Petersen improved his 65+ PR by 38 seconds to move to #9 on the men's 65+ list. Marian Richard ran the #5 time by a woman 45+ runner for this course. Ed Singleton became the 4th 75+ runner to complete this course. Don Packwood set his walking PR for this course (11:23 per mile). 14 runners over 60 years of age ran (Wow, we are getting old as a club). Plus, the four finish-line helpers – John Peterson, Dave Norlander, Stan DeMartinis, Walt Van Zant. Thanks to Ken Noel, another 60+ runner, for attempting to stop the cars as we crossed Fruitvale Ave. His memorial service will be held tomorrow.

11/11/06 – 8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Wong/Conroy	-0-	33:18
2	McIntyre/Gerhardt	1:45	33:25
3	Hayes/Stefanidis	1:00	33:26
4	Cassell/Rohrer	1:00	33:50
5	Rostege/Bambury	:45	34:01
6	Warfel/Park	:45	34:18
7	Lobbes/Bang	-0-	34:30
8	Krey/Bedolla	:15	34:38
9	D.Moon/B.Kriege	1:45	35:56

Dick Barrett Trophy Winner – Brian Conroy

The Conroy team started first, lost the lead during the second loop, and then held the lead the rest of the way although Amanda made a run at Brian during the last loop. Amanda came from 9 seconds behind Dimitrios during the last loop to pass him and then held on by inches to get second place. Scot Bang had the best splits at 3:32 per run. Kristina Park and Amanda Gerhardt led the ladies with a 3:48 average with Stephany Bambury close behind at a 3:50 average.

11/18/06-Farwell/Herriman-4.68M

1	Alp Mimaroglu	27:49	PR
2	Andy Williams	27:58	
3	Becki Kriege	28:09	
4	Missy Sudan	29:02	
5	Todd Hayes	30:38	
6	Kristina Park	30:46	
7	Dino Delyani	31:08	
8	Dimitris Stefanid	32:05	

9	Bob Schmitt	32:13	
10	Mike Kolesnik	32:37	PR
11	Dave McIntyre	33:09	
12	Mike Krey	33:23	
13	Joe Hurtado	33:31	
14	Ray Russell	33:56	
15	Tim Rostege	34:08	
16	Helen Wong	34:15	
17	Mark Goldman	34:19	
18	Jeff Bedolla	34:19	
19	Carl Petersen	35:10	
20	Dave Norlander	35:12	
21	Chris Cassell	35:15	PR
22	Tom Warfel	35:17	
23	Brian Low	36:10	
24	Carol Bednar	36:52	
25	Chris Blue	39:07	
26	Georgia Riley	40:07	
27	Rich Stiller	40:10	
28	Daniela Magozzi	40:55	
29	Rick Kananen	40:57	
30	Roger Lobbes	41:09	
31	Kat Powell	45:56	
32	Ed Singleton	46:42	
33	Tim Riley	46:54	
33	John Petersen	46:54	
35	Stan DeMartinis	80:30	

Dick Barrett Trophy Winner – Chris Blue

Good turnout this morning with many notable performances. Alp may be the first high schooler to win a club road run. He battled with Andy most of the way before pulling away from Andy over the last half mile for the win. Alp improved his PR by one minute. Andy got within 4 seconds of his PR. 8 runners ran the Clarksburg 30K (Hayes, Delyani, Schmitt, Kolesnik, Hurtado, Petersen, Norlander, and Powell) last Sunday and were able to come back to run well today. Becki broke the women's 40+ record by 76 seconds. Joann Dahlkoetter set the previous record 10 1/2 years ago. Missy ran her best time for this course in 2 1/2 years. Dino missed his PR by 15 seconds but continued his remarkable consistency record. His range for the last 4 times that he has run this course has been 31:04 to 31:09 and for the last 7 times that he has run this course 30:53-31:09. Mike Kolesnik improved his PR by 12 seconds. Ray Russell and Tim Riley missed their PRs by 9 and 16 minutes. Tim Rostege improved his 65+ PR by 2 minutes while moving to #9 on the men's 65+ list. Helen Wong ran her best time for this course in 2 1/2 years. Chris Cassell improved his overall PR by 2 seconds and his 50+ best by 39 seconds. Chris Blue recorded the #4 time by a woman 55+ runner, improving her 55+ best by 37 seconds. Georgia Riley may have put the women's 60+ course record out of reach with her 55-second improvement on the record. John Peterson ran his first road run since his knee surgery. Ed Singleton became the 7th 70+ runner to complete this course.

11/25/06 – 8 x 1200 Relay

Pl	Team	Start	Finish
1	Hayes/Conroy	10:30	45:29
2	Cassell/Stefanidis	7:30	45:52
3	Howe/Pickens	12:00	45:58
4	Blum/Sudan	5:30	46:02
5	White/A.Lee	7:30	46:03
6	Schmitt/Bang	11:45	46:04
7	Hurtado/Delyani	8:15	46:16
8	Tran/Emo	5:30	46:31
9	Sobczak/B.Kriege	5:30	46:32
10	Powell/Bordoni	5:30	46:42
11	Krey/McIntyre	8:15	46:46
12	Rostege/Park	8:45	46:50
13	Norlander/Russell	9:15	47:26
14	Blancas/D.Moon	9:30	47:46
15	Singleton/Bedolla	--	48:05

Phantom Dick Barrett Trophy Winners – Todd Hayes and Brian Conroy

The Conroy team started 3rd from last, took the lead during the 7th leg, and then went on to win by over a straightaway. Slim Pickens and Scott Bang led the guys with averages of 3:48 and 3:51. The gals were led by Becki Kriege and Missy Sudan at 4:13 and 4:17. All teams except the Bedolla team ran 24 laps. The Bedolla team probably ran 25 laps. A few other teams, due to confusion or a teammate in the bathroom, mixed up their runs with some 4-lappers, 2-lappers, and 1-lappers.

12/2/06 – Farwell – 3.54M

1	Scott Bang	20:01.4	
2	Mike Kriege	20:26.3	
3	Bjorn Samson	20:39.1	PR
4	Becki Kriege	20:56.7	
5	Dave Piazza	21:13.2	
6	Jeff Candello	21:46.6	
7	Jim Bordoni	22:21.4	
7	Missy Sudan	22:21.4	
9	Sthpnie Bambury	22:27.7	
10	Al Murray	22:40.0	
11	Kristina Park	22:41.2	
12	Dino Delyani	22:50.6	PR
13	Ray Russell	22:59.6	
14	Aaron Lee	22:59.9	PR
15	Brian Conroy	23:08.5	
16	Dimitr Stefanids	23:56.8	
17	Dave McIntyre	24:41.3	
18	Johanna Fogolin	24:55.7	
19	Mike Krey	25:04.9	
20	Tim Rostege	25:29.7	
21	Jeff Bedolla	25:53.5	
22	Tom Warfel	26:43.4	
23	Chris Cassell	26:48.9	
24	Uyenthi Tran	28:12.4	PR
25	Danny Moon	28:24.6	
25	Rich Stiller	28:24.6	

27	Jake White	30:29.9	
28	Roger Lobbes	31:04.1	
29	Rich Collins	34:31.9	
30	Aimee Blum	37:27.1	
31	Amanda Giles	37:28.9	
32	Stan DeMartinis	58:02.x	

Dick Barrett Trophy Winner – Becki Kriege

Good battle for first place this morning between Scott, Mike, and Bjorn. Mike took the early lead and held it for about 1 1/2 miles. Scott and Bjorn then ran together in the lead until Scott surged with 3/4 of a mile to go and pulled away to a 25-second win. Becki broke Sue Francis' 40+ course record (set 13 years ago) by 69 seconds. It was the first time that Becki broke 21:00 in 16 years (although she had three 21 flat times since 1990). Bjorn improved his PR by 62 seconds. Mike Kriege knocked three seconds off his 45+ PR to move into a tie with Danny Moon on the all-time 45+ list. Kristina Park's time put her into first place of the A division in the Cumulative Saturday contest. Tim Rostege improved his 65+ best by nearly 4 minutes to move to #7 on the 65+ list. Rich Stiller improved his 60+ PR by 54 seconds. Someone using Jake White's name ran 29 seconds over 30 minutes. Stan DeMartinis ran 3 minutes faster than the last time that he ran this course.

9/16/06-4 x 1.46M WVC Campus Loop Relay

Pl	Team	Start	Finish
1	G.Riley/MiBordoni	-0-	40:50
2	Russell/M.Sudan	6:00	41:11
3	VanZant/Bang	-0-	41:41
4	Warfel/Bednar	-0-	41:50
5	Noble/Krey	-0-	42:08
6	Bedolla/Park	4:00	42:43
7	A.Gerhardt/Schmitt	4:30	42:58
8	Rostege/Peterson	-0-	43:08
9	D.Moon/McIntyre	1:45	45:14

Phantom Dick Barrett Trophy Winner – Georgia Riley & Mike Bordoni

Good morning for running – low 50s and negligible to light rain. Mike Bordoni ran with us for the first time in quite awhile, bringing his team from fifth place to first during the last loop. Mike had the best average of the day at 8:09. Scott Bang took it easy in bringing his team from seventh to third place during the last lap while averaging 8:17. Missy led the ladies with an 8:55 average and was closely followed by Amanda Gerhardt and Kristina Park, who averaged 9:02 each. Todd Hayes, Carl Petersen, and Todd Hayes ran just six days after running the Cal International Marathon. Good runs for Ray Russell, who averaged 8:40 per lap.

12/16/06-Short Six-5.74 Miles

1	Tom O'Connor	37:45	PR
2	Kristina Park	38:17	
3	Dino Delyani	38:23	PR
4	Dave McIntyre	41:05	

5	Todd Hayes	41:07	9	Joanna Fogolin	19:29	PR	10	Helen Wong	23:14
6	Mike Krey	41:09	10	Jim Howe	19:44		<u>Valle Vista-3.0M</u>		
7	Tim Rostege	42:49	11	Dave McIntyre	20:03		1	Tom O'Connor	18:35
8	Daniel Delre	43:28	12	Mike Krey	20:23		2	Bob Schmitt	21:38
9	Matt Kriege	43:30	13	Dimitrios Stefanidis	20:41		3	Kelly Emo	22:31
10	Johanna Fogolin	43:33	14	Daniel Del Rey	20:55		4	John Peterson	25:20
11	Becki Kriege	43:34	15	Tim Rostege	21:15		5	Rick Kananen	26:34
12	Carl Petersen	44:03	16	Dave Norlander	21:22		5	Dimitrios Stefan	26:34
13	Jeff Bedolla	44:13	17	Jeff Bedolla	21:42		5	Rich Stiller	26:34
14	Tom Warfel	44:17	18	Carl Peterson	21:46	PR	5	Walt Van Zant	26:34
15	Dave Norlander	44:35	19	Joe Hurtado	22:17		9	Tim Riley	28:43
16	Brian Low	45:13	20	Tom Warfel	22:18		10	Don Packwood	33:54
17	Chris Cassell	45:57	21	Brian Low	22:46		<u>Farwell-3.54M</u>		
18	Helen Wong	45:50	22	Chris Cassell	23:04		1	Mike Krey	24:47
19	Chris Blue	48:43	23	Rich Stiller	23:15		2	Daniel Del Rey	24:47
20	Georgia Riley	50:13	24	Kristina Park	23:26		3	Paul Rodriguez	30:26
21	Kat Powell	52:11	24	Kelly Emo	23:26		<u>Triangle-4.76M</u>		
22	Dena Noble	52:21	24	Ed ?	23:26		1	Jeff Rohrer	30:53
23	John Peterson	59:20	27	Paul Rodriguez	24:47	PR	2	Dino Delyani	30:53 PR
23	Tim Riley	59:20	28	Kat Powell	25:44		3	Jim Howe	31:10
	Ray Russell	DNF	29	Roger Lobbes	25:46		4	Carl Petersen	35:37 PR
			30	Rich Collins	27:42		5	Ron Blancos	37:03
			31	Stan DeMartinis	53:22		6	Aaron Lee	37:03
							7	Chris Blue	40:02
							8	Georgia Riley	40:35
							9	Roger Lobbes	40:52 PR

Dick Barrett Trophy Winner – Tom O'Connor

Tom O'Connor hasn't run this course in 18 months. But, has improved so much since that time that he was able to loaf in preparation for a race tomorrow and still win today while knocking 41 seconds off his previous PR. Kristina led the ladies with her second place finish. Dino's 7-second PR was good enough to jump him over 4 runners on the all-time 45+ list. Tim Rostege continued to run well as he improved by 13 seconds on his 65+ PR. He also took a 2-minute lead over Dave Norlander in the C division of the Cum Sat contest. Tom Warfel's time put him into second place in the D division of the Cum Sat contest, 70 seconds in front of Brian Low. As of now, Carl Peterson leads the D division in both the Racer of the Year contest and the Cum Sat contest. So, whoever finishes second in the Cum Sat contest will win the Cum Sat plaque. Chris Blue improved her 55+ best by 156 seconds to leap over 4 runners and move into fourth place on the women's 55+ list for this course. Georgia Riley improved her own 60+ women's course record by 50 seconds. The second best-ever 60+ time is 6 minutes behind Georgia. Never saw Ray Russell in the finish area. Possibly, he had a bumper run and just decided to go home.

12/23/06-Valle Vista-3.0 Miles

1	Andy Lief	16:46	
2	Mike Kriege	16:47	
3	Amanda Gerhardt	17:48	PR
4	Jeff Candello	17:54	
5	Becki Kriege	17:56	
6	Al Murray	18:06	
7	Andy Williams	18:12	
8	Jim Bordoni	18:30	

Phantom Dick Barrett Trophy Winner - Amanda Gerhardt

This was not a morning for fast times as the temperature was in the high 30s. Still, there were many good performances. Andy and Mike both broke 17 minutes as Andy edged Mike for the win. Amanda ran great for the second week in a row. She ran very fast at the Xmas Relays on last Sunday and then came back to break her Valle Vista PR by 37 seconds while moving to #3 on the all-time women's list behind Becki and Kristina. Jeff Candella ran the #20 best for a 50+ runner and we've had many super 50+ runners run this course, headed by Tim Rostege at 16:35 and Bill Meinhardt at 16:42. Becki improved her own 40+ course record by 10 seconds. Johanna improved her PR by 96 seconds to move to #15 on the women's open list. Jim Howe tied Gene Antonides for #7 on the 60+ list. Tim Rostege knocked 27 seconds off his 65+ best. Kat improved her 55+ PR by 4 seconds. And, Stan improved his seasonal best for this course by 11 seconds.

12/30/06 – All Course Day

Dou/Sar/Frtvle-2.75M

1	Mike Kriege	16:00
2	Becki Kriege	16:27
3	Amanda Gerhardt	16:32
4	Tim Rostege	19:35
5	Joe Hurtado	19:40
6	Dave Norlander	19:41
7	Dave Fergus	19:49
8	Tom Warfel	20:34
9	Chris Cassell	20:51

Short Six-5.74M

1	Dave Piazza	36:08
2	Jeff Bedolla	44:10
3	Kat Powell	57:08

Dick Barrett Trophy Winner – Carl Petersen

35 club members showed up to run on this cold morning (mid 30s) and many were rewarded with good results. Mike Kriege's, Becki Kriege's, Dino Delyani's, and Chris Blue's times gave them the leads in the Cum Sat contest in the elite, A, B, and E divisions. And, since this was the last Saturday run of the year, they are the winners of these divisions for 2006 (unless they also won the Racer of the Year contest for these divisions). Georgia Riley improved her own women's 60+ record for this course by 2 1/2 minutes. Roger Lobbes improved his PR by 3 minutes. Chris Blue improved her 55+ PR by 64 seconds to move to #3 on that list. Jim Howe ran the #3 time for a 60+ runner, 3 seconds behind Bob Schmitt and 3 seconds in front of Ken Napier. Becki recorded the #2 time by a woman 40+ runner. Bob Schmitt recorded the #9 time by a 65+ runner. 68-year-old Carl Petersen improved his PR by 8 seconds. Don Packwood improved his race walking best for this course by 20 seconds as he averaged 11:18 per mile. 65+ runners Tim Rostege, Joe Hurtado, and Dave Norlander had a close race on the Douglas course, finishing within 6 seconds of each other.

RACE RESULTS

9/9/06 – Pacific Grove Olympic Triathlon

Kelly Emo 2:41:58 3rd-40+
 Kelly swam 1.5K in 33:32, biked 40K in 77:19, and ran 10K in 45:35.

9/10/06 – Pacific Grove Sprint Triathlon

Kelly Emo 1:06:18 3rd-40+
 Georgia Riley 1:23:55-1st-60+
 Elaine Erickson 1:26:59
 Tim Riley 1:32:30
 Kelly swam 500 yards in 8:21, biked 20K in 39:15, and ran 2 miles in 14:28

9/14/06 - Lockheed 5K

4 Scott Bang 17:33 2nd-30+
 5 Tom O'Connor 17:52 1st-50+
 15 Mark Isaacson 20:23 3rd-40+
 19 Joe Johnson 21:19 3rd-50+
 30 Alice Isaacson 22:23 2nd-40+
 39 Chris Cassell 22:43 6th-50+
 57 Madelyn Moon 24:23 1st-60+

9/17/06 – Mermaid Duathlon

Kelly Emo 72:02 3rd-40+
 Kelly ran 2 miles in 14:46, biked 10 miles in 33:31, and ran 2 miles in 21:31 in addition to her transition time.

9/23/06-Sierra-Nevada Double Marathon

11 Todd Hayes 11:11:36

9/24/06-Trailblazer 10K

Brian Low 47:51 1st-60+

9/24/06 – Almaden Times 10K

Jorn Jensen 36:00 3rd-30+
 Dennis Kurtis 37:07 1st-50+
 Carl Petersen 45:29 2nd-60+
 Kelly Emo 45:30 2nd-40+

9/24/06 – Almaden Times 2M

Dena Noble 14:08 1st-40+

9/29/06 – See Jane Triathlon

12 Kelly Emo 66:05 1st-40+
 Kelly swam 500 yards in 8:37, biked 10 miles in 29:28, and ran 5K in 23:24.

9/30/06 – Run For The Ribbon 5K

2 Michael King 19:39 1st-40+
 5 David Furst 20:36 1st-60+

9/30/06 – Run For The Ribbon 10K

34 Ed Singleton 60:43 1st-70+

10/7/06-Club West Masters Meet

50M Mark Pasos 6.69 1st-45+
 100M Mark Pasos 12.46 2nd-45+
 200M Mark Pasos 25.64 2nd-45+

10/8/06 – Rock & Roll Half Marathon

John Mintz 1:22:40
 Yuki Negoro 1:27:41
 Todd Hayes 1:28:03 2nd 55+
 Jim Howe 1:29:25 1st 60+
 Dino Delyani 1:31:06
 Aaron Lee 1:32:05
 Jim Bordoni 1:35:41
 Tina Lount-Pretre 1:35:48
 Mike Krey 1:40:49
 Mike Kolesnik 1:42:39
 Jeff Bedolla 1:49:22
 Uyenthi Tran 1:50:19
 Kat Powell 2:00:20
 Roger Lobbes 2:12:13
 Jonathan Lee 2:13:23
 Dena Noble 2:15:17
 Chris Blue 2:15:18
 Diane Bordoni 2:27:08

10/15/06-Golden State Triathlon

Tim Riley 2:00:01 4th-60+

10/15/06 – Humboldt Half Marathon

14 Slim Pickens 1:17:02 4th-65+
 49 Tom O'Connor 1:25:52
 57 Mike Gruber 1:27:19
 62 Jim Bordoni 1:28:05
 75 Brian Davis 1:31:41
 83 Joe Hurtado 1:33:44 2nd-65+
 96 Bob Schmitt 1:36:07 3rd-60+
 107 Carl Petersen 1:38:39 3rd-65+
 154 Joe Johnson 1:46:48
 242 Kat Powell 2:00:58
 307 Ed Reyna 2:22:24 2nd-75+

Our men's 60+ team finished 2nd and our men's 50+ team finished 4th.

10/29/06 – Big Sur Half Marathon

Georgia Riley 2:00:30 3rd-60+
 Georgia' ttime met the New York Marathon qualifying time exactly.

10/29/06 – Run Forrest Run 5K

Tim Riley 28:30 3rd-60+
 This race consisted of a half mile swim, a 15-mile bike, and a 3-mile run.

10/29/06 – Silicon Valley Marathon

Todd Hayes 3:26:50 2nd-50+
 John Ducote 3:38:25
 Don Wagner 4:18:19

Todd's time includes the 18 minutes that he lost because he left late.

10/29/06 – Silicon Valley Half Marathon

Andy Lief 1:19:46 3rd-40+
 Amanda Gerhardt 1:28:39 3rd-35+
 Becki Kriege 1:28:57 2nd-40+
 Missy Sudan 1:29:18 4th-35+
 Aaron Lee 1:31:18
 Jim Bordoni 1:34:07 1st-50+
 Brian Low 1:52:07 2nd-60+

10/29/06 – Silicon Valley 5K

Kelly Emo 22:01 1st-40+
 Mary Kriege 30:53
 Dana Emo 34:09

Mary and Dana finished 3rd and 4th in the under 20 division.

10/29/06 – Hollister Road Mile

1 Scott Bang 4:45
 4 Dennis Kurtis 5:00 1st-50+
 5 Tom O'Connor 5:02 2nd-60+
 6 Dimitrios Stefanid 5:11 2nd-40+
 10 Dave McIntyre 5:27 3rd-40+
 20 Mike Kolesnik 5:54
 22 Danny Moon 5:58 3rd-50+
 24 Chris Cassell 6:13
 Jake White 6:28 2nd-60+
 53 Walt Van Zant 7:14
 62 Ken Napier 7:59 1st-70+
 78 Madelyn Moon 8:32 1st-60+
 Ed Singleton 8:40 2nd-70+

I believe that this is the first time that Scott has won this race.

11/5/06 – New York Marathon

Marcia Morrison 5:05:29

11/5/06 – Stanford PH 5K

41 Kelly Emo 21:16 1st-40+

11/5/06 – Helen Klein 50K

5 John Mintz 4:09:48 4th-40+

11/5/06 – Helen Klein 50M

7 Todd Hayes 7:15:21 1st-50+

11/12/06 – Clarksburg 30K

Dave Piazza 2:04:40
 Bob Pickens 2:07:49
 Tom O'Connor 2:08:21
 Todd Hayes 2:11:55
 Dino Delyani 2:17:15
 Joe Hurtado 2:19:09
 Aaron Lee 2:20:54

Jim Bordoni	2:22:43
Bob Schmitt	2:26:49
Carl Petersen	2:29:03
Dave Norlander	2:37:52
Joe Johnson	2:45:34
Uyenthi Tran	2:52:43
Mike Kolesnik	3:01:26
Eddie Reyna	3:06:39 1st-70+
Kat Powell	3:07:55

11/18/06 – Ventura 10K

Cecil Baumgartner	49:35	2nd-50+
Sue Francis	65:06	2nd-50+

Very hilly cross country style course.

11/19/06 – Rocketman Downhill Mile

1	Scott Bang	4:35.3
2	Ray Russell	4:58.0
3	Dimitris Stefanidis	5:14.5
4	Dave McIntyre	5:30.4
5	Danny Moon	5:35.4
6	Rich Stiller	6:09.2
7	Jake White	6:13.2
8	Tom Warfel	6:26.7
9	Walt Van Zant	7:05.4
10	William Rue	8:26.9
11	Chris Rue	8:48.8
12	Stacy Rue	8:48.9

The weather was perfect for the downhill mile. Rich Stiller marked the course and then ran the race for the first time. Becki Kriege started the race and drove downhill with Tom O'Conner who took action photos. The runners had a good start with Scott Bang leading the race followed by Ray and Dimitri. Special thanks go to Becki, John Peterson, Jim Bordoni, Tom O'Conner and Madelyn Moon for outstanding support in providing timing and traffic control at the finish line. Danny awarded medals to the finishers and a good time was had by all. Madelyn baked cookies for the special event, and Danny and Rich Stiller celebrated by buying breakfast.

11/19/06 - PAUSATF Masters XC Championships

7	Mike Matthews	35:00
17	Andy Lief	36:10
18	Bob Pickens	36:21
21	Mike White	36:33
24	Mike Kriege	36:44
28	Ole Agesen	37:08
53	Al Murray	38:59

55	Paul Skowkowski	39:04
59	Jeff Rohrer	39:26
62	Dave Piazza	39:34
65	Ken Hsu	39:41
78	Larry Hyde	40:04
83	Tom O'Connor	40:31
94	Ron Kiyono	41:22
106	Yuki Necoro	42:12
147	Rich Hahn	46:28
159	Joe Johnson	48:58

11/23/06 – Applied Materials 5K

7	Alp Mimaroglu	18:38	1st-18+
22	Dino Delyani	19:56	
33	Mark Isaacson	20:53	
38	Ron Blancas	21:16	
82	Alice Isaacson	23:06	1st-40+
192	Pam Wusthof	26:11	2nd-50+

11/23/06 – Applied Materials 10K

7	Ole Agesen	35:49	2nd-40+
49	Aaron Lee	42:07	
86	Mike Krey	44:45	
89	Rich Hahn	45:04	
106	Kelly Emo	45:46	3rd-40+
228	Uyenthi Tran	50:26	

11/23/06 – Seagate Elite 5K

Slim Pickens	16:39	3rd-40+
--------------	-------	---------

11/26/06 – Casitas Springs 10K

Cecil Baumgartner	42:46	2nd-50+
Sue Francis	53:xx	2nd-50+

12/3/06 – Las Vegas Half Marathon

Kelly Emo	1:45:13
-----------	---------

12/3/06 – Cal International Marathon

Men			
61	Mike White	2:46:41	5th-40+
151	Andy Williams	2:57:36	
157	John Mintz	2:57:51	
267	Todd Hayes	3:06:57	3rd-55+
440	Bob Pickens	3:15:19	
482	Joe Hurtado	3:17:10*	1st-65+
692	Yuki Negoro	3:26:25	
780	Tom O'Connor	3:29:05	
859	Carl Petersen	3:30:34	3rd-65+
1087	Bob Schmitt	3:38:21	6th-65+
1498	Dave Norlander	3:50:33	7th-65+
3167	Eddie Reyna	4:54:42	2nd-75+

* Breaks the 65+ course record by about 1 1/2 minutes

Women

2445	Chris Blue	4:20:58
3284	Kat Powell	5:01:16

12/9/06 - USATF Club XC Championships

Masters Men's 10K Race

45	Mike Matthews	35:21	
111	Mike Kriege	36:53	
140	Bob Pickens	37:57	
184	Paul Skokowski	39:02	
186	Ken Hsu	39:04	
198	Larry Hyde	39:18	
225	Al Murray	40:03	
226	Jeff Rohrer	40:03	
233	Dave Piazza	40:14	
277	Ron Kiyono	41:40	10-55+
287	Jim Bordoni	42:03	
302	Tom O'Connor	42:48	
318	Dino Delyani	43:25	
342	Neal Chappell	44:26	2-65+
366	Yuki Negoro	46:10	
373	Rich Hahn	46:39	
385	Joe Hurtado	48:00	8-65+
395	Joe Johnson	49:29	
401	Dave Norlander	49:54	

11/25/89-Natl Master TAC 10K XC Champ

Sal Vasquez	37:21	1st-45+
Dave Furst	37:48	
Dete Kraus	38:36	3rd-45+
Gabriel Sandoval	39:07	
Tim Rostege	39:44	5th-45+
Roger Bryan	40:30	4th-50+
Carlos Saldivar	41:30	6th-50+
John Finch	42:57	2nd-55+
Walt Van Zant	44:20	
Norm Saucedo	49:59	

Both our 40+ and 50+ teams finished second in this race in the Golden Gate Park. Our 40+ team finished 5 minutes behind Excelsior and 5 minutes in front of the Boston AA. Our 50+ team finished 9 seconds behind Snohomish TC of Seattle. The course was actually a little over **6.6 miles**. It consisted of many short and steep hills, slippery grass, mud puddles on the horse track, a creek that had to be leaped twice, and soft sandy trails. And, for good measure, it rained. What more could a runner ask for?

11/25/89-Natl TAC 10K Champ-Open Div

Mike Kriege	38:00
Dave Garcia	40:24



The conditions were even worse for this race than for the Master's race in that torrential rains fell during the race.

Bob Ebert 28:02
 Brian Davis 27:49
 1:49:19

50+ Men B Team (6th)
 Tom O'Connor 27:23
 Joe Johnson 32:57
 Paul Armstrong 32:00
 Ron Kiyono 28:32
 2:00:52

12/17/06-Lake Merced Xmas Relays-4.64M per leg

40+ Men A Team (2nd)
 Ole Agesen 24:41
 Mike Kriege 24:44
 Al Murray 26:47
 Slim Pickens 25:13
 1:41:25

Open Women (4th)
 Amanda Gerhardt 26:17
 Carol Bednar 31:09
 Becki Kriege 26:58
 Johanna Fogolin 30:10
 1:54:34

60+ Men's Team (2nd)
 Joe Hurtado 31:02
 Bob Schmitt 30:50
 Dick Chimenti 30:13
 Jim Howe 29:10
 2:01:15

50+ Men A Team (2nd)
 Paul Skokowski 26:35
 Dennis Kurtis 26:53

40+ Men B Team (8th)
 Jeff Rohrer 27:14
 Ken Hsu 26:33
 Dimitri Stefanidis 30:34
 Mike Kolesnik 33:04
 1:57:25

2006 CUMULATIVE SATURDAY STANDINGS

Elite Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Kriege, Mike	0:16:00	0:37:40	0:16:47	0:35:32	0:20:26	0:36:29	0:26:48	0:35:50	0:27:22	0:35:38	0:33:48	0:35:44	2:21:11
Bang, Scott	0:15:27	0:36:22	0:17:51	0:37:47	0:20:01	0:35:45	0:27:31	0:36:47	0:29:12	0:38:01	0:35:22	0:37:23	2:25:24
Williams, Andy	0:16:25	0:38:38	0:18:06	0:38:19	0:21:20	0:38:06	0:27:58	0:37:23	0:28:45	0:37:26	0:35:47	0:37:50	2:28:21
Bordoni, Jim	0:17:09	0:40:22	0:18:30	0:39:10	0:22:21	0:39:55	0:29:45	0:39:46	0:32:12	0:41:56	0:38:14	0:40:25	2:38:11
Candello, Jeff	0:00:00	0:00:00	0:17:54	0:37:53	0:21:46	0:38:52	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Ducote, John	0:21:10	0:49:49	0:00:00	0:00:00	0:00:00	0:00:00	0:34:23	0:45:58	0:00:00	0:00:00	0:40:19	0:42:37	0:00:00
Jensen, Jorn	0:15:42	0:36:57	0:00:00	0:00:00	0:20:28	0:36:33	0:00:00	0:00:00	0:27:54	0:36:20	0:00:00	0:00:00	0:00:00
Lief, Andy	0:15:06	0:35:32	0:16:46	0:35:29	0:00:00	0:00:00	0:26:32	0:35:28	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Nast, Rob	0:15:24	0:36:15	0:17:31	0:37:05	0:20:38	0:36:51	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Piazza, Dave	0:15:57	0:37:32	0:00:00	0:00:00	0:21:11	0:37:50	0:27:56	0:37:21	0:29:21	0:38:13	0:35:28	0:37:29	0:00:00
Pickens, Bob	0:14:53	0:35:02	0:00:00	0:00:00	0:00:00	0:00:00	0:27:01	0:36:07	0:30:02	0:39:06	0:32:35	0:34:27	0:00:00
Rea, Bob	0:00:00	0:00:00	0:00:00	0:00:00	0:21:14	0:37:55	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Rodriguez, Paul	0:00:00	0:00:00	0:24:47	0:52:28	0:30:26	0:54:21	0:00:00	0:00:00	0:40:34	0:52:49	0:53:07	0:56:09	0:00:00
Rohrer, Jeff	0:16:08	0:37:58	0:00:00	0:00:00	0:23:14	0:41:29	0:30:15	0:40:26	0:29:30	0:38:25	0:36:56	0:39:02	0:00:00
Russell, Ray	0:19:06	0:44:57	0:00:00	0:00:00	0:22:59	0:41:03	0:33:56	0:45:22	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
A Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Kriege, Becki	0:16:27	0:38:43	0:17:56	0:37:58	0:20:56	0:37:23	0:28:09	0:37:38	0:28:59	0:37:44	0:36:57	0:39:04	2:29:24
O'Connor, Tom	0:16:10	0:38:03	0:18:35	0:39:20	0:22:00	0:39:17	0:28:30	0:38:06	0:29:43	0:38:42	0:37:45	0:39:54	2:32:43
Gerhardt, Amanda	0:16:31	0:38:52	0:17:48	0:37:41	0:21:53	0:39:05	0:29:44	0:39:45	0:30:04	0:39:09	0:37:15	0:39:23	2:33:15
Park, Kristina	0:16:34	0:39:00	0:18:07	0:38:21	0:22:41	0:40:30	0:29:14	0:39:05	0:31:48	0:41:24	0:37:15	0:39:23	2:35:39
Sudan, Missy	0:16:39	0:39:11	0:18:42	0:39:35	0:21:59	0:39:15	0:29:02	0:38:49	0:31:24	0:40:53	0:38:13	0:40:24	2:35:59
Conroy, Brian	0:17:11	0:40:27	0:18:59	0:40:11	0:22:56	0:40:57	0:29:52	0:39:56	0:31:17	0:40:44	0:37:55	0:40:05	2:38:10
Hayes, Todd	0:17:30	0:41:11	0:19:54	0:42:07	0:22:40	0:40:29	0:30:16	0:40:28	0:30:27	0:39:39	0:37:47	0:39:56	2:38:34
Pala, Ajay	0:16:30	0:38:50	0:18:01	0:38:08	0:21:55	0:39:08	0:31:40	0:42:20	0:32:39	0:42:31	0:39:29	0:41:44	2:40:14
Fergus, Dave	0:18:33	0:43:40	0:20:05	0:42:31	0:23:37	0:42:10	0:33:22	0:44:36	0:37:14	0:48:29	0:41:00	0:43:20	2:53:51
Blancas, Ron	0:16:41	0:39:16	0:00:00	0:00:00	0:22:06	0:39:28	0:00:00	0:00:00	0:37:03	0:48:15	0:39:09	0:41:23	0:00:00
Dunn, Bill	0:16:47	0:39:30	0:18:36	0:39:22	0:22:08	0:39:31	0:29:48	0:39:50	0:32:08	0:41:50	0:00:00	0:00:00	0:00:00



Fogolin, Johanna	0:00:00	0:00:00	0:19:29	0:41:15	0:24:55	0:44:30	0:00:00	0:00:00	0:00:00	0:00:00	0:43:33	0:46:02	0:00:00
Gelblum, Neil	0:17:53	0:42:05	0:21:23	0:45:16	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
Howe, Jim	0:17:28	0:41:07	0:19:44	0:41:46	0:23:03	0:41:10	0:00:00	0:00:00	0:31:10	0:40:35	0:00:00	0:00:00	0:00:00
Isaacson, Mark	0:18:18	0:43:04	0:20:30	0:43:24	0:00:00	0:00:00	0:00:00	0:00:00	0:32:53	0:42:49	0:44:03	0:46:34	0:00:00
McAllister, Nory	0:16:53	0:39:44	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:30:55	0:40:15	0:00:00	0:00:00	0:00:00
Mintz, John	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:28:34	0:38:11	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Murray, Al	0:16:39	0:39:11	0:18:06	0:38:19	0:21:44	0:38:49	0:29:04	0:38:52	0:00:00	0:00:00	0:37:32	0:39:41	0:00:00
Plank, McKayla	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	0:36:57	0:39:04	0:00:00
Stefanidis, Dimitrios	0:18:29	0:43:30	0:20:05	0:42:31	0:23:56	0:42:44	0:32:05	0:42:54	0:33:19	0:43:23	0:00:00	0:00:00	0:00:00
Sudan, Ranjeet	0:00:00	0:00:00	0:19:30	0:41:17	0:23:10	0:41:22	0:29:57	0:40:02	0:31:24	0:40:53	0:00:00	0:00:00	0:00:00
B Div	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Delyani, Dino	0:17:44	0:41:44	0:19:28	0:41:12	0:22:50	0:40:46	0:31:04	0:41:32	0:30:53	0:40:13	0:38:23	0:40:34	2:40:22
Lee, Aaron	0:17:34	0:41:21	0:19:13	0:40:41	0:22:59	0:41:03	0:30:33	0:40:51	0:31:26	0:40:56	0:39:19	0:41:34	2:41:04
Schmitt, Bob	0:18:19	0:43:07	0:21:38	0:45:48	0:24:17	0:43:22	0:31:26	0:42:01	0:32:50	0:42:45	0:40:26	0:42:44	2:48:56
McIntyre, Dave	0:18:07	0:42:38	0:19:57	0:42:14	0:23:50	0:42:34	0:33:09	0:44:19	0:33:32	0:43:40	0:41:05	0:43:26	2:49:40
Krey, Mike	0:18:30	0:43:33	0:20:17	0:42:56	0:24:19	0:43:25	0:32:57	0:44:03	0:33:52	0:44:06	0:40:54	0:43:14	2:50:49
Hurtado, Joe	0:18:20	0:43:09	0:20:57	0:44:21	0:24:41	0:44:05	0:33:06	0:44:15	0:32:54	0:42:50	0:41:53	0:44:16	2:51:51
Kolesnik, Mike	0:18:15	0:42:57	0:20:15	0:42:52	0:24:39	0:44:01	0:32:37	0:43:36	0:34:46	0:45:16	0:44:01	0:46:32	2:54:33
Emo, Kelly	0:19:02	0:44:48	0:22:31	0:47:40	0:25:30	0:45:32	0:33:40	0:45:01	0:34:57	0:45:30	0:42:41	0:45:07	2:58:21
Bedolla, Jeff	0:19:29	0:45:51	0:21:42	0:45:56	0:25:53	0:46:13	0:34:19	0:45:53	0:36:58	0:48:08	0:44:10	0:46:41	3:02:31
Bednar, Carol	0:19:34	0:46:03	0:20:49	0:44:04	0:00:00	0:00:00	0:32:16	0:43:08	0:33:23	0:43:28	0:00:00	0:00:00	0:00:00
Chamberlin, Steve	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	0:40:33	0:42:52	0:00:00
Chimenti, Dick	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:04	0:43:03	0:00:00	0:00:00	0:00:00
Goldman, Mark	0:18:10	0:42:45	0:20:10	0:42:41	0:00:00	0:00:00	0:31:41	0:42:21	0:31:48	0:41:24	0:39:50	0:42:06	0:00:00
Johnson, Joe	0:18:21	0:43:11	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
Moon, Danny	0:21:19	0:50:10	0:21:49	0:46:11	0:28:24	0:50:43	0:00:00	0:00:00	0:37:58	0:49:26	0:00:00	0:00:00	0:00:00
Nast, Liz	0:19:08	0:45:02	0:20:31	0:43:26	0:24:57	0:44:33	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
C Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Rostege, Tim	0:19:24	0:45:40	0:21:15	0:44:59	0:25:29	0:45:30	0:34:08	0:45:38	0:34:54	0:45:27	0:42:49	0:45:16	2:57:59
Norlander, Dave	0:19:41	0:46:20	0:21:22	0:45:14	0:25:38	0:45:46	0:34:54	0:46:39	0:35:51	0:46:41	0:43:44	0:46:14	3:01:10
Wong, Helen	0:20:18	0:47:47	0:22:34	0:47:46	0:25:50	0:46:08	0:34:15	0:45:47	0:35:14	0:45:53	0:44:15	0:46:47	3:02:26
Stiller, Rich	0:18:51	0:44:22	0:23:11	0:49:04	0:28:24	0:50:43	0:34:51	0:46:35	0:33:02	0:43:01	0:45:05	0:47:39	3:03:24
Peterson, John	0:22:09	0:52:08	0:25:20	0:53:38	0:29:16	0:52:16	0:40:28	0:54:06	0:41:36	0:54:10	0:49:56	0:52:47	3:28:45
Clifton, Cathy	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:18	0:44:31	0:33:24	0:43:29	0:00:00	0:00:00	0:00:00
Kananen, Rick	0:23:23	0:55:02	0:26:34	0:56:14	0:27:52	0:49:46	0:39:36	0:52:56	0:00:00	0:00:00	0:51:06	0:54:01	0:00:00
Kriege, Matt	0:00:00	0:00:00	0:21:39	0:45:50	0:37:06	1:06:15	0:00:00	0:00:00	0:00:00	0:00:00	0:43:30	0:45:59	0:00:00
D Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Petersen, Carl	0:19:33	0:46:01	0:21:46	0:46:05	0:25:05	0:44:47	0:34:23	0:45:58	0:35:37	0:46:23	0:42:00	0:44:24	2:58:24
Warfel, Tom	0:20:34	0:48:24	0:22:18	0:47:12	0:25:31	0:45:34	0:35:17	0:47:10	0:37:10	0:48:24	0:44:17	0:46:49	3:05:07
Low, Brian	0:20:00	0:47:04	0:22:20	0:47:16	0:27:14	0:48:38	0:36:10	0:48:21	0:37:22	0:48:39	0:44:44	0:47:17	3:07:50
Cassell, Chris	0:20:51	0:49:04	0:22:30	0:47:38	0:26:48	0:47:51	0:35:15	0:47:08	0:37:13	0:48:28	0:45:36	0:48:12	3:08:13
Tran, Uyenthi	0:20:48	0:48:57	0:23:19	0:49:21	0:28:12	0:50:21	0:37:38	0:50:19	0:37:43	0:49:07	0:45:42	0:48:19	3:13:22
Lobbes, Roger	0:22:43	0:53:28	0:25:46	0:54:33	0:30:58	0:55:18	0:41:09	0:55:01	0:40:52	0:53:13	0:52:30	0:55:30	3:33:58
Powell, Kat	0:23:40	0:55:42	0:25:44	0:54:28	0:30:23	0:54:15	0:43:48	0:58:33	0:41:32	0:54:05	0:51:19	0:54:15	3:36:26
Packwood, Don	0:29:31	1:09:28	0:33:54	1:11:46	0:39:50	1:11:08	0:51:44	1:09:10	0:55:10	1:11:50	1:07:22	1:11:13	4:37:31



Benham,Mandy	0:22:36	0:53:12	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	0:00:00	0:00:00	0:00:00	0:00:00	0:33:39	1:00:05	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Myers,Jim	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:39:54	0:51:57	0:00:00	0:00:00	0:00:00
Noel,Ken	0:22:42	0:53:26	0:25:26	0:53:50	0:30:28	0:54:24	0:40:49	0:54:34	0:40:58	0:53:21	0:00:00	0:00:00	0:00:00
White,Jake	0:20:06	0:47:19	0:00:00	0:00:00	0:26:34	0:47:26	0:36:28	0:48:45	0:35:31	0:46:15	0:47:49	0:50:33	0:00:00
E Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Blue,Christine	0:22:48	0:53:40	0:25:12	0:53:21	0:29:57	0:53:29	0:39:07	0:52:18	0:40:02	0:52:08	0:48:43	0:51:30	3:25:49
Riley,Georgia	0:22:52	0:53:49	0:26:21	0:55:47	0:30:17	0:54:05	0:40:07	0:53:38	0:40:35	0:52:51	0:50:13	0:53:05	3:30:25
Noble,Dena	0:23:39	0:55:40	0:25:57	0:54:56	0:28:53	0:51:35	0:45:20	1:00:36	0:41:40	0:54:15	0:51:32	0:54:28	3:37:01
VanZant,Walt	0:23:08	0:54:27	0:26:34	0:56:14	0:32:03	0:57:14	0:40:49	0:54:34	0:43:43	0:56:55	0:52:22	0:55:21	3:38:39
Collins,Rich	0:23:16	0:54:46	0:26:03	0:55:09	0:30:24	0:54:17	0:41:46	0:55:50	0:42:23	0:55:11	0:57:49	1:01:07	3:41:41
Riley,Tim	0:23:32	0:55:23	0:28:43	1:00:47	0:30:56	0:55:14	0:46:54	1:02:42	0:44:08	0:57:28	0:59:20	1:02:43	3:53:33
DeMartinis,Stan	0:45:50	1:47:53	0:53:22	1:52:58	0:58:02	1:43:38	1:16:33	1:42:20	1:14:13	1:36:38	1:38:59	1:44:38	6:46:59
Beatty,Pauline	0:23:32	0:55:23	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
McPhail,Annette	0:22:22	0:52:39	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:51:05	0:54:00	0:00:00
Moon,Madelyn	0:27:40	1:05:07	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
Morrison,Marcia	0:00:00	0:00:00	0:27:52	0:58:59	0:00:00	0:00:00	0:44:23	0:59:20	0:42:09	0:54:53	0:00:00	0:00:00	0:00:00
Napier,Ken	0:24:57	0:58:43	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
Singleton,Ed	0:26:56	1:03:23	0:00:00	0:00:00	0:00:00	0:00:00	0:46:42	1:02:26	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00