



WVJS



VOL XXXXIII-#3 WEST VALLEY JOGGERS & STRIDERS December 2014

Saturday Workouts

01/03/15	6 x 1600 Relay	03/14/15	Valle Vista (3.0 miles)
01/10/15	Doug/Sara/Frtvle (2.75M)	03/21/15	18 x 0.33M Half Tennis Court Loop Relay
01/17/15	8 x 0.66M Tennis Court Loop Relay	03/28/15	Triangle Run (4.76M)
01/24/15	5K on the track	04/04/15	16 x 300 Relay
01/31/15	Farwell/H (4.68M)	04/11/15	Doug/Sara/Frtvle (2.75M)
02/07/15	Farwell (3.54M)	04/18/15	Step-up & Step-down Relay
02/14/15	12 x 800 Relay	04/25/15	Farwell/H (4.68M)
02/21/15	Valentine Team Race (5.4 miles)	05/02/15	36 x 200 Relay
02/28/15	4 x 1.46M WVC Loop Relay	05/09/15	16 x 400 Relay
03/07/15	Short Six (5.74M)	05/16/15	8 x 0.66M Tennis Court Loop Relay

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

Upcoming Races

PA-USATF Championships

The 2015 Road Grand Prix schedule has not yet been determined.

Racer of the Year

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

Our remaining Racer of the Year events will be determined at our annual meeting in January.

Other Races

01/01 Los Gatos Resolution Run-5M
01/01 End World Hunger 5K/10K-Mt.View
01/18 Foster City 10M
01/24 San Juan Bautista 5K/10M
02/01 Kaiser Half Marathon in SF
02/07 Heart & Soles 5K-San Jose
03/01 408K Race to the Row-San Jose
03/08 Jenny Light 5K/10K-San Jose
03/15 St.Patrick 5K/10K/Half Mar-Los Gatos
03/16 Across the Bay 12K
03/16 St. Patrick 5K-Los Altos
03/22 Axis April Fool 5K-Pleasanton

Miscellaneous Drivel

As some of you may have noticed, this is our first club bulletin since May. So, I have gone back through some of my old emails and looked at the club roster in order to refresh my memory about items of interest over the last 7 months.

Bob Rea, a long-time club member, who retired to New Zealand 18 years ago, visited us in June. He turned 60 during the past year and was hoping to break 40 minutes in his new age category. Alas, he came up with a serious knee injury and has had to lay off running for several long periods. However, he was able to visit Africa and climb to the top of Mt. Kenya and then Mt. Kilimanjaro, beating everyone in his group to the top. After Bob visited us, he drove to Ashland, Oregon to visit his mother-in-law. She took him to the Y and who does Bob meet but Bob Shuck, another retired long-time club member, who is retired and living in Ashland.

Bill Dunn, a very fast runner and a long-time club member, has decided, now that he is retired, to move to Colorado. He intends to move in April. He has been attending more of our Saturday workouts recently.

Jose Pina, Jr., a senior at Lincoln high school, had another very good cross country season, earning Mercury-News All-CCS honors. He will be attending San Jose State University on a full scholarship next year.

Jake White had his most successful season as a coach this past season. His Lynbrook boys team finished 2nd in Division 2 at the CCS finals and one of his boys, Justin Robison, joined Jose Pina as a

selection to the All-CCS first team of 7 runners. One of his girls, Grace Ling, was selected to the All CCS girls first team.

Paul Armstrong also had an outstanding coaching season. His highlight was coaching a freshman girl who won the league finals, finished 2nd in the CCS Division 1 finals, and finished 10th at the State Meet. She also was selected to the Mercury-News All CCS first team.

Brian Davis, **Tom O'Connor**, and **Brian Conroy** will be turning 60 in late 2015.

Jim and Maureen Whalen have moved to Roseville.

Jose Casillas has given me a CD entitled "Fists of Freedom". It is about the 1968 Olympics in Mexico City and primarily features Tommie Smith, Lee Evans, and John Carlos, all who ran for San Jose State. All three are good friends of **Ken Noel**, who briefly appears on the tape twice. This CD is copied from an HBO sports special. Any club member who would like to view this CD is welcome to borrow it from me.

Chris Blue broke the women's 65+ records for the Valle Vista and Triangle courses and tied the Farwell record.

Gary Waggoner won 6 consecutive Saturday road course races before **Calvin Do** brought his streak to an end.

Norry McAllister won the Holy City race in June.

Jose Pina Sr and **Calvin Do** finished 1-2 in the Bang road mile in July.

Bill Dodson is presently in 1st place in the 70+ division and **Todd Hayes** is in 5th place in the 60+ division of the PAUSATF ultra grand prix. **Kat Powell** leads the women's 60+ division by a wide margin.

Bob Lord finished 1st in the road grand prix 70+ division for short races. **Joe Hurtado** finished 1st in the road grand prix 70+ division for long races and 2nd in the short races.

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>

2014 KEN NAPIER MILE CONTEST (Final Results)

Men

Pl	Runner	Age	Time	Points
1	Jim Bordoni	61	5:38.70	82.44
2	Norry McAllister	57	5:28.60	82.07
3	Jorn Jensen	45	5:11.30	78.59
4	Dino Delyani	57	5:44.60	78.26
5	Ken Camet	53	5:36.40	77.52
6	Gary Waggoner	50	5:30.70	76.95
7	Brian Conroy	58	5:58.20	75.93
8	Todd Hayes	64	6:22.90	74.91
9	Andy Williams	51	5:42.70	74.87
10	Scott Bang	46	5:31.90	74.29
11	Mike Krey	59	6:14.40	73.28
12	Paul Taylor	57	6:25.40	69.98
13	Aaron Lee	40	5:40.90	69.09
14	Mark Goldman	64	6:56.40	68.88

Pl	Runner	Age	Time	Points
15	Dave Norlander	75	7:56.00	68.69
16	Jeff Rohrer	54	6:23.00	68.66
17	Danny Moon	66	7:05.70	68.62
18	David Larsen	50	6:11.70	68.47
19	Scott Graham	62	7:10.10	65.50
20	Dave McIntyre	52	6:43.00	64.18
21	George Lo	44	6:22.10	63.54
22	Rich Collins	71	8:07.00	63.22
23	Jeff Bedolla	61	7:23.10	63.02
24	Neil Gelblum	63	7:45.00	61.12
25	Walt Van Zant	75	9:37.30	56.64
26	Tom Warfel	66	8:37.50	56.45
27	Don Packwood	73	9:23.20	56.21

Women

Pl	Runner	Age	Time	Points
1	Kristina Park	44	5:34.90	82.94
2	Kat Powell	63	8:06.80	73.57

Pl	Runner	Age	Time	Points
3	Zoe McAllister	12	6:23.40	72.18

As can be seen, Jim Bordoni led the men and Kristina Park led the ladies in this contest. The placings are based upon age-graded performances in the two track miles that we ran on 7/5/12 and 8/2/12.

2014 RUNNER OF THE YEAR CONTEST

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. Point totals for 2014 through 9/30 are as shown below.

Runner	Miles	Sat Pts	Total
George Lo	2375	600	2975
Tom Warfel	1412	570	1982
Walt Van Zant	707	810	1517
Jorn Jensen	1058	80	1168 *

Runner	Miles	Sat Pts	Total
Dave Norlander	320	720	1040
Ken Camet	603	120	723 **
Geoff Bradley	351	140	491 **

* Point total are for the first 6 months of 2014

** Point totals for these two runners are for just the first 3 months of 2014

2014 PA/USATF Road Grand Prix

40+ Men

Our 40+ men's team finished in 6th place. Jorn Jensen is our team captain. He finished in 24th place in the short race division for 40+ runners and in 52nd place for long races. Calvin Do finished 56th in the short race division and 40th in the long race division.

50+ Men

Our 50+ men's team finished in first place. Ken Camet is our 50+ team captain. Individually, Brian Davis finished in 8th place, Norry McAllister in 18th, Dino Delyani in 20th, Ken Camet in 31st, Roberto Palos in 32nd, Barry Farrara in 32nd, Ray Rodriguez in 39th, Robert Navarrete in 45th, Mike Krey in 57th, and Tom O'Connor in 68th in the short race division. **Brian**, Ray Rodriguez, Barry Farrara, Dino, Ken, Tom Lochardt, Glenn Kishi, Norry, Robert, and Norm Takeuchi are in **2nd**, 6th, 7th, 18th, 19th, 31st, 71st, 82nd, 113th, and 118th in the long-race division.

60+ Men

Our 60+ men's team finished in 2nd place. Scott Graham is the team captain. Individually, Jim Bordononi, Dan Anderson, and Mark Goldman finished in 4th, 12th, and 18th places in the short race division. Bill

Dunn, Todd Hayes, and Dan finished in 13th, 19th, and 44th in the long-race division.

70+ Men

Our 70+ men's team finished in 2nd place, a mere 2 points behind first-place Tamalpa. Eddie Reyna is the team captain. Individually, Bob Lord finished in 1st place, Joe Hurtado in 2nd, Dave Norlander in 5th, Bill Dodson in 6th, and Dick Chimenti in 12th in the short race division. Joe finished 1st, Bill in 3rd, Dave in 4th, and Bob in 17th in the long race division.

80+ Men

Eddie Reyna finished in 3rd place in the short race division and in 2nd place in the long race division.

Women

The club women did not score as a team in any races this year. Individually, Carol Bednar finished in 83rd in the 40+ short race division and Dalila Rodriguez finished in 67th in place in the 40+ long race division. Joanne Dahlkoetter finished in 3rd place in the 60+ short race division and Kat Powell finished in 7th place in the 60+ long race division.

2014 PA/USATF Cross Country Grand Prix Summary – by Jeff Rohrer

To put a cap on this season I will go through some team statistics. This year we had 34 different runners complete a Masters Race for us with 124 total finishes. Of the 11 races (10 if I eliminate the Redding race that no one attended), we had a few runners compete in 8 races and a few run 7. Here again the Veterans team showed the way with Bob Lord running 8 races and Bill Dodson and Dave Norlander each running 7 races. Before you can think about winning a meet or winning a Championship, you need to score a team. It is really about the only thing you can control. Our other participation stars were Jeff Bedolla with 8 meets and Kristian Petersen and Raymond Rodriguez with 7 meets. Ray parlayed that into being 4th overall for the Seniors in the Pacific Association. We also had three other Seniors in the top 20 with Roberto Palos 7th, Barry Farrara 17th, and Ken Camet 20th. Teammates running 6 meets were Ken Camet and Dan Anderson. Dino Delyani, Roberto Palos, Aaron Lee, and Jorn Jensen competed in five meets.

From an overall team perspective our weakness is the number and participation level of our 40-49 team. This is in part due to overall runner demographics, but for us to be successful we need more runners in this category and better participation for the runners we have in the group. Injuries and obligations were a factor for this group and injuries certainly have hurt our participation level in all age groups. We had a number of quality Senior division runners that were injured for the entire season. That is why it is important we have a large team.

Next season we have the potential to have a strong Super Seniors team as Tom O'Connor and Brian Davis both turn 60 during the season. In all categories we need to make a commitment to race if we want to highest level of success we are capable of achieving. That said, the most important thing is to **enjoy it**. The four meets I was able to run this year were good days even when my performance was not what I wanted. My wife and I found a few new places to eat that were dog-friendly and the bagels and beer did not disappoint at Tamalpa. I also enjoyed the Empire race being in November. Remember that next season the USA-TF XC Team Nationals will be in Golden Gate Park. The last time this area hosted the race was in 2006.

For those that ran this season, thanks again for taking the time, doing the traveling, and competing for WVJS. Hope to see you out there next year.

Keep on Running,
Jeff

2014 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 15 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 7 different events in order to be eligible for an award.** The standings to date for 2014 for all who have scored in three or more races are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races as two races. The 2nd number is the total number of events competed in.

Elite Division

Jorn Jensen (8-6)	200
Brian Davis (8-7)	198
Calvin Do (4-3)	99

A Division

Ray Rodriguez (8-5)	199
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Norry McAllister (8-7)	197
Ken Camet (8-8)	194
Barry Farrara (7-4)	169
Scott Bang (6-5)	134
Geoff Bradley (5-4)	115
Tom Lockhart (5-3)	106

B Division

Dino Delyani (8-13) 200

C Division

Robt Navarette (8-7)	194
Dave McIntyre (8-10)	180
Mark Goldman (8-6)	176
Dan Anderson (7-4)	173
Brian Conroy (6-5)	148
Jeff Bedolla (7-6)	134
Todd Hayes (6-5)	134
Neil Gelblum (6-6)	123
Glenn Kishi (5-4)	104
Bill Dunn (4-3)	92
Paul Taylor (4-4)	84
Dick Chimenti (4-3)	77

George Lo (8-7)	196
Jim Bordon (8-8)	192
Mike Krey (6-4)	129
Gary Waggoner (3-3)	75

D Division

Joe Hurtado (8-8)	195
Bill Dodson (8-10)	193
Dave Norlander (8-10)	184
Bob Lord (8-8)	139

Kristina Park (3-3)	72
Aaron Lee (3-3)	59
Scott Graham (3-3)	51

E Division

Kat Powell (8-8)	200
Eddie Reyna (7-4)	170
Tom Warfel (4-4)	69
Don Packwood (3-3)	65
Walt Van Zant (3-3)	60

SATURDAY WORKOUT RESULTS

5/31/14-Short Six Course – 5.74M

1 Brian Davis	36:17 PR
2 Norry McAllister	36:19
3 Dennis Kurtis	36:44 PR
4 Ken Camet	37:25
5 Geoff Bradley	38:26
6 Tom O'Conner	38:43
7 Dino Delyani	38:57
8 Kristina Park	39:48
9 George Lo	40:04
10 Jim Bordon	40:11
11 Robert Navarrete	43:09
12 Paul Taylor	43:25
13 Jim Howe	43:43
14 Mark Goldman	43:51
15 Neil Gelblum	44:48
16 Dave McIntyre	45:47
17 Glenn Kishi	49:15
18 Brian Low	50:06
19 Jeff Bedolla	51:44
20 Kat Powell	51:44
21 Lisa Norlander	55:19
21 Dave Norlander	55:19
23 Chris Blue	58:08
24 Tom Warfel	72:14
25 Carl Peterson	72:23

Dick Barrett Trophy Winner - Dennis Kurtis

Great turnout today with many runners who wanted to run with Dennis Kurtis in his last WVJS race before moving to Florida in two weeks. Dennis tied the 60+ age group record and received the trophy for his effort. There were many great performances with 8 runners breaking 40 minutes on this challenging course. Danny Moon made the sacrifice not to run and opted to time instead. Pablo Rodriguez and Madelyn Moon also helped with

the timing. Other notable accomplishments included – Brian Davis and Norry McAllister not only had a very close race for first but they recorded the all-time #4 and #5 55+ bests for this course, pushing Tom O'Connor, who did run well today, back to #7. Brian's time was a 2-minute improvement on his previous best. Jim Bordon improved his 60+ PR by 45 seconds and Jim Howe's time put him #10 on the 65+ list. 71 55+ runners, 51 60+ runners, and 26 65+ runners have run this course.

6/7/14-All Courses Day
Valle Vista – 3.0M

1 Geoff Bradley	18:17
2 Norry McAllister	18:18
3 Scott Bang	18:23
4 Dennis Kurtis	18:30
5 Ken Camet	18:43
6 Mike Krey	20:33
7 Bill Dunn	20:42
8 Robert Navarrete	21:02
9 Mark Goldman	21:46
10 Paul Taylor	21:50
11 Neil Gelblum	22:01
12 Jim Howe	23:01
13 Glenn Kishi	23:41
14 Brian Low	24:26
15 Kat Powell	26:40
16 Jeff Bedolla	28:24
17 Rich Collins	29:53

Douglas – 2.75M

1 Don Packwood	35:48 RW
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Farwell – 3.54M

1 George Lo	24:42.8
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Farwell/H-4.68M

1 Kat Powell	51:23
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Short Six – 5.74M

1 Calvin Do	34:57.2
2 Jorn Jensen	34:57.5
3 Gary Waggoner	36:36
4 Norm Takeuchi	44:07
5 Kat Powell	57:47
6 Tom Warfel	66:37

Dick Barrett Trophy Winner – Geoff Bradley

As can be seen, the big race of the day was the Valle Vista run with 17 competitors. Geoff Bradley barely edged Norry by a couple of yards for the win. Norry did break his 55+ record by one second. Denis Kurtis, running his last Saturday race before moving to Florida, missed Bill Dunn's club 60+ course record by 7 seconds. Bill Dunn, now running in the 65+ age group, improved his 65+ best by 56 seconds to move to #4 on the 65+ list. Mark Goldman beat his 60+ PR by 19 seconds.

There was also good competition in the Short Six race with Calvin winning by a fraction over Jorn, whose time put him #18 on the all-time 45+ list out of the 108 club 45+ runners who have run this course. Based upon our 10K equivalency tables, Gary Waggoner ran his best race of the year with his 3rd place finish in the Short Six race.

Thanks to Danny Moon and Becki Kriege for helping at the finish line.

6/14/14 – Valle Vista – 3.0M

1 Kevin Breit	18:12
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2 Gary Waggoner	18:17	Norlander improved his 75+ best by 7	3 Ken Camet	5:41.4
3 Ellie Lemco	18:49 PR	minutes. Chris Blue recorded the #3 best	4 Dino Delayni	6:11.8
4 Geoff Bradley	18:50	by a club 65+ runner, 72 seconds behind	5 George Lo	6:26.5
5 Dino Delyani	19:49	the leading time by Marcia Morrison. Jim	6 Robert Navarrete	6:36.0
6 Aaron Lee	20:59	Howe edged by his 65+ PR by one	7 Mark Goldman	6:56.6
7 Des Knuckey	22:12	second. Bob Lord has been very	8 Neil Gelblum	7:25.4
8 Jim Howe	22:31	consistent on this course with his last	9 Dave Norlander	8:27.6
9 Bob Lord	24:27	three runs being 39:35, 39:29, and 39:32.		
10 Glenn Kishi	28:01	His big goal is to break the 75+ record of		
11 Chris Blue	28.02	39:10. Thanks to Rick Kananen for		
12 Dave Norlander	29:01	typing the results and to Carl Petersen for		
13 Don Packwood	37:26	helping Rick at the finish line.		

Dick Barrett Trophy Winner – Bob Lord.

Close win for Kevin. Bob Lord broke the 75+ course record held by Carl Petersen by 23 seconds. Ellie Lemco improved her PR by 2+ minutes. Helpers at the finish line included Ken Camet, Carl Peterson, and Danny Moon.

6/21/14 – Triangle Run – 4.76M

1 Calvin Do	28:02
2 Jorn Jensen	28:11
3 Norry McAllister	29:24
4 Gary Waggoner	29:28
5 Dino Delyani	31:57
6 Manesh Agarwal	32:20
7 Kristina Park	32:26
8 Mike Krey	33:06
9 George Lo	33:36
10 Robert Navarrete	33:54
11 Mark Goldman	34:37
12 Jim Howe	35:51
13 Ken Camet	35:52
14 Norm Takeuchi	36:04
15 Bob Rea	36:27
16 Neil Gelblum	36:52
17 Carol Bednar	37:31
18 Bob Lord	39:32
19 Glenn Kishi	39:52
20 Jeff Bedolla	40:42
21 Dave Norlander	43:43
22 Lisa Norlander	43:43
23 Chris Blue	47:54
24 Uyenthi Tran	47:54
25 Tom Warfel	54:41
26 Don Packwood	61:47 RW

Dick Barrett Trophy Winner – Calvin Do

Calvin held off a late-minute charge by Jorn for the win. Several runners complained that it was warmish this morning. Some of the notable events included – Gary Waggoner improved his 50+ best by nearly 2 minutes. Dave

6/28/14- Rick Milam 3000/1500/800 Track

Day

3000M

1 Norry McAllister	10:44.3
2 Geoff Bradley	10:49.7
3 Gary Waggoner	10:52.7
4 Dino Delyani	11:45.0
5 Brian Conroy	11:57.1
6 George Lo	12:11.9
7 Becki Kriege	12:14.2
8 Robert Navarrete	12:37.7
9 Mark Goldman	13:13.0
10 Neil Gelblum	13:47.5
11 Dave Norlander	16:23.1
12 Don Packwood	20:34.2

2 Mile Equivalent

1 Norry McAllister	11:35.6
2 Geoff Bradley	11:41.4
3 Gary Waggoner	11:44.7
4 Dino Delyani	12:41.1
5 Brian Conroy	12:24.4
6 George Lo	13:10.2
7 Becki Kriege	13:12.7
8 Robert Navarrete	13:38.0
9 Mark Goldman	14:16.2
10 Neil Gelblum	14:53.4
11 Dave Norlander	17:41.4
12 Don Packwood	22:12.5

1500M

1 Geoff Bradley	5:12.8
2 Norry McAllister	5:15.5
3 Ken Camet	5:16.2
4 Dino Delyani	5:44.4
5 George Lo	5:58.0
6 Robert Navarrete	6:06.8
7 Mark Goldman	6:25.9
8 Neil Gelblum	6:52.6
9 Dave Norlander	7:50.2

One Mile Equivalent

1 Geoff Bradley	5:37.7
2 Norry McAllister	5:40.6

800M

1 Geoff Bradley	2:34.1
2 Jim Bordoni	2:36.6
3 Norry McAllister	2:37.3
4 Gary Waggoner	2:38.1
5 Ken Camet	2:44.0
6 Dino Delyani	2:53.7
7 Mike Kriege	2:53.8
8 Robert Navarrete	3:03.2
9 Danny Moon	3:16.0
10 Mark Goldman	3:23.1
11 Neil Gelblum	3:34.5
12 Dave Norlander	3:50.4

Dick Barrett Trophy Winner – Jim Bordoni

Writeup By Jeff Rohrer

Today was the 5th Annual Track Day and the 4th year it has been the Rick Milam Track Day. Rick was famous in the local running community as a coach, official, and overall advocate of cross country and track and field. Most importantly he was a great guy and well liked. This year I asked one of Rick's good friends, Danny Moon, to share a Rick story. Danny first made a point of saying that Rick was a great guy and mentioned his role as the announcer at the Los Gatos All Comers' Meets. Rick always had a way of making you feel good. One meet after Danny had run the mile and was going to finish his night with the 200 he got to the line to run but Rick kept running heats that did not include Danny. Finally Danny asked Rick when he was going to run and Rick told Danny to be patient that he was going to "get him a win". Finally Rick called "Ok, next will be the kids and "Grandpa Moon". Danny got his win.

7/5/14 – One Mile Run on the Track

Heat #1 – 6:00+

1 Brian Conroy	6:06.2
2 David Larson	6:11.7
3 Todd Hayes	6:22.9
4 Zoe McAllister	6:23.4
5 Paul Taylor	6:34.4
6 Dave McIntyre	6:43.3
7 Mark Goldman	6:56.4

8	Danny Moon	7:05.7
9	Scott Graham	7:10.1
10	Neil Gelblum	7:45.0
11	Kat Powell	8:15.5
12	Dave Norlander	8:17.9
13	Tom Warfel	8:37.5
14	Don Packwood	9:57.4

Brian took the lead after about 300 meters and then just kept lengthening his lead to earn an easy win. David Larson closed fast during the last 200 meters to get reasonably close.

Danny needed a fast last lap in order to break 7 minutes but his body was not up to the task. Don Packwood was 6 seconds over 10-minute pace with a lap to go and finished fast (relatively) to break that barrier.

Heat #2 – (Under 6-Minute Runners)

1	Norry McAllister	5:28.6
2	Scott Bang	5:31.9
3	Gary Waggoner	5:32.4
4	Andy Williams	5:42.7
5	Ken Camet	5:45.3
6	Aaron Lee	5:46.3
7	Dino Delyani	5:47.6
8	Dave McIntyre	6:51.7

Slow start (81 and 2:51 for the first two laps). Then, the top four began pulling away from the pack as they ran an 83 third lap. Scott led Norry and Gary by a fraction at the start of the last lap and they stayed that way for the next 200 meters as Scott desperately tried to pull away. Gary dropped back with 200 meters to go and then Norry sprinted by Scott with about 80 meters left and held on for the win.

Dick Barrett Trophy Winner – Norry McAllister

7/12/14 – Dou/Sar/Frvle – 2.75M

1	Calvin Do	15:26 PR
2	Jorn Jensen	15:30
3	Gary Waggoner	16:28
4	Geoff Bradley	17:17
5	Scott Bang	17:22
6	Dino Delyani	17:32
7	Kristina Park	17:54
8	Mike Krey	18:45
9	Paul Taylor	19:25
10	Aaron Lee	19:36
11	George Lo	19:55
12	Rob Jacobson	20:09
13	Grant Jacobson	20:09
14	Mark Goldman	20:18
15	Dave Piazza	20:31
16	Scott Granham	21:00

17	Neil Gelblum	21:25
18	Uyenthi Tran	21:47
19	Jeff Bedolla	22:07
20	Kat Powell	23:38
21	Dave Norlander	23:52
22	Chris Blue	25:01
23	Tom Warfel	28:18
24	Carl Petersen	31:23
25	Walt Van Zant	31:32 PW
26	Don Packwood	31:50

Dick Barrett Trophy Winner – Calvin Do

Calvin followed Jorn until he reached the college entrance and then sprinted by Jorn for the win. Kristina led the ladies. Chris Blue improved her 65+ best by 2 ½ minutes to break the course record for that age division by 42 seconds. 57-year-old Dino Delyani continued his downward spiral. He has a PR of 17:14 but his last three runs have been 17:25, 17:31, and a 17:32. Aaron Lee ran the course twice today – once at 7:15AM in 20:00 and once at 8AM with us in 19:36. Dave Piazza ran this course for the first time in 4 years. Gary Waggoner averaged under 6 minutes per mile while improving his 50+ PR by 51 seconds. Dave Norlander improved his 75+ best by 2+ minutes. Thanks to Jim Bordoni, Norry McAllister, and Danny Moon for helping at the finish line.

7/19/14 – Farwell/H – 4.68M

1	Roberto Palos	28:28 PR
2	Gary Waggoner	28:34
3	Geoff Bradley	31:03
4	Dino Delyani	31:09
5	Todd Hayes	33:24
6	Paul Taylor	34:27
7	Norm Takeuchi	35:18
8	George Lo	36:03
9	Tim Souza	36:10
10	Scott Graham	36:33
11	Hank Lawson	36:54
12	Neil Gelblum	37:09
13	Dave McIntyre	37:14
14	Scott Bang	37:39
15	Brian Low	38:15
16	Carol Bednar	38:46
17	Jeff Bedolla	39:27
18	Kat Powell	41:53
19	Dave Norlander	42:33
20	Mike McMahon	42:47
21	Tom Warfel	48:41
22	Carl Petersen	53:26
23	Walt Van Zant	60:17 PU

Dick Barrett Trophy Winner – Roberto Palos

As was the case last week, we had another close race this morning but with two different runners. Roberto and Gary came into the campus together with Roberto proving to be the stronger finisher. The 50+ runner improved his all-time PR by 13 seconds and recently-turned 50+ runner Gary came within 21 seconds of his all-time best while improving his 50+ best by 75 seconds. Gary ran his PR when he was a kid of 39. Brian Low ran this course for the first time as a 70+ runner, recording the 9th best-ever time by a club 70+ runner. We had four 75+ runners finish this morning. Two of them – Dave Norlander and Mike McMahon ran the #5 and #6 best-ever times for their age category. Carl Petersen holds the 75+ record at 39:06. Hank Lawson was extremely pleased to average under 8:00 per mile (7:53). Thanks to Danny Moon, Jim Bordoni, and Becki Kriege for helping at the finish line.

Lastly, Tim Souza emerged from hibernation to run this course for the first time in three years and he ran very well, considering that he is a few pounds over his best running weight. Tim ran this course in 24:45 on 8/26/89, when he was 29 years old. I went back and looked at the writeup for that run and have shown it below this writeup. Seven runners broke 26 minutes that day and about half of the runners who competed on 8/26/89 are still with the club.

8/26/89 – Farwell/H – 4.68M

1	Mike Kriege	24:19
2	David Furst	24:36
3	Tim Souza	24:45 PR
4	Charles Lighty	25:28
5	Bob Herndon	25:43
6	Richard Johnson	25:49
7	Tim Rostege	25:58
8	Jim Wisener	26:50
9	Dave Garcia	26:52
10	Don Dugdale	27:31
11	Becki Kriege	27:32 PR
12	Jake White	27:33
13	Dick Chimenti	27:41 PR
14	Sam Vandenburg	27:56
15	Joe Hurtado	28:21 PR
16	Tom Warfel	28:22
17	Ken Napier	28:27
18	Jim Myers	28:47 PR
19	Walt Van Zant	29:28
20	Dave Bauer	29:51 PR

21	Bob Shuck	29:56
22	Dave Norlander	30:13
23	Ken Noel	31:44
24	Jim Whalen	31:47
25	Dave Rebal	31:54
26	Sue Francis	32:01
27	Rich Collins	33:25
28	Walter Williams	34:10
29	Antonina Ettare	35:36 PR

finisher and walked away with the trophy. Thanks to Des Knuckey and Uyenthi Tran for handling the timing.

rated himself at 9:00 and ran 8:35. Paul Taylor rated himself at 9:30 and ran 9:00. Kristina was rated at 7:30 and ran approximately 7:05. The other runners did not keep track of their splits but Dino believes that he averaged slightly under a 39 average and he was rated at 7:45. Thanks to Becki Kriege for handling the finish line.

8/2/14-One Mile Runs on the Track

Heat #1 – 6:30+ Runners

1	George Lo	6:22.1
2	Jeff Rohrer	6:23.0
3	Jorn Jensen	6:24.0
4	Dave McIntyre	6:43.0*
5	Jeff Bedolla	7:23.1
6	Dave Norlander	7:56.0*
7	Kat Powell	8:06.8*
8	Rich Collins	8:07.0
9	Don Packwood	9:23.2*
10	Walt Van Zant	9:37.3 PW

8/16/14 – 12 x 600M Relay

<u>Pl</u>	<u>Team</u>	<u>Time</u>
1	L.Nast/Matt Kriege	30:02
2	Moon/R.Jacobson	30:52
3	Packwood/Waggoner	32:52

We had a lot of our good runners show up this morning and they produced some good times. Mike Kriege pulled away from David and Tim in front of Saratoga high school to record the second best-ever time on this course. David missed the 40+ record by 4 seconds. Tim joined Mike as the 7th and 8th members of the sub-25 club on this course. Becki took 23 seconds off her women's course record. Sam Vandenburg led eight 50+ runners with his 27:56. This moved him to #2 on the all-time 50+ list. Oldie Ken Noel ran his first Saturday workout since his surgery. Antonina ran another PR.

Heat #2 – Under 6:30 Runners

1	Jorn Jensen	5:11.3
2	Gary Waggoner	5:30.7*
3	Scott Bang	5:33.8
4	Kristina Park	5:34.9
5	Ken Camet	5:36.4*
6	Jim Bordoni	5:38.7
7	Aaron Lee	5:40.9*
8	Dino Delyani	5:44.6*
9	Brian Conroy	5:58.2*
10	Mike Krey	6:14.4
11	Paul Taylor	6:25.4*
12	George Lo	6:46.0

Phantom Dick Barrett Trophy Winner – Liz Nast

Small but enthusiastic group of runners. Gary Waggoner led the way with a sub 2-minute average. Poor Don Packwood. We grabbed him as he arrived on his bike and badgered him into running this relay as we needed another runner to complete a team and we think that in between heavy gasps from his biking effort that he agreed to run. He did appear to be confused as we pushed him to the starting line. Thanks to Carl Petersen, Robert Navarrete, and Becki Kriege for helping with the timing.

7/26/14-5K on the track

1	Jorn Jensen	17:25
2	Brian Davis	18:32
3	Geoff Bradley	18:40
4	Gary Waggoner	18:41
5	Scott Bang	19:38
6	Tom O'Connor	19:52
7	Maneesh Agarwal	19:54
8	Dino Delyani	19:57
9	Kristina Park	20:16
10	Becki Kriege	20:17
11	Aaron Lee	20:37
12	Matt Kriege	20:45
13	Brian Conroy	20:48
14	George Lo	21:48
15	Paul Taylor	22:04
16	Mark Goldman	22:14
17	Dave Piazza	22:58
18	Scott Graham	23:12
19	Jeff Bedolla	25:42
20	Bill Dodson	25:58
21	Mike McMahon	26:36
22	Katt Powell	26:58
23	Dave Norlander	27:40
24	Don Packwood	33:52

Dick Barrett Trophy Winner – Jorn Jensen

Dave McIntyre blasted off to a 91 first lap in the first heat but faded after that as George Lo scored a narrow win over Jeff and Jorn. Still, Dave bettered his time from when he ran the mile on 7/5/14. Jorn took off very fast in the 2nd heat, passing through the first 3 laps in 77.77, and 78 before finishing with a 79. He won by nearly 100 meters. All runners marked with an asterik bettered their 7/5 mile times. Your editor ran an unwitnessed mile before anyone got to the track. Thanks to Danny and Madelyn Moon and Des Knuckey for helping at the finish line.

8/9/14-36 x 200M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Camet/Taylor/Park	-0-	24:40
2	Lo-Matt Kriege-Delyani	1:19	25:47

Dick Barrett Trophy Winner – Dino Delyani

This could have been a good race if I had started both teams together as just 2 seconds separated their scratch times. Ken Camet

8/23/14-Farwell – 3.54M

1	Gary Waggoner	21:24.7
2	Scott Bang	22:24.7
3	Geoff Bradley	23:16.0
4	Kristina Park	23:20.0
5	Norry McAllister	23:30.8
6	Dino Delyani	23:31.2
7	Brian Conroy	23:42.1
8	Jim Bordoni	23:57.8
9	Matt Kriege	24:53.4
10	Aaron Lee	25:06.4
11	George Lo	25:12.1
12	Rob Jacobson	26:03.9
13	Mark Goldman	26:27.3
14	Scott Graham	26:34.7
15	Dave McIntyre	26:38.5
16	Brian Low	28:42.7
17	Jeff Bedolla	29:20.1
18	Rich Collins	34:12.8
19	Tom Warfel	35:35.x
20	Uyenthi Tran	36:48.x
20	Chris Blue	36:48.x
22	Walt Van Zant	40:04.4 PW
23	Carl Petersen	40:33.7
24	Don Packwood	41:01.8

Dick Barrett Trophy – Jorn Jensen

We had a good turnout this morning for the track 5K. Brian Davis (18:32) and Tom O'Connor (19:52) even made the trip down the bay to run with us. Jorn (17:25) was our first

Dick Barrett Trophy Winner – Gary Waggoner

Easy win for Gary this morning as he took 35 seconds off his 50+ best. Scott Bang improved his 45+ PR by 43 seconds, Brian Conroy improved his 55+ best by 20 seconds, and Aaron Lee broke his 40+ PR by 4 minutes. Brian Low recorded the #10 best for 70+ runners. Thanks to Danny Moon for handling the finish line.

8/30/14 – 16 x 400M Relay

1 Taylor/Bang	23:00
2 Matt Kriege/Krey*	23:19
3 McIntyre/Park	23:39
4 Golman/Delyani	24:34
5 Moon/Lo	25:00
6 Norlander/Waggoner	25:33

Dick Barrett Trophy Winner – Dave Norlander

No staggered starts this morning. Trophy was given to Dave Norlander because he, as a 75+ runner, accepted the chore of getting a short rest while teaming with the fastest runner, Gary Waggoner. The top 3 averages were 78 by Gary, 81 by Scott Bang, and 82 by Kristina Park. Thanks to Carl Petersen for recording all of the lap times. His handwriting has improved so much (all of his writing was completely legible) that he now is disqualified from writing prescriptions and will have to give up on his ambition to become a doctor at age 76.

9/6/14 – Valle Vista -3.0M

1 Gary Waggoner	18:16
2 Andy Williams	18:27
3 Geoff Bradley	19:35
4 Ken Camet	19:41
5 Kristina Park	19:43
6 Paul Taylor	21:14
7 Robert Navarette	21:31
8 Matt Kriege	22:34
9 Brian Low	24:23
10 Kat Powell	25:56
11 Dave Norlander	27:12
12 Chris Blue	28:53
13 Carl Petersen	35:10

Short Six – 5.74 Miles

1 Neil Gelblum	48:21
2 Don Packwood	68:48

Dick Barrett Trophy Winner – Andy Williams

We ran the Valle Vista course jointly with runners from the West Valley Track Club, who were celebrating the 50th anniversary of the formation of their club. They timed their runners and we timed our runners. 50+ runner Gary Waggoner scored a close win over fellow 50+ runner Andy Williams. Gary improved his 50+ best by one second. Andy made no improvement but was given the trophy because he ran much better than he has been in recent months. Brian Low ran very well in his first attempt on this course as a 70+ runner, recording the #12 best-ever by a 70+ runner. Dave Norlander took 2 minutes off his 75+ best. Neil Gelblum made it to the Country Inn for the first time since we started having breakfast there after our Saturday runs.

9/13/14-4 x 1.46M WVC Campus Loop Relay

Pl	Team	Start	Finish
1	Tran/Graham	3:00	45:59
2	Packwood/Waggoner	-0-	46:00
3	Blue/Park	1:00	46:06
4	Taylor/Lee	8:00	47:06
5	Norlander/Delyani	3:00	47:26

Dick Barrett Trophy Winner - None

Very close race this morning with Gary Waggoner coming from 4th place at the start of the last lap to nearly catch the winner - Scott Graham. Scott knocked 23 seconds off his first-run time in order to get the win. Gary had the fastest average at 8:33 and Kristina Park had the fastest women's time with a 9:21 average. Jim Bordoni did a super job of putting the teams together as the spread was just 87 seconds from first to last and only 7 seconds between the first 3 teams. We had an odd number of runners available for the relay; so, Jim ran solo, starting each leg with Aaron Lee and did not get to see the exciting finish. Thanks to Danny Moon for doing the timing. No trophy winner as it is still in the trunk of my car but it would have been given to the Tran-Graham team.

9/20/14—18 x 0.33M Half Tennis Court

Pl	Team	Start	Finish
1	Nast Dunn/Waggoner	37:01	
2	Noble/Matt Kriege/Park	42:59	

Dick Barrett Trophy Winner – Liz Nast

Most of the runners were self rated with the result that we did not have a close race. Liz was pleased that she was able to average

about 7:00 per mile when she expected 8:15. Oldie Bill Dunn averaged about 6:00 pace. And, Gary Waggoner averaged 5:30. The runners on the second team did not time their runs. But, Dena Noble thought that she ran the fastest of her threesome.

9/27/14-Valle Vista & Short Six

Valle Vista-3.0M

1 Gary Waggoner	18:10
2 Norry McAllister	18:16
3 Andy Williams	18:31
4 Dino Delyani	19:47
5 Kristina Park	19:50
6 Jim Bordoni	20:04
7 Matt Kriege	21:44
8 Dave McIntyre	22:05
9 Todd Hayes	22:29
10 Mark Goldman	22:37
11 May Carig	33:15
12 Carl Petersen	33:32

Short Six-5.74M

1 Geoff Bradley	41:46
2 George Lo	43:37
3 Paul Taylor	43:54
4 Scott Graham	44:22
5 Brian Low	48:22
6 Kat Powell	51:05
7 Chris Blue	54:48
8 Dave Norlander	56:11

Dick Barrett Trophy Winner – Norry McAllister

Gary Waggoner won his 2nd Valle Vista run in the last three weeks, breaking his 50+ PR by 1 second on his first try and by 6 seconds on his second try. Norry finished 2nd with a 2-second improvement on his 60+ PR. Dave McIntyre broke his 50+ PR by 23 seconds.

Geoff Bradley led the way in the Short Six race. Kat Powell tied her 60+ PR. Chris Blue recorded the 2nd best-ever women's 65+ time, 29 seconds behind Marcia Morrison. Brian Low ran the 7th best-ever 70+ time for men.

10/4/14 – Step Up & Down Relay

Pl	Team	Start	Finish
1	Conroy/Park	1:15	31:03
2	Moon/Bordoni	-0-	32:34
3	Hayes/Bradley	2:00	33:05
4	Lo/Graham	1:45	34:37

Phantom Dick Barrett Trophy Winner – Brian Conroy

(Writeup by Becki Kriege)

We had eight fearless athletes on the track this warm Saturday morning. Danny was drafted to help me set up the handicaps based on my dad's rankings. We gave it our best shot but, sadly, we failed the Lo/Graham team. Brian Conroy exceeded expectations and he was the trophy winner. Carl Petersen and Madelyn Moon did a great job of timing and keeping us organized. Editor's Comment. A math error or two was made in computing the starting times. The Moon/Bordoni team should have won. As usual, your editor missed badly on many of the ratings.

10/11/14 - 6 x 1600M Relay

Pl	Team	Start	Finish
1	Rebal/Waggoner	-0-	42:48
2	Conroy/Dunn	5:30	44:37
3	Moon/Bradley	5:45	45:01
4	Goldman/McAllister	6:30	45:03
5	Delyani/Bordoni	7:45	45:10
6	Graham/Camet	7:30	46:20

Dick Barrett Trophy Winner – Geoff Bradley

Don Rebal made a rare visit to the Santa Clara Valley (from Oregon), conned the kindly, trusting, and naive handicapper into believing that he would average 9:30 per mile but averaged 8:33 per mile, and then led his team to a 2-minute win. Don fled from the track to the yelling of "don't come back." Gary Waggoner had the best average at 5:43 per mile and was closely followed by Norry McAllister with an average of 5:46 per mile (with a final mile of 5:35).

10/18/14 – Triangle – 4.76M

1	Gary Waggoner	29:20
2	Norry McAllister	30:00
3	Dino Delyani	32:07
4	Geoff Bradley	32:16
5	Kristina Park	33:04
6	George Lo	35:34
7	Robert Navarrete	36:09
8	Scott Graham	36:24
9	Jeff Bedolla	39:50
10	Brian Low	40:02
11	Danielle Zewinski	43:18
11	Phil Spink	43:18
13	Chris Blue	44:31
14	Rich Collins	48:16
15	Don Packwood	52:43
16	Walt Van Zant	56:41
17	Carl Petersen	59:07
18	Tom Warfel	62:16

Dick Barrett Trophy Winner – Chris Blue

Gary Waggoner scored his 4th consecutive Saturday road win, Brian Low recorded the 10th best-ever 70+ time for this course, and Chris Blue took home the weekly Trophy as she broke the women's 65+ women's record for this course.

10/25/14 – Dou/Sar/Frtvle – 2.75M

1	Gary Waggoner	16:43
2	Brian Conroy	18:05
3	Becki Kriege	18:31
4	George Lo	19:23
5	Robert Navarrete	19:50
6	Matt Kriege	20:09
7	Hank Lawson	20:37
8	Dave McIntyre	20:50
9	Scott Graham	21:28
10	Helen Wong	21:47
11	Phil Spink	23:06
11	Danielle Zelinski	23:06
13	Tom Warfel	27:10
14	Don Packwood	28:50

Dick Barrett Trophy Winner – Brian Conroy

Gary Waggoner ran to his 5th consecutive road run win, Brian Conroy showed continued improvement in his running to win the weekly trophy, Becki Kriege felt sufficiently injury-free to run her first Saturday road run of the year, Helen Wong made her first Saturday appearance in a long time, Tom Warfel went off one of his medications for one week and improved from a 13:04 per mile pace for the Triangle run last week to a 9:52 pace this week. Thanks to Danny Moon and Jim Bordoni for helping at the finish line. Jim also risked his life to stop the cars while the runners crossed Fruitvale Ave at the start. We ran in a light drizzle.

11/1/14-8x0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Wong/Lo	-0-	36:51
2	Lawson/Bradley	3:15	37:42
3	Graham/Park	3:15	37:47
4	Norlander/McAllister	:15	38:15
5	Delyani/Waggoner	6:30	38:46

Dick Barrett Trophy Winner – Dave Norlander

Dick Barrett Trophy Winner – Danny Moon

Danny took home the weekly trophy for his masterful strategy – faking that he would be on

the Lo team and then subbing Helen Wong in his place. This paid off in a 51-second win for the Lo team. Helen was seen giving Danny a check as we left. Gary Waggoner again led our runners with a 3:48 average. He was followed by Norry at 3:53, Geoff at 3:58 and Kristina at 4:03. Danny Moon and Chris Blue were our helpers at the finish line.

11/8/14 – Farwell/H – 4.68M

1	Gary Waggoner	28:21
2	Norry McAllister	28:47
3	Geoff Bradley	31:13
4	Becki Kriege	31:38
5	Kristina Park	31:43
6	Scott Bang	32:42
7	George Lo	33:09
8	Robert Navaarrete	33:45
9	Mark Goldman	34:27
10	Matt Kriege	36:10
11	Helen Wong	36:57
12	Brian Low	37:59
13	Jeff Bedolla	38:47
14	Kat Powell	40:10
15	Chris Blue	44:24
16	Rich Collins	52:30
17	Carl Petersen	60:46

Dick Barrett Trophy Winner – Becki Kriege

Gary Waggoner ran to his 6th consecutive Saturday morning road win this morning, bettering his 50+ PR by 13 seconds. Norry McAllister, who now refers to Gary as the kid because Gary is in the 50/54 category and Norry is in the 55/59 category, ran well to finish 2nd. Becki and Kristina finished 1-2 for the ladies. Becki was given the weekly trophy because she missed her 45+ PR by just 7 seconds after a long layoff due to injuries. Becki and several others missed their age-group PRs by mere seconds. Norry missed by 18 seconds, Geoff missed by 10 seconds, Robert missed by 1 second, and Mark missed by 7 seconds. Georgia Riley dodged two bullets this morning. Kat missed breaking Georgia's 60+ club record by 3 seconds and Chris Blue missed Georgia's 65+ record by 23 seconds. Brian Low was credited with a 37:59 time to move into 8th place on the 70+ list. He missed moving in front of Dave Norlander on the 70+ list by 2 seconds Dave (slow thumb Norlander), our timer, denied that he clicked the watch late after Brian crossed the finish line but had a sneaky smile on his face.

Thanks to Danny Moon, Dave Norlander, and

Jim Bordoni for helping at the finish line (Brian did not thank Dave).

11/15/14 – 8 x 1200M Relay

Pl	Team	Time
1	Hayes/Waggoner	37:04
2	Dunn/Park	37:48
3	Lawson/Bradley	38:26
4	Wong/Lo	40:32

Dick Barrett Trophy Winner – Kristina Park

The Waggoner team ran to an easy win. Gary Waggoner, Geoff Bradley, and Kristina Park had the fastest splits. Dave Norlander and Don Packwood handled setting up the teams and doing the timing. Helen Wong was upset with Dave Norlander's rating for her. Dave denied responsibility. Scott Bang had to run by himself.

11/22/14 – Farwell – 3.54M

1	Calvin Do	21:04.9
2	Roberto Palos	21:09.8
3	Gary Waggoner	21:18.6
4	Norry McAllister	22:14.7
5	Geoff Bradley	23:30.5
6	Dino Delyani	23:38.3
7	Kristina Park	23:39.8
8	Becki Kriege	23:58.5
9	Jeff Rohrer	24:57.7
10	Bill Dunn	25:17.1
11	Robert Navarrete	25:26.4
12	George Lo	25:59.1
13	Mark Goldman	26:18.0
14	Matt Kriege	27:15.4
15	Catherine Frye	27:27.1 PR
16	Dave McIntyre	27:43.5
17	Helen Wong	28:04.5
18	Jeff Bedolla	28:36.7
19	Dick Chimenti	29:30.7
20	Bob Lord	30:25.5
21	Kat Powell	30:48.9
22	Dave Norlander	32:10.2
23	Chris Blue	33:02.5
24	Glenn Kishi	33:03.4
25	Dena Noble	41:25.7
25	Don Packwood	41:25.7

Dick Barrett Trophy Winner – Calvin Do

Calvin, Roberto, and Gary ran together for the first 2 miles before Calvin and Roberto broke away. They stayed together until about 200 yards from the finish, when Calvin sprinted away to victory. Roberto missed his PR by 6

seconds and Gary improved his 50+ best by 6 seconds. Kristina led the ladies. Bill Dunn recorded the #7 best-ever by a 65+ runner. Robert Navarrete was surprised when he stopped for a car when crossing Fruitvale and saw Bill Dunn sprint by him inches before the car passed by. Catherine ran an all-time PR by 10 seconds. Bob Lord gave it a good effort to break Bill Dodson's 75+ course record but came up 38 seconds short. This put him #3 on the 75+ list behind Bill and Carl Petersen. Dave Norlander recorded the #5 75+ time, knocking 7 minutes off his 75+ best. Chris Blue pushed hard in the last few yards to tie the 65+ course record for women.

11/29/14-8x0.52MTennis Court Relay

1	Knuckey/Lee	28:27
2	Blue/Park	30:21
3	Norlander/Conroy	31:33
4	Noble/McAllister	33:41
5	Packwod/Navarrete	35:10

Dick Barret Trophy Winner –Robert Navarrete

The scheduled relay this morning was the 4 x 1.46M WVC campus loop relay. However, it rained fairly hard overnight and looked bad when we arrived at 7:30AM. So, we decided to run a modified tennis court loop relay, cutting through the path between the tennis courts to shorten the loop from 0.66M to 0.52M. It turned out that we had a very good workout in that there was no rain, no wind, and moderate temperatures. The relay teams were perfect (if you like slaughters) in that there were no close races for any places. Norry and Kristina led the way with averages of 3:05 and 3:08. Robert Navarrete won the weekly trophy because he willingly agreed to stand around for long periods, waiting for his partner to finish his leg. Don Packwood did warn us that he was out of condition and would run slow and, indeed, he did until he found Dave McIntyre to replace him for his last leg. Thanks to Danny for doing the timing.

12/6/14-Short Six-5.74M

1	Norry McAllister	36:49
2	Gary Waggoner	38:02
3	Geoff Bradley	39:21
4	Kristina Park	39:35
5	Dino Delyani	39:42
6	Scott Bang	40:06
7	George Lo	42:18

8	Bill Dunn	42:27
9	Aaron Lee	42:39
10	Marty Eng	45:59
11	Dick Chimenti	47:07
12	Dave McIntyre	48:41
13	Bob Lord	52:10
14	Kat Powell	53:52
15	Chris Blue	56:36
15	Uyenthi Tran	56:36
17	Dave Norlander	56:56
18	Rich Collins	59:39
19	Tom Warfel	62:50
20	Don Packwood	68:12

Dick Barrett Trophy Winner – Gary Waggoner

Norry ran to an easy win after Gary turned left onto Chester where it deadends into Sobey Rd. rather than running another 0.3 miles down Sobey Rd., turning left onto 10 Acres, and then turning right onto Chester. Gary added 0.19 miles to the course by making this incorrect turn. Dwight Cornwell made the same mistake a few years ago. But, guess what? Gary made the same wrong turn 11½ years ago. And, he was running shoulder-to-shoulder with Norry when he made this mistake again. And, Norry told Gary as he was making the wrong turn that he was taking the wrong turn. We awarded Gary the weekly trophy for his persistence in running this non-recognized course. Gary noted that he did PR by 30 seconds for this non-recognized course. Other notable events this morning included – Geoff Bradley improved his 45+ best by 2½ minutes, Bill Dunn ran the #8 best time by a 65+ runner, and Bob Lord ran the #4 best time by a 75+ runner. Thanks to Danny Moon, Carl Petersen, and Jim Bordoni for helping at the finish line.

12/13/14 – Valle Vista – 3.0M

1	Gary Waggoner	18:02
2	Geoff Bradley	18:10
3	Andy Williams	18:13
4	Kristina Park	19:36
5	Jim Bordoni	20:52
6	Bill Dunn	21:19
7	Dave Piazza	21:30
8	Scott Graham	21:52
9	Mark Goldman	22:17
10	Marty Eng	22:29
11	Catherine Frye	23:16
12	Dave McIntyre	23:41
13	Carol Bednar	23:51
14	Danielle Zelinski	24:34
14	Phil Spink	24:34

16	Chris Blue	26:55	200% club. That is, he more than doubled his
16	Glenn Kishi	26:55	PR of 16:34. Congratulations Tom. Thanks to
18	Kat Powell	27:08	Danny Moon, Jim Bordoni, Norry McAllister,
19	Rich Collins	30:15	and Dave Norlander for helping at the finish
20	Tom Warfel	37:49 PW	line.

14 Tom Warfel 53:54

Dick Barrett Trophy – Dino Delyani

Calvin Do, two weeks removed from his 2:48 marathon, won this morning. Gary tried hard, improving his 50+ best by 16 seconds, but finished 2nd. Kristina led the ladies. Geoff broke his 45+ PR by 36 seconds. Hank Lawson missed his 27:07 PR by 9½ minutes. Tom Warfel got under the 200% barrier (double his PR of 26:52) by 10 seconds. Chris Blue was just 13 seconds over her 65+ course record. Good weather as it was in the mid 50s and no rain. Thanks to Glenn Kishi (photographer), Danny Moon, and Mike Krey for helping at the finish line.

Dick Barrett Trophy Winner – Chris Blue

12/20/14 – Triangle course – 4.76M

Gary Waggoner scored a close win over Geoff and Andy. Could this be the start of a new winning streak for Gary? He also improved his 50+ PR by 8 seconds. Geoff had one of his best recent runs but could not run a PR as this was his first time on this course as a 45+ runner. Andy improved his 50+ best by 10 seconds. Kristina led the ladies. Catherine Frye missed her 50+ PR by 4 seconds. Chris Blue broke Georgia Riley's course record for 65+ runners by 55 seconds. Tom Warfel joined your editor as an official member of the

1	Calvin Do	28:40
2	Gary Waggoner	29:04
3	Geoff Bradley	31:40
4	Kristina Park	31:43
5	Dino Delyani	32:00
6	George Lo	33:51
7	Mark Goldman	35:21
8	Hank Lawson	36:32
9	Dave McIntyre	37:45
10	Dick Chimenti	37:46
11	Helen Wong	38:47
12	Xhris Blue	44:44
13	Dave Norlander	45:03

RACE RESULTS

12/31/13-Coastal Trails 6Hr/12Hr/24Hr

Runs

6-Hour Run

Bill Dodson 29.8M

12-Hour Run

Kat Powell 39.4M

Kat said that she completed her run 31 seconds before midnight and then drank champagne and watched the fireworks with her fellow runners.

2/1/14-Jed Smith 50K

31	Todd Hayes	4:49:45
55	Bill Dodson	5:31:40 1st-70+

2/15/14-Barzan Breeze 5K in San Leandro

271 Tim Riley 35:25

2/15/14-Barzan Breeze 10K

24 Neil Gelblum 46:50 1st-60+

2/22/14-Double Road Race in San Jose

5	Jose Pina	53:15	1st-40+
11	Roberto Palos	56:54	2nd-50+
14	Brian Davis	58:34	1st-55+
18	Norry McAllister	59:45	2nd-55+
30	Ron Kiyono	67:08	1st-65+
38	Mark Goldman	69:07	2nd-60+
95	Kat Powell	83:24	2nd-60+
224	Eddie Reyna	120:07	1st-75+

3/1/14-Redding 10-Mile Race

66	Brian Davis	1:04:02	2nd-55+
146	Joe Hurtado	1:24:52	2nd-70+
185	Dave Norlander	1:38:09	2nd-75+
213	Eddie Reyna	2:02:58	1st-80+

Our 70+ men finished 2nd behind Tamalpa in this race.

3/1/14-Blazen Hellyer Park 10K

22	Neil Gelblum	46:22	1st-60+
41	Kelly Emo	50:21	1st-45+

3/8/14-Way Too Cool 50K

688	Bill Dodson	6:40:59
731	Kat Powell	6:50:10

3/16/14-ATB 12K

78	Ray Rodriguez	45:28	5th-50+
103	Brian Davis	46:48	1st-55+
123	Norry McAllister	48:13	3rd-55+
144	Kevin Breit	49:23	
157	George Lo	50:00	
162	Scott Bang	50:19	
163	Dino Delyani	50:22	9th-55+
240	Dan Anderson	55:00	7th-60+
258	Robert Navarette	56:02	
286	Norm Takeuchi	58:04	
351	Dalila Rodriguez	61:49	
373	Dave McIntyre	63:24	
389	Joe Hurtado	64:06	2nd-70+
394	Bob Lord	64:26	1st-76+
395	Bill Dodson	64:27	2nd-75+

448	Kat Powell	67:27	5th-60+
665	Dave Norlander	77:20	7th-75+
1054	Eddie Reyna	91:48	2nd-80+

Our 40+ men finished 7th, our 50+ men finished 1st, our 60+ men finished 3rd, and our 70+ men finished 1st.

3/16/14-Go Green 5K at Vasona Park

14 Kelly Emo 24:21 1st-40+

3/16/14-Go Green Half Marathon

30 Neil Gelblum 1:44:42 2nd-60+

4/5/14-American River 50M

231	Todd Hayes	9:44:57	4th-60+
654	Kat Powell	12:11:48	3rd-60+

4/6/14-Sactown 10M

64	Jorn Jensen	58:44	5th-45+
80	Ray Rodriguez	59:39	5th-50+
87	Barry Farrara	60:01	7th-50+
112	Brian Davis	62:49	1st-55+
135	Ken Camet	65:06	
158	George Lo	67:26	
162	Dino Delyani	68:02	5th-55+
206	Thomas Lockhart	72:20	
340	Glenn Kishi	82:52	
348	Dalila Rodriguez	83:26	
354	Joe Hurtado	84:14	3rd-70+
356	Bill Dodson	84:18	1st-75+
565	Kat Powell	99:07	
628	Dave Norlander	105:12	3rd-75+

778 Eddie Reyna 120:05 1st-80+
Our 40+ men finished 7th, our 50+ men finished 2nd, and our 70+ men finished 1st.

4/19/14-Ruth Anderson 50K (Updated)

3 Todd Hayes 4:23:12 1st-60+
Kat Powell 7:03:43
23 Bill Dodson 10:38:46 2nd-70+
Bill got nipped by a 71-year-old kid by 28 seconds for the win in the 70+ division.

4/19/14-Zippy 5K

46 Jorn Jensen 17:36 4th-45+
76 Brian Davis 18:53 1st-55
80 Norry McAllister 19:01 2nd-55+
101 Dino Delyani 19:49 4th-55+
119 Jim Bordoni 20:25 6th-60+
125 Dan Anderson 20:47 7th-60+
141 Mike Krey 21:31 5th-55+
144 Robert Navarrete 21:40 6th-55+
165 Mark Goldman 22:47
175 Dave McIntyre 23:44
182 Bob Lord 24:48 1st-70+
184 Joe Hurtado 25:28 2nd-70+
208 Dave Norlander 28:04 8th-70+
236 Eddie Reyna 36:36 2nd-80+
Our 50+ men finished 4th, our 60+ men finished 2nd, and our 70+ men finished 1st.

5/3/14-Western Pacific Marathon

Neil Gelglum 4:13:33 2nd-60+

5/3/14 – MiWok 100K

Kat Powell missed the cutoff time at the 37.5M aid station due to a variety of reasons and was not allowed to continue to the finish

5/11/14-Pacific Ther X 5K4Play 5K

50 Jorn Jensen 17:34
58 Calvin Do 17:47
60 Roberto Palos 17:54 7th-50+
82 Brian Davis 18:44
89 Norry McAllister 18:53
110 Ken Camet 19:49
116 Dino Delyani 19:58
128 Jim Bordoni 20:23 7th-60+
130 George Lo 20:25
134 Tom O'Connor 20:36
138 Dan Anderson 20:47 8th-60+
152 Robert Navarrete 21:56
166 Joann Dahlkoetter 23:32 1st-60+
167 Bill Dunn 23:33
174 Bob Lord 24:27 1st-70+
183 Joe Hurtado 25:20 2nd-70+
198 Dave Norlander 27:51 4th-70+
224 Eddie Reyna 37:25 2nd-80+

Our 40+ men's team finished 5th, our 50+ men finished 3rd, our 60+ men finished 2nd, and our 70+ men finished 1st.

5/11/14-Pacific Grove Double Road Race

Jose Pina 52:20 1st-40+
Brian Davis 59:09 1st-55+
Kelly Emo 76:48 2nd-45+
Kat Powell 83:39 2nd-60+

Jose had an age-graded score of 85.16, Brian scored 84.73, Kat scored 76:48, and Kelly scored 67.32. Former club member Christine Kennedy won the women's 55+ division with a time of 60:12 and the highest age-graded score at 97.81.

5/18/14-Ohlone Wilderness 50K Trail Run

Kat Powell 9:21:00
This race featured 8,000 feet of climbing.

5/26/14-Marin 10K

101 Barry Farrara 36:38 6th-50+
141 Brian Davis 38:29 7th-55+
161 Norry McAllister 39:22 8th-55+
180 Jorn Jensen 40:20
212 Dino Delyani 41:28
226 George Lo 42:17
228 Jim Bordoni 42:27 4th-60+
261 Robert Navarrete 44:51
267 Mark Goldman 45:19 7th-60+
286 Bill Dunn 46:23 4th-65+
291 Joann Dahlkoetter 46:47 2nd-60+
317 Al Murray 48:31
347 Carol Bednar 50:42
361 Bill Dodson 51:33 1st-75+
374 Joe Hurtado 52:13 3rd-70+
385 Bob Lord 52:44 2nd-75+
405 Dave Norlander 54:24 3rd-75+

6/14/14-Pac Assoc Masters Track

Championships

5K

2 Kat Powell 29:23 2nd-60+

10K

1 Kat Powell 55:25 1st-60+

6/15/14 - Gary Papa 5K (Philadelphia)

76 Jim Bordoni 20:50 2nd-60+

6/15/14 – Holy City Race – 9.08M

1 Norry McAllister 60:29 1st-50+
2 Ken Camet 61:32 2nd-50+
3 Geoff Bradley 65:19 1st-40+

4 Dino Delyani 67:53 3rd-50+
5 Todd Hayes 69:59 1st-60+
6 Robert Navarrete 70:40 4th-50+
7 Mark Goldman 72:37 2nd-60+
9 Neil Gelblum 75:38 4th-60+
11 Jeff Bedolla 83:58 6th-60+
12 Glenn Kishi 85:04 5th-50+
15 Dave McIntyre 88:53 6th-50+
17 Kat Powell 91:23 1st-60+
21 Chris Powell 96:37 3rd-60+
22 Tom Warfel 121:34 7th-60+

6/21/14-Summer Solstice 24-Hr run-SF

28 Kat Powell 78+M 1st-60+
Kat stated that the weather was very cold and windy at Crissy Field in San Francisco. She struggled to stay awake during the night as her eyes kept closing. So, she finally took a 15-minute nap.

7/13/14-San Rafael Road Mile

Brian Davis 5:24 6th-55+
Ken Camet 5:32
Jim Bordoni 5:38 2nd-60+
Dino Delyani 5:45 10th-55+
Dick Chimenti 6:47 3rd-70+
Bob Lord 7:06 1st-75+
Joe Hurtado 7:26 4th-70+
Dave Norlander 7:32 3rd-75+
Bill Dodson 7:37 4th-75+

7/13/14-Jungle Run Half Marathon

8 Ray Rodriguez 1:22:56 1st-50+
88 Lisa Low 1:43:23 8th-30+
311 Kat Powell 2:06:19 1st-60+
Kat states that she would have run faster but slowed after taking a bad fall during the 10th mile.

7/20/14-Bang Road Mile

1 Jose Pina 4:49.3 1st-40+
2 Calvin Do 4:56.7 2nd-40+
10 Scott Bang 5:29.7 5th-40+
11 Omar Pina 5:33.7 2nd-13+
12 Jim Bordoni 5:35.1 1st-60+
14 Dino Delyani 5:46.0 2nd-50+
17 Brian Conroy 5:58.5 3rd-50+
20 Dave McIntyre 6:27.3 4th-50+
22 Bill Dodson 7:33.0 1st-70+
27 Paul Taylor 9:22.7 5th-50+

7/27/14-Wharf to Wharf – 6M

78 Calvin Do 34:47

8/3/14-Skyline 50K

Todd Hayes 5:45:03 3rd-60+

Bill Dodson 7:03:01 1st-70+
 Kat Powell 8:13:49

Our 40+ team, including Bob Lord and Dave Norlander, finished 3rd.

75 Bill Dodson 27:58 2nd-70+
 76 Bob Lord 28:26 3rd-70+

Our 50+ men won and got a 4th and our 60+ men finished 2nd.

8/9/14-Dammit Race – 5.0M

Men

100 Dave McIntyre 42:57
 150 Bob Lord 48:39 4th-70+

Women

112 Dena Noble 62:22

8/16/14-Santa Cruz XC Race-4M

Master Men's Race

9 Jorn Jensen 23:19 4th-45+
 13 Ray Rodriguez 23:39 4th-50+
 14 Barry Farrara 23:40 5th-50+
 30 Geoff Bradley 25:54 8th-45+
 34 Ken Camet 26:20
 49 Jimmy Forbis 27:40
 50 Dino Delyani 27:48 8th-55+
 52 Tom Lockhart 28:08
 55 Aaron Lee 28:20
 56 Mike Krey 28:23 10th-55+
 57 Jim Bordoni 28:27 5th-60+
 58 Brian Conroy 28:31
 60 Dan Anderson 28:44 6th-60+
 66 Dave Woodruff 29:20
 72 Dave McIntyre 31:41
 80 Jeff Bedolla 33:39 9th-60+
 84 Bob Lord 35:07 1st-75+
 85 Joe Hurtado 35:25 4th-70+
 86 Bill Dodson 35:29 2nd-75+
 90 Dave Norlander 36:17 3rd-75+
 92 Kristian Petersen 37:01

Women's Race

46 Marian Richard 29:40 4th-50+
 61 Carol Bednar 32:25 9th-45+
 63 Catherine Frye 32:51 5th-50+
 65 Uyente Tran 33:29
 75 Kat Powell 37:35 5th-60+

Open Men's Race

41 Juan Rivera 24:32

Our 40+ men finished 5th, our 50+ men won, our 60+ men finished 2nd, our 70+ men won, and our 40+ women finished 5th.

8/23/14 – Rebel XC Challenge – 6K

Master Men's Race

12 Ray Rodriguez 21:44
 27 Ken Camet 23:19
 44 Dan Anderson 25:40
 73 Bob Lord 31:26
 74 Dave Norlander 31:49

8/23/14-San Jose Double Road Race

12 Roberto Palos 55:32 2nd-55+
 19 Brian Davis 58:27 1st-55+
 122 Kat Powell 54:16 2nd-60+

9/7/14 – Golden Gate Park XC – 4+ Miles

Women's Race

108 Carol Bednar 33:13
 129 Kat Powell 38:22 8th-60+

Master Men's Race

22 Jorn Jensen 23:47 10th-45+
 30 Ray Rodriguez 24:15 4th-50+
 31 Barry Farrara 24:16 5th-50+
 57 Tom Lockhart 27:43
 61 Dino Delyani 27:58 7th-55+
 92 Aaron Lee 28:49
 93 Brian Conroy 29:03 8th-55+
 106 Dan Anderson 30:38
 108 Dave Woodruff 30:50
 119 Jeff Bedolla 33:57
 122 Kristian Petersen 34:53
 126 Bob Lord 35:52 1st-75+
 128 Bill Dodson 36:22 2nd-75+
 129 Dave Norlander 36:35 3rd-75+

Open Men's Race

54 Juan Rivera 24:12
 Our 40+ team finished 9th, our 50+ team finished 4th, and our 70+ team won.

9/13/14-Marin Headlands 50M

Kat Powell 16:01:33 1st-60+

9/14/14-Queens Half Marathon

458 Rebecca Norlander 2:03:24
 Slow time due to recovering front surgery on her big toe.

9/20/14 - Garin Park XC Challenge – 5K

Men's Race

9 Barry Farrara 18:27 1st-50+
 16 Ray Rodriguez 18:49 4th-50+
 29 Andy Williams 20:01 10th-50+
 35 Norry McAllister 20:29
 41 Tom O'Connor 21:05
 45 Dino Delyani 21:27
 47 Tom Lockhart 21:39
 54 Jeff Rohrer 22:25
 61 Dan Anderson 23:22 6th-60+
 65 Mark Goldman 24:35 8th-60+
 72 Jeff Bedolla 26:15
 73 Kristian Petersen 27:28

9/20/14 – San Juan Bautista Double Road Race

5 Jose Pina 51:11 1st-40+
 8 Roberto Palos 53:39 1st-50+
 14 Brian Davis 57:25 1st-55+
 25 Ron Kiyono 65:31 1st-65+
 45 Kat Powell 78:40 2nd-60+

9/27/14 – Willow Hills XC – 5K

Master Men's Race

9 Roberto Palos 18:43 3rd-50+
 20 Tom Fahey 20:14
 26 Ken Camet 20:40
 49 Art Mitchum 25:07
 55 Kristian Petersen 26:16

Our five runners combined to finish 3rd in the 40+ division.

9/27/14-Berlin Marathon

Rebecca Norlander 4:19:23

10/4/14 – Presidio XC – 5K

Master Men's Race

7 Jorn Jensen 19:04
 12 Roberto Palos 19:23 4th-50+
 19 Ray Rodriguez 19:38 7th-50+
 43 Norry McAllister 21:38
 59 Dino Delyani 23:05
 62 Aaron Lee 23:35
 63 Jeff Rohrer 23:37
 76 Kristian Petersen 27:02
 79 Jeff Bedolla 27:35
 83 Bill Dodson 29:51 1st-75+
 84 Bob Lord 30:19 2nd-75+
 88 Dave Norlander 31:14 3rd-75+

Women's Race

91 Kat Powell 30:44 1st-60+
 Our 40+ team finished 7th, our 50+ team finished 2nd, and our 70+ team finished 1st.

10/4/14-San Jose Rock 'n' Roll Half Marathon

77 Matt Tompkins 1:20:04 9th-35+
 91 Ray Rodriguez 1:21:07 2nd-50+
 145 Ken Camet 1:26:30 6th-50+
 218 Maneesh Agarwal 1:31:28
 279 Tom Lockhart 1:34:22
 438 Mark Goldman 1:38:46 1st-60+
 461 Ron Kiyono 1:39:16 3rd-65+
 1089 Rob Jacobson 1:50:19

1903 Kat Poqell 1:58:36
 2180 Brian Low 2:01:01 4th-70+

10/12/14 – Tamalpa Challenge XC – 4.1M

Women’s Race

69 Marian Richard 31:53
 82 Catherine Frye 34:23
 98 Kat Powell 36:44
 99 Carol Bednar 37:02

Master Men’s Race

14 Jorn Jensen 24:45
 34 Andy Williams 26:49
 50 Ken Camet 28:08
 69 Jeff Rohrer 30:16
 74 Aaron Lee 30:40
 86 Dan Anderson 32:09 9th-60+
 102 Kristian Petersen 35:03
 106 Jeff Bedolla 35:53
 111 Bob Lord 37:23 4th-70+
 113 Dave Norlander 37:51 5th-70+
 121 Bill Dodson 40:23 7th-40+
 Our women’s 40+ team finished 5th, our men’s 40+ team finished 5th, our men’s 50+ team finished 6th, and our men’s 70+ team won.

10/19/14-Nike Women’s Half Marathon

Lisa Norlander 2:22:25
 Lisa was not feeling well but still managed to finish the race.

10/25/14-Aggie Open XC in Martinez

Women’s Race – 4.2M

95 Kat Powell 35:44 5th-60+

Men’s Master Race – 4.2M

13 Jorn Jensen 24:17 7th-45+
 14 Roberto Palos 24:18 3rd-50+
 15 Calvin Do 24:26 5th-40+
 33 Tom Fahey 26:12
 38 Norry McAllister 26:36 5th-55+
 40 Ken Camet 26:40
 42 Tom O’Connor 26:51 6th-55+
 50 Dino Delyani 28:01
 70 Mark Goldman 30:29
 86 Kristin Petersn 33:48
 87 Jeff Bedolla 34:10
 91 Art Mitchum 34:49
 93 Bob Lord 35:20 1st-70+
 94 Bill Dodson 35:39 2nd-75+
 96 Dave Norlander 36:06 3rd-75+
 Our men’s 40+ team finished 3rd, our men’s 50+ team finished 3rd, our men’s 60+ team finished 4th, and our men’s 70+ team finished 2nd.

11/1/14 – Empire XC Race – 3.43M

Men’s Masters Race

8 Roberto Palos 20:02 1st-50/54
 10 Ray Rodriguez 20:10 3rd-50/54
 26 Tom O’Connor 22:08 5th-55/59
 42 Jeff Rohrer 23:26
 67 Glenn Kishi 27:42
 68 Jeff Bedolla 28:11 8th-60+

11/9/14-Clarksburg Half Mar

38 Ray Rodriguez 1:20:44 2nd-50+
 43 Juan Rivera 1:21:29
 47 Barry Farrara 1:22:15 3rd-50+
 62 Brian Davis 1:28:05 3rd-55+
 76 Dino Delyani 1:31:49 4th-55+
 84 Tom Lockhart 1:34:14
 114 Bill Dunn 1:38:58 1st-65+
 174 Glenn Kishi 1:51:20
 187 Joe Hurtado 1:53:07 2nd-70+
 191 Bill Dodson 1:54:16 1st-75+
 256 Dave Norlander 2:04:59 2nd-75+
 343 Kat Powell 1:57:26 7th-60+
 456 Eddie Reyna 3:10:04 2nd-80+

Both our 50+ men and 70+ men won.

11/16/14-Pacific Assoc XC Championships

Women’s Race – 6K

168 Kat Powell 31:37

Open Men’s Race -10K

Juan Rivera 37:32

Master Men’s Race-10K

30 Ray Rodriguez 36:56 9th-50+
 33 Barry Farrara 37:26
 37 Roberto Palos 37:37
 59 Tom Fahey 39:44
 67 Tom O’Connor 40:33
 69 Norry McAllister 40:35 7th-55+
 71 Ken Camet 40:39 8th-55+
 102 Brian Conroy 43:29
 103 Aaron Lee 43:30
 112 Tom Lochart 44:17
 123 Dan Anderson 46:24
 126 Mark Goldman 46:51
 135 Scott Graham 48:19
 143 Dick Chimenti 49:36 2nd-70+
 149 Norm Takeuchi 49:58
 153 Glenn Kishi 51:17
 157 Jeff Bedolla 52:24
 164 Bill Dodson 54:58 2nd-75+
 167 Bob Lord 56:16 3rd-75+
 168 Dave Norlander 56:37 4th-75+

Our 40+ men finished 7th, our 50+ men finished 3rd, our 60+ men finished 3rd, and our 70+ men won.

11/27/14 – Silicon Valley Turkey Trot

5K

208 Julie L’Heureux 21:33 1st-50+
 323 Des Knuckey 23:19 4th-60+
 502 Zoe McAllister 24:42
 585 Michael King 25:12
 587 Maggie Mortimer 25:13 4th-50+
 707 Nicky McAllister 26:00 7th-50+
 1974 Paul Armstrong 30:25

10K

Roberto Palos 36:18
 30 Ray Rodriguez 36:26 4th-50+
 34 Calvin Do 36:43 3rd-45+
 81 Norry McAllister 39:08 2nd-55+
 99 Ken Camet 39:27 7th-50+
 184 Grant Jacobson 41:40
 525 Mark Goldman 46:05 3rd-60+
 614 Scott Graham 46:57 4th-60+
 713 Rob Jacobson 47:54

11/29/14 – Quad Dipsea Race-28.4M

238 Kat Powell 8:48:29

12/7/14-Hunter Thompson 50K

23 Kat Powell 7:08:00

12/7/14 – Cal Intl Marathon

192 Calvin Do 2:48:20
 382 Ken Camet 3:00:22
 427 Ray Rodriguez 3:03:48
 588 Tom Fahey 3:16:03
 1477 Todd Hayes 3:37:17
 1519 Tom Lockhart 3:38:38
 2849 Joe Hurtado 4:10:49
 3155 Bill Dodson 4:19:25

12/14/14-Xmas Relays (4.464M per leg)

WVJS-50+ Team - 2nd in division

Norry McAllister 27:34
 Tom O’Connor 28:12
 Ray Rodriguez 26:22 *
 Brian Davis 29:19 *
 1:51:29

WVJS-40+ Team - 7th in division

George Lo 32:00
 Jeff Bedolla 36:57
 Ken Camet 30:15 *
 Dino Delyani 29:52
 2:09:04

WVJS-70+ Team - 2nd in division



Joe Hurtado	37:24 *	12/21/14-Pleasanton Double Road Race	122	Glenn Kishi	75:32	
Dave Norlander	37:32 *	7 Jose Pina Jr	49:13	2nd-15/19	161 Kat Powell	80:56 3rd-60+
Bill Dodson	37:29	19 Roberto Palos	54:52	1st-50+	227 Jeff Bedolla	86:52 4th-60+
Bob Lord	<u>38:15</u>	30 Tom O'Connor	59:06	1st-55+		
	2:30:41	37 Brian Davis	61:40	3rd-55+		
		61 Bill Dunn	66:57	2nd-65+		

