



WVJS



VOL XXXV-#3 WEST VALLEY JOGGERS & STRIDERS Dec 2016

Saturday Workouts

01/07/17	Doug/Sara/Frtvle (2.75M)	03/18/17	Valle Vista (3.0M)
01/14/17	8 x 0.66M Tennis Court Loop Relay	03/25/17	Triangle Run (4.76M)
01/21/17	Farwell/H (4.68M)	04/01/17	16 x 300 Relay
01/28/17	5K on the track	04/08/17	Doug/Sara/Frtvle (2.75M)
02/04/17	Farwell (3.54M)	04/15/17	Farwell/H (4.68M)
02/11/17	4 x 1.46M WVX Loop Relay	04/22/17	Step-up & Step-down Relay
02/18/17	Short Six (5.74M)	04/29/17	36 x 200 Relay
02/25/17	Valentine Team Race (5.4 miles)	05/06/17	Farwell (3.54M)
03/04/17	12 x 800 Relay	05/13/17	16 x 400 Relay
03/11/17	18 x 0.33M Tennis Court Loop Relay	05/20/17	Short Six (5.74M)

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

Upcoming Races

2017 PA-USATF Championships

03/04/17	NorCal 10M (1.0)
03/12/17	Reach For Star 5K (1.0)
04/02/17	Sacramento 10 Mile (1.0)
04/23/17	Stow Lake 5K (1.0)
05/29/17	Marin 10K (1.0)
06/25/17	Bang Mile in Los Gatos (1.0)
07/04/17	Freedom Fest 5K (1.0)
10/15/17	Humboldt Half Marathon (1.5)
11/12/17	Clarksburg Half Marathon (1.5)
11/23/17	Sil Val 5K (2.0) – Open only
12/03/17	Cal Intl Marathon (2.0)
12/17/17	Xmas Relays (1.0)

Racer of the Year

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

Remaining events will be determined
At our 1/7/17 club meeting

Other Races

01/21	Coyote Hills Half Mar in Fremont
01/22	Waterfront 5K & Half Mar-Brisbane
01/28	Mission 10 in San Juan Bautista
02/05	Kaiser Half Mar in San Francisco
02/05	Super Guadalupe Rivr Run-SJ-5K/10K
02/11	Campbell Valentine 5K/10K
02/12	Together With Love 5K/10K-Pac Grov
02/18	Super Run 5K-Almaden Lake in SJ
02/25	Juana Run 5K/8K in Palo Alto
02/26	Surfers Path 5K/10K in Santa Cruz
04/30	The Great Race – Saratoga/Los Gatos

Miscellaneous Drivel

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.

Our **annual club meeting** will be held at my home (1124 Kensington Ave in Sunnyvale) at **1PM on Saturday, 1/7/16**. **All club members** are welcome to attend this meeting but please let me know if you plan to attend so that I can better plan for the meeting.

Club dues for 2017 now due. Please give your payment to **Norry McAllister**. The dues are \$20 for individuals, \$30 for families, and \$1 for students.

Dave Norlander finished the San Juan Bautista Double Road race on 12/18 but not well. During the 2nd portion of the race (a 5K), he tripped on a protruding board on a bridge and fell, separating his right shoulder and doing other damage. He drove home, then went to an emergency room and after great difficulty, they were able to get his shoulder back in place. To put it mildly, he was in a great amount of pain during the shoulder procedure, especially when the doctor placed his foot on his chest in order to get better leverage when attempting to put the shoulder back in place.

Bill Dodson will remain in our club but has decided to compete for Tamalpa. **Brian Conroy** is also remaining with the club but has been competing for the Spartans since the start of the cross country season. As per the rules established by the club a long time ago, they will be ineligible to compete in our Racer of the Year and Cum Sat contests or to establish any records for our various Saturday

courses. Marks that they made prior to competing for other clubs still count and they can compete in our Runner of the Year contest.

Very long-time club member **Tom Warfel** has moved to Florida. He will be missed by all of the club members who ran with him over the years, especially when we regularly ran our long Sunday runs together.

Robert Navarrete at the advanced age of 60 has run 5 all-time course PRs during the last few months. He also had his highest monthly mileage total for a year since 2011 during 2016 at 2,064. Robert retired this year and this probably accounts for him having the time to run so many miles.

Jeff Rohrer announced that our annual club awards dinner will be held on January 28, 2017 at the Fairbrae swim club in Sunnyvale. It will be catered.

Dino Delyani will be retiring on January 27th and is preparing to launch a new career as a high school coach. Frank Hunt at Aragon high school in San Mateo is giving him an opportunity to learn his new trade this track season. Dino as a condition of becoming a coach had to be finger printed. He is somewhat concerned that his lengthy rap sheet from his years of living on the East Coast will be uncovered when the FBI checks his record.

As shown in the Race Results section, **Carol Bednar** won our annual handicap race, passing the 2nd place finisher, **Alvin Jackson** about 200 yards from the end. This is the second time that Carol has won this race. Her other win was in 1999. Alvin is also a 2-time winner, having won in 2009 and 2011. **Jorn Jensen** had the fastest scratch

time for the 5th time. **Bob Pickens** has been the scratch-time winner 6 times.

Incidentally, Bob Pickens will be retiring from directing our Holy City race after many years due to job commitments. Anyone who would like to take over directing this race will be welcomed.

Long-time club members **Cecil Baumgartner** and **Sue Francis**, who now live in Ojai, visited us for the first time in a long while in August. They ran with us in the track mile run. Sue, who is now 64, won her heat in 6:51. Sue is one of the club's all-time best women runners with bests of 16:52 for Douglas, 18:26 for Valle Vista, 21:50 for Farwell, 28:22 for Farwell/H, 29:54 for Triangle, and 37:08 for the Short Six. She still holds the women's 45+ course records for Douglas and Farwell/H at 17:29 and 30:20 and the 50+ record for Short Six at 40:09.

Several club members coach high school teams and most of them had successful cross country teams during this past fall. Both **Jake White's** boys and girls Lynbrook teams qualified for the Central Coast

section (CCS) meet where they both finished 4th in the division 2 races, one place away from qualifying for the State Meet. Three of his runners qualified for the State Meet. Division 2 was probably the best division in the CCS this year. Both **Paul Armstrong's** Cupertino boys and girls qualified for the CCS meet and 2 of his runners qualified for the State Meet in division 1 with their performances at the CCS meet. **Danny Moon** coached his Saratoga girls to the division 3 CCS meet and **Scott Bang** also coached his Saratoga boys to the CCS meet. Both also had one of their runners qualify for the State meet. **Matt Tompkins** at Kings's Academy also coached both his boys and girls to the division 4 CCS finals. **Kevin Breit** coached his Prospect boys and girls to the CCS finals and one of his girls qualified for the CCS meet. **Frank Hunt's** division 2 girls qualified for the CCS meet and one of his girls qualified for the State meet. Hope that I didn't miss anyone.

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>

2016 KEN NAPIER MILE CONTEST (Final Results)

Men

Pl	Runner	Age	Time	Points	Pl	Runner	Age	Time	Points
1	Norry McAllister	59	5:30.4	83.04	12	Paul Taylor	59	6:22.9	71.66
2	Bill Dodson	81	7:51.4	78.90	13	Joseph Aubuchon	35	5:22.0	70.63
3	Jim Bordoni	63	6:03.0	78.30	14	Dave McIntyre	54	6:26.3	68.07
4	Dino Delyani	59	5:54.4	77.42	15	Rob Jacobson	60	6:48.0	67.83
5	Ken Camet	55	5:42.5	76.39	16	Jeff Rohrer	56	6:38.3	67.14
6	Andy Williams	53	5:44.0	75.81	17	Cecil Baumgartner	60	6:07.7	66.64
7	Todd Hayes	66	6:26.8	75.52	17	Dave Norlander	77	8:29.3	66.64
8	Gary Waggoner	52	5:45.0	74.97	19	Jim Howe	70	7:46.8	65.15
9	Robert Navarrete	60	6:10.2	74.76	20	Phil Spink	29	6:52.6	59.76
10	Geoff Bradley	47	5:39.3	73.24	21	Aaron Lee	42	6:18.9	59.43
11	Mike Krey	61	6:22.9	72.92	22	Walt Van Zant	77	11:43.3	48.26

Women

Pl	Runner	Age	Time	Points	Pl	Runner	Age	Time	Points
1	Kristina Park	46	5:32.7	85.51	6	Danielle Zelinski	33	6:17.6	67.20
2	Carolyn Benson	59	7:03.1	79.79	7	Ida Rosenblum	34	6:23.9	66.37
3	Kat Powell	65	7:55.3	77.72	7	Helen Wong	44	7:02.9	65.68
4	Liz Nast	54	7:17.8	71.94	8	Nancy Kirk	64	10:01.7	60.44
5	Sue Francis	63	6:51.4	68.92	9	Heather Rohrer	21	8:14.9	45.15

As can be seen, Norry McAllister 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 6/25/15 and 7/30/16.

2016 RUNNER OF THE YEAR CONTEST RESULTS

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. . The point totals through 9/30/16 are as follows: As soon as this year ends, please submit you point totals to Tom as soon as you can so that we will have time to prepare the certificates prior to our annual awards dinner.

Runner	Miles	Sat Pts	Total	Runner	Miles	Sat Pts	Total
JR Mintz	3300	40	3340	Ken Camet	1286	440	1726 (thru 6/30)
Tom Warfel	1415	480	1895	Jim Bordoni	680	570	1250
George Lo	1859	400	1859 (thru 6/30)	Dave Norlander	255	750	1005
Walt Van Zant	713	1070	1783				

2016 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 15 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 6 different events in order to be eligible for an**

award. The standings to date for 2016 for all who have in at least one event 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.

A Division

Jom Jensen (8-8)	200
Ray Rodriguez (8-7)	193
Juan Rivera (6-3)	150
Brian Davis (6-4)	144
Scott Bang (4-4)	91
Bary Farrara (4-2)	86
Joseph Aubuchon (3-3)	72
Gary Waggoner (3-3)	69
Calvin Do (2-2)	50
Jose Pina Sr (2-1)	48
Roberto Palos (2-1)	46
J.R. Mintz (1-1)	24

B Division

Norry McAllister (8-12)	200
Ken Camet (8-13)	199
Tom O'Connor (8-9)	196
Dino Delyani (8-10)	180
Mike Krey (8-10)	169
Jeff Rohrer (8-5)	155
Tom Lockhart (6-3)	134
Aaron Lee (6-4)	118
Kristina Park (5-4)	117
Andy Williams (5-4)	116
Becki Kriege (5-3)	103
Robert Plumeau (4-2)	90
Geoff Bradley (4-4)	87
George Lo (2-2)	36
Adam Prince (1-1)	25
Missy Sudan (1-1)	17
Brian Conroy (1-1)	16

C Division

Robt Navarrete(8-12)	200
Dalila Rodriguez (8-6)	187
Jim Bordoni (7-5)	164
Mark Goldman (7-4)	164
Glenn Kishi (6-4)	156
Dave McIntyre (7-6)	155
Todd Hayes (5-5)	131
Dan Anderson (5-3)	117
Marian Richard (2-2)	94
Kelly Emo (4-2)	88
Paul Taylor (3-3)	70
David Woodruff (2/1)	50
Ida Rosenblum (2-2)	45
Norm Takeuchi (2-1)	44
Fletch Parsons (2-2)	40
Des Knuckey (2-2)	39
Tim Souza (2-2)	34
Matt Kriege (1-1)	20
Rob Jacobson (1-1)	19
Al Murray (1-1)	19

D Division

Carolyn Benson (8-9)	200
Bill Dodson (8-13)	192
Jim Howe (8/7)	189
Kat Powell (8-8)	187
Bob Lord (7-4)	170
Carol Bednar (6-4)	167
Katherine Frye (3-2)	72
Helen Wong (3-3)	69
Danielle Zelinski (1-1)	25
Sue Francis (2-2)	24
Jeff Bedolla (1-1)	24
Phil Spink (1-1)	23
Zoe McAllister (1-1)	22
Heather Rohrer (1-1)	20

E Division

Dave Norlander (8-9)	200
Eddie Reyna (8-5)	194
Walt Van Zant (3-3)	66
Nancy Kirk (2-2)	47
Don Packwood (2-2)	46
Liz Nast (1-1)	25
Nicky McAllister (1-1)	25
Tom Warfel (1-1)	23
Alvin Jackson (1-1)	20

2016 Summer All-Comer Meet Results

	Best	6/23	6/30	7/07	7/14	7/21	7/28	8/04	8/11
Bill Dodson									
60M	10.61	11.21	11.13	11.28	11.08	10.61	10.92	11.70	10.81
100M	17.55		17.99	18.21	17.66	17.55	18.07	17.90	17.81
200M	37.33	38.24	38.87	38.83	37.50	37.33	38.42	39.25	37.69
400M	85.16	88.24	91.98	87.85	90.09	85.16	89.85	90.12	87.59
800M	3:22.66	3:32h	3:36h	3:35.66	3:22.86	3:26.52	3:51.17	3:29.06	3:30.66
Jim Bordoni									
400M	73.00				73.00				
800M	2:45.13							2:45.13	
Brian Conroy									
800M	2:51.68				2:51.68				
Mile	6:09.98	6:09.98							

2016 PA/USATF Road Grand Prix

40+ Men

Our 40+ men's team finished in 8th place. **Jorn Jensen** is our team captain. **Jorn** finished in 3rd place in the short race division.

40+ Women

Our 40+ women's team finished in 3rd place. **Becki Kriege** is the team captain. **Becki** and **Kristina Park** ifinished in 26th and 32nd places in the short race division..

50+ Men

Our 50+ men's team finished in 2nd place. **Ken Camet** is our 50+ team captain. Individually, **Ray Rodriguez**, **Norry McAllister**, **Ken Camet**, and **Dino Delyani** are in 11th, 13th, 14th, and 21st places in the short race division. **Ken Camet** and **Dino Delyani**, are in 9th and 36th places in the long race division.

50+ Women

Our 50+ ladies did not score in any races this year. Individually, Carolyn Benson finished 27th, Marian Richard finished 39th, and Kelly Emo finished in 40th place in the short-race division.

60+ Women

We have not scored in this division so far this year. Individually, **Kat Powell** finished in 16th place in the short race division and 7th place in the long race division..

60+ Men

Our 60+ men's team finished in 3rd place. **Tom O'Connor** is the team captain. Individually, **Tom, Mike Krey,** and **Mark Goldman** are in 3rd, 6th, and 13th places in the short race division. **Brian Davis, Tom,** and **Todd Hayes,** are in 2nd, 3rd, and 17th places in the long race division.

70+ Men

Our 70+ men's team finished in 2nd place. **Dave Norlander** is the team captain. Individually, **Bill Dodson, Bob Lord, Dave Norlander,** and **Eddie Reyna** are in 1st, 3rd, 7th, and 8th places in the short race division. **Bob, Bill, Dave,** and **Eddie,** are in 1st, 3rd, 4th, and 5th places in the long race division.

80+ Men

Bill Dodson is in 1st place in both the short and long race divisions and **Eddie Reyna** is in 2nd place in the short race division and 3rd in the long race division.

2016 PA/USAF Cross Country Grand Prix

Jeff Rohrer did another good job of managing our cross country runners this season. He had 38 different club runners who competed in one or more of the 10 races in the series. **Jorn Jensen** led our teams by competing in 7 races. Others who competed in five or more races included **Ray Rodriguez** (6), **Dave Norlander** (6), **Bill Dodson** (5), **Robert Plumeau** (5), **Art Mithum** (5), **Barry Farrara** (5), and **Jeff Rohrer** (5)

Seasonal team finishes for our teams were 3rd for our 40+ men, 4th for our 50+ men, 7th for our 60+ men, and 8th for our 40+ women. Our best team finishes in any of the individual races were 1st place by our 50+ men's team at the Santa Cruz meet and 1st place by our men's 60+ team at the Rebel Challenge meet.

Our top individual finishers were Juan Rivera, who finished 58th in the open division, Jorn Jensen, who finished 11th in the 40+ division, Matt Tompkins, who finished 32nd in the 40+ division, Calvin D, who finished 61st in the 40+ division, Ray Rodriguez, who finished 9th in the 50+ division, Barry Farrara, who finished 14th in the 50+ division, Robert Plumeau, who finished 32nd in the 50+ division, Andy Williams, who finished 39th in the 50+ division, Brian Davis, who finished 9th in the 60+ division, Tom O'Connor, who finished 14th in the 60+ division, Dennis Kurtis, who finished 28th in the 60+ division, Mike Krey, who finished 36th in the 60+ division, Robert Navarrete, who finished 41st in the 60+ division, Jim Bordoni, who finished 49th in the 60+ division, Dave Norlander, who finished 16th in the 70+ division, and Bill Dodson, who finished 1st in the 80+ division.

SATURDAY WORKOUT RESULTS

7/16/16 – Farwell/H – 4.68M

1	Brian Davis	29:45
2	Tom O'Connor	29:54
3	Norry McAllister	30:15
4	Kristina Park	30:44
5	Dino Delyani	31:32
6	Joseph Aubuchon	31:49
7	Robert Navarrete	32:59 PR
8	George Lo	33:19
9	Helen Wong	36:51
10	Hank Lawson	37:19
11	Catherine Frye	37:59
12	Jim Howe	39:57
13	Glenn Kishi	41:04
14	Bill Dodson	42:07
15	Kat Powell	43:34
16	Walt Van Zant	61:10
17	Alvin Jackson	61:58

Dick Barrett Trophy Winner

We had a lot of potential trophy winners this morning as there were many good performances. Brian Davis and Tom O'Connor finished 1st and 2nd and in the process recorded the 3rd and 6th best-ever 60+ times on this course. Brian trails Bill Dunn and Ulrich Kaempf. Kristina Park improved her 45+ best by 38 seconds. This left her still in 2nd place in that division behind Sue Francis. Robert

Navarrete recorded his 2nd all-time PR within the space of a few weeks at age 60. He is now #20 on the 60+ list out of 56, one place behind Todd Hayes and one place in front of Danny Moon. Newly-turned 55+ runner, Catherine Frye, ran the 3rd best-ever time by a 55+ woman runner. Alvin Jackson finished completing all of the Saturday courses for 2016 with his run today. And, Bill Dodson won the weekly trophy because he took 2 ½ minutes off his own 80+ record. Thanks to Danny Moon, Dave Norlander, Nancy Kirk, and Jim Bordoni for helping at the finish line.

7/23/16 – 5K on the Track

1	Joseph Aubuchon	19:08.1
2	Norry McAllister	19:18.0
3	Kristina Park	19:20.6
4	Andy Williams	19:26.6
5	Ken Camet	19:29.5
6	Gary Waggoner	20:23.6
7	Dino Delyani	20:29.5
8	Scott Bang	20:39.6
9	George Lo	21:03.0
10	Robert Navarrete	21:07.1
11	Jim Bordoni	21:58.8
12	Jeff Rohrer	22:18.2
13	Aaron Lee	22:45.7
14	Helen Wong	23:46.6
15	Carolyn Benson	24:58.8

16	Hank Lawson	25:33.0
17	Jim Howe	25:41.6
18	Kat Powell	26:53.5
19	Diane Bordoni	30:19.0
20	Alana Rossip	30:48.7
21	Dave Norlander	31:57.4
21	Lisa Norlander	31:57.4
21	Rebecca Norlander	31:57.4
24	Don Packwood	32:11.1
25	Walt Van Zant	37:56.1
	Nancy Kirk	DNF

Joseph ran to an easy win this morning. He was followed by a pack of four that finally broke up during the last lap with Norry finishing second overall and Kristina taking home the weekly trophy by leading all of the women. Robert Navarrete ran an all-time PR as a member of the club with his time of 21:07.1. We had many good helpers at the finish line, including Catherine Frye, Uyenthi Tran, Dimitrios Stefanidis, Jeff Bedolla, and Danny Moon.

7/30/16 – 36 x200M Relay

Pl	Team	Start	Finish
1	Aubuch/Krey/Rosenbl	3:00	26:33
2	Wagg/Delyani/Samsn	3:00	27:04
3	Bradley/Conroy/Williams	4:00	27:40
4	Rossip/Moon/McIntyre	-0-	28:34

5 Park/M.Kriege/Taylor 4:00 28:45

Dick Barrett Trophy Winner – The Ida Rosenblum team

The Rosenblum team took the lead at the halfway point and then cruised to an easy win. Joseph Aubuchon timed each of his splits and was obviously the fastest of us. He ran his first 200M in 36.5 and then kept running faster, finishing with a 29.9. on his way to a 33.5 average.

8/6/16 – One Mile on the Track

Heat #1 - 6:30 and slower

1	Sue Francis	6:51.4
2	Carolyn Benson	7:03.1
3	Helen Wong	7:07.5
4	Jim Howe	7:46.8
5	Todd Hayes	8:19.4
6	Paul Taylor	10:01.2
7	Nancy Kirk	10:01.7

Heat #2 - 6:30 and faster

1	Joseph Aubuchon	5:23.1
2	Norry McAllister	5:30.4
3	Kristina Park	5:32.7
4	Geoff Bradley	5:39.3
5	Ken Camet	5:42.5
6	Andy Williams	5:44.0
7	Gary Waggoner	5:45.0
8	Dino Delyani	5:54.4
9	Jim Bordoni	6:03.0
10	Cecil Baumgartner	6:07.7
11	Robert Navarette	6:10.2
12	Danielle Zelinski	6:17.6
13	Mike Krey	6:22.9
14	Ida Rosenbaum	6:24.4
15	Helen Wong	7:24.2
16	Kat Powell	8:25.5

Timers: Dave Norlander, Madelyn Moon, Tim Souza

Dick Barrett Trophy Winner - Jim Bordoni

First time in years that we saw long-time club members Sue Francis and Cecil Baumgartner

8/13/16 – 12 x 600M Relay

P/	Team	Start	Finish
1	Williams/Bradley	3:00	28:29
2	Nast/Park	1:15	28:29
3	Dodson/Aubuchon	:15	28:36
4	Benson/Delyani	-0-	28:53
5	Moon/McAllister	:15	29:14
6	Bordoni/Conroy	2:15	29:43
7	Rohrer/Lo	1:30	30:16

Dick Barrett Trophy Winner – Geoff Bradley

The Williams/Bradley team started last with Andy Williams taking the lead near the end of the 11th leg. Kristina Park ran a great final leg to nearly catch Geoff about 30 yards from the end but Geoff then got his act together and pulled slightly away to win by about 3 yards. Kristina and Joseph Aubuchon had the two best splits at 12:05 each.

8/20/16 – Farwell – 3.54M

1	Joseph Aubuchon	21:38.3
2	Scott Bang	22:31.3
3	Gary Waggoner	22:37.1
4	Kristina Park	23:05.7
5	George Lo	24:22.5
6	Brian Conroy	25:23.3
7	Todd Hayes	27:24.9
8	Carolyn Benson	29:50.1
9	Tom Warfel	38:50.8
10	Walt Van Zant	44:30.6

Dick Barrett Trophy Winner – Kristina Park

Easy win for Joseph. Close race for 2nd with Scott outkicking Gary from the college entrance to the finish. Kristina improved her 45+ best to move into 2nd place on the women's list for that age category. Todd improved his 65+ best by a couple of minutes. Thanks to Becki Kriege and Danny Moon for helping at the finish line.

8/27/16 – 16 x 400M Relay

P/	Team	Start	Finish
1	Bednar/Aubuchon	4:15	26:57
2	Navarrete/Conroy	3:30	27:05
3	Moon/Bradley	3:15	27:21
4	Lo/Delyani	4:15	27:35
5	Park/Bang	6:15	27:39
6	Benson/McAllister	3:30	27:41
7	Wong/Williams	3:15	27:47
8	Kallbrier/Kemp	-0-	28:18
9	Manzo/Kirk-McIntyre	-0-	30:10

Dick Barrett Trophy Winner – Bednar/Aubuchon team

Although the ratings assigned to each runner were not good, the overall results were okay as the top 7 teams finished within about 200 meters of each other over a 4 mile distance. The Aubuchon team took the lead during the 14th leg, lost it during the 15th leg, and then Joseph Aubuchon threw in a final lap of 70 to come across the line first. He had the best average at 73.3. Kristina led the ladies with a 78.6 average. Danny Moon showed great improvement over the last time that we ran this relay in May. That time he averaged 105

seconds for 4 and had to quit. Today, he averaged 101 for 8, finishing with a 96. The McIntyre team got a bad deal in that the makeup of their team was not decided until the very end and I decided to start them with the Kemp team rather than rearrange the starting times for all of the teams. They should have started first by themselves. The timing team of Chris Blue, Carl Petersen, Ken Camet, and Don Packwood did a super job of timing. Teams were consistently coming across the start/finish line in clumps and yet they got all 144 splits and all of the handwriting was legible (although not as legible as famed handwriting artist Jim Bordoni).

9/3/16 – 4 x 1.46 WV Loop Relay

P/	Team	Start	Finish
1	Bednar/Park	4:00	45:44
2	Kemp/Navarrete	3:00	45:49
3	Nast/Camet	2:30	45:42
4	Krey/Aubuchon	4:00	45:54
5	Lo/McAllister	7:30	47:43
6	Norlander/Bradley	-0-	49:33

Thanks to Danny Moon for handling the finish line.

9/10/16 – Short Six – 5.74M

1	Norry McAllister	38:11
2	Kristina Park	38:41
3	Dino Delyani	39:17
4	Geoff Bradley	40:56
5	Robert Navarrete	41:12
6	George Lo	41:48
7	Matt Kriege	42:47
8	Bob Kemp	44:47

Phantom Dick Barrett Trophy Winner – Bob Kemp

By Becki Kriege – We had almost an equal amount of timers as there were runners because of the Golden Gate XC race on Sunday. This was Bob Kemp's first time running the Short Six course and he did not get lost. So, he was awarded the weekly trophy. Kristina broke the women's 45+ record set by Sue Francis in November 1997 by 37 seconds. Matt Kriege broke his all-time PR by 43 seconds.

9/17/16 – 18 x 0.33M Tennis Court Loop Relay

P/	Team	Start	Finish
1	Jackson/Kemp/McIntyre	-0-	44:00
2	Lawson/Samson/Bradley	8:30	44:40
3	Rosenblum/Delyan/Wags	9:15	45:02
4	Park/Bordoni/Aubuchon	12:45	46:22

5 Benson/Taylor/McAllistr 8:45 47:39

Dick Barrett Trophy Winner – Norry McAllister

The McIntyre team started first this morning and stayed there as they romped to about a 200-meter win. There were no close races. All teams were rated to finish in 46:30 and only one team got close to that time. We got the splits for the Aubuchon team at 11:07 for Kristina Park (rated at 11:00), 11:39 for Jim Bordoni (rated at 12:30), and 10:53 for Joseph Aubuchon (rated at 10:15). Norry McAllister estimated that he ran 11:20 (rated at 11:15) and Dino Delyani estimated that he ran 11:40 (rated at 11:45). Thanks to the helpers at the finish line – Danny Moon, Chris Blue, Carl Petersen, and Dave Norlander. Norry received the weekly trophy for his good-natured acceptance of his fate, an embarrassing last place finish – 77 seconds behind the next team. The unidentified handicapper refused to explain his handicapping methodology before racing away in his car from the angry crowd of runners.

9/24/16 – Valle Vista – 3.0M

1	Gary Waggoner	18:44
2	Geoff Bradley	18:54
3	Kristina Park	18:54
4	Norry McAllister	19:13
5	Dino Delyani	19:53
6	Robert Navarrete	20:38 PR
7	Bob Kemp	22:08
8	Ida Rosenblum	23:37
9	Carol Bednar	23:55
10	George Lo	28:08
11	Nancy Kirk	34:21
12	Alvin Jackson	37:30

Dick Barrett Trophy Winner – Kristina Park

Close race among the first three finishers. Kristina improved her 45+ PR by 44 seconds and also broke the women's 45+ record by 21 seconds. Robert broke his all-time PR by 9 seconds. Thanks to Joseph Aubuchon, Chris Blue, Glenn Kishi, Don Packwood and Danny Moon for helping at the finish line

10/1/16 – Step Up & Step Down Relay

Pl	Team	Start	Finish
1	Camet/Waggoner	5:00	34:26
2	Bednar/Bradley	3:00	35:26
3	Kemp/McAllister	5:00	35:45
4	Bordoni/Conroy	5:00	36:13
5	Jackson/Aubuchon	-0-	37:23
6	Taylor/Navarrete	5:00	38:00

Dick Barrett Phantom Trophy Winner – Geoff Bradley

Becki Kriege set up this relay and reported that Ken Camet came to the workout with a sob story about how he just came back from a cruise and was fat, out of shape, and his foot hurt. Becki fell for his story and paired him with Gary and a soft handicap. Needless to say, the team of Ken and Gary ran away with the victory. Geoff was awarded the trophy for his performance today and his recent significant running improvement. Geoff, Joseph Aubuchon, and Gary Waggoner all ran well under 90-second per lap averages. Thanks to Becki and Dany Moon for managing this workout.

10/8/16 – 6 x 1600M Relay

Pl	Team	Start	Finish
1	Navarrete/Jensen	5:30	41:30
2	Bednar/Taylor	-0-	42:32
3	Kemp/Williams	4:30	42:37
4	Mimaroglu/Waggoner	8:30	42:38
5	Park/McAllister	8:00	42:49
6	Lawson/Bordoni	1:30	43:19
7	Powell/Delyani	:15	43:46
8	Norlander/Aubuchon	-0-	45:37

Dick Barrett Trophy Winner – Robert Navarrete

Good weather and most of us ran well. Jom Jensen, Joseph Aubuchon and Alp Mimaroglu led the pack as they averaged 5:30, 5:36 and 5:37. Kristina led the ladies with a 5:46 average. Gary Waggoner, Norry McAllister, and Andy Williams also averaged under 6:00. Dino also had a very good morning with a 6:06 average. Alp ran his opening mile leg in 5:19 that included a very fast opening 200M. Dave Norlander and Kat Powell got very unfavorable handicap ratings. Robert Navarrete ran well under his rating Thanks for the insider-trading tip, Robert. I won't tell anyone. Thanks to Danny Moon and Don Packwood for handling the finish line. They did not miss a click. At least, that is what they told us.

10/15/16 Triangle Run – 4.76M

1	Joseph Aubuchon	29:42 PR
2	Gary Waggoner	30:16
3	Brian Davis	30:34
4	Norry McAllister	30:48
5	Tom O'Connor	31:03
6	Kristina Park	31:12
7	Dino Delyani	31:47
8	Robert Navarrete	33:36
9	George Lo	33:53
10	Mike Krey	34:49

11	Bob Kemp	35:07
12	Paul Taylor	36:16
13	Scott Bang	36:24
14	Al Murray	38:40
15	Carol Bednar	39:03
16	Bill Dodson	45:07
17	Dave Norlander	51:50
18	Elisabeth Kay	57:09

Dick Barrett Trophy Winner – Joseph Aubuchon

Highlights this morning included – Joseph won while improving his all-time PR by 88 seconds. Brian Davis and Tom O'Connor ran the 2nd and 7th best-ever 60+ times. Brian trails Bill Dunn's record by 31 seconds. Kristina Park recorded the 3rd best-ever time by a club 45+ runner. Thanks to Chris Blue who took care of the finish line all by herself until Don Packwood showed up to help.

10/22/16 – Dou/Sar/Frtvle – 2.75M

1	Joseph Aubuchon	16:37
2	Gary Waggoner	16:57
3	Andy Williams	17:06
4	Norry McAllister	17:12
5	Ken Camet	17:49
6	Dino Delyani	17:52
7	Robert Navarrete	18:38 PR
8	George Lo	18:46
9	Missy Sudan	19:14
10	Paul Taylor	19:40
11	Bob Kemp	19:53
12	Rob Jacobson	20:19
13	Al Murray	20:35
14	Phil Spink	20:41
15	Danielle Zelinski	20:46
16	Ida Rosenblum	21:06
16	Bjorn Samson	21:06
18	Catherine Frye	22:14
19	Dave McIntyre	23:05
10	Diane Bordoni	25:49
20	Jim Bordoni	25:49
22	Mike Kallbrier	26:30
23	Hank Lawson	27:17
24	Nancy Kirk	29:23

Dick Barrett Trophy Winner – Andy Williams

Good turnout for the run this morning and a fairly close race between the top 4 runners as they finished within about 200 meters of each other. The weekly trophy was given to Andy Williams because he agreed to sing at our next annual club dinner. There were several notable accomplishments – Ken Camet improved his 55+ best by 83 seconds, oldie Robert Navarrete not only broke his 60+ best but also broke his all-time PR by 4 seconds, Missy

Sudan ran her first club Saturday run in 3½ years and in the process recorded the 9th best-ever time by a club 45+ woman, Catherine Frye ran the #5 best by a club 55+ woman, and Diane Bordoni ran a Saturday run with us for the first-ever time, making it to #6 on the women's 60+ list. Thanks to Danny Moon, who although he arrived very late (It took awhile for him to get his tuxedo on) did an excellent job of timing.

10/29/16-8x0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Kallbreier/Samson	-0-	37:18
2	Moon/McAllister	3:45	38:32
3	Kemp/Navarrete	4:30	39:23
4	Taylor/Lo	4:30	39:38
5	Sudan/Bordoni	5:45	40:05
6	Jacobson/Aubuchon	6:30	40:07
7	Chimenti/Waggoner	4:15	40:20
8	Norlander/Delyani	-0-	40:35

Dick Barrett Trophy Winner – Dave Norlander & Dino Delyani

Par today was 40:30 and all except one team ran under that. Easy win for the Samson team. The poor Delyani team started first with the Samson team but finished last. They were given the weekly trophy because they were closest to their projected time and accepted their fate well (except for Dino smashing into 3 cars when leaving his parking spot). Joseph had the fastest cum time at 14:56, followed by Norry at 15:35 and Gary at 15:43. Thanks to Carl Peterson for recording all of the splits.

11/5/16 – Farwell/H – 4.68M

1	Joseph Aubuchon	28:48
2	Matthew Zazkowski	28:51
3	Garry Waggoner	29:05
4	Norry McAllister	29:40
5	George Lo	31:59
6	Robert Navarrete	32:08 PR
7	Kristina Park	32:13
7	Becki Kriege	32:13
9	Mike Krey	32:55
10	Bob Kemp	34:19
11	Dave McIntyre	37:20
11	Mike Mihalick	37:20
13	Kat Powell	44:21
14	Mike Kallbrier	48:35

Dick Barrett Trophy Winner – Norry McAllister

Excellent running conditions this morning – low 50s and no wind – and several of us took advantage of the great conditions to run fast times. Joseph Aubuchon ran with Matt

Zazkowski until the last 100 Yards and then sprinted away for the win. He missed his PR by one second. Norry was overjoyed to run his fastest time on this course in nearly 2 years at the advanced age of 59. George Lo improved his 45+ best by 22 seconds. Robert Navarrete had another super day. He had an all-time PR by 51 seconds, even though he is 60, recorded the 22nd best-ever time by a club 60+ runner for this course, and is now only 1 second behind Jim Bordoni and 2 seconds behind Dave Norlander on the all-time 60+ list. Becki recorded the 3rd best-ever women's 50+ time behind Chris Kennedy's and Sue Francis' times. Mike Krey missed his 60+ best by 6 seconds. Mike Kallbrier pulled a muscle and had to walk in. Thanks to Dave Norlander and Danny Moon for handling the finish line.

11/12/16 – 8 x 1200M Relay

Pl	Team	Start	Finish
1	Wong/Navarrete	1:00	43:50
2	Taylor/Jacobson	-0-	43:51
3	Park/Bradley	10:15	44:41
4	McAllister/Bang	10:15	44:41
5	Powell/Lo	1:15	44:51
6	Camet/Aubuchon	8:45	44:52
7	Sudan/Waggoner	9:00	45:41

Dick Barrett Trophy Winner – Helen Wong

The Jacobson team started first and held the lead until Robert Navarrete sprinted by for the win. The Bradley and and Bang team ran near each other for most of the run with Geoff scoring a narrow win by about an inch to get 3rd place. The Lo team started 7 minutes and 30 seconds in front of the Aubuchon team and held on by a couple of yards to get 5th place. All teams were rated to finish in 45:00. Joseph Aubuchon had an off day but still had the fastest cum time of the day at 16:35. Kristina Park, Geoff Bradley, Norry McAllister, Scott Bang, and Gary Waggoner were bunched between 17:07 and 17:19. We had many helpers at the finish line this morning, including Dimitrios Stefanidis, Jim (perfect handwriting) Bordoni, Dave Norlander, Danny Moon, and Madelyn Moon

11/19/16 – Farwell – 3.54M

1	Jorn Jensen	21:16.3
2	Joseph Aubuchon	21:55.3
3	Garry Waggoner	22:03.9
4	Ken Camet	23:02.1
5	Kristina Park	23:04.4
6	Robert Navarrete	23:53.9 PR
7	Becki Kriege	23:56.9
8	George Lo	24:19.7

9	Missy Sudan	24:52.3
10	Paul Taylor	26:55.6
11	Dave McIntyre	27:17.7
12	Mike Krey	27:30.9
13	Geoff Bradley	27:54.5
14	Carol Bednar	27:57.4
15	Hank Lawson	28:16.2
16	Ida Rosenblum	31:18.5
16	Bjorn Samson	31:18.5
18	Kat Powell	31:48.4
19	Bill Dodson	32:40.2
20	Dave Norlander	37:11x
21	Nancy Kirk	38:47x
22	Don Packwood	43:48x

Phantom Dick Trophy Winner - Becki Kriege

Although the prediction was for heavy rain this morning, we got no rain during our race this morning. Jom ran to an easy win. The ladies had several spectacular runs. Kristina led these performances with the #2 best-ever run by a woman 45+ runner. Missy recorded the 10th best-ever 45+ time. Becki broke Sue Francis' 50+ course record, set 13+ years ago, by 13 seconds. And, in a performance overlooked at the end of the race, Kat Powell broke the 65+ course record by 74 seconds. This record was held by Marcia Morrison and Chris Blue. Her time also gave her the lead in the Cum Sat contest for the D division. And, Robert Navarrete continued his streak of fast running by improving his all-time PR at age 60 by 57 seconds. Thanks to Danny Moon, Rich Hahn, Jim Bordoni, and Norry McAllister for helping at the finish line.

11/26/16 – 4 x 1.46M WVC Campus Relay

1	McAllister/Conroy	41:05
1	Navarrete/Delyani	41:05
3	Aubuchon/Norlander	46:36

Dick Barrett Trophy Winner – None

Although it appeared that we would get heavy rain, the rain throughout the run was light. Most ran at easy effort. Norry waited 14 seconds before starting his second run so that he could run with Robert.

12/3/16 – Short Six – 5.74M

1	Jorn Jensen	35:55
2	Garry Waggoner	36:12
3	Sheldon Ah-Sing	37:10
4	Matthew Zazkowski	37:37
5	Norry McAllister	38:41
6	Kristina Park	39:13
7	Dino Delyani	39:29
8	Robert Navarrete	41:35

9	Geoff Bradley	46:16
10	Kat Powell	55:49
11	Alvin Jackson	86:47

Dick Barrett Trophy Winner – Jorn Jensen

The first four finishers ran together for about 2 miles before Jorn and Gary started to pull away. Then, Jom gradually pulled away for the win. Gary improved his 50+ best by 24 seconds to move into 25th place out of the 97 club 50+ runners who have run this course. Freshman Matt Zazkowski averaged 6:33 per mile in his first try at a distance over 5 miles in a practice or a race. Alvin lost about 2 minutes when he briefly ran past the 10 Acres left turn. Eddie Tico, who joined our club as a 10-year old in 1969, visited us for the first time in quite awhile. His daughter was the #1 runner on a very good Los Altos high school team this past season. Thanks to Dave Norlander, Rich Hahn, Nancy Kirk, and Chris Blue for helping at the finish line.

12/10/16 – Valle Vista – 3.0M

1	Jorn Jensen	17:16
2	Gary Waggoner	18:30
3	Andy Williams	18:53
4	Norry McAllister	19:06
5	Scott Bang	19:54
6	Dino Delyani	20:02
7	Joseph Aubuchon	20:30
8	Robert Navarrete	20:36 PR
9	Ken Camet	20:57
10	Mike Krey	21:21
11	Des Knuckey	24:24
12	Todd Hayes	26:59
13	Kat Powell	28:02
14	Mike Kolesnik	28:12
15	Don Packwood	35:54 RW
16	Alvin Jackson	39:00

Jorn won by a little under a quarter mile. Robert ran another PR and Mike Krey knocked 3 seconds off his 60+ PR. Thanks to Danny Moon, Dave Norlander, and Rich Hahn for helping at the finish line.

12/17/16 – Triangle – 4.76M

1	Norry McAllister	31:02
2	Sheldon Ahsing	31:34
3	Ken Camet	32:10
4	Dino Delyani	32:13
5	George Lo	35:54
6	Missy Sudan	36:12
7	Carol Bednar	37:30
8	Des Knuckey	39:36
9	Dave McIntyre	43:06
10	Bill Dodson	46:29
11	Nancy Kirk	50:28 PR
12	Don Packwood	59:48 RW

Phantom Dick Barrett Trophy Winner -- Sheldon Ahsing

Very cold this morning (high 30s) but 12 racers showed up with Norry scoring the win. Nancy broke her all-time PR by over 5 minutes.

Thanks to Danny & Madelyn Moon, Rich Hahn, and Jim Bordoni for helping at the finish line. They were very pleased when the last finisher completed the race so that they could flee to their cars and get warm.

12/24/17 – 6 x 1600M Relay

	Start	Finish
1H.Rohrer/Camet	-0-	43:34
2Nic.McAllis/Conroy	-0-	43:40
3Lo/Park	6:30	43:53
4Navarrete/Aubuchon	3:30	44:14
5Delyani/No.McAllis	7:45	45:04

Dick Barrett Trophy Winner – Ken Camet

Very cold this morning (high 30s at the start). Ken Camet started the last leg in 3rd place and about 50 yards out of the lead and ran his fastest leg (6:16) to secure the win for his time. Kristina led everyone with a 5:57 average. The times seemed to be slower this morning by about 20 seconds per set of 1600s due to the cold weather. Thanks to Danny Moon and Dave Norlander (nursing a separated shoulder) for helping at the finish line.

12/31/16 – All Courses Day

Dou/Sar/Frtvle-2.75M

1	Norry McAllister	17:25
2	Dino Delyani	18:20
3	Kristina Park	18:46
4	Rbt Navarrete	19:03
5	Becki Kriege	19:06
6	Rich Hahn	26:34
7	Al Murray	28:27
7	Dave Woodruff	28:27
9	Dave Norlander	32:26

Valle Vista – 3.0M

1	Kat Powell	29:21
2	Nancy Kirk	31:46
3	Bill Dodson	31:57

Farwell – 3.54M

1	Mike Krey	25:58.4
2	Catherine Frye	30:23.8

Triangle – 4.76M

1	George Lo	36:20
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Short Six – 5.74M

1	Joseph Aubuchon	37:10 PR
2	Scott Bang	42:51
3	Dave McIntyre	49:59
4	Don Packwood	74:01 RW
5	Walt Van Zant	76:06

Phantom Dick Barrett Trophy Winner – Joseph Aubuchon

This was our final Saturday course run for the year. And, it was somewhat cold again (40 degrees). Most club members wore gloves. Norry, who will turn 60 on January 26th, ran the Douglas course and was first across the line. Joseph needed to run the Short Six course in better than 37:20, which would be a PR of nearly 2 minutes, in order to win the A division of the Cum Sat contest and did it with a time of 37:10. Bill Dodson broke the 80+ course record for the Valle Vista course by 47 seconds despite turning right at Via Colina and running all of the way out to highway 9 and back, which cost him an extra quarter mile. Thanks to Danny Moon and Jim Bordoni for helping at the finish line while freezing.

RACE RESULTS

7/17/16-Jungle Run Half Marathon

3	Ray Rodriguez	1:26:47 1 st -50+
28	JR Mintz	1:39:36 7 th -40+
64	Dalila Rodriguez	1:46:31 4 th -40+
76	Glenn Kishi	1:49:51

157	Kat Powell	2:08:30 2 nd -65+
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7/24/16 – Wharf to Wharf Race – 6M

19	Jack Bordoni	30:40
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110	Jose Pina	34:33
146	Mike Bordoni	35:28
	Glenn Kishi	?
	Chris Blue	?

7/30/16 – San Rafael Grand Prix Mile

Jorn Jensen	5:08	6 th -40+
Norry McAllister	5:46	
Ken Camet	5:53	
Tom O'Connor	6:00	4 th -60+
Robert Navarrete	6:29	8 th -60+
Jeff Rohrer	6:43	
Jim Howe	7:55	4 th -70+

Our 50+ men finished 3rd.

8/20/16 – Santa Cruz XC – 4.0M

Women

40 Marian Richard	31:30
50 Dalila Rodriguez	33:36
59 Carol Bednar	35:22
60 Catherine Frye	35:25

Our 40+ women finished 4th.

Men's Masters Race

11 Jorn Jensen	24:50
21 Ray Rodriguez	26:06
22 Barry Farrara	26:07
29 Andy Williams	27:35
34 Norry McAllister	28:17
42 Dino Delyani	29:36
49 Robert Navarrete	30:51
50 Tom Lockhart	30:58
53 Mike Krey	31:14
59 Jim Bordoni	31:39
63 Aaron Lee	31:57
65 Jeff Rohrer	32:01
70 Dave McIntyre	33:17
90 Bill Dodson	39:51
98 Dave Norlander	43:58

Our 40+ men finished 5th, our 50+ men finished 1st, and our 60+ men finished 2nd.

Open Men

13 Juan Rivera	24:16
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8/20/16-San Jose Double-15K

1 Jose Pina	54:04	1st-50+
2 Roberto Palos	56:26	1st-50+

Roberto had the fastest age-graded time

8/27/16 - Empire XC-3.4M

10 Jorn Jensen	20:02
23 Ray Rodriguez	21:41
75 Bill Dodson	31:49

9/5/16 – 45th Annual Shettler Handicap

Race-3.06M

	Finish	Actual		
<u>Pl</u>	<u>Runner</u>	<u>Time</u>	<u>Start</u>	<u>Time</u>
1	Carol Bednar	36:49	13:40	23:09
2	Alvin Jackson	36:59	1:10	35:49
3	Scott Bang	37:03	18:30	18:33

4 Dino Delyani	37:04	17:20	19:54
5 Kristina Park	37:06	18:30	18:36
6 Geoff Bradley	37:09	17:40	19:29
7 Norry McAllister	37:11	18:30	18:41
8 Gary Waggoner	37:12	18:30	18:42
9 George Lo	37:13	16:50	20:23
10 Robert Navarrete	37:17	16:40	20:37
11 Brian Conroy	37:25	16:40	20:45
12 Catherine Frye	37:28	13:30	23:58
13 Andy Williams	37:34	18:30	19:04
14 Jo Aubuchon	37:36	19:20	18:16
15 Neil Gelblum	37:40	11:50	25:50
16 Dave McIntyre	37:54	15:20	22:34
17 Mike Krey	38:01	16:50	21:11
18 Tom Warfel	38:05	6:20	31:45
19 Jorn Jensen	38:12	20:20	17:52
20 Nicky McAllister	38:12	12:10	26:02
21 Mary Kriege	38:13	20:20	17:53
22 Roberto Palos	38:16	20:00	18:16
23 Walt Van Zant	38:22	---	38:22
24 Kat Powell	38:57	11:50	27:07
25 Dave Norlander	40:11	10:10	30:01

Carol Bednar started in the #8 position and then gradually worked her way through the field, catching Alvin during the last 200 meters to win for the second time. She last won in 1999. Jorn Jensen had the fastest scratch time at 17:52, one second better than Mary Kriege. Jorn is now tied with Bob Pickens for the most times with the best actual time at 5. We have run this annual event, starting and finishing in front of the Collins residence, for 19 consecutive years. Bob Pickens holds the men's course record at 15:52 and Becki Kriege holds the women's course record at 17:36. Dino Delyani won the predicted time contest by coming within 0.3 seconds of his prediction.

9/10/16 – Headlands Endurance Runs

– 75 Miles

Kat Powell	28:46:00
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9/11/16 – Golden Gate XC – 4M

Men's Masters Race

37 Ray Rodriguez	25:21
63 Brian Davis	27:40 5th-60+
64 Robert Plumeau	27:42
69 Dennis Kurtis	27:56 9th-60+
82 Tom O'Connor	29:01
84 Tom Lockhart	29:15
86 John Mintz	29:19
98 Brian Conroy	30:11*
100 Aaron Lee	30:23
107 Mike Krey	30:58
109 Jeff Rohrer	31:03

121 Dave Woodruff	32:15
123 Dan Anderson	32:28
140 Glenn Kishi	36:18
156 Dave Norlander	43:29

Men's Open Race

49 Juan Rivera	23:20
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Women's Race

10 Mary Kriege	25:04*
124 Dalila Rodriguez	32:43
146 Carolyn Benson	35:52

* Club members competing for another club

9/17/16 – Rebels XC-6K

Men's Masters Race

23 Scott Bang	23:39
25 Bob Plumeau	23:50
30 Brian Davis	24:18
37 Dennis Kurtis	24:55 at 15:58
38 Tom O'Connor	24:56
54 Aaron Lee	27:16
57 Jeff Rohrer	27:34
64 Art Mitchum	28:18

Our men's 40+ team finished and our men's 60+ team finished 1st.

9/24/16 – Garin Park XC – 5K

Men's Masters Race

16 Jorn Jensen	18:39
22 Barry Farrara	19:45
28 Andy Williams	20:39
36 Tom Lockhart	21:48
37 Ken Camet	21:49
62 Jeff Rohrer	24:03
69 Dan Anderson	24:51
71 Art Mitchum	25:26
90 Dave Norlander	33:43

Our 50+ men finished 3rd and our 60+ men finished 6th.

Men's Open Race

34 Juan Rivera	17:30
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9/24/16 – San Juan Bautista Double 15K

4 Roberto Palos	55:45	1st-50+
7 Rosa Gutierrez	58:43	1st-50+
10 Robert Plumeau	60:37	2nd-50+
30 Kat Powell	86:09	2nd-60+

Rosa had the top age-graded performance.

9/24/16 – San Juan Sprint Double

(Mile & Half Mile)

2 Roberto Palos	8:18	1st-50+
9 Kat Powell	14:25	1st-60+

10/1/16 – Excelsior XC – 5K**Men's Masters Race**

9	Jorn Jensen	18:26
11	Roberto Palos	18:41
14	Barry Farrara	18:55
30	Andy Williams	20:26
37	Bob Plumeau	21:09
43	Dino Delyani	21:48
61	Mike Krey	23:15
62	Aaron Lee	23:18
67	Jeff Rohrer	23:29
80	Glenn Kishi	27:50
85	Bill Dodson	30:14
88	Dave Norlander	32:02

Our 40+ team finished 3rd and our 50+ team finished 2nd.

10/1/16-San Jose Rock 'n' Roll 5K

Kat Powell	27:02	1st-60+
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10/2/16-San Jose Rock 'n' Roll Half**Mar**

Kat Powell	2:05:35	1st-65+
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10/8/16 – Willow Hills XC – 5K**Men's Masters Race**

54	Kristian Peterson	24:16
59	Art Mitchum	24:26

10/15/16 – Quicksilver Half Marathon

Kat Powell	3:43:13
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10/16/16 – Humboldt Half Marathon

Kat Powell	2:05:40
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Heavy rain during the race.

10/16/16 – Pumpkin Run 5K in HMB

13	Becki Kriege	21:15	1st-50+
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10/22/16 – Aggies XC Race-4.2M**Women's Race**

79	Dalila Rodriguez	31:29
109	Kat Powell	38:08

Men's Masters Race

9	Matt Tompkins	23:44
15	Jorn Jensen	24:25
17	Calvin Do	24:31
22	Ray Rodriguez	24:57
86	Kristian Petersen	32:01
89	Art Mitchum	32:20
109	Bill Dodson	39:48
115	Dave Norlander	41:40

Our 40+ men finished 3rd.

10/30/16 – Lawson XC – 4.25M**Women's Race**

86	Marian Richard	33:18
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102 Dalila Rodriguez 35:06

111 Catherine Frye 36:26

119 Carol Bednar 38:31

125 Kat Powell 41:21

Our women's 40+ team finished 7th.

Men's Masters Race

7	Matt Tompkins	24:35
13	Jorn Jensen	25:07
16	Calvin Do	25:18
32	Barry Farrara	26:44
39	Ray Rodriguez	27:47
43	Brian Davis	28:00
46	Bob Plumeau	28:16
58	Tom O'Connor	29:11
108	Kristian Petersen	35:41
118	Glenn Kishi	39:13
126	Bill Dodson	45:08

Our men's 40+ team finished 3rd and our men's 50+ team finished 4th.

11/6/16 – Clarksburg Half Marathon

57	Ray Rodriguez	1:23:57	4th-55+
71	Ken Camet	1:28:21	5th-55+
155	Dalila Rodriguez	1:52:26	6th-45+
168	Glenn Kishi	1:58:58	
188	Kat Powell	2:07:08	4th-65+
198	Bill Dodson	2:09:49	1st-80+

11/13/16 – PA XC Championships**Men's Master – 6M**

22	Jorn Jensen	36:35
27	Matt Tompkins	37:14
36	Ray Rodriguez	38:28
39	Barry Farrara	38:40
59	Tom O'Connor	41:07
63	Bob Plumeau	41:20
66	Brian Davis	41:48
93	Tom Lockhart	45:01
128	Kristian Petersen	51:13
131	Art Mitchum	51:36
133	Norm Takeuchi	52:26
146	Bill Dodson	60:55
153	Dave Norlander	64:46

Our 40+ men finished 7th and our 50+ men finished 3rd.

Women – 4M

125	Dalila Rodriguez	31:52
167	Kat Powell	39:20

11/24/16 – Silicon Valley Turkey Trot**Open 5K**

35	Joseph Aubuchon	17:45	1st-35+
129	Brian Conroy	20:27	2nd-60+
483	Des Knuckey	24:04	2nd-65+
593	Wente Tran	24:49	7th-40+
1018	Aaron Lee	27:09	
1134	Zoe McAllister	27:31	

10K

44	Ray Rodriguez	37:57	2nd-55+
55	Roberto Palos	38:18	2nd-50+
90	Robert Plumeau	39:28	3rd-55+
100	Norry McAllister	39:38	4th-55+
170	George Lo	41:20	
	Kat Powell	55:56	1 st -65+
274	Mike Krey	43:12	2nd-60+
448	Rob Jacobson	45:40	6th-60+
838	David Garza	48:55	
1369	Nicky McAllister	52:35	9th-50+
1576	Mike Kolesnik	53:40	
2850	Jose Casillas	59:39	

11/26/16-Mt.View Turkey Trot-5K

Dave Norlander	30:29
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12/4/16-Hunter Thompson 50K

Kat Powell	8:17:00
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Stopped to eat her birthday cake at the 20M mark.

12/4/16-Cal Intl Marathon

205	Calvin Do	2:51:28
600	Ray Rodriguez	3:09:01
649	Ken Camet	3:11:07
5440	Bill Dodson	5:27:09*1 st -80+

*Competes for Tamalpa

Calvin, Ray, and Ken finished 6th in the 40+ grand prix team scoring.

12/11/16 Lake Merced Relays

55	40+ Ladies	1:59:15	2 nd -40+
64	50+ Men	2:02:17	5 th -50+
160	60+ Mixed	2:30:12	

The splits for the ladies were

Kristina Park	28:28
Missy Sudan	31:51
Becki Kriege	30:18
Rosa Gutierrez	28:39

The splits for the senior men were –

Tom O'Connor	29:11
Bob Plumeau	28:38
Dino Delyani	30:02
Norm Takeuchi	33:55

The splits for our 60+ men and women were –

Dave Norlander	43:24
Kat Powell	41:31
Brian Davis	34:00
Tom O'Connor	31:17

Brian ran slow due to an injury.

12/17/16-San Juan Xmas Double-

15K

5 Roberto Palos 55:55 1st-50+
7 Rosa Gutierrez 61:07 1st-50+
8 Robert Plumeau 61:10 2nd-50+
45 Kat Powell 85:21 3rd-60+
67 Dave Norlander 114:33 3rd-70+

Rosa had the best age-graded time. Dave
took a big fall during the last leg-a 5K.

