



# WVJS



**VOL XXXIX-#1 WEST VALLEY JOGGERS & STRIDERS January 2020**

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## Upcoming Saturday Workouts

01/04/20 Doug/Sara/Frtvle (2.75 miles)  
01/11/20 8 x 0.66-Mile Tennis Court Loop Relay  
01/18/20 Farwell/H (4.68 miles)  
01/25/20 5K on the track  
02/01/20 4 x 1.46-mile WVC Loop Relay  
02/08/20 Farwell(3.54 miles)  
02/15/20 Valentine Team Race (5.4 miles)  
02/22/20 Short Six – 5.74M  
02/29/20 12 x 800 Relay  
03/07/20 18 x 0.33-Mile Tennis Court Loop Relay  
03/14/20 Valle Vista (3.0 miles)  
03/21/20 Triangle Run (4.76 miles)  
03/28/20 Doug/Sara/Frtvle (2.75 miles)

04/04/20 16 x 300 Relay  
4/11/20 Farwell/H (4.68 miles)  
04/18/20 Step-up & Step-down Relay  
04/25/20 36 x 200 Relay  
05/02/20 16 x 400 Relay  
05/09/20 Farwell (3.54 miles)  
05/16/20 Short Six (5.74 miles)  
05/23/20 8 x 0.66-Mile Tennis Court Loop Relay  
05/30/20 All Courses Day  
06/06/20 36 X 200 Relay  
06/13/20 One Mile on the Track  
06/20/20 Valle Vista (3.0 miles)  
06/27/20 Triangle Run (4.76 miles)

The 3-mile warm-up starts at 7:25 AM and the event starts at exactly 8 AM. Don't be late! We meet at the top of the West Valley College track.



## Notable Events

### 2019 PA-USATF Road Events

03/07 NorCal 10-Miler, Redding  
03/22 Oakland Marathon Team Relay  
03/29 Stow Lake Stampede 5K, SF  
04/05 Credit Union Sactown Run, 10M  
04/19 Los Gatos Great Race 4M  
05/03 The Mile of Truth, Danville  
05/25 Reach for a Star 5K, Brisbane  
06/07 Hit the Road Jack 10K, Sonoma  
07/04 Morgan Hill Freedom Fest 5K  
07/12 Across the Bay 12K, San Francisco  
10/04 Urban Cow Half Marathon  
11/01 Clarksburg Half Marathon  
12/06 Cal International Marathon  
12/20 Christmas Relays

### Racer of the Year

Fastest Farwell Time  
Fastest Marathon  
Fastest Half Marathon  
Fastest of 2 Designated Track Miles  
Fastest of 2 Designated Track 5Ks  
Nor-Cal 10 Miler  
Stow Lake Stampede  
Credit Union Sactown Run  
Great Race  
Mile of Truth  
Hit the Road Jack 10K  
Morgan Hill Freedom Fest  
Across the Bay 12K  
UC Santa Cruz XC Challenge  
Golden Gate Park XC Open  
Urban Cow Half-Marathan  
Clarksburg Half-Marathon  
California International Marathon

### Other Races

01/25 San Juan Bautista Half Marathon  
01/25 Coyote Hills Half Marathon  
02/02 Race to the Row 8K, San Jose  
02/02 SF Half Marathon  
03/15 Livermore Half Marathon  
03/01 Santa Cruz Half Marathon  
03/14 Shamrock Shuffle 5K/10K, SJ  
03/15 City of Dublin Shamrock 5K  
04/05 Rock N' Roll Half Marathon, SF  
05/31 Bay to Breakers

## Miscellaneous Drivel (by Mark Goldman)

Please remember to let **Walt Van Zant** know as soon as possible on Saturday mornings whether or not you are going to run in a scheduled relay. If you wait until you get back from the warm up, it is difficult to properly place you.

And speaking of our fearless leader - if you have received an email from **Walt** during the last 4 months, you may have noticed it is all in caps (like he's shouting at you) or it had a few typos. This is because he can only type with his left hand due to a fall. On August 21st, during a neighborhood run, a bush jumped out at him and he fell. With those cat-like reflexes, he rolled on to a nearby lawn, and waited for help. A local neighbor found him and drove him to the ER. Walt had broken his shoulder in 3 places and his wrist in 2. After 8 weeks in a cast and lots of PT, he was back at our workouts. We're all glad to have him back and continuing to improve. BTW, Walt just ran the Douglass course for the 100th time! He recorded his first run in March of 1979!

The club Thursday morning track workouts are going strong. 8:00am at the West Valley track usually finds 10+ people being led through a workout designed by **Danny Moon** with the focus on whatever run is planned for the subsequent Saturday run. And of course, breakfast follows!

**Brian Conroy** leads a track workout at Westmont High School in Campbell on Tuesday's at 5:00pm. A typical workout includes 800, miles, and longer tempo runs. Brian also competed and did very well in the USATF National Masters 5K Cross Country Championships in San Diego in October.

Our club merchandise website continues to offer the latest in high quality running gear, all with our club logo. Check it out at <https://www.sportpacks.com/WVJS>.

We have had a few injuries this year. **Mike Krey** was out several months with ankle/knee problems. I missed 5 months with back issues. **Nancy Kirk** is finally back running strong after fighting her own back struggles for a year. However, really amazing is that **Tom O'Conner and Ken Camet** had heart related challenges and came back quickly to have strong years. However, **Todd Hayes** had an amazing year. On Sept 4, Todd had a heart Ablation procedure. One month later - he ran the urban Cow 1/2 marathon, and then Clarksburg, and even though he would have preferred not to, he ran CIM to make sure the we scored a team! Thank you, Todd!

A big 'Thank You' to **Jørn Jensen** for his fabulous summaries and regular updates on our team racing results. They always include great information about the race, results and terrific pictures. We all look forward to receiving it after a race.

**Don Bowden**, 83, the first American to break 4:00 for the mile, joined WVJS at our Saturday workout on September 21. He ran the cool-down as well as joining us for breakfast. It was on June 21, 1957 at a PA meet in Stockton, when Don ran a 3:58.7 to become the 4th man to run under 4min. The late **Ken Napier** was also in that race.

**Jim Bordoni**, in addition to helping manage the Saturday morning runs, continues power walking several workouts a week. Special recognition to **Jack Bordoni**. He ran his 2nd marathon recently at CIM in 2:25:21! Jack is considering both Boston and Berlin this year. I see some traveling in Jim's future!

**Danny Moon** celebrated his birthday at our Thursday workout. Fifteen people came to join him for the run and everyone went to breakfast where birthday cake was enjoyed by all. Danny did a great job filling in for Walt while he was recovering from his fall. And Danny is running great, increasing his mileage so he can join in this year and compete with the new WVJS 70+ team.

Anyone looking for a great general contractor, **Robert Navarrete** is the man to call. Since he has decided to retire, business has never been better. Robert has done several projects for club members- and gets great reviews. BTW, he is running better than ever!

**Cecil and Sue Baumgartner** recently joined us for a Saturday workout and breakfast. The next day Cecil ran CIM as part of the WVJS 60+ team. He finished in 3:38!

Congratulations to **John Mintz** for winning Runner of the Year for the 3rd straight time! He ran over 5K miles last year! JR has been in our club for many years. He rarely comes to a Saturday workout but runs some PA races for us. He works and lives in Vallejo.

With the growing number of track and cross country coaches in our club, seems like WVJS are a great place to start. Walt has been coach at Wilcox for 150 years, Danny at Saratoga, **Dino Delyani** at Aragon, and **Jake White** at Lynbrook.

WVJS had a great year on the USATF Grand Prix racing circuit. Our teams won: M50+ Seniors, M60+ Super Seniors, M80+ Super Veterans - Road Long and Short! M50+ Seniors Cross Country; and the Woman came in 2nd! An excellent showing by WVJS! Some outstanding individual performances:

**Jorn Jensen** (50+) came in 2nd overall on the short course, 1st on the long course, and 1st in cross country!!! In addition, Jorn competed in 19 races.

**Norry McAllister** (60+) won the short course competition

**Dave Norlander** (80+) won the long course for road and came in 2nd for cross country

**Tom O'Conner** came in 2nd on the long course - but - ran in every race this year - competing 20 times!

With the help of many people, there is a great deal of information available on our website. Dino has a spreadsheet that can tell you your time for any run on any "Cum Sat" course for the last 40 years! Every person's contact info is there as well as all upcoming workouts, races, current standings and the website to order our cool WVJS running gear. The website can answer many of your questions.

Our webmaster, **Dick Chimenti**, continues to do an excellent job managing everything on our website. The site looks great with all sorts of relevant information. Even though Dick is only able to join us occasionally, his support is greatly appreciated! Thank you, Dick!

## 2020 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 final scores for 2019 for those who reported their scores prior to the preparation of this club bulletin are:

| <u>Runner</u>   | <u>Miles</u> | <u>Sat Pts</u> | <u>Total</u> |             |                  |     |     |      |             |
|-----------------|--------------|----------------|--------------|-------------|------------------|-----|-----|------|-------------|
| John Mintz      | 5132         | 140            | 5272         | Gold        | Jim Bordoni      | 367 | 810 | 1117 | Hon Mention |
| Jorn Jensen     | 2504         | 160            | 2664         | Silver      | Robert Navarrete | 868 | 360 | 1228 | *           |
| Tom Warfel      | 1428         | 1040           | 2468         | Bronze      | Ken Camet        | 881 | 360 | 1241 | *           |
| Joseph Aubuchon | 1586         | 730            | 2316         | Bronze      | Mark Goldman     | 721 | 430 | 1151 | *           |
| Dwayne Spencer  | 2004         | 220            | 2294         | Bronze      | Kat Powell       | 581 | 300 | 881  | *           |
| Norm Takeuchi   | 1817         | 0              | 1817         | Bronze      | Danny Moon       | 148 | 570 | 718  | *           |
| Tom O'Connor    | 1688         | 0              | 1688         | Bronze      | Al Murray        | 0   | 0   | 000  | *           |
| Carol Bednar    | 1131         | 340            | 1651         | Bronze      |                  |     |     |      |             |
| Walt Van Zant   | 397          | 620            | 1017         | Bronze      |                  |     |     |      |             |
| Dave Norlander  | 423          | 960            | 1383         | Hon Mention |                  |     |     |      |             |
| Scott Bang      | 818          | 480            | 1298         | Hon Mention |                  |     |     |      |             |

\* Point total for these runners does not include the second half of the year.

## 2020 WVJS RACER OF THE YEAR CONTEST STANDINGS



Placings in this contest are based upon an individual's 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.** Final standings for 2020 are as shown below. The number in parentheses after each score is the number of events contributing to the score. Aaron Lee keeps the records for this event, which can be found at <https://docs.google.com/spreadsheets/d/126PgoitSW1J3v81Hb8y4soUqucplJmzYEeULK-8YV0c/edit#gid=0>

### A Division

|                   |           |
|-------------------|-----------|
| Jorn Jensen       | 200 (8)   |
| Raymond Rodriguez | 194 (8)   |
| Scott Bang        | 183 (8)   |
| George Cross      | 134.5 (6) |
| Adam Prince       | 132 (6)   |
| Juan Rivera       | 125 (5)   |
| Roberto Palos     | 124 (6)   |
| Joseph Aubuchon   | 94 (4)    |
| Barry Farrara     | 88 (4)    |
| Sheldon Ah Sing   | 67 (3)    |
| Calvin Do         | 61 (3)    |
| Mike Bordoni      | 49 (2)    |
| Ben Schmiege      | 24 (1)    |

### B Division

|                  |         |
|------------------|---------|
| Dwayne Spencer   | 198 (8) |
| Norry McAllister | 198 (8) |
| Brian Davis      | 196 (8) |
| Tom O'Connor     | 191 (8) |
| Dino Delyani     | 186 (8) |
| Ken Camet        | 184 (8) |
| Robert Plumeau   | 165 (7) |
| John Huang       | 106 (4) |
| Tom Lockhart     | 101 (3) |
| Kristina Park    | 90 (4)  |
| Gary Waggoner    | 75 (3)  |
| Geoff Bradley    | 58 (3)  |
| George Lo        | 52 (3)  |
| Tim Souza        | 51 (3)  |
| Jonathan Slater  | 37 (2)  |
| Emanuel Lee      | 25 (1)  |

### C Division

|                  |         |
|------------------|---------|
| Aaron Lee        | 198 (8) |
| Missy Sudan      | 197 (8) |
| Dalila Rodriguez | 194 (8) |
| Robert Navarrete | 190 (8) |
| Nancy Eubanks    | 175 (7) |
| Norm Takeuchi    | 164 (8) |
| John Mintz       | 142 (4) |
| Jeff Rohrer      | 134 (7) |
| Becki Kriege     | 103 (5) |
| Brian Conroy     | 91 (4)  |
| Mike Krey        | 85 (4)  |
| Bob Kemp         | 72 (3)  |
| Dave Woodruff    | 44 (1)  |
| Paul Taylor      | 39 (2)  |
| Robert Pickens   | 34 (2)  |
| Jim Bordoni      | 33 (2)  |
| Radha Nambula    | 21 (1)  |

### D Division

|                |         |
|----------------|---------|
| Carol Bednar   | 200 (8) |
| Todd Hayes     | 199 (8) |
| Mark Goldman   | 198 (8) |
| Katherine Frye | 160 (7) |
| Scott Graham   | 127 (6) |
| Dave McIntyre  | 90 (4)  |
| Kelly Emo      | 69 (3)  |
| Marian Richard | 50 (2)  |
| Uyenthi Tran   | 43 (2)  |
| Dan Anderson   | 24 (1)  |
| Danny Moon     | 22 (2)  |
| Callin Nayler  | 21 (1)  |

### E Division

|                  |         |
|------------------|---------|
| Glenn Kishi      | 200 (8) |
| Kat Powell       | 195 (8) |
| Neeraja Nambula  | 192 (8) |
| Dave Norlander   | 191 (8) |
| Bob Lord         | 190 (8) |
| Bill Dodson      | 180 (8) |
| Willie Liu       | 164 (7) |
| Rich Hahn        | 143 (7) |
| Walt Van Zant    | 126 (7) |
| Neil Gelblum     | 70 (3)  |
| Don Packwood     | 59 (3)  |
| Nicky McAllister | 48 (2)  |
| Jeff Bedolla     | 46 (2)  |
| Jeff Justice     | 42 (2)  |
| Sandy Plumeau    | 42 (2)  |
| Alvin Jackson    | 29 (2)  |
| Christine Blue   | 20 (1)  |
| Nancy Kirk       | 16 (1)  |

## 2020 PA/USATF Grand Prix ROAD RACE Standings

### Open Men

- Captain: Aaron Lee
- PA Team Place: 11<sup>th</sup> (of 14)
- Scorers – Short Division
  - Juan Rivera – 96<sup>th</sup>
- Scorers – Long Division
  - (none)

### Open Women

- Captain: Missy Sudan
- PA Team Place: (none)

### 40+ Men

- Captain: Jorn Jensen
- PA Team Place: 9<sup>th</sup> (of 9)
- Scorers – Short Division
  - Emanuel Lee – 78<sup>th</sup>
- Scorers – Long Division
  - Aaron Lee – 94<sup>th</sup>

### 40+ Women

- Captain: Missy Sudan
- PA Team Place: 2<sup>nd</sup> (of 8)
- Scorers – Short Division
  - Missy Sudan – 17<sup>th</sup>
  - Dalila Rodriguez – 28<sup>th</sup>
  - Kristina Park – 41<sup>st</sup>
  - Nancy Eubanks – 33<sup>rd</sup>
  - Neeraja Nambula – 68<sup>th</sup>
- Scorers – Long Division
  - Dalila Rodriguez – 21<sup>st</sup>
  - Nancy Eubanks – 29<sup>th</sup>
  - Nhu Stessman – 78<sup>th</sup>

### 50+ Men

- Captain: Ken Camet
- PA Team Place: 1<sup>st</sup> (of 9)
- Scorers – Short Division
  - Jorn Jensen – 2<sup>nd</sup>
  - Raymond Rodriguez – 3<sup>rd</sup>
  - Scott Bang – 8<sup>th</sup>
  - Dwayne Spencer – 14<sup>th</sup>
  - George Cross – 39<sup>th</sup>
  - Ken Camet – 43<sup>rd</sup>
  - Robert Plumeau – 43<sup>rd</sup>
  - Barry Farrara – 48<sup>th</sup>
  - Norm Takeuchi – 56<sup>th</sup>
  - Glenn Kishi – 58<sup>th</sup>
  - John Mintz – 62<sup>nd</sup>
  - Robert Pickens – 76<sup>th</sup>
  - John Huang – 80<sup>th</sup>
  - Tom Lockhart – 89<sup>th</sup>
  - Jeff Rohrer – 102<sup>nd</sup>
  - Rich Hahn – 112<sup>th</sup>
- Scorers – Long Division
  - Jorn Jensen – 1<sup>st</sup>
  - Raymond Rodriguez – 3<sup>rd</sup>
  - George Cross – 15<sup>th</sup>
  - Calvin Do – 31<sup>st</sup>
  - Robert Plumeau – 36<sup>th</sup>
  - Glenn Kishi – 38<sup>nd</sup>

- Barry Ferrara – 42<sup>nd</sup>
- Dwayne Spencer – 81<sup>st</sup>
- John Huang – 84<sup>th</sup>

### 50+ Women

- Captain: Missy Sudan
- PA Team Place: 5<sup>th</sup> (of 6)
- Scorers – Short Division
  - Becki Kriege – 20<sup>th</sup>
  - Carol Bednar – 21<sup>st</sup>
  - Marian Richard – 40<sup>th</sup>
  - Catherine Frye – 51<sup>st</sup>
  - Kelly Emo – 51<sup>st</sup>
- Scorers – Long Division
  - Catherine Frye – 64<sup>th</sup>
  - Kelly Emo – 75<sup>th</sup>

### 60+ Men

- Captain: Tom O'Connor
- PA Team Place: 1<sup>st</sup> (of 6)
- Scorers – Short Division
  - Norry McAllister – 1<sup>st</sup>
  - Brian Davis – 3<sup>th</sup>
  - Dino Delyani – 6<sup>th</sup>
  - Tom O'Connor – 7<sup>th</sup>
  - Robert Navarrete – 13<sup>th</sup>
  - Mark Goldman – 15<sup>th</sup>
  - Norm Takeuchi – 18<sup>th</sup>
  - Bob Kemp – 25<sup>st</sup>
  - Scott Graham – 29<sup>rd</sup>
  - Weiti Lu – 30<sup>th</sup>
  - Mike Krey – 30<sup>th</sup>
  - Dave Woodruff – 37<sup>th</sup>
- Scorers – Long Division
  - Tom O'Connor – 2<sup>nd</sup>
  - Brian Davis – 3<sup>rd</sup>
  - Todd Hayes – 6<sup>th</sup>
  - Cecil Baumgartner – 19<sup>th</sup>
  - Dino Delyani – 29<sup>th</sup>
  - Robert Navarrete – 35<sup>th</sup>
  - Mark Goldman – 46<sup>th</sup>

### 60+ Women

Captain: Missy Sudan

- PA Team Place: (none)
- Scorers – Short Division
  - Kat Powell – 14<sup>th</sup>
- Scorers – Long Division
  - Kat Powell – 8<sup>th</sup>

### 80+ Men

- Captain: Dave Norlander
- PA Team Place: 1<sup>st</sup> (of 2)
- Scorers – Short Division
  - Bob Lord – 2<sup>nd</sup>
  - Dave Norlander – 3<sup>rd</sup>
  - Bill Dodson – 4<sup>th</sup>
  - Walt Van Zant – 6<sup>th</sup>
- Scorers – Long Division
  - Dave Norlander – 1<sup>st</sup>

## SATURDAY WORKOUT RESULT

### 7/6/19 – Dou/Sar/Fruitvle – 2.75M

|                    |          |
|--------------------|----------|
| 1 Gary Waggoner    | 17:09    |
| 2 Dwayne Spencer   | 17:44    |
| 3 Norry McAllister | 17:57    |
| 4 Jon Slater       | 18:10    |
| 5 Kristina Park    | 18:10    |
| 6 Dino Delyani     | 18:24    |
| 7 Heather Rohrer   | 18:55    |
| 8 Robert Navarrete | 19:23    |
| 9 Missy Sudan      | 19:29    |
| 10 Aaron Lee       | 19:35    |
| 11 Brian Conroy    | 19:37    |
| 12 Geoff Bradley   | 21:21    |
| 13 Carol Bednar    | 21:42    |
| 14 Jeff Rohrer     | 22:10    |
| 15 Radha Nambula   | 23:11    |
| 16 Kat Powell      | 26:08    |
| 17 Willie Liu      | 26:18    |
| 18 Krystal Carter  | 26:43    |
| 19 Neeraja Nambula | 26:51    |
| 20 Rich Hahn       | 27:10    |
| 21 Don Packwood    | 29:06    |
| 22 Nancy Kirk      | 29:17    |
| 23 Bob Lord        | 29:25    |
| 24 Chris Blue      | 31:26    |
| 25 Alvin Jackson   | 39:22    |
| 26 Walt Van Zant   | 40:04    |
| 27 Ken Camet       | 48:11 RW |

Dick Barrett Trophy Winner – Willie Liu

Good turnout this morning and good running weather. 16 of the 27 finishers also ran the Freedomfest 5K two days earlier. Gary Waggoner ran to an easy win. Kristina led the ladies. Carol Bednar improved her 50+ PR by 2 minutes. Chris Blue became the first 70+ club member to finish the Farwell course a few weeks ago and today added the Douglas course to her 70+ list. Bob Lord ran the 3rd best-ever 80+ time for Douglas behind Bill Dodson and Dave Norlander. Thanks to Ken Camet, Mike Krey, and Danny Moon for helping at the finish line.

### 7/13/19 – Farwell/H – 4.68M

|                     |          |
|---------------------|----------|
| 1 Mike Bordoni      | 28:15    |
| 2 Joseph Aubuchon   | 29:29    |
| 3 Adam Prince       | 30:07 PR |
| 4 Jonathan Slater   | 30:49    |
| 5 Norry McAllister  | 31:39    |
| 6 Aaron Lee         | 33:01    |
| 7 Missy Sudan       | 33:03    |
| 8 Heather Rohrer    | 33:31    |
| 9 Brian Conroy      | 34:42    |
| 10 George Lo        | 35:33    |
| 11 Dean Gravenhorst | 38:01    |

|                  |          |
|------------------|----------|
| 12 Jeff Rohrer   | 39:09    |
| 13 Carol Bednar  | 39:25    |
| 14 Uyenthi Tran  | 40:14    |
| 15 Radha Nambula | 44:04    |
| 16 Kat Powell    | 47:58    |
| 17 Willie Liu    | 48:11    |
| 18 Ken Camet     | 62:42 RW |
| 19 Alvin Jackson | 77:57    |

Dick Barrett Trophy Winner – Adam Prince

Mike Bordoni won by a little under a quarter mile, Missy Sudan led the ladies, Adam Prince broke his PR by 34 seconds, Johnathan Slater missed his PR by 2 seconds, and Heather Rohrer came within 3 seconds of her PR. Thanks to Slim Pickens, Chris Blue, Jim Bordoni, Ken Camet, Willie Liu, and Dave Norlander for helping at the finish line.

### 7/20/19 – 5K on the Track

|                     |            |
|---------------------|------------|
| 1 Mike Bordoni      | 18:01.2    |
| 2 Gary Waggoner     | 19:13.5 *  |
| 3 Adam Prince       | 19:31.4 *  |
| 4 Dwayne Spencer    | 20:05.1 *  |
| 5 Jonathan Slater   | 20:17.3    |
| 6 Heather Rohrer    | 20:51.9 *  |
| 7 Aaron Lee         | 21:11.2 *  |
| 8 Brian Conroy      | 22:13.8    |
| 9 George Lo         | 22:46.7    |
| 10 Dean Gravenhorst | 23:02.8    |
| 11 Jeff Rohrer      | 24:17.4    |
| 12 Todd Hayes       | 25:33.3    |
| 13 Uyenthi Tran     | 26:26.9    |
| 14 Scott Graham     | 26:56.2    |
| 15 Kat Powell       | 28:01.2 *  |
| 16 Jeff Bedolla     | 30:30.0    |
| 17 Willie Liu       | 32:14.x    |
| 18 Neil Gelblum     | 32:47.4    |
| 19 Don Packwood     | 33:15.6 *  |
| 20 Bob Lord         | 34:22.9    |
| 21 Ken Camet        | 38:51.x RW |
| 22 Walt Van Zant    | 46:29.2 *  |

\* Ran faster than when we ran the track 5K on 1/26/19

Dick Barrett Trophy Winner – Gary Waggoner

Mike Bordoni won by about 300 meters and Heather led the ladies. 8 of us bettered our 1/26/19 5K times. A couple of runners had to drop out due to injuries. Our helpers included Willie Liu, Rich Hahn, Dino Delyani, and Mike Krey.

### 7/27/19 – 3000/1500/800

#### 3000M

|                 |         |
|-----------------|---------|
| 1 Gary Waggoner | 11:08.6 |
|-----------------|---------|

|                    |         |
|--------------------|---------|
| 2 Sheldon Ah Sing  | 11:33.2 |
| 3 John Huang       | 12:15.6 |
| 4 Brian Conroy     | 12:47.5 |
| 5 Norry McAllister | 13:08.3 |
| 6 Dino Delyani     | 13:08.8 |
| 7 Dean Gravenhorst | 13:11.5 |
| 8 Jeff Rohrer      | 13:56.9 |
| 9 Scott Graham     | 15:53.5 |
| 10 Willie Liu      | 16:38.3 |
| 11 Jeff Bedolla    | 17:45.9 |
| 12 Dave Norlander  | 19:32.3 |

#### 1500M

|                    |               |
|--------------------|---------------|
| 1 Sheldon Ah Sing  | 5:27.1        |
| 2 Dean Gravenhorst | 6:16.5        |
| 3 Norry McAllister | 6:20.8        |
| 6:48.6             |               |
| 4 Dino Delyani     | 6:21.6 6:52.0 |
| 5 Gary Waggoner    | 6:23.4        |
| 6:53.9             |               |
| 6 Nick Huang       | 7:14.7        |
| 7:49.3             |               |
| 7 John Huang       | 7:17.9        |
| 7:52.8             |               |
| 8 Jim Bordoni      | 7:56.7 8:34.6 |
| 9 Neil Gelblum     | 9:00.2        |
| 9:43.2             |               |
| 10 Jeff Bedolla    | 9:11.0        |
| 9:54.0             |               |

#### 800M

|                    |         |
|--------------------|---------|
| 1 Nick Huang       | 2:56.0  |
| 2 John Huang       | 2:57.0* |
| 3 Brian Conroy     | 3:02.7  |
| 4 Dino Delyani     | 3:19.3* |
| 5 Gary Waggoner    | 3:20.3* |
| 6 Danny Moon       | 3:25.8  |
| 7 Norry McAllister | 3:26.4* |
| 8 Scott Graham     | 3:52.1  |
| 9 Willie Liu       | 4:02.5  |
| 10 Alvin Jackson   | 4:08.8  |
| 11 Jeff Bedolla    | 4:36.4* |
| 12 Dave Norlander  | 4:41.6  |
| 13 Walt Van Zant   | 6:04.1  |

\* These runners ran all three events. Runners were given a 5-minute rest in between runs.

Dick Barrett Trophy Winner – Danny Moon

Danny Moon set a goal of breaking four minutes in the 800M for his first Saturday run on the track in quite awhile and surpassed his goal. Thanks to Danny, Madelyn Moon, Mike Krey, Rich Hahn, and Heather Rohrer for helping at the finish line.

### 8/3/19 – One Mile on the Track

#### Heat #1 – 6:30+ Runners

|                 |        |
|-----------------|--------|
| 1 Geoff Bradley | 6:55.7 |
| 2 Dino Delyani  | 7:02.7 |
| 3 Todd Hayes    | 7:16.9 |

- 4 Danny Moon 7:26.2
- 5 Joseph Aubuchon 7:26.8
- 6 Sheldon Ah Sing 7:27.6
- 7 George Lo 7:37.8
- 8 Callin Nayler 7:39.8 \*
- 9 Tim Sousa 7:46.7
- 10 Krystal Carter 8:15.0
- 11 Neeraja Nambula 8:23.2
- 12 Willie Liu 8:25.7
- 13 Rich Hahn 8:44.3
- 14 Jeff Bedolla 8:55.4
- 15 Neil Gelblum 8:57.1
- 16 Don Packwood 9:04.9 \*
- 17 Jeff Justice 9:09.6
- 18 Kat Powell 9:12.4
- 19 Bob Lord 9:12.6
- 20 Dave Norlander 9:13.8
- 21 Alvin Jackson 11:04.5
- 22 Walt Van Zant 14:14.9

**Heat #2 – Under 6:30 Runners**

- 1 Joseph Aubuchon 5:27.6
  - 2 Sheldon Ah Sing 5:36.9
  - 3 Adam Prince 5:41.5
  - 4 Dwayne Spencer 5:45.2
  - 5 Norry McAllister 5:46.0
  - 6 Scott Bang 5:51.4
  - 7 John Huang 5:57.3
  - 8 Aaron Lee 6:03.9 \*
  - 9 Dean Gravenhorst 6:06.0
  - 10 Missy Sudan 6:10.3 \*
  - 11 Brian Conroy 6:20.4
  - 12 Geoff Bedolla 6:27.1
  - 13 George Lo 6:28.3
  - 14 Radha Nambula 6:57.8 \*
- \* = Fastest mile of the year

Dick Barrett Trophy Winner – John Huang

Geoff Bradley kicked in to win the first heat. Joseph Aubuchon gradually pulled away from Sheldon to win the 2nd heat. Missy led all of the ladies with her 6:10. John Huang broke the 6-minute barrier for the first time in his life to take home the weekly trophy. Thanks to Mike Krey, Danny Moon, Rich Hahn, and Aaron Lee for helping at the finish line.

**8/10/19 – Farwell – 3.54M**

- 1 Jorn Jensen 20:47.0
- 2 Norry McAllister 23:23.3
- 3 Joseph Aubuchon 23:30.8
- 4 Jonathan Slater 23:34.7
- 5 Sheldon Ah Sing 24:06.0
- 6 John Huang 24:10.1 PR
- 7 Heather Rohrer 24:46.2
- 8 Aaron Lee 24:46.9
- 9 George Lo 25:08.7
- 10 Missy Sudan 25:19.5
- 11 Brian Conroy 26:06.2
- 12 Dean Gravenhorst 26:56.5
- 13 Todd Hayes 27:37.1
- 14 Uyenthi Tran 29:12.x
- 15 Jeff Rohrer 29:15.9
- 16 Becki Kriege 30:42.0

- 16 Dino Delyani 30:42.0
- 16 Ken Camet 30:42.0
- 19 Scott Graham 31:02.2
- 20 Tim Souza 31:11.3
- 21 Trent McLane 31:19.6
- 22 Dave McIntyre 31:53.4
- 23 Neeraja Nambula 33:33.x Pr
- 24 Jeff Justice 36:20.x
- 25 Willie Liu 37:22.7
- 26 Rich Hahn 38:38.5
- 27 Bob Lord 39:40.2
- 28 Dave Norlander 39:48.x
- 29 Don Packwood 44:52.3
- 30 Alvin Jackson 55:06.2

Dick Barrett Trophy Winner – Neeraja Nambula

Jorn won by nearly a half mile, Heather Rohrer led the ladies, Alvin took 7 minutes off his 70+ best, John Huang improved his all-time PR by 42 seconds, Todd Hayes missed his 65+ best by 13 seconds, and Neeraja broke her all-time PR by 2 minutes. Thanks to Mike Krey, Danny Moon, and Willie Liu for helping at the finish.

**8/17/19 -12 x 600M Relay**

| PI Team                            | Start | Splits       |
|------------------------------------|-------|--------------|
| 1 Gravenhorst/Conroy               | -0-   |              |
| 2:01- 4:20- 6:42- 9:06-11:35-14:01 |       | 16:33-18:57- |
| 21:23-23:53-26:08-28:27            |       |              |
| 2 Lo/Aubuchon                      | 2:45  | 5:12-        |
| 7:14- 9:40-11:37-14:02-16:02       |       | 18:27-20:26- |
| 22:53-24:54-27:15-29:12            |       |              |
| 3 Slater/Sudan                     | 2:30  | 4:46-        |
| 7:04- 9:16-11:35-13:51-16:08       |       | 18:20-20:41- |
| 22:52-25:11-27:19-29:38            |       |              |
| 4 Nambula/Bang                     | 2:15  |              |
| 4:44- 6:51- 9:25-11:31-14:08-16:20 |       | 18:58-21:09- |
| 23:51-26:06-28:38-30:57            |       |              |
| 5 Sousa/Camet                      | -0-   | 2:37-        |
| 5:04- 7:47-10:17-13:08-15:39       |       | 18:24-20:51- |
| 23:40-26:09-28:48-31:14            |       |              |
| 6 McLane/Delyani                   | :15   |              |
| 2:48- 5:16- 8:06-10:26-13:20-15:44 |       | 18:44-21:09- |
| 24:08-26:26-29:12-31:34            |       |              |
| 7 Yadav-Moon/Waggoner              | 2:00  |              |
| 4:48- 6:52- 9:38-11:46-14:45-16:54 |       | 19:41-21:51- |
| 24:53-27:00-29:29-31:35            |       |              |
| 8 Liu-McIntyr/Navarrete            | -0-   |              |
| 2:55- 5:25- 8:24-10:49-13:46-16:06 |       | 18:55-21:26- |
| 24:28-26:54-29:43-32:06            |       |              |

Dick Barrett Trophy Winner – George Lo

Dean Gravenhorst rocketed out to a 2:01 split on his leadoff run to give his team a 36-second lead. This eventually was extended to a nearly 2-minute lead after 7 intervals before being reduced to a 45-second win. Joseph Aubuchon led the guys with a 1:59 average and Missy Sudan led the ladies with a 2:19 average.

Todd Hayes and Mike Krey did an excellent job of identifying when there was a handoff at the start-finish line when there were many complicated situations – several runners crossing the line when some were handing off and others were continuing on their run. Jim Bordoni did an even better job on the other side of the track as he single-handedly recorded all splits on the other side of the track and neatly recorded all of the splits.

**8/24/19 Short Six**

- 1 Joseph Aubuchon 37.09
- 2 Mike Bordoni 37.20
- 3 Gary Waggoner 37.55
- 4 Adam Prince 38.34
- 5 Jon Slater 38.41
- 6 Norry McAllister 39.16
- 7 Dino Delyani 41.14
- 8 George Lo 42.52
- 9 Ken Camet 44.10
- 10 Missy Sudan 44.14
- 11 Robert Navarrete 44.48
- 12 Todd Hayes 47.10
- 13 Dean Gravenhorst 47.55
- 14 Catherine Frye 48.50
- 15 Tim Souza 50.58
- 16 Uyenthi Tran 53.28
- 17 Kat Powell 60.32
- 18 Willie Liu 61.21
- 19 Neeraja Nambula 63.56
- 20 Brian Conroy 63.56
- 21 Bob Lord 73.16
- 22 Alvin Jackson 95.00

With our leader Walt recovering from a broken shoulder and wrist, the club is holding down the fort until he returns. We had a large group on a humid, August day to run this difficult course. There was no Dick Barrett award winner this morning. Thanks to Danny Moon, Jim Bordoni, Mike Krey, Rich Hahn and Jeff Justice.

**8/31/19 – 16 x 400M Relay**

| Start 400       |       |       |       |       |       |
|-----------------|-------|-------|-------|-------|-------|
| 400             | 400   | 400   | 400   | 400   | 400   |
| 1-Hayes/Ah Sing | 1:30  | 3:04  |       |       |       |
| 4:29            | 6:06  | 7:32  | 9:14  | 10:36 | 12:17 |
| 13:37           |       |       |       |       |       |
|                 |       |       | 15:13 | 16:37 |       |
| 18:15           | 19:41 | 21:15 | 22:39 | 24:17 | 25:36 |



2-Bradley/Aubuchon 2:00  
 3:35 5:05 6:31 7:59 9:27 10:56  
 12:31 14:00  
 15:35 17:02  
 18:31 20:03 21:32 23:04 24:27 25:57  
 3-Nambula,R/Slater 2:00 3:35  
 5:02 6:34 8:03 9:38 11:07 12:39  
 14:05  
 15:38 17:06  
 18:45 20:14 21:51 23:19 24:46 26:08  
 4-Sousa/Sudan 1:00 2:51  
 4:24 6:12 7:42 9:31 11:03 12:50  
 14:20  
 16:10 17:41  
 19:30 21:00 22:44 24:14 25:54 27:21  
 5-Navarrete/McAllister 2:00 3:35  
 5:12 6:57 8:38 10:16 11:56 13:34  
 15:11  
 16:47 18:26  
 20:00 21:40 23:14 24:54 26:26 27:50  
 6-Norland/Liu/S.Graham  
 0:00 2:18 3:48 5:37 7:04 9:26  
 10:53 12:43 14:07  
 16:27 17:54  
 19:49 21:13 23:26 24:49 26:39 27:50

Dick Barrett Trophy Winner - ?

Thanks to Danny Moon, Madelyn Moon, and Mike Krey for their help at the finish line.

**9/2/19 Shettler Handicap Race**

| Name             | Prediction | PI | Actual  |
|------------------|------------|----|---------|
| Packwood Don     | 0:33:00    | 1  | 0:30:45 |
| Hayes Todd       | 0:22:45    | 2  | 0:22:55 |
| Huang John       | 0:20:15    | 3  | 0:20:00 |
| Aubuchon Jos     | 0:18:15    | 4  | 0:18:14 |
| Palos Roberto    | 0:19:00    | 5  | 0:18:36 |
| Slater Jon       | 0:19:45    | 6  | 0:19:29 |
| Waggoner Gary    | 0:19:00    | 7  | 0:18:50 |
| Hisham Moh'd     | 0:27:31    | 8  | 0:24:41 |
| Rohrer Jeff      | 0:23:52    | 9  | 0:23:42 |
| McAllister Norry | 0:19:18    | 10 | 0:19:40 |
| Rohrer Heather   | 0:20:15    | 11 | 0:20:56 |
| Lee Aaron        | 0:21:35    | 12 | 0:21:02 |
| Delyani Dino     | 0:20:05    | 13 | 0:20:24 |
| Jensen Jorn      | 0:17:19    | 14 | 0:17:48 |
| Norlander Dave   | 0:33:00    | 15 | 0:32:58 |
| Bang Scott       | 0:18:59    | 16 | 0:19:44 |
| Nambula Neer     | 0:28:30    | 17 | 0:29:37 |
| Liu Willie       | 0:32:00    | 18 | 0:29:38 |
| Spencer Dw'ne    | 0:19:20    | 19 | 0:20:20 |
| Navarette Rob't  | 0:22:33    | 20 | 0:22:51 |
| Bednar Carol     | 0:25:20    | 21 | 0:25:19 |
| McIntyre Dave    | 0:23:55    | 22 | 0:25:23 |
| Hahn Rich        | 0:33:30    | 23 | 0:32:35 |
| Emo Kelly        | 0:26:30    | 24 | 0:26:35 |
| Powell Kat       | 0:30:01    | 25 | 0:29:53 |
| Justice Jeff     | 0:32:00    | 26 | 0:30:36 |
| Jackson Alvin    | 0:39:00    | 27 | 0:45:08 |
| Ifran Moh'd      | 0:27:31    | 28 | 0:33:14 |

**9/7/19 – 4 x 1.46M WVC Loop Relay**

1-Navarrete/Aubuchon 11:35-  
 20:47-31:32-40:48

2-Nambula,R/McAllister 11:40-  
 20:50-32:09-41:15  
 3-McLane/Waggoner 11:51-  
 20:54-32:33-41:29  
 4-Sousa/Ah Sing 11:46-  
 20:59-32:39-41:48  
 5-Camet/Lo 11:07-21:04-  
 32:11-42:01  
 6-Graham/Sudan 12:51-  
 23:07-34:39-44:54  
 7-Dean/Hahn 11:06-  
 26:27-36:42-51:52

Dick Barrett Trophy Winner - ?

Timers – Danny Moon & Todd Hayes

**9/14/19 - 18 x 0.33M Tennis Court Loop Relay**

PI Team  
 1 Tim/Ken/Gary 1:00  
 5:39- 9:54-13:51-18:09-22:24-26:24-  
 30:52-34:57-38:55 2  
 Jonathan/Dean/McIntyre 0  
 4:43- 9:37-13:56-18:18-23:05-27:32-  
 31:45-36:17-40:29  
 3 Uyenthi/ Danny,Norry 1:00  
 5:59-10:27-14:25-19:05-23:15-27:30-  
 32:25-36:43-40:49 4  
 Trent/Catherine/Dino 1:00  
 7:26-11:06-16:10-21:24-24:57-30:00-  
 35:02-38:32-41:07 5  
 Sheldon/Dave/Alvin/Scott 2:00  
 7:26-11:06-16:10-21:24-24:57-30:00-  
 35:02-38:32-43:35  
 6 Joseph/Robert/Willie 2:00  
 6:28-11:18-16:14-20:32-25:20-30:22-  
 34:38-39:32-44:44

Fairly warm temperature with good number of runners. Todd and Madelyn did the best they could in selecting and handicapping teams. It was good to see Ken running and Danny competing again. There is a shortage of timers now that Danny is running and Walter is recovering from his fall. We can always use help timing with Saturday workouts.

Dick Barrett Trophy Winner -Team  
 Tim/Ken/Gary

Timers: Todd Hayes and  
 and Madelyn Moon

**9/21/19 – Step-Up & Step-Down Relay**

1-  
 Huang/Camet 2:00 3:24 6:44  
 11:47 18:12 21:03 27:36 31:05 32:  
 :32  
 2-Uyen-Danny/McAllister  
 2:00 3:40 6:37 12:34 18:36 24:30  
 27:57 32:54 34:09

3-  
 Sudan/Nambula,R 2:00 3:29 7:1  
 8 12:11 19:03 21:21 30:36 33:10  
 34:22  
 4-  
 Wong/Kemp 1:00 2:44 5:59  
 11:48 18:35 25:32 30:42 34:05 35  
 :44  
 5-  
 Hahn/Waggoner 1:30 3:30 6:3  
 0 13:15 19:05 26:03 31:04 36:19  
 36:31  
 6-  
 Taylor/Lo 2:00 3:39 7:34 12  
 :55 19:06 25:33 31:17 35:45 36:36  
 7-  
 Nambula,N/Conroy 1:00 2:46 6:  
 00 12:25 19:00 25:34 31:14 36:24  
 36:51  
 8-McLain/Powell -0-  
 1:29 6:01 11:59 19:09 26:20 34:  
 10 37:13 38:48  
 9-  
 Justice/Navarrete 2:00 3:59 11:23  
 19:22 20:23 29:37 35:29 38:11 4  
 0:48  
 10-  
 Liu/Graham 1:00 2:52 6:47  
 13:17 19:14 28:14 35:35 38:22 40:  
 56  
 11-  
 Dean/Sousa 2:00 3:37 7:10  
 11:54 21:38 28:58 32:28 35:04 41:  
 04

Timers – Alvin Jackson, Catherine  
 Frye, Joseph Aubuchon

**9/28/19 – Valle Vista – 3.0M**

1 Gary Waggoner 18:47  
 2 Scott Bang 18:56  
 3 Norry McAllister 20:34  
 4 Aaron Lee 20:54  
 5 Missy Sudan 21:01  
 6 Ken Camet 21:51  
 7 Brain Conroy 21:58  
 8 Geoff Bradley 21:58  
 9 Robert Navarrete 22:17  
 10 Radha Nambula 23:13  
 11 Tim Souza 23:37  
 12 Jonathan Slater 24:23  
 13 Helen Wong 24:28  
 14 Carol Bednar 25:02  
 15 Mike Krey 26:06  
 16 Robert Pickens 27:07  
 17 Uyenthi Tran 28:57  
 18 Danny Moon 28:58  
 19 Don Packwood 33:02  
 20 Nancy Kirk 33:02  
 21 Willie Liu 33:02  
 22 Rich Hahn 33:12  
 23 Krystal Carter 33:36  
 24 Dave Norlander 35:22  
 25 Alvin Jackson 43:41

Dick Barrett Trophy winner: Gary  
 Waggoner



Prefect day for running with great participation, 25 runners and 5 club members timing. Our helpers included Nancy Kirk, Madelyn Moon, Rich Hahn, Willie Liu, and Jim Bordoni.

### 10/12/19 – Triangle Run – 4.76M

|                    |       |
|--------------------|-------|
| 1 Scott Bang       | 30:38 |
| 2 Jonathan Slater  | 31:32 |
| 3 Dwayne Spencer   | 32:12 |
| 4 John Huang       | 32:39 |
| 5 Geoff Bradley    | 34:34 |
| 6 Sheldon Ah Sing  | 34:35 |
| 7 Bob Kemp         | 34:49 |
| 8 Ken Camet        | 34:58 |
| 9 Robert Navarrete | 35:24 |
| 10 Paul Taylor     | 36:32 |
| 11 Radha Nambula   | 37:23 |
| 12 Tim Souza       | 37:33 |
| 13 Catherine Frye  | 38:39 |
| 14 Scott Graham    | 41:07 |
| 15 George Lo       | 43:10 |
| 16 Neeraja Nambula | 44:49 |
| 17 Willie Liu      | 51:36 |
| 18 Don Packwood    | 53:03 |
| 19 Jeff Justice    | 53:14 |
| 20 Chris Blue      | 54:30 |
| 21 Dave Norlander  | 54:50 |
| 22 Neil Gelblum    | 55:02 |

Dick Barrett Trophy Winner – Norry McAllister & Joseph Aubuchon

Timers Willie Liu, Madelyn, Danny Moon. Willie ran early to help time. Cold day at 48 degrees with extremely heavy traffic and soccer game. Radhad waited 15 seconds for truck blocking road, Neeraja almost got hit by person texting in csr. Chris nearly hit by car backing up. Norry and Joseph helped Missy who got sick on the course. These good Samaritans brought her home safely.

### 10/19/19 – Doug/Sara/Frtvle – 2.76M

|                     |          |
|---------------------|----------|
| 1 Scott Bang        | 17:06    |
| 2 Dwayne Spencer    | 17:39    |
| 3 Jonathan Slater   | 17:52 PR |
| 4 Sheldon Ah Sing   | 17:56    |
| 5 Norry McAllister  | 17:58    |
| 6 Dino Delyani      | 18:20    |
| 7 Geoff Bradley     | 18:22    |
| 8 Ken Camet         | 19:23    |
| 9 Robert Navarrete  | 19:25    |
| 10 Dean Gravenhorst | 19:27    |
| 11 George Lo        | 19:29    |
| 12 Bob Kemp         | 19:30    |
| 13 Radha Nambula    | 19:48    |
| 14 Paul Taylor      | 20:47    |
| 15 Joseph Aubuchon  | 21:37    |
| 16 Dave McIntyre    | 23:23    |
| 17 Trent McLane     | 23:31    |
| 18 Mike Krey        | 23:52    |
| 19 Kat Powell       | 26:33    |

|                 |              |
|-----------------|--------------|
| 20 Willie Li    | 26:58        |
| 21 Jeff Justice | 27:58        |
| 22 Nancy Kirk   | 29:02        |
| 23 Qinbi Xu     | 29:02        |
| 24 Bob Lord     | 29:27        |
| 25 Chris Blue   | 31:13 PR 70+ |
| 26 Danny Moon   | 31:13        |
| 27 Don Packwood | 31:41        |

Dick Barrett Trophy Winner – Scott Bang (winner of race & timing sheet helper)

This morning Willie Lu ran early so he could time and Danny Moon asked if the first place finisher could help Willie by writing the finishers on the timing sheet since he wanted to run. Scott Bang won as Dwayne Spencer was chasing him down, there were several close finishes among the athletes. Jonathan Slater had a 18 second all time PR, Chris Blue had 70+ PR by 13 seconds. Thanks to Nancy Kirk for bringing Qinbi Xu to our club workout. Thanks to Willie Lu and Scott Bang for helping at the finish.

### 10/26/19 – 8 x 0.66M Tennis Court Loop Relay

| PI Team              | Start   |
|----------------------|---|
| 1 Delyani/McAllister | 4:30 8:42-12:43-17:09-21:16-25:27-29:29-33:43-37:35 |
| 2 Taylor/Sudan       | 1:30 6:14-10:44-15:23-19:50-24:32-28:53-33:23-37:37 |
| 3 Graham/Nambula     | 1:30 6:32-10:49-15:53-20:23-25:23-29:53-34:48-39:18 |
| 4 McIntyre/Navarrete | 1:30 6:54-11:32-16:39-21:03-26:05-30:31-35:35-39:53 |
| 5 McLane/Camet       | 2:00 7:03-11:37-16:45-21:07-26:18-30:42-35:44-40:00 |
| 6 Krey/Lo            | 2:00 7:18-11:44-16:54-21:20-26:27-30:49-35:50-40:09 |
| 7 Hahn/Frye          | 1:00 7:33-12:40-19:07-24:02-30:23-35:12-41:15-46:05 |
| 8 Jackson/Moon/Liu * | -0-6:15-11:46-17:53-24:11-29:04-35:01-41:25-46:13   |

Dick Barrett Trophy Winner – Dino Delyani / Norry McAllister

The handicapping by Danny was indeed a WAG so teams came together with the first 2 teams running away from the field (note Norry did wait one minute after his partner came in on the second and third handoffs which added 2 minutes to there adjusted start time). The next 4

teams had better competition and the last 2 teams made a close race even if it took Alvin, Danny and Willie to do it as one team. Timers and finish line crew Tim Souza, Todd Hayes and Jim Bordoni did a great job. All in all, we miss our fearless leader doing the handicapping!

### 11/2/19 - Farwell/H – 4.68M1

|                     |       |
|---------------------|-------|
| Johnathan Slater    | 31:18 |
| 2 Norry McAllister  | 31:21 |
| 3 Gary Waggoner     | 31:23 |
| 4 JOxxx             | 31:35 |
| 5 George Lo         | 32:21 |
| 6 Geoff Bradley     | 32:54 |
| 7 Aaron Lee         | 32:56 |
| 8 Missy Sudan       | 33:20 |
| 9 Ken Camet         | 33:41 |
| 10 Robert Navarrete | 34:02 |
| 11 Heather Rohrer   | 34:15 |
| 12 Paul Taylor      | 34:23 |
| 13 Radha Nambula    | 34:41 |
| 14 Scott Graham     | 39:28 |
| 15 Willie Liu       | 49:11 |
| 16 Qinbi Xu         | 50:55 |
| 17 Jeff Justice     | 50:56 |
| 18 Don Packwood     | 51:02 |
| 19 Chris Blue       | 51:46 |

### 11/9/19 – 8 x 1200M Relay

| Team                                      | Start | 1200      |
|---|-------|-----------|
| 1200 1200 1200 1200 1200 1200             |       |           |
| 1-Radha/Slater                            | 6:45  | 12:04     |
| 16:46 22:09 26:40 31:52 36:22 41:27 46:11 |       |           |
| 2-Liu/Lo                                  | -0-   | 4:15 9:20 |
| 15:58 20:55 27:49 32:40 41:48 46:36       |       |           |
| 3-Park/Sudan                              | 8:15  | 13:06     |
| 18:05 22:53 27:50 32:35 37:29 42:02 46:48 |       |           |
| 4-Rohrer/Navarrete                        | 7:00  | 12:00     |
| 17:04 22:09 27:11 32:12 37:17 42:05 47:01 |       |           |
| 5-Hahn/Bang                               | 2:00  | 8:49      |
| 13:17 20:25 24:49 31:59 36:17 43:29 48:06 |       |           |
| 6-Souza/Waggoner                          | 8:00  | 13:58     |
| 18:26 24:08 28:36 34:02 38:31 43:47 48:14 |       |           |
| 7-Taylor/McLanna                          | 6:45  | 12:23     |
| 17:33 23:23 28:31 34:23 39:32 45:15 50:11 |       |           |
| 8-Norlander/Graham                        | -0-   | 7:52      |
| 13:50 21:52 27:49 36:03 42:00 50:04 55:52 |       |           |

Dick Barrett Trophy Winner – Scott Graham

Poor handicapping this morning. We last ran this relay a year ago and most of the ratings were based upon your performances as of that time. Then, poor Dave Norlander was substituted at the last moment for a runner 15 minutes faster than

him. His partner, Scott Graham,, started the last leg after all but one of the other teams had finished all of their legs and that team was within a few yards of finishing their race when Scott started his last leg. Scott was given the weekly trophy for good-naturedly accepting his medicine. But, he was seen attempting to kick a small puppy (he missed).

### 11/16/19 – Farwell – 3.54M

|    |                  |         |
|----|------------------|---------|
| 1  | Mike Bordoni     | 20:59.7 |
| 2  | Garry Waggoner   | 22:57.9 |
| 3  | Sheldon Ah Sing  | 24:24.0 |
| 4  | Missy Sudan      | 24:27.1 |
| 5  | Geoff Bradley    | 24:27.9 |
| 6  | Ken Camet        | 24:37.9 |
| 7  | George Lo        | 24:39.9 |
| 8  | Kristina Park    | 24:40.9 |
| 9  | Robert Navarrete | 25:46.6 |
| 10 | Paul Taylor      | 26:11.9 |
| 11 | Radha Nambula    | 26:49.3 |
| 12 | Joseph Aubuchon  | 27:30.9 |
| 13 | Kirk Moore       | 27:31.5 |
| 14 | Mike Kery        | 28:25.5 |
| 15 | Carol Bednar     | 29:33.5 |
| 16 | Scott Graham     | 30:10.0 |
| 16 | Trent McLane     | 30:39.7 |
| 16 | Thao Vu          | 34:08.1 |
| 19 | Neal Gelblum     | 34:43.2 |
| 20 | Jeff Justice     | 35:14.5 |
| 21 | Kat Powell       | 36:39.2 |
| 22 | Don Packwood     | 37:18.9 |
| 23 | Willie Liu       | 37:48.1 |
| 24 | Nancy Kirk       | 38:10.4 |
| 25 | Qinbi Xu         | 38:10.5 |
| 26 | Rich Hahn        | 38:24.2 |
| 27 | Alvin Jackson    | 50:05.3 |

Dick Barrett Trophy Winner – Mike Bordoni

Mike won by 2:00 minutes, Joseph Aubuchon ran with Kirk Moore (new runner) so he would not get lost. Thao Vu, Joseph's sister join us today to get back in shape. Thanks to Willie Liu, Jim Bordoni, Rich Hahn, Dave Norlander and Danny Moon for helping at the finish area.

### 11/23/19 – 3 & 4 1.46M WVC Relay

|   |                |       |       |
|---|----------------|-------|-------|
| 1 | Camet/Moon     | 4:00  | 13:57 |
|   |                | 25:39 | 35:33 |
| 2 | Radha/Liu      | 2:00  | 12:29 |
|   |                | 26:17 | 36:45 |
| 3 | Bradley/Powell | 3:45  | 13:45 |
|   |                | 25    | 37:31 |
| 4 | Park/Hayes     | 6:45  | 16:28 |
|   |                | 56    | 37:42 |
| 5 | Delyani/Hahn   | 4:00  | 13:49 |
|   |                | 06    | 37:56 |

|    |                  |       |        |       |
|----|------------------|-------|--------|-------|
| 6  | Lo/Jackson       | 2:00  | 11:54  | 28:4  |
|    |                  | 0     | 38:15  |       |
| 7  | Taylor/Bang      | -0-   | 10:41  |       |
|    |                  | 19:55 | 30:19  | 39:15 |
| 8  | Rohrer/Norlander | 1:15  | 11:59  |       |
|    |                  | 28:31 | -39:19 |       |
| 9  | Ahsing/Navarrete | -0-   | 9:14   |       |
|    |                  | 19:49 | 29:16  | 39:34 |
| 10 | Slater/Pickens   | 9:00  | 19:09  | 30:   |
|    |                  | 52    | 30:45  | 40:25 |

We tried something different this morning in that we put all of the slower runners onto a team with a faster runner and then had the faster runner run the 1st and 3rd legs and the slower runners run the 2nd leg. Where we had just faster runners remaining, we put them together and had them run 4 legs. The intent was to try to get more teams to finish close together but it did not work out that well. There were no close races and the first-place team won by over a minute. Scott Bang led the guys and Kristina Park led the ladies. Thanks to our helpers at the finish line – Jim Bordoni, Helen Wong, Todd Hayes, and Danny Moon.

### 11/30/19 – Short Six 5.74 Miles

|    |                  |          |
|----|------------------|----------|
| 1  | Mike Bordoni     | 35:16    |
| 2  | John Huang       | 40:10 PR |
| 3  | George Lo        | 40:35    |
| 4  | Dino Delyani     | 40:45    |
| 5  | Geoff Bradley    | 42:08    |
| 6  | Tenaya Adams     | 42:14    |
| 7  | Kristina Park    | 42:14    |
| 8  | Missy Sudan      | 43:03    |
| 9  | Norry McAllister | 43:03    |
| 10 | Carol Bednar     | 52:57    |
| 11 | Kat Powell       | 56:53    |
| 12 | Jeff Justice     | 1:01:52  |
| 13 | Neeraja Nambula  | 1:02:54  |
| 14 | Nancy Kirk       | 1:03:05  |
| 15 | Don Packwood     | 1:05:30  |
| 16 | Krystal Carter   | 1:05:40  |
| 17 | Dave Norlander   | 1:10:08  |

Dick Barrett Trophy Winner – John Huang

We were spared from the rain with cool temps as Mike Bordoni won by almost 5:00 minutes. John Huang is training for the Cal International Marathon and ran his all time PR today. It was nice to see Tenaya Adams out running with the group this morning. Thanks to Jim Bordoni, Rich Hahn, Mike Krey and Danny Moon for helping at the finish area.

### 12/7/19 – Valle Vista – 3.0M

|    |                  |          |
|----|------------------|----------|
| 1  | Scott Bang       | 19:10    |
| 2  | Garry Waggoner   | 19:42    |
| 3  | Norry McAllister | 19:57    |
| 4  | Dino Delyani     | 20:31    |
| 5  | Kristina Park    | 20:59    |
| 6  | Missy Sudan      | 21:17    |
| 7  | Geoff Bradley    | 21:22    |
| 8  | Robert Navarrete | 22:31    |
| 9  | Paul Taylor      | 22:49    |
| 10 | Mike Krey        | 23:04    |
| 11 | Becki Kriege     | 23:27    |
| 12 | Jeff Rohrer      | 23:35    |
| 13 | Kathryn Frye     | 24:13    |
| 14 | Trent McLane     | 28:19    |
| 15 | Neeraja Nambula  | 28:48 PR |
| 16 | Jeff Justice     | 28:49 PR |
| 17 | Sue Francis      | 28:58    |
| 18 | Neil Gelblum     | 30:33    |
| 20 | Bob Lord         | 32:50    |
|    | Dave McIntyre    | ?        |

Dick Barrett Trophy Winner – Neeraja Nambula

The weather forecast for this morning was for heavy rain but we still had 21 competitors show up for the run and they were rewarded with just a light rain during the race. Scott led the way, winning by about 200 yards. Kristina Park led a very good women's field, including Sue Francis. Sue recorded many top 5 women's times in the 40+, 45+, and 55+ divisions before she moved away. She and Cecil have remained club members during the past 15 years. This morning Sue recorded the 4th best-ever time by a club 65+ runner. Neeraja took home the weekly trophy for her 13-minute all-time PR. Jeff Justice improved his all-time PR by one minute. Danny Moon and Rich Hahn did an excellent job of handling the finish line.

### 12/14/19 – Triangle – 4.76M

|    |                |       |
|----|----------------|-------|
| 1  | Mike Bordoni   | 28:19 |
| 2  | Jon Slater     | 32:03 |
| 3  | Kristina Park  | 32:47 |
| 4  | George Lo      | 33:00 |
| 5  | Ken Camet      | 33:31 |
| 6  | Geoff Bradley  | 34:44 |
| 7  | Paul Taylor    | 35:47 |
| 8  | Garry waggoner | 35:47 |
| 9  | Carol Bednar   | 39:55 |
| 10 | Trent McLane   | 41:25 |
| 11 | Slim Pickens   | 46:15 |
| 12 | Willie Liu     | 49:16 |
| 13 | Nancy Kirk     | 50:10 |
| 14 | Don Packwood   | 52:58 |
| 15 | Rich Hahn      | 53:46 |
| 16 | Bob Lord       | 54:43 |
| 17 | Dave Norlander | 57:06 |

Dick Barrett Trophy Winner – Chris Blue

Finish-line helpers – Norry McAllister, Heather Rohrer, Danny Moon, Rich Hahn

### **12/21/19 – 6 x 1600M Relay**

| <u>Pl</u> | <u>Team</u>        | <u>Start</u> | <u>Splits</u>                       |
|-----------|--------------------|--------------|-------------------------------------|
| 1         | Delyani/McAllister | 3:15         | 11:25-17:35-25:36-31:43-39:05-45:01 |
| 2         | Hayes/Huang        | 4:15         | 11:54-18:07-25:45-31:56-39:34-45:40 |
| 3         | McLane/Bang        | 4:15         | 12:01-18:03-25:59-31:50-39:44-46:10 |
| 4         | Souza/Aubuchon     | 1:15         | 10:07-17:05-25:10-32:02-39:39-46:16 |
| 5         | Krey/Slater        | 6:15         | 13:41-19:54-27:10-33:13-40:23-46:33 |
| 6         | Liu/Camet          | :30          | 9:34-16:13-24:58-31:37-40:25-47:00  |
| 7         | Bradley/Lo         | 8:30         | 15:05-21:33-27:56-34:24-40:40-47:03 |
| 8         | Powell/Conroy      | -0-          | 9:22-16:17-25:26-32:17-41:35-48:22  |
| 9         | Pickens/H.Rohrer   | 5:45         | 13:34-20:30-28:06-34:59-42:12-48:52 |

Dick Barrett Trophy Winner – John Huang

Cool morning for the run with the temperature ranging between 45 and 50. Dino took the lead during his last leg and Norry McAllister extended the lead for the team win. Norry also had the fastest time with his 5:56 final run giving him a total time of 18:13. The helpers included Jim Bordonni, Rich Hahn and Danny Moon. Justin Wood from New York visited us for the 2nd year in a row, running 5 miles on the track in about 28 minutes.

### **12/28/19 – All Courses Day**

|    |                  |         |      |
|----|------------------|---------|------|
| 1  | Norry McAllister | 18:19   | Doug |
| 2  | Missy Sudan      | 19:27   | Doug |
| 3  | John Huang       | 20:01   | VV   |
| 4  | Ken Camet        | 21:15   | VV   |
| 5  | Tim Souza        | 22:51   | Doug |
| 6  | Jeff Rohrer      | 23:19   | VV   |
| 7  | Des Knuckey      | 23:45   | Doug |
| 8  | Dino Delyani     | 25:20.9 | Farw |
| 9  | Heather Rohrer   | 25:28.7 | Farw |
| 10 | Bob Pickens      | 25:45   | VV   |
| 11 | Catherine Frye   | 29:14.7 | Farw |
| 12 | Mark Goldman     | 32:12.2 | Farw |
| 13 | Dave Norlander   | 32:41   | Doug |
| 14 | Don Packwood     | 33:56   | VV   |
| 15 | Kat Powell       | 35:22.0 | Farw |
| 16 | Jorn Jensen      | 37:53   | SS   |
| 17 | Todd Hayes       | 38:16   | FH   |
| 18 | Carol Bednar     | 50:02   | SS   |
| 19 | Robert Navarrete | 50:02   | SS   |
| 20 | Nancy Kirk       | 50:10   | FH   |
| 21 | Trent McLane     | 52:21   | SS   |
| 22 | Scott Graham     | 53:33   | SS   |
| 23 | Bob Schmitt      | 66:43   | SS   |

Barrett Trophy Winner – Jorn Jensen

It was a very cold 38 degrees with 23 runners braving the eather. Several runner improved their cum times for the year including John Huang, Ken Camet, Todd Hayes, Carol Bednar and Kat Powell. Missy entered a new age group and improved her Douglas time for the year. Mark Goldman ran after recovering from back issues. We were surprised to see Bob Schmitt a former WVJS runner, join us today. He ran Short Six on his own time but was unable to work his apple watch to get his time.

We were fortunate to have several timers who braved the cold to help run the race. Norry was our race starter, Wei Ti, Hellen Wong, Jim Bordonni and Madelyn Moon helped at the finish line.

## RACE RESULTS

### 7/5/19 Freedom Fest 5K, Morgan Hill

|                   |                            |
|-------------------|----------------------------|
| Juan Rivera       | 16:47                      |
| Jorn T. Jensen    | 17:26 2 <sup>nd</sup> M50+ |
| Raymond Rodriguez | 17:32 3 <sup>rd</sup> M50+ |
| George Cross      | 18:00                      |
| Barry Farrara     | 18:37                      |
| Roberto Palos     | 18:42 (unaffiliated)       |
| Dwayne Spencer    | 19:07                      |
| Norry McAllister  | 19:32 3 <sup>rd</sup> M60+ |
| Brian Davis       | 19:59 4 <sup>th</sup> M60+ |
| Robert Plumeau    | 20:10                      |
| Nancy Eubanks     | 20:16                      |
| Scott Bang        | 20:17                      |
| Dino Delyani      | 20:20                      |
| John Huang        | 20:52                      |
| Tom O'Connor      | 21:01                      |
| Aaron Lee         | 21:01                      |
| Heather Rohrer    | 21:04 (Wolfpack)           |
| Mike Kriege       | 21:13                      |
| Brian Conroy      | 21:52 (Spartans)           |
| Missy Sudan       | 21:53                      |
| Robert Navarrete  | 21:58                      |
| Tom Lockhart      | 22:10                      |
| Mary Kriege       | 22:32 (Impala Racing)      |
| Becki Kriege      | 22:34                      |
| Dalila Rodriguez  | 22:57                      |
| Marian Richards   | 23:08                      |
| Norm Takeuchi     | 23:41                      |
| Carol Bednar      | 24:03                      |
| Mark Goldman      | 24:10                      |
| Jeff Rohrer       | 24:29                      |
| Glenn Kishi       | 25:02                      |
| Scott Graham      | 26:53                      |
| Willie Liu        | 29:40                      |
| Neeraja Nambula   | 30:10                      |
| Richard Hahn      | 31:19                      |
| Sandy Plumeau     | 31:31                      |
| David Norlander   | 33:56 1 <sup>st</sup> M80+ |
| Jennifer Cross    | 34:16 (unaffiliated)       |
| Bob Lord          | 34:50 2 <sup>nd</sup> M80+ |
| Walt Van Zant     | 46:51 3 <sup>rd</sup> M80+ |

### 7/14/19 – Across The Bay 12K (gun times)

|                   |                            |
|-------------------|----------------------------|
| Jorn T. Jensen    | 44:39 1 <sup>st</sup> M50+ |
| Raymond Rodriguez | 45:32 3 <sup>rd</sup> M50+ |
| George Cross      | 47:57                      |
| Brian Davis       | 50:14 2 <sup>nd</sup> M60+ |
| Dwayne Spencer    | 52:30                      |
| Dino Delyani      | 53:07 4 <sup>th</sup> M60+ |
| Tom O'Connor      | 55:31                      |
| Robert Navarrete  | 56:52                      |
| Dalila Rodriguez  | 59:18                      |
| Todd Hayes        | 1:02:16                    |
| Glenn Kishi       | 1:04:07                    |
| Catherine Frye    | 1:06:56 (chip time)        |
| Kat Powell        | 1:14:46                    |
| Kelly Emo         | 1:15:40                    |
| David Norlander   | 1:28:15                    |

### 7/27/19 – Brazen Bad Ass Trail Run, 13.67M

|            |                              |
|------------|------------------------------|
| Kat Powell | 3:02:14 1 <sup>st</sup> F65+ |
|------------|------------------------------|

### 8/4/19 – SF UjENA Double 8K

|            |                            |
|------------|----------------------------|
| Kat Powell | 46:07 2 <sup>nd</sup> F60+ |
|------------|----------------------------|

### 8/10/19 – Brazen Bear Creek Half Marathon

|            |                              |
|------------|------------------------------|
| Kat Powell | 3:28:55 1 <sup>st</sup> F65+ |
|------------|------------------------------|

### 8/17/19 – Santa Cruz XC Challenge, 4.0M

|                   |                            |
|-------------------|----------------------------|
| Juan Rivera       | 23:30                      |
| Jørn T. Jensen    | 24:33 1 <sup>st</sup> M50+ |
| Barry Farrara     | 25:39 3 <sup>rd</sup> M50+ |
| Raymond Rodriguez | 25:44 4 <sup>th</sup> M50+ |
| Adam Prince       | 26:22 8 <sup>th</sup> M50+ |
| Roberto Palos     | 26:28                      |
| Dwayne Spencer    | 28:37                      |
| Calvin Do         | 28:56                      |
| Robert Plumeau    | 30:00                      |
| Heather Rohrer    | 29:39 (Wolfpack)           |
| Dalila Rodriguez  | 35:08                      |
| Tom Lockhart      | 30:40                      |
| Tom O'Connor      | 30:31 5 <sup>th</sup> M60+ |
| Norm Takeuchi     | 35:27 9 <sup>th</sup> M60+ |
| Aaron Lee         | 30:52                      |
| Jeff Rohrer       | 35:34                      |
| Glenn Kishi       | 37:24                      |
| Jeff Bedolla      | 44:34 (no card)            |
| Dave Norlander    | 47:10                      |

### 8/17/19 – Star City San Bruno Mountain Half Marathon

|            |                           |
|------------|---------------------------|
| Kat Powell | 3:02:46 4 <sup>th</sup> F |
|------------|---------------------------|

### 8/25/19 – Santa Rosa Half Marathon

|                   |                               |
|-------------------|-------------------------------|
| Raymond Rodriguez | 1:23:07 1 <sup>st</sup> 55-59 |
| Jorn Jensen       | 1:29:51 2 <sup>nd</sup> 50-54 |
| Delilah Rodriguez | 1:49:59 7 <sup>th</sup> 45-49 |

### 8/31/19 – GHV Lagoon Valley XC Challenge 3.0M, Vacaville

|                   |                            |
|-------------------|----------------------------|
| Jørn T. Jensen    | 17:23 1 <sup>st</sup> M50+ |
| John Mintz        | 21:27                      |
| Heather Rohrer    | 21:35 (Wolfpack)           |
| Tom O'Connor      | 22:25                      |
| Jeff Rohrer       | 24:16                      |
| Catherine Frye    | 25:55                      |
| Kristian Petersen | 30:24 (no card)            |

### 9/8/19 – Golden Gate Park XC Challenge, 4.08M, San Francisco

|                   |                              |
|-------------------|------------------------------|
| Jørn T. Jensen    | 24:06 2 <sup>nd</sup> M50+   |
| Raymond Rodriguez | 25:05                        |
| Adam Prince       | 25:47                        |
| Roberto Palos     | 25:59                        |
| Tom O'Connor      | 29:21                        |
| Dwayne Spencer    | 29:57                        |
| Aaron Lee         | 30:14                        |
| Dalila Rodriguez  | 33:32                        |
| Carol Bednar      | 37:02                        |
| Kristian Petersen | 39:24 (no card)              |
| Kat Powell        | 40:54                        |
| Bob Lord          | 47:00 2 <sup>nd</sup> M80+   |
| David Norlander   | 47:40 3 <sup>rd</sup> M80+   |
| Bill Dodson       | 1:17:44 4 <sup>th</sup> M80+ |

### 9/1/19 DSE 6-Hour Distance Classic

|            |                                 |
|------------|---------------------------------|
| Kat Powell | 22.5M 5:30:43 4 <sup>th</sup> F |
|------------|---------------------------------|

### 9/14/19 – Brazen Drag-N-Fly Trail Run, 13.56M

|            |                              |
|------------|------------------------------|
| Kat Powell | 3:42:53 3 <sup>rd</sup> F65+ |
|------------|------------------------------|

### 9/29/19 – Brazen Rocky Ridge Trail Run, 13.73M

|            |                              |
|------------|------------------------------|
| Kat Powell | 3:49:34 2 <sup>nd</sup> F65+ |
|------------|------------------------------|

### 9/29/19 – Brisbane Double 15K

|            |                              |
|------------|------------------------------|
| Kat Powell | 1:29:39 1 <sup>st</sup> F60+ |
|------------|------------------------------|

**10/6/19 – Urban Cow Half Marathon, Sacramento**

|                   |                              |
|-------------------|------------------------------|
| Jørn T. Jensen    | 1:19:18 2 <sup>nd</sup> M50+ |
| Mary Kriege       | 1:20:58 (Impala)             |
| George Cross      | 1:23:23 3 <sup>rd</sup> M50+ |
| Raymond Rodriguez | 1:23:23 4 <sup>th</sup> M50+ |
| Brian Davis       | 1:30:04 3 <sup>rd</sup> M60+ |
| Tom O'Connor      | 1:34:33                      |
| Dalila Rodriguez  | 1:50:12                      |
| Todd Hayes        | 1:51:12                      |
| Glenn Kishi       | 2:05:16                      |

**10/6/19 – Rock 'n' Roll Half Marathon**

|             |         |
|-------------|---------|
| Juan Rivera | 1:14:07 |
| Kat Powell  | 2:20:02 |

**10/12/19 – National Masters 5K XC Championships, San Diego**

|              |       |
|--------------|-------|
| Aaron Lee    | 22:54 |
| Brian Conroy | 24:41 |

**10/12/19 – Brazen Tarantula Run, 13.31M**

|            |                              |
|------------|------------------------------|
| Kat Powell | 2:49:23 1 <sup>st</sup> F65+ |
|------------|------------------------------|

**10/13/19 – Chicago Marathon**

|                   |         |
|-------------------|---------|
| Raymond Rodriguez | 3:03:48 |
| Nancy Eubanks     | 3:17:35 |
| Nhu Stessman      | 3:43:45 |
| Dalila Rodriguez  | 3:48:08 |

**10/19/19 – Aggies XC Open 4.2M, Martinez**

|                   |                            |
|-------------------|----------------------------|
| Jørn T. Jensen    | 23:52 4 <sup>th</sup> M50+ |
| Raymond Rodriguez | 25:20                      |
| Barry Farrara     | 25:39                      |
| Tom O'Connor      | 28:55                      |
| Kristian Peterson | 38:37                      |
| Dave Norlander    | 45:53 1 <sup>st</sup> M80+ |

Heather Rohrer 29:31 (Wolfpack)

**10/26/19 – Excelsior XC Challenge 5K, Daly City**

|                   |                              |
|-------------------|------------------------------|
| Barry Fararra     | 19:52 2 <sup>nd</sup> M50+   |
| Roberto Palos     | 20:31                        |
| Tom Lockhart      | 23:11                        |
| Heather Rohrer    | 23:56 (Wolfpack)             |
| Carol Bednar      | 30:33                        |
| Dave Norlander    | 37:24 3 <sup>rd</sup> M80+   |
| Kat Powell        | 34:28                        |
| Kristian Peterson | 59:39 (started 20 mins late) |

**11/3/19 – Clarksburg Half Marathon**

|                   |                              |
|-------------------|------------------------------|
| Jorn Jensen       | 1:19:07                      |
| Barry Farrara     | 1:24:34                      |
| Raymond Rodriguez | 1:26:25                      |
| Brian Davis       | 1:30:34 3 <sup>rd</sup> M60+ |
| Tom O'Connor      | 1:33:34                      |
| Tom Lockhart      | 1:35:30                      |
| Todd Hayes        | 1:51:58                      |
| Dalila Rodriguez  | 1:52:41                      |
| Glenn Kishi       | 1:57:57                      |
| Kat Powell        | 2:17:57 2 <sup>nd</sup> M60+ |

**10/12/19 – National Masters 5K XC Championships, San Diego**

|              |       |
|--------------|-------|
| Aaron Lee    | 22:54 |
| Brian Conroy | 24:41 |

**11/17/19 – PA/USATF XC Championships, GG Park, Open Women, 4.0M**

|                |                     |
|----------------|---------------------|
| Heather Rohrer | 24 30:06 (Wolfpack) |
| Carol Bednar   | 52 35:49            |

**11/17/19 – PA/USATF XC Championships, GG Park, Open Men, 6.0M**

|             |       |
|-------------|-------|
| Juan Rivera | 35:28 |
|-------------|-------|

**11/17/19 – PA/USATF XC Championships, GG Park, 50+ Men, 6.0M**

|                   |         |
|-------------------|---------|
| Jørn T. Jensen    | 30:59   |
| Barry Farrara     | 31:45   |
| Raymond Rodriguez | 32:30   |
| George Cross      | 32:47   |
| Roberto Palos     | 32:50   |
| Brian Davis       | 34:35   |
| Tom O'Connor      | 36:45   |
| Thomas Lockhart   | 43:36   |
| Aaron Lee         | 38:03   |
| Kristian Petersen | 48:22   |
| David Norlander   | 1:02:44 |

**11/21/19 – Silicon Valley Turkey Trot 5K, San Jose**

|                  |                            |
|------------------|----------------------------|
| Mike Krey        | 22:19 1 <sup>st</sup> M65+ |
| Nicky McAllister | 26:31 3 <sup>rd</sup> F55+ |
| Neeraja Nambula  | 28:19                      |

**11/21/19 – Silicon Valley Turkey Trot 10K, San Jose**

|                  |                            |
|------------------|----------------------------|
| Roberto Palos    | 37:50 2 <sup>nd</sup> M55+ |
| Jonathan Slater  | 38:40 2 <sup>nd</sup> M50+ |
| Norry McAllister | 41:17 1 <sup>st</sup> M60+ |
| George Lo        | 41:36                      |
| Ken Camet        | 43:08 5 <sup>th</sup> M55+ |
| Kat Powell       | 1:03:01                    |
| Weiti lu         | 1:03:37                    |

**11/21/19 – Mountain View High School Turkey Trot 5K**

|                |                            |
|----------------|----------------------------|
| Heather Rohrer | 20:46                      |
| Jeff Rohrer    | 22:26                      |
| Dave Norlander | 34:36 1 <sup>st</sup> M80+ |
| Lisa Norlander | 34:37                      |

**12/8/19 – California International Marathon**

|                   |                     |
|-------------------|---------------------|
| Mary Kriege       | 2:50:49 (Excelsior) |
| Jorn Jensen       | 2:51:13             |
| Calvin Do         | 3:05:54             |
| Raymond Rodriguez | 3:10:33             |
| Nancy Eubanks     | 3:17:54             |
| Tom O'Connor      | 3:23:56             |
| Robert Plumeau    | 3:34:52             |
| Cecil Baumgartner | 3:41:22             |
| Nhu Stessman      | 3:49:22             |
| George Cross      | 3:50:24             |
| John Huang        | 4:02:42             |
| Dalila Rodriguez  | 4:18:58             |
| Todd Hayes        | 4:42:55             |

**12/8/19 – Honolulu Marathon**

|                |         |
|----------------|---------|
| Heather Rohrer | 3:55:23 |
|----------------|---------|

**12/14/19 – Christmas Relays, Lake Merced**

|                   |                         |
|-------------------|-------------------------|
| Men's Open        | 2:12:39                 |
| Juan Rivera       | 24:10                   |
| Jeff Rohrer       | 35:20                   |
| Ken Camet         | 32:02                   |
| Kristian Peterson | 41:07                   |
| Women's 40+       | 2:28:39 5 <sup>th</sup> |
| Missy Sudan       | 32:03                   |
| Becki Kriege      | 34:07                   |
| Dalila Rodriguez  | 36:36                   |
| Kat Powell        | 35:53                   |
| Men's 50+(A)      | 1:47:18 1 <sup>st</sup> |
| Jorn Jensen       | 25:44                   |

|                   |                         |
|-------------------|-------------------------|
| Raymond Rodriguez | 26:06                   |
| Roberto Palos     | 28:39                   |
| Calvin Do         | 26:48                   |
| Men's 50+(B)      | 2:00:15 5 <sup>th</sup> |
| Dwayne Sppencer   | 30:24                   |
| John Huang        | 29:55                   |
| Robert Plumeau    | 31:21                   |
| Scott Bang        | 28:32                   |
| Men's 60+         | 2:03:10 2 <sup>nd</sup> |
| Norry McAllister  | 29:25                   |
| Robert Navarette  | 32:35                   |
| Tom O'Connor      | 31:10                   |
| Brian Davis       | 30:06                   |

**12/15/19 – Silicon Valley Santa Run 5K**

Kat Powell 1:00:23 (gun)