



WVJS



VOL XXXX-#2 WEST VALLEY JOGGERS & STRIDERS July 2011

Saturday Workouts

07/23/11	Farwell/H (4.68M)	09/24/11	Valle Vista (3.0 miles)
07/30/11	One Mile on the Track	10/01/11	Step-up & Step-down Relay
08/06/11	12 x 600 Relay	10/08/11	6 x 1600 Relay
08/13/11	Farwell (3.54 miles)	10/15/11	Triangle Run (4.76 miles)
08/20/11	36 x 200 Relay	10/22/11	12 x 800 Relay
08/27/11	8 x 0.66mile Tennis Court Loop Relay	10/29/11	Doug/Sar/Frtvle (2.75 miles)
09/03/11	Short Six (5.74 miles)	11/05/11	8 x 0.66mile Tennis Court Loop Relay
09/10/11	4 x 1.46-Mile WVC Loop Relay	11/12/11	Farwell/H (4.68M)
09/17/11	18 x 0.33mile Tennis Court Loop Relay	11/19/11	8 x 1200 Relay

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

Upcoming Races

PA-USATF Championships

10/16	Humboldt Half Marathon (1.5)
11/13	Clarksburg Half Marathon (1.5)
11/24	Silicon Valley 5K Turkey Trot (2.0)
12/04	Cal Intl Marathon (2.0)
12/18	Christmas Relays (2.0)

Racer of the Year

	Fastest Farwell Time
	Fastest Marathon
	Fastest Half Marathon
	Fastest of 2 Designated Track Miles
	Fastest of 2 Designated Track 5Ks
08/13	Dammit Run – 5M
08/20	Santa Cruz XC Race
09/25	Almaden Times 2M
12/04	Cal Intl Marathon

Other Races

07/31	San Francisco Marathon
09/25	Trailblazer 5K/10K
10/02	San Jose Rock 'n' Roll Half Mar
10/22	Morgan Hill Marathon/Half Mar
11/05	Quicksilver Park 8M

Sunday Runs

A small group leaves from WVC parking area at 7:00 AM. They run 7-15 miles at 6:30-8:00 pace.

Miscellaneous Drive!

The **annual club handicap race** will again be held at the Collins' residence this year. However, due to various date conflicts, the date of the race has been changed to Labor Day – **9/5/11**.

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

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

Club member **Paul Armstrong**, the head track coach at Cupertino high school, was voted the CCS honor coach for 2011.

The club was involved in events on three consecutive weekends during June – the Lupus 5K race, the Holy City race, and the Scott Bang road mile race. All of these events required a lot of club help and we got it. Thanks to all who helped with these events.

Jack Bordoni and **Mary Kriege** completed successful high school seasons. Jack ran 4:25.51 in the 1600 meters and Mary ran

10:59.55 in the 3200 meters. Jack finished 3rd in the league finals for the 1600 meters and Mary finished 2nd in the 1600 meters and 1st in the 3200 meters in her league finals.

George Lo has run 1704 miles during the first half of the year, an average of 65 miles per week.

Jose Pina won our annual handicap race in February. Members of the winning team, who got the first choices of the candy, included **Dennis Kurtis, David Woodruff, Jeff Rohrer, and Dave Norlander**.

Long-time club member, **Dick Chimenti**, who had run the Farwell course 43 times, forgot to turn right onto Douglas from Saratoga Ave on his 44th try at this popular course. Thus, he added an additional half mile and then some to his run on June 4th.

Scott Bang won our Holy City race this year for the 4th time in a row and 6th time in 8 years.

Rich Stiller ran his first race in many years on 5/23/11 (the San Carlos 5K), winning the 60+ division with a time of 23:51.

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>

2011 RUNNER OF THE YEAR CONTEST



Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. The point totals through 6/30/11 are as follows:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Totals</u>
George Lo	1704	460	2,164	Jim Bordoni	518	430	948
Carl Petersen	768	420	1,188	Dave Norlander	277	260	537*
Tom Warfel	710	420	1,130	Rich Hahn	389	120	509*
Walt Van Zant	518	610	1,128	Rosanna Kennedy	357	20	377*

* These runners have not yet reported their 2nd quarter totals.

2011 PA/USATF Road Grand Prix

Open Men

Our open men's team is presently in 11th place. Aaron Lee is our team captain

Open Women

Our open women's team has not yet fielded a team in the first six grand prix races.

40+ Men

Our 40+ men's team is presently in 3rd place. Ken Camet is our team captain. Individually, Scott Bang is in 14th place and Ken Camet is in 37th place in the short-race division. Ken Camet, Scott Bang, Michael Smith, George Lo and Tony Scardina are in 29th, 32nd, 38th, 42nd, and 49th places in the long race division.

40+ Women

Our 40+ women's team is presently in 3rd place. Individually, Kristina Park, Becki Kriege, Carol Bednar, and Kari Cornwell are in 8th, 9th, 19th, and 41st places in the short race division. Missy Sudan is in 21st place in the long-race division.

50+ Men

Our 50+ men's team is presently in 2nd place. Tom O'Connor is our 50+ team captain. Individually Brian Davis, Tom O'Connor, Norry McAllister, Tim Souza, Dino Delyani, Jim Bordoni, and Dennis Kurtis are in 5th, 6th, 9th, 16th, 21st, 38th, and 38th (tie) places in the short race division. Brian Davis, Tom O'Connor, Tim Souza, and David

Woodruff, are in 3rd, 7th, 11th, and in 14th place in the long race division.

50+ Women

Our 50+ women's team has not yet fielded a team in the first six grand prix races. Individually, Marian Richard is in 10th place in the short-race division. And 7th place in the long-race division.

60+ Men

Our 60+ men's team is presently in 1st place. Todd Hayes is the team captain. Individually, Ron Kiyono, Jim Howe, Todd Hayes, Neil Gelblum, Fred Martin, and John Yamagata are in 9th, 13th, 14th, 16th, 21st, and 24th places in the short race division. John Yamagata is in 1st place, Todd Hayes is in 2nd place, and Des Knuckey is in 13th place in the long race division.

60+ Women

Our 60+ women's team has not yet fielded a team in the first six grand prix races. Georgia Riley is in 12th place in the short-race division

70+ Men

Our 70+ men's team is presently in 1st place. Eddie Reyna is the team captain. Individually, Joe Hurtado is in 1st place, Carl Petersen is in 3rd place, Dave Norlander is in 4th place, Bob Lord is in 7th place, Tim Rostege is in 13th place, Bill Dodson is in 14th place, and Eddie Reyna is in 17th place in the short race division. Joe Hurtado is in 1st place, Carl Petersen is in 3rd place, Dave Norlander is in 4th place, Bill Dodson is in 6th place, Tim Rostege is in 7th place, and Bob Lord is in 9th place in the long race division.

2011 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 17 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must compete in at least 7 different events in order to be eligible for an award.** The remaining events included in this contest are listed on page 1. The standings to date for 2011 for all who have scored in three or more races are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races as two races. The 2nd number is the total number of events competed in.

Elite Division

Scott Bang (8-8)	199
Brian Davis (8-6)	198
Tom O'Connor (8-9)	194

A Division

Kevin Breit (8-9)	198
Ken Camet (8-9)	193
Tim Souza (8-9)	190
Norry McAllister (8-6)	184
Bob Pickens (5-4)	97
Jorn Jensen (3-3)	75
David Garza (3-3)	69

C Division

Glenn Kishi (8-9)	194
Joe Hurtado (8-10)	190
Carol Bednar (8-6)	184
Marian Richard (6-3)	146
Mike Krey (5-4)	124
Des Knuckey (5-4)	122
Helen Wong (5-4)	106
Dave McIntyre (5-4)	100
Norm Takeuchi (4-2)	86
Jeff Bedolla (4-4)	84
Rich Hahn (3-2)	58

B Division

Dino Delyani (8-9)	194
Kristina Park (8-6)	187
George Lo (8-9)	182

D Division

Carl Petersen (8-11)	200
Dave Norlander (8-7)	196
Tim Rostege (8-7)	186
Bob Lord (8-5)	185
Alvin Jackson (4-4)	97
Rosanna Kennedy (3-3)	66
Pauline Beatty (3-3)	63
Pablo Rodriguez (3-3)	58

Becki Kriege (8-6)	177
Dave Woodruff (8-6)	171
Todd Hayes (8-5)	162
Neil Gelblum (7-6)	146
John Yamagata (5-3)	138
Jim Howe (7-5)	115
Jim Bordoni (5-3)	96
Missy Sudan (4-3)	93
Brian Conroy (4-3)	92
Aaron Lee (5-4)	91
Tony Scardina (4-2)	90
Ron Kiyono (4-2)	84
Kari Cornwell (4-3)	75
Scott Graham (3-3)	56

E Division

Eddie Reyna (8-5)	194
Bill Dodson (6-3)	150
Tim Riley (5-4)	110
Tom Warfel (4-4)	89
Rich Collins (3-3)	72
Don Packwood (3-3)	71
Georgia Riley (3-2)	67
Chris Cassell (3-3)	58
Walt Van Zant (3-3)	

SATURDAY WORKOUT RESULTS

2/19/11 – 33rd Annual WVJS Race

1 Jose Pina Sr (A)	31:31
2 Jorn Jensen (C)	31:36
3 Kevin Breit (D)	32:57 PR
4 Jose Pina Jr (E))	33:35
5 David Garza (I)	34:12
6 Dennis Kurtis (H)	34:14
7 Norry McAllister (F)	34:33 PR
8 Tim Souza (G)	35:07
9 Missy Sudan (I)	36:05
10 Dino Delyani (J)	36:23
11 Tommy Nguyen (J)	36:45
12 David Woodruff (H)	36:57
13 George Lo (F)	37:12
14 Paul Taylor (G)	37:20
15 Jeff Rohrer (H)	37:47
16 Dwight Cornwell (E)	37:50
17 Mike Krey (A)	38:06
18 Isaiah Azadgan (A)	38:22
19 Aaron Lee (D)	38:42
20 Glenn Kishi (C)	39:12 PR
21 Scott Graham (C)	40:14
22 Rob Jacobson (E)	40:40
23 Rich Hahn (F)	40:59
24 Helen Wong (D)	41:20
25 Norm Takeuchi (J)	41:27
26 Joe Hurtado (G)	41:33
27 Dave McIntyre (I)	42:07
28 Ida Rosenblum (I)	42:25

29 Jeff Bedolla (C)	42:54
30 Carl Petersen (J)	43:09
31 Carol Bednar (B)	43:17
32 Stacy Rue (D)	44:01
33 Dave Norlander (H)	46:26
34 Nicky McAllister (E)	48:02
35 Alvin Jackson (G)	49:08 PR
36 Pablo Rodriguez (F)	52:25
37 Don Packwood (B)	52:25
38 Dena Noble (A)	54:26

Team Scores

1 Team H	7/13/16/34 = 70
2 Team I	6/10/29/30 = 75
3 Team A	1/18/20/40 = 79
4 Team J	11/12/27/31 = 81
5 Team E	5/17/24/35 = 81
6 Team D	4/21/26/33 = 84
7 Team F	8/14/25/37 = 84
8 Team C	3/22/23/38 = 86
9 Team G	9/15/28/36 = 88
10 Team B	2/19/32/39 = 92

5/14/11-Farwell-3.54M

1 Kevin Breit	20:46.7
2 Tim Souza	21:24.6
3 David Garza	21:28.2 PR
4 Tom O'Connor	21:44.2
5 Andy Williams	22:20.4

6 Scott Graham	22:47.7 PR
7 Kristina Park	23:16.0
8 Mike Krey	24:15.6
9 Aaron Lee	24:19.2
10 Neil Gelblum	24:23.8
11 Jime Howe	24:28.5
12 Glenn Kishi	26:20.1
13 Carl Petersen	26:50.9
14 Ida Roseblum	26:53.9 PR
15 Dave McIntyre	27:20.2
16 Catherine Frye	27:47.2 PR
17 Des Knuckey	28:12.3
17 Missy Sudan	28:12.3
17 Hank Lawson	28:12.3
20 Alvin Jackson	28:23.6
21 Rosanna Kennedy	29:11.1
22 Brian Low	29:28.5
23 Kat Powell	30:50.3
24 Ken Camet	30:52.9
24 George Lo	30:52.9
26 Pablo Rodriguez	31:53.7
27 Don Packwood	32:10.1
28 Marcia Morrison	32:33.9
29 Joe Hurtado	34:29.6
29 Helen Wong	34:29.6
31 Tim Riley	34:57
32 Chris Cassell	36:08.5
33 Mike Kolesnik	36:10.3

Phantom Dick Barrett Trophy Winner –
Scott Graham

Kevin led the way this morning, winning by about 200 meters. However, there were many other good performances behind him. 2nd-place finisher. Tim Souza improved his 50+ best by one second, David Garza PRd by 28 seconds, Tom O'Connor recorded the #8 best by a 55+ runner, Scott Graham PRd by 114 seconds, Kristina Park recorded the #6 40+, Jim Howe recorded the #3 65+ best behind Norm Saucedo and Bob Schmitt, Ida improved her PR by 97 seconds, Catherine Frye improved her PR by 146 seconds, Alvin improved his 60+ best by 50 seconds, and Marcia Morrison improved her 60+ best by 30 seconds to move to #3 on the 60+ list behind Georgia Riley and Chris Blue. Helpers at the finish line included Jim Bordoni, Ken Bloesch, Rich Hahn, and Danny and Madelyn Moon.

5/21/11-8 x 0.66M Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Packwood/Garza	1:00	36:58
2	Moon/Knuckey	-0-	37:15
3	N.McAllister/Park	6:30	37:53
4	Lo/Graham	5:15	37:57
5	Kishi/Hurtado	1:30	38:09
6	Jackson/Bedolla	1:30	38:43
7	Petersen/Woodruff	1:30	38:50
8	Bednar/Taylor	5:00	39:47
9	Camet/Lee	6:45	39:57

Dick Barrett Trophy Winner – Don
Packwood & David Garza

The Knuckey team started first and led all of the way until the 6th leg, gained the lead back during the 7th leg, and then lost out to the Garza team on the last leg. David Garza had the best average of the day at 3:40. Kristina Park led the ladies with a 3:59 average. Thanks to Ken Bloesch for helping with the timing.

5/28/11-Short Six-5.74M

1	Adam Prince	35:17
2	Kevin Breit	35:27 PR
3	Scott Bang	35:36
4	David Garza	36:42 PR
5	Tommy Nguyen	37:20 PR
6	Paul Taylor	39:05

7	Suraj Jagota	40:15
8	Scott Graham	40:35 PR
9	Aaron Lee	41:08
10	Tim Souza	41:29
11	Hank Lawson	41:34
12	Des Knuckey	41:52
13	Neil Gelblum	43:12
14	Dick Chimenti	44:11
15	Jeff Bedolla	44:56
16	Catherine Frye	46:58
17	Alvin Jackson	48:05 PR
18	Ida Rosenblum	48:19
19	Pablo Rodriguez	48:34
20	Kelly Emo	48:38
20	Ken Camet	48:38
20	George Lo	48:38
23	Brian Low	50:03
24	Dave Norlander	50:43
25	Carl Petersen	51:42
26	Don Packwood	55:02
27	Tom Warfel	55:32
27	Marcia Morrison	55:32
29	Dena Noble	58:33

Dick Barrett Trophy Winner - ?

Although several club members loafed this difficult course in preparation for the Marin 10K on Monday, there were many good performances. Adam Prince, running the course for the first time, led the way with a 10-second win over Kevin, who PRd by 63 seconds. Scott Graham also PRd by 63 seconds. Alvin Jackson PRd by 71 seconds, Tommy Nguyen PRd by 113 seconds, and David Garza PRd by 16 seconds. Runners who improved their age-group PRs included Marcia Morrison with a 133-second improvement on her 60+ best, Don Packwood with a 71-second 70+ PR, Pablo Rodriguez with a 14-second 60+ PR, and Jeff Bedolla with an 8-second 55+ PR. Catherine Frye recorded the #6 best-ever by a woman 50+ runner. Dick Chimenti recorded the #11 65+ time, just one place behind Ken Napier. Thanks to Jim Bordoni and Danny Moon for helping at the finish line.

6/4/11-All Courses Day

Dou/Sar/Fruitvale-2.75M

1	Marcia Morrison	25:55
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Valle Vista-3.0M

1	Neil Gelblum	21:36
2	Don Packwood	27:52

Farwell-3.54M

1	Becki Kriege	27:54
1	Kristina Park	27:54
3	Tom Warfel	31:22
4	Rick Kananen	31:39

Farwell/H-4.68M

1	Scott Graham	31:07 PR
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Triangle-4.76M

1	Suraj Jagota	34:48
2	David Garza	34:48
3	Scott Bang	37:23
4	Rosanna Kennedy	40:39

Short Six-5.74M

1	Jeff Bedolla	44:55
2	Kat Powell	55:45
3	Dave McIntyre	57:xx

Modified Farwell-4.19M

1	Paul Taylor	29:54
2	Dick Chimenti	31:34

Dick Barrett Trophy Winner – Neil
Gelblum

We had a typical rainy June morning but the rain was light during our runs. Neil took home the weekly trophy as he was the first runner across the line. Scott Graham PRd by 20 seconds. Jeff Bedolla improved his 55+ best by one second. Dick Chimenti, who has previously run the Farwell course 43 times, missed the Douglas turnoff and ran the popular 4.19-mile non-course that could be called the Farwell-Saratoga-Fruitvale course. Paul Taylor also ran this popular I-got-lost course. Dave McIntyre ran the Short Six course twice this morning and topped off his workout by running Valle Vista. The rain stopped as soon as he finished his last course. The timing crew consisted of Todd Hayes and Dave Norlander.

6/11/11-Rick Milam 3000/1500/800

Track Day

3000M

1	Ken Camet	11:04.2
2	Kristina Park	11:09.0
3	Dino Delyani	11:28.6
4	Scott Graham	11:40.5
5	Paul Taylor	11:53.9
6	George Lo	12:07.1

7	Jim Howe	12:12.4
8	Aaron Lee	12:15.9
9	David Woodruff	12:16.6
10	Rosanna Kennedy	14:17.3
11	Uyenthi Tran	14:56.8
11	Norry McAllister	14:56.8
13	Don Packwood	16:49.4

2 Mile Equivalent

1	Ken Camet	11:57.1
2	Kristina Park	12:02.3
3	Dino Delyani	12:23.4
4	Scott Graham	12:36.3
5	Paul Taylor	12:50.8
6	George Lo	13:05.0
7	Jim Howe	13:10.7
8	Aaron Lee	13:14.5
9	David Woodruff	13:15.2
10	Rosanna Kennedy	15:25.6
11	Uyenthi Tran	16:08.2
11	Norry McAllister	16:08.2
13	Don Packwood	18:09.8

1500M

1	Scott Bang	4:48.9
2	Suraj Jagota	4:56.7
3	David Garza	4:57.0
4	Becki Kriege	5:31.7
5	Paul Taylor	5:45.0
6	George Lo	5:54.2
7	Alvin Jackson	6:09.9
8	Pablo Rodriguez	6:56.0
9	Kat Powell	7:14.3
10	Tom Warfel	7:18.0
11	Norry McAllister	7:34.6
12	Tim Riley	7:44.1
13	Don Packwood	7:47.8
14	Walt Van Zant	8:30.9

One Mile Equivalent

1	Scott Bang	5:11.9
2	Suraj Jagota	5:20.3
3	David Garza	5:20.6
4	Becki Kriege	5:58.1
5	Paul Taylor	6:12.5
6	George Lo	6:22.4
7	Alvin Jackson	6:39.3
8	Pablo Rodriguez	7:29.1
9	Kat Powell	7:48.9
10	Tom Warfel	7:52.9
11	Norry McAllister	8:10.8
12	Tim Riley	8:21.1
13	Don Packwood	8:25.0

800M (Heat #1 – Over 3:10)

1	Dave Piazza	2:47.3
2	Neil Gelblum	3:08.4
3	Alvin Jackson	3:10.8
4	Danny Moon	3:18.9

5	Pablo Rodriguez	3:29.6
6	Rosanna Kennedy	3:32.8
7	Tim Riley	4:07.5
7	Norry McAllister	4:07.5
9	Don Packwood	?

800M (Heat #2–Under 3:10)

1	David Garza	2:32.0
2	Suraj Jagota	2:32.3
3	Kristina Park	2:36.9
4	Ken Camet	2:38.0
5	Aaron Lee	2:40.7
6	David Woodruff	2:42.9
7	Dino Delyani	2:44.9
8	Becki Kriege	2:48.9
9	Paul Taylor	2:49.8
10	Scott Graham	2:51.4
11	George Lo	2:56.3
12	Kat Powell	3:50.5

Second year in a row that we have run this workout. We started with the 3K, then ran the 1500, and then finished with the 800. We rested about 5 minutes after the end of each run. The 2-mile and 1-mile equivalents were found at -- <http://www.milesplit.us/calc>

6/18/11 – Valle Vista – 3.0M

1	Jorn Jensen	17:01
2	Andy Lief	17:34
3	Andy Williams	18:25
4	Ken Camet	18:30
5	David Garza	18:45
6	Bjorn Samson	18:59
7	Suraj Jagota	19:09
8	Dino Delyani	19:20
9	Kristina Park	19:22
10	Scott Graham	19:26 PR
11	Becki Kriege	19:30
12	Paul Taylor	19:42
13	Scott Bang	20:05
13	Aaron Lee	20:05
15	David Woodruff	20:08
16	Des Knuckey	20:21
17	Jim Bordoni	20:27
18	Jim Howe	20:30
19	Amanda Gerhardt	20:37
20	Hank Lawson	21:27
21	Rich Hahn	22:26
22	Norm Takeuchi	22:44
23	George Lo	23:20
24	Joe Hurtado	23:27
25	Ida Rosenblum	24:08
26	Dave Norlander	24:14
27	Rosanna Kennedy	24:21
28	Alvin Jackson	24:24

29	Pablo Rodriguez	24:26
30	John Pickens	24:59
31	Uyenthi Tran	25:43
31	Danny Moon	25:43
33	Marcia Morrison	27:50
34	Georgia Riley	29:10
35	Tom Warfel	29:35
36	Chris Cassell	30:38

Dick Barrett Trophy winner – Kristina Park

Jorn won by 150 meters this morning. Kristina led the ladies with the 6th best-ever 40+ run by a club woman runner on this course. Amanda recorded the #10 40+ best, Jim Howe recorded the #3 65+ best, Marcia Morrison recorded the #4 60+ best by a woman runner, and Joe Hurtado recorded the #4 70+ best. Scott Graham improved his 55+ best a one second. Dino did not run a PR. Norm Takeuchi traveled from Fresno to run with us. Thanks to Chris Blue and Ken Bloesch for their timing job.

6/25/11- One Mile Runs on the Track

Heat #1 (6:45 & Over)

1	Aaron Lee	5:59.4
2	Norry McAllister	6:58.5
3	Carl Petersen	7:08.5
4	Rosanna Kennedy	7:18.5
5	Pablo Rodriguez	7:20.7
6	Don Packwood	7:40.7
7	Rich Collins	7:57.1
8	Chris Cassell	8:21.3
9	Tim Riley	8:23.4
10	Tom Warfel	8:34.6
11	Walt Van Zant	8:56.1

Heat #2 (6:00/6:45)

1	Geoff Bradley	5:48.1
2	Dave Piazza	5:54.8
3	Hank Lawson	5:58.1
4	Bob Pickens	6:01.9
5	Mike Krey	6:11.3
6	George Lo	6:12.9
7	Neil Gelblum	6:13.7
8	Rob Jacobson	6:22.5
9	Grant Jacobson	6:32.2
10	Alvin Jackson	6:38.0
11	Jeff Bedolla	6:44.7

Heat #3 (Under 6:00)

1	David Garza	5:23.9
2	Ken Camet	5:24.8
3	Kevin Breit	5:29.3

4	Kristina Park	5:32.8	14	Jim Bordoni	33:27	1	Jorn Jensen	17:07.0
5	Jim Bordoni	5:39.7	15	Aaron Lee	33:58	2	Scott Bang	18:18.2
6	Dino Delyani	5:41.8	16	Des Knuckey	34:54	3	Ken Camet	18:31.0
7	Tim Souza	5:44.9	17	Alex Williams	35:06	4	Kevin Breit	18:31.6
8	David Woodruff	5:48.4	18	Helen Wong	35:33	5	David Garza	18:34.5 *
9	Brian Conroy	5:58.3	19	Joe Hurtado	35:57	6	Tim Souza	18:37.4
10	Scott Graham	6:21.8	19	Missy Sudan	35:57	7	Kristina Park	19:20.3

Phantom Dick Barrett Trophy Winner –
Jeff Bedolla

Heat #1

Aaron Lee had to leave early. So, he ran in the first heat, leading all of the way while lapping several runners.

Heat #2

Dave Piazza grabbed the early lead, passing the first 440 in 88. Geoff Bradley caught Dave during the second lap and both passed the half in 2:56. Jeff finally proved to be stronger as he ran his last lap in 82 to win by about 30 yards. Jeff Bedolla finished last but improved his time from last year by 17 seconds to win the weekly trophy.

Heat #3

Kevin led after an opening lap of 80 but then faded. David Garza took the lead during the second lap and led the rest of the way, passing the half in 2:45, the 1320 in 4:06, and then holding off Ken Camet's surge over the final 100 yards to win with a 5:23.

7/2/11-Triangle Run-4.76 Miles

1	Adam Prince	29:23 PR
2	David Garza	29:44 PR
3	Tenaya Adams	29:45
4	Tim Souza	30:42
5	Suraj Jagota	31:11 PR
6	Dino Delyani	31:19
7	Geoff Bradley	31:33
8	Kristina Park	31:40
9	Paul Taylor	31:43
10	Andy Williams	32:19
11	George Lo	32:25
12	Neil Gelblum	32:33
13	Mike Krey	32:41

21	Jeff Bedolla	36:10
22	Marian Richard	36:37
23	Rich Hahn	36:52
24	Carol Bednar	38:12
25	Alvin Jackson	38:49 PR
26	Catherine Frye	38:53 PR
27	Rosanna Kennedy	39:06
28	Pablo Rodriguez	39:33
29	Dave McIntyre	40:26
30	Carl Petersen	41:00
31	Kat Powell	41:16
32	John Pickens	42:29
33	Dave Norlander	42:32
34	Marcia Morrison	44:27
35	Tim Rostege	44:31
36	Uyenthi Tran	45:45
37	Danny Moon	45:45
38	Don Packwood	46:27
39	Dena Noble	50:09
40	Ken Bloesch	50:10

Dick Barrett Trophy Winner - Alvin Jackson

Adam Prince galloped to the win with a 32-second PR. David Garza PRd by 5+ minutes to finish 2nd. Suraj Jagota PRd by 3½ minutes. Alvin Jackson PRd by 2½ minutes. And, Catherine Frye PRd by 4 seconds. Tenaya Adams finished 3rd overall to lead the ladies. Others who had good performances included Kristina Park with a 34-second 40+ PR, Mike Krey with a 70-second 55+ PR, Joe Hurtado with a 70-second 70+ PR, Jeff Bedolla with an 83-second 55+ PR, and Marcia Morrison with the #3 women's best-ever 60+ best. Bob Rea visited us from New Zealand, helping Jim Bordoni, Uyenthi Tran, and Danny Moon at the finish line.

7/9/11-Triangle Run-4.76M

8	Geoff Bradley	19:36.x
9	Suraj Jagota	19:36.1
10	Dino Delyani	19:48.1
11	David Woodruff	20:02.6
12	Jared Dean	20:05.5
13	George Lo	20:09.3 *
14	Mike Krey	20:11.0 *
15	Hank Lawson	20:15.6
16	Des Knuckey	20:31.8 *
17	Aaron Lee	20:43.4
18	Slim Pickens	20:48.6
19	Jim Howe	20:58.5 *
20	Rob Jacobson	21:19.0
21	Helen Wong	21:52.9 *
22	Scott Graham	22:03.8
23	Carol Bednar	22:20.2
24	Grant Jacobson	22:22.4
25	Jeff Bedolla	22:59.4
26	Carl Petersen	23:38.0
27	Rosanna Kennedy	24:35.x
28	Pablo Rodriguez	25:03.6 *
29	Kat Powell	26:22.5
30	Don Packwood	26:43.4 *
31	Rich Collins	27:55.8
32	Tom Warfel	28:55.8 *
33	Chris Cassell	30:18.6
34	Walt Van Zant	31:15.9 *

* Means that if the runner ran the track 5K on 1/22/11, that he/she bettered their time today.

Dick Barrett Trophy Winner – David Garza

Jorn nearly lapped the entire field while easily winning this morning. Kristina led the ladies. David Garza took home the weekly trophy because he averaged under 6-minutes per mile for the first time for a 3-mile run.

RACE RESULTS

2/6/11 – Kaiser Half Marathon (Revised)

Jorn Jensen	1:19:14 2nd-40+
Mike White	1:21:51 5th-45+

Kevin Breit	1:22:26
Dino Delyani	1:32:42 7th-50+
Bob Lord	1:59:05 3rd-70+

5/23/11-San Carlos 5K

39	Rich Stiller	23:51 1st-60+
139	Tim Riley	29:30 2nd-60+

142 Georgia Riley 29:54 1st-60+

5/30/11-Marin 10K

20 Ivan Medina 32:14
 91 Brian Davis 36:53 3rd-55+
 100 Tom O'Connor 37:15 4th-55+
 111 Scott Bang 37:43 9th-40+
 122 Norry McAllister 38:11 7th-50+
 129 Ken Camet 38:16
 135 Dennis Kurtis 38:38 6th-55+
 181 Neil Gelblum 40:32 3rd-60+
 183 Becki Kriege 40:34 8th-40+
 186 Dino Delyani 40:47
 192 Kristina Park 40:53
 194 Tony Scardina 41:03
 206 George Lo 41:39
 207 Dan Anderson 41:42
 237 Jim Howe 43:06 2nd-65+
 238 Mike Krey 43:11
 244 Jim Bordoni 43:17
 266 Marian Richard 44:23 5th-50+
 276 Glenn Kishi 44:52
 292 Helen Wong 45:50
 313 Carol Bednar 46:52
 317 Joe Hurtado 47:07 2nd-70+
 323 Rich Hahn 47:28
 334 Carl Petersen 48:19 3rd-70+
 372 Dave Norlander 50:20 5th-70+
 424 John Pickens 53:34
 470 Tim Rostege 57:51
 509 Diane Bordoni 62:55 8th-55+
 525 Eddie Reyna 65:34 1st-60+

5/30/11-Marin 5K

Kelly Emo 23:15 3rd-40+

6/5/11-Hillborough 5K

Georgia Riley 29:54 1st-65+
 Tim Riley 30:25 1st-65+

6/5/11- San Rafael Road Mile

Men

Scott Bang 5:02 4th-40+
 Brian Davis 5:08 3rd-55+
 Tom O'Connor 5:22 7th-55+
 Ken Camet 5:24 8th-50+
 Kevin Breit 5:28 8th-35+
 Dino Delyani 5:46
 Ron Kiyono 6:01 4th-60+
 David Norlander 6:44 2nd-70+
 Joe Hurtado 6:47 3rd-70+
 Carl Petersen 6:57 4th-70+

Bob Lord 7:00 5th-70+
 Bill Dodson 7:17 1st-75+
Women
 Kristina Park 5:29 3rd-40+
 Becki Kriege 5:46 8th-40+
 Carol Bednar 6:17 10th-40+

6/11/11-Hunting Hollow 10K

3 Dan Anderson 43:54 1st-50+
 20 Dave Norlander 52:27 1at-60+
 This race was run at Henry Coe Park and involved 22 creek crossings. Some of the creeks were a foot deep. Although Dave is well over 70, he had to compete in the 60+ division as that was the oldest age division. As can be seen, he was still good enough to win that division despite his advanced age.

6/19/11 – Holy City Race – 9.1 Miles

1 Scott Bang 61:59
 2 Neil Gelblum 66:18
 3 Dino Delyani 66:46
 4 George Lo 67:13
 5 Tim Souza 69:26
 6 Dick Chimenti 72:43
 7 Joe Hurtado 74:54
 8 Jeff Bedolla 74:56
 9 Helen Wong 75:24
 10 Glenn Kishi 76:36
 11 Rich Hahn 77:45
 12 Carl Petersen 78:51
 13 Tim Rostege 83:41
 14 Dave McIntyre 83:58
 15 Pauline Beatty 84:14
 16 Kat Powell 90:48
 17 Ken Bloesch 99:17
 18 Tom Warfel 117:53

6/26/11-Scott Bang Road Mile

2 Jose Pina Sr 4:42.6 1st-40+
 4 Jose Pina Jr 4:55.9 1st-HS
 5 Scott Bang 5:06.1 3rd-40+
 9 Kevin Breit 5:21.6 2nd-30+
 12 Ken Camet 5:26.2 2nd-50+
 14 Dino Delyani 5:30.0 3rd-50+
 15 Mike Kriege 5:31.7 4th-50+
 16 Becki Kriege 5:32.3 1st-40+
 17 Tim Souza 5:32.8 5th-50+
 20 Dave Woodruff 5:37.7 6th-50+
 22 Des Knuckey 5:40.9 1st-60+
 23 Neil Gelblum 5:41.9 2nd-60+
 24 George Lo 5:43.6 6th-40+

26 Bob Pickens 5:47.1 8th-50+
 27 Paul Taylor 5:48.8 9th-50+
 32 Ben McAllister 6:08.8 4th-HS
 33 Jim Howe 6:10.6 3rd-60+
 37 Alvin Jackson 6:24.9 4th-60+
 39 Zoe McAllister 6:58.9 1st-Fam
 41 Carl Petersen 7:00.2 1st-70+
 42 Nicky McAllister 7:45.1 3rd-40+
 43 Norry McAllister 7:45.5

7/6-7/17/11-World Masters Games Results (except Marathon)

800M Prelims-M65+

9 Fred Martin 2:37.84q

800M Finals-M65+

9 Fred Martin 2:35.96

800M Finals-M75+

7 Carl Tuck 3:45.50
 10 George Moss 4:09.42

1500M Prelims-M55+

37 Brian Conroy 5:41.16

1500M Prelims-M75+

15 Carl Tuck 7:56.60q

5K-M60+

17 John Yamagata 20:23.51

5K-M70+

13 Joe Hurtado 22:49.03
 16 Dave Norlander 23:54.96

5K-M75+

9 Bill Dodson 25:30.90

5K-M80+

8 Eddie Reyna 32:06.41

8K XC-M45+

7 Adam Prince 29:43.1

Adam was a member of the first place U.S. team.

10K Finals-M55+

9 Brian Davis 39:42.22

10K Finals-M70+

9 Joe Hurtado 47:38.28
 12 Dave Norlander 50:15.57