



WVJS



VOL XXXV-#2 WEST VALLEY JOGGERS & STRIDERS July 2016

Saturday Workouts

07/16/16	Farwell/H (4.68M)	09/24/16	Valle Vista (3.0M)
07/23/16	5K on the track	10/01/16	Step-up & Step-down Relay
07/30/16	36 x 200 Relay	10/08/16	6 x 1600M Relay
08/06/16	One mile on the track	10/15/16	Triangle Run (4.76M)
08/13/16	12 x 600M Relay	10/22/16	Doug/Sara/Frtvle (2.75M)
08/20/16	Farwell (3.54M)	10/29/16	8 x 0.66M Tennis Court Loop Relay
08/27/16	16 x 400M Relay	11/05/16	Farwell/H (4.68M)
09/03/16	4 x 1.46M WVX Loop Relay	11/12/16	8 x 1200M Relay
09/05/16	Club Handicap Race at Collins' place	11/19/16	Farwell (3.54M)
09/10/16	Short Six (5.74M)	11/26/16	4 x 1.46M WVX Loop Relay
09/17/16	18 x 0.33M Tennis Court Loop Relay	12/03/16	Short Six (5.74M)

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

Upcoming Races

PA-USATF Championships

07/30/16	San Rafael Miracle Mile (1.0)
10/16/16	Humboldt Half Marathon (1.5)
11/06/16	Clarksburg Half Marathon (1.5)
11/24/16	Sil Val 5K (2.0) – Open only
12/04/16	Cal Intl Marathon (2.0)
12/11/16	Xmas Relays (1.0)

Racer of the Year

Fastest Farwell Time	
Fastest Marathon	
Fastest Half Marathon	
Fastest of 2 Designated Track Miles	
Fastest of 2 Designated Track 5Ks	
07/30/16	San Rafael Mile
08/20/16	Santa Cruz XC GrandPrix
09/11/16	GG Prk XC Grand Prix

Other Races

07/17	Jungle Run 10K & Half-Los Gatos
08/06	Dammit Run-Los Gatos
08/21	Race thru the Redwoods 10K-Felton
09/16	Moonlight Run-5K/10K-Palo Alto
10/01	Stevenson 5k/10K-Pebble Beach
10/02	SJ Rock 'n' Roll Half Marathon
10/09	Rockaway Beach 5K-Pacifica

RICH STILLER

As most of you know by now, Rich was killed in an auto accident on Wednesday, 6/29/16. He suddenly veered off northbound Hwy 280 just before Farm Hill Road, crashing into a pole and then a tree. He was on his way to get a haircut from his barber in San Mateo at 12:30PM. He died at Stanford hospital near 5PM. He was 71. We will probably never know why Rich veered off the freeway. Several club members believe that he had a heart attack because the CHP said that he never slowed down after veering from the freeway.

Rich joined our club in about 1978 along with Jake White, John Clary, Dave Garcia, and Roger Bryan. These additions along with our other club members made us a very strong team for many years. Rich often ran in our Saturday workouts with the 21st best-ever time on the Douglas course at 14:21, the 23rd best time on the Valle Vista course at 15:54, the 9th best time on Farwell at 18:22, the 12th best time on Farwell/H at 24:58, the 13th best time on the Triangle course at 25:41, and the 27th best time on the Short Six at 32:07. Even after Rich stopped running competitively, he continued to come to most of our Saturday workouts.

Rich was the center of attention at our weekly breakfasts after our runs on Saturday. He was an expert on many subjects with all enjoying what he had to say. He will be missed very much by all club members.

Rich's wife, Sue, said that a memorial service will be held for him in about a month.

Miscellaneous Drivel

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

Bill Dodson broke the American 50K record on 2/6/16 by 7 minutes with a time of 5:48:06. On 3/26/16 he broke two more American records during the same race – a 12-hour run on the track. He broke the 2-hour run record at the start of the run with a distance of 16,277 meters, breaking the previous record by 3,000 meters. He ran 70,800 meters for 12 hours. That also broke the record by 3,000 meters.

Long-time club member **Dete Kraus** has moved to Longmont, Colorado.

Matt Kriege won a club Saturday road run for the first time in his career on July 2nd. Dino Delyani desperately tried to catch Matt but could not catch him during the run-in from Fruitvale.

Club members who will enter a new age group during the next few months include **Becki Kriege**, who will turn 50 in September, **Alvin Jackson**, who will turn 70 in December, and **Norry McAllister**, who will turn 60 in January. **Andy Lief** recently turned 50 and **Robert Navarrete** recently turned 60.

Sons and daughters of club members who had good cross country seasons include **Jose Pina Jr**, **Mary Kriege**, and **Jack Bordoni**. Jose was a freshman at San Jose St this season. San Jose has not had a men's track team since 1988. But, they will have an official

track team next year. Jose ran as an unattached runner in several meets, recording a best for the 5K of 14:31.71. Mary completed her last year at Santa Clara University with school records of 9:41 in the 3K, 16:24 in the 5K, and 34:40 in the 10K. She also ran the 1500 in 4:30.09, which was the 2nd best-ever 1500M time by a Santa Clara woman runner. She also qualified for the Western NCAA division 1 meet (there are a Western & Eastern NCAA meets with the top 12 in each event qualifying for the NCAA finals). She finished 22nd in both races. Jack Bordononi completed his senior year at Stanford. He had seasonal bests of 3:58.33 in the 1500M, 14:39.73 in the 5K, and

14:25.57 in the indoor 5K. Jack will now attend Georgia Tech to begin a 2-year masters program in Human-Computer Interaction. He still has one year of eligibility left because he competed for just three years at Stanford. **Zoe McAllister**, a freshman at Los Gatos high school, ran the 800M in 2:39 and the 1600M in 5:57.

As most of you know, we have a club web page. If you haven't checked it out, take a look. **The address is:** <http://www.wvjs.org>

2016 RUNNER OF THE YEAR CONTEST RESULTS

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. . The point totals through 6/30/16 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>Total</u>
Tom Warfel	951	400	1351		Jim Bordononi	431	430	861
Walt Van Zant	441	770	1211		Dave Norlander	186	470	656
Ken Camet	738	240	978 (thru 3/31)					

2016 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 15 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 6 different events in order to be eligible for an award.** The standings to date for 2016 for all who have scored in five 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.

A Division

Jorn Jensen (8-6)	200
Ray Rodriguez (6-3)	140
Brian Davis (4-3)	98
Scott Bang (4-4)	94
Juan Rivera (2-1)	50
Jose Pina Sr (2-1)	48
Joseph Aubuchon (2-2)	47
Roberto Palos (2-1)	46
Barry Farrara (2-1)	42
Calvin Do (1-1)	25
Gary Waggoner (1-1)	24

B Division

Norry McAllister (8-10)	198
Tom O'Connor (8-7)	196
Ken Camet (8-10)	196
Dino Delyani (8-8)	178
Kristina Park (5-4)	116
Becki Kriege (5-3)	101
Geoff Bradley (3-3)	65
Tom Lockhart (2-1)	44
Robert Plumeau (2-1)	40
George Lo (2-2)	38
Jeff Rohrer (2-2)	38
Adam Prince (1-1)	25
Andy Williams (1-1)	23
Aaron Lee (1-1)	22

C Division

Robt Navarrete(8-9)	200
Mark Goldman (7-4)	164
Dalila Rodriguez (6-3)	138
Dave McIntyre (5-5)	113
Jim Bordononi (4-3)	94
Kelly Emo (4-2)	88
Glenn Kishi (4-2)	88
Paul Taylor (3-3)	72
Dan Anderson (3-2)	69
Ida Rosenblum (2-2)	46
Marian Richard (2-1)	46
Norm Takeuchi (2-1)	44
Des Knuckey (2-2)	40
Fletch Parsons (2-2)	40
Tim Souza (2-2)	36
Rob Jacobson (1-1)	20
Matt Kriege (1-1)	20
Al Murray (1-1)	19

D Division

Carolyn Benson (8-7)	199
Bill Dodson (8-11)	192
Kat Powell (8-6)	186
Bob Lord (7-4)	170
Jim Howe (6-4)	139
Carol Bednar (4-2)	92
Helen Wong (3-3)	71
Katherine Frye (1-1)	25
Danielle Zelinski (1-1)	25
Phil Spink (1-1)	24
Heather Rohrer (1-1)	22
Zoe Zelinski (1-1)	22

E Division

Dave Norlander (8-6)	200
Eddie Reyna (8-5)	194
Walt Van Zant (2-2)	48
Liz Nast (1-1)	25
Nicky McAllister (1-1)	25
Nancy Kirk (1-1)	24
Tom Warfel (1-1)	23
Don Packwood (1-1)	22
Alvin Jackson (1-1)	21

2016 PA/USATF Road Grand Prix

40+ Men

Our 40+ men's team is presently in 8th place. Jorn Jensen is our team captain. Jorn is in 6th place in the short race division.

40+ Women

Our 40+ women's team is presently in 5th place. Becki Kriege is the team captain. Becki is in 13th place in the short race division..

50+ Men

Our 50+ men's team is presently in 1st place. Ken Camet is our 50+ team captain. Individually, Ray Rodriguez, Norry McAllister, Ken Camet, and Dino Delyani are in 11th, 13th, 14th, and 21st places in the short race division. Ken Camet and Dino Delyani, are in 9th and 36th places in the long race division.

60+ Women

We have not scored in this division so far this year. Individually, Kat Powell is in 8th place in the long race division.

60+ Men

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

70+ Men

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

80+ Men

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

SATURDAY WORKOUT RESULTS

2/13/16 – 12 x 800 Relay

Pl	Team	Start	Finish
1	Parsons/Bradley	2:15	40:51
2	Murray/Bang	4:15	40:54
3	Benson/Lo	-0-	41:01
4	Jensen/Howe	:45	41:43
5	Norlander/McAllistr	-0-	42:09
5	Wong/Camet	:45	42:12
6	Souza/Delyani	3:00	42:24
7	Bordoni/Knuckey	1:15	43:28
8	Powell/Taylor	-0-	43:31
9	Norlander/McAllistr	2:30	45:39

13	Becki Kriege (B)	44:59
14	Carolyn Benson (C)	45:07
15	Dave McIntyre (A)	49:17
16	Tom Warfel (A)	58:21
	Walt Van Zant	73:39

Team Scores

1	Team C 2/7/9/14	= 32
2	Team B 1/8/10/13	= 32
3	Team D 4/5/11/12	= 32
4	Team A 3/6/15/16	= 40

Ties were broken by comparing the finishing places of the 3rd runner on each team.

Dick Barrett Trophy Winner – Fletcher Parsons & Geoff Bradley

Close race. Jorn Jensen had the fastest average at 2:38 and Scott Bang and Norry McAllister were next at 2:51 and 2:52. Thanks to Don Packwood, Robert Navarrete, and Carl Petersen for helping at the finish line.

2/20/16- Club Team Race at WVC-5.37M

Individual Results

Pl	Runner	Time
1	Scott Bang (B)	35:03
2	Ken Camet (C)	35:26 PR
3	Norry McAllister (A)	35:42
4	Dino Delyani (D)	36:37
5	Geoff Bradley (D)	39:03
6	Paul Taylor (A)	39:10
7	Robert Navarrete (C)	39:27 PR
	Matt Kriege	39:50
8	Al Murray (B)	40:08
	Mike Krey	42:00
	Ida Rosenblum	42:06
	Grant Jacobson	42:14
	Rob Jacobson	42:43
9	Des Knuckey (C)	43:22
10	Mark Goldman (B)	43:33
11	Helen Wong (D)	44:46
	Catherine Frye	44:53
12	Zoe McAllister (D)	44:57

Dick Barrett Trophy Winner – Scott Bang

Scott ran to an easy win – his 3rd in the 38 years that we have been running this event. Thanks to Danny Moon, Don Packwood, and Mike Krey, who helped at the start-finish line and to Liz Nast, who contributed 10 boxes of candy to the other that were purchased. All runners, helpers, and spectators received boxes of Valentine candy.

2/27/16-4x1.46M WVC Loop Relay

Pl	Team	Start	Finish
1	Parsons/Samson	-0-	40:14
2	Taylor/Lo	1:15	40:54
3	Rosenblum/McAllister	2:45	41:20
4	Goldman/Delyani	2:00	41:52
5	McIntyre/Navarrete	:30	42:58
6	Benson/Bang	1:45	44:03

Phantom Dick Barrett Trophy Winners – Fletcher Parsons & Bjorn Samson

The Parsons/Samson team started first and stayed there all of the way. Norry McAllister had the best time at 17:41. Someone impersonating Scott Bang ran 18:53. Helpers and potential helpers at the finish line included

Danny Moon, Carl Peterson, Matt Kriege, and Jim Bordoni.

3/5/16-Short Six – 5.74M

1	Scott Bang	37:58
2	Norry McAllister	38:28
3	Kristina Park	39:45
4	Geoff Bradley	42:17
5	Robert Navarrete	42:30
6	George Lo	42:31
7	Mike Krey	42:44
8	Mark Goldman	43:05
9	Paul Taylor	43:09
10	Dave McIntyre	44:20
11	Ida Rosenblum	46:51
11	Bjorn Samson	46:51
13	Fletch Parsons	46:52
14	Helen Wong	48:07
15	Des Knuckey	48:11
16	Carolyn Benson	49:15
17	Todd Hayes	49:42
18	Bill Dodson	51:47
19	Dave Norlander	58:10
20	Tom Warfel	74:11
21	Don Packwood	75:04 RW

Dick Barrett Trophy Winner – Bill Dodson

Scott got away from Norry as they ran down Austin to Quito and won by about 150 yards. Bill Dodson broke the 80+ course record by 14+ minutes. It is unlikely that this record will ever be broken (unless Bill does it again). Kristina recorded the #4 time by a 45+ woman. Sue Francis heads this list at 39:18 with only 37 seconds separating the top 6 runners. Mark Goldman improved his 65+ PR by 3 minutes. His time also put him #10 on the 65+ list. Dave McIntyre improved his 50+ best by 72 seconds. Thanks to Danny Moon Chris Blue, and Jim Bordoni for helping at the finish line.

3/12/16-Valle Vista-3.0M

1	Scott Bang	18:33
2	Joseph Aubuchon	18:58
3	Adam Prince	19:13
4	Kristina Park	19:38
5	Geoff Bradley	19:38
6	Matt Kriege	20:24 PR
7	George Lo	20:28
8	Bjorn Samson	20:42
9	Dave McIntyre	21:29
10	Catherine Frye	24:12
11	Ida Rosenblum	25:43
12	Becki Kriege	26:39
12	Ken Camet	26:39
14	Kat Powell	27:15
15	Todd Hayes	27:30
16	Tom Warfel	29:31
17	Dave Norlander	29:55
18	Nancy Kirk	30:43 PR
19	Danny Moon	32:43
19	Alana Rossi	32:42
21	Don Packwood	38:39 RW

great and neat job of recording the times, he will not receive bonus points for his work because he is merely an apprentice recorder. Jim Bordoni will review his work after his return from Maui to determine whether he deserves a promotion to a certified recorder.

Dick Barrett Trophy Winner – Ida Rosenblum & Bjorn Samson

Twelve hardy souls showed up for this very difficult workout. Joseph Aubuchon got the splits for his team (7:39 for himself and 9:41 for Carolyn Benson). He appeared to be the fastest runner of the day. Thanks to Dave Norlander and Carl Petersen for helping at the finish line.

3/26/16 – Triangle – 4.76M

1	Ken Camet	30:39
2	Norry McAllister	30:54
3	Joseph Aubuchon	31:34
4	Dino Delyani	31:40
5	Geoff Bradley	31:42
6	Kristina Park	31:43
7	Becki Kriege	33:15
8	Robert Navarrete	33:19 PR
9	George Lo	33:29
10	Mike Krey	33:57
11	Dave McIntyre	35:11
12	Dick Chimenti	38:55
13	Bob Lord	40:19
14	Kat Powell	42:58
15	Bill Dodson	43:05
16	Dave Norlander	45:42
17	Don Packwood	60:02

4/9/16-Dou/Sar/Frtvle-2.75M

1	Jorn Jensen	15:22 PR
2	Calvin Do	15:34
3	Joseph Aubuchon	16:56
4	Scott Bang	17:19
5	Norry McAllister	17:26
6	Dino Delyani	17:46
7	Geoff Bradley	17:56
8	Kristina Park	17:57
9	Robert Navarrete	18:42 PR
10	Brian Conroy	18:43
11	George Lo	18:48
12	Mike Krey	19:21
13	Paul Taylor	19:28
14	Al Murray	19:51
15	Jim Bordoni	19:54
16	Mark Goldman	20:04
17	Fletch Parsons	20:21
18	Carolyn Benson	22:12
19	Jim Howe	22:27
20	Ken Camet	22:32
21	Bob Lord	22:37
22	Bill Dodson	24:13
23	Kat Powell	25:48
24	Don Packwood	28:37
25	Nancy Kirk	28:51
26	Alana Rossip	29:35
26	Kathleen Kieh	29:35
28	Danny Moon	29:40
29	Walt Van Zant	34:42

Dick Barrett Trophy Winner – Kristina Park

Good run for Scott as he ran to about a 100 meter win over Joseph. Kristina led the ladies, improving her #3 45+ time by 6 seconds. Matt improved his all-time PR by 75 seconds and Nancy improved her all-time PR by 33 seconds. Dave McIntyre had his 5th consecutive course age-group PR as he improved his 50+ best by 21 seconds. Tom Warfel improved his 65+ by 5 seconds. Kat took 22 seconds off her 65+ PR to move within 20 seconds of Chris Blue's all-time 65+ best. Todd stopped during his run because of an atrial fibrillation episode, walked for a bit, and still improved his 65+ PR by 33 seconds. Thanks to Helen Wong and Carl Peterson for helping at the finish line.

Dick Barrett Trophy Winner - ?

A rare win for Ken Camet this morning. Kristina led the ladies. Robert Navarrete at the near-senile age of 59 ran his all-time PR. This run completed our first cycle of our six Saturday courses. Three runners – George Lo, Dave McIntyre, and Don Packwood have now completed all of the courses. George was the first to do it as he crossed the line prior to Dave and Don finishing. Dave, although 54 as of late last year, set 50+ PRs for himself on all six courses. Dave credits his loss of 10+ pounds and more training for his recent improvement. We may have to change his handle from **Big Mac to Mini Mac**. Other notable accomplishments included Kristina knocking 3+ minutes off her 45+ best to move to #4 on that list and Kat Powell breaking her own women's 65+ record by 36 seconds, Thanks to Chris Blue and Nancy Kirk for handling the finish line.

Dick Barrett Trophy Winner – Robert Navarrete

Jorn and Calvin battled for the first 1.75M and then Jorn gradually pulled away on the uphill final mile for the win. Kristina led the ladies. Bill Dodson broke the 80+ course record by 5½ minutes. Mark Goldman missed his 65+ PR by one second. Robert Navarrete ran his all-time PR at age 59 by 4 seconds to take home the weekly trophy. Carolyn Benson moved to #4 on the women's 55+ list, 15 seconds behind Georgia Riley. Jim Howe ran the #9 best-ever by a 70+ runner. Thanks to Jim Myers for recording the times at the finish line.

3/19/16-18x0.33M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Parsons/Park/McAlli	4:00	38:24
2	Benson/Lo/Taylor	1:15	38:46
3	Norlandr/Aubu/Delyani	2:40	40:54
4	Moon/Bradley/Camet	3:45	41:25
5	Frye/McIntyre/Navar	-0-	41:52

Dick Barrett Trophy Winner - The Navarrete team

The McAllister team passed the Taylor team during the last loop to win by about 100 meters. Thanks to Don Packwood and Jim Myers for coming to the rescue at the last moment. Danny reviewed their work and determined that they did not miss a single split. It should be noted that although Myers did a

4/2/16 – 16 x 200M Relay

Pl	Team	Start	Finish
1	Rosenblum/Samson	-0-	17:02
2	Benson/Aubuchon	-0-	17:29
3	Lo/McAllister	1:00	17:35
4	Taylor/Bradley	1:00	17:52
5	Moon/Parsons *	-0-	18:08
6	L.Nast/Park	-0-	18:32

* Scott Bang substituted for Danny Moon about halfway through this relay.

4/16/16 – Step Up & Step Down Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Parsons/Bradley	2:00	33:30
2	Rosenblum/Camet	2:00	33:34
3	Goldman/Lo	1:30	34:08
4	Bednar/McAllistr	1:45	34:21
5	Rohrer/Park	2:45	34:32
6	Navarrete/Delyan	3:30	35:11
7	Wong/Taylor	1:15	36:08
8	Moon/Aubuchon	2:45	36:12

Dick Barrett Trophy Winner – Fletch Parsons & Geoff Bradley

The Bradley and Camet teams started together and traded leads throughout the run with Geoff Bradley finally taking the lead for good on the final leg for the win. Joseph Aubuchon had the fastest splits with a total time of 13:51. Kristina Park was 2nd at 14:18, Norry McAllister was 3rd at 14:37, and Geoff Bradley was 4th at 14:40. Thanks to Jim Bordoni for putting the teams together and computing the results. Thanks to Carolyn Benson, Madelyn Moon and Don Packwood for helping at the finish line.

4/23/16 – Farwell-H (4.68M)

1	Dino Delyani	31:02
2	Scott Bang	32:12
3	Geoff Bradley	32:41
4	George Lo	32:55
5	Paul Taylor	34:01
6	Todd Hayes	34:08
7	Jim Bordoni	34:30
8	Ida Rosenblum	35:05 PR
9	Fletch Parsons	35:47
10	Helen Wong	37:15
11	Glenn Kishi	37:17
12	Catherine Frye	38:00
13	Bob Lord	39:04
14	Carolyn Benson	39:31
15	Bill Dodson	44:35 PR
16	Dave Norlander	47:08
17	Tom Warfel	59:22

Dick Barrett Trophy Winner – Dino Delyani

Rare win for Dino, which gave him the weekly trophy. New PR for Bill Dodson as he broke the 80+ course record by 67 seconds. Ida PRd by 24 seconds to lead the ladies. Bob Lord missed the 75+ record that is held by him by 17 seconds. Helpers included Chris Blue and Danny Moon.

4/30/16 – 36 x 200M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
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1	Benson/Park/Taylor	1:00	25:40
2	Moon/Conroy/Lo	1:00	26:12
3	Dodson/Zelinski/Spink	1:00	26:17
4	Alana/Krey/Rosenblum	-0-	27:04
5	Norland/Delyani/Navar	1:00	28:03

Dick Barrett Trophy Winner – The Taylor Team

The Taylor team took the early lead and kept extending it to win by about 200 meters. The Lo and Spink team had a close battle throughout the 18-lap event with the Lo team hanging on for a narrow 2nd place finish.

Danny Moon ran opposite 81-year-old Bill Dodson. Danny appeared to be running well but Bill gave him all that Danny could handle. The Navarrete team immediately took control of last place and finished 59 seconds behind the 2nd to last place team. Dave Norlander, who led off his last-place team, ran this relay in 10:25 last August but was rated at 9:45 this morning and ran 11:03. I thought that in a speed event that he would be closer to Bill Dodson's rating of 9:15. Boy! What a big mistake in the rating. All teams were rated to finish in 26:45.

5/7/16 – 16 x 400M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Goldman/McAllister	1:15	24:59
2	Spink/Lo	1:00	25:14
3	Zelinski/Bordoni	1:15	25:15
4	Wong/Taylor	-0-	25:48
5	Moon/Bradley/Camet	1:15	25:57
6	Dodson/Conroy	:30	26:25
7	Norlander/Aubuchon	-0-	26:35

Dick Barrett Trophy Winner – Mark Goldman & Norry McAllister

The Taylor team started first and held the lead through the first 11 legs of this relay before the McAllister team took the lead and held it for the remainder of the race. Joseph Aubuchon, despite running very little over the last few weeks, had the best average at 79.9. Norry had the second best average at 81.4. Thanks to Chris Blue for writing down the splits. She had very good handwriting but not quite up to the standards of hall-of-famers Jim Bordoni and Carolyn Benson.

5/14/16 – Farwell – 3.54M

1	Calvin Do	21:09.5
2	Jorn Jensen	21:10.8
3	Norry McAllister	22:42.3
4	Ken Camet	23:37.5
5	Geoff Bradley	23:55.2
6	Joseph Aubuchon	24:51.3

7	Paul Taylor	25:05.2
8	Mike Krey	25:34.5
9	Jim Bordoni	25:44.3
10	Fletch Parsons	26:50.3
11	Ida Rosenblum	27:14.5
12	Catherine Frye	28:24.9
13	Helen Wong	29:01.2
14	Carolyn Benson	29:20.4
15	Jim Howe	31:07.8
16	Bill Dodson	31:50.8
17	Dave Norlander	35:11.9
18	Alana Rossip	36:47.4
19	Alvin Jackson	46:38.5

Dick Barrett Trophy Winner – Norry McAllister

Very close race between Calvin and Jorn with Calvin having more sprint speed over the last 100 meters for the win. Catherine ran the 5th best-ever time by a 55+ woman runner on this course. Alvin finished his 2nd course of the year. Thanks to Danny Moon and Scott Bang for their help at the finish line.

5/21/16 – 8 x 0.66M Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Parsons/Rosenblum	-0-	35:19
2	Wong/Aubuchon	:15	36:03

Dick Barrett Trophy Winner – Ida Rosenblum

Small turnout as most of our club members who would come to the workout were saving themselves for the 5K race in Portola Valley tomorrow morning.

5/28/16 – Short Six – 5.74M

1	Geoff Bradley	42:25
2	Kristina Park	42:31
3	George Lo	42:55
4	Paul Taylor	43:11
5	Jim Bordoni	44:23
6	Dave McIntyre	46:55
7	Ida Rosenblum	50:02
8	Scott Graham	51:30
9	Kat Powell	53:35
10	Dave Norlander	66:18
11	Tom Warfel	66:18
12	Alvin Jackson	84:22

Dick Barrett Trophy Winner – Geoff Bradley

Close win for Geoff over Kristina. Kat Powell improved her 65+ best by 64 seconds to pass Marcia Morrison to become the all-time club leader in the women 65+ division. Thanks to Jim Bordoni, Danny Moon, and Carl Peterson for helping with the workout.

6/4/16 – All Courses Day**Dou/Sara/Frtvle-2.75M**

1	Matt Kriege	21:43
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Valle Vista-3.0M

1	Dino Delyani	20:16
2	Paul Taylor	21:30
3	Mark Goldman	22:03
4	Catherine Frye	24:02
5	Dick Chimenti	24:25
6	Carolyn Benson	24:57
7	Kat Powell	26:11
8	Alvin Jackson	41:03

Farwell-3.54M

1	Scott Bang	24:08.3
2	Kristina Park	24:09.2
3	Geoff Bradley	27:41.3
4	Hank Lawson	29:56.6
5	Dave Norlander	35:43.6
6	Tom Warfel	39:21.3

Farwell/H – 4.68M

1	Mike Krey	34:23
2	Don Packwood	59:13 RW

Triangle – 4.76M

1	Jim Bordoni	35:26
2	George Lo	36:43

Short Six – 5.74M

1	Joseph Aubuchon	46:15
2	Walt Van Zant	82:51 PW

The 6 winners this morning included Matt Kriege, Dino Delyani, Scott Bang, Mike Krey, Jim Bordoni, and Joseph Aubuchon. Kat Powell broke Chris Blue's 65+ all-time record for the Valle Vista course by 44 seconds and Catherine Frye moved to #3 on the 55+ list behind Jutta McCormick and Georgia Riley. Thanks to Danny Moon, Chris Blue, and Nancy Kirk for helping at the finish line.

6/11/16 – Valle Vista – 3.0M

1	Joseph Aubuchon	19:05
2	Ken Camet	19:18
3	Kristina Park	19:55
4	George Lo	20:44
5	Robert Navarrete	20:47 PR
6	Jim Bordoni	21:39
7	Todd Hayes	21:47
8	Fletch Parsons	23:41
9	Hank Lawson	23:52
10	Helen Wong	24:00
11	Carol Bednar	24:46
12	Scott Bang	25:30
13	Kat Powell	27:26
14	Walt Van Zant	39:36

Phantom Dick Barrett Trophy Winner – Robert Navarrete

Joseph got the win. Kristina led the ladies. Todd knocked 6 minutes off his 65+ best to move into 14th place out of the 34 on the 65+ list, one place in front of Mark Goldman. Robert Navarrete, 2 weeks shy of his 60th birthday, ran his all-time fastest for this course

6/18/16 – Annual Rick Milam Track Workout (3000M/1500M/800M)**3000M**

1	Jorn Jensen	10:11.1
2	Norry McAllister	12:26.1
3	Dino Delyani	12:26.7
4	George Lo	12:27.8
5	Mike Krey	12:41.5
6	Paul Taylor	12:59.5
7	Fletch Parsons	12:59.6
8	Jeff Rohrer	13:09.2
9	Bill Dodson	15:32.6
10	Dave Norlander	17:56.6

2 Mile Equivalent

1	Jorn Jensen	10:59.8
2	Norry McAllister	13:25.5
3	Dino Delyani	13:26.2
4	George Lo	13:27.4
5	Mike Krey	13:42.1
6	Paul Taylor	14:01.6
7	Flech Parsons	14:01.7
8	Jeff Rohrer	14:12.1
9	Bill Dodson	16:46.9
10	Dave Norlander	19:22.4

1500M

1	Joseph Aubuchon	5:08.5
2	Scott Bang	5:11.4
3	Jorn Jensen	5:12.0
4	Ken Camet	5:24.8
5	Jim Bordoni	5:37.0
6	Brian Conroy	5:41.2
7	Norry McAllister	5:47.5
8	Dino Delyani	5:47.9
9	Mike Krey	6:07.8
10	Helen Wong	6:28.6
11	Liz Nast	6:54.7
12	Kat Powell	7:33.4

One Mile Equivalent

1	Joseph Aubuchon	5:33.0
2	Scott Bang	5:36.2
3	Jorn Jensen	5:36.8
4	Ken Camet	5:50.6
5	Jim Bordoni	6:03.8
6	Brian Conroy	6:08.3
7	Norry McAllister	6:15.2

8	Dino Delyani	6:15.6
9	Mike Krey	6:37.1
10	Helen Wong	6:59.5
11	Liz Nast	7:27.7
12	Kat Powell	8:09.5

800M

1	Jorn Jensen	2:33.8
2	Joseph Aubuchon	2:51.4
3	Scott Bang	2:54.8
4	Norry McAllister	2:56.7
5	Ken Camet	2:56.9
6	Brian Conroy	2:58.5
7	Dino Delyani	3:01.2
8	George Lo	3:03.2
9	Fletch Parsons	3:05.3
10	Jeff Rohrer	3:09.8
11	Mike Krey	3:11.7
12	Helen Wong	3:27.5
13	Jim Howe	3:32.3
14	Bill Dodson	3:32.6
15	Kat Powell	3:49.8
16	Dave Norlander	4:08.8

Dick Barrett Trophy Winner – Jorn Jensen

This was our 7th consecutive year of running this workout, which we have named the Rick Milam track run.

Jorn took off fast fast in both the 3K and 800M runs and kept running fast to win those runs. He, Joseph, and Scott ran together for the first 1200M of the 1500M race but they had too much speed for Jorn and he finished 3rd. Some of our runners ran slow because they were saving themselves for the Holy City race tomorrow and Dino was recovering from a bad cold. Thanks to Slim Pickens, Jim Bordoni, and Don Packwood for helping at the finish line.

7/6/25/16 – One Mile Runs on the Track**Heat #1 (Elite Milers)**

1	Joseph Aubuchon	5:22.0
2	Norry McAllister	5:38.0
3	Kristina Park	5:38.9
4	Ken Camet	5:47.1

Heat #2(Not So Elite Milers)

1	Jim Bordoni	6:09.1
2	Aaron Lee	6:18.9
3	Danielle Zelinski	6:19.8
4	Paul Taylor	6:22.9
5	Ida Rosenblum	6:23.9
6	Dave McIntyre	6:26.3
7	Todd Hayes	6:26.8
8	Jeff Rohrer	6:38.3
9	Rob Jacobson	6:48.0

10	Phil Spink	6:52.6
11	Helen Wong	7:02.9
12	Liz Nast	7:17.8
13	Carolyn Benson	7:26.0
14	Bill Dodson	7:51.4
15	Kat Powell	7:55.3
16	Heather Rohrer	8:14.9
17	Alana Rossip	8:28.6
18	Dave Norlander	8:29.3
19	Walt Van Zant	11:43.3
20	Alvin Jackson	4:33.0 800M

Dick Barrett Trophy Winner – Jim Bordoni

Joseph easily won heat #1. His goal was to break 5:15. He started with a 79 and was still close to goal pace after a 2:39 at the half-mile mark. But, he lost too much time on the 3rd lap to get his sub 5:15. Norry and Kristina battled for 2nd place throughout the race with Norry outkicking Kristina over the last 100 meters.

Jim Bordoni and Aaron Lee had a close race for two laps before Jim pulled away over the last two laps for the win. There were several close races behind Jim.

Robert Navarrete in celebration of his 60th birthday tomorrow brought out several treats for us to eat after our mile races. Jeff Bedolla made a rare visit to a Saturday workout.

Thanks to Uyenthi Tran for recording all of the times at the finish line and to the elite runners who helped during the second race.

7/2/16 – Triangle – 4.76M

1	Matt Kriege	32:27
2	Dino Delyani	32:38
3	Kristina Park	33:20
4	Gary Waggoner	33:20

5	Paul Taylor	35:24
6	Ida Rosenblum	36:00 PR
7	Dave McIntyre	36:07
8	George Lo	37:44
9	Helen Wong	39:28
9	Mike Krey	39:28
9	Hank Lawson	39:28
12	Kat Powell	42:14
13	Bill Dodson	46:21
14	Dave Norlander	46:49
15	Tom Warfel	55:17
16	Alvin Jackson	57:57
17	Walt Van Zant	62:35

Dick Barrett Trophy Winner – Matt Kriege

A good turnout this morning as a lot of club members came out to honor Rich Stiller, who died last Wednesday. Rich came out to the club workout last Saturday, as he did many times over the years, but did not run because of a persistent knee problem. Just a few of those who came to the workout actually ran the workout due to the fact that they would be running in a grand prix road race in a few days or had other reasons not to run. About 10 who did race this morning took it easy in order to be fresh for the 7/4 race. Gary Waggoner, after a long absence due to an injury, ran with us for the first time since January.

We had three stars this morning. Matt Kriege won his first-ever club road run. Dino gave him a close chase but Matt kept holding him off. Ida Rosenblum knocked 1½ minutes off her all-time PR, which she set 4½ years ago. And, Kat Powell improved the club record for 65+ women by 44 seconds. She held the prior record. Kristina led all of the women finishers while running easy in order to be ready for the

7/4 race. Thanks to Danny Moon, Chris Blue, and Carl Petersen for helping at the finish line.

7/9/16 – Dou/Sar/Frtvle -2.75M

1	Joseph Aubuchon	16:56
2	Norry McAllister	17:13
3	Kristina Park	17:45
4	Scott Bang	17:46
5	Dino Delyani	18:12
6	Brian Conroy	18:38
7	Robert Navarrete	18:49
8	George Lo	19:10
9	Ken Camet	19:12
10	Paul Taylor	20:00
11	Helen Wong	21:42
12	Carolyn Benson	22:30
13	Kat Powell	24:26
14	Bill Dodson	24:34
15	Dave Norlander	25:44
16	Tom Warfel	27:53
17	Chris Blue	28:30
18	Nancy Kirk	28:59
19	Alvin Jackson	32:46
20	Don Packwood	35:03

Dick Barrett Trophy Winner – Chris Blue

Joseph ran to a comfortable-margin victory over Norry this morning. Kristina led the ladies while improving her 45+ best by 4 seconds, which moved her into 4th place on the women's 45+ list. Brian improved his 60+ best by 5 seconds. Robert ran this course for the first time as a 60+ runner. His time put him #25 on the 60+ list and one place in front of our timer for that list. Kat Powell led the three 65+ women runners who ran this morning – Kat, Chris, and Nancy. Don Packwood loafed his run. Thanks to Danny for timing.

RACE RESULTS

2/6/16 – Jed Smith 50K

49	Bill Dodson	5:48:06	1st-70+
	Kat Powell	6:45:03	1st-60+

Bill added another American ultra record to his resume as he broke the former record by 7 minutes.

2/13/16-Fuego San Antonio 5K

86	Nancy Kirk	32:57	1st-60+
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2/13/16-Los Gatos All Comer Meet Results

Bill Dodson

60M	10.99
100M	18.09

200M	37.30
400M	1:27.39
800M	3:29.60

Becki Kriege

2 Mile	12:46.17
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Brian Conroy

2 Mile	12:53.76
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2/14/16-Kaiser Half Marathon

279	Bob Plumeau	1:32:08
431	Mark Goldman	1:36:44 2nd-65+

607	Robert Navarrete	1:40:58	9th-55+
1424	Dave McIntyre	1:56:17	

2/20/16 – Double Road Race 5K/10K

6	Jose Pina	54:21	1st-40+
10	Roberto Palos	57:33	1st-50+
11	Brian Davis	58:57	1st-60+
72	Kat Powell	81:41	2nd-60+
118	Dave Norlander	93:22	4th-70+

2/20/16 – Ojai Heart and Sole 10K

Cecil Baumgartner 45:46 1st-60+
Cecil alleges that the course was at least 70 yards longer than 10K.

2/27/16 – Juana Run – 8K

3	Matt Thompkins	28:05	1 st -40+
23	Ken Camet	31:54	3 rd -50+
127	Jim Howe	45:09	3 rd -70+
146	Dave Norlander	47:00	4 th -40+

2/28/16 – USATF Masters 8K

Championships

135	Bill Dodson	43:06	1st-80+
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Bill finished first in the 80+ division by more than 6 minutes.

3/5/16 – Redding 10M Results

57	Brian Davis	65:12	2nd-60+
73	Ken Camet	66:43	8th-50+
80	Tom O'Connor	67:49	3rd-60+
134	Glenn Kishi	84:01	
157	Kat Powell	95:59	3rd-65+

Our 50+ team got 2nd place in this race.

3/13/16 – Reach For A Star 5K

28	Jorn Jensen	16:57	3rd-45+
50	Ray Rodriguez	17:53	3rd-50+
91	Ken Camet	19:16	9th-50+
96	Norry McAllister	19:23	7th-55+
102	Tom O'Connor	19:38	3rd-60+
108	Dino Delyani	19:54	8th-55+
116	Becki Kriege	20:17	4th-45+
143	Mike Krey	21:12	9th-60+
148	Robert Navarrete	21:36	
170	Mark Goldman	22:54	3rd-65+
177	Dalila Rodriguez	23:10	
181	Norm Takeuchi	23:14	
200	Carolyn Benson	24:49	4th-55+
204	Carol Bednar	24:58	
206	Bob Lord	25:00	2nd-75+
208	Glenn Kishi	25:23	
222	Bill Dodson	27:05	1st-80+
233	Dave Norlander	28:21	4th-75+
279	Eddie Reyna	43:49	1st-85+

Our 40+ men's team finished 6th, our 50+ men finished 2nd, our 60+ men finished 3rd, our 70+ men finished 2nd, and our 40+ women finished 4th.

3/13/16 – Palo Alto Double (5K/3K)

17	Dan Anderson	39:47	4th-60+
26	Kat Powell	44:12	1st-65+

3/26/16 – 12-Hour Run

2-Hour Run

Bill Dodson	16,277M
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This broke the 80+ American record by 3K

50K

Bill Dodson	7:36:13
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There is no current 80+ record for this distance.

12-Hour Run

Bill Dodson	70,800M
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This broke the 80+ American record by 3K

This race was run in 76-degree weather.

4/3/16-Sacctown 10M

56	Juan Rivera	59:17	8 th -35+
107	Brian Davis	64:06	2 nd -60+
126	Ken Camet	66:30	8 th -50+
139	Tom O'Connor	67:23	3 rd -60+
155	Dino Delyani	68:30	5 th -55+
191	Tom Lockhart	72:40	
193	Rbt Navarrete	73:09	8 th -55+
246	Todd Hayes	77:51	2 nd -65+
363	Bob Lord	89:24	1 st -75+
386	Kat Powell	91:17	3 rd -65+
394	Bill Dodson	91:48	1 st -80+
397	Glenn Kishi	92:29	
509	Dave Norlander	105:34	2 nd -75+
637	Eddie Reyna	145:21	2 nd -80+

Our 50+ men's team finished 4th, our 60+ men finished 1st, and our 70+ men finished 1st.

4/18/16 – Boston Marathon

Cecil Baumgartner	3:40:58
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Kat Powell	4:38:32
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If any other club member ran Boston this year, let me know and I will post your results.

4/24/16 – Big Sur Marathon

Kat Powell	4:43:37	5 th -65+
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This completed The Bob Anderson Double Boston 2 Big Sur contest with Kat having a combined time of 9:22:09.

5/8/16 – Pacific Grove Half Mile/Mile

9	Kat Powell	4:20/9:40 = 14:00
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5/8/16 – Pacific Grove 5K/10K

5	Roberto Palos	57:37	1 st -50+
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7	Brian Davis	58:36	1 st -60+
11	Bob Plumeau	61:48	2 nd -50+
79	Kat Powell	88:22	3 rd -60+

5/8/16 – Pacific Grove 3K/5K

14	Kelly Emo	40:03	1 st -50+
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5/14/16 – Quicksilver 50K

Kat Powell	8:21:30	2 nd -60+
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Kat said that this course had 6000 feet of climbing and that she took a tumble on a steep downhill about a mile from the finish.

5/22/16-Ohlone 50K

116	Kat Powell	8:59:29	1 st -60+
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Kat said that she was very happy to complete this course that had 8300 feet of climbing. Her shoe came off twice during the race in muddy sections.

5/22/16 – 5K4 Play

30	Jorn Jensen	17:10	8 th -40+
86	Norry McAllister	19:32	
93	Tom O'Connor	19:43	4 th -60+
104	Ken Camet	20:00	
110	Dino Delyani	20:09	
128	Becki Kriege	20:57	
139	Robrt Navarrete	21:31	
145	Mike Krey	21:49	
152	Jim Bordoni	22:33	
153	Dan Anderson	22:35	
163	Mark Goldman	23:24	
177	Bob Lord	25:13	2 nd -70+
179	Carolyn Benson	25:28	
191	Bill Dodson	27:16	3 rd -70+
195	Jim Howe	27:42	4 th -70+
218	Eddie Reyna	45:48	8 th -70+

Our 50+ men finished 3rd, our 60+ men finished 2nd, and our 70+ men finished 1st.

5/29/16-Marin Memorial Day 10K

16	Jorn Jensen	36:05	8 th -45+
94	Ray Rodriguez	37:56	7 th -50+
129	Tom O'Connor	39:27	3 rd -60+
165	Norry McAllister	40:38	7 th -55+
167	Ken Camet	40:39	
192	Dino Delyani	42:08	10 th -55+
232	Robert Navarrete	44:20	
235	Mike Krey	44:23	
248	Mark Goldman	45:10	2 nd -65+
275	Marian Richard	46:48	6 th -55+
300	Dalila Rodriguez	48:27	
354	Kelly Emo	52:39	
356	Carolyn Benson	52:48	
371	Bill Dodson	54:16	1 st -85+
393	Kat Powell	55:58	3 rd -65+
397	Carol Bednar	56:10	
412	Dave Norlander	60:07	2 nd -75+
464	Eddie Reyna	92:24	2 nd -80+

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

6/13/16 – Hunting Hollow 10K

3	Norry McAllister	41:25	1 st -50+
	Dave Norlander	NT	2 nd -70+

6/19/16 – Lands End Double 8K

20	Dan Anderson	43:05	2 nd -60+
41	Kat Powell	49:17	1 st -60+

6/26/16 – Bang Road Mile in Los Gatos

5	Brian Davis	5:29.0	1 st -60+
6	Norry McAllister	5:29.3	3 rd -50+
7	Tom O'Connor	5:31.1	2 nd -60+

9 Ken Camet 5:34.8 4th-50+
11 Robert Navarrete 6:08.4 3rd-60+

28 Roberto Palos 17:52 1-50+
29 Ray Rodriguez 17:54 2-50+
31 Omar Pina 17:59 1-15+
44 Barry Farrara 18:31 4-50+
60 Tom O'Connor 19:20 3-60+
62 Kristina Park 19:22 4-40+
64 Nor McAllister 19:28 3-55+

110 Rbt Navarrete 21:05 7-60+
150 Dali Rodriguez 22:59
174 Carolyn Benson 24:33 6-55+
188 Kelly Emo 25:13 5-50+
209 Jim Howe 26:00 5-70+
216 Bill Dodson 26:23 6-70+
223 Kat Powell 26:40 2-65+
241 Dave Norlander 27:59 7-70+
275 Jose Casillas 29:32
438 Eddie Reyna 43:37

13 Dave McIntyre 6:21.5 5th-50+
15 Fletch Parsons 6:55.7 6th-50+
17 Bill Dodson 7:45.2 1st-80+
26 Scott Bang 14:31.2 4th-40+

7/4/16 – Freedom Fest 5K

14 Jorn Jensen 17:05 3-40+
15 Jose Pina Sr 17:10 4-40+

67 Ken Camet 19:37 4-55+
85 Dino Delyani 20:16 7-55+
88 Rbt Plumeau 20:27 6-50+
108 Mike Krey 20:56 6-60+

