



WVJS



VOL XXXXVIII-#2 WEST VALLEY JOGGERS & STRIDERS July 2019

Saturday Workouts

07/06/19	Doug/Sara/Frtvle (2.75 miles)	10/05/19	6 x 1600 Relay
07/13/19	Farwell/H (4.68 miles)	10/12/19	Triangle Run (4.76 miles)
07/20/19	5K on the track	10/19/19	Doug/Sara/Frtvle (2.75 miles)
07/27/19	800/1500/3000 Day	10/26/19	8 x 0.66-Mile Tennis Court Loop Relay
08/03/19	One Mile on the Track	11/02/19	Farwell/H (4.68 miles)
08/10/19	Farwell (3.54 miles)	11/09/19	8 x 1200 Relay
08/17/19	12 x 600 Relay	11/16/19	Farwell (3.54 miles)
08/24/19	Short Six (5.74 miles)	11/23/19	4 x 1.46-mile WVC Loop Relay
08/31/19	16 x 400 Relay	11/30/19	Short Six (5.74 miles)
09/02/19	Club Handicap Race	12/07/19	Valle Vista (3.0 miles)
09/07/19	4 x 1.46-mile WVC Loop Relay	12/14/19	Triangle Run (4.76 miles)
09/14/19	18 x 0.33-Mile Tennis Court Loop Relay	12/21/19	6 x 1600M Relay
09/21/19	Valle Vista (3.0 miles)	12/28/19	All Courses Day
09/28/19	Step-up & Step-down Relay		

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

Upcoming Races

2019 PA-USATF Road Events

07/04 Morgan Hill Freedom Fest 5K
07/14 Across the Bay12K
10/06 Urban Cow Half Marathon
11/10 Clarksburg Half Marathon
12/08 California International
Marathon
12/15 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
Morgan Hill Freedom Fest 5K
Across the Bay12K
Santa Cruz XC
Golden Park XC
PA XC Championships

Other Races

07/28 Wharf to Wharf 6M
07/28 San Francisco Marathon
08/03 Dammit Run 5M
08/18 Race in the Redwoods 10K
10/06 SJ Roc "n" Roll Half Mar
10/13 Humboldt Half Mar
11/03 Clarksburg Half Marathon
11/11 Quicksilver Half Mar/10K
11/28 Silicon Valley Turkey Trot 5K
12/08 Cal International Marathon

Ken Spring

Long-time WVJS member Ken Spring passed away on June 1 at age 89. He joined the club during its early days of the club and maintained his association with the group after his running career by participating in the club football pool. In his professional life, Ken was in charge of the State Farm Office on Cox Ave. He will be remembered as a dedicated runner and helpful club member over the years.

Miscellaneous Drivel (by Mark Goldman)

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 and sometimes even later, it is difficult to properly place you.

Many club members meet on Thursday mornings at the WVC track at 8am; usually about 10-15 people attend; the workout is led by **Danny Moon** and typically consists of 800's, 400's and 200's.

Tuesday at 5:00 pm at Westmont High School in Campbell, there is a track workout led by **Brian Conroy**. Typically 6-10 runners participate. The workouts vary, including 880's and miles and occasionally longer tempo runs as well. All runners are welcome to join in.

The **All Comers Meets** began June 20 at the Los Gatos High track. They begin at 5pm and have many events from the 60m to 2 mile races. There are only 5 this summer.

Over the last few months, our **club merchandise website** has been updated. You will notice a new club racing jersey by Adidas (it has our name on the front and club logo on the back; very cool), pants, and jackets. Anyone who completed all the courses or ran in 6 PA races last year got **FREE stuff** from our site. This has been a bit hit – further proving that runners are cheap people - as you can see so many runners wearing WVJS clothes. Club merchandise can be purchased through Sport Packs at this website: [West Valley Joggers & Striders: sportpacks.com](http://WestValleyJoggers&Striders:sportpacks.com).

Congratulations to **Heather Rohrer**. Heather has twice set her PR on Farwell-Horseshoe, set a PR on Valle Vista, a PR in the half marathon, and has run her 2nd best road and track 5Ks. Her previous best times were over 7 years ago. She just completed the six courses. Her Dad isn't doing too bad either : **Jeff** is up to 11 miles a week and recently ran in his first 2 club races in over 2 year and had an impressive run in the recent mile on the track.

Hank Lawson (actually an Aggie) will be playing Clem Rogers in the Will Rogers Follies performance at the Community Theatre. Besides acting, Hank is also a race timer. He will 'only' do 43 meets this year as compared to the 77 he did last year!

Even though we don't see her very often, **Liz Nast** is healthy and running a bit. Rob, can't run anymore, but rides his bike frequently. They often walk the trails at Nicene Marks or walk on the beach. Liz and Rob are expecting their first grandchild, a girl, in October and they are 'over the moon' excited! We wish them luck!

We continue to appreciate all the support we get from **Jim Bordoni**. He is always helping out on Saturday mornings. And his power walking is improving - he had a great performance at the National Senior Games. There was a recent sighting of **Mike Bordoni** at one of our Saturday runs. He clearly has great timing as he just became a father - congratulations!- just in time for Fathers Day! **Mike** recently ran a 3:08 at Boston and brother **Jack** ran the Publix Atlanta Half Marathon in 1:12, 2nd overall,

Brian Conroy's second book of humor, *I'm Just Sayin'* was released in early June. The twenty-seven hilarious essays skewer selfie culture, emotional rescue animals, goat yoga and e-scooters. Also included are historical vignettes on running guru Jim Fixx, Princess Diana, Paul McCartney, Bill Graham and Bigfoot. The book is currently available on Amazon.

Great job by **Kat Powell** this year. So far, she has run 8 half marathons and 2 full marathons - placing in the top 3 in her age group in every race!

Good to see **Radha Nambula** out running with us occasionally. He has been working for 8 months now and has already been promoted - but still misses us! I think the only reason he comes out on Saturday's is because his daughter loves coming out with us to run (the chocolate chip pancakes with whipped cream are a motivator) and wakes him up early to join us.

Cecil Baumgartner retired this month and is doing very well. **Sue**, however, had a stress fracture (lower shin bone) in early January. Now that they are running again, they plan to run CIM in December. Cecil ran a 3:36 mostly downhill marathon and Sue ran a 5K in May. Sometime soon they plan to come up to run a club workout with us.

Dave Norlander turned 80 in March and has been on a tear ever since. He ran the Norcal 10, the SacTown 10, and the Avenue of the Giants Half Marathon (where his 2 daughters ran with him) and took home the gold medal in every race. Great planning as he was the only 80+runner in each! Dave also recently ran Valley Vista for the 100th time. Incidentally, **Tom Warfel** holds the record for most Valley Vista runs, at 107. For more Cum Sat history, see [https://wvjs.org/Past Saturdays.html](https://wvjs.org/PastSaturdays.html).

Missy Sudan is doing a fabulous job as captain of our ladies team, The Women's 40+ team is in 3rd place in the overall standings, 4.5 points out of 2nd place. They have scored points in the last 5 races, and have fielded two teams at the Great Race and the Run

For A Star 5k! **Carol Bednar** is getting fitter and faster with every race. **Neeraja Rambula** is new to the PA circuit and has found her racing legs. She improved her 10K time by 26 minutes in early June. We had a glimpse of a return of **Becki Krieger** at the Great Race, and **Kristina Park** ran the Danville Mile for us. Go WVJS Women!

Bob Kemp has been working too hard and that has prevented him from running with us. Bob had a great excuse for not running the One Mile Bang - the previous day his son got married! I'm sure he was appropriately hung over!

After 6 weeks of hobbling around, **Mike Krey** finally got his boot off and his broken fibula is healing just fine. He broke it during an uneventful run on the Los Gatos Creek trail back in April. The boot has not slowed him down as he has been a frequent timer for our Saturday runs - and of course - finds a way to join us for breakfast. In addition, he did a great job as part of the One Mile Bang committee and managed a key intersection for the Lupus Run. AND a big 'Thank You' to Mike's wife **Donna** for all the work she has done creating the flyers and advertisements for the One Mile Bang run!

As many people have noticed, **Gary Waggoner** has come back and is running great. He stopped running in March of 2017 because of injuries to his Achilles, right plantar and right hip. He was forced to take several months off and just let them heal. A podiatrist and physical therapy helped make the discomfort manageable. Gary began running again in early 2018 but he had gained a lot of weight. It took 9 months and a calorie counting app called MyFitnessPal to get to his running weight. Gary is happy to be running consistently with WVJS again and is grateful to the members who have given him support and advice.

June 9 was the USATF PA Open and Masters T&F Championships at the College of San Mateo. **Mark Goldman** ran the 10K (2nd in Age Group), **Norry McAllister** competed in the 1500M (2nd in AG), **Robert Navarette** did the 800M, and both **Jorn Jensen** (2nd in AG) and **Brian Conroy** did the 5K. In addition, WVJS had a team compete in the 4x800 – Brian, Norry, Robert, and **Patrick Buzbee**, which won the 60+ Age Group.

WVJS was well represented at the recent National Senior Men's Championships in Albuquerque. **Norry McAllister** took the Bronze medal in the 1500 meters, **Jim Bordoni** won the bronze medal in the 1500 Power Walk, and **Robert Navarette** ran very well in 800 meters achieving the goal he was aiming for.

Club President **Walt van Zant** celebrated a major milestone on April 21st: He turned 80. No expense was spared as the club dined at Holder's following the Saturday morning workout. Along with the WVJS Saturday morning regulars, some A-list guests including Walt's daughters (Becki is not an only child like she claims), Walt's wife Kathy, Brian Lo, and Ray Russell. It was great to have so many people there to celebrate. A few weeks later, Walt came out of racing retirement and ran the Mile of Truth in Danville. He finished to loud cheers as he helped the WVJS 80+ team to a first place victory! Happy Birthday Walt!

Fabulous job by **Robert Navarette** as Race Director for the One Mile Bang! The entire committee - **Becki, Jorn, Mike, and Danny** - put on a fantastic event. They spent many, many hours working on the race. There were a record 231 finishers, with new Men's and Women's Course Records set as well as new M40-49 and M80-89 Course Records. Norry McAllister was crowned as the M60+ winner. WVJS Teams M50+, M60+, and M80+ will also likely win. There were 28 members from WVJS running enjoying the entire experience. In addition, WVJS had over 30 volunteers supporting all aspects of the race.

Special thanks to **Jorn Jensen**: At the end of all our Grand Prix races, after Jorn finishes first, he hurries to get his camera and take pictures of the rest of us! Very thoughtful and appreciated! WVJS has been represented in all 7 PA Grand Prix races to date with at least one team scoring. The Freedom Fest 5K on 7/4 is the last Short Course race. The Long Course has several more races to go.

Great Job by **Norry McAllister** for managing the Lupus Run (interesting that Walt just happened to be in Hawaii on the day of the race). Norry coordinated the 17 volunteers and the race was a big success. This continues to be a great way for the club to make money and contribute to a good cause.

Bill Dodson, still dealing with a pacemaker and AFIB, continues to compete on the WSJV 80+ team in all the Grand Prix races as well as every All-Comers meet at the Los Gatos track. He typically runs 5 different events.

Great to see **Neil Gelblum** running with the club most Saturdays. For a guy with a new hip who was told he would never run again, he's doing great!

Wei-Ti Liu is a great example of how consistent effort can make a huge difference. Wei-Ti has gotten so much faster by running every Saturday and Thursday on the track. Next year WVJS will have a 70+ team and Wei-Ti will be a big part of it!

Walt may be the heart of our club (with the stents to prove it), but **Danny Moon** is our spiritual leader! He and **Madeline** support every part of our club. Danny leads the Thursday morning track workouts, comes to every Saturday to do the official timing, makes sure we have a table for breakfast (and that my eggs are cooked right!), and even traveled to Albuquerque to support Norry and Robert while they competed in the Senior Games. Best of all, Danny is running again. He is increasing his weekly mileage and plans to be in shape to run as part of our 70+ team next year.

A big 'Thank You' to **Dick Chimenti** for his work as our Webmaster. He manages everything that goes up on the site. That takes a great deal of time and effort - and though we don't see him often enough, his support and presence are felt and appreciated by us all.

Finally - Most Creative Warm-up Award goes to.....**Ken Camet**. One Saturday morning Ken ran the Valley Vista warmup carrying an umbrella.

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

Runner	Miles	Sat Pts	Total				
John Mintz	2479	100	2579	Mark Goldman	721	250	981
Robert Navarrete	868	360	1228	Norm Takeuchi	935	0	935
Joseph Aubuchon	910	420	1330	Kat Powell	580	300	880
Jorn Jensen	1229	80	1309	Dave Norlander	315	520	835
Ken Camet	881	360	1241	Danny Moon	148	570	718
Dwayne Spencer	1012	120	1132	Carol Bednar	597	80	677
Tom Warfel	658	520	1178	Jim Bordoni	221	400	621
Walt Van Zant	397	620	1017	Al Murray	0	0	000

2019 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.** The standings to date for 2019 are as shown below. The number in parentheses after each score is the number of events counted thus far. Aaron Lee is keeping the records for this event and they can be found at <https://docs.google.com/spreadsheets/d/126PgoitSW1J3v81Hb8y4soUqucpIJmzYEEULK-8YVOc/edit#gid=0>

A Division

Jorn Jensen (5)	200
Ray Rodriguez (6)	194
Joseph Aubuchon (1)	23

B Division

Scott Bang (4)	200
Norry McAllister (4)	190
Brian Davis (6)	184
Tom O'Connor (6)	176
Dwayne Spencer (3)	138
Dino Delyani (3)	134
Ken Camet (3)	124
Robert Plumeau (1)	50
Kristina Park (1)	46

C Division

Dalila Rodriguez (6)	184
Robert Navarrete (4)	156
Missy Sudan (3)	148
Nancy Eubanks (2)	100
John Mintz (2)	94
Aaron Lee (2)	90
Norm Takeuchi (2)	82
Bob Kemp (1)	50
Becki Kriege (1)	46
Mike Krey (1)	44
Dave Woodruff (1)	44

D Division

Carol Bednar (3)	150
Mark Goldman (3)	148
Todd Hayes (2)	98
Katherine Frye (2)	92
Scott Graham (1)	42
Dan Anderson (1)	24
Dave McIntyre (1)	22

E Division

Dave Norlander (5)	190
Bob Lord (4)	186
Bill Dodson (4)	170
Glenn Kishi (3)	150
Kat Powell (3)	138
Neeraja Nambula (2)	96
Nicky McAllister (1)	48
Walt Van Zant (1)	46
Willie Liu (1)	44
Rich Hahn (1)	38

2019 PA/USATF GRAND PRIX ROAD RACE STANDINGS



Current 2019 Pacific Association Road Race team and individual results are shown here. There are several age/gender divisions in which we are not currently fielding a team.

Open Men

- Captain: Aaron Lee
- Current PA Team Place: (none)

Open Women

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

40+ Men

- Captain: Jorn Jensen
- Current PA Team Place: (none)

40+ Women

- Captain: Missy Sudan
- Current PA Team Place: 3rd
- Scorers – Short Division
 - Missy Sudan – 16th
 - Dalila Rodriguez – 28th
 - Kristina Park – 36th
 - Nancy Eubanks – 52nd
 - Neeraja Nambula – 64th
 - Scorers – Long Division
 - Dalila Rodriguez – 27th
 - Nancy Eubanks – 30th

50+ Men

- Captain: Ken Camet
- Current PA Team Place: 2nd
- Scorers – Short Division
 - Jorn Jensen – 2nd
 - Raymond Rodriguez – 3rd
 - Scott Bang – 7th
 - Dwayne Spencer – 19th
 - Robert Plumeau – 48th
 - John Mintz – 52nd
 - Robert Pickens – 69th
- Scorers – Long Division
 - Raymond Rodriguez – 4th
 - Jorn Jensen – 9th
 - Robert Plumeau – 25th
 - Glenn Kishi – 32nd
 - Ken Camet - 38th

50+ Women

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

- Scorers – Short Division
 - Carol Bednar – 20th
 - Becki Kriege – 26th
 - Catherine Frye – 45th
 - Kelly Emo – 45th
- Scorers – Long Division
 - Catherine Frye – 25th

60+ Men

- Captain: Tom O'Connor
- Current PA Team Place: 1st
- Scorers – Short Division
 - Norry McAllister – 1st
 - Brian Davis – 4th
 - Tom O'Connor – 7th
 - Dino Delyani – 9th
 - Robert Navarrete – 12th
 - Mark Goldman - 15th
 - Bob Kemp – 21st
 - Norm Takeuchi – 23rd
 - Mike Krey – 28th
 - Dave Woodruff – 34th
 - Scott Graham – 43rd
 - Weiti Lu – 47th
- Scorers – Long Division
 - Tom O'Connor – 2nd
 - Todd Hayes – 7th
 - Brian Davis – 9th

60+ Women

- Captain: Missy Sudan
Current PA Team Place: (none)
- Scorers – Short Division
 - Kat Powell – 13th
 - Scorers – Long Division
 - Kat Powell – 9th

80+ Men

- Captain: Dave Norlander
- Current PA Team Place: 1st
- Scorers – Short Division
 - Bob Lord – 2nd
 - Dave Norlander – 3rd
 - Bill Dodson – 4th
 - Walt Van Zant – 6th
- Scorers – Long Division
 - Dave Norlander – 1st

SATURDAY WORKOUT RESULTS

1/5/19 – Dou/Sar/Frtvle – 2.75M

1 Scott Bang	17:01
2 Joseph Aubuchon	17:12
3 Norry McAllister	17:39
4 Dino Delyani	18:18
5 Kristina Park	18:35
6 Geoff Bradley	19:13
7 Heather Rohrer	19:15
8 Brian Conroy	19:44
9 Robert Navarrete	19:51
10 Paul Taylor	20:03
11 Missy Sudan	20:08
12 Bob Kemp	20:21
13 George Lo	21:46
14 Jim Bordoni	26:50 RW
15 Kat Powell	26:59
16 Neeraja Nambula	27:10
16 Aaron Lee	27:10
18 Chris Blue	27:28
19 Ken Camet	27:29
20 Rich Hahn	27:49
21 Neil Gelblum	28:10
22 Willie Liu	28:20
23 Dave Norlander	32:10
24 Don Packwood	33:16
25 Walt Van Zant	43:00 PW

Phantom Dick Barrett Trophy Winner – Scott Bang

This was not a day for fair-weather runners (rain). But, 25 did show up. Scott won by about 50 yards and Kristina led the ladies. Jim Bordoni broke Don Packwood's good walking record for this course by 3+ minutes and Norry came within 9 seconds of his 60+ PR. Thanks to Danny Moon, Jim Bordoni, and Rich Hahn for their help at the finish line.

1/12/19 – 8 x 0.66M Tennis Court Loop Relay

<u>PI Team</u>	<u>Start</u>
1 Liu/Kemp	3:00 7:35-13:18-17:51-23:46-28:13-34:15-38:33
2 Jackson/Park	1:45 5:49-12:42-16:41-23:53-27:48-34:56-38:48
3 Camet/Ah Sing	4:00 9:11-12:53-17:52-21:51-26:41-30:39-35:06-38:58
4 Navarrete/Bradley	3:45 8:34-12:53-17:24-21:51-26:19-30:39-35:01-39:13
5 Goldman/Taylor	-0- 5:16-10:08-15:15-20:00-25:04-29:48-34:52-39:24
6 Norlander/Krey	-0- 4:42-11:43-16:29-23:26-28:07-35:01-39:37

7 Waggoner/Delyani	6:00 10:14-14:40-18:49-23:04-27:11-31:30-35:38-39:52
8 Pickens/Nast	2:30 8:08-13:20-18:33-23:48-28:56-34:17-39:00-44:25

Phantom Dick Barrett Trophy Winner – Willie Liu & Bob Kemp

Individual Times:

Ah Sing, Sheldon	3:42-3:59-3:58-3:52 = 15:31	15:00 + 31
Bradley, Jeff	4:19-4:27-4:20-4:12 = 17:18	17:30 - 12
Camet, Ken	5:11-4:59-4:50-4:27 = 19:27	20:30* - 63
Delyani, Dino	4:26-4:15-4:19-4:14 = 17:14	16:45 + 29
Goldman, Mark	5:16-5:07-5:04-5:04 = 20:31	21:00 - 29
Jackson, Alvin	6:53-7:12-7:08 = 21:13	21:00 + 13
Kemp, Bob	4:35-4:33-4:27-4:18 = 17:53	18:00 - 7
Krey, Mike	4:42-4:46-4:41-4:36 = 18:45	18:30 + 15
Liu, Willie	5:43-5:55-6:02 = 17:40	18:30 - 50
Nast, Liz	5:12-5:15-5:21-5:25 = 21:13	18:30 +163
Navarrete, Robert	4:49-4:31-4:28-4:22 = 18:10	18:15 - 5
Norlander, Dave	7:01-6:57-6:54 = 20:52	21:00 - 8
Park, Kristina	4:04-3:59-3:55-3:52 = 15:50	16:45 - 55
Pickens, Slim	5:38-5:13-5:08-4:43 = 20:42	18:30 +132
Taylor, Paul	4:52-4:45-4:44-4:32 = 18:53	18:30 + 23
Waggoner, Gary	4:14-4:09-4:07-4:08 = 16:38	16:45 - 7

Willie Liu put his team into the lead on the 7th leg and Bob Kemp ran his fastest leg on his last run – 4:18 – to hold off Kristina for the win. Ah Sing had the best average at 3:52 and Kristina led the ladies with a 3:57 average. Slim Pickens and Liz Nast were given a terrible rating, which resulted in them finishing last. All teams were rated to finish in 39:30. Thanks to the finish-line crew of Jim Bordoni, Rich Hahn, and Danny Moon.

1/19/19 – Farwell/H – 4.68M

1 Scott Bang	29:49
2 Sheldon Ah Sing	30:29
3 Norry McAllister	30:50
4 Joseph Aubuchon	31:02

5 Dino Delyani	31:23
6 Bob Plumeau	31:52 PR
7 Tim Souza	32:13
8 Kristina Park	32:33
9 Heather Rohrer	32:57 PR
10 Bob Kemp	33:56
11 Paul Taylor	34:59
12 Brian Conroy	36:30
13 Missy Sudan	36:40
14 George Lo	36:41
15 Dave McIntyre	39:47
16 Scott Graham	39:48
17 Chris Blue	44:59
18 Neil Gelblum	45:58
19 Kat Powell	46:36
20 Neeraja Nambula	47:14 PR
21 Jim Bordoni	48:04 RW
22 Willie Liu	48:14
23 Bob Lord	52:02
24 Don Packwood	58:22

Dick Barrett Trophy Winner – Tim Souza

Good weather for running this morning – mid 50s and no wind – and most of us took advantage of the conditions. Scott Bang started fast and finished fast to get an easy win. Heather Rohrer broke her all-time PR by 31 seconds. Neeraja broke her all-time PR by 36 seconds. Bob Plumeau broke his all-time PR by 16 seconds. Jim Bordoni broke the course race walking record, which he held, by 80 seconds. He averaged 10:16 per mile. Time Souza, 4 years into the 55+ category, broke his 55+ PR by 3+ minutes. Bob Lord became the 3rd club 80+ runner to finish this course. It was also the 2nd best 80+ time for the course. We have several other club 80+ runners who may soon be released from their nursing homes for grand prix racing. Thanks to Danny Moon and Slim Pickens for helping at the finish line.

1/26/19 – 5K on the Track

1 Joseph Aubuchon	18:28.5 *
2 Sheldon Ah Sing	18:39.0 *
3 Gary Waggoner	19:42.1
4 Adam Prince	19:56.2
5 Dwayne Spencer	20:13.1
6 Norry McAllister	20:13.7
7 Kristina Park	20:14.2
8 Dino Delyani	20:18.3
9 Geoff Bradley	20:27.8 *
10 Tim Souza	20:28.5
11 Heather Rohrer	21:04.5 *
12 Aaron Lee	21:35.4
13 Brian Conroy	21:41.4
14 Rbt Navarrete	21:48.2

15 Missy Sudan	22:07.2
16 Mike Krey	22:13.5
17 Ken Camet	22:20.5
18 Paul Taylor	22:33.1
19 Hank Lawson	23:38.9 *
20 Mark Goldman	23:54.5
21 Dave McIntyre	24:33.1
22 Todd Hayes	24:44.6
23 Scott Graham	26:03.1
24 Neil Gelblum	27:48.5
25 Willie Liu	28:49.0 *
26 Neeraja Nambula	30:16.4
27 Kat Powell	30:50.5
28 Rich Hahn	31:12.1
29 Don Packwood	33:53.6
30 Dave Norlander	33:56.2
31 Jim Bordoni	31:01.0 RW
32 Walt Van Zant	50:18.7 PU

* Ran a faster track 5K than last year.

Dick Barrett Trophy Winner – Joseph Aubuchon

Weather was not great (cold at mid 40s) but we had a large turnout – 32. Joseph led the way, starting with an 80-second first lap. Ah Sing hung with Joseph for awhile as they passed the 1600M in 5:50 and 5:53. Then, Joseph got away from Ah Sing during the 2nd 1600 as Joseph led by 8 seconds with an 11:53. Both ran very well over the last half mile with Joseph winning by about 60 meters. Norry and Kristina had a great battle throughout the run with Norry prevailing by about a yard. Jim Bordoni continued to improve with his power walking with a 31:01 finish. Thanks to our finish line crew of Danny Moon, Slim Pickens, Des Knuckey, and Jim Bordoni.

2/2/19 – 4 x 1.46M WVC Loop Relay

<u>Pl Team</u>	<u>1st</u>	<u>2nd</u>
<u>3rd</u>	<u>4th</u>	
1 Camet/McAllister	10:38	20:13
	30:36	40:38
1 H.Rohrer/Delyani	10:28	20:15
	30:32	40:38
3 Hayes/Ah Sing	12:07	21:35
	33:25	42:36
4 Pickens/Park	12:11	22:02
	33:39	43:19
5 Gelblum/Bang	14:16	24:56
	37:58	47:32
6		
Navarrete/Liu	10:40	24:51
	36:31	50:58

Individual Splits

<u>Runner</u>	<u>1st</u>	<u>2nd</u>	<u>Total</u>
---------------	------------	------------	--------------

Ah Sing,Sheldon	9:28	9:11	18:39
Bang,Scott	10:40	9:34	20:14
Camet,Ken	10:38	10:23	21:01
Delyani,Dino	9:47	10:06	19:53
Gelblum,Neil	14:16	13:02	27:18
Hayes,Todd	12:07	11:50	23:57
Liu,Willie	14:11	14:27	28:38
McAllister,Norry	9:35	10:02	19:37
Navarrete,Robert	10:40	11:40	22:20
Park,Kristina	9:51	9:40	19:31
1 Pickens,Slim	12:11	11:37	23:48
Rohrer,Heather	10:28	10:17	20:45

Phantom Dick Barrett Trophy
Winners – Norry McAllister and Dino Delyani

(Writeup by Donald Trump)
We had very difficult conditions this morning. The winds may have been as strong as 100 mph. But, 12 brave souls fought the winds and a deluge of rain and having to leap a puddle near the bridge just past the bathrooms that was estimated to be at least 100 yards long and 5 feet deep. And, they had to do it twice. One of the fastest runners that I have ever seen (and a Republican), Dino Delyani, came from a quarter mile or more behind during the last lap to beat a plodding Democrat, Norry McAllister. However the finish-line judges, selected by the new majority party in the House of Representatives, called it a tie for first because they felt that all, including Norry and Dino, were winners this morning. Our noble timers and recorders at the finish line, both brilliant Republicans, did a great job at the finish line. Although they did not have the use of watches, they were able to precisely count all of the seconds during the race, and give each runner their correct time. Thanks Danny Moon and Jim Bordoni. Also, thanks to Scott Bang for bringing a broom that he used in an attempt to sweep away the enormous puddle at the bridge. Believe me. There is not a single alternative truth in this writeup. Rudy will vouch for me.

2/2/19 – Farwell – 3.54M

1 Joseph Aubuchon	22:08.6
2 Sheldon Ah Sing	22:34.7
3 Gary Waggoner	22:46.5
4 Dino Delyani	23:52.0
5 Dwayne Spencer	24:11.1
6 Geoff Bradley	24:43.0
7 Heather Rohrer	24:48.8
8 Bob Kemp	25:40.5
9 Missy Sudan	25:51.5
10 Ken Camet	25:54.4

11 Robert Navarrete	26:01.3
12 Mike Krey	26:30.2
13 John Huang	27:03.5
14 Paul Taylor	27:44.2
15 Dave McIntyre	28:58.0
16 Todd Hayes	29:59.0
17 Slim Pickens	31:12.9
18 Jim Bordoni	34:05.5 RW
19 Willie Liu	35:04.x
20 Chris Blue	35:39.4
21 Neil Gelblum	35:53.x
22 Kat Powell	36:20.5
23 Don Packwood	40:54.6
24 Dave Norlander	41:15.4
25 Alvin Jackson	55:37.0

Dick Barrett Trophy Winner – Jim Bordoni

Joseph led the way with his 2nd consecutive win this morning. Chris Blue became the first club 70+ woman runner to finish a Saturday course. Subsequently, she learned that she will need knee surgery. Hopefully, she will be back reasonably soon to complete the remaining 5 courses. Jim Bordoni broke his own course power-walking record by 4 minutes.

2/16/19 – 41st Annual WVJS Race 20th Annual Team Race - 5.55 Miles

Pl	Runner	Time	Estd	Fin
1	JornJensen (A)	34:16		1
2	Jos Aubuchon (C)	36:03		3
3	Scott Bang (B)	36:59		2
4	Gary Waggoner (D)	37:48		4
5	Norry McAllister (E)	38:44		5
6	Dino Delyani (E)	39:28		6
7	Tim Souza (C)	39:44		8
8	Heather Rohrer (A)	40:21		10
9	Geoff Bradley (D)	41:15		7
10	Bob Kemp (A)	41:19		11
11	Robert Navarrete (B)	42:15		12
12	Paul Taylor (C)	43:58		13
13	Ken Camet (B)	44:56		9
14	Todd Hayes ((E)	47:30		15
15	Carol Bednar (E)	48:37		16
16	Dave McIntyre (D)	53:17		14
17	Neil Gelblum (D)	54:52		17
18	Willie Liu (B)	56:19		19
19	Kat Powell (C)	58:19		18
20	Don Packwood (A)	64:52		20
21	Dave Norlander	64:54	--	--

Finish

1 Team A	1/ 8/10/20 = 39
2 Team C	2/ 7/12/19 = 40 *
3 Team E	5/ 6/14/15 = 40 *
4 Team B	3/11/13/18 = 45
5 Team D	4/ 9/16/17 = 46

20 boxes of Valentine candy were purchased this year, one day after Valentine Day at a 50%

discount. All 20 runners who were on one of the teams received a box with the first place team getting 1st choice, the 2nd place team getting 2nd choice, etc.

*The finishing place of a team's 3rd runner broke the tie.

All teams were estimated to finish with 42 points.

Due to the threat of rain, we started and finished the race under the overhang and about 50 yards prior to the wide bridge. This took us out to Fruitvale Ave, where we picked up the same loop course as in past years. Based upon several smart watches, we estimate that we ran 5.55 miles. We previously ran a rain course in 2000 and 2001 but it was somewhat different than this rain course and about 50 yards shorter than the regular course.

2/23/19 – Short Six – 5.74M

- 1 Joseph Aubuchon 36:56
- 2 Dwayne Spencer 38:22
- 3 Sheldon Ah Sing 38:58
- 4 Norry McAllister 39:30
- 5 Geoff Bradley 41:03
- 6 Heather Rohrer 41:10
- 7 Bob Kemp 41:43
- 8 Robert Navarrete 42:31
- 9 Mike Krey 44:52 PW
- 10 Paul Taylor 45:47
- 11 Mark Goldman 47:58
- 12 Todd Hayes 48:50
- 13 Kelly Emo 49:40
- 14 Rob Jacobson 50:49
- 15 Dave McIntyre 50:55
- 16 Neil Gelblum 57:27
- 17 Willie Liu 59:04 PR
- 18 Bob Lord 68:06
- 19 Dave Norlander 70:23
- 20 Don Packwood 73:24

Easy win for Joseph. Heather led the ladies. Willie broke his all-time PR by one minute. Bob Lord broke his 80+ PR by 8 minutes. Bob Kemp missed his all-time PR by one second. Kelly ran this course for the first time in 8 years. This was Dave Norlander's last race before turning 80. Thanks to Willie Liu and Chris Blue for helping at the finish line.

3/2/19 – 12 x 800M Relay

PI Team	Start	1	2	3
4	5	6	7	8
9	10	11	1	2

- 1 Gelblum/Aubuchon 3:00 7:26-10:29-14:41-17:34-21:48-24:32-28:48-31:34-35:46-38:49-42:56-45:39
- 2 Camet/Lee 5:30 8:53-12:14-15:35-18:58-22:18-25:40-29:03-32:24-35:47-39:14-42:38-45:51
- 3 McAllister/Liu 5:30 8:43-12:52-16:06-20:15-23:26-27:54-30:59-35:33-38:43-43:17-46:26
- 4 Pickens/Bradley 5:15 9:01-12:14-16:14-19:25-23:15-26:26-30:15-33:24-36:58-40:22-43:50-46:40
- 5 Kemp/Navarrete 6:30 9:56-13:51-17:19-20:53-24:19-27:49-31:11-34:43-38:07-41:44-45:01-48:34
- 6 Powell/Conroy -0- 4:52-8:16-13:03-16:30-21:12-24:37-29:20-32:49-37:47-41:21-46:06-49:31

Individual Splits

Runner	Splits	Total	Rating
<u>Discrep</u>			
Aubuchon,Joseph	3:03-2:53-2:44-2:46-3:03-2:43	= 17:12	17:00 + 12
Bradley,Geoff	3:13-3:11-3:11-3:09-3:24-2:50	= 18:58	18:45 + 13
Camet,Ken	3:23-3:21-3:20-3:23-3:23-3:24	= 20:14	21:00 - 46
Conroy,Brian	3:24-3:27-3:25-3:29-3:34-3:25	= 20:44	20:30 + 14
Gelblum,Neil	4:26-4:12-4:14-4:16-4:12-4:07	= 25:27	26:30 - 63
Kemp,Bob	3:26-3:28-3:26-3:22-3:24-3:17	= 20:23	20:00 + 23
Lee,Aaron	3:21-3:23-3:22-3:21-3:27-3:13	= 20:07	20:00 + 7
Liu,Willie	-4:09-4:09-4:28-4:34-4:34	= 21:54	23:00 - 66
McAllister,Norry	3:13-3:14-3:11-3:05-3:10-3:09	= 19:02	18:00 + 62
Navarrete,Robert	3:55-3:34-3:30-3:32-3:37-3:33	= 21:41	20:00 +101
Pickens,Slim	3:46-4:00-3:50-3:49-3:34-3:28	= 22:27	22:30 - 3
Powell,Kat	4:52-4:47-4:42-4:43-4:58-4:45	= 28:47	26:00 +167

Dick Barrett Trophy Winner – Neil Gelblum

Joseph Aubuchon came from about 100 meters off the lead pace to lead his team to victory. 12 runners showed up for this miserable weather event. We had heavy rain throughout the race. Joseph led all of the guys with a 2:52 average per run. Kat Powell was the sole representative for the ladies, averaging about 4:50 per run.

3/9/19 – 18 x 0.33M Half Tennis Court Loop Relay

- | PI Team | Start | Splits |
|----------------------------|-------|---|
| 1 Goldman/Kemp/McAllister | 3:30 | 8:08-12:39-16:38-21:02-25:22-29:17-33:44-38:06-41:53 |
| 2 Delyani/Krey/Waggoner | 6:00 | 10:24-14:21-18:30-22:50-26:44-30:50-35:07-39:05-41:53 |
| 3 Gelblum-Pickens-Camet | 1:45 | 7:07-12:04-16:31-21:25-26:14-30:37-35:15-39:56-44:12 |
| 4 Liu/H.Rohrer/Aubuchon | 4:45 | 9:32-14:11-18:07-22:44-27:20-31:17-35:36-40:38-44:34 |
| 5 Norlander/Taylor/Bradley | - | 0- 5:42-11:13-15:36-21:04-26:21-30:32-36:05-41:32-45:46 |

Dick Barrett Trophy Winner – Norry McAllister

3/16/19 – Valley Vista – 3.0 Miles

- 1 Gary Waggoner 18:42
- 2 Mary Kriege 18:46
- 3 Scott Bang 18:50
- 4 Dwayne Spencer 19:00 PR
- 5 Joseph Aubuchon 19:06
- 6 Norry McAllister 19:31
- 7 Geoff Bradley 20:37
- 8 Heather Rohrer 20:47 PR
- 9 Missy Sudan 21:35
- 10 Robert Navarrete 21:43
- 11 Brian Conroy 22:22
- 12 Mike Krey 22:24
- 13 Paul Taylor 22:55
- 14 Dave McIntyre 24:25
- 15 Todd Hayes 24:32
- 16 Mark Goldman 24:32
- 17 Matt Kriege 25:03
- 18 Becki Kriege 25:06
- 19 Catherine Frye 25:06
- 20 Robert Pickens 25:28
- 21 Scott Graham 25:31
- 22 Jim Bordoni 28:54 RW
- 23 Willie Liu 29:21
- 24 Nancy Kirk 31:38
- 25 Dave Norlander 34:03
- 26 Don Packwood 35:17
- 27 Alvin Jackson 41:13

Trophy winner - Heather Rohrer

Great finish for the first five finishers as Gary Waggoner held on to finish first. Mary Kriege led the ladies finishing 2nd overall. Heather Rohrer broke her all-time PR by 34 seconds along with Dwayne Spencer broke his all time PR by 21 seconds. Jim Bordoni had a great race walk finish. This was Dave Norlander's first Valley Vista race at 80 placing him 3rd on the 80+ men. Thanks to Radha Nambula, Chris Blue, Rich Hahn and Danny Moon for helping at the finish line.

3/23/19 – Triangle – 4.76 Miles

1 Gary Waggoner	30:27
2 Sheldon Ah Sing	31:32
3 Joseph Aubuchon	32:20
4 Geoff Bradley	34:01
5 Missy Sudan	34:21
6 Bob Kemp	34:25
7 Robrt Navarrete	34:40
8 Mark Goldman	37:50
9 Fletcher Parsons	38:03
10 Todd Hayes	38:52
11 Dave McIntyre	39:40
12 Catherine Frye	40:06
13 Scott Graham	40:28
14 Kat Powell	46:25
15 Nagesh Saldi	46:26
16 Neeraja Nambula	48:46
17 Sid Shaik	54:25
18 Don Packwood	57:15
19 Dave Norlander	58:07
20 Bob Lord	58:09

Dick Barrett Trophy Winner – Gary Waggoner

Gary won by a wide margin and received the weekly trophy. Helpers at the finish line included Danny Moon, Slim Pickens, and Madelyn Moon.

3/30/19 – Farwell/H -4.68M

1 Sheldon Ah Sing	29:39
2 Scott Bang	29:44
3 Dwayne Spencer	30:41
4 Norry McAllister	30:54
5 Heather Rohrer	32:44 PR
6 Bob Kemp	32:47 PR
7 Mike Krey	32:58
8 John Huang	33:18
9 Ken Camet	33:23
10 Robert Navarrete	33:47
11 George Lo	35:10
12 Paul Taylor	35:14
13 Mark Goldman	36:39
14 Todd Hayes	39:54
15 Willie Liu	47:19
16 Kat Powell	48:xx
17 Rich Hahn	49:36
18 Dave Norlander	54:56
19 Don Packwood	57:35
20 Alvin Jackson	74:25

Dick Barrett Trophy Winner – Scott Bang

There were many notable accomplishments this morning. Sheldon won his first Saturday road run since early December. Scott Bang improved his 50+ best by 5 seconds while finishing 2nd. Heather Rohrer led the ladies while improving her PR by 44 seconds. Bob Kemp (age 64) broke his all-time course by 50 seconds. Mike Krey, 4 ½ years into the 60 + age group category, came

within 9 seconds of his 60+ best. Dave Norlander became the 6th club 80+ runner to complete this course.

4/6/19 - ??

4/13/19 – Douglas – 2.75 Miles (by Danny Moon)

1 Gary Waggoner	16:58
2 Joseph Aubuchon	17:43
3 Geoff Bradley	18:38
4 John Huang	19:14
5 Becki Kriege	20:08
6 Scott Bang	20:08
7 George Lo	20:18
8 Mark Goldman	21:10
9 Hank Lawson	21:15
10 Todd Hayes	22:08
11 Scott Graham	22:25
12 Ken Camet	24:18
13 Radha Nambula	25:13
14 Willie Liu	26:06 PR
15 Neeraja Nambula	27:25
16 Brian Conroy	27:25 paced
Neeraja	
17 Rich Hahn	27:30
18 Sid Shaik	30:20
19 Don Packwood	31:00
20 Alvin Jackson	41:58 joined

200% club with Walter VanZant

Dick Barrett Trophy Winner – Willie Liu

Gary Waggoner won with a good lead on the field, while Mark Goldman was able to hold Hank Lawson off, Radha Nambula made a good showing since his work has kept him from training and Willie Liu finished very strong with an all time PR 41 seconds faster than his previous PR. Walter VanZant is very happy to have Alvin Jackson join him in the 200% club, Alvin's all time PR was 20:50. Helpers at the finish line included Jeff Justice, Dave Norlander, Norry McAllister, and Danny Moon.

4/20/19 – Step Up & Step Down Relay

PI Team	Start	400	800
	1200	1600	1600
	1200	1200	800
	400		

1 Navarrete/Aubuchon 3:00 4:33 - 7:28- 12:44- 18:25- 25:18- 29:31- 32:44- 33:54

2 R.Nambula/Jensen 1:15 2:54 - 5:35- 11:30- 16:57- 25:15- 29:23- 32:57- 34:08

3 Lawson-Lo/McAllister 3:00 4:45- 7:49-

12:22- 18:14- 25:23- 29:45- 32:58- 34:16

4 Liu/Ah Sing -0- 1:47- 4:29- 10:49- 16:26- 25:03- 29:16- 33:19- 34:27

5 Goldman/Waggoner 2:00 3:5- 3- 6:49- 12:22- 18:14- 25:29- 29:46- 33:23- 34:43

6 Norlander/Delyani 3:30 6:05- 9:17- 14:54- 21:16- 23:57- 28:38- 33:57- 35:16

7 Sudan/Park 3:45 5:16- 8:15- 13:17- 19:40- 26:18- 30:52- 34:02- 35:22

8 Conroy/Kemp 3:30 5:01- 8:13- 13:18- 19:59- 26:37- 31:24- 34:45- 36:12

9 Camet/Lee 5:00 6:16- 9:51- 14:54- 21:36- 28:20- 33:16- 36:24- 38:00

Dick Barrett Trophy Winner – Norry McAllister

Individual Splits

Runner	400	800	1200	1600
Total Rating Dif				
Ah Sing,Sheldon	1:08-2:42-4:13-5:37	= 13:40	14:30	- 50
Aubuchon,Joseph	1:10-2:55-4:13-5:41	= 13:59	14:30	- 91
Camet,Ken	1:16-3:08-5:03-6:44	= 16:11	16:30	- 19
Conroy,Brian	1:31-3:21-5:05-6:38	= 16:35	17:15	- 40
Delyani,Dino	1:19-3:12-4:41-6:22	= 15:34	16:00	- 26
Lo,George			3:13-	
7:09	= 10:22			
Goldman,Mark	1:53-3:37-5:33-7:15	= 18:18	20:30	-132
Jensen,Jorn	1:11-2:41-4:08-5:27	= 13:27	13:45*	- 18
Kemp,Bob	1:27-3:12-4:47-6:41	= 16:07	16:45	- 38
Lawson,Hank			1:45-4:33	
Lee,Aaron	1:36-3:35-4:56-6:42	= 16:49	16:00	+ 49
Liu,Wiley	1:47-4:03-6:20-8:37	= 20:47	23:00	-133
McAllister,Norry	1:18-3:04-4:22-5:52	= 14:36	15:30	- 54
Nambula,Radha	1:39-3:34-5:55-9:18	= 20:26	22:30	-124
Navarrete,Robert	1:33-3:13-5:16-6:53	= 16:55	20:00*	-185
Norlander,Dave	2:35-5:19-5:37-2:41	= 16:12**	18:00	-108
Park,Kristina	1:20-2:59-4:34-6:23	= 15:16	16:15	- 59
Sudan,Missy	1:31-3:10-5:02-6:38	= 16:21	17:30	- 69
Waggoner,Gary	1:20-2:56-4:17-5:52	= 14:25	15:00	- 35

* Selp-rated

** Dave, as per pre-race instructions to him, ran 400 meters rather than 1600 meters

Close win by the Aubuchon team over the Jensen and McAllister teams. All teams were rated to finish in 37:30. As can be seen, almost all of the teams significantly bettered that time. George Lo substituted for Hank Lawson part way through Hank's 2nd run because he strained his hamstring muscle. Our fastest men were Jorn Jensen, Sheldon Ah Sing, and Joseph Aubuchon. Gary Waggoner and Norry McAllister averaged under 6 minutes per mile. Kristina and Missy were our only lady runners and ran very well. Robert Navarrete's great pre-race performance deserves mention. He was rated at 17:00 but the rating was changed to 20 minutes after with tears in his eyes and while bending over in apparent severe pain he barely whispered that he had seriously injured his back (while doing a cartwheel) and wasn't even sure whether he could run a lap due to the pain. His total splits during the relay were 16:55. Thanks to Danny Moon, Carl Petersen, and Mike Kriege for helping at the finish line.

4/27/19 – 16 x 400M Relay

1 Ah Sing/Pickens -0- 1:10-2:56- 4:10- 5:59- 7:13- 8:58-10:17-11:59
13:17-14:56-16:15-17:49-19:05-20:38-21:54-23:29

2 Sudan/Lee 1:30 3:04-4:35- 6:05- 7:35- 9:09-10:41-12:13-13:42
15:14-16:43-18:14-19:43-21:15-22:46-24:14-25:39

3 Nambula/Park 1:45 3:30-4:51- 6:40- 8:05- 9:56-11:20-13:12-14:36
16:24-17:48-19:32-20:56-22:44-24:07-25:39-26:58

4 Angelie-Ping/Waggoner 2:45 4:32- 5:53-7:56- 9:19-11:09-12:32-14:42-16:04-17:55-19:16-21:25-22:44-24:32-25:53-27:24-28:43

Individual Splits
Ah Sing,Sheldon 1:10-1:14-1:14-1:19-1:18-1:19-1:16-1:16 = 10:06
Pickens,Bob 1:46-1:49-1:45-1:42-1:39-1:34-1:33-1:35 = 13:23
Sudan,Missy 1:34-1:30-1:34-1:32-1:32-1:31-1:32-1:28 = 12:13
Lee,Aaron 1:31-1:30-1:32-1:29-1:29-1:29-1:31-1:25 = 11:56
Nambula,Radha 1:45-1:49-1:51-1:52-1:48-1:44-1:48-1:32 = 14:09
Park,Kristina 1:21-1:25-1:24-1:24-1:24-1:24-1:23-1:19 = 11:04

Angelie 1:47- 1:50- 1:51-1:48 = 7:16

Liu,Ping 2:03- 2:10- 2:09- = 6:22

Lo,George 1:31 = 1:31
Waggoner,Gary 1:21-1:23-1:23-1:22-1:21-1:19-1:21-1:19 = 10:49

Bad handicapping this morning as none of the teams finished close to each other. We'll give this relay a chance again next week. Ah Sing led the guys this week with a 75+ average and Kristina led the ladies with an 83 average. I think that our finish line crew included Carl Petersen, Wiley Liu, and Danny Moon

5/4/19 – 16 x 400M Relay

1 Ah Sing/Liu -0- 1:14- 3:07-4:24- 6:14- 7:31- 9:23-10:41-12:32-13:49-15:43-16:59-18:58-20:10-22:08-23:20-25:22

2 Navarrete/H.Rohrer 1:00 2:31-4:00- 5:34- 7:05- 8:38-10:09-11:41-13:12-14:42-16:15-17:46-19:20-20:52-22:25-23:55-25:23

3 Waggoner/Goldman 1:00 2:23- 4:09- 5:31- 7:18- 8:39-10:26-11:49-13:35-14:57-16:40-18:01-19:46-21:06-22:49-24:10-25:49

4 Pickens/Huang 1:00 2:36-4:08- 5:49- 7:20- 8:59-10:28-12:09-13:39-15:18-16:47-19:35-20:03-21:36-23:03-24:42-26:03

5 Aubuchon/Yadav/Alana 1:45 3:01- 4:46- 6:05- 8:00- 9:19-11:16-12:35-14:30-15:48-17:30-18:47-20:36-21:53-23:51-25:01-26:42

Individual Splits
Name Splits
Total Rating Diff
Ah Sing,Sheldon 1:14-1:17-1:17-1:18-1:17-1:16-1:12-1:12 = 10:03
10:00 + 3
Aubuchon,Joseph 1:16-1:19-1:19-1:19-1:18-1:17-1:17-1:10 = 10:15
10:00 + 15
Goldman,Mark 1:46-1:47-1:47-1:46-1:43-1:45-1:43-1:39 = 13:56
14:30 - 34
Huang,John 1:32-1:31-1:29-1:30-1:29-1:28-1:27-1:21 = 11:47
12:00* - 13
Liu,Wiley 1:53-1:50-1:52-1:51-1:54-1:59-1:58-2:02 = 15:19 16:15 - 56
Navarrete,Robert 1:31-1:34-1:33-1:32-1:30-1:31-1:32-1:30 = 12:13
12:00 + 13

Pickens,Bob 1:36-1:41-1:39-1:41-1:39-1:48-1:33-1:39 = 13:16
13:15 + 1
Rohrer,Heather 1:29-1:31-1:31-1:31-1:33-1:34-1:33-1:28 = 12:10
13:15* - 65
Rossip,Alana 1:42-1:41 = 3:23
Waggoner,Gary 1:23-1:22-1:21-1:23-1:23-1:22-1:21-1:20-1:21 = 10:53
10:45 + 8
Yadav,Anjali 1:45-1:55-1:57-1:55- 1:49-1:58 = 11:19
14:30 + 12
* = self rated

Dick Barrett Trophy Winner – Wiley Liu

This is the second week in a row that we ran this relay and we had closer team finishes. All teams were rated to finish in 26:15. Heather started her last run about 100 meters behind Wiley and closed to only a few meters behind him at the finish. Ah Sing led all of the runners with a 75+ average. Thanks to Norry McAllister, Mike Krey, Radha Nambula, and Danny Moon for helping at the finish line.

5/11/19 – Farwell – 3.54M

1 Jorn Jensen 20:41.5
2 Joseph Aubuchon 21:31.3
3 Gary Waggoner 22:05.0
4 Scott Bang 22:22.0
5 Roberto Palos 23:04.3
6 Dwayne Spencer 23:04.8
7 Norry McAllister 23:33.9
8 Kristina Park 24:17.0
9 Geoff Bradley 24:47.5
10 Missy Sudan 24:59.3
11 Ken Camet 25:00.5
12 Heather Rohrer 25:07.5
13 Robert Navarrete 25:20.4
14 George Lo 25:50.1
15 Brian Conroy 26:33.3
16 Mark Goldman 27:34.3
17 Catherine Frye 29:43.3
18 Jeff Rohrer 29:50.8
19 Scott Graham 31:02.5
20 Willie Liu 34:31.x* PR
21 Rich Hahn 37:38.x*
22 Dave Norlander 37:48.x*
23 Don Packwood 40:07.x*
24 Walt Van Zant 53.25.7*

* Self-timed

Dick Barrett Trophy Winner -- Jorn Jensen

Writeup by Mike Krey
On a wonderful Mother's Day Eve morning for running, a so-so turnout came up with ... not too many especially outstanding performances,

truth be told. That is not only the opinion of your humble correspondent, but also of the runners, who were quiet when asked if anyone had turned in anything of special merit. Still, plenty of good performances, mind you, if nothing too noteworthy. Norry came in just 30 seconds over his 60+ PR. Jorn, who in late March celebrated a milestone birthday, won today's race handily while also running the 10th fastest-ever Men's 50+ time on this course, missing No. 9 by a single second. He was well rewarded for this effort with our weekly trophy. Kristina led the ladies. Roberto joined us for a rare Saturday appearance, and it was nice to see Catherine and Jeff R. out there as well. Aaron Lee also jogged the course, keeping Scott G. company. Your finish line crew consisted of Jeff Justice (who is just recovering from a pair of bad hips) and Mike Krey (who is failing to recover from personal tendinitis).

5/18/19- Short Six – 5.74M

1 Gary Waggoner	37:51
2 Norry McAllister	38:37
3 Dino Delyani	40:10
4 Bob Kemp	41:40 PR
5 Heather Rohrer	41:40
6 Missy Sudan	42:30
7 Robert Navarrete	42:51
8 Fletch Parsons	47:00
9 Rob Jacobson	57:40
10 Kat Powell	57:41
11 Nagesh Saldi	59:44
11 Neeraja Nambula	59:44 PR
13 Willie Liu	59:47
14 Jim Bordoni	59:50
15 Rich Hahn	63:40
16 Dave Norlander	64:25
17 Don Packwood	68:49
18 Bob Lord	73:21
19 Walt Van Zant	89:06

Dick Barrett Trophy Winner – Jim Bordoni

Gary won by a little over 200 meters while recording the 12th best-ever time by a 60+ runner out of 79 60+ runners who have run this course. Bob Kemp broke his all-time PR by 2 seconds. Missy missed her 45+ PR by one second. Fletch missed his PR by 8 seconds. Neeraja PRd by 7 minutes. Jim Bordoni broke his own course race walking PR by 4 minutes. Dave Norlander recorded the 2nd best-ever 80+ time for this course, 13 minutes behind Bill Dodson's record. Thanks to Willie Liu and Jim Bordoni, who, after running and walking the course, helped at the finish line.

5/25/19 – 8 x 0.66M Tennis Court Loop Relay

PI Team	Start		
1 Parsons/H.Rohrer	2:30	7:00	
-11:25-16:04-20:24-25:04-29:25-34:04-38:24			
2 Liu/Bang	7:30	11:28	
-17:08-20:56-26:34-30:19-36-17-39:56			
3 Graham/Bradley	3:00	8:17	
-12:49-17:56-22:19-27:22-31:42-36:39-40:49			
4 Norlander/Aubuchon	-		
0- 6:29-10:11-16:50-20:30-27:07-30:44-37:17-40:56			
5 Hayes/McAllister	1:00	5:47	
-11:00-15:45-21:00-25:54-31:09-35:54-41:13			
6 Pickens/Delyani	4:00	9:28	
-13:44-18:58-23:11-28:22-32:39-37:16-41:26			
7 Jackson/Ah			
Sing	5:00	8:55	15:50-19:40-27:16-30:58-39:05-42:55

Dick Barrett Trophy Winner – Joseph Aubuchon & Dave Norlander

Individual Times

Runner	Splits	Total
Rating	Diff	
Parsons,Fletch	4:30-4:39-4:40-	
4:39 = 18:28	20:30*	-122
Rohrer,Heather	4:25-4:20-4:21-	
4:20 = 17:26	18:00	-34
Bang,Scott	3:58-3:48-3:45-	
3:39 = 15:10	15:30	-20
Liu,Willie	5:40-5:38-	
5:58 = 17:16	18:00	-44
Waggoner,Gary	3:58-3:48-	
3:50-3:48 = 15:31	15:30	-1
Graham,Scott	5:17-5:07-5:03-	
4:57 = 20:24	20:30	-6
Bradley,Geoff	4:32-4:23-4:20-	
4:10 = 17:25	17:30	-5
Aubuchon,Joseph	3:42-3:40-	
3:37-3:39 = 14:38	15:00	-22
Norlander,Dave	6:29-6:39-6:37-	
6:33 = 26:18	26:00	+18
Hayes,Todd	4:47-4:45-4:54-	
4:45 = 19:11	19:00	+11
McAllister,Norry	5:13-5:15-5:15-	
5:19 = 21:00	21:02*	+2
Pickens,Slim	5:28-5:14-5:11-	
4:37 = 20:30	20:00	+30
Delyani,Dino	4:16-4:13-4:17-	
4:10 = 16:56	17:00	-4
Jackson,Alvin	6:55-7:36-	
8:07 = 22:38	21:00	+98
Ah Sing,Sheldon	3:55-3:50-3:42-	
3:50 = 15:17	15:00	+17

* = self rated

The first two teams slaughtered the field and the next four teams were reasonably close together. Joseph led us this morning with his fastest-ever time for this relay – 14:38. 50+ runner Scott Bang had the 2nd best time at 15:10 and the injured Sheldon had the 3rd best time at 15:17. All teams were rated to finish in 41:00. Thanks to Chris Blue, Danny Moon, Becki Kriege, and Bill Dodson for helping and/or cheering at the finish line.

6/1/19 – All Courses Day

1 Jorn Jensen	17:29 VV
2 Aaron Lee	21:07 VV
3 Robert Navarrete	21:22 VV
4 Brian Conroy	21:48 VV
5 Mike Bordoni	21:52 Farw
6 Hank Lawson	22:43 VV
7 Jeff Rohrer	22:44 VV
8 Bob Pickens	22:45 VV
9 Todd Hayes	23:11 VV
10 Mark Goldman	23:44 VV
11 Dave Norlander	28:58 Dou
12 Gary Waggoner	29:52 FH
13 Scott Bang	30:16 Tri
14 Norry McAllister	31:45 Tri
15 Neil Gelblum	31:57 Dou
16 Joseph Aubuchon	32:18 Tri
17 Jonathan Slater	32:24 Tri
18 Dino Delyani	32:24 Tri
19 Heather Rohrer	34:52 Tri
20 Kat Powell	36:26 Farw
21 George Lo	39:34 Tri
22 Geoff Bradley	39:59 FH
23 Ken Camet	44:01 SS
23 Jim Bordoni	48:44 Tri*
24 Don Packwood	54:28 FH
25 Willie Liu	55:03 Tri
26 Walt Van Zant	70:57 FH

* Race Walking

Dick Barrett Trophy Winner – Ken Camet

It was difficult to determine who ran the best today as we ran 6 different courses. So, we gave the weekly trophy to Ken Camet as he was the only one who ran the longest course – the Short Six course. Dave Norlander ran the 2nd best-ever 80+ time for the Douglas course, Jorn Jensen ran the 10th best-ever time for a 50+ runner on the Farwell course, and Scott Bang improved his 50+ Triangle course time by 49 seconds. Thanks to the many helpers and general agitators at the finish line – Danny Moon, Mike Krey, Chris Blue, and Carl Petersen.

6/8/19 – 36 x 200M Relay

1 Lawson/R.Nambula/Daniel	27:47
2 Hahn/Camet/H.Rohrer	28:10

Dick Barrett Trophy Winner – The Hank Lawson team

(by Rich Hahn) Very small turnout this morning due to most of our regular Saturday morning attendees volunteering at the Lupus 5k in Campbell. Also, due to the light attendance, the seven who participated in the relay decided to be rebels and run the workout that was posted on the club website the 36x200 Relay (even though this relay was abolished at the club's annual meeting in January).

6/22/19 – Valle Vista – 3.0M

1 Mike Bordon	17:50
2 Scott Bang	20:22
3 Kristina Park	20:44
4 John Huang	21:07
5 George Lo	22:26
6 Robert Pickens	26:22
7 Willie Liu	29:16
8 Kat Powell	30:46
9 Rich Hahn	32:03
10 Don Packwood	33:30
11 Dave Norlander	34:14
12 Walt Van Zant	47:39 PW

Phantom Dick Barrett Trophy Winner – Everyone, including the helpers

Small group – probably because many of us were saving ourselves for the Bang Mile tomorrow morning. Mike won by a whopping amount and the closest that any other runner finished to another runner was 22 seconds. Our helpers included Mike Krey, Danny Moon, Jim Bordon, Norry McAllister, and Willie Liu.

6/29/19 – Triangle – 4.76M

1 Joseph Aubuchon	29:20 PR
2 Sheldon Ah Sing	32:18
3 Jon Slater	32:32
4 Dino Delyani	32:46
5 Kristina Park	33:18
6 Heather Rohrer	35:37
7 Mark Goldman	40:32
9 Norry McAllister	40:34
9 George Lo	40:34
9 Robert Navarrete	40:34
11 Kat Powell	47:42
12 Willie Liu	48:51
13 Don Packwood	53:35
14 Neeraja Nambula	53:36
15 Dave Norlander	53:52
16 Jeff Justice	54:38
17 Alvin Jackson	71:33
18 Walt Van Zant	74:37

Dick Barrett Trophy Winner – Dave Norlander

Joseph knocked 22 seconds off his all-time PR while winning by a wide

margin. Dave Norlander improved his 80+ PR by 5 minutes. Thanks to Danny Moon, Jim Bordon, Katherine Frye, Willie Liu, and Todd Hayes for their help at the finish line.

RACE RESULTS

1/1/19 – Brazen New Year's Day Ultra Half Marathon

Kat Powell 2:45:59 1st 65+

1/13/19 – Clarksburg Half Marathon

Kat Powell 2:17:51 3rd 65+

1/1/19 – Brazen Victory Half Marathon

Kat Powell 2:14:54 1st 65+

2/3/19 - Kaiser San Francisco Half Marathon

Mark Goldman 1:47:06 2nd 65-69

2/23/19 - Ripon Almond Blossom 8K

Raymond Rodriguez 29:11 1st 50-59
George Cross 30:36 2nd 50-59
Nancy Eubanks 34:19 1st 40-49
Dalila Rodriguez 39:10 3rd 40-49

3/2/19 – Redding 10M

Ramond Rodriguez 1:04:12
Brian Davis 1:12:18
Tom O'Connor 1:12:58
Dalila Rodriguez 1:25:34
Glenn Kishi 1:28:08
Dave Norlander 2:09:52
Lisa Norlander 2:09:53
Rebecca Norlander 2:09:53

3/10/19 – Ujena 8K Double

Kat Powell 49:17 2nd 65+

3/16/19 – Brazen Badger Cove Ultra Half Marathon

Kat Powell 3:32:57 3rd 65+

3/24/19 – Oakland Marathon

Kat Powell 5:24:51 1st 65+

3/24/19 – Oakland Marathon Relay

WVJS-50+ men (Camet, Bang, Mintz, Plumeau)
3:01:31
WVJS-60+ men (Goldman, Delyani, Takeuchi, Krey)
3:24:49

3/31/19 – Brazen Helyer Half Marathon

Kat Powell 2:14:28 3rd 65+

3/31/19 – Modesto Half Marathon

Raymond Rodriguez 1:24:37 1st 55-59
Nancy Eubanks 1:34:51 2nd 40-44
Nhu Stressman 1:40:04, 2nd 45-49
Dalilah Rodriguez 1:56:03 5th 45-49

4/7/19 – Credit Union Sactown 10M (gun times)

Jorn T. Jensen 1:00:40 - 2nd M50+
Raymond Rodriguez 1:02:12 - 4th M50+
Robert Plumeau 1:08:51
Brian Davis 1:10:03 - 4th M60+
Tom O'Connor 1:11:34
Nancy Eubanks 1:12:31 - 11th F40+
Ken Camet 1:12:54
Robert Navarrete 1:17:01
Mark Goldman 1:20:03
Todd Hayes 1:24:41
Dalila Rodriguez 1:27:16
Glenn Kishi 1:27:41
Catherine Frye 1:33:14
Kat Powell 1:37:37 - 6th F60+

David Norlander 1:56:22 - 1st M75+

5K Race

Robert Plumeau 31:19
Sandy Plumeau 31:20

4/13/19 – Brazen Diablo Trails Challenge Ultra 50K

Kat Powell DNF - Ran 27.2 miles, 8000+ feet, missing AS cutoff by only 5 minutes, due to many stops taking pictures of breathtaking views, scenery and wildflowers.

Stow Lake Stampede 5K - 4/14/19 (gun times)

Jorn T. Jensen 17:34 - 2nd M50+
Raymond Rodriguez 18:16 - 4th M50+
Scott Bang 19:18
Dwayne Spencer 19:24
Norry McAllister 19:51 - 3rd M60+
Dino Delyani 20:12 - 4th M60+
Brian Davis 20:43 - 5th M60+
Heather Rohrer 20:55 (Wolfpack)
Ken Camet 21:32
Tom O'Connor 21:35
Missy Sudan 21:43
J.R. Mintz 21:45
Aaron Lee 21:46
Mike Krey 21:50
Robert Navarrete 22:12
Norm Takeuchi 23:33
Dalila Rodriguez 24:21
Carol Bednar 26:03
Joann Dahlkoetter 27:22 (Impala)
David Norlander 31:39 - 2nd M80+
Bob Lord 34:34 - 3rd M80+
Bill Dodson 39:50 - 5th M80+

4/15/19 – Boston Marathon

Mike Bordoni 3:08:46

4/27/19 – Brazen Western Pacific Marathon

Kat Powell 5:43:07 3rd 65+

4/28/19 – Great Race 4M (gun times)

Jorn T. Jensen 22:28 - 2nd M50+
Raymond Rodriguez 23:32 - 5th M50+
Joseph Aubuchon 24:24
Scott Bang 24:47
Norry McAllister 25:20 - 3rd M60+
Dino Delyani 26:08 - 4th M60+
Brian Davis 26:43 - 5th M60+
Bob Kemp 27:23 - 7th M60+
Tom O'Connor 27:23 - 8th M60+
Heather Rohrer 27:39 (Wolfpack)
Robert Navarrete 28:30 - 11th M60+
Becki Kriege 28:50
David Woodruff 30:20 - 13th M60+
Mark Goldman 31:03 - 14th M60+
Norm Takeuchi 31:09 - 15th M60+
Dalila Rodriguez 31:38
Ken Camet 32:23
Carol Bednar 32:36
Dan Anderson 33:12 - 18th M60+
Catherine Frye 33:36
Glenn Kishi 33:41
David McIntyre 33:56
Scott Graham 33:58 - 20th M60+
Nicky McAllister 36:16
Neeraja Nambula 37:48

Weiti Liu	38:13 - 30th M60+
Kat Powell	39:51
David Norlander	40:13 - 2nd M80+
Rich Hahn	40:53
Bob Lord	46:07 - 3rd M80+
Bill Dodson	54:48 - 6th M80+

5/5/19 – Danville Mile of Truth

W40

Kristina Park	5:42 4 th
Missy Sudan	6:09
Dalila Rodriguez	6:59
Carol Bednar	7:04

M50+

Jorn T. Jensen	5:15 2 nd
Raymond Rodriguez	5:23 5 th
Scott Bang	5:27
Dwayne Spencer	5:50

M60+

Norry McAllister	5:39 2 nd
Brian Davis	5:59
Tom O'Connor	6:10

M80+

Bob Lord	9:45 2 nd
Bill Dodson	11:17 3 rd
Walter Van Zant	14:21 4 th

5/11/19 – Brazen Wildcat Ultra Half Marathon

Kat Powell	2:59:02 3 rd 65+
------------	-----------------------------

5/19/19 – Bay to Breakers 12K

Kat Powell	1:18:56
------------	---------

5/19/19 – Avenue of the Vines Marathon, Lodi

Raymond Rodriguez	1:25:54	1 st 50-59
John Mintz	1:38:35	6 th 50-59
Nancy Eubanks	1:40:46	2 nd 40-49
Dalilah Rodriguez	2:01:38	8 th 40-49

5/27/19 – Reach for a Star 5K

Women's Race

Nancy Eubanks	21:18
Heather Rohrer	21:29 (Wolfpack)
Missy Sudan	21:43
Mary Vidovich	23:50 (Tamalpa)
Dalila Rodriguez	24:17 *
Carol Bednar	24:53
Neeraja Nambula	29:04
Kat Powell	31:09

Men's race

Jorn T. Jensen	17:43 - 2nd M50+
Raymond Rodriguez	17:56 - 3rd M50+ *
Scott Bang	19:30
Norry McAllister	19:51 - 5th M60+
Dwayne Spencer	20:25
Dino Delyani	20:26 - 6th M60+
Brian Davis	20:35 - 8th M60+
Tom O'Connor	21:25
J.R. Mintz	21:45
Aaron Lee	21:49
Robert Navarrete	22:41
Mark Goldman	25:11
David Norlander	32:22 - 2nd M80+
Bob Lord	35:55 - 3rd M80+
Bill Dodson	47:20 - 5th M80+

6/2/19 – Brazen Ultra Trailquake Half Marathon

Kat Powell	3:45:28 1 rd 65+
------------	-----------------------------

6/15/19 – Brazen Walt Stack DSE Double Dipsea 13.7 miles

Kat Powell	3:58:57
------------	---------

6/22/19 – One Mile Bang

Women's races

Heather Rohrer	5:57.5 (Wolfpack)
Missy Sudan	5:59.1
Dalila Rodriguez	6:32.0
Neeraja Nambula	8:02.9
Kat Powell	8:42.3
Kelly Emo	10:26.8

Men's races

Juan Rivera	4:37.0
Jorn T. Jensen	4:54.5 - 2nd M50+
Joseph Aubocho	5:00.6
Raymond Rodriguez	5:05.6 - 5th M50+
Scott Bang	5:11.0
Norry McAllister	5:18.4 - 1st M60+
Brian Davis	5:35.6 - 4th M60+
Dwayne Spencer	5:38.5
Robert Plumeau	5:39.9
Tom O'Connor	5:51.0
Ken Camet	6:01.1
Brian Conroy	6:02.8 (Spartans)
Robert Navarrete	6:15.9
Robert Pickens	6:26.0
Venkata Manbula	6:46.9
Mark Goldman	6:48.6
Desmond Knuckey	7:22.2
Glenn Kishi	7:33.1
David Norlander	8:29.0 - 2nd M80+
Bob Lord	9:23.0 - 3rd M80+
Neil Gelblum	10:34.9
Bill Dodson	11:16.5 - 4th M80+