



# WVJS



## VOL XXXIII-#1 WEST VALLEY JOGGERS & STRIDERS June 2003

### Saturday Workouts

06/07/03	16 x 300 Relay	08/02/03	Farwell/Herriman (4.68 miles)
06/14/03	Short Six (5.74 miles)	08/09/03	36 x 200 Relay
06/21/03	Farwell (3.54 miles)	08/16/03	One Mile on the Track
06/28/03	One Mile on the Track	08/23/03	4 x 1.46 Mile WVC Loop Relay
07/05/03	Triangle Run (4.76 miles)	08/30/03	Farwell (3.54 miles)
07/12/03	5K on the Track	09/06/03	Annual Handicap Race
07/19/03	Doug/Sara/Frtvle (2.75 miles)	09/13/03	18x0.33M Tennis Court Loop Relay
07/26/03	12 x 600 Relay	09/20/03	Short Six (5.74 miles)

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

### Upcoming Races

#### PA-USATF Championships

06/21/03 Shriner's 8K (1.0)  
 07/13/03 Fleet Feet Mile (1.0)  
 09/14/03 Jamba Juice 5K (2.0)  
 09/28/03 Heritage Oaks 10K (3.0)  
 10/19/03 Humboldt Half Mar (1.0)  
 11/09/03 Clarksburg 30K (2.0)  
 12/14/03 Xmas Relays (2.0)

#### Racer of the Year

Fastest Farwell Time  
 Cumulative Saturday Races  
 Fastest Marathon  
 Fastest of 2 one-milers on the track  
 06/29/03 Run For The Law 5K  
 07/13/03 Fleet Feet Mile  
 08/03/03 Alameda 10K  
 09/14/03 Jamba Juice 5K  
 10/12/03 Almaden Times 10K  
 10/26/03 Hollister Mile

#### Other Popular Races

06/08/03 Aptos Women's 5-Miler  
 06/14/03 Hunting Hollow 10K-Gilroy  
 06/18/03 Longest Day 5M-San Mateo  
 06/29/03 Run For The Law 5K  
 07/27/03 San Francisco Marathon  
 08/03/03 Alameda 10K  
 08/17/03 Run Thr The Redwds-Felton  
 08/24/03 Mt.Madonna Challenge-12K  
 10/05/03 Bridge To Bridge 12K - SF  
 10/10/03 Palo Alto Moonlight 5K/10K  
 10/12/03 Los Gatos Chiropractic 5K  
 10/12/03 Almaden Times 10K

#### Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:15 PM. We run intervals with 50% rest, rotating weekly through 12 x 400, 6 x 800, 4 x 1200, and 3 x 1600s.

#### Sunday Runs

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

## 2003 PA/USATF Grand Prix

#### Open Men

We are in 8<sup>th</sup> place after 6 races.

#### Open Women

We are in 9<sup>th</sup> place, having scored in just one race. However, we did have a complete team at Pacific Sun, which has not yet been scored. We need more open women runners. Becki Kriege (257-9056) is in charge of this team.

#### 40+ Men

We are presently in 5th place (thru the Zippy 5K). Slim Pickens and Rich Hahn are in charge of this team.

#### 40+ Women

Presently, we are in 5th place. Sue Francis and Antonina Ettare are in charge of this team.

#### 50+ Men

We are in 3rd place. Jim Bordoni is in charge of this team.

#### 50+ Women

We are in 3rd place. Georgia Riley is in charge of this team.

#### 60+ Men

We are in 1st place, 4.5 points ahead of Tamalpa through the Zippy 5K race. However, Tamalpa has missed one race and we will have to throw out our low-scoring race of the year.

#### 70+ Men

We have scored in just one race this year, trailing Tamalpa by 22 points through the Zippy 5K race.

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## Miscellaneous Drive!

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

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

2003 has to date been a very eventful year for the West Valley Joggers and Striders. We've had many great performances for early in the year, several new members showing up regularly, a plethora of PRs and course records, several instances of runners attempting to create their own courses (a.k.a getting lost), the joy of welcoming new dedicated members and the sadness of losing one of our best.

With that introduction, we will begin with a moment to remember Jutta McCormick. Jutta was one of WVJS star runners showing up regularly to all of our Saturday morning workouts, smashing course records and running excellent races, regularly placing in her age group. Jutta was always a tough competitor and continued to stand tough and proud in the face of mounting pressure from Cancer. Jutta will always be remembered as a true member of the core of WVJS. Jutta passed away on March 13<sup>th</sup>, 2003.

Vern Glick, who was a regular member of the club for about 10 years before having to quit due to injuries, died of a sudden heart attack on 5/22 at age 62 while rowing in Lexington Reservoir. His wife and many friends from Lockheed will greatly miss him.

It was the best of times, it was the worst of times. This is a famous quote and can sum up several of our Saturday mornings. 2003 has seen several fabulous performances. Bob Schmidt, Helen Wong and Missy Sudan have been smashing their PRs every Saturday and both Bob and Missy are quickly moving up the charts to set age group bests for road courses.

Madelyn Moon and Stan DeMartinez have been regularly establishing new, tough-to-beat course records for 60+ Women and 80+ men. Sue Francis has been smashing the Women's 50+ records, recently setting a new Short Six record of 40:09 (2 minutes faster than the previous record)

In the category of "worst of times" almost every Saturday has seen several hard-working runners miss completing a race by taking a divergent course. We've had the "long-

six", the Farwell "Oak-Street" cutoff and the Farwell turned Farwell-Herriman divergence. Pretty soon we will enlist a new type of Saturday morning volunteer, the course monitor. This role will earn the volunteer 60 runner of the year points—(just kidding...)

Once again the WVJS banquet was held at the Los Gatos Lodge and was a smashing success. 40+ runners and dedicated spouses showed up to wine, dine and recognize our successes and have some fun. The awards were kept short and sweet so we didn't see people nodding off into their carrot cake, a much better dessert choice than previous mystery pink moose...

In the always competitive PA-TAC race highlights, Becki Kriegi, Missy Sudan, Johanna Wans, Sue Francis, Bob Schmidt and Joe Hurtado have been placing well in their age divisions.

In the "distracted runners" category, Rich Hahn has been busy running multiple marathons for the Luekemia-Lymphoma Society's Team-in-Training (a great cause) and Dave McIntyer and Kelly Emo have been busy attempting to follow regular WVJS runner/triathletes like Tim and Georgia Riley, Chris Hallen, and Kathy Frank into the multi-sport world with triathlons. However, so far it seems we just hear about their always tired legs...

Matt Bordoni and McKayla Plank had very good high school track seasons. Matt had an 800 best of 1:55+ and qualified for the State Meet with his 4<sup>th</sup> place finish at the CCS Meet. McKayla did not run as well as she would liked to have run but she still had times of 2:22 for the 800, 5:06 for the 1600, and 10:57 for the 3200M.

Cecil Baumgartner and Sue Francis have sold their home in Sunnyvale and will be moving to Ojai in early June. Joe Hurtado has now taken over Sue's duties as treasurer for the club.

Long-lost club member Russ Kinsch was pleased to run a total of 9 miles in one week. This is his top weekly total for the past couple of years.

Ken Noel, who has been injured for a long while and has apparently gained a little weight, trained for about a week and then beat Walt Van Zant on the Valle Vista run.

Tom Warfel recently found out that one of his heart arteries was 95% blocked and is scheduled for angioplasty and a stent on 6/3/03. He cruised the Vale Vista course in 43-minutes plus in his last run prior to his heart procedure.

70+ runner Eddie Reyna, after limping around for awhile with a sore heel, will soon have a bone spur removed from his heel.



We haven't seen Tim Rostege at our Saturday workouts for awhile due to the familiar bugaboo of old runners – an injured hamstring.

As most of you know, we have a club web page. If you haven't checked it out, take a look. **The address is:**

Long-time club member Rod MacKinlay, who moved to Pebble Beach several years ago, has decided to join a local club – the Wednesday Night Laundry Runners.

<http://www.wvjs.org>

## 2002 WVJS RACER OF THE YEAR CONTEST

Placings in this contest were based upon your best 8 performances in 17 designated events. The top finisher in each division for each event received 25 points, the second finisher received 24 points, etc. Since you could only use your best 8 performances, the maximum score was 200 points (8 x 25). The final results for 2001 for all who scored in four or more races are as follows:.

### Elite Division

Bob Pickens (8)	200
Jim Bordoni (8)	188
Becki Kriege (8)	171
Jeff Rohrer (7)	154
Scott Bang (6)	140
Christian Saucedo (4)	90

### A Division

Todd Hayes (8)	192
Danny Moon (8)	191
Tom Warfel (7)	145
Al Murray (6)	140
Dimitrios Stefanidis (6)	133
Bill Dunn (5)	117
Dick Chimenti (4)	85
Missy Sudan (4)	83

### B Division

Cecil Baumgartner (8)	196
Rich Hahn (8)	191
Joe Hurtado (8)	185
Dave McIntyre (8)	184
Sue Francis (8)	177
Kelly Emo (8)	173
Dave Norlander (7)	140
Bob Schmitt (6)	140
Rich Stiller (7)	135
Tim Rostege (6)	124
Rick Kananen (5)	98
Robert Salinas (4)	67

### C Division

Don Packwood (8)	196
Jim Myers (8)	191
Tom Zades(8)	186
Norm Saucedo (5)	123
Fely Castillo (4)	84

### D Division

Pauline Beatty (8)	199
Walt Van Zant (8)	196
Dena Noble (7)	170
Chris Hallen (4)	93

### E Division

Georgia Riley(8)	199
Madelyn Moon (8)	183
Ken Napier (6)	142
Annette McPhail (6)	115
Antonina Ettare (4)	100
Stan DeMartinis (5)	100
Dave McCarten (4)	81

## LOS GATOS 2003 WINTER ALL-COMER TRACK MEETS

(Best times over the 8-week season January 4 through February 23)

### 400M

Ann Loree	1:05.8
McKayla Plank	1:08.4

### 800M

Jim Angelopoulos	2:17.7
Jim Bordoni	2:19.9
Kevin Murphy	2:27.0
McKayla Plank	2:27.0
Greg Burke	2:28.5

### Mile

Robert Pickens	4:49.3
Greg Burke	5:33.5
Kevin Murphy	5:39.4
Katie Nast	6:00.8

### 2-Mile

Robert Pickens	10:43.0
Jim Bordoni	11:20.7
Mike Toney	11:57.0



## RUNNER OF THE YEAR CONTEST

Contest points were earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. Scoring 4,000 points wins a gold award, those scoring 3,000+ wins a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. The final scores for 2001 were:

Joe Hurtado	2952	1020	3972	Silver Award
Tom Warfel	2886	900	3786	Silver Award
Jeff Rohrer	2833	240	3073	Silver Award
Rich Hahn	1998	900	2898	Bronze Award
Georgia Riley	1542	820	2362	Bronze Award
Dave Norlander	1337	920	2257	Bronze Award
Eddie Reyna	2069	160	2229	Bronze Award
Jim Myers	1575	640	2215	Bronze Award
Jim Bordoni	1494	680	2174	Bronze Award
Walt Van Zant	1305	780	2085	Bronze Award
Mark Winitz	1589	80	1669	
Ken Napier	702	800	1502	
Stan DeMartinis	509	920	1429	
Laurie Warfel	1334	0	1334	
Don Dugdale	875	20	895	

The previous winners have been:

1978	Phil Sanfillipo	4865	1990	Tom Warfel	4231
1979	Phil Sanfillipo	5022	1991	Tom Warfel	4118
1980	Phil Sanfillipo	5659	1992	Jim Whalen	3603
1981	Ted Pawlak	7103	1993	Tim Rostege	3928
1982	Ted Pawlak	6405	1994	Joe Hurtado	4037
1983	Mike Hicks	5355	1995	Tom Warfel	4113
1984	Don Dugdale	5004	1996	Tom Warfel	3961
1985	Don Dugdale	4084	1997	Tom Warfel	4089
1986	Bob Herndon	4303	1998	Joe Hurtado	4012
1987	Don Dugdale	4341	1999	Joe Hurtado	3881
1988	Frank Ruona	4032	2000	Joe Hurtado	4260
1989	Jake White	3841	2001	Joe Hurtado	3972

## SATURDAY WORKOUT RESULTS

### 12/28/02 – All Courses Day

1	Ray Russell	17:05	Dou
2	Andy Lief	17:07	VV
3	Becki Kriege	17:20	Dou
4	Danny Moon	17:46	Dou
5	Dave Fergus	18:01	Dou
6	Neil Gelblum	18:40	Dou
7	Hank Lawson	19:59	VV
8	Bob Schmitt	20:14	VV
9	Dave McIntyre	20:27	VV
10	Jonathan Lee	20:49	VV
11	Kelly Emo	21:21	VV
12	John Peterson	21:58	Dou
13	Helen Wong	22:18	VV
14	Al Murray	23:08	Far
15	Rich Hahn	24:43	Far
16	Rich Collins	25:15	Dg
17	Tina Shaner	25:58	Dou
18	Joe Hurtado	25:59	Far
19	Chris Cassell	27:09	Far
20	Rich Stiller	29:20	Far
20	Tom Warfel	29:20	Far
22	Bob Pickens	32:41	SS
23	Rick Kananen	33:21	Far

Dick Barrett Trophy Winner – Bob Pickens

Bob Pickens took home the trophy because he ran a good time on the Short Six course all by himself on this very windy morning. Chris Cassell improved his PR for the Farwell course by 37 seconds.

### 1/4/03 – Valle Vista – 3.0 Miles

1	Andy Lief	16:38	PR
2	Scott Bang	16:46	
3	J.T. Jensen	17:17	PR
4	Al Murray	18:00	
5	Jim Bordoni	18:02	
6	Ray Russell	18:06	
7	Becki Kriege	18:11	
8	Hank Lawson	18:24	
9	Missy Sudan	18:58	
10	Dick Chimenti	19:25	
11	Jonathan Lee	19:32	
12	Danny Moon	19:39	PW
13	Chris Baker	19:41	
14	Dave McIntyre	19:43	PR
15	Joe Hurtado	20:02	
16	Tom Warfel	20:39	
17	Kelly Emo	20:44	
18	Jake Roberts	20:50	
19	Sue Francis	20:56	
20	Tim Rostege	21:00	
21	Mark Isaacson	21:04	
22	Dave Norlander	21:16	
23	Jake White	21:27	
24	Helen Wong	21:43	PR
25	Cecil Baumgartner	22:07	
26	Rich Stiller	22:45	
27	Chris Cassell	22:47	PR
28	Don Packwood	23:04	
29	Walt Van Zant	23:47	
30	Norm Saucedo	24:37	

30	Jim Myers	24:37	
32	Georgia Riley	24:46	
33	Antonina Ettare	25:27	
34	Ken Napier	26:40	PW
35	Madelyn Moon	27:22	
36	Tina Shaner	27:39	PR
37	Dave McCarten	31:02	
38	Stan DeMartinis	32:44	

Dick Barrett Trophy Winner – Dave McIntyre

Excellent times for the top two finishers as Andy beat Scott by about 50 yards. Al Murray led the 40+ men, Dick Chimenti led the 50+ men, and Joe Hurtado led the 60+ men. Becki led the ladies and Sue Francis led the 40+ and 50+ ladies. Andy improved his PR by 9 seconds, J.T. improved his PR by 22 seconds, Dave improved his PR by 44 seconds, Helen improved her PR by 35 seconds, Chris improved his PR by 11 seconds, and Tina improved her PR by 75 seconds. Missy missed her PR by one second. Georgia was very happy to run 3 seconds better than her best time for this course last year. Sue recorded the #2 time for 50+ women, 31 seconds behind Jutta McCormick. Scott Bang ran his best time for this course in nearly 3 years. Stan established a new 80+ course record. Madelyn

missed her 60+ women's record by 12 seconds. Good weather conditions – low 50s and no wind.

**1/11/03 – 6 x 1600 Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	DeMartinis/Jensen	-0-	44:30
2	Shaner/Kananen	:15	45:47
3	M.Moon/Meinhardt	:30	46:30
4	Roberts/Warfel	8:45	47:20
5	Wong/Waggoner	9:15	47:26
6	Rostege/Lawson	11:00	47:35
7	VanZant/Norlander	5:45	47:41
8	Fergus/D.Moon	12:00	47:43
9	Gavin/Bronson	5:45	48:17
10	Saucedo/Myers	8:45	48:26
11	Cassell/Baker	9:15	49:11
12	McPhail/Ettare	1:30	49:38

Dick Barrett Trophy Winner – Stan DeMartinis

Par was 47:30 today and the top three teams beat that easily. Stan (ran this workout in 31:05 three weeks ago and ran the 3-mile Valle Vista course in 32:44 last week) ran a remarkable 3 minutes under his 31:00 rating to lead his team to victory. Rick Kananen (ran Farwell in 33:21 two weeks ago, the Short Six in 44:56 three weeks ago, and the 2 x 1.46M relay in 20:49 four weeks ago) ran 77 seconds under his rating to lead his team to a second place finish. And, Bill Meinhardt (pleaded for a 22:00 rating rather than his original rating of 21:00) ran 50 seconds under his rating to lead his team to a third place finish. Jorn Jensen led all runners with a 5:23 average and Helen Wong led the ladies at 6:51.

**1/18/03 – Triangle Run–4.76 M**

1	Lenin Zapata	26:41
2	Andy Lief	26:53PR
3	Dave Piazza	27:19
4	Jorn Jensen	28:17
5	Al Murray	28:50
6	Jim Bordoni	29:06
7	Hank Lawson	29:27
8	Ray Russell	29:43
9	Slim Pickens	29:51
10	Dave Fergus	29:54
11	Becki Kriege	30:01
12	Missy Sudan	30:03PR
13	Gary Waggoner	30:04
14	Dick Chimenti	30:48
15	Kristina Mathias	30:58

16	Danny Moon	31:13
17	Bob Schmitt	31:48PR
18	Todd Hayes	32:28
19	Joe Hurtado	32:47
20	Jake Roberts	32:52
21	Kelly Emo	33:01
22	Dave McIntyre	33:14PR
23	Tim Rostege	33:25
24	Sue Francis	33:34
25	Cecil Baumgartner	33:35
26	Scott Bang	33:36
27	Dave Norlander	34:51
28	Helen Wong	34:58
29	John Peterson	35:48PR
30	Chris Cassell	35:54PR
31	Norm Saucedo	36:02
32	Mike Corrick	36:28
33	Jim Myers	37:09
34	Walt Van Zant	38:10
35	Georgia Riley	39:43
36	Dena Noble	41:27
37	Ken Napier	41:56
38	Madelyn Moon	45:44
39	Tom Warfel	49:42
40	Stan DeMartinis	51:12
41	Dave McCarten	DNF

Dick Barrett Trophy Winner – Sue Francis

A lot of good times on this cold morning (low 40s?) as both Lenin and Andy broke 27 minutes. Dave Piazza led the 40+ men runners with a good 27:19. Sue Francis took home the weekly trophy because she broke the women's 50+ course record by 10 seconds. Missy Sudan recorded the #6 woman's best while knocking 87 seconds off her PR. Bob Schmitt improved to #5 on the men's 60+ list. Stan established a new 80+ record (He improved his November 2002 time on this course by six minutes). Chris Cassell improved his PR by 85 seconds, John Peterson improved his PR by 76 seconds, and Dave McIntyre improved his PR by 57 seconds. Kelly Emo ran her fastest time on this course since July 2000. Dave McCarten ran the Douglas course in reverse when he found out that we were running the Triangle course rather than the Farwell course. As per a unanimous vote at breakfast, we determined that this should count as a DNF.

**1/25/03 – 8 x 0.66M Tennis Court Loop Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Napier/Myers	1:00	39:03
2	Riley/VanZant	1:15	39:05
3	Shaner/T.Wong	:15	39:19
4	Meinhardt/H.Wong	3:45	39:24
5	Sudan/Russell	10:00	39:35
6	Kriege/Stefanidis	9:30	39:47
7	Hayes/Chimenti	9:15	39:50
8	Waggoner/D.Moon	9:30	40:03
9	M.Moon/Hurtado	1:00	40:06
10	Cassell/Schmitt	6:00	40:15
11	Beatty/Loree	1:15	40:22
12	DeMartinis/Pickens	-0-	40:54
13	Hallen/Erickson	1:15	42:51

Dick Barrett Trophy Winner – Ken Napier

Jim Myers started 50 yards off the lead with a lap to go, grabbed the lead half way through the last lap and then cruised to a 10-yard win. Ray Rusell had the best splits of the day with a total time of 13:51. Becki Kriege led the ladies at 15:08, which was her best time for this workout since she ran 14:42 in October 1992. Georgia Riley ran very well, coming within 21 seconds of her PR, which she set 5 years ago. Ken Napier begged for a rating of 22:00, got a rating of 21:30, and then ran 20:54. He ran this workout in 20:45 the last time that he ran it.

**2/1/03 – 5K on the Track**

**Heat #1 – 7:30AM**

1	Missy Sudan	18:57
2	Walt Van Zant	24:21
3	Pauline Beatty	24:29
4	Chris Hallen	24:31
5	Georgia Riley	24:37
6	Anne Loree	24:51
7	Ken Napier	26:48
8	Stan DeMartinis	32:47

Missy left all of the runners right at the start and nearly lapped all of the runners three times enroute to a sub-19:00 5K. All of the other women in the race ran well. The men were glad to finish.

**Heat #2 – 8:15AM**

1	Lenin Zapata	16:51
2	Jorn Jensen	17:17
3	Dave Piazza	17:30
4	Jim Bordoni	17:50
5	Al Murray	17:51
6	Becki Kriege	17:52

7	Scott Bang	18:12
8	Dave Fergus	18:49
9	Gary Waggoner	19:00
10	Kristina Mathias	19:03
11	Danny Moon	19:08
12	Dimitrios Stefanidis	19:12
13	Dick Chimenti	19:15
14	Joe Hurtado	20:17
15	Cecil Baumgartner	20:34
16	Ranjeet Sudan	21:05
17	Sue Francis	21:12
18	Norm Saucedo	21:17
19	Kelly Emo	21:19
20	Todd Hayes	21:21
21	Tim Rostege	21:47
22	Dave Norlander	21:54
23	Helen Wong	22:06
24	Tom Warfel	22:06
25	Jim Myers	22:25
26	Chris Cassell	22:32
27	Robert Salinas	23:27
28	Ed Gavin	23:30
29	Rich Collins	25:45
30	Tina Shaner	27:28
31	Madelyn Moon	27:55
32	Dave McCarten	29:46
	John Peterson	DNF

**Dick Barrett Trophy Winner**

Jorn and Andy Lief took off fast, passing the mile in 5:28. Lenin said that he was going to run slow and did for awhile, running the first mile in 5:40. But, then he got greedy and sped up to take the lead with about a mile to go and then kept pulling away for the win. Andy, who was recovering from the flu, dropped out at 2 miles. Dave Piazza ran by himself most of the way to finish 3rd. There was an excellent battle for 4th place throughout the race with Al getting the nod. Newly-turned 50+ runner Jim Bordoni ran very well to record a 17:51. Becki ran her best 5K on the track in quite awhile to get a 17:52. Dick Chimenti, who turned 60 last Sunday, led a good 60+ field with his 19:15. Sue led the 50+ ladies with her 21:12. Kelly Emo again conned us. She claimed that she had an upset stomach and would probably drop out but then ran sub-7:00 pace for her run. Helen Wong continued to run very well, recording a 22:06. Chris Cassell got the weekly trophy because he improved his PR by 200 seconds. Rich Collins was extremely

pleased to better the 26:48 recorded by Ken in the first heat. Liz Nast dropped out but told us before the run that she would drop out due to lack of conditioning.

**2/8/03 – Dou/Sara/Frtvle–2.75M**

1	Bob Pickens	15:08	
2	Scott Bang	15:40	
3	Ray Russell	15:43	
4	Jim Bordoni	15:45	
5	Al Murray	16:25	
6	Floyd Gerhardt	16:38	
7	Gary Waggoner	16:42	
8	Kristina Mathias	16:50	
9	Amanda Gerhardt	16:53	
10	Missy Sudan	16:56	PR
11	Becki Kriege	16:58	
12	Danny Moon	17:30	
13	Dave Fergus	17:46	PW
14	Joe Hurtado	18:03	
15	Bob Schmitt	18:05PR	
16	Sue Francis	18:38	
17	Dave Norlander	18:48	
18	Liz Nast	18:49	
19	Tim Rostege	18:59	
20	Helen Wong	19:08PR	
21	John Peterson	19:49	
22	Norm Saucedo	19:53	
23	Chris Cassell	19:57PR	
24	Ed Gavin	20:18	
25	Tom Warfel	20:32	
26	Walt Van Zant	20:49	
27	Jim Myers	21:00	
28	John Pickens	21:20	
29	Don Packwood	21:31PW	
30	Anne Loree	21:47	
31	Rich Collins	22:39	
32	Dave Valles	22:45	
33	Nancy ?	23:17	
34	Ken Napier	23:32	
35	Annette McPhail	24:12	
36	Tina Shaner	24:13PR	
37	Dave McCarten	26:15	
38	Stan DeMartinis	30:03	

**Dick Barrett Trophy Winner – Dave Valles**

Despite the very cold weather this morning (mid 30s), there were many good performances. Slim Pickens loafed for the first 100 yards and then took off to win by about 150 yards. Ray Russell, who has a best of 13:54 for this course, ran his best time on this course in over two years to get 3<sup>rd</sup> place behind Scott. Jim Bordoni ran very well to record the #6 time by a

50+ runner. He was only 3 seconds slower than his 45+ best. Al Murray ran his fastest time for this course in 6 years. The ladies cruised along early in the run, chatting among themselves. They then got serious and buried Danny as Kristina led the way with a 16:50. Missy improved her PR by 18 seconds to move to #9 on the women's list. Joe Hurtado and Bob Schmitt had a close battle throughout the run for 60+ honors with Joe edging Bob by 2 seconds. Bob improved his PR by 8 seconds to move into a tie with Gene Antonides on the all-time 60+ list. Sue Francis improved her 50+ best by 15 seconds while coming within 8 seconds of the women's 50+ course record. Dave Norlander, just a few weeks shy of his 64<sup>th</sup> birthday, came within 14 seconds of his 60+ best. Helen improved her best by 12 seconds while John Peterson missed his PR by 7 seconds. Chris Cassell improved his PR by 41 seconds. Norm Saucedo took it easy early in the run because of the combination of the cold weather and his asthma but then whipped by several runners with a final uphill mile of 6:45. Anne Loree was pleased to average under 8 minutes per mile for the second week in a row. John Pickens missed his all-time PR by 14 seconds but knocked 2 minutes off his 55+ PR. Dave Valles took home the weekly trophy because he broke the 75+ course record by 16 seconds. Stan DeMartinis established a new 80+ course record. Tina Shaner improved her PR by 41 seconds. Ken Napier crowed about beating Howard Powers 70+ best by 1 second but failed to mention that Howard ran 32 seconds faster as a 75+ runner.

**2/15/03 – 8 x 1.46M WVC Loop Relay**

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Kriege/D.Moon	12:00	46:58
2	McCarten/Packwood	-0-	47:05
3	DeMartinis/Lee	-0-	47:14
4	Loree/Warfel	3:30	47:16
5	Nast/Tomey	10:30	47:18
6	Wong/Schmitt	8:45	47:25
7	Hayes/Murray	12:45	47:34
8	Sudan/Stefanidis	12:00	47:40
9	Isaacson/Zapata	14:00	47:49
10	Piazza/Bang	15:00	48:01
11	Van Zant/Roberts	7:30	48:23
12	Cassell/Hurtado	8:45	48:26



13	Mathias/Plank	13:00	48:43
14	Knutzen/Peterson	5:30	49:00
15	B.Norlander/D.Norlander	6:00	49:06
16	M.Moon/Collins	-0-	49:33
17	Tuurie/B.Pickens	14:00	49:42

36	Walt Van Zant (O)	44:36
37	Pauline Beatty (J)	44:52
38	Georgia Riley (M)	45:12
39	Chris Hallen (H)	45:29
40	Dick Chimenti (L)	46:00
41	Nancy Knutzen (G)	46:00
42	Dave Valles (I)	48:15
43	Annette McPhail (C)	48:22
44	Ken Napier (D)	49:01
45	Rich Stiller (N)	51:13
46	Dave McCarten (B)	51:22
47	Marcia Morrison (E)	51:30
48	Madelyn Moon (F)	53:24
49	Stan DeMartinis (A)	63:30

8	Patrick Lanoiselee	28:28	
9	Missy Sudan	28:33	PR
10	Todd Hayes	28:53	
11	Amanda Gerhardt	29:14	
12	Floyd Gerhardt	29:41	
13	Kristina Mathias	29:45	
14	Marty Eng	30:17	
15	Bob Schmitt	31:14	PR
16	Joe Hurtado	31:46	
17	Sue Francis	32:08	
18	Dave McIntyre	32:14	
19	Liz Nast	32:22	
20	Jake Roberts	32:25	
21	Tom Warfel	32:49	
22	Cecil Baumgartner	34:03	
23	Dave Norlander	34:15	
24	Bob Browne	34:30	
25	John Peterson	34:34	PR
26	Tim Rostege	34:54	
27	Norm Saucedo	35:10	
28	Chris Cassell	35:59	
29	Helen Wong	36:36	PR
30	Bill Meinhardt	37:30	
31	Bill Flodberg	37:38	
32	Don Packwood	39:04	
33	Jim Myers	41:11	
34	Rich Stiller	41:12	
35	Ken Napier	41:57	
36	Walt Van Zant	43:11	
37	Madelyn Moon	45:09	
38	Dave McCarten	49:51	
39	Stan DeMartinis	54:00	

Dick Barrett Trophy Winner – Danny Moon

Danny Moon started the last lap in 5<sup>th</sup> place, 1 1/2 minutes out of the lead, and then ran strong to win by about 40 yards, Lenin Zapata and Slim Pickens led the guys with total times of 15:34 and 15:35. Lenin finished with a fast 7:22. Kristina Mathias led a good field of woman runners with a total time of 17:23. Chris Cassell, McKayla Plank, Misy Sudan, and Helen Wong PRd for the workout.

**2/22/03 - 25th Annual WVJS Race**

1	Lenin Zapata (A)	31:06
2	Jim Angelopoulos (D)	31:28
3	Jorn Jensen (B)	31:37
4	Al Murray (I)	32:03
5	Mike Toney (H)	32:07
6	Jeff Rohrer (J)	33:01
7	Becki Kriege (P)	33:14
8	Ray Russell (E)	33:18
9	Floyd Gerhardt	33:22
10	Katy Spink (K)	33:25
11	Jim Bordoni (O)	33:32
12	Missy Sudan (F)	33:38
13	Gary Waggoner (F)	34:17
14	Scott Bang (C)	34:26
15	Amanda Gerhardt (M)	34:59
16	McKayla Plank	35:07
17	Mike Kriege (M)	35:23
18	Todd Hayes (N)	35:35
19	Bob Schmitt (H)	35:48
20	Mark Isaacson (L)	36:18
21	Joe Hurtado (G)	36:34
22	Danny Moon (N)	37:01
23	Cecil Baumgrtner (C)	37:49
24	Jake Roberts (A)	38:22
25	Liz Nast (E)	38:31
26	Dave McIntyre (D)	38:38
27	Tom Warfel (P)	38:40
28	Helen Wong (K)	38:45
29	Kelly Emo (B)	38:49
30	Dave Norlander (J)	39:37
31	Sue Francis (I)	39:44
32	John Peterson (O)	40:44
33	Jim Myers (P)	40:52
34	Chris Cassell (K)	42:30
35	Don Packwood (L)	43:04

Team Scores

1	Team H	61
2	Team P	65
3	Team M	68
4	Team G	69
5	Team K	70
6	Team D	70
7	Team J	71
8	Team F	72
9	Team A	72
10	Team I	75
11	Team B	76
12	Team O	77
13	Team C	78
14	Team E	78
15	Team N	82
16	Team L	92

Dick Barrett Trophy Winner – Lenin Zapata

Lenin Zapata, who ran 15:30 for 5K on the track yesterday, ran to an easy win this morning. There were a lot of good performances by the women. Becki recorded the #3 all-time women's time, Katy recorded the #5 time, Missy recorded the #6 time, and Amanda recorded the #9 time. Al Murray improved his time from last year by nearly 3 minutes and Stan DeMartinis improved by 2 minutes. The first 5 teams took home boxes of candy

**3/1/03 – Farwell/Herriman–4.68M**

1	Andy Lief	26:37
2	Mike Toney	27:21
3	Al Murray	27:35
4	Ray Russell	27:50
5	Jeff Rohrer	28:06
6	Katy Spink	28:08
7	Gary Waggoner	28:13

Dick Barrett Trophy Winner – Sue Francis

Andy Lief ran well this morning to score an easy win. Katy Spink came within 10 seconds of her PR to lead a good women's field. Missy Sudan knocked 2 minutes off her PR to move to #4 on the women's all-time list. Mike Toney led the 40+ men and Liz Nast led the 40+ ladies. Todd Hayes led the 50+ men. Sue Francis improved her own women's 50+ course record by 45 seconds. Bob Schmitt improved his PR by 22 seconds to move to #6 on the men's 60+ list. Madelyn Moon established a new women's 60+ record and Stan established a new 80+ record. Dave Norlander celebrated his 64<sup>th</sup> birthday. Bill Meinhardt ran his first Saturday road run in 3 years, running about 12 minutes over his PR.

**3/8/03 - Farwell - 3.54 Miles**

1	Patrick Landiselee	21:03
2	Becki Kriege	21:07
3	Mike Toney	21:15

4	Katy Spink	21:16	
5	Floyd Gerhardt	21:27	
6	Ray Russell	21:36	
7	Missy Sudan	21:37	PR
8	Mike Kriege	21:46	
9	Amanda Gerhardt	22:11	
10	Greg Burke	22:41	
11	Marty Eng	22:45	
12	Dick Chimenti	22:49	
13	Mark Isaacson	22:54	PR
14	Todd Hayes	23:20	
15	Jake Roberts	24:01	
16	Sue Francis	24:06	
17	Dave McIntyre	24:27	
18	Liz Nast	24:29	
19	Helen Wong	24:36	PR
20	Norm Saucedo	24:57	
21	Dave Norlander	25:21	
22	John Peterson	25:47	
23	Bob Browne	26:19	
24	Don Packwood	26:53	
25	Kelly Emo	27:22	
26	Ann Loree	28:29	
27	Georgia Riley	29:07	
28	Tom Warfel	29:15	
29	Rich Stiller	29:16	
30	Rich Collins	29:20	
31	Nancy Knutzen	30:01	
32	Dena Noble	30:53	
33	Ken Napier	31:23	
34	Marcia Morrison	44:28	
35	Tina Shaner	44:34	
36	Stan DeMartinis	44:46	
37	Bill Flodberg	NT	

the infamous Oak street cutoff through the neighborhood, finally finding his way back to the college. Marcia Morrison and Tina Shaner set out to run together so they wouldn't run off the course. When there were no other runners in sight, Marcia pushed forward toward Herriman, saying "follow me" while Tina was saying "I don't think this is the right way". Well, the rest is history. They both ran the Farwell-Herriman course and still managed to sneak in ahead of Stan.

18	Marcia Morrison	53:54
19	Tina Shaner	54:24
20	Jim Wurm	54:56
21	Rick Kananen	54:59
22	Rich Stiller	55:01
23	Madelyn Moon	56:26
24	Ann Loree	60:26
25	Betty Root	63:40
26	Dave McCarten	64:17
27	Stan DeMartinis	69:46

Phantom Dick Barrett Trophy Winners – Sue Francis & Madelyn Moon

**3/15/03 – 18 x 0.33M Tennis Court Loop**

**Relay**

Pl	Team	Strt	Finish
1	M.Moon/Lanoise/Lee	:15	37:30
2	Wong/Roberts/Nast	2:00	37:52
3	Hayes/M.Toney/B.Toney	6:45	38:02
4	Shaner/Sudan/Kriege	:15	38:17
5	Norlander/Warfel/Mathias	2:30	38:28
6	Kananen/Hurtado/Cassell	2:15	38:32
7	DeMartinis/D.Moon/Waggn	-0-	38:52
8	Hovancik/Bordoni/Bang	8:30	39:13
9	Loree/Meinhardt/Myers	:45	39:16
10	Napier/McPhail/Zapata	:45	40:29

Phantom Dick Barrett Trophy Winner – Madelyn, Patrick, and Jonathan

The Lee team took the lead during the 2nd lap of this race, extended its lead to 40 seconds after 7 laps, had its lead reduced to 2 seconds after 8 laps, and then came on strong to win by over 100 yards. No splits were kept but Lenin Zapata was probably our fastest runner of the day.

**3/22/03–Short Six Course – 5.74M**

1	Lenin Zapata	32:26
2	Andy Lief	33:38
3	Mike Toney	34:12
4	Scott Bang	35:09
5	Gary Waggoner	38:32
6	Mark Isaacson	39:05
7	Steve Kurasch	39:21
8	Jonathan Lee	40:08
9	Sue Francis	40:09
10	Tom Warfel	42:02
11	Dve Norlander	42:05
12	Dave McIntyre	44:53
13	Chris Cassell	46:30
14	Jim Myers	48:21
15	Bob Browne	48:25
16	Ken Napier	51:03
17	Dena Noble	53:16

We had 10 timers today – Bob Pickens, Helen Wong, Jim Bordoni, Rich Hahn, Dimtrios Stefanidis, don Packwood, Danny Moon, al Murray, Joe Hurtado, and John Peterson.

Lenin scored another easy win. Sue Francis broke the women's 50+ course record by nearly two minutes and Madelyn Moon established a new women's 60+ course record. Ann Loree and Gary Waggoner were slowed by getting lost. Ann lost a lot of time from her meanderings.

**3/29/03 – 16 x 300 Relay**

Pl	Team	Strt	Finish
1	Roberts/Murray	6:15	21:51
2	Hallen/Browne	3:45	21:56
3	Hayes/Hegglund	7:30	22:15
4	McIntyre/Zapata	7:30	22:17
5	McPhail/Casillas	4:00	22:18
6	DeMartinis/VanZant	-0-	22:20
7	Shaner/Napier	:45	22:21
8	Wong/Stefanidis	6:15	22:24
9	Knutzen/Noble	2:30	22:26
10	Nast/D.Moon	6:15	22:28
11	Francis/Lief	7:00	22:33
12	Hahn/Bang	7:00	22:38
13	Norlander/Mathias	6:15	22:41
14	Chimenti/Bordoni	6:45	22:42
15	R.Sudan/M.Sudan	6:15	22:52
16	Hurtado/Flores	7:00	22:59
17	Toney/Jensen	8:15	23:05
18	Riley/Cassell	3:45	23:17
19	Emo/Kriege	6:15	23:27
20	Myers/Warfel	5:30	23:45

Dick Barrett Trophy Winner – Jake Roberts and Al Murray

Chris Hallen and Jake Roberts put their teams into the top two positions during

Dick Barrett Trophy Winner - Helen Wong

A great crowd showed up to run Farwell on this bright sunny day with Dimitrios Stefanidis timing, Danny Moon recording, and Matt and Mary Kriege handing out sticks. Patrick Landiselee won his first club race by fighting off Becki, who was breathing down Patrick's neck at the end. Mike Toney, who led the race by about 100 yards when he made a wrong turn coming off Saratoga Ave, finished 3rd. Missy improved her PR by 80 seconds while moving to #5 on the all-time women's list. Mark Isaacson clipped 8 seconds off his previous best. Sue Francis set a new women's 50+ record by 51 seconds. Helen Wong put the pedal to the metal to improve her PR by 154 seconds. Stan DeMartinis smashed his own 80+ record by 189 seconds. Bill Flodberg took



their last leg and then Al Murray outdueled Bob Browne for the win. Lenin Zapata had the top splits for the guys with an average of 48 and Kristina Mathias led the ladies with an average of 57.

#### 4/5/03 – Valle Vista - 3.0 Miles

1	Lenin Zapata	16:17	
2	Andy Lief	16:30	PR
3	Ray Russell	17:33	
4	Jorn Jensen	17:38	
5	Becki Kriege	17:59	
6	Floyd Gerhardt	18:03	PR
7	Missy Sudan	18:07	PR
8	Katy Spink	18:20	
9	Marty Eng	18:45	PR
10	Steve Kurasch	19:14	
11	Amanda Gerhardt	19:14	
12	Kristin Cobb	19:22	
13	Danny Moon	19:36	
14	Bob Schmitt	19:45	PR
15	Joe Hurtado	20:17	
16	Jonathan Lee	21:05	
16	Johanna Wans	21:05	
18	Helen Wong	21:10	PR
19	Jose Casillas	21:13	
20	Dave Norlander	21:19	
21	Mark Isaacson	22:00	
22	Slim Pickens	22:11	
23	Tom Warfel	22:37	
24	Rich Stiller	22:40	
25	Walt Van Zant	23:00	
26	Pauline Beatty	23:27	
27	Ann Loree	23:44	
28	Nancy Knutzen	24:23	
29	Georgia Riley	24:54	
30	John Peterson	25:00	
31	Dena Noble	25:24	
32	Jim Wurm	25:29	
33	Ken Napier	25:44	
34	Marcia Morrison	26:13	
35	Tina Shaner	26:17	PR
36	Tom Landers	29:46	

Dick Barrett Trophy – Missy Sudan

Lenin Zapata, despite getting lost on the course was able to recover and win. Andy finished 2<sup>nd</sup> while improving his PR by 8 seconds. Jorn Jensen came within 21 seconds of his PR while pushing a baby jogger. Becki was the top woman finisher in a good field, breaking 18:00 on this course for the first time in three years. Missy knocked 50 seconds off her PR, moving to #4 on the women's all-time list. Bob Schmitt recorded the 6th best-ever

time by a 60+ runner. Marks Isaacson was sitting in his car when the race started. He forsook the temptation to drive the course, started late and still was able to finish 21st. Ann Loree was elated to crack the 24-minute barrier. Ken Napier improved his seasonal best by 56 seconds. Tina Shaner improved her PR by 82 seconds.

#### 4/12/03 – 8 x 0.66M Tennis Court Loop

##### Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Norlander/Bang	10:00	41:36
2	Myers/Mathias	9:00	42:44
3	Collins/Hayes	7:00	43:04
4	Root/Warfel	-0-	43:06
5	Shaner/Sudan	3:00	43:36
6	Napier/D.Moon	6:00	44:06

The scheduled workout this morning was 12 x 600 but Ken changed the workout to the Tennis Cour loop relay due to the rainy conditions. Scott Bang led his team from a last-place start to an easy win with the best average of the day at 3:29. Kristina Mathias led the ladies with a 4:01 average. Alleged USA certified timers and scorers Don Packwood and Jim Bordoni timed and recorded the runners.

#### 4/19/03 - Triangle Run - 4.76M

1	Andy Lief	27:04	
2	Jorn Jensen	28:20	
3	Al Murray	29:05	
4	Jeff Rohr	29:22	
5	Missy Sudan	29:40	PR
6	Lenin Zapata	29:40	
7	Mark Isaacson	31:14	PR
8	Christina Mathias	31:29	
9	Tony Hilton	31:55	
10	Joe Hurtado	32:11	
11	Jake Roberts	32:14	
12	Rich Hahn	33:13	
13	Sue Francis	33:27	
14	Dave Norlander	34:32	
15	Jim Meyers	34:57	
16	Helen Wong	35:05	
17	Bob Browne	35:57	
18	Chris Cassell	36:55	
19	Pauline Beatty	38:50	
20	John Peterson	38:50	
21	Gerogia Riley	39:29	
22	Dick Chimenti	39:45	
23	Robert Pickins	39:45	
24	Tom Warfel	41:24	

25	Dena Noble	41:25
26	Marcia Morrison	41:44
27	Tina Shaner	44:46

Timers: Don Packwood, Danny Moon & Stan DeMartinis

Dick Barrett Trophy - Missy Sudan

Today was a great day for running. The sun was shining and there was a slight chill in the air. Andy Lief got out to an early lead and continued to increase his lead, running all alone while missing his PR by 11 seconds. Jorn Jensen missed his PR by 3 seconds while pushing Nicholas in the baby jogger! Jorn has been running very well with the baby jogger over the last several weeks. There was talk at our morning breakfast get-together that if the baby jogger is working great for Jorn, then maybe some of us should also begin running with one. Missy Sudan, who has been running very well over the last month, did it once again, running a 23-second PR. Mark Isaacson also managed a PR, knocking 20 seconds off his previous best. Sue Francis is still setting 50+ records, improving her record by 7 seconds. Dick Chimenti and Slim Pickins consoled each other about their injuries throughout the run but still managed to squeak under 40 minutes.

#### 4/26/03 – 36 x 200 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	DeMartinis/Cassell/D.Moon	-0-	26:31
2	Packwood/Wilks/Wong	1:15	28:20
3	McPhail/Norlander/Stefanid	4:00	28:21
4	White/Waggoner/Hegglund	7:15	28:22
5	Nast/Warfel/Roberts	4:30	28:26
6	Schmitt/B.Sigrist/Isaac son	4:00	28:27
7	Noble/T.Sigrist/Lawson	4:15	29:04
8	Noel/VanZant/Rusell *	4:00	30:42

\* Van Zant was replaced by Mike Toney after a few runs.

Dick Barrett Trophy Winner – Chris Cassell

All teams were rated to finish at 28:15. Five teams got close to that rating. The Moon team, led by Stan Martinis running 83 seconds under par, ran to an easy victory. Mike Hegglund had the best splits of the day, finishing with a 26 on his last

run while averaging slightly under 30 seconds per run.

**5/3/03 – Doug/Sara/Frtvle–2.75M**

1	Andy Lief	15:01	PR
2	Scott Bang	15:28	
3	Al Murray	15:34	
4	Rob Nast	15:38	
5	Jeff Rohrer	16:15	
6	Gary Waggoner	16:32	PR
7	Missy Sudan	16:40	PR
8	Becki Kriege	16:41	
9	Kristina Mathias	16:41	
10	Bob Pickens	16:43	
11	Johanna Wans	17:02	
12	Mark Isaacson	17:43	
13	Dick Chimenti	17:49	
14	Joe Hurtado	17:57	
15	Bob Schmitt	18:00	PR
16	Danny Moon	18:12	PW
17	Sue Francis	18:24	
18	Cecil Baumgartner	18:24	
19	Dave McIntyre	18:26	
20	Todd Hayes	18:39	
21	Liz Nast	18:48	
22	Ranjeet Sudan	18:51	PR
23	Dimitrios Stefanidis	19:07	
24	Norm Saucedo	19:27	
25	Dave Norlander	19:30	
26	Mike Toney	20:40	
26	Rich Stiller	20:40	
28	Chris Cassell	20:55	
29	Jim Myers	21:32	
30	Tom Warfel	21:52	
31	Rick Kananen	21:54	
32	Rich Collins	22:27	
33	Ken Noel	22:55	
34	Ken Napier	23:56	
35	Tina Shaner	24:18	
36	Stan DeMartinis	35:10	

Dick Barrett Trophy Winner – Gary Waggoner

It rained fairly hard during the warmup and moderately during the run. Still, we got a good turnout for this run. Andy Lief led the way while improving his PR by 33 seconds. Al Murray led all of the 40+ runners with a fast 15:34. Missy Sudan recorded the #5 time for a club woman runner for this course. Johanna recorded the #11 time. Dick Chimenti and Bob Schmitt recorded the #6 and #9 times by club 60+ men. Danny Moon added 5 seconds to his PW. Sue bettered Lyn Lindsey's 50+ course record by 6 seconds. Ranjeet improved his PR by 44 seconds. Jake Roberts and Helen Wong

did a good job of timing under adverse conditions.

**5/10/03 – 16 x 400 Relay**

Pl	Team	Start	Finish
1	Burke/Hegglund	6:15	25:50
2	Baker/D.Moon	4:45	26:02
3	Peterson/Wong	2:00	26:17
4	McPhail/Norlander	-0-	26:20
5	Myers/Isaacson	4:00	26:30
6	Napier/VanZant	-0-	26:43
7	Noble/Murray	1:15	26:57
8	Beatty/Toney	1:30	26:59

Dick Barrett Trophy Winner – Mike Hegglund

The Hegglund team started last and did not grab the lead until the back stretch of the last lap as Mike Hegglund ran a 59.3 on his last lap to pass Danny Moon. Mike had the best average for the day at 67.2. Helen Wong led the ladies with an 89.4 average. Al Murray, who was saving himself for a race the next day, said that he would run a cumulative time of 12:00 but had to run 66.9 on his last lap to get 12:00. Danny Moon, who was sick for most of the week, had a nice progression of times. He started with a 71, fell to a 75 and a 78 before throwing in a series of 85s.

**5/17/03 –Farwell/Heriman – 4.68M**

1	Andy Lief	26:33	PR
2	Jorn Jensen	26:43	
3	Al Murray	27:44	
4	Jim Bordoni	27:51	
5	Mike Toney	28:40	
6	Gary Waggoner	28:51	
7	Scott Bang	29:41	
8	Hank Lawson	29:41	
9	Todd Hayes	30:29	
10	Neil Gelblum	30:31	
11	Bob Schmitt	30:45	PR
12	Joe Hurtado	30:57	
13	Ranjeet Sudan	31:44	
14	Dimitrios Stefanidis	32:00	
15	Missy Sudan	32:10	
16	Sue Francis	32:26	
17	Liz Nast	33:25	
18	Chris Cassell	35:23	PR
19	Norm Saucedo	35:49	
20	Walt Van Zant	36:51	
21	Christina Wilk	37:06	
22	Brian Low	37:34	
23	John Pickens	37:54	PR

24	Kelly Emo	38:13	
24	Pauline Beatty	38:13	
24	Jim Myers	38:13	
27	Ken Noel	39:11	
28	Dena Noble	39:51	
29	Don Packwood	40:23	
30	Don Dugdale	42:32	PW
31	Annette McPhail	43:50	
32	Tina Shaner	43:52	
33	Stan DeMartinis	59:35	

Dick Barrett Trophy Winner – Bob Schmitt

Andy Lief improved his PR by 4 seconds while winning by 10 seconds over Jorn this morning. Al Murray led the 40+ men. Jim Bordoni led the 50+ men with the 7<sup>th</sup> best-ever 50+ time for this course. Bob Schmitt edged Joe Hurtado as they recorded the #5 and #6 60+ times for this course. Missy Sudan pushed her baby jogger for the entire course while leading all of the ladies. Sue Francis, age 50, led all of the 40+ and 50+ ladies. Neil Gelblum visited us from Oregon.

**5/24/03 – 8 x 0.66M Tennis Court Loop Relay**

Pl	Team	Start	Finish
1	Roberts/Russell	14:00	43:19
2	Gelblum/R.Nast	14:15	43:22
3	Shaner/Wong	3:00	43:46
4	M.Moon/Hurtado	3:00	43:48
5	Norlander/L.Nast	10:00	44:11
6	VanZant/Chimenti	8:15	44:23
7	Loree/Schmitt	6:30	44:48
8	Toney/D.Moon	14:00	45:01
9	Cassell/Myers	9:30	45:03
10	Murray/Zapata	14:15	45:32
11	Kriege/Mathias	14:00	45:33
12	DeMartinis/Packwood	-0-	46:43

Dick Barrett Trophy Winner – Jake Roberts & Ray Russell

Ray Russell started the last leg in 4th place and then passed the three runners in front of him to bring his team to victory. He and Rob Nast had the fastest splits of the day. Kristina Mathias led the ladies.

**5/31/03 – Valle Vista – 3.0 Miles**

1	Scott Bang	16:44
2	Dave Piazza	16:52
3	Rob Nast	17:09
4	Al Murray	17:20

5	Slim Pickens	17:21	24	Norm Saucedo	20:53	<p>pulled away during the last mile from Dave Piazza for the win. Slim Pickens started his comeback from an injury with a 17:21. Jim Bordoni led the 50+ runners while recording the all-time #6 time by a 50+ runner. Katy Spink led the ladies. Mark Isaacson improved his PR by two minutes. Jake Roberts improved his PR by 79 seconds. Bob Schmitt narrowly edged Joe Hurtado for 60+ honors while moving to #5 on the 60+ list, 2 seconds behind Joe. Liz Nast improved her PR by 14 seconds. Sue Francis highlighted the day by breaking the women's 50+ course record. Paul Armstrong knocked 96 seconds off his PR. Chris Cassell improved his PR by 33 seconds. Georgia Riley improved her 55+ best by 16 seconds. And, Jake White improved his 60+ PR by 45 seconds.</p>
6	Jim Bordoni	17:22	25	Kelly Emo	21:43	
7	Mike Toney	17:42	26	Chris Cassell	22:14 PR	
8	Jeff Rohrer	17:51	27	Ken Noel	23:03	
9	Floyd Gerhardt	18:08	28	Walt Van Zant	23:10	
10	Katy Spink	18:23	29	Don Packwood	23:36	
11	Mark Isaacson	19:06 PR	30	Georgia Riley	23:56	
12	Jake Roberts	19:31 PR	31	Dena Noble	24:13	
13	Danny Moon	19:39	32	Ken Napier	25:37	
14	Bob Schmitt	19:42 PR	33	Ann Loree	27:06	
15	Joe Hurtado	19:45	34	Jim Wurm	27:13	
16	Dave McIntyre	19:55	34	Rick Kananen	27:13	
17	Liz Nast	20:00 PR	36	Stan DeMartinis	34:27	
18	Rich Stiller	20:14	37	Tom Warfel	43:25	
19	Sue Francis	20:15				
20	Cecil Baumgartner	20:15		Dick Barrett Trophy Winner – Sue Francis		
21	Jake White	20:38				
22	Lenin Zapata	20:39		Good morning for running and there were many good performances. Scott Bang		
23	Paul Armstrong	20:46 PR				

## RACE RESULTS

### 12/1/02 - Run To The Farside 5K

Brian Davis	16:51	3rd-40+
Jim Angelopoulos	17:01	4th-40+
Jeff Cowling	17:07	5th-40+
Dave Piazza	17:20	7th-40+
Ron Kiyono	18:24	3rd-50+
Katy Spink	18:33	4th-20+
Floyd Gerhardt	18:37	
Art Mitchum	19:28	6th-50+
Rich Hahn	21:44	

### 1/12/03 - Cal 10

#### Men

Bob Pickens	57:36	
Brian Davis	58:13	4 <sup>th</sup> -45+
Rick Reitz	60:28	
Bill Dunn	61:36	2 <sup>nd</sup> -55+
Al Murray	61:57	
Jim Bordoni	62:57	4 <sup>th</sup> -50+
Ron Kiyono	66:19	
Dan Anderson	67:15	
Bob Schmitt	67:58	3 <sup>rd</sup> -60+
Jim Reitz	68:08	
Joe Hurtado	68:22	4 <sup>th</sup> -60+
Rich Hahn	72:44	
Walt Radloff	76:29	
John Peterson	78:40	
Eddie Reyna	88:22	2 <sup>nd</sup> -70+

#### Women

Becki Kriege	62:37	3 <sup>rd</sup> -35+
Missy Sudan	66:25	
Johanna Wans	66:35	3 <sup>rd</sup> -19+
Marian Richard	71:11	

Kelly Emo	71:59	
Sue Francis	73:56	4 <sup>th</sup> -50+
Georgia Riley	85:15	2 <sup>nd</sup> -55+
Elaine Erickson	87:37	
Pauline Beatty	88:40	
Chris Hallen	89:02	

Our men's 40+ team finished 5<sup>th</sup>, our women's 40+ team finished 6<sup>th</sup>, our men's 50+ team finished 3<sup>rd</sup>, our women's 50+ team finished 3<sup>rd</sup>, and our men's 60+ team finished 1<sup>st</sup>.

### 1/26/03 - Super Bowl Sunday - 3K

Bill Flodberg 14:25 1<sup>st</sup>-65+

### 1/26/03 - Copper Run - 10K

Davpd Furst 43:33 2<sup>nd</sup>-50+

This race over a hilly course was the first race for David in three years.

### 1/19/03 - Lake Vancouver 5K

Len Edholm 23:14 2<sup>nd</sup>-60+

### 2/1/3 - The Mission 10 5K

Bill Flodberg	23:54	1st-65+
Dave Valles	24:29	1st-70+

### 3/1/03 - Juana Run - 8K

Becki Kriege	30:01	1st 30+
Tina Lount	32:01	
Jonathan Lee	32:29	

David Larson	35:31	
John Pickens	40:17	
Dave Valles	41:17	1st 70+
Jack Friedlander	57:00	1st 80+

### 3/2/03 - Napa Marathon

Rich Hahn	3:32:52
Kelly Emo	3:34:31

### 3/8/03 - Redding 10-Miler

Al Murray	60:33	
Brian Davis	63:46	
Jim Bordoni	65:37	
Joe Hurtado	68:27	2nd60+
Bob Schmitt	69:38	3rd60+
Marian Richard	70:40	
Pauline Beatty	85:08	
John Pickens	87:18	
Eddie Reyna	89:49	2nd70+
Bob Pickens	93:00	

Our men's 60+ team finished 1<sup>st</sup> and our men's 40+ team finished 6<sup>th</sup>.

### 3/16/03 - Dublin Shamrock 5K

Jim Angelopoulos	17:13	2 <sup>nd</sup> -40+
Jake Roberts	20:15	

### 3/16/03 - 50+ 8K

Bill Dunn	29:41	2nd-55+
Dan Anderson	30:12	
Ron Kiyono	30:56	4th-55+
Dick Chimenti	32:09	2nd-60+

Jim Reitz	33:10	
Sue Francis	34:21	1st-Wom
Dave Norlander	35:21	4th-60+
Jim Myers	38:22	
Bill Flodberg	38:54	
George Moss	42:34	
Joyce Friedlander	54:26	4th-65+
Jack Friedlander	55:48	3rd-80+

**3/16/03 – St.Patrick 5K in Stockton**

1 David Furst 19:56  
David was very pleased to win this race outright. The course was slow because it was all grass.

**3/23/03 – Across The Bay 12K**

Dan Sauers	43:19	1st-50+
Dave Piazza	43:53	
Al Murray	44:39	
Bill Dunn	44:44	3rd-55+
Jim Bordoni	45:06	4th-50+
Becki Kriege	45:26	3rd-35+
Johanna Wans	45:29	1st-20+
Jeff Rohrer	45:51	
Dan Anderson	46:08	7th-50+
Ron Kiyono	46:16	5th-55+
Missy Sudan	46:24	6th-30+
Bob Schmitt	49:41	3rd-60+
Joe Hurtado	50:27	4th-60+
Marian Richard	52:21	
Rich Hahn	52:49	
Sue Francis	53:26	2n-50+
Helen Wong	53:34	
Kelly Emo	54:33	
Norm Saucedo	55:27	4th-65+
Dave McIntyre	56:36	
Rick Kananen	57:34	
John Peterson	57:38	9th-60+
Brian Davis	58:12	
Pauline Beatty	60:20	
Anna Luo	60:48	
Bob Pickens	61:11	
Georgia Riley	61:41	6th-55+
Chris Hallen	64:18	
Elaine Erickson	64:28	
Jack Friedlander	88:05	1st-80+

**3/17/03 – Shamrock 8K**

Len Edholm 40:40

**3/30/03 – Santa Cruz Half Mar**

Jonathan Lee 1:37:26

**3/30/03 - Run for Zimbabwe Orphans – One Mile**

Kevin Murphy 5:25

Kevin finished second in the 7<sup>th</sup> and 8<sup>th</sup> grade division.

**4/6/03 – The Great Race – 4.0M**

Lenin Zapata	20:59	3 <sup>rd</sup> -19+
Jim Angelopoulos	22:25	2 <sup>nd</sup> -40+
Scott Bang	22:38	5 <sup>th</sup> -30+
Al Murray	22:51	3 <sup>rd</sup> -40+
Jim Bordoni	22:51	1 <sup>st</sup> -50+
Gil Florez	23:15	6 <sup>th</sup> -40+
McKayla Plank	23:59	1 <sup>st</sup> -14+
Dimitrios Stefanidis	25:27	
Sue Francis	26:49	1 <sup>st</sup> -50+
Rich Hahn	26:59	
Norm Saucedo	27:05	2 <sup>nd</sup> -60+
Liz Nast	27:14*	5 <sup>th</sup> -40+
Rob Nast	27:14*	
Katie Nast	27:14*	1 <sup>st</sup> - 2+
Kelly Emo	27:58	5 <sup>th</sup> -30+
John Peterson	29:50	6 <sup>th</sup> -60+
Chris Cassell	30:08	
Pauline Beatty	30:26	
Bill Flodberg	31:14	
Dan Duston	33:12	
Stan DeMartines	41:57	1 <sup>st</sup> -80+
Dave McIntyre	48:38	
Michelle McIntyre	48:38	

\* Co mpetes for the Aggies.

**4/12/03 – Corralitos Sausage Co Duathlon**

Georgia Riley 1:27 1<sup>st</sup>-55+

**4/13/03 – HP 10K**

Dan Sauers	35:55	1st-50+
Dave Piazza	36:45	
Jorn Jensen	36:50	
Al Murray	36:51	
Gil Flores	37:23	
Bill Dunn	37:41	
Jeff Rohrer	38:11	
Dwight Cornwell	38:18	3rd-55+
Dan Anderson	38:24	
Becki Kriege	38:27	
Missy Sudan	38:45	
Jim Bordoni	38:47	
Gary Waggoner	39:28	
Jonathan Lee	40:29	
Joe Hurtado	41:53	
Bob Schmitt	42:08	
Dimitr Stefanidis	42:13	
Norry McAllister	42:57	
Chris Baker	42:58	
Marian Richard	43:12	4 <sup>th</sup> -40+
Sue Fancis	43:15	3 <sup>rd</sup> -50+
Helen Wong	44:53	
Norm Saucedo	45:35	4 <sup>th</sup> -65+

Bob Pickens	46:02	
Chris Cassell	49:44	
Pauline Beatty	50:25	
Chris Hallen	53:19	
Elaine Erickson	53:32	
Georgia Riley	53:39	3 <sup>rd</sup> -55+
Dan Duston	54:08	
Ann Loree	55:01	
Eddie Reyna	55:43	2 <sup>nd</sup> -70+
Joyce Friedlandr	72:20	3 <sup>rd</sup> -65+
Stan Demartinis	72:36	1 <sup>st</sup> -80+
Jack Friedlander	77:07	2 <sup>nd</sup> -80+

Our 40+ men finished 5th, our 50+ men finished 2nd, our 60+ men finished 2nd, our 70+ men finished 2nd, our 40+ women finished 5th, our 50+ women finished 3rd, and our open women were one short of having a complete team.

**4/13/03 – HP10K Kids Mile**

Alison Rohrer	10:39
Heather Rohrer	12:12
Jackie Rohrer	13:24

**4/19/03 – Ruth Anderson 100K**

3 Cecil Baumgartner 10:53:48

**4/19/03 – Ruth Anderon 50K**

3 Todd Hayes 4:09:03

**4/21/03 - Boston Marathon**

Bob Schmitt 3:53:36

**4/27/03 – Big Sur 5K**

Lenin Zapata	16:06	4th-19+
Scott Bang	17:47	5th-35+
Al Murray	18:02	4th-45+
Jim Bordoni	18:07	3rd-50+
Jeff Rohrer	18:28	
Bill Dunn	18:40	2nd-55+
Joe Hurtado	20:54	2nd-60+
Marian Richard	21:04	4th-40+
Dick Chimenti	21:04	4th-60+
Rich Hahn	21:29	
Sue Francis	21:32	2nd-50+
Jose Casillas	22:04	
Pauline Beatty	24:01	3rd-45+
Luis Casillas	24:02	
Dena Noble	24:56	
Georgia Riley	24:56	3rd-60+
Elaine Erickson	25:04	4th-60+
Chris Hallen	26:14	
Glynn Wood	26:39	
Eddie Reyna	27:34	3rd-70+
Mark Winitz	28:39	4th-40+
Diane Bordoni	29:21	3rd-50+
		4th-65+



Our open men finished 4<sup>th</sup>, our 40+ women won \$150 by finishing 1<sup>st</sup>, our 50+ men finished 2<sup>nd</sup>, our 50+ women finished 3<sup>rd</sup>, and our 60+ men finished 3<sup>rd</sup>.

**5/10/03 – Quicksilver 50M**

7 Todd Hayes 8:39:21 1<sup>st</sup>-50+  
16 Cecil Baumgartner 9:19:15 4<sup>th</sup>-40+

**5/11/03 – Zipp's 5K**

**Men**

Andy Lief 17:01  
Scott Bang 17:06  
Al Murray 17:28  
Jim Bordoni 17:44 2nd-50+  
Jeff Rohrer 18:22  
Gary Waggoner 18:31  
Bill Dunn 18:32 3rd-55+  
Ron Kiyono 18:50 5th-55+  
Dick Chimenti 19:39 2nd-60+  
Jake Roberts 19:44  
Bob Schmitt 20:18 4th-60+  
Joe Hurtado 20:29 5th-60+

Rich Hahn 20:53  
Norm Saucedo 21:00  
Dave McIntyre 21:10  
Jake White 21:58  
Ed Reyna 26:42  
Mark Winitz 26:59

**Women**

Marian Richard 20:35 5th-40+  
Sue Francis 20:58  
Georgia Riley 24:54  
Marcia Morrison 26:58

Our open men finished 7<sup>th</sup>, our 40+ men finished 6th, our 50+ men finished 3rd, our 60+ men finished 2nd, and our 50+ women finished 3rd.

**5/18/03 - San Carlos 5K**

Rich Hahn 20:46 4th-40+  
Sue Francis 20:53 1st-50+  
Rich Stiller 21:08 3rd-50+  
Kelly Emo 21:39 1st-30+

**5/25/03 – Pacific Sun 10K**

Al Murray 36:10 3rd-45+  
Jim Bordoni 36:55 3rd-50+  
Gil Flores 37:09  
Bill Dunn 37:33 2nd-55+  
Jeff Rohrer 37:47  
Missy Sudan 38:29  
Ron Kiyono 38:58 5th-55+  
Johanna Wans 39:24 4th-19+  
Becki Kriege 40:15  
Dick Chimenti 40:46 2nd-60+  
Bob Schmitt 41:01 4th-60+  
Joe Hurtado 42:06 5th-60+  
Marian Richard 42:29  
Dave Norlander 44:04  
Kelly Emo 45:09  
John Pickens 50:27  
Eddie Reyna 56:12 3rd-70+  
Joyce Friedlander 70:14 3rd-65+

**FINAL 2002 CUMULATIVE SATURDAY STANDINGS**

Elite Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Pickens,Bob	0:14:21	0:33:46	0:17:39	0:37:22	0:18:58	0:33:52	0:26:23	0:35:16	0:28:49	0:37:31	0:32:04	0:33:54	2:18:14
Bang,Scott	0:15:22	0:36:10	0:16:57	0:35:53	0:20:07	0:35:55	0:28:15	0:37:46	0:27:58	0:36:25	0:34:14	0:36:11	2:22:53
Bordoni,Jim	0:15:48	0:37:11	0:17:21	0:36:44	0:20:30	0:36:36	0:27:35	0:36:53	0:28:10	0:36:41	0:35:17	0:37:18	2:24:41
Saucedo,Christian	0:15:55	0:37:28	0:17:20	0:36:41	0:21:12	0:37:51	0:28:23	0:37:57	0:28:39	0:37:18	0:35:49	0:37:52	2:27:18
Russell,Ray	0:16:11	0:38:05	0:17:17	0:36:35	0:20:47	0:37:07	0:29:46	0:39:48	0:29:12	0:38:01	0:35:36	0:37:38	2:28:49
Kriege,Becki	0:16:46	0:39:28	0:18:07	0:38:21	0:21:17	0:38:00	0:28:29	0:38:05	0:29:24	0:38:17	0:36:22	0:38:27	2:30:25
Gerhardt,Floyd	0:16:05	0:37:51	0:18:14	0:38:36	0:21:21	0:38:07	0:28:15	0:37:46	0:29:15	0:38:05	0:40:53	0:43:13	2:34:03
Spink,Katy	0:16:46	0:39:28	0:17:58	0:38:02	0:21:46	0:38:52	0:28:59	0:38:45	0:28:57	0:37:42	0:40:53	0:43:13	2:35:19
Cassell,Chris	0:20:38	0:48:34	0:22:58	0:48:37	0:27:09	0:48:29	0:35:49	0:47:53	0:37:19	0:48:35	0:45:08	0:47:43	3:09:01
Adams,Tenaya	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:35:55	0:37:58	0:00:00
Aubuchon,Joseph	0:15:38	0:36:48	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Fergus,Dave	0:18:01	0:42:24	0:00:00	0:00:00	0:00:00	0:00:00	0:31:38	0:42:17	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Hegglund,Mike	0:00:00	0:00:00	0:00:00	0:00:00	0:21:03	0:37:35	0:30:35	0:40:53	0:00:00	0:00:00	0:34:35	0:36:33	0:00:00
Lief,Andy	0:00:00	0:00:00	0:16:47	0:35:32	0:00:00	0:00:00	0:00:00	0:00:00	0:26:59	0:35:08	0:00:00	0:00:00	0:00:00
Piazza,Dave	0:15:30	0:36:29	0:00:00	0:00:00	0:00:00	0:00:00	0:27:52	0:37:15	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Rohrer,Jeff	0:15:45	0:37:04	0:17:22	0:36:46	0:00:00	0:00:00	0:00:00	0:00:00	0:33:15	0:43:18	0:00:00	0:00:00	0:00:00

A Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Hayes,Todd	0:17:13	0:40:31	0:18:04	0:38:15	0:21:32	0:38:27	0:28:12	0:37:42	0:28:27	0:37:03	0:36:18	0:38:22	2:29:46
Murray,Al	0:17:06	0:40:15	0:17:47	0:37:39	0:21:57	0:39:12	0:28:26	0:38:01	0:28:49	0:37:31	0:36:31	0:38:36	2:30:36
Mathias,Kristina	0:16:24	0:38:36	0:17:48	0:37:41	0:21:04	0:37:37	0:29:12	0:39:02	0:30:12	0:39:19	0:37:50	0:40:00	2:32:30
Moon,Danny	0:16:48	0:39:32	0:18:41	0:39:33	0:22:42	0:40:32	0:30:16	0:40:28	0:30:43	0:40:00	0:37:43	0:39:52	2:36:53
Chimenti,Dick	0:17:02	0:40:05	0:19:30	0:41:17	0:22:24	0:40:00	0:29:50	0:39:53	0:30:32	0:39:45	0:37:45	0:39:54	2:37:03
Warfel,Tom	0:17:42	0:41:40	0:19:42	0:41:42	0:24:09	0:43:07	0:31:12	0:41:43	0:32:06	0:41:48	0:39:42	0:41:58	2:44:33
Sudan,Missy	0:18:47	0:44:13	0:19:43	0:41:44	0:23:14	0:41:29	0:30:32	0:40:49	0:31:30	0:41:01	0:47:01	0:49:42	2:50:47
Baker,Chris	0:00:00	0:00:00	0:19:19	0:40:53	0:23:44	0:42:23	0:31:21	0:41:55	0:31:43	0:41:18	0:00:00	0:00:00	0:00:00
Butterfield,Nick	0:00:00	0:00:00	0:19:42	0:41:42	0:00:00	0:00:00	0:31:09	0:41:39	0:31:49	0:41:26	0:38:47	0:41:00	0:00:00



Casillas,Jose	0:00:00	0:00:00	0:19:56	0:42:12	0:23:59	0:42:50	0:34:31	0:46:09	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Dunn,Bill	0:16:07	0:37:56	0:17:46	0:37:36	0:24:07	0:43:04	0:00:00	0:00:00	0:29:00	0:37:46	0:36:26	0:38:31	0:00:00
Gerhardt,Amanda	0:00:00	0:00:00	0:19:51	0:42:01	0:24:59	0:44:37	0:31:18	0:41:51	0:00:00	0:00:00	0:41:43	0:44:06	0:00:00
Hovancik,Stephan	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:30:01	0:40:08	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Isaacson,Mark	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:31:37	0:42:16	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kurasch,Steve	0:00:00	0:00:00	0:19:08	0:40:30	0:00:00	0:00:00	0:00:00	0:00:00	0:31:31	0:41:02	0:00:00	0:00:00	0:00:00
Lee,Jonathan	0:00:00	0:00:00	0:19:23	0:41:02	0:23:55	0:42:43	0:00:00	0:00:00	0:32:24	0:42:11	0:39:39	0:41:55	0:00:00
Stefanidis,Dimitrios	0:00:00	0:00:00	0:29:49	1:03:07	0:24:31	0:43:47	0:00:00	0:00:00	0:38:36	0:50:16	0:00:00	0:00:00	0:00:00
Zelinski,Danielle	0:00:00	0:00:00	0:00:00	0:00:00	0:24:11	0:43:11	0:31:48	0:42:31	0:00:00	0:00:00	0:43:17	0:45:45	0:00:00
<b>B Div</b>	<b>DOUGLASS</b>	<b>VALLE VISTA</b>	<b>FARWELL</b>	<b>FARWEL HERR</b>	<b>TRIANGLE</b>	<b>SHORT SIX</b>	<b>TOTAL</b>						
Schmitt,Bob	0:18:13	0:42:53	0:20:14	0:42:50	0:23:51	0:42:35	0:31:36	0:42:15	0:32:00	0:41:40	0:38:50	0:41:03	2:44:44
Baumgartner,Cecil	0:19:19	0:45:28	0:19:50	0:41:59	0:23:49	0:42:32	0:32:54	0:43:59	0:32:51	0:42:46	0:40:43	0:43:02	2:49:26
McIntyre,Dave	0:18:10	0:42:45	0:20:27	0:43:17	0:24:26	0:43:38	0:31:53	0:42:37	0:34:11	0:44:31	0:40:19	0:42:37	2:49:26
Rostege,Tim	0:18:11	0:42:48	0:20:25	0:43:13	0:25:04	0:44:46	0:32:46	0:43:48	0:32:47	0:42:41	0:41:21	0:43:43	2:50:34
Hahn,Rich	0:18:10	0:42:45	0:21:54	0:46:21	0:24:43	0:44:08	0:31:47	0:42:29	0:33:13	0:43:15	0:40:48	0:43:08	2:50:35
Hurtado,Joe	0:18:26	0:43:23	0:21:14	0:44:57	0:24:59	0:44:37	0:32:33	0:43:31	0:32:44	0:42:37	0:41:06	0:43:27	2:51:02
Norlander,Dave	0:18:37	0:43:49	0:20:24	0:43:11	0:25:30	0:45:32	0:32:10	0:43:00	0:33:50	0:44:03	0:42:22	0:44:47	2:52:53
Francis,Sue	0:18:46	0:44:10	0:20:17	0:23:53	0:23:53	0:42:39	0:32:53	0:43:58	0:34:14	0:44:34	0:44:38	0:47:11	2:54:41
Emo,Kelly	0:18:54	0:44:29	0:21:21	0:45:12	0:25:49	0:46:06	0:32:14	0:43:06	0:35:42	0:46:29	0:42:58	0:45:25	2:56:58
Peterson,John	0:19:42	0:46:22	0:21:43	0:45:58	0:27:02	0:48:16	0:34:45	0:46:27	0:37:04	0:48:16	0:45:01	0:47:35	3:05:17
Stiller,Rich	0:17:54	0:42:08	0:19:45	0:41:48	0:29:17	0:52:18	0:35:09	0:47:00	0:41:43	0:54:19	0:42:38	0:45:04	3:06:26
Boyle,Brian	0:00:00	0:00:00	0:22:10	0:46:55	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Browne,Bob	0:00:00	0:00:00	0:20:51	0:44:08	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kananen,Rick	0:00:00	0:00:00	0:24:43	0:52:19	0:24:26	0:43:38	0:31:58	0:42:44	0:33:50	0:44:03	0:44:56	0:47:30	0:00:00
Nast,Liz	0:18:14	0:42:55	0:20:14	0:42:50	0:00:00	0:00:00	0:32:09	0:42:59	0:32:18	0:42:03	0:00:00	0:00:00	0:00:00
Salinas,Robert	0:00:00	0:00:00	0:00:00	0:00:00	0:25:19	0:45:13	0:00:00	0:00:00	0:39:02	0:50:49	0:00:00	0:00:00	0:00:00
<b>C Div.</b>	<b>DOUGLASS</b>	<b>VALLE VISTA</b>	<b>FARWELL</b>	<b>FARWEL HERR</b>	<b>TRIANGLE</b>	<b>SHORT SIX</b>	<b>TOTAL</b>						
Myers,Jim	0:19:37	0:46:10	0:20:58	0:44:23	0:25:04	0:44:46	0:33:20	0:44:34	0:35:10	0:45:47	0:42:08	0:44:32	2:56:17
Packwood,Don	0:19:10	0:45:07	0:21:21	0:45:12	0:25:59	0:46:24	0:34:08	0:45:38	0:35:06	0:45:42	0:42:48	0:45:15	2:58:32
Wong,Helen	0:19:20	0:45:30	0:22:18	0:47:12	0:27:40	0:49:24	0:36:55	0:49:21	0:34:42	0:45:11	0:44:14	0:46:45	3:05:09
Noel,Ken	0:19:42	0:46:22	0:22:04	0:46:43	0:25:36	0:45:43	0:34:40	0:46:21	0:35:24	0:46:06	0:52:34	0:55:34	3:10:00
Armstrong,Paul	0:00:00	0:00:00	0:22:22	0:47:21	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Bedolla,Jeff	0:00:00	0:00:00	0:21:56	0:46:26	0:25:50	0:46:08	0:00:00	0:00:00	0:00:00	0:00:00	0:43:26	0:45:55	0:00:00
Castillo,Fely	0:22:19	0:52:32	0:22:21	0:47:19	0:27:33	0:49:12	0:00:00	0:00:00	0:39:58	0:52:02	0:00:00	0:00:00	0:00:00
Corrick,Mike	0:19:21	0:45:33	0:21:39	0:45:50	0:00:00	0:00:00	0:35:41	0:47:42	0:34:48	0:45:19	0:00:00	0:00:00	0:00:00
Dugdale,Don	0:00:00	0:00:00	0:00:00	0:00:00	0:27:15	0:48:40	0:36:09	0:48:20	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Gavin,Ed	0:19:13	0:45:14	0:21:44	0:46:00	0:25:05	0:44:47	0:37:38	0:50:19	0:36:15	0:47:12	0:00:00	0:00:00	0:00:00
Low,Brian	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:40:48	0:53:08	0:00:00	0:00:00	0:00:00
Mirza,Ash	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:36:31	0:48:49	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Saucedo,Norm	0:21:03	0:49:33	0:00:00	0:00:00	0:24:23	0:43:32	0:32:34	0:43:32	0:33:57	0:44:12	0:42:18	0:44:43	0:00:00
White,Jake	0:20:31	0:48:17	0:21:23	0:45:16	0:25:45	0:45:59	0:35:08	0:46:58	0:00:00	0:00:00	0:42:38	0:45:04	0:00:00
Zades,Tom	0:21:00	0:49:26	0:23:26	0:49:36	0:00:00	0:00:00	0:36:57	0:49:24	0:36:23	0:47:22	0:44:24	0:46:56	0:00:00
<b>D Div.</b>	<b>DOUGLASS</b>	<b>VALLE VISTA</b>	<b>FARWELL</b>	<b>FARWEL HERR</b>	<b>TRIANGLE</b>	<b>SHORT SIX</b>	<b>TOTAL</b>						
VanZant,Walt	0:20:09	0:47:26	0:22:52	0:48:24	0:28:11	0:50:20	0:37:12	0:49:44	0:36:57	0:48:07	0:47:53	0:50:37	3:13:14
Noble,Dena	0:20:40	0:48:39	0:23:07	0:48:56	0:27:07	0:48:25	0:37:48	0:50:32	0:38:02	0:49:31	0:48:42	0:51:29	3:15:26
Beatty,Pauline	0:21:20	0:50:13	0:22:57	0:48:35	0:27:39	0:49:22	0:38:02	0:50:51	0:39:20	0:51:13	0:49:37	0:52:27	3:18:55
Collins,Rich	0:22:52	0:53:49	0:00:00	0:00:00	0:28:27	0:50:48	0:43:08	0:57:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Erickson,Elaine	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:47:06	0:49:47	0:00:00
Flodberg,Bill	0:00:00	0:00:00	0:23:45	0:50:16	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:46:03	0:48:41	0:00:00
Hallen,Chris	0:22:52	0:53:49	0:00:00	0:00:00	0:00:00	0:00:00	0:41:11	0:55:03	0:45:17	0:58:58	0:48:58	0:51:46	0:00:00
Harris,Ruth	0:00:00	0:00:00	0:24:16	0:51:22	0:00:00	0:00:00	0:00:00	0:00:00	0:45:17	0:58:58	0:00:00	0:00:00	0:00:00
Murphy,Tom	0:00:00	0:00:00	0:00:00	0:00:00	0:27:02	0:48:16	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Pickens,John	0:22:02	0:51:52	0:00:00	0:00:00	0:31:42	0:56:36	0:00:00	0:00:00	0:40:46	0:53:05	0:00:00	0:00:00	0:00:00
Winitz,Mark	0:00:00	0:00:00	0:00:00	0:00:00	0:30:24	0:54:17	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00



<b>E Div.</b>	<b>DOUGLASS</b>	<b>VALLE VISTA</b>	<b>FARWELL</b>	<b>FARWEL HERR</b>	<b>TRIANGLE</b>	<b>SHORT SIX</b>	<b>TOTAL</b>
Wurm,Jim	0:22:30 0:52:57	0:25:28 0:53:54	0:30:51 0:55:05	0:00:00 0:00:00	0:41:19 0:53:48	1:01:01 1:04:30	0:00:00
Riley,Georgia	0:22:07 0:52:03	0:24:49 0:52:32	0:29:47 0:53:11	0:38:30 0:51:28	0:39:12 0:51:03	0:49:36 0:52:26	3:24:01
Napier,Ken	0:22:26 0:52:48	0:24:49 0:52:32	0:28:39 0:51:10	0:38:48 0:51:52	0:39:32 0:51:29	0:51:20 0:54:16	3:25:34
McPhail,Annette	0:23:19 0:54:53	0:25:58 0:54:58	0:30:20 0:54:10	0:40:58 0:54:46	0:43:30 0:56:38	0:52:25 0:55:25	3:36:30
Moon,Madelyn	0:24:36 0:57:54	0:27:08 0:57:26	0:32:55 0:58:47	0:46:25 1:02:03	0:45:10 0:58:49	0:57:23 1:00:40	3:53:37
DeMartinis,Stan	0:30:02 1:10:41	0:33:27 1:10:48	0:39:54 1:11:15	0:55:04 1:13:37	0:57:55 1:15:25	1:06:10 1:09:57	4:42:32
Ettare,Antonina	0:21:56 0:51:37	0:25:08 0:53:12	0:00:00 0:00:00	0:36:58 0:49:25	0:38:33 0:50:12	0:55:11 0:58:20	0:00:00
Kinsch,Terri	0:24:38 0:57:59	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:45:00 0:58:36	0:00:00 0:00:00	0:00:00
Legregni,Linda	0:25:19 0:59:35	0:00:00 0:00:00	0:35:44 1:03:49	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
McCarten,Dave	0:25:48 1:00:43	0:28:04 0:59:25	0:38:28 1:08:41	0:00:00 0:00:00	0:00:00 0:00:00	1:02:14 1:05:47	0:00:00
Morrison,Marcia	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:45:08 1:00:20	0:43:47 0:57:01	0:00:00 0:00:00	0:00:00
Powers,Howard	0:00:00 0:00:00	0:27:57 0:59:10	0:33:55 1:00:34	0:44:17 0:59:12	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Reyna,Eddie	0:23:04 0:54:17	0:00:00 0:00:00	0:35:25 1:03:15	0:00:00 0:00:00	0:40:43 0:53:01	0:00:00 0:00:00	0:00:00
Root,Betty	0:25:04 0:59:00	0:28:07 0:59:31	0:40:35 1:12:28	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00