



WVJS



VOL XXXIV-#2 WEST VALLEY JOGGERS & STRIDERS May 2005

Saturday Workouts

06/04/05 Short Six (5.74 miles)	08/06/05 12 x 600 Relay
06/11/05 All Courses Day	08/13/05 One Mile on the Track
06/18/05 16 x 300 Relay	08/20/05 Farwell (3.54 miles)
06/25/05 Valle Vista (3.0 miles)	08/27/05 Annual Handicap Race
07/02/05 One Mile on the Track	09/03/05 36 x 200 Relay
07/09/05 Triangle Run (4.76 miles)	09/10/05 Short Six (5.74 miles)
07/16/05 Dou/Sar/Frtvle (2.75 miles)	09/17/05 4 x 1.46-Mile WVC Loop Relay
07/23/05 5K on the Track	09/24/05 18 x 0.33-Mile Tennis Court Loop Relay
07/30/05 Farwell/Herriman (4.68 miles)	10/01/05 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 track.

Upcoming Races

PA-USATF Championships

05/30/05 Pacific Sun 10K (1.0)
06/25/05 Shriner's 8K (1.0)
07/10/05 Fleet Feet Davis Mile (1.0)
09/18/05 Jamba Juice 5K (2.0)
09/25/05 Heritage Oaks 10K (2.0)
10/16/05 Humboldt Half Mar (1.5)
11/13/05 Clarksburg 30K (2.0)
12/04/05 Cal Intl Marathon (?)
12/11/05 Christmas Relays (?)

Racer of the Year

Fastest Farwell Time
Cumulative Saturday Races
Fastest Marathon
Fastest of 2 Designated Track Miles
Fastest of 2 Designated Track 5Ks
The following USATF Races – Fleet Feet Mile,
Jamba 5K, Her.Oaks 10K, Half Mar,
30K
08/07/05 Alameda 10K
08/13/05 Dammit Run – 5M
10/30/05 Hollister Mile

Other Popular Races

06/19/05 Holy City Race-9.1M
06/26/05 Run For The Law 5K/10K
07/04/05 Morgan Hill 5K
07/10/05 Jungle Run 10K/Half Mar
07/24/05 Wharf to Wharf
07/31/05 SF Marathon
08/28/05 Mt.Madonna 12K
09/25/05 Trailblazer 5K/10K

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:30 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.

2005 PA/USATF Grand Prix

Open Men

Our open men's team is currently in 7th place. Jake Roberts is our team captain.

Open Women

Our open women's team is currently in 5th place. Becki Kriege and Johanna Wans are in 16th and 18th places in the short race division and Johanna is in 2nd place and Becki in 6th in the long race division. Becki is the team captain.

40+ Men

We are currently in 5th place. Bob Pickens is in 4th place, Mike Kriege is in 20th place, and Brian Davis is in 24th place in the short race division and Bob is in 8th place in the long race division. Al Murray is our 40+ team captain.

40+ Women

We are currently in 6th place. Marian Richard is in 14th place in the long race division. Kelly Emo is the team captain.

50+ Men

We are currently in second place. Jim Bordoni is in 9th place, Bill Dunn is in 11th place, Ron Kiyono is in 14th place, and Mark Goldman is in 18th place in the short race division. Dan Anderson is in 4th place, Jim Bordoni is in 6th place, Ron Kiyono is in 10th place, Dennis Kurtis is in 20th place, and Neil Gelblum is in 23rd place in the long race division. Jim is our 50+ team captain.

50+ Women

We have not been able to field a complete team in any race so far this year. Kat Powell is in 14th place in the short race



division and 15th place in the long race division. Kat is our team captain.

and Bob Schmitt is in 7th place in the long race division. Joe is the team captain.

60+ Men

We are currently in first place. Joe Hurtado is in 5th place, Bob Schmitt is in 6th place, Dick Chimenti is in 8th place, Tim Rostege is in 17th place, Dave Norlander is in 19th place, John Peterson is in 21st place, and Rich Stiller is in 25th place in the short race division. Joe Hurtado is in 3rd place

70+ Men

We are currently in first place. Ed Singleton, Eddie Reyna, Bill Floodberg, and Glynn Wood are in 1st, 2nd, 4th, and 6th places in the short race division. Bill Flodberg, Ed Singleton, and Eddie Reyna are in 1st, 7th, and 8th places in the long race division. Bill is the team captain.

Miscellaneous Drivel

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.

Brian Davis turns 50 in September and become one of the better 50+ runners at that time.

Norm Saucedo will be retiring from his law practice sometime during the next few months.

McKayla Plank finally accomplished her goal of breaking the 5-minute mile. She is hoping to do well in the 2 mile at the CCS meet and the State meet.

Tim Riley, who now has an artificial hip, has begun running with us again after many months of rehabilitation.

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

Condolences to Joe Beyers and Dave Valles, who both lost their wives during the past few months. Janet Beyers (50+) died of a heart attack while riding her bike with Joe. Rose Valles died while undergoing open heart surgery.

2005 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.

2005 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 19 designated events. The top finisher in each division for each event received 25 points, the second finisher received 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. The standings to date for 2005 for all who scored in three or more races are as follows:.



Elite Division

Bob Pickens (8)	200
Mike Kriege (7)	169
Jim Bordoni(7)	167
Scott Bang (5)	112
Brian Davis (4)	92
Mike Kolesnik (4)	85
Mike Smith (4)	82
Andy Williams (3)	68
Dave Piazza (3)	67

A Division

Jeff Rohrer (8)	198
Becki Kriege(7)	166
Al Murray (6)	143
Mark Isaacson (6)	125
Bill Dunn (5)	115
Johanna Wans (4)	88
Amanda Gerhardt (4)	82
Ron Kiyono (4)	82
Neil Gelblum (3)	61
Danny Moon (3)	61

B Division

Bob Schmitt (8)	188
Joe Hurtado (8)	184
Kelly Em1677)	163
Tom O'Connor (5)	124
Aaron Lee (5)	120
Mark Goldman (4)	98
Dick Chimenti (4)	88
Dino Delyani (4)	87
Jeff Bedolla (4)	85
Carol Mendoza (4)	82
Liz Nast (3)	63

C Division

Dave McIntyre (6)	149
Dave Norlander (5)	122
Rich Hahn (4)	97
Rich Stiller (3)	70
Chris Cassell (3)	64

D Division

Kat Powell (8)	187
Tom Zades (8)	183
Tim Rostege (7)	174
John Peterson (7)	172

E Division

Bill Flodberg (5)	125
Eddie Reyna (4)	96
Chris Blue (3)	73
Ed Singleton (3)	72
Tim Riley (3)	69
Betty Root (3)	63

LOS GATOS 2005 WINTER ALL-COMER TRACK MEETS

(As per Jim Bordoni)

	WINTER							
	'05 Best	Jan. 15	Jan.22	Jan. 29	Feb. 5	Feb. 12	Feb. 19	Feb. 26
60 METERS								
Chris Cassell	9.52					9.52		
Marie-Claire Guidoux	10.01	10.01	10.35	10.10				
100 METERS								
Chris Cassell	14.98					14.98		
Charley Clarke	15.42				15.42			
Marie-Claire Guidoux	15.77	16.17	16.64	15.77				
200 METERS								
Mark Pasos	25.77			25.77	26.01			
Chris Cassell	31.83					31.83		
Mike Kolsnik	33.17				33.17			
Marie-Claire Guidoux	33.50	33.50		34.75				
400 METERS								
Mark Pasos	58.67			58.72	58.67			
Slim Pickens	60.38		60.63	61.00	61.62	60.38	60.5h	
Hank Lawson	67.0r		67.0r					
Danielle Zelinski	67.0r							67.0r
Mike Kolsnik	72.98				72.98			
Marie-Claire Guidoux	77.11		77.11	77.17				
800 METERS								
Bob Toney	2.19.35	2.19.35						
Slim Pickens	2.20.0h						2.20.0h	
Rob Nast	2.22.05	2.22.05						
Danielle Zelinski	2.27.53		2.27.53			2.30.75		
Charley Clarke	2.53.43				2.53.43			
Marie-Claire Guidoux	3.28.0h						3.28.0h	
1500 METERS								
Rob Nast	4.36.49							4.36.49
MILE								
Nick Fill	4.27.03						4.27.03	
Slim Pickens	4.42.0h		5.08.35	4.56.53	4.48.78	5.06.43	5.18.0h	4.42.0h



Rob Nast	4.58.47	5.11.15	5.04.51	4.58.47	5.07.16
Jim Bordoni	5.08.01				5.08.01
Jeff Rohrer	5.13.03			5.13.03	
Danielle Zelinski	5.31.60	5.31.60			
Hank Lawson	5.20.32		5.20.32		5.31.00

2-MILE

Jeff Rohrer	11.18.46			11.18.46	
Jim Bordoni	11.21.93	11.43.92		11.21.93	
Hank Lawson	12.08.95	12.08.95			
Danielle Zelinski	12.22.04	12.22.04			
Jake White	14.44.82	14.44.82			

5000 METERS

Danelle Zelinski	18.43.62				18.43.62
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NOTES: FinishLynx system not used 2/19/05 due to heavy rain. Feb. 19 & 26 results courtesy of Bob Pickens.

SATURDAY WORKOUT RESULTS

1/29/05 – 5K on the Track

1	Mike Kriege	17:11
2	Bob Pickens	17:12
3	Dennis Kurtis	17:22
4	Scott Bang	17:33
5	Jake Roberts	17:43
6	Jeff Rohrer	17:44
7	Becki Kriege	17:45
8	Andy Williams	17:51
9	Mike Toney	17:52
10	Jim Bordoni	18:12
11	Hank Lawson	18:17
12	Mark Isaacson	18:52
13	Neil Gelblum	19:36
14	Dino Delyani	19:50
15	Mark Goldman	20:03
16	Todd Hayes	20:28
17	Danny Moon	20:32 PW
18	Christina Wilk	20:36
19	Joe Hurtado	20:38
20	Liz Nast	20:40
21	Jeff Bedolla	21:04
22	Bob Schmitt	21:25
23	Keith Corbin	21:30
24	John Peterson	21:35
25	Dave McIntyre	21:54
26	Kelly Emo	21:58
27	Tim Rostege	22:15
28	Missy Sudan	22:34
29	Dave Norlander	22:37
30	Norm Saucedo	23:17
31	Chris Cassell	23:41
32	Kat Powell	24:56
33	Tom Zades	24:57
34	Dena Noble	25:12
35	Rick Kananen	27:03
36	Don Packwood	27.10
37	Stan DeMartinis	DNF

Dick Barrett Trophy Winner –Dennis Kurtis

This was a perfect day for a 5K on the track – a bright, sunny sky with a cool temperature. Mike Kriege and Bob Pickens led most of the way with Mike getting the edge at the finish. Jake Roberts suggested to Becki on the starting line that she, himself, and others run as a group but Becki declined with the comment that it's "every man for himself." So, Jake took off fast and ran with the leaders for the first couple of laps before falling back. Dennis Kurtis ran a good race and was the first 50+ finisher. Becki Kriege, who led the ladies, also ran a great race, missing her PR by 30 seconds, which she set 17 years ago while in college. 82-year-old Stan DeMartinis made a good effort to run an entire 5K but had to drop out with 7 laps to go. Tom Zades lost to Kat by one second but did beat his arch rival, Dena, for the 2nd time this year in 2 tries. However, Dena insisted that Tom should be tested for drugs as one of her friends had seen him hanging around the Balco lab. Further, she noted that she will soon begin training and that Tom's victories will soon become aberrations in their racing history. We had many timers for this event, including Dimitrios Stefanidis, Don Packwood, Tom O'Connor, Tom Warfel, and Madelyn Moon.

1	McPhail/Bedolla	1:30	39:13
2	Packwood/Hurtado	1:00	39:16
3	O'Connor/Kurtis	9:30	39:35
4	Noel/Saucedo	-0-	40:17
5	Blue/Wong	2:15	40:53
6	Schmitt/Lee	8:00	41:00
7	M.Moon/D.Moon	:45	41:08
8	Park/DeMartinis	-0-	41:14
9	Noble/Zades	2:15	42:40
10	McIntyre/R,Sudan	5:00	43:19
11	Root/Norlander	:30	44:12

Dick Barrett Trophy Winner – Annette McPhail

Joe Hurtado started 1.6 seconds behind Jeff Bedolla on the final lap and finished 2.4 seconds behind Jeff as these teams came from 2nd and 3rd places to finish first and second. Stan DeMartinis started the last lap with the lead and held it until the swimming pool (less than a quarter mile from the finish) before Jeff and Joe passed him. Danny Moon passed the staggering Stan 30 yards from the finish with a big sprint to push Stan into 8th place. Dennis Kurtis had the best average at 3:35.8. Helen Wong led the ladies at 4:30.0. Bob Schmitt showed signs of recovering his conditioning after his recent hernia surgery as he averaged 4:15.3 per run. Tom Zades, after two spectacular performances, was given the honor of running with Dena Noble. He couldn't handle the pressure and tanked with 5:12 and 5:16 on his last two runs. Don Packwood should have been given an Oscar for his performance. He claimed that he would run about 23:20

2/5/05 – 8 x 0.66M Tennis Court Loop

Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
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for the workout, cried for 10 minutes when told that he would be rated at 23:00, and then ran 21:08. Dave McIntyre loafed in preparation for his half marathon race tomorrow. Michael Park improved 61 seconds on his time for this workout in November. It was nice to see Jim Myers for the first time in quite a while. And, he even brought along his twin stomach.

2/12/05-Farwell/Herriman-4.68M

1	Mike Kriege	27:00	
2	Jeff Rohrer	27:51	
3	Slim Pickens	27:52	
4	Becki Kriege	28:34	
5	Stephanie Bambury	30:19	
6	Todd Hayes	30:29	
7	Dino Delyani	31:20	
8	Bob Schmitt	31:55	
9	Mark Goldman	32:15	
10	Keith Corbin	32:39	PR
11	Dave McIntyre	32:44	
12	Jeff Bedolla	32:57	PR
13	Joe Hurtado	33:07	
14	Tim Rostege	33:19	
15	Danny Moon	33:36	
16	John Peterson	33:39	PR
17	Missy Sudan	36:00	
18	Dave Norlander	36:14	
19	Dena Noble	39:22	
20	Scott Tuurie	39:52	
21	John Pickens	40:34	
22	Uyenthis Tran	43:07	
23	Aaron Lee	43:09	
24	Kat Powell	43:40	
25	Jim Myers	43:52	
25	Ken Noel	43:52	
27	Walt Van Zant	45:00	
28	Don Packwood	47:07	
28	Rich Stiller	47:07	
30	Madelyn Moon	48:43	
31	Betty Root	50:12	

Dick Barrett Trophy Winner – Jeff Rohrer

Mike Kriege ran with Jeff Rohrer and Slim Pickens for the first 2 1/2 miles before speeding away for his 3rd Saturday win of the year. Becki led the ladies with another good run. Todd Hayes led the 50+ men and Bob Schmitt led the 60+ men. Jeff Rohrer took home the weekly trophy for the 2nd time this year as he improved his 45+ PR by 44 seconds. It was a tough call between Jeff and John Peterson as to who should get the weekly trophy. John

improved his all-time PR by 55 seconds, putting him #5 on the 65+ list. Walt Van Zant, who normally warns all runners to not cross Saratoga when the light is red and a cop is in sight, was himself nabbed by the cops for walking against a red light (I thought that I was trying to run)

2/19/05-27th Annual WVJS Race - 5.37M

1	Mike Kriege (B)	31:47
2	Slim Pickens (A)	32:14
3	Jeff Rohrer (C)	33:10
4	Becki Kriege (D)	34:14
5	Mark Isaacson (E)	35:55
6	Mark Goldman (G)	36:09
7	Ranjeet Sudan (B)	36:25
8	Mike King (H)	36:41
9	Todd Hayes (F)	36:45
10	Bob Schmitt (F)	37:13
11	Joe Hurtado (D)	37:20
12	Dick Chimenti (G)	38:28
13	Jeff Bedolla (C)	38:41
14	Danny Moon (A)	38:55
15	Dave McIntyre (A)	39:17
16	Liz Nast (H)	39:30
17	Carol Mendoza (E)	41:10
18	John Peterson (B)	42:15
19	Chris Cassell (C)	43:55
20	Rick Kananen (E)	45:31
21	Tom Zades (E)	45:45
22	Dena Noble (D)	47:08
23	Chris Blue (G)	47:46
24	Don Packwood (G)	48:14
25	Annette McPhail (D)	49:04
26	Kat Powell (F)	49:40
27	Ken Noel (H)	49:48
28	Norm Saucedo	49:49
29	Jim Myers (F)	51:05
30	Georgia Riley (H)	51:50
31	Betty Root (B)	57:11
32	Madelyn Moon (C)	57:55
33	Stan DeMartinis (A)	85:51

Team Scores

1	Team B	1/ 8/18/30 = 57
2	Team D	4/11/21/24 = 60
3	Team A	2/14/15/32 = 63
4	Team G	7/12/22/23 = 64
5	Team C	3/13/19/31 = 66
6	Team F	6/10/25/27 = 68
7	Team E	5/17/20/28 = 70
8	Team H	9/16/26/29 = 80

2/26/05-Farwell - 3.54 Miles

1	Andy Williams	21:09	
2	Mark Goldman	23:15	PR

3	Aaron Lee	23:40	PR
4	Keith Corbin	24:24	PR
5	Liz Nast	24:37	
6	Bob Schmitt	24:51	
7	Tim Rostege	25:16	
8	Joe Hurtado	27:21	
8	Missy Sudan	27:21	
10	Rick Kananen	28:30	
11	Tom Zades	28:37	
12	John Pickens	29:21	
13	Bill Flodberg	29:46	
14	John Peterson	30:52	
15	Ken Noel	32:16	
15	Norm Saucedo	32:16	
17	Rich Collins	33:19	
18	Tim Riley	36:12	
19	Tom Warfel	36:13	
20	Betty Root	42:06*	
21	Madelyn Moon	42:16*	

* Missed Douglas turn and ran the popular 4.19-mile course.

Dick Barrett Trophy Winner–Andy Williams.

Andy ran 11 seconds over his PR but still scored an easy win this morning. Mark and Aaron improved their PRs by 12 and 15 seconds. Keith improved his PR by 90 seconds. Liz Nast, who is #5 on the women's 40+ list, led the ladies while running 32 seconds over her PR. Tom Zades was pleased to improve his 60+ best, which allowed him to jump over Rich Collins and Bill Buckley into 25th place on the 60+ list. Tom Warfel, who is recovering from an injury, ran an impressive 16:37 over his PR. Tim Riley, learning to run on an artificial hip, was 13:17 over his PR. Rich Collins was 13:09 over his PR. Ken Noel was 12:33 over his PR. Norm Saucedo was 9:58 over his PR. And, Bill Flodberg was a paltry 8:47 over his PR but this put him #6 on the 70+ list. Congratulations to these six inspiring runners. Good timing job by Jim Bordoni and Danny Moon. Thanks to Tom O'Connor for traffic control at the Fruitvale crossing.

3/5/05 – 4 x 1.46M WVC Campus Loop Relay

PI	Team	Start	Finish
1	Wong/Wilk	5:15	44:15

2	Warfel/Roberts	2:45	45:27
3	Noble/Bedolla	4:15	46:09
4	Cassell/Rostege	4:45	46:20
5	Peterson/Russell	2:45	47:06
6	Blue/Rohrer	5:15	47:07
7	Noel/Nast	4:15	47:12
7	Powell/Hayes	3:45	47:12
9	M.Moon/D.Moon	-0-	47:44

25	Tom Warfel	54:25
26	Georgia Riley	55:27
27	Ken Noel	57:36
27	Norm Saucedo	57:36
29	Madelyn Moon	60:49
30	Tim Riley	64:15

8	Brian Conroy	19:30	
9	Aaron Lee	19:40	PR
10	Jeff Bedolla	20:20	PR
11	Joe Hurtado	20:27	
12	Bob Schmitt	20:31	
13	John Peterson	20:57	PR
14	Tim Rostege	21:06	
15	Jonathan Lee	21:11	
16	Rich Hahn	21:22	
17	Rich Stiller	21:23	
18	Dave McIntyre	21:31	
19	Dimitr Stefanidis	22:25	
20	Dave Norlander	22:51	
21	Norm Saucedo	23:26	
22	Ken Noel	24:09	
23	Tom Warfel	24:21	
23	Becki Kriege	24:21	
25	John Pickens	24:27	
26	Scott Bang	24:48	
27	Bill Flodberg	24:54	
28	Mike McMahon	25:26	
29	Don Packwood	27:28	
29	Kat Powell	27:28	
31	Betty Root	31:04	
32	Stan DeMartinis	49:53	

Dick Barrett Trophy Winner – Mike Kriege

Dick Barrett Trophy Winner – Christina Wilk & Helen Wong

Christina Wilk and Helen Wong had super days this morning to easily win the workout. Christina improved her best time for this workout by nearly 3 minutes as she averaged 9:19 per run. Helen, who has a best time for this workout of 19:37 and has been running slowly lately due to lack of conditioning, ran an excellent 20:20 to beat her rating by 40 seconds. Danny Moon added 97 seconds to his PW. Ray Russell, who said that his recent training indicated that he would run slowly, then went out and proved that he is out of condition with a slow (for him) 18:28 performance. However, he did somewhat redeem himself at the end to beat out the three teams near him. Tom O'Connor and Jim Wurm did a good job at the finish line.

3/12/05 – Short Six – 5.74 Miles

1	Mike Kriege	33:34	
2	Rob Nast	34:05	PR
3	Jeff Rohrer	35:14	
3	Bob Pickens	35:14	
5	Becki Kriege	37:36	
6	Todd Hayes	38:36	
7	Dino Delyani	39:44	
8	Mark Isaacson	39:52	
9	Dick Chimenti	40:05	
10	Bob Schmitt	40:18	
11	Joe Hurtado	40:22	
12	Jake Roberts	40:30	
13	Jeff Bedolla	40:34	PR
14	Danny Moon	41:18	PW
15	Kelly Emo	41:53	
16	John Peterson	43:28	PR
17	Helen Wong	45:43	
18	Jonathan Lee	46:47	
19	Rick Kananen	48:04	
20	John Pickens	48:17	
21	Tom Zades	48:18	
22	Rich Stiller	49:11	
23	Dena Noble	51:50	
24	Kat Powell	52:54	

Mike and Rob ran together for 3 1/2 miles before Mike pulled away for the victory. Mike's time put him #7 on the 45+ list. Rob improved his PR by 39 seconds. Dick Chimenti won a close 60+ race over Bob Schmitt and Joe Hurtado. John Peterson recorded the 5th best-ever time by a 65+ runner with a 34-second PR. Tom Zades scored another win over Dena. Tom Waffle, Tom O'Connor, Aaron Lee, and Jim Bordonni handled the timing duties. Chris Blue had to drop out of the run due to a sore heel.

3/19/05 – 8 x 0.66M Tennis Court Loop

Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Lee/Conroy	5:00	37:26
2	Goldman/Fergus	5:00	38:37
3	Warfel/Hahn	1:30	39:21
4	Norlander/Bedolla	4:00	39:53
5	M.Moon/D.Moon	-0-	41:13
6	Wurm/Noel	-0-	42:38

Dick Barrett Trophy Winner – Aaron Lee

Lousy conditions this morning – rain gigantic puddles, and a lot of auto and foot traffic due to a high school track meet. So, we changed the workout to full tennis court loops and just threw teams together without attempting to fairly handicap the teams. The Conroy and Fergus teams started last and finished 1st and 2nd. Brian Conroy had the best cumulative time at 15:59 and Ken Noel showed the most improvement from the last time that we ran this workout on 2/5/05.

3/26/05 – Valle Vista – 3.0 Miles

1	Slim Pickens	16:48	
2	Rob Nast	16:55	PR
3	Jeff Rohrer	17:21	
4	Andy Williams	17:36	
5	Mike Moore	18:14	
6	Ray Russell	18:58	
7	Al Murray	19:04	

Dick Barrett Trophy Winner – John Peterson

Slim and Rob went out fast and kept going hard with Slim coming out the winner. Rob improved his PR by 11 seconds. Brian Conroy was the top 50+ finisher. Joe Hurtado got away early and then held on to top the 60+ runners with Bob Schmitt just 4 seconds back. John Peterson improved his PR by 21 seconds while moving to #4 on the 65+ list. Rich Hahn improved his 40+ PR by 32 seconds. Becki Kriege was running close behind Jeff Rohrer with a mile and a quarter to go when she took a bad fall on the downhill dirt path section. Still she finished so that she would not get the dreaded DNF after her name.

4/2/05 – 16 x 300 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	McIntyre/Song	3:30	19:00
2	Saucedo/Noel	:30	19:08
3	Blue/Goldman	-0-	19:12
4	Gelblum/A.Lee	3:15	19:13
5	Warfel/Hahn	1:15	19:24
6	McPhail/Pasos	:45	19:37
7	Noble/Zades	-0-	19:42
8	Powell/Bedolla	:30	19:52
9	M.Moon/Pala	:30	19:59



10	D.Moon/R.Pickens	4:45	20:00
11	Root/Norlander	-0-	21:20

Dick Barrett Trophy Winner – Dave McIntyre & Nick Song

All teams were rated to finish at 19:00. One team stepped forward to meet the challenge and they won. A few others got close.

4/9/05 – Triangle Run – 4.76 Miles

1	Michael Moore	30:33	
2	Becki Kriege	31:06	
3	Mark Isaacson	31:11	
4	Mark Goldman	31:39	
5	Aaron Lee	31:44	PR
6	Bob Schmitt	33:12	
7	Jeff Bedolla	33:33	PR
8	Joe Hurtado	33:33	
9	Tim Rostege	33:50	
10	Todd Hayes	34:08	
11	Dave Fergus	34:12	
12	Tom O'Connor	34:16	
13	Dave McIntyre	34:31	
14	Danny Moon	34:49	
15	Jonathan Lee	35:49	
16	Dave Norlander	36:22	
17	John Peterson	36:39	
18	Tom Warfel	37:09	
19	Ken Noel	41:32	
20	Kat Powell	41:37	
21	Georgia Riley	43:18	
22	Tim Riley	46:50	
23	Betty Root	50:12	
24	Madelyn Moon	50:20	
25	Don Packwood	50:20	
26	Stan DeMartinis	69:31	

Dick Barrett Trophy Winner – Aaron Lee

4/16/05 – 12 x 600 Relay

Pl	Team	Start	Finish
1	Noel/Saucedo	-0-	31:05
2	Tran/Lee	2:00	31:46
3	Zades/Bedolla	3:00	32:14
4	Warfel/Delyani	3:30	32:23
5	Kananen/Fergus	3:30	32:31
6	Noble/Pasos	3:00	32:54
7	Powell/Conroy	2:30	33:25
8	J.Pickens/Norlander	1:30	33:25
9	White/Cassell	3:45	33:28
10	M.Moon/D.Moon	1:30	34:12

Dick Barrett Trophy Winner – Tom Zades & Jeff Bedolla

The Oldies, Ken Noel and Norm Saucedo, inspired by a generous rating, led from start to finish this morning, winning by about a 220. Brian Conroy had the best average at 2:07 per run.

4/23/05 – 36 x 300 Relay

Pl	Team	Start	Finish
1	Blue/Zades/White	2:15	28:56
2	M.Moon/Warfel/Tran	1:15	29:36
3	DeMart/Bedolla/Moon	-0-	29:42
4	Noble/McIntyre/Lee	5:45	30:23

Dick Barrett Trophy Winner – White Team

Small turnout this morning for the track relay run. All teams were rated to finish at 30:15. Obviously, there were some clear misses as the Lee team was the only team to finish close to that time and they finished a distant last. Thanks to Jim Bordonni, Don Packwood, and Tom Warfel for organizing and timing the relay.

5/30/05 – Dou/Sara/Frtvae–2.75M

1	Mike Kriege	15:08	PR
1	Slim Pickens	15:08	
3	Scott Bang	16:00	
4	Andy Williams	16:05	
5	Becki Kriege	16:27	
6	Al Murray	16:40	
7	Jim Bordonni	16:57	
8	Johanna Wans	17:01	
9	Brian Conroy	17:17	
10	Aaron Lee	17:34	PR
11	Mark Isaacson	17:51	
12	Mark Goldman	18:05	
13	Bob Schmitt	18:09	
14	Joe Hurtado	18:12	
15	Jeff Bedolla	18:28	PR
16	Rich Stiller	18:30	
17	Danny Moon	18:40	
18	Keith Corbin	18:43	
19	Jonathan Lee	18:48	
20	Dave Norlander	19:06	
21	Mike Kolefnit	19:08	
22	Dino Delyani	19:27	
23	Tom Warfel	19:41	
24	Jake White	19:50	
25	Chris Cassell	20:45	
26	Demitrios Stefa	20:49	
27	Rick Kananen	21:15	
28	Peggy McLeod	21:16	
29	Ken Noel	21:37	
30	John Pickens	22:35	
31	Kelly Emo	22:35	
31	Mandy Benham	22:35	

33	Dave McIntyre	19:37*
34	Kat Powell	24:05
35	Stan DeMartinis	47:29
35	Don Packwood	47:29

* Started 3 minutes late.

Mike and Slim ran together for the win as Mike knocked 11 seconds off his PR while moving to #8 on the 45+ list. Becki led the ladies. Jim Bordonni was the top 50+ dog. Bob Schmitt and Joe Hurtado had another good race for 60+ honors as Bob came out on top this time. Rich Stiller recorded the #14 60+ time for this course in his first effort on a Saturday course as a 60+ runner. Stan alleges that he outleaned Don Packwood to escape last place. Thanks to our timers – Madelyn Moon, John Peterson, and Neil Gelblum.

5/7/05 – 16 x 400 Relay

Pl	Team	Start	Finish
1	Kolesnik/Wans	5:00	27:18
2	McIntyre/Bedolla	3:15	27:25
3	Stefanidis/Russell	7:00	27:52
4	Pasos/White	4:30	28:07
5	D.Moon/Williams	7:00	28:14
6	Noel/Saucedo	2:30	28:20
7	DeMartin/Moon/Conry	-0-	28:26
8	Powell/Hahn	1:15	28:33
9	Root/Cassell	-0-	28:44
10	J.Pickens/Zades	2:00	28:46

Dick Barrett Trophy Winner = Johanna Wans

Johanna Wans took home the trophy this morning as she tied with Andy Williams for the best average per run (77 seconds) and she brought her team from 2nd place to the win on the last lap of the race. Good race between the teams who started last – the Russell and Williams teams. The Williams team pulled out to a 70-yard lead before the Russell team slowly pulled back into the hunt and then whizzed by them on the 15th lap. Sue Francis came by to visit us from the Southland. Good timing jo by Jim Bordonni, Don Packwood, and Tom O'Connor.

5/14/05 – Farwell/Herriman–4.68M

1	Al Murray	29:25
2	Brian Conroy	30:09 PR

3	Todd Hayes	30:50
4	Aaron Lee	30:52 PR
5	Dimitrios Stefanidis	31:32
6	Tom O'Connor	31:45
7	Bob Schmitt	31:56 *
8	Johanna Wans	32:38
8	Joe Hurtado	32:38
10	Neil Gelblum	33:17
11	Tim Rostege	33:45
12	Keith Corbin	33:45
13	Jeff Bedolla	33:58
14	Dave McIntyre	34:26
15	Chris Cassell	37:13
16	Tom Zades	39:10
17	Georgia Riley	41:02
18	Rick Kananen	42:45
19	Kat Powell	44:01
20	Tim Riley	45:30
21	Jim Wurm	45:39
22	Jerry Lewis	46:21
23	Betty Root	47:22
24	Stan DeMartinis	81:46

* Had to wait at the stop signal at Saratoga & Hwy 9.

Easy win for Al. Highlights for the day included a 104-second PR by Aaron, Jim Wurm missing his PR by exactly 17 minutes, Jerry Lewis becoming the 6th 70+ club member to run this course, and Georgia Riley knocking 23 seconds off her own club 60+ record for this course.

Danny and Madelyn Moon and Slim Pickens did the timing. Slim brought out the new perpetual trophy for the Racer of the Year winner for all to see.

27	Walt Van Zant	37:06.9
28	Dave McCarten	40:12.0

Dick Barrett Trophy Winner – Slim Pickens

5/21/05 – Farwell – 3.54 Miles

1	Slim Pickens	19:07.8
2	Scott Bang	20:53.3
3	Al Murray	20:58.1
4	Jeff Rohrer	20:59.0
5	Becki Kriege	21:00.4
6	Dimitr Stefanidis	22:16.5PR
7	Jim Bordoni	22:19.3
8	Tom O'Connor	23:09.0PR
9	Joe Hurtado	23:50.5
10	Bob Schmitt	23:54.5
11	Dino Delyani	23:58.4
12	Mark Isaacson	24:33.7
13	Jeff Bedolla	24:57.6
14	Jake White	25:16.5
15	Dave Norlander	26:03.5
16	John Peterson	27:28.7
17	Brian Low	27:30.0
18	Ken Noel	27:49.0
19	John Pickens	28:07.2
20	Tom Zades	28:18.1
21	Kat Powell	30:19.5
22	Dick Chimenti	30:53.0
22	Rich Stiller	30:53.0
24	Mike Kolesnik	31:07.9
25	Don Packwood	33:07.9
25	Kelly Emo	33:07.9

Slim Pickens started fast and went on to win by nearly two minutes. There was a good 4-way battle for second place as the runners entered the campus. Scott Bang's superior speed got him the second place finish. Joe Hurtado timed his crossing of Fruitvale Ave with 300 yards to go perfectly. Bob Schmitt and Dino Delyani slowed as they crossed Fruitvale to avoid a passing car. Joe, who trailed them by about 10 yards, timed his crossing just right and sprinted by them and then held on for his victory. Mike Kolesnik donated a free parking permit to the best performer of the day – Slim Pickens.

RACE RESULTS

2/6/05 – SF Half Marathon

Dave Piazza	1:21:57	2nd-45+
Slim Pickens	1:21:58	
Dan Anderson	1:23:22	1st-50+
Mark Goldman	1:28:30	5th-50+
Norry McAllister	1:29:34	
Dino Delyani	1:31:41	
Joe Sigrist	1:33:47	
Liz Nast	1:36:15	
Rich Hahn	1:42:51	
John Peterson	1:43:15	2nd-65+
Dave McIntyre	1:53:32	
Chris Cassell	1:58:42	
Kat Powell	2:03:25	

2/5/05 – Jed Smith 50K

Todd Hayes	4:24:04	3rd-50+
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2/12/05-Campbell Valentine 10K

Neil Gelblum	38:59	1st-50+
Mark Isaacson	39:48	4th-40+

Pat Buzbee	40:14	3rd-50+
Nick Butterfield	43:04	
Kelly Emo	43:41	1st-40+
Gregg Bunker	51:04	
Pauline Beatty	51:58	5th-40+
Tom Zades	53:13	5th-60+
Georgia Riley	57:36	1st-60+
Dave Pogue	58:58	

2/13/05-Together With Love 5K

Glynn Wood	26:02	1st-70+
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2/13/05-Austin Freescape Marathon

Dennis Kurtis	2:47:26	1st-50+
Tom O'Connor	4:52:19	

Dennis finished 50th overall in a field of 6330, winning the 50+ division by over 11 minutes. His age-graded rating of 83.7 was the best of anyone in the corporate competition portion of the

race. Tom ran the first half of the race in 1:35:50 and then had to walk the last 10 miles due to knee pain.

2/26/05 - Juana 8K

Mike Tony	32:27	8th-40+
Kelly Emo	34:52	4th-40+
Jeff Bedolla	34:58	8th-50+
Dave Norlander	35:59	3rd-60+
Dave Larsen	36:08	
Rich Hahn	37:28	
Becky Norlander	40:49	
Kat Powell	42:34	1st-50+

2/26/05 - Juana Mile

Jim Bordoni	5:16	1st 50+
Kelly Emo	6:40	1st 40+

Jim finished 1st overall in this race.

3/5/05-Nor Cal 10-Miler

17	Bob Pickens	57:29	4th-40+
51	Dan Anderson	1:05:50	3rd-50+

53	Jim Bordoni	1:05:56	4th-50+	Jim Bordoni	48:37	Tim Riley	36:03	
56	Johanna Wans	1:06:08	5th-25+	Amanda Gerhardt	48:45	Ed Singleton	36:20	1st-70+
68	Ron Kiyono	1:08:47	3rd-55+	Ron Kiyono	49:33	Allison Rohrer	38:40	
81	Joe Hurtado	1:11:31	6th-60+	Neil Gelblum	49:36	Lindsay Caicchio	39:34	
97	Marian Richard	1:13:54	4th-45+	Ranjeet Sudan	51:25	Pauline Beatty	39:35	
100	Bob Schmitt	1:14:28		Bob Schmitt	53:28	Betty Root	40:15	
112	David Norlander	1:16:19	2nd-65+	Joe Hurtado	53:35	Dan Duston	51:54	
170	John Pickens	1:31:39		Marian Richard	54:38	Gregg Bunker	61:06	
200	Ed Singleton	1:42:26	4th-70+	Kelly Emo	55:29	Jim Myers	68:40	
219	Bill Flodberg	1:54:05		Tim Rostege	56:09			
220	Ed Reyna	1:57:01		Michael Kolesnik	60:36			
				Dave McIntyre	62:07			
				Tom Zades	65:33			
				Bill Flodberg	66:55			
				Kat Powell	68:16			
				Chris Blue	70:16			
				Elaine Erickson	71:38			

Our 50+ men and 70+ men finished 1st in their divisions and our 60+ men finished 2nd.

3/6/05 – Napa Marathon

Andy Williams	2:50:38	3rd-40+
Dave Piazza	3:25:15	
Aaron Lee	3:44:13	
Rich Hahn	4:01:59	

3/13/05 - 50+ Race - 8K

1	Dennis Kurtis	29:00	1st-50+
6	Mark Goldman	31:45	4th-50+
10	John Comb	32:20	5th-55+
15	Art Mitchum	33:23	
29	Tim Rostege	36:10	4th-60+
30	Walt Radloff	36:11	
31	Dave Norlandr	36:41	3rd-65+
40	Chris Cassell	39:23	
46	Tom Zades	40:58	
49	Glynn Wood	41:36	1st-70+
55	Bill Flodberg	42:44	2nd-70+
60	Kat Powell	43:47	5th-50+
106	Joyce Friedlandr	57:25	2nd-65+
118	Jack Friedlandr	76:47	4th-80+

3/19/05-Santa Barbara Easter Relays

100M

Mark Pasos	12.53	1st-40+
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200M

Mark Pasos 25.34 1st-40+
Mark's time in the 200M was a PR for him. The meet was run on the scenic (overlooking the Pacific ocean) Santa Barbara Community College track.

3/20/05 – Across The Bay 12K

Bob Pickens	43:34	
Mike Kriege	43:49	3 rd -45+
Jeff Rohrer	46:11	
Becki Kriege	46:55	3 rd -35+
Dan Anderson	47:32	4 th -40+
Johanna Wans	48:04	2 nd -25+

Our 50+ and 60+ men finished 2nd in the team competition and our 40+ men finished 5th.	
4/2/05 – American River 50M	
Cecil Baumgartner	8:11:18
Todd Hayes	9:03:xx

Our 50+ and 60+ men finished 2nd in the team competition and our 40+ men finished 5th.

4/2/05 – American River 50M

Cecil Baumgartner	8:11:18
Todd Hayes	9:03:xx

4/3/05-Carlsbad 5K

Dwight Cornwell	17:47	3 rd -55+
Kelly Emo	21:59	

4/3/05-The Great Race-4M

Bob Pickens	21:37	2nd-40+
Rob Nast	21:51	3rd-40+
Jeff Rohrer	23:29	
Scott Bang	23:48	5th-30+
Al Murray	23:50	
Jim Angelopoulos	23:55	
Bill Dunn	24:09	1st-50+
Brian Conroy	24:59	
Norry McAllister	25:11	
Katie Nast	25:12	1st-2/13
Danielle Zelinski	25:14	3rd-19+
Jim Howe	26:10	5th-50+
Bob Schmitt	26:16	1st-60+
Joe Hurtado	26:50	3rd-60+
Greg Burke	27:14	
Liz Nast	27:23	
Dave McIntyre	27:33	
Tim Rostege	27:47	5th-60+
Mike Kolesnik	28:21	
John Peterson	28:42	
Tom Zades	31:08	
Norm Gould	31:11	
Dena Noble	31:42	
Bob Browne	33:06	
Chris Blue	34:19	
Georgia Riley	35:15	1st-60+

Slim Pickens and Rob Nast finished 5th and 7th overall in this race.

4/16/05-Banana Slug 5K

Greg Burke	22:49	1 st -50+
Kelly Emo	27:07	1 st -Wom

4/16/05-Ruth Anderson 50K

Todd Hayes	4:14:17
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4/16/05-Ruth Anderson 100K

Cecil Baumgartner	9:12:28
Cecil PRd bt 24+ minutes for this race.	

4/17/05 - Up & Running 10K

29	Bob Pickens	33:55	4-40+
49	Mike Kriege	35:13	4-45+
72	Brian Davis	36:14	
97	Al Murray	37:43	
99	Becki Kriege	37:51	3rd-35+
100	Jeff Rohrer	37:52	
104	Dave Piazza	38:10	
121	Bill Dunn	38:39	3rd-55+
123	Johanna Wans	38:42	
129	Scott Bang	38:50	
138	Ron Kiyono	39:25	
141	Michael Smith	39:34	
155	Jim Bordoni	39:54	
157	Amand Gerhardt	39:59	
163	Mark Goldman	40:07	5-50+
174	Mark Isaacson	40:38	
204	Aaron Lee	41:59	
210	Joe Hurtado	42:14	
224	Bob Schmitt	42:40	
273	Dave Norlander	44:57	4-65+
274	Carol Mendoza	44:59	
287	Rich Hahn	45:29	
299	Norm Takeuchi	46:10	
345	Alice Isaacson	48:03	
356	John Peterson	48:37	
383	Kelly Emo	49:28	
385	Chris Cassell	49:31	
457	Tom Zades	52:08	
469	Gina Krieg	52:37	
522	Kat Powell	54:41	5-50+
651	Ed Singleton	59:12	2-70+
736	Eddie Reyna	64:16	3-70+

832 Joy Friedlander	79:56	5-65+	It was low 60's at the start, and high 60's when John finished.	52 Mike Kriege	16:47	5th-45+
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Our 60+ men finished 2nd, our 40+ and 50+ men finished 4th, our open women finished 6th, our 40+ women finished 7th, and our open men finished 8th.

The prerace ceremonies were a bit too long. First someone gave a speech, then the runners heard a heart rendering version of "Back home in Indiana", then the National Anthem, and then a long prayer. The temperature went up 2 degrees while the runners waited.

83 Brian Davis	17:45	
95 Jeff Rohrer	18:12	
104 Bill Dunn	18:38	3rd-55+
115 Jim Bordoni	18:58	
130 Mike Smith	19:34	
131 Tom O'Connor	19:37	
138 Dick Chimenti	19:53	3rd-60+
140 Mark Isaacson	19:56	
153 Bob Schmitt	20:18	5th-65+
163 Joe Hurtado	20:43	
165 Al Murray	20:46	
169 Dino Delyani	20:58	
170 Danny Moon	20:58	
171 Dave McIntyre	21:05	
172 Rich Stillier	21:07	
186 Tim Rostege	22:10	
208 Bill Flodberg	25:50	2nd-70+
222 Eddie Reyna	30:31	5th-70+

4/17/05-Up & Running 2M

9 Katie Nast	12:36	1-13+
14 Joe Beyers	13:06	2-40+
21 Dave McIntyre	13:36	
22 Liz Nast	13:41	1-40+
113 Mary Kriege	19:02	
114 Matt Kriege	19:05	

The average time for the half marathon was 2:29:53 which doesn't say much for the running shape of most mid-westerners. John saw some pretty large folks out there but the positive thing is they were out there and doing their best. The course starts in the downtown area, enters the Indy 500 race track just before mile 6, makes one loop and comes out just before mile 9. The straight-aways are each one mile in length and when you first enter the track you can just barely see the first turn. Talk about intimidation, try and run intervals on something like that and you'd be doing 12:00 laps if you're really quick and 20:00 intervals if you were John's speed.

4/24/05 - Big Sur 5K

Bob Pickens	16:44	3rd-40+
Brian Davis	17:47	
Michael Smith	18:35	
Johanna Wans	19:04	5th-25+
Michael Moore	19:24	
Jim Bordoni	19:29	5th-50+
Ron Kiyono	19:36	3rd-55+
Mark Goldman	20:16	4th-55+
Dick Chimenti	20:18	3rd-60+
Joe Hurtado	20:59	5th-60+
Bob Schmitt	21:03	
Rich Hahn	21:58	
Norm Takeuchi	22:07	
Tim Rostege	22:24	
Bill Flodberg	25:39	1st-70+
Glynn Wood	25:43	2nd-70+
Ed Singleton	29:27	4th-70+
Eddie Reyna	31:28	5th-70+

Our 60+ and 70+ men finished 1st in their divisions, our 50+ men finished 3rd, and our 40+ men finished 4th.

4/30/05-Rio Bravo 5K Trail Run

4 Tom O'Connor 21:24 2nd-40+
Tom drove all of the way to Bakersfield to find this weak field.

5/7/05 - The Human Race

5K Race

14 Michael King	19:18	M40+-5
15 Ron Kiyono	19:18	M50+-2
29 Jim Howe	20:34	M50+-3
54 Gregg Bunker	23:36	M5+-8

10K Race

9 Andrew Lief	36:50	M18+-4
45 David Norlander	44:54	M60+-1

5/7/05-Indianapolis Half Mar

John Peterson 1:50:38 3rd-60+

There were so many runners it took 40 minutes to get them all across the start line. Its a nice flat course and there must have been 20+ bands and at least 10 water stops. The course almost doubles back on itself at one point. Mile 9 and Mile 4 are only about a half block apart and when John passed the 9-mile mark, there was still a huge crowd just passing the 4-mile mark. That sort of helps the self confidence because you know you ain't gonna be last.

The race finishes in a park downtown and then it was party time. There were dozens of tents set up and kegs of beer were rolled in. There were also a few people smoking after the race which might explain the slow average finishing times.

Women

59 Carol Mendoza	21:02	
99 Gail Campbell	23:42	3rd-50+
120 Kat Powell	26:12	

Our 60+ men finished 2nd, our 50+ men finished 4th, our 40+ men finished 5th and our open men finished 9th.

5/15/05-Bay To Breakers 12K

50 David Piazza	46:21	
268 Becki Kriege	48:30	
270 Johanna Wans	48:30	
305 Dino Delyani	52:53	
328 Art Mitchum	53:25	
505 Norm Takeuchi	56:23	

5/22/05 - Lupus 5K

5 Bob Pickens	17:18	1st-40+
16 Brian Conroy	20:14	3rd-40+
17 Tom O'Connor	20:16	4th-40+
21 Aaron Lee	20:29	
25 Dick Chimenti	20:41	1st-60+
35 Kelly Emo	22:45	1st-40+
73 John Peterson	24:38	4th-60+
93 Tom Zades	25:58	5th-60+
107 Kat Powell	26:51	3rd-50+
120 Georgia Reilly	27:44	1st-60+
166 Tim Reilly	30:25	
180 Betty Root	31:25	4th-40+

5/8/05 - Zippy 5K

Men

38 BobPickens 16:31 4th-40+



C Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Casillas, Jose	0:19:55	0:46:53	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
Cassell, Chris	0:20:45	0:48:50	0:23:38	0:50:02	0:00:00	0:00:00	0:37:13	0:49:45	0:37:19	0:48:35	0:00:00	0:00:00	0:00:00
Corbin, Keith	0:18:43	0:44:03	0:00:00	0:00:00	0:24:24	0:43:34	0:32:39	0:43:39	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Hahn, Rich	0:00:00	0:00:00	0:21:22	0:45:14	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	0:21:15	0:50:01	0:00:00	0:00:00	0:28:30	0:50:54	0:42:45	0:57:09	0:00:00	0:00:00	0:48:04	0:50:49	0:00:00
McIntyre, Dave	0:19:26	0:45:44	0:21:31	0:45:33	0:26:03	0:46:31	0:32:44	0:43:46	0:34:31	0:44:57	0:00:00	0:00:00	0:00:00
Norlander, Dave	0:19:06	0:44:57	0:22:51	0:48:22	0:00:00	0:00:00	0:36:14	0:48:26	0:36:19	0:47:17	0:00:00	0:00:00	0:00:00
Stiller, Rich	0:18:30	0:43:33	0:21:23	0:45:16	0:30:53	0:55:09	0:47:07	1:02:59	0:00:00	0:00:00	0:49:11	0:51:59	0:00:00
Warfel, Tom	0:19:41	0:46:20	0:22:08	0:46:51	0:36:13	1:04:40	0:00:00	0:00:00	0:36:33	0:47:35	0:54:25	0:57:31	0:00:00
Wong, Helen	0:00:00	0:00:00	0:22:03	0:46:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:45:43	0:48:20	0:00:00
D Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Peterson, John	0:19:44	0:46:27	0:20:57	0:44:21	0:27:28	0:49:03	0:33:39	0:44:59	0:35:03	0:45:38	0:43:28	0:45:57	3:00:19
Noel, Ken	0:21:37	0:50:53	0:24:09	0:51:07	0:27:49	0:49:40	0:43:52	0:58:39	0:41:32	0:54:05	0:57:36	1:00:53	3:36:35
Powell, Kat	0:22:40	0:53:21	0:27:28	0:58:08	0:30:19	0:54:08	0:43:40	0:58:23	0:41:37	0:54:11	0:52:54	0:55:55	3:38:38
Beatty, Pauline	0:27:08	1:03:52	0:24:59	0:52:53	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
Gavin, Ed	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	0:00:00	0:00:00
Low, Brian	0:00:00	0:00:00	0:00:00	0:00:00	0:27:30	0:49:06	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McMahon, Mike	0:00:00	0:00:00	0:25:26	0:53:50	0:00:00	0:00:00	0:43:52	0:58:39	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Noble, Dena	0:22:49	0:53:42	0:00:00	0:00:00	0:00:00	0:00:00	0:39:22	0:52:38	0:00:00	0:00:00	0:51:50	0:54:48	0:00:00
Norlander, Becky	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	0:00:00	0:00:00
Pickens, John	0:21:39	0:50:57	0:24:27	0:51:45	0:28:07	0:50:13	0:40:34	0:54:14	0:00:00	0:00:00	0:48:17	0:51:02	0:00:00
Rostege, Tim	0:19:16	0:45:21	0:21:06	0:44:40	0:25:16	0:45:07	0:33:19	0:44:32	0:33:50	0:44:03	0:00:00	0:00:00	0:00:00
Saucedo, Norm	0:27:24	1:04:29	0:23:26	0:49:36	0:32:16	0:57:37	0:00:00	0:00:00	0:47:47	1:02:13	0:57:36	1:00:53	0:00:00
Tran, Uyenthi	0:00:00	0:00:00	0:28:26	1:00:11	0:00:00	0:00:00	0:43:07	0:57:39	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
White, Jake	0:19:50	0:46:41	0:00:00	0:00:00	0:25:16	0:45:07	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Zades, Tom	0:22:35	0:53:09	0:00:00	0:00:00	0:28:18	0:50:32	0:39:10	0:52:22	0:42:50	0:55:46	0:48:18	0:51:03	0:00:00
E Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Blue, Christine	0:22:45	0:53:33	0:26:51	0:56:50	0:00:00	0:00:00	0:00:00	0:00:00	0:41:06	0:53:31	0:00:00	0:00:00	0:00:00
Collins, Rich	0:00:00	0:00:00	0:00:00	0:00:00	0:33:19	0:59:30	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
DeMartinis, Stan	0:41:31	1:37:43	0:49:31	1:44:49	0:00:00	0:00:00	1:21:46	1:49:19	1:09:31	1:30:31	0:00:00	0:00:00	0:00:00
Flodberg, Bill	0:00:00	0:00:00	0:24:54	0:52:42	0:29:46	0:53:09	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lewis, Jerry	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:46:21	1:01:58	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McCarten, Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:40:12	1:11:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McPhail, Annette	0:24:58	0:58:46	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
Moon, Madelyn	0:00:00	0:00:00	0:00:00	0:00:00	0:42:16	1:15:29	0:48:43	1:05:08	0:50:20	1:05:32	1:00:49	1:04:17	0:00:00
Morrison, Marcia	0:00:00	0:00:00	0:26:21	0:55:47	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
Napier, Ken	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	0:00:00	0:00:00
Packwood, Don	0:26:08	1:01:31	0:27:28	0:58:08	0:33:07	0:59:08	0:47:07	1:02:59	0:50:20	1:05:32	0:00:00	0:00:00	0:00:00
Reyna, Eddie	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	0:00:00	0:00:00
Riley, Georgia	0:23:40	0:55:42	0:25:58	0:54:58	0:00:00	0:00:00	0:41:02	0:54:51	0:43:07	0:56:08	0:55:27	0:58:37	0:00:00
Riley, Tim	0:27:07	1:03:49	0:00:00	0:00:00	0:36:12	1:04:39	0:45:30	1:00:50	0:46:50	1:00:59	1:04:15	1:07:55	0:00:00
Root, Betty	0:00:00	0:00:00	0:31:04	1:05:46	0:42:06	1:15:11	0:47:22	1:03:19	0:50:12	1:05:22	0:00:00	0:00:00	0:00:00
VanZant, Walt	0:24:28	0:57:35	0:00:00	0:00:00	0:37:06	1:06:15	0:45:00	1:00:10	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Wurm, Jim	0:24:00	0:56:29	0:00:00	0:00:00	0:00:00	0:00:00	0:45:49	1:01:15	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00