



WVJS



VOL XXXVIX-#1 WEST VALLEY JOGGERS & STRIDERS May 2010

Saturday Workouts

06/05/10	All Courses Day	08/07/10	12 x 600 Relay
06/12/10	800/1500/3000 Day	08/14/10	Farwell (3.54 miles)
06/19/10	Valle Vista (3.0 miles)	08/21/10	36 x 200 Relay
06/26/10	One Mile on the Track	08/28/10	Annual Handicap Race
07/03/10	Triangle Run (4.76 miles)	09/04/10	Short Six (5.74 miles)
07/10/10	5K on the Track	09/11/10	4 x 1.46-mile WVC Loop Relay
07/17/10	Dou/Sara/Frtvle (2.75 miles)	09/18/10	18 x 0.33mile Tennis Court Loop Relay
07/24/10	Farwell/H (4.68M)	09/25/10	Valle Vista (3.0 miles)
07/31/10	One Mile on the Track	10/02/10	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

05/31	Marin Memorial Day 10K (1.0)
06/06	Downtown San Rafael Mile (1.0)
10/17	Humboldt Half Marathon (1.5)
11/07	Clarksburg Half Marathon (2.0)
11/25	Turkey Trot 5K (No team scoring)
12/05	Cal Intl Marathon (2.0)
12/12	Christmas Relays (1.0)

Racer of the Year

Fastest Farwell Time
Fastest Marathon
Fastest Half Marathon
Fastest of 2 Designated Track Miles
Fastest of 2 Designated Track 5Ks
05/31/10 Marin Memorial Day 10K
06/06/10 Downtown San Rafael Mile
06/13/10 Holy City Race - 9.1M
08/14/10 Dammit Run
08/xx/10 Santa Cruz XC Race
09/26/10 Almaden Times 2M Race

Other Popular Races

06/06/10	Lupus 5K at WVC
06/20/10	Woodminster XC Trail Race-9M
07/04/10	San Ramon 5K/10K
07/11/10	Los Gatos Half Marathon
07/25/10	San Francisco Marathon
07/25/10	Wharf to Wharf 6M in Sta Cruz
09/12/10	Walnut Creek Festival 5K/10K
09/26/10	Trailblazer 5K/10K in Mt.View

Sunday Runs

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

Miscellaneous Drive

The 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.

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>

Congratulations to **Dennis Kurtis**. His 2:59+ time at the Boston Marathon this year made him the 10th runner to have run under 3 hours in the marathon in five different decades.

The **Bordoni** family broke their own club family 4 x 400 relay record at the 2/6/10 Los Gatos all-comers meet with a time of 3:47.4. Their previous record was set on 6/26/08 at 3:49.18. The splits were **Mike Bordoni** at 54.0, **Jim Bordoni** at 64.3, **Jack Bordoni** at 56.2, and **Matt Bordoni** at 52.9.

Special kudos to **Uyenthi Tran, Aaron Lee and Ken Bloesch** who orchestrated a seamless production at the PA-USATF awards dinner on February 6th. Everything was flawless: the room, the food, the cheerful waitresses, etc. And, **Brian Conroy** as MC was outstanding. The other teams must have thought we hired a

professional. Too bad his students couldn't see him practicing what he preaches. And it's too bad more parents of high schoolers couldn't have heard **Mark Winitz's** excellent choice of **PattiSue Plummer** as the guest speaker. Uyenthi, Aaron, and Ken set the bar high for this event. The club should be prepared to get asked to host this thing again. Club members **Bill Dunn, Carl Petersen, and Bill Dodson** received awards at this dinner.

Bill Meinhardt, who is in the top 10 on most of our road course lists up through age 55+, was in a serious bike accident on the road a couple of months ago. Although still recovering from his multiple injuries, he has been seen back out on the roads riding his bike.

Club member **Bob Rea**, who retired and moved to New Zealand about 14 years ago, visited us on 4/10/10 and ran the 16th best-ever time for a 55+ runner on the Douglas course despite having a terrible training year. He developed a knee injury last August that he initially ignored until it caused him discomfort to even drive. He recovered from that injury after 3 months but then fell while backpacking in late November, cracking a rib. He recovered from this injury by the end of January but then was involved in a head-on auto crash. This resulted in a cracked sternum, which set him back a bit. However, he was able to resume training a couple of weeks before he visited us and with a couple of weeks training was able to run the Douglas course in 17:08.

Dwight and Kari Cornwell are moving back to San Jose. They will be a welcome help to our 60+ men and 40+ women's grand prix teams.



Mary Kriege, who runs for Mitty high school, qualified for the CCS finals in the 3200M with an 11:31 time at the CCS semifinals. She also had a best of 5:32 in the 1600M.

Heather Rohrer ran the 3200 in 11:56 during her freshman year at Fremont before her season was cut short with an injury. She also ran the 3200M in 5:43.

Jack Bordonni of Bellarmine improved his 1600M time to 4:35 during the past track season.

Jake White and **Danny Moon**, who coach the distance runners at Lynbrook and Saratoga high schools, had very successful seasons during the last few months.

2009 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 2009 were:

Neil Gelblum	2951	670	3621	Silver Award	Jim Bordonni	1520	860	2380	Bronze Award
Joe Hurtado	2635	920	3555	Silver Award	Tom Warfel	1427	820	2247	Bronze Award
Brian Davis	3310	0	3310	Silver Award	Frank Prabel	1560	520	2080	Bronze Award
Glenn Kishi	2808	400	3208	Silver Award	Paul Taylor	1282	760	2042	Bronze Award
Dennis Kurtis	3025	160	3185	Silver Award	Dave Norlander	1120	920	2040	Bronze Award
Jean Harris	2817	160	2977	Bronze Award	Tom O'Connor	1601	430	2031	Bronze Award
Ken Camet	2664	240	2904	Bronze Award	Walt Van Zant	896	1110	2006	Bronze Award
Scott McLeod	2350	400	2750	Bronze	Rich Hahn	1699	250	1949	
Jeff Rohrer	2281	440	2721	Bronze Award	Norm Takeuchi	1388	40	1428	
Carol Bednar	1934	690	2624	Bronze Award	Ken Napier	486	40	526	
Missy Sudan	2044	400	2444	Bronze Award					
Scott Bang	2004	420	2424	Bronze Award					

Previous winners have been:

1978 Phil Sanfillipo	4865	1989 Jake White	3841	2000 Joe Hurtado	4260
1979 Phil Sanfillipo	5022	1990 Tom Warfel	4231	2001 Joe Hurtado	3972
1980 Phil Sanfillipo	5659	1991 Tom Warfel	4118	2002 Joe Hurtado	3946
1981 Ted Pawlak	7103	1992 Jim Whalen	3603	2003 Joe Hurtado	4119
1982 Ted Pawlak	6405	1993 Tim Rostege	3928	2004 Joe Hurtado	4027
1983 Mike Hicks	5355	1994 Joe Hurtado	4037	2005 Joe Hurtado	4242
1984 Don Dugdale	5004	1995 Tom Warfel	4113	2006 John Mintz	5920
1985 Don Dugdale	4084	1996 Tom Warfel	3961	2007 Joe Hurtado	4053
1986 Bob Herndon	4303	1997 Tom Warfel	4089	2008 Joe Hurtado	4044
1987 Don Dugdale	4341	1998 Joe Hurtado	4012		
1988 Frank Ruona	4032	1999 Joe Hurtado	3881		

2009 PA/USATF Road Grand Prix

Open Men

Our open men's team finished in 8th place. Aaron Lee is our team captain. Individually, Duncan Weru finished in 2nd place in the short race division.

Open Women

Our open women's team finished in 3rd place. Uyenthi Tran is the team captain. Individually, Johanna Fogolin and Missy Sudan finished in 22nd and 23rd places in the short race division. Johanna finished in 36th place in the long race division.

40+ Men

Our 40+ men's team finished in 3rd place. Al Murray is our team captain. Individually, top 50 finishers included Scott Bang at 25th, Jeff Rohrer 27th, Magnus Wiklund 30th, Matt Nolan 35th, Tony Scardina 47th, and Bob Pickens 49th in the short race division. Matt Nolan finished 7th, Scott Bang 26th, Magnus Wiklund 30th, Tim Souza 36th, Mike Smith 41st, Bob Pickens 42nd, and Ken Camet 50th in the long race division.

40+ Women

Our 40+ women's team finished in 7th place. Carol Bednar is the team captain. Individually, Becki Kriege and Carol Bednar finished in 6th and 40th places in the short race division.

50+ Men

Our 50+ men's team finished in 2nd place. Tom O'Connor is our 50+ team captain. Individually, top 50 finishers included Brian Davis at 5th, Dave Piazza 17th, Norry McAllister 18th, Jim Bordonni 22nd, Dave Woodruff 26th, Scott Graham 39th, Mike Krey 46th, and Neil Gelblum 49th in the short race division. Brian, Dave Woodruff, Neil, Todd Hayes, Dave Piazza, Tom, and Dan Anerson, finished 2nd, 9th, 10th, 11th, 18th, 22nd, and 49th places in the long race division.

50+ Women

Our 50+ women's team finished in 4th place. Kat Powell is the team captain. Pauline Beatty finished 37th in the short race division. Christine Kennedy, Kat Powell, and Pauline Beatty finished in 9th, 12th, and 39th in the long race division.

60+ Men

Our 60+ men's team finished in 1st place. Joe Hurtado is the team captain. Individually, top 50 finishers included Bill Duun, Jim Howe,



Joe Hurtado, Bob Schmitt, and John Pickens in 2nd, 6th, 9th, 33rd and, 38th places in the short race division. Bill, Joe, Dwight Cornwell, Ron Kiyono, Jim, and Bob Schmitt finished in 2nd, 4th, 5th, 11th, 12th, and 18th places in the long race division.

60+ Women

our 60+ women's team finished in 4th place. Chris Blue is the team captain. Individually, Victoria Kros, Chris Blue, and Marcia Morrison finished 3rd, 5th, and 16th places in the short race division. Chris finished in 18th place in the long race division.

70+ Men

Our 70+ men's team finished in 1st place. Eddie Reyna is the team captain. Individually, Carl Petersen, Neal Chappell, Dave Norlander, Bob Lord, Carl Tuck, Eddie Reyna, Glynn Wood, George Moss, and Ed Singleton finished 3rd, 4th, 6th, 8th, 9th, 10th, 11th, 17th, and 20th places in the short race division. Dave, Bob, Eddie, Carl, and Carl finished in 2nd, 3rd, 4th, and 5th places in the long race division.

2009 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 17 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must compete in at least 7 different events in order to be eligible for an award.** The standings to date for 2009 for all who have scored in five or more races are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races as two races. The 2nd number is the total number of events competed in.

Elite Division

Duncan Weru (8-7)	200
Brian Davis (8-12)	192
Scott Bang (8-12)	191
Matt Nolan (8-8)	189
Bob Pickens (8-10)	172
Magnus Wiklund (8-7)	170
Dave Piazza (8-9)	162
Tom O'Connor (8-6)	153

A Division

Jeff Rohrer (8-11)	200
Ken Camet (8-10)	195
Scott McLeod (8-8)	194
Neil Gelblum (8-12)	194
Tony Scardina (8-5)	186
Christine Kennedy (8-6)	185
Bill Dunn (8-12)	182
Norry McAllister (8-5)	180
David Woodruff (8-12)	174
Becki Kriege (8-8)	166
Johanna Fogolin (8-5)	156
Aaron Lee (8-12)	154
Jim Bordoni (7-5)	149
Miissy Sudan (8-8)	149

B Division

Dino Delyani (8-10)	195
Todd Hayes (8-9)	195
Tim Souza (8-9)	194
Mike Krey (8-7)	186
Joe Hurtado (8-14)	186
Carol Bednar (8-8)	172
Brian Conroy (7-5)	170

C Division

Glenn Kishi (8-13)	198
Rich Hahn (8-8)	197
Helen Wong (8-8)	191
Carl Petersen (8-12)	188
Kelly Emo (7-5)	159

D Division

Uyenthi Tran (8-9)	200
Dave Norlander (8-11)	200
Bob Schmitt (8-8)	190
Bob Lord (8-7)	187
Pauline Beatty (8-7)	182

E Division

Kat Powell (8-9)	200
Chris Blue (8-8)	195
Eddie Reyna (8-11)	194
Carl Tuck (8-5)	182
Georgia Riley (8-8)	155
Tim Riley (6-5)	111

SATURDAY WORKOUT RESULTS

12/26/09 - 12 x 600 Relay

<u>Team</u>	<u>Start</u>	<u>Finish</u>
1 Sobczak/Woodruff	1:30	31:21
2 Beatty/Wong	1:00	31:37
3 McMahan/Krey	1:30	31:56
4 Benham/Tran	2:00	32:04
5 Ji.Bordoni/Ja.Bord.	8:45	32:08

6 Powell/Hurtado	-0-	32:23
7 Petersen/Rostege	1:00	32:28
8 Taylor/Conroy	6:15	32:33
9 Cassell/Delyani	1:30	33:09
10 T.Riley/Bloesch	-0-	34:10
11 Moon/Lo	6:30	34:15

Dick Barrett Trophy Winner = Dave Woodruff

Good race for first place this morning. Pauline Beatty put her team into the lead during the 7th leg and they held the lead until Woodruff took over the lead during the 10th leg. Pauline put her team back into the lead

during the 11th leg. Alas, Dave was too strong for Helen Wong on the last leg. Jim Bordoni probably suffered more than any of us as he was paired with his son, Jack, who averaged 1:47 per run. Jim, who had the 2nd best average of the morning really struggled with the lack of rest in between runs. Uyenthi Tran and Helen Wong ran very well for the second week in a row to finish as the top two women. George Lo celebrated his 40th birthday by running with us for the second time since he joined the club. Unfortunately, he was given a bad handicap and was teamed with Danny Moon. So, his team finished last. Danny ran much better than last week but still has not recovered from his Caribbean cruise. He needs to get his high school team to start training so that he can improve by running with them. Tim Riley ran slow because he hasn't recovered from his pre- Christmas run at Quicksilver Park. Tom Zades, who also ran at Quicksilver two days ago, had the good sense to drive straight to the restaurant for breakfast rather than attend the workout. Thanks to Aaron Lee and Tom Warfel for their timing efforts.

1/2/10 – 12 x 800 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Muller/Prabel	1:45	38:13
2	Tran/Gelblum	1:30	38:53
3	Zades/Ja.Bordoni	-0-	39:02
4	Wong/Delyani	1:30	39:18
5	R.Kennedy/Ji.Bordoni	:45	39:24
6	MandyBenham/J.Rohrer	:30	39:49
7	Bloesch/Sudan	1:15	39:54
8	Petersen/Conroy	1:15	39:54
9	Hurtado/Stefanidis	2:00	40:11
10	Norlander/Mat.Kriege	1:15	40:39
11	MeganBenham/Krey	1:15	41:24
12	Cassell/M.Wiklund	:45	41:36
13	C.Wiklund/O'Connor	3:00	44:31
	M.Taylor/P.Taylor	-0-	37:00*

The Prabel team, aided by Frank's improved running romped to an easy win. Neil Gelblum's team finished second. Neil used his typical sob story to gain an additional 15 seconds in his handicap and then went out and ran by far his best time for this workout in several years. High schooler Jack Bordoni led all of the guys with a 2:26 average, including 2:21.9 on his final run. Missy Sudan led the ladies with a 2:56 average.

1/9/10 – All Courses Day

Dou/Sar/Fruitvale-2.75M

1	Bryan Chow	14:20
2	Brian Davis	15:57
3	Norry McAllister	16:26 PR
4	Dave Norlander	22:06
5	John Pickens	22:19
6	Rick Kananen	22:52
7	Chris Cassell	26:13

Valle Vista-3.0M

1	Kevin Breit	18:09 PR
2	Paul Taylor	19:27 PR
3	Bill Dunn	19:42
4	Todd Hayes	20:06
5	Carol Bednar	20:40
6	Casey Reinking	20:44
7	Liz Nast	21:27
8	Glenn Kishi	21:43
9	Helen Wong	21:44
10	Joe Hurtado	22:06
11	Tom Zades	27:09
12	Tom Warfel	49:55
12	Becki Kriege	49:55
12	Solene Park	49:55
12	Kristina Park	49:55

Farwell-3.54M

1	Dino Delyani	23:58.0
2	Al Murray	27:27.7 PW
3	Tim Rostege	27:37.7
4	Carl Petersen	27:48.3
5	Catherine Frye	29:52.9
6	Don Packwood	32:03.3

Farwell/H-4.68M

1	Jorn Jensen	27:38
2	Magnus Wiklund	28:04 PR
3	Rosanna Kennedy	38:05
4	Georgia Riley	44:01
5	Tim Riley	45:24

Triangle-4.76M

1	Scott McLeod	29:59
2	Frank Prabel	30:50
3	Jeff Rohrer	31:18
4	George Lo	32:44
5	Heather Rohrer	32:53 PR
6	Tim Souza	35:15
7	Des Knuckey	36:47
8	Pauline Beatty	39:33
9	Kat Powell	40:44
10	Jeff Bedolla	40:47

Short Six-5.74M

1	Scott Bang	34:47
2	Dave Piazza	35:23
3	Dave Woodruff	38:22

4	Mary Kriege	55:49
4	Tom O'Connor	55:49

Dick Barrett Trophy Winner – Bryan Chow

Big turnout this morning. Bryan Chow had the best performance of the day as he ran 14:20, the first time that anyone has broken 14:30 on this course since Bob Pickens ran 14:21 in March 2002. There were several other good performances. Brian Davis, who had run 55 miles during the prior 5 days, was still strong enough to record the #10 50+ time for the Douglas course. Tom Zades improved his 65+ best for Valle Vista by 34 seconds. Magnus Wiklund improved his all-time PR for Farwell/H by 66 seconds. Don Packwood improved his 65+ best for Farwell by 29 seconds. Heather Rohrer improved her PR for Triangle by 21 seconds. Georgia Riley established a new women's 65+ record for the Farwell/H course. Tom O'Connor, who has run this course 7 times during the 5 years that he has been running the course, led Mary Kriege on a new version of it. He turned left onto the Sobey Rd the 2nd time that Sobey dead ended into Quito, lengthening the course to 6.31 miles.

1/16/10 – Dou/Sar/Fruitvale-2.75M

1	Jack Bordoni	15:12 PR
2	Scott Bang	15:16
3	Kevin Breit	16:13
4	Scott McLeod	16:29
5	Norry McAllister	16:31
6	Brian Davis	16:35
7	Neil Gelblum	16:47
8	Frank Prabel	16:57
9	David Woodruff	17:07
10	Paul Taylor	17:18 PR
11	Jeff Rohrer	17:24
12	Missy Sudan	17:28
13	Bill Dunn	17:32
14	Dennis Kurtis	17:52
15	Dino Delyani	17:54
16	Scott Graham	17:59
17	Heather Rohrer	18:10
18	George Lo	18:12
19	Mike Krey	18:16 PR
20	Carol Bednar	18:47 PR
21	Helen Wong	19:27
22	Des Knuckey	19:35
23	Tom O'Connor	19:42
24	Dave McIntyre	20:20
25	Carl Petersen	20:25
26	Glenn Kishi	20:37 PR
27	Joe Hurtado	20:51

28	Tim Rostege	21:01	20	Jim Bordonni	19:53.9	9	Petersen/Hurtado	3:00	40:48
29	Rosanna Kennedy	21:18	21	Dino Delyani	19:55.1	10	Cassell/Piazza	3:15	40:52
30	Hank Lawson	21:59	22	Bill Dunn	19:55.7	11	Jackson/Kishi	3:15	40:57
31	Dave Norlander	22:23	23	Tom O'Connor	21:10.0	12	Zades/Delyani	2:15	41:56
32	Jeff Bedolla	22:36	24	Mike Krey	21:20.7	13	T. Tran/Lee	-0-	42:44
33	Pauline Beatty	22:40	25	Helen Wong	21:46.2 PR	14	Norlander/Moon	3:30	43:04
34	Kat Powell	23:39	26	Joe Hurtado	21:59.9	15	Collins/Gelblum	4:00	44:22
35	Cathy Frye	23:51	27	Kelly Emo	22:16.6				
36	Rich Collins	24:29	28	Carl Petersen	22:39.3				
37	Don Packwood	24:55	29	Dave McIntyre	22:58.9				
38	Tom Zades	25:19	30	Danny Moon	24:26.2				
39	Tim Riley	26:10	31	Pauline Beatty	24:29.8				
40	Jim Myers	27:11	32	Rosanna Kennedy	24:45.3				
41	Walt Van Zant	29:34	33	Tim Rostege	24:47.5				
42	Uyenthi Tran	32:30	34	Dave Norlander	25:09.4				
42	Tin Tran	32:30	35	Jeff Bedolla	25:32.3				
44	Tom Warfel	41:31 RW	36	Kat Powell	26:20.8				
			37	Rich Collins	27:52.0				
			38	Don Packwood	27:59.x				
			39	Chris Cassell	29:48.8				
			40	Walt Van Zant	32:00.2				
			41	Ken Napier	36:27.1				

Dick Barrett Trophy Winner – Neil Gelblum

Many good performances this morning. Jack Bordonni improved his PR by 86 seconds while scoring a close win over Scott Bang. Paul Taylor tied his PR and three others broke their PRs. Neil took home the weekly trophy as he continued his great running of late with a 54-second improvement on his 55+ best, which was also the #10 all-time 55+ best. Missy Sudan and Carol Bednar ran the #6 and #8 all-time best for 40+ women. Rosanna Kennedy ran the #8 best-ever time by a 50+ woman runner. Glenn Kishi, despite having a cold, improved his PR by 29 seconds. Jim Bordonni, Aaron Lee, Ken Boesch, and Danny Moon did an excellent job at the finish line.

1/23/10-5K on the Track

1	Jack Bordonni	17:04.7 PR
2	Scott Bang	17:06.2
3	Dave Piazza	18:08.5
4	Rob Nast	18:18.3
5	Kevin Breit	18:29.9
6	Scott McLeod	18:34.9
7	Norry McAllister	18:42.9
8	Ken Camet	18:47.4
9	Neil Gelblum	19:13.8
10	Frank Prabel	19:23.9
11	Tim Souza	19:26.7
12	Paul Taylor	19:27.7
13	Brian Conroy	19:28.7
14	Dave Woodruff	19:30.6
15	Jim Howe	19:33.4
16	Missy Sudan	19:37.1
17	John Yamagata	19:41.1
18	Christine Kennedy	19:43.6
19	George Lo	19:46.1

Dick Barrett Trophy Winner – Helen Wong

Jack Bordonni took the early lead and held about a 10-yard lead until Scott caught up to him at the mile marker. Thereafter, they ran together until Jack pulled out to a 5-yard lead on the backstretch of the last lap. Scott kicked hard off the last turn but could not close the gap. Helen Wong took home the weekly trophy because she ran her all-time 5K PR. Missy Sudan led the ladies. Christine Kennedy, who is coming back from an injury, also ran well for the ladies. Rosanna Kennedy improved her best 5K as a member of our club by about a minute. Scott McLeod also ran his best 5K since joining the club. Dave Piazza was the top finisher for the 50+ men, Jim Howe led the 60+ men, and Carl Petersen led the 70+ men. New club member, John Yamagata, drove down from Sacramento to run with us. Thanks to Ken Bloesch, Danny & Madelyn Moon, and Aaron Lee for doing the timing.

1/30/10 – 8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Packwood/Breit	3:15	39:11
2	Wong/Jk Bordonni	7:45	39:14
3	R.Kennedy/L.Nast	3:30	40:00
4	Frye/Kurtis	4:00	40:01
5	Lo/Dunn	7:15	40:05
6	Kananen/McAllister	4:00	40:14
7	Powell/Taylor	2:15	40:17
8	Bloesch/Bang	7:45	40:21

Dick Barrett Trophy Winner – Kevin Breit

All teams were rated to finish in 40:15 this morning with most runners rated at 70/90 seconds faster than their recent Douglas run or at about 90% of their recent 12 x 800 relay time. The Breit team scored a narrow win over the fast-closing Bordonni team. Jack Bordonni and Scott Bang had the two best averages for the guys at 3:24 and 3:28. Liz Nast led the ladies with a 4:17 average. Rosanna Kennedy, Glenn Kishi, Norry McAllister, and Paul Taylor PRd for the workout. Club runners who have averaged under 3:15 per run for this workout (sub-13:00 total time) include Ray Russell at 12:30, Lucas Catillo at 12:45, Jake White at 12:52, Charles Lighty at 12:55, and Gil Uresti at 12:57. Thanks to Jim Bordonni and Todd Hayes for doing the timing.

2/6/10-Farwell/H-4.68M

1	Jorn Jensen	27:20	
2	Brian Davis	27:49	
3	Kevin Breit	28:05	
4	Andy Lief	28:20	
5	Norry McAllister	28:49	PR
6	Paul Taylor	29:39	PR
7	Frank Prabel	29:54	
8	Tim Souza	30:03	
9	Missy Sudan	30:04	
10	Jeff Rohrer	30:17	
11	Todd Hayes	30:34	
12	Bill Dunn	30:51	
13	Mike Krey	32:16	
14	Tom O'Connor	33:12	
15	Des Knuckey	34:06	
16	Joe Hurtado	34:53	
17	Glenn Kishi	35:05	
18	Carl Petersen	36:30	
19	Tim Rostege	36:37	
20	Danny Moon	37:33	
21	Pauline Beatty	39:24	
22	Dave Norlander	40:30	
23	Kat Powell	41:23	
24	Jeff Bedolla	41:30	
25	Don Packwood	44:10	
26	Tom Zades	45:43	
27	Chris Cassell	46:26	

28	Walt Van Zant	49:05	PW
29	Tom Warfel	65:59	RW

Dick Barrett Trophy Winner – Neil Gelblum

Dick Barrett Trophy Winner – Brian Davis

Rainy morning today but not too bad. Jorn ran to an easy win and Missy led the ladies while recording the #4 best by a 40+ woman. Brian Davis took home the weekly trophy as he recorded the #7 best by a 50+ runner (76 50+ runners have run this course). Two PRs – Norry tied his PR and Paul improved his PR by 8 seconds. We had several former super runners competing. Those running who have previously broken 26 minutes included Tim Souza (24:45), Bill Dunn (25:17), Danny Moon (25:21), Tim Rostege (25:27, and Jorn Jensen (25:55). Jake White (24:53) skipped the run but dutifully reported to Carrow's for the after-run breakfast. Thanks to Jim Bordonni and Ken Bloesch for their timing job under wet conditions.

2/13/10 – Farwell – 3.54M

1	Brian Davis	20:46.2
2	Dave Piazza	21:05.9
3	Neil Gelblum	21:59.7 PR
4	Frank Prabel	22:06.3 PR
5	Tim Souza	22:07.5
6	Christine Kennedy	22:09.4
7	Missy Sudan	22:12.9
8	Bill Dunn	23:08.1
9	Dino Delyani	23:12.9
10	Todd Hayes	23:27.0
11	Mike Krey	23:58.6 PR
12	Matt Kriege	24:07.0
13	Tom O'Connor	24:11.3
14	Joe Hurtado	25:28.4
15	Helen Wong	25:38.8
16	Alex Williams	26:39.2
17	Dave McIntyre	26:45.5
18	Andy Williams	26:48.6
19	Glenn Kishi	26:55.8
20	Carl Petersen	27:09.6
21	Rosanna Kennedy	28:02.9
22	Joe Johnson	28:20.8
23	Dave Norlander	28:55.9
24	Jeff Bedolla	29:15.8
25	Rick Kananen	30:13.0
26	Kat Powell	31:02.9
27	Don Packwood	31:04.2
28	Tom Zades	32:49.6
29	Chris Cassell	34:15.6
30	Walt Van Zant	35:09.7
31	Tom Warfel	38:21.x RW
32	Eddie Reyna	52:15.8

Many notable performances this morning. Brian ran off course by following the "trail" sign in the double-gate area until he reached a bridge. He backtracked to the course and was still fast enough to win. There was a very good race for places 3rd through 7th with Neil getting 3rd. He beat his all-time PR by 6 seconds at the advanced age of 58. Mike Krey, also a 55+ runner, bettered his PR by 6 seconds. And, Frank Prabel bettered his PR by 23 seconds. Christine Kennedy and Missy Sudan were the first two women finishers. Christine Kennedy at age 56 ran this course for the first time and still was good enough to record the #10 best-ever open woman time. She also broke the women 55+ course record by 192 seconds. Very impressive. Missy, who has the all-time 2nd best open time at 21:00, recorded the #3 40+ women's time, just 7 seconds behind Sue Francis. Don Packwood improved his 65+ best by 59 seconds to pass Tom Zades on the 65+ list. Dave Piazza improved his 50+ best by one second. Eddie Reyna also was misled by the "trail" sign, running all of the way back out to Hwy 9. He probably would have run in the low 35 if he hadn't gone off course. Runners who ran today and who ran under 20 minutes on this course in their younger days included Bill Dunn (18:40), Tim Souza (18:54), Tom Warfel (19:36), your editor (19:45), and Rick Kananen (19:46). Rich Stillier, who restricts his appearances to the after-run club breakfast has an 18:22. Jake White, who failed to show up for breakfast this morning, has a best of 18:16.

2/20/10-Valentine Team Race-5.37M

1	Scott Bang	31:01 PR
2	Jorn Jensen (A)	32:31
3	Dave Piazza (B)	33:11
4	Neil Gelblum (E)	34:05 PR
5	Christine Kennedy(I)	34:11
6	Scott McLeod (C)	34:13
7	Kevin Breit (D)	34:16
8	Tim Souza (I)	34:38
9	Jeff Rohrer (E)	35:19
10	Frank Prabel (H)	35:39 PR
11	Dino Delyani (C)	35:54 PR
12	Bill Dunn (F)	36:05
13	Tom O'Connor (A)	36:06
14	George Lo (A)	36:26
15	Paul Taylor (G)	36:32
16	Todd Hayes (D)	36:41
17	Missy Sudan (H)	37:06

18	Dave Woodruff (G)	37:17
19	Heather Rohrer (B)	37:26
20	Christopher Lele (F)	37:50
21	Carol Bednar (B)	38:54 PR
22	Rich Hahn (C)	39:27
23	Helen Wong (E)	39:36
24	Joe Hurtado (D)	40:07
25	Glenn Kishi (F)	40:37 PR
26	Des Knuckey	41:39
27	Carl Petersen (H)	42:02
28	Rosanna Kennedy (I)	43:14
29	Dave McIntyre (G)	44:48
30	Joe Johnson (I)	44:54
31	Jeff Bedolla (H)	45:27
32	Rich Collins (E)	47:26
33	Bob Schmitt	48:25
34	Catherine Frye	48:28
35	Don Packwood (F)	49:00
36	Alvin Jackson (D)	49:18
37	Kat Powell (G)	49:26
38	Tom Zades (C)	52:26
39	Chris Cassell (B)	54:00
40	Walt Van Zant	56:19
41	Tom Warfel (A)	74:21
42	Joe Fleet	75:00

Team Scores

1	Team E	3/ 8/22/30 = 63
2	Team A	1/13/14/36 = 64
3	Team I	4/ 7/26/28 = 65
4	Team C	5/10/21/34 = 70
5	Team H	9/11/25/29 = 74
6	Team B	2/18/20/35 = 75
7	Team D	6/16/23/32 = 77
8	Team F	12/19/24/31 = 86
9	Team G	15/17/27/33 = 92

Great weather conditions this morning -- Overcast skies, negligible wind, temperature in the mid 50s. Scott Bang had the fastest time for the guys and Christine Kennedy finished 5th overall with the fastest time for the ladies. Bill Dunn, missed his PR of 29:22 (set 24+ years ago) by 7 minutes. Thanks to the finish-line crew of Chris Blue, Bill Dodson, Mike Krey, Aaron Lee, Danny Moon, Madelyn Moon, and Uyenthi Tran.

2/27/10 – 4 x 1.46M WVC Campus Loop Relay

Pl	Team	Start	Finish
1	Hayes/Piazza	:30	41:51
2	Kishi/Sudan	2:45	42:31
3	Packwood/McAllister	:30	42:33
4	Petersen/Taylor	2:45	42:45
5	Delyani/Dunn	5:45	43:02
6	Jackson/McLeod	2:45	43:39

7	Hurtado/Gelblum	3:45	43:53
8	T.Riley/R.Nast	-0-	43:56

Dick Barrett Trophy Winner – Todd Hayes & Dave Piazza

Small turnout this morning but the weather was fairly good as we were hit with just a couple of light showers during the relay. The top dogs were Rob Nast with an 8:28 average and Dave Piazza and Norry McAllister with an 8:44 average.

3/6/10 – Short Six – 5.74 Miles

1	Scott Bang	33:07	
2	Dave Piazza	35:19	
3	Norry McAllister	36:06	PR
4	Scott McLeod	37:36	
5	Andy Williams	37:55	
6	Frank Prabel	38:43	
7	Jim Bordoni	39:04	
8	Dino Delyani	39:06	
9	Helen Wong	42:48	
10	Des Knuckey	43:03	
11	Mike Krey	43:26	
12	Dave McIntyre	43:28	
12	Hank Lawson	43:28	
14	Rosanna Kennedy	47:30	PR
15	Jeff Bedolla	49:00	
16	Catherine Frye	52:25	
17	Alvin Jackson	53:03	
18	Chris Cassell	56:20	
19	Tim Riley	56:33	
20	Don Packwood	57:39	
21	Tom Zades	58:01	
	Rich Collins	DNF	

Dick Barrett Trophy Winner – Norry McAllister

Scott Bang continued to run very well as he scored an easy win. Dave Piazza missed his 50+ PR by 10 seconds. Norry at age 53 ran another all-time PR. Helen led the ladies. Rosanna PRd by 10 seconds. Rich Collins turned back when he reached Sobey Rd for his second consecutive DNF on this course.

3/16/10-Valle Vista-3.0 Miles

1	Kevin Breit	17:28	PR
2	Rob Nast	17:46	
3	Dave Piazza	17:49	
4	Norry McAllister	17:55	PR
5	Tim Souza	18:13	
6	Brian Davis	18:51	
7	Dave Woodruff	18:54	
8	Tom O'Connor	18:56	

9	Missy Sudan	19:06	
10	Frank Prabel	19:07	
11	Neil Gelblum	19:09	
12	Bjorn Samson	19:12	
13	Dino Delyani	19:18	
14	Bill Dunn	19:23	
15	Brian Conroy	19:28	
16	George Lo	19:44	
17	Paul Taylor	20:03	
18	Joseph Aubuchon	20:42	
19	Des Knuckey	20:57	
20	Glenn Kishi	21:04	PR
21	Helen Wong	21:26	
22	Joe Hurtado	21:52	
23	Czrol Bednar	21:54	
24	Joe Johnson	22:27	
25	Carl Petersen	22:48	
26	Dave McIntyre	23:21	
27	Jeff Bedolla	23:29	
28	Rosanna Kennedy	23:41	
29	Bob Lord	24:16	
30	Dave Norlander	24:40	
31	Alvin Jackson	24:51	PR
32	Bob Schmitt	26:51	
33	Tim Riley	27:59	
34	Mike Kolesnik	28:11	
35	Tom Zades	28:40	
36	Don Packwood	29:13	
37	Lan Aubuchon	29:40	
38	Tom Warfel	42:15	RW

Dick Barrett Trophy Winner – Kevin Breit

A lot of good running this morning. Kevin won while PRing by 41 seconds. Missy Sudan led the ladies, recording the #4 best-ever time by a 40+ woman. 50+ runners, led by Dave Piazza, took 8 of the top 11 spots. Norry, a 50+ runner, continued to run PRs. Glenn Kishi PRd by 39 seconds and Alvin Jackson improved his PR by 78 seconds. Dino Delyani missed his 50+ PR by a mere 1 second and Neil Gelblum missed his 55+ best by 3 seconds. Bill Dunn led the 60+ runners and Carl Petersen led the three 70+ runners. Bob Lord recorded the #7 best-ever 70+ time and Dave Norlander recorded the #9 70+ time, improving his age-group best by 1 ½ minutes.

3/20/10 – 18 x 0.33M Relay

<u>PI</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Aubuchn/Aubuchn/Bord	2:00	39:33
2	Frye/R.Kennedy/Prabel	1:00	40:55
3	Zades/Packwood/Taylor	-0-	42:00
4	Powell/Jackson/Conroy	1:45	42:28
5	Collins/L.Nast/D.Moon	2:00	43:16

Dick Barrett Trophy Winner = The Frye/Kennedy/Prabel Team

Small turnout because many runners were going to compete in the Across The Bay 12K on Sunday. The Bordoni team won by a whopping amount but were assisted by being told to start one minute sooner than they should have started. Oldie Jim Bordoni was the leader of the pack with a 1:48 average. Rich Collins had to quit because of any injury. Congratulations to Danny Moon as he ran 103 seconds slower than the last time that we ran this workout. Joseph & Lam Aubuchon ran with us for the second week in a row. Several club members were narrowly missed by cars as there was a lot of traffic due to a large invitational high school meet being held on the track. Thanks to Aaron Lee for setting up the workout and then subbing for Rich Collins. And also thanks to Uyenthi Tran and Neil Gelblum for their assistance in the timing.

3/27/10-Triangle Run – 4.76M

1	Kevin Breit	28:15	
2	Dave Piazza	28:38	
3	Norry McAllister	29:04	PR
4	Tim Souza	29:42	
5	Tom O'Connor	30:02	
6	Jeff Rohrer	30:16	
7	Frank Prabel	30:25	
8	Dave Woodruff	30:26	
9	Dino Delyani	30:46	PR
10	Brian Davis	30:56	
11	Paul Taylor	31:07	
12	Bill Dunn	31:16	
13	George Lo	31:35	PR
14	Joseph Aubuchon	33:24	
15	Des Knuckey	33:36	PR
16	Helen Wong	34:15	
17	Joe Hurtado	34:21	
18	Mark Goldman	34:39	
19	Scott Graham	34:49	
20	Rich Hahn	35:09	
21	Hank Lawson	36:05	
22	Glenn Kishi	36:37	PR
23	Carl Petersen	37:22	
24	Carol Bednar	37:38	
25	Rosanna Kennedy	39:08	
26	Brajesh Upadhyay	40:31	
27	Dave Norlander	40:53	
28	Kat Powell	41:46	
29	Lan Aubuchon	42:24	
30	Don Packwood	43:00	
31	Tom Zades	48:41	

32 Tim Riley 48:42

Dick Barrett Trophy Winner – Dino Delyani

Kevin Breit scored his second consecutive Saturday road course win. The next ten places went to 50+ runners with Bill Dunn, a 60+ runner, finishing 12th. Bill missed his PR by 6 minutes. Tom Zades and Tim Riley started early and then had to resort to desperate sprints in order to barely hold off the fast-closing Kevin. Glenn Kishi took home the weekly trophy as he improved his PR by 83 seconds. . George Lo improved his PR by 69 seconds, Des Knuckey improved by 30 seconds, Dino improved by 7 seconds, and Norry mproved by 3 seconds, which was good enough to slip by Joe Hurtado and Norry McAllister on both the all-time list and the 50+ lists. Tom O'Connor, after a long down period due to illness, continued to improve, missing his 50+ best by 28 seconds. Mark Goldman ran with us for the first time in 15 months. He has been away from action due to three knee surgeries during the past year. We appreciated the help of timers Jim Bordoni, Aaron Lee, Uyenthi Tran, Neil Gelblum, and Danny Moon.

4/3/10 – 16 x 300 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	L.Aubuchon/D.Moon	:45	20:37
2	Conroy/Lawson	4:30	21:17
3	Frye/Tran	2:15	21:31
4	Samson/R.Nast	6:45	21:34
5	Noble/R.Kennedy	-0-	21:35
6	B.Kriege/J.Aubuchon	5:30	21:39
7	Taylor/Delyani	5:15	21:52
8	T.Riley/Norlander	:30	21:53
9	Sudan/J.Rohrer	5:45	21:57
10	Zades/Goldman	1:45	21:59
11	Powell/Wong	1:00	22:11

Dick Barrett Trophy Winner – Catherine Frye & Uyenthi Tran

Easy win for the Moon team. The Tran team got the weekly trophy because they came closest to the estimated team finish for all teams of 21:30. Danny Moon claimed that his team ran far under par due to his partner, not realizing that his partner had timed all of their runs. In fact, it was Danny, who has been feigning slowness for many months as a setup to win a weekly relay, who ran farther under par than anyone else. He seems to be following a pattern first seen last year – run slowly for

several months, then start training with his high school team, and then suddenly rediscover his former speed. Thanks to Mike Frey and Aaron Lee for timing the workout.

4/10/10 – Dou/Sar/Frtvle-2.75M

1	Kevin Breit	15:52	PR
2	Dave Piazza	16:03	
3	Tim Souza	16:11	
4	Andy Williams	16:33	
5	Tom O'Connor	16:43	
6	Bjorn Samson	16:48	
7	Dave Woodruff	16:57	
8	Bob Rea	17:08	
9	Dino Delyani	17:18	
10	Frank Prabel	17:22	
11	Bill Dunn	17:24	
12	Joseph Aubuchon	18:18	
13	Des Knuckey	18:38	PR
14	Neil Gelblum	18:50	
15	Brian Davis	19:06	
16	Liz Nast	19:08	
17	Mark Goldman	19:12	
18	Helen Wong	19:22	
19	Dick Chimenti	19:31	
20	Alex Williams	19:42	PR
21	Joe Hurtado	19:45	
22	Todd Hayes	19:53	
23	Dave Mcntyre	20:18	
24	Glenn Kishi	20:29	PR
25	Carl Petersen	20:49	
26	Danny Moon	21:02	
27	Jeff Bedolla	21:25	
28	Alvin Jackson	22:26	
29	Dave Norlander	22:28	
30	Sean Williams	22:51	
31	Lan Aubuchon	22:58	
32	Don Packwood	23:03	
33	Kat Powell	23:52	
34	Rick Kananen	24:24	
35	Tim Riley	25:15	
36	Tom Zades	27:41	
37	Tom Warfel	39:12	RW
38	Georgia Riley	41:17	

Dick Barrett Trophy Winner – Kevin Breit

Kevin Breit won his 3rd consecutive Saturday club road run while improving his PR by 21 seconds. Liz Nast led the ladies, improving her 45+ best by 13 seconds. Bob Rea, who has been injured for most of the past year, visited us from New Zealand and was still fast enough to record the 16th best-ever 55+ time. Alex Williams improved his PR by 1½ minutes.

4/17/10-Step Up & Down Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Bedolla/Goldman	:15	34:25
2	J.Pickens/Wong	-0-	34:53
3	Jackson/Krey	1:30	35:32
4	Noble/Taylor	:15	36:23
5	R.Kennedy/D.Moon	1:15	36:44

Dick Barrett Trophy Winners – Jeff Bedolla & Mark Goldman

Small turnout as many club members were saving themselves for the Zippy 5K race the next day. The Goldman team led the way and Paul Taylor had the best average at a little under 90 seconds per lap.

4/24/10-Farwell/H-4.68M

1	Bjorn Samson	29:43	
2	Dino Delyani	30:34	
3	Paul Taylor	30:54	
4	Des Knuckey	32:29	PR
5	Joseph Aubuchon	33:06	
6	Mike Krey	33:46	
7	Helen Wong	37:12	
8	Rosanna Kennedy	37:47	
9	Ken Camet	37:48	
10	Jeff Bedolla	38:53	
11	Dave Norlander	40:34	
12	Kat Powell	43:09	
13	Lan Aubuchon	43:34	
14	Tom Zades	43:53	
15	Tom Warfel	64:15	RW

Dick Barrett Trophy Winner – Tom Zades

Low turnout as many club members were saving themselves for the Big Sur 5K on Sunday. Bjorn led the way for the guys and Helen led the way for the ladies. Des Knuckey had the only PR with a 97-second improvement. Tom Warfel improved his race-walking best for this course.

5/1/10 – 36 x 200 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Noble/Bloesch/McLeod	:30	25:42
2	L.Aubuchon/Tran/Moon	-0-	26:11
3	Powell/Jackson/Krey	:30	26:15
4	Wiklund/Wiklund/Mac	3:00	26:27
5	J.Aubu/Camet/Bordoni	5:15	26:35
6	Taylor/Gelblum/Conroy	4:15	26:37
7	L.Nast/B.Kriege/Sudan	2:45	26:48
8	Samson/R.Nast/Bang	7:00	27:07
9	Kennedy/Bedo/Goldman	1:30	27:56

Dick Barrett Trophy winner – None

The first three teams to start finished in the first three places. The McLeod team took the lead during the 7th lap of the 18-lap relay and ran to an easy win. Magnus Wiklund had the best average at 31 seconds per run. Tom, the criminal, Zades apparently still has the weekly trophy. One report has it that he fled to Mexico with the trophy in his suitcase.

5/8/10-16 x 400 Relay

Pl	Team	Start	Finish
1	Sudan/Conroy	3:30	25:24
2	Jackson/Krey	1:30	25:28
3	Petersen/Wong	-0-	25:41
4	Norlander/Tran	-0-	25:43
5	L.Aubuchon/J.Aubuchon	-0-	25:43
6	Breitt/Camet	5:30	25:55
6	Lo/Prabel	3:30	25:55
8	Taylor/Knuckey	3:30	26:02
9	Hurtado/L.Nast	1:30	26:08
10	McAllister/Kurtis	5:30	26:14
11	Goldman/Delyani	3:15	26:17
12	T.Riley/Woodruff	-0-	26:24
13	Bedolla/D.Moon	1:30	26:53

Dick Barrett Trophy Winner – Missy Sudan & Brian Conroy

Par was 26:15 this morning and all but three teams were under that standard. Missy Sudan put her team into the lead during the last few steps of her final leg and Brian Conroy extended the lead to 20 meters during his final leg. Kevin Breitt had the fastest average for the guys at 74+. Missy led the ladies with an 83 average. Danny Moon had a tremendous swoon, dropping from an 87 average for his first three

runs to 95, 101, 100, and 95 before recovering with a 90 on his last run.

5/15/10-Farwell-3.54M

1	Scott Bang	19:29.9	PR
2	Kevin Breitt	20:36.6	
3	Dave Piazza	21:14.5	
4	Bjorn Samson	21:35.4	
5	Ken Camet	21:56.8	PR
6	Jeff Rohrer	22:14.4	
7	Missy Sudan	22:50.0	
8	Dino Delyani	22:56.3	
9	Brian Conroy	23:19.9	
10	Scott Graham	24:57.6	PR
11	Helen Wong	25:02.9	
12	Todd Hayes	25:27.0	
13	Rich Hahn	26:53.4	
14	Carl Petersen	27:17.4	
15	Jeff Bedolla	27:40.1	
16	Rosanna Kennedy	28:08.3	
17	Dave Norlander	29:27.7	
18	Alvin Jackson	29:50.0	
19	Catherine Frye	30:13.3	
20	Kat Powell	30:34.8	
21	Pablo Rodriguez	30:51.3	
22	Des Knuckey	32:09.2	
23	Tim Riley	35:19.8	
24	Georgia Riley	37:44.4	
25	Eddie Reyna	57:58.0	

Phantom Dick Barrett Trophy Winner – Scott Bang

Scott Bang, who has been running the Farwell course for 15+ years, broke his PR (set in April 1999) by 5 seconds while running unassisted throughout the run. His time puts him #14 on the 40+ list. Missy Sudan led the ladies. Ken Camet and Scott Graham PRd by 30 and 15

seconds. Scott PRd despite wracking himself up when he ran into a pole. Des Knuckey and Eddie Reyna lost a considerable amount of time when they did not make a hard right onto Douglas when turning right off Saratoga Ave. Both angled up Shadow Oaks and then eventually looped back to Saratoga Ave. Eddie is now 0 for 2 this year in staying on course for Farwell.

5/22/10-8x0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Graham/Lo	6:45	40:01
2	Collins/Hayes	-0-	40:17
3	Delyani/Souza	9:30	40:29
4	Rohrer/Woodruff	9:30	40:37
5	R.Kenneday/Jackson	2:45	40:58
6	T.Riley/L.Nast	:30	41:13
7	Norlander/Bedolla	2:45	41:13.1
8	Rodriguez/Kishi	2:00	41:39
9	Samson/Bang	12:30	42:15

Dick Barrett Trophy Winner – Scott Graham & George Lo

The Hayes team started first and held the lead through nearly 7 laps, when the Lo team took the lead and held it to the end. The most interesting battle of the race was between Dino Delyani and Jeff Rohrer at the end of each of their 4 loops. Jeff was successful the first three times but could not get by Dino at the end of their 4th loop. Bjorn and Tim had the fastest averages at 3:41 and 3:47. The timing crew of Kat Powell, Neil Gelblum, Paul Taylor, Carl Petersen was trained and supervised by Jim Bordonni.

RACE RESULTS

11/15/09-Big Sur Half Marathon

Victoria Kros 1:56:53 2nd-60+

1/1/10-Los Gatos Resolution Run-5 M

4	Jonathan Kimura	28:27	2nd 20+
9	Scott Bang	30:13	1st 40+
16	Jeff Candello	32:11	3rd 50+
28	Scott Graham	34:41	5th 50+
34	Todd Hayes	35:07	
48	Liz Nast	36:35	3rd 40+
50	Greg Burke	36:42	2nd 60+
62	Norm Gould	38:15	3rd 60+
91	Pauline Beatty	41:28	1st 50+
99	Tim Rostege	42:02	
132	Kat Powell	45:21	3rd 50+

134. Jeff Bedolla 45:22

166 Tom Zades 48:38

1/1/10-Run For A Healthy World 5K

17	Alice Isaacson	23:01	2nd-35+
77	Carl Tuck	29:32	2nd-70+

1/1/10-Run For A Healthy World 10K

5	Kevin Breit	38:26	2nd-35+
11	Neil Gelblum	39:55	5th-50+
14	Paul Taylor	40:45	6th-50+
15	Jim Howe	41:13	1st-60+
30	Rich Hahn	44:57	4th-40+
38	Kelly Emo	47:02	3rd-40+

1/1/10-Rio Resolution Run – 3M

119 Glynn Wood 29:38 2nd-70+

1/1/10-Rio Resolution Run-6.3M

154 Victoria Kros 54:18 3rd-60+

1/2/10-Brazen Racing Trail 10K

Rich Hahn 55:26 1st-45+

1/10/10-Cal-10Miler in Stockton

Ken Camet	62:53	1st-45+
Neil Gelblum	64:44	1st-55+
Jim Howe	65:44	1st-60+
Ron Kiyono	70:44	2nd-60+
Eddie Reyna	99:10	1st-75+

1/16/10-Woodside Trail Run – 5.0M

Rich Hahn 42:05 3rd-40+

1/17/10-Phoenix Rock N Roll Mara

274 Todd Hayes 3:12:55 3rd-55+

1/30/10 – San Juan Bautista 10 Mile

 7 Matt Tompkins 59:38 4th-30+
 10 Jorn Jensen 61:48 1st-40+
 30 Jeff Rohrer 68:15 2nd-50+
 108 Jose Casillas 87:22

1/30/10 – San Juan Bautista 5K

 17 Heather Rohrer 19:51 1st-Wom
 107 Zerlina Casillas 29:17
 116 Glynn Wood 30:04 4th-70+

2/7/10-Kaiser Half Marathon

 32 Mike Matthews 1:17:48 4th-40+
 67 Rob Nast 1:21:22 6th-45+
 110 Ken Camet 1:23:59
 121 Neil Gelblum 1:24:27 3rd-55+
 124 Scott McLeod 1:24:54
 185 George Lo 1:27:47
 217 John Yamagata 1:28:42 2nd-60+
 318 Dino Delyani 1:31:50
 677 Art Mitchum 1:39:14
 906 Helen Wong 1:42:31
 999 Kelly Emo 1:43:58
 1124 Uyenthi Tran 1:45:39
 3352 Dave McIntyre 2:07:52

2/7/10 – Santa Cruz Super Bowl 3K

 32 Tim Riley 16:30 2nd-65+
 46 Glynn Wood 18:17 1st-75+

2/7/10 – Santa Cruz Super Bowl 10K

94 Victoria Kros 52:57 1st-60+

2/13/10 – Campbell Valentine 10K

 10 Kevin Breit 37:41 2nd-30+
 11 Jeff Candello 38:26 1st-50+
 12 Norry McAllister 39:02 2nd-50+
 36 Mark Isaacson 45:12
 52 Alice Isaacson 47:23 1st-50+
 62 Tim Rostege 48:44 2nd-60+

3/6/10 – NorCal 10-Miler

 42 Brian Davis 62:03 5th-50+
 47 Dennis Kurtis 63:26 2nd-55+
 48 Kevin Breit 63:30 7th-35+
 51 Matt Nolan 63:48 4th-45+
 57 Ken Camet 64:30 6th-45+
 65 Neil Gelblum 65:07 3rd-55+
 71 Tom O'Connor 66:05
 168 Carl Petersen 22:56

 73 John Yamagata 66:17 1st-60+
 84 Bill Dunn 68:20 2nd-60+
 87 Da.Woodruff Sr 88:34
 90 Ron Kiyono 69:01 3rd-60+
 91 George Lo 69:12
 102 Todd Hayes 70:32 4th-55+
 117 Jim Howe 74:35 5th-60+
 118 Glenn Kishi 74:51 9th-45+
 123 Joe Hurtado 75:25 2nd-65+
 140 Marian Richard 78:08 1st-50+
 149 Da.Woodruff Jr 80:06
 153 Carl Petersen 81:14 3rd-70+
 159 Carol Bednar 82:18 9th-40+
 183 Bill Dodson 87:13 1st-75+
 218 Bob Lord 94:12 5th-70+
 244 Kat Powell 98:35 8th-55+
 264 Ed Reyna 104:36 2nd-75+

3/13/10-Way Too cool 50K

 365 Bill Dodson 7:20:15 1st-75+
 438 Kat Powell 8:22:25
 Tough race - streams with water knee high to cross, mud, slippery rocks. Bill took a tumble at 15 miles and had to walk the remaining distance.

3/21/10-ING Atlanta Half Marathon

Rich Hahn 1:43:23

3/21/10 – Across The Bay 12K

 5 John Kamau 38:23 4th-25+
 30 Ivan Medina 40:51 5th-20+
 33 John Weru 41:02 9th-30+
 39 Jonathan Kimura 41:24
 94 Brian Davis 45:17 6th-50+
 118 Scott McLeod 46:29
 120 Mike Smith 46:32
 121 David Piazza 46:38 10th-50
 123 Ken Camet 46:43
 130 Tim Souza 46:59
 132 Norry McAllister 47:01
 145 Kevin Breit 47:37
 147 Dennis Kurtis 47:43 3rd-55+
 170 Jeff Rohrer 48:49
 173 John Yamagata 48:59 2nd-60+
 175 Tom O'Connor 49:04
 177 David Woodruff 49:09
 183 George Lo 49:27
 188 Bill Dunn 49:37 3rd-60+
 192 Dino Delyani 49:50
 198 Dan Anderson 50:04 4th-55+
 215 Ron Kiyono 50:44 4th-60+
 232 Missy Sudan 51:25 7th-40+
 308 Glenn Kishi 54:04
 323 Joe Hurtado 54:42 2nd-65+
 348 Helen Wong 55:30
 173 Dave Norlander 24:00

 351 Marian Richard 55:32 2nd-50+
 456 Carl Petersen 58:19 3rd-70+
 458 Norm Takeuchi 58:22
 464 Uyenthi Tran 58:28
 638 Bob Lord 62:07 4th-70+
 675 Bill Dodson 62:50 1st-75+
 690 David Norlander 63:16 5th-70+
 730 Dave McIntyre 63:47
 798 Victoria Kros 64:51 5th-60+
 1651 Eddie Reyna 77:45 3rd-75+
 1700 Tim Riley 78:39

4/3/10-Cupertino Big Bunny Run-5K

 8 Kevin Breit 17:26 1st-30+
 16 Dave Woodruff 18:37 1st-50+
 39 Mark Isaacson 21:02 5th-50+
 55 Kelly Emo 22:08 2nd-40+
 136 Dana Emo 27:37 5th-9+

4/10/10-American River 50M

 105 Cecil Baumgartnr 8:42:51
 257 Bill Dodson 9:57:55 3rd-75+

4/11/10-Santa Cruz Half Marathon

 183 Rich Hahn 1:42:15
 520 Rosanna Kennedy 1:54:53 5th-50+

4/17/10-Ruth Anderson 50K

Todd Hayes 4:04:52

4/17/10-Ruth Anderson 50M

Kat Powell 11:52:19

4/18/10-Zippy 5K
Men's Race

 27 John Weru 16:07
 28 John Kamau 16:10
 54 Scott Bang 17:02
 55 Ivan Medina 17:08
 74 Brian Davis 17:40
 87 Kevin Breit 17:55
 93 Tim Souza 18:12
 96 Norry McAllister 18:24
 97 Scott McLeod 18:25
 101 Tom O'Connor 18:39
 103 Dave Piazza 18:42
 117 David Woodruff 19:24
 121 Jim Bordoni 19:36
 127 Neil Gelblum 19:47
 130 Bill Dunn 19:49
 135 Ron Kiyono 20:11
 151 Aaron Lee 21:19
 157 David McIntyre 22:13
 158 Richard Hahn 22:22
 161 Joe Hurtado 22:31
 165 Mark Isaacson 22:45
 174 Bob Lord 24:24



182 Tim Riley 29:29	87 Bill Dunn 20:02 4th-60+	36 Michael King 19:54
183 Ed Reyna 30:22	91 Neil Gelblum 20:11 6th-55+	
Women's Race	104 Ron Kiyono 20:50 5th-60+	5/2/10-Devil Mountain 10K
25 Becki Kriege 19:13	124 Marian Richard 21:39 4th-50+	11 Tom O'Connor 37:52 2nd-50+
41 Melissa Sudan 19:48	126 Joe Hurtado 22:23 2nd-65+	24 Dan Anderson 40:35 2nd 55+
85 Joann Dahlkoetter 23:19	139 Glenn Kishi 22:37 11th-45+	
94 Uyenthi Tran 23:53	153 Carl Petersen 23:17 3rd-70+	5/8/10-CPOA 5K in Pleasanton
96 Carol Bedner 24:28	177 Carol Bednar 24:27 17th-40+	11 Michael King 19:55 3rd-40+
116 Georgia Riley 34:09	193 Bill Dodson 25:18 1st-75+	12 Ron Kiyono 20:04 1st-60+
	200 Victoria Kros 25:31 3rd-60+	30 Kelly Emo 23:24 3rd-40+
	306 Diane Bordoni 29:32 5th-55+	
4/19/10 – Boston Marathon	311 Tim Riley 29:47 5th-65+	5/8/10-CPOA 10K in Pleasanton
Mike Matthews 2:51:12	353 Glynn Wood 31:21 2nd-75+	6 Neil Gelblum 40:00 1st-50+
Dan Swansey 2:51:44	370 Ed Reyna 31:59 4th-75+	
Ken Camet 2:58:59	431 Georgia Riley 34:16 3rd-65+	5/8/10-Quicksilver 25K
Dennis Kurtis 2:59:29 7th-55+	568 Marcia Morrison 42:27 14th-60+	6 Scott MeLeod 2:03:30
George Lo 3:04:02		7 Ken Bloesch 3:41:46
John Yamagata 3:05:26 5th-60+		
C. Guebels 3:07:47	4/25/20-Big Sur Marathon	
Jean Harris 3:12:32	14 Mike White 2:51:30 3rd-45+	5/8/10-Quicksilver 50K
Glenn Kishii 3:36:48	110 Jeff Rohrer 3:21:15 10th-50+	3 Cecil Baumgartner 5:13:16
Kelly Emo 4:10:09		4 Todd Hayes 5:25:15
	4/25/10-The Great Race-4.0Miles	5 Kat Powell 8:03:40
	9 Kevin Breit 22:42 2nd-30+	
4/25/10-Big Sur 5K	16 Norry McAllister 23:23 2nd-50+	5/8/10-Quicksilver 50M
23 Scott Bang 17:05 4th-40+	43 Frank Prabel 25:32	1 Dan Anderson 11:31:34
33 Brian Davis 17:52 3rd-50+	45 Brian Conroy 25:35	2 Bill Dodson 12:09:14
46 Tim Souza 18:30 8th-50+	82 Mark Goldman 27:31 1st-60+	
53 Mike Smith 18:42 6th-45+	101 Liz Nast 28:16 3rd-40+	5/16/10-Almaden Lake 10K
55 Tom O'Connor 18:55 10th-50+	124 Norm Gould 29:00 3rd-60+	3 Neil Gelblum 39:07 1st-50+
67 Dave Woodruff 19:22 12th-50+	142 Dave McIntyre 29:31	Tom Zades 57:58
68 Becki Kriege 19:23 4th-40+		
74 Jim Bordoni 19:41 3rd-55+	5/2/10-Deveil Mountain 5K	
80 John Yamagata 19:48 2nd-60+	9 Mike Smith 18:05 4th-45+	
81 Missy Sudan 19:49 6th-40+		

2010 LOS GATOS WINTER ALL-COMER MEET RESULTS

	Winter '10 Best	Jan. 9	Jan. 16	Jan. 23	Jan. 30	Feb. 6	Feb. 13	Feb. 20	Feb. 27
60 METERS									
Bob Lord	11.1h					11.1h			11.3F
100 METERS									
Bob Lord	18.1F							18.1F	18.5F
200 METERS									
Carl Tuck	41.30						41.30		
400 METERS									
Bob Pickens	1.01.1F							1.01.1F	
Ken Camet	1.08.0F						1.08.5h	1.08.0F	
Dav Woodruff	1.09.98				1.09.98	1.10.7h			
Carl Tuck	1.32.89				1.32.89				
800 METERS									
Scott Bang	2.10.4F					2.15.3h	2.13.40		2.10.4F
Aaron Patersn	2.14.00				2.19.27		2.14.00		
AJ Pala	2.17.90						2.17.90		

Adam Prince	2.19.30				2.19.30	
Jim Bordoni	2.23.3F	2.27.76		2.24.38		2.23.3F
R. Skokowski	2.25.6h				2.25.6h	
David Woodruff	2.33.08			2.33.08	2.36.4h	
Bill Dodson	3.24.1F			3.25.72		3.24.1F
Carl Tuck	3.45.64			3.45.64		
1500 METERS						
Aaron Patersn	4.14.1F					4.14.1F
Jon Kimura	4.26.8F					4.26.8F
Scott Bang	4.34.8F					4.34.8F
AJ Pala	5.01.0F					5.01.0F
Ken Camet	5.02.5F					5.02.5F
Bob Lord	6.31.5F					6.31.5F
Danny Moon						
MILE						
Aaron Patersn	4.41.4F			4.52.29		4.41.4F
Jon Kimura	4.42.2F			4.59.58		4.42.2F
Alp Mimaroglu	4.47.89			4.47.89		
Scott Bang	4.56.70					4.56.70
Adam Prince	5.12.36			5.12.36		
Jim Bordoni	5.28.11	5.28.11				
Carol Bednar	6.05.07			6.05.07		
Heather Rohrer	6.06.62*			6.06.62*		
Bob Lord	6.59.87			6.59.87	7.04.6h	7.12.8F
Bill Dodson	7.37.11			7.37.11		
2-MILE						
Jon Kimura	10.14.6F			10.24.60		10.14.6F
Alp Mimaroglu	10.28.06			10.28.06		
Aaron Patersn	10.44.40		10.44.40			
Jeff Candello	"11:50"***				"11:50"***	
Brian Conroy	12.00.74	12.00.74	12.20.96			12.06.6F
Bob Pickens	12.03.0F					12.03.0F
Ken Camet	12.03.4F					12.03.4F
Hank Lawson	14.26.01*			14.26.01*		
Bob Lord	15.22.74			15.22.74	15.39.9h	15.26.1F
Bill Dodson	16.28.44			16.28.44		
5000 METERS						
Jon Kimura	16.06.8F					16.06.8F
Brian Conroy	19.14.4F					19.14.4F
Bill Dodson	25.22.9F					25.22.9F
4 x 400 RELAY						
Team Bordoni	3.47.4h				3.47.4h	
2/6/10 team of Mike (54.0r) - Jim (64.3r) - Jack (56.2r) - Matt (52.9r)						
WVJS Misc	4.17.34			4.17.34		
1/30/10 team of Woodruff (71.9r) - Kimura (65.5r) - Lucido (59.9r) - Paterson (60.5r)						

2010 NOTES:

FinishLynx times from Hank's website when available. Otherwise hand times noted with "h".

Some electric times only given in tenths, marked "F".

*1/23/10 meet ran 1600 and 3200 instead of mile and 2-mile.

**Est for 8 laps as Jeff ran just 7 laps.