



WVJS



VOL XXXV-#3 WEST VALLEY JOGGERS & STRIDERS Sept 2006

Saturday Workouts

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| 10/14/06 6 x 1600 Relay | 12/16/06 Short Six (5.74 miles) |
| 10/21/06 Triangle Run (4.76 miles) | 12/23/06 Valle Vista (3.0 miles) |
| 10/28/06 12 x 800 Relay | 12/30/06 All Courses Day |
| 11/04/06 Doug/Sara/Frtvle (2.75 miles) | 01/06/07 Triangle Run (4.76 miles) |
| 11/11/06 8 x 0.66-Mile Tennis Court Loop Relay | 01/13/07 6 x 1600 Relay |
| 11/18/06 Farwell/Herriman (4.68 miles) | 01/20/07 Doug/Sara/Frtvle (2.75 miles) |
| 11/25/06 8 x 1200 Relay | 01/27/07 5K on the track |
| 12/02/06 Farwell (3.54 miles) | 02/03/07 8 x 0.66-Mile Tennis Court Loop Relay |
| 12/09/06 4 x 1.46-mile WVC Loop Relay | 02/10/07 Farwell/Herriman (4.68 miles) |

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

Upcoming Races

PA-USATF Championships

- 09/24/06 Heritage Oaks 10K (1.0)
- 10/15/06 Humboldt Half Marathon (1.5)
- 11/12/06 Clarksburg 30K (2.0)
- 11/23/06 Seagate 5K (2)
- 12/03/06 Cal Intl Marathon (2.0)
- 12/17/06 Christmas Relays (1.0)
- 11/23/06 race is for open men only

Racer of the Year

- Fastest Farwell Time
- Cumulative Saturday Races
- Fastest Marathon
- Fastest Half Marathon
- Fastest of 2 Designated Track Miles
- Fastest of 2 Designated Track 5Ks
- 10/29/06 Hollister Road Mile
- 11/12/06 Clarksburg 30K

Other Popular Races

- 09/24/06 Trailblazer 5K/10K
- 09/24/06 Almaden 2M/10K
- 09/30/06 Quicksilver Half Marathon
- 10/01/06 Bridge to Bridge 12K
- 10/06/06 Moonlight 5K/10K-Palo Alto
- 10/21/06 Habitat For Humanity 5K
- 10/29/06 Silicon Balley Marathon
- 11/23/06 Silicon Valley Turkey Trot
- 12/17/06 SF Xmas Classic 5K/1M

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

2006 PA/USATF Grand Prix

Open Men

Our open men's team is currently in 6th place. We have no team captain. Any volunteers?

Open Women

Our open women's team is currently in 4th place. Individually, Becki Kriege is in 4th, Amanda Gerhrdt is in 16th, and Missy Sudan is in 20th place in the short race division. Becki is in 15th place in the long race division. Becki is the team captain.

40+ Men

We are currently in 4th place. Al Murray is our 40+ team captain. Individually, Slim Pickens and Mike Kriege are in 9th and 19th places in the short race division and Slim is in 13th place in the long race division.

40+ Women

We are currently in 5th place. Marian Richard is in 42nd place in the short race division and 9th in the long race division. Kelly Emo is in 11th place in the long race division. Kelly is the team captain.

50+ Men

We are currently in first place, five points in front of Excelsior. Jim Bordoni is our 50+ team captain. Individually, Brian Davis is in 3rd place, Tom O'Connor is in 7th place, Jim Bordoni is in 8th place, Bill Dunn is in 16th place, Ron Kiyono is in 19th place, and Dan Anderson is in 24th place, in the short race division. Brian leads the long race division with Tom O'Connor in 7th, Ron Kiyono in 8th, Jim Bordoni in 9th, Dan Anderson in 13th, and Bill Dunn in 15th.

50+ Women

We currently are in 5th place. Kat Powell is in 24th place in the short race division and 11th place in the long race division. Gail Campbell is in 9th place in the long race division. Kat Powell is the team captain.

60+ Men

Our 60+ men are currently in 2nd place. Joe Hurtado is the team captain. Individually, Bob Schmitt is in 5th, Joe Hurtado is in 8th, Jim Howe is in 10th, Dick Chimenti is in 13th, Dave Norlander is in 25th, and Rich Stiller is in 29th in

the short race division. Bob Schmitt is in 5th, Joe Hurtado is in 7th, Carl Petersen is in 15th, and Dave Norlander and Tim Rostege are in 17th place in the long race division.

70+ Men

Our 70+ men are currently in 2nd place. Jerry Lewis is the acting team captain. Individually, Eddie Reyna is in 2nd, Jerry Lewis and George Moss are in 7th, and Carl Tuck is in 11th place in the short race division. Eddie Reyna is in 4th place in the long race division.

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>**

Our 40+ and 50+ cross country teams are off to a good start this cross country season. During the first three races, the 40+ team has taken one first and two seconds and our 50+ team has taken a first, a second, and a fifth. Individually, our 40+ team has two runners in the top ten with slim Pickens in third and Mike Matthews in seventh. We have three individuals in the top ten for our 50+ runners with Tom O'Connor, Dennis Kurtis, and Paul Skokowski in 6th, 7th, and 8th.

Bill Meinhardt broke the 65+ course record at a recent Pacific Grove triathlon race.

Becki Kriege finished first in her first race as a 40+ runner last Sunday, just two days after reaching the magic age. She won \$200 for her efforts at the Banana Chase 5K.

Dena Noble won our annual Shettler Handicap race in August for the second time in four years. She is the third multiple winner of this race.

Dwight Cornwell traveled all of the way to Deadwood, South Dakota to score his first-ever outright win of a road race on June 3rd. A ran a 1:22:27 half marathon the next day. Dwight turned 60 on July 15th.

Scott Bang won the prestigious Holy City race in June over an elite field of 20 runners.

Our masters men finished third at the PAUSATF track championships on July 1.

Mike Matthews, a 40+ runner, recently joined our club. He ran with Mike and Becki Kriege at Foothill College about 20 years ago. He recently finished first overall at the Jungle Run 10K and second at the Dammit Run.

Norm Saucedo and John Peterson had back and knee surgeries during recent months. John expects to be running again by October. Norm isn't sure whether he will ever be able to run at hard effort again but is pleased that he is no longer in pain.

Bob Rea visited us on 5/20/06, running the Farwell course in 21:14, an excellent time for a 50+ runner. He then visited his in-laws in Ashland, Oregon and learned that Bob Shuck lives right across the street from his in-laws. Bob doesn't run anymore due to a bad ankle that causes him pain if he runs more than a few days in a row.

Ken Napier missed the Grand Prix road mile on 7/9/06 because he was in Oregon. However, he proudly reported that he ran a mile on the track that day in 2:08-4:24-?-8:50. He feels that he will be able to run much faster at the Hollister mile in October.

The Kilted Mile by Dave McIntyre

It was a bonny day with plenty of meat pies and beer drinking for the day's preparation.

The Scottish Games Kilted Mile race is held at the Alameda Fairgrounds track, a horse track that is! Good for us Clydesdales. One lap equals one mile (or 8 furlongs).

After the skydivers landed (really, the old kilted announcer gave head starts to the kids and then looked at the rest of us kilted boys (about 20) and said "well be off with ya!"...and off we went.

The first quarter was much too fast as we entered the first bend. Then the course got really thick and sandy, to hold up all of those heavy horses I guess.

On the back stretch, I passed a bunch of kilters, thanks to my WVJS breakfast training.

Then I had the notion that, hey could I win this thing?

I rounded the final turn (a very long quarter mile turn) and started to prepare my end game. As I rounded the turn to the final stretch, another quarter mile, I heard the roar from the crowd, at least 2500 of them, all crazy drunken Scotsman cheering me on from the grandstands!

And there I was at the finish almost a winner as I got dusted by a 22 year old shirtless, blue kilted track star...by about a minute. And there was another guy who beat me too.

Third place, not too shabby for a winded McIntyre.

My kilt was quite warm during the run, not recommended for anything longer than a mile.



LOS GATOS 2006 WINTER ALL-COMER TRACK MEETS

(As per Jim Bordoni)

	WINTER '06 Best	Jan. 7	Jan.14	Jan. 21	Jan. 28	Feb. 4	Feb. 11	Feb. 18	Feb. 25
<u>100 METERS</u>									
Mark Pasos	12.34					12.34			
<u>200 METERS</u>									
Mark Pasos	25.10	25.20					25.10		
Bob Pickens	27.84			28.96			27.84		
<u>400 METERS</u>									
Mark Pasos	57.15	57.31		57.41		57.15			
Bob Pickens	61.27	63.20	64.7h	62.86				61.27	
<u>800 METERS</u>									
Mike Kriege	2.21.00							2.21.00	
<u>1500 METERS</u>									
Jim Bordoni	4.48.84	4:48.84							
<u>MILE</u>									
Mike Kriege	4:56.13					5.17.00	4.56.13		
Jeff Rohrer	5:16.51					5.18.80	5.16.51		
Becki Kriege	5:24.92					5.24.92			
Jim Bordoni	5:25.1h							5.25.1h	
<u>2-MILE</u>									
Bob Pickens	10.30.47	10.30.47	10.43h	11.06h				10.31.74	
Mike Kriege	10.56.64					10.56.64			
Jeff Rohrer	11.17.44					11.17.44	11.25.47		
Becki Kriege	11.21.66					11.21.66			
Jim Bordoni	11.28.06	11.28.06						12.48.20	
Missy Sudan	11.57.51					11.57.51			
Rich Hahn	12.52.45				12.52.45				

NOTES:

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

No FAT Jan. 14 and Feb. 18 (rain both days). Data collection aided by Robert Pickens and Tom O'Connor.

LOS GATOS 2006 SUMMER ALL-COMER TRACK MEETS

(As per Jim Bordoni)

	SUMMER '06 Best	Jun. 22	Jun.29	Jul. 6	Jul. 13	Jul. 20	Jul. 27	Aug. 3	Aug. 10
<u>60 METERS</u>									
Chris Cassell	9.30							9.30	
Mike Kolesnik	9.64							9.64	
Helen Cassell	10.12					10.12			
J. P. Campbell	10.2h				10.2h		12.17	10.38	
Matthew Campbell	11.4h				11.4h				
Sean Williams	12.99							12.99	
Scott McIntyre	15.35	16.4h					15.35		15.9h
Jack Moss	16.59							16.59	
<u>100 METERS</u>									
Mark Pasos	12.36				12.36				
Chris Cassell	14.45					14.86		14.84	14.45
Jack Bordoni	15.39			15.39					
Helen Cassell	16.15					16.15			



Heather Rohrer	17.48			18.20			17.48
Janelle Lief	18.48	18.48					
Matthew Campbell	18.5h		18.5h				
Jackie Rohrer	19.55						19.55
Sean Williams	20.10					21.78	20.10
Anil Sudan	36.82					36.82	
<u>200 METERS</u>							
Mark Pasos	25.49		25.50	25.49			
Robert Pickens	28.30				28.30		
Aaron Lee	29.22						29.22
Tom O'Connor	29.61				29.61		
Dave McIntyre	29.78	31.5h				29.78	
Danny Moon	29.88		30.49	29.88			
Chris Cassell	30.18			31.46		31.31	30.18
Mike Kolsnik	32.42					32.42	
J. P. Campbell	33.8h		33.8h	33.95	34.25		
Matthew Campbell	40.3h		40.3h	40.45	42.24		
Scott McIntyre	64.3h	64.3h					
<u>400 METERS</u>							
Scott Bang	57.54					58.10	57.54
Mark Pasos	58.97	67.75		58.97			
Robert Pickens	60.25	63.65		60.72	60.25	60.37	
Ray Russell	63.21	63.21					
Aaron Lee	63.38						63.38
Dave McIntyre	64.20			65.93		66.27	64.20
Dimitrios Stefanidis	64.80				64.80	67.06	
Tom O'Connor	64.80				64.80		
Danny Moon	66.9h		66.9h				
Chris Cassell	69.7h			71.91	69.7h		
John Mintz	73.20	1.13.20					
Matthew Campbell	87.27		87.2h	87.27	89.71		
Jordan Lief	95.91		95.91				
Sean Williams	99.8h					103.87	99.8h
<u>800 METERS</u>							
Scott Bang	2.10.79		2.12.26			2.10.79	2.12.80
Robert Pickens	2.11.59					2.11.59	
Bjorn Samson	2.18.41					2.18.41	
Andy Lief	2.20.88		2.20.88				
Jim Bordoni	2.21.23			2.21.23			
Ray Russell	2.23.24		2.26.20	2.23.24			
Jeff Rohrer	2.25.11				2.27.97	2.26.84	2.25.11
Aaron Lee	2.27.51						2.27.51
Dimitrios Stefanidis	2.29.68	2.29.68			2.32.22	2.33.72	
John Mintz	2.36.39	2.36.39					
Rich Hahn	2.51.74		2.51.74				
Alison Rohrer	3.19.28				3.19.28		
Alexander Williams	3.34.55					3.34.55	
Sean Williams	3.46.68					3.46.68	
<u>MILE</u>							
Robert Pickens	4.42.19			4.42.19	4.55.20		
Scott Bang	4.50.26	4.57.37		4.50.26			
Andy Lief	4.58.43		5.06.75	4.58.43	4.59.51		
Tom O'Connor	5.05.85						5.05.85
Bjorn Samson	5.08.41				5.08.41		
Rob Nast	5.11.49	5.11.49					
Kristina Park	5.12.60					5.12.60	
Jeff Rohrer	5.15.96				5.22.01	5.18.31	5.15.96
Jim Bordoni	5.17.13				5.17.13		
Andy Williams	5.19.89			5.29.07	5.29.51	5.22.39	5.19.89
Gil Flores	5.24.15						5.24.15
Becki Kriege	5.25.72	5.27.56				5.25.72	
Amanda Gerhardt	5.30.35					5.30.35	
Brian Conroy	5.34.94			5.34.94	5.50.42		



Missy Sudan	5.35.98			5.40.70	5.35.98	5.38.96		
Julianne Hansen	5.41.93		5.41.93					
Dimitrios Stefanidis	5.43.55		5.43.72	5.43.55	5.47.74			
Aaron Lee	5.50.14		5.50.14			6.19.31		6.19.18
Carol Mendoza	5.51.15			5.58.1h	5.51.15	5.53.01	5.51.49	
Dave McIntyre	6.02.0h	6.02.0h			6.17.32	6.28.02		
Mike Kolesnik	6.05.47							6.05.47
Rich Hahn	6.06.33		6.13.35	6.12.6h	6.06.33		6.07.76	
Danny Moon	6.07.70		6.07.70					
J. P. Campbell	6.19.56				6.19.56		6.28.67	
Kelly Emo	6.23.86				6.23.86			
Chris Cassell	7.11.58					7.11.58		
Alison Rohrer	7.22.90						7.22.90	

2 MILES

Andy Lief	10.29.61					10.42.37	10.29.61
Robert Pickens	10.55.14					10.55.14	
Alp Mimaroglu	11.08.3h						11.08.3h
Jeff Rohrer	11.27.3h					11.38.76	11.27.3h
Kristina Park	11.28.5h						11.28.5h
Becki Kriege	11.31.4h						11.31.4h
Andy Williams	11.40.65					11.40.65	
Brian Conroy	11.49.10	12.02.5h	11.49.10	11.52.5h	12.09.20		12.17.6h
Aaron Lee	12.27.2h						12.27.2h
Rich Hahn	13.16.70					13.16.70	
Dave McIntyre	13.25.16	13.42.3h				13.25.16	
Kelly Emo	13.54.89				13.54.89		

5000 METERS

Bjorn Sampson	17.51.23						17.51.23
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4x400M RELAY

Andy Lief - Bjorn Samson - Dave McIntyre - Robert Pickens	4.12.2h
Alp Mimar - Aaron Lee - Brian Conroy - Francisco	4.30.3h
Aaron Lee - Andy Williams - Chris Cassell - Jeff Rohrer	4.43.04
Tom O'Connor - Alisn Rohrer - Andy Lief - Robert Pickens	4.43.09

LONG JUMP

Jack Bordoni	12' 6"	12' 6"
Heather Rohrer	7' 9"	7' 9"
Jackie Rohrer	6'9"	6' 9"

All times (to hundredths) Are FAT off of Hank's website except for a few hand times (to tenths), timed mostly by Jim Bordoni or Danny Moon.

2006 RUNNER OF THE YEAR CONTEST

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. 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. Results for the first half of the year are shown below.

John Mintz	2417-0	= 2417	Steve Chamberlin	1196-30	= 1226	Carl Petersen	810-0	= 810**
Jim Bordoni	1016-520	= 1536	Joe Hurtado	926-240	= 1166*	Chris Cassell	367-310	= 677



Tom Warfel 818-440 = 1258 Walt Van Zant 601-530 = 1131 Dave Norlander 321-240 = 561*

* = No second quarter total reported yet. ** = No Saturday totals reported yet.

2006 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. The standings to date for 2006 for all who scored in three or more races are as follows. The standings do not include the Banana Chase 5K.

<u>Elite Division</u>		<u>B Division</u>		<u>D Division</u>	
Bob Pickens (8)	200	Dino Delyani (8)	198	Carl Petersen (8)	200
Mike Kriege (8)	196	Aaron Lee (8)	197	Kat Powell (8)	194
Scott Bang (8)	193	Bob Schmitt (8)	191	Chris Cassell (8)	192
Brian Davis (8)	188	Joe Hurtado (8)	186	Uyenthi Tran (5)	115
Dave Piazza (8)	176	Carol Mendoza (8)	185	Jim Myers (5)	109
Dan Anderson (8)	163	Dave McIntyre (8)	181	Tom Warfel (4)	96
Jeff Rohrer (8)	162	Mike Kolesnik (8)	166	Don Packwood (4)	71
Mike Smith (8)	158	Kelly Emo (8)	155	Jake White (3)	70
Jim Bordonni(8)	155	Jeff Bedolla (6)	142	Pauline Beatty (3)	64
Rob Nast (6)	141	Marian Richard (6)	128	Ken Noel (3)	57
Andy Williams (4)	84	Joann Dahlkoetter (4)	74	Roger Lobbes (3)	53
		Mark Goldman (3)	71	Elaine Erickson (3)	62
		Steve Chamberlin (3)	70		
		Liz Nast (3)	63		
		Joe Johnson (3)	60		
		Mike Krey (3)	57		
<u>A Division</u>		<u>C Division</u>		<u>E Division</u>	
Becki Kriege (8)	199	Rich Hahn (8)	200	Eddie Reyna (8)	194
Al Murray (8)	197	Dave Norlander (8)	193	Jerry Lewis (7)	157
Tom O'Connor (8)	196	Tim Rostege (7)	166	Georgia Riley (6)	139
Missy Sudan (8)	176	John Peterson (6)	130	Dena Noble (5)	123
Bill Dunn (8)	176	Helen Wong (5)	117	Chris Blue (5)	118
Amanda Gerhardt (8)	170	Rich Stiller (3)	70	Walt Van Zant (5)	112
Ron Kiyono (8)	158	Gail Campbell (3)	70	Tim Riley (5)	107
Jim Howe (6)	102	Gina Krieg (3)	68	George Moss (4)	94
Todd Hayes (5)	96	Norm Takeuchi (3)	67	Stan DeMartinis (4)	80
Ranjeet Sudan (5)	89			Rich Collins (3)	71
AJ Pala (4)	74				
Johanna Fogolin (4)	74				
Katy Spink (4)	66				
John Mintz (3)	66				
Neil Gelblum (3)	65				

SATURDAY WORKOUT RESULTS

6/10/06 – All Courses Day

1	Scott Bang	15:37	Doug	9	Missy Sudan	19:12	VV	18	Mike Frey	24:19	Farw
2	Rob Nast	15:40	Doug	10	Neil Gelblum	20:00	Doug	19	Dena Noble	25:57	VV
3	Bjorn Samson	17:39	Doug	11	Dave Fergus	20:05	VV	20	Carl Petersen	27:00	Farw
4	Dimitrios Stefanidis	18:29	Doug	12	Helen Wong	20:18	Doug	21	Andy Williams	28:45	Trian
5	Amanda Gerhardt	18:30	VV	12	Joe Hurtado	20:18	Doug	22	Becki Kriege	28:59	Trian
6	Bill Dunn	18:36	VV	14	Todd Hayes	20:22	VV	23	Tim Rostege	29:09	Farw
7	Kristina Park	18:43	VV	15	Brian Low	20:40	Doug	24	Tom O'Connor	29:43	Trian
8	Liz Nast	19:08	Doug	16	Danny Moon	21:22	Doug	25	AJ Pala	31:40	FH
				17	Ken Noel	24:14	Doug	26	Aaron Lee	31:45	FH

27	Brian Conroy	31:55	FH
28	Slim Pickens	32:35	Short6
29	Mike Kriege	33:48	Short6
30	Don Packwood	34:12	VV
31	Al Murray	37:32	Short6
32	Dave Norlander	43:44	Short6
33	Rich Collins	44:09	FH
34	Stan DeMartinis	47:57	Doug
35	Jeff Bedolla	48:43	Short6
36	Kat Powell	53:19	Short6

their runs as they averaged 1:44+ per run to lead the ladies.

6/24/06-Valle Vista-3.0 Miles

1	Rob Nast	17:31	
2	Missy Sudan	18:55	
3	Brian Conroy	18:59	
4	Bjorn Samson	19:32	
5	Aaron Lee	19:36	PR
6	Dino Delyani	19:46	
7	Todd Hayes	19:54	
8	Dimitrios Stefanidis	20:05	
9	Greg Burke	20:33	
10	Dave McIntyre	20:37	
11	Liz Nast	21:04	
12	Neil Gelblum	21:23	
13	Carl Petersen	21:56	PR
14	Dave Norlander	21:59	
15	Brian Low	22:28	
16	Helen Wong	22:43	
17	Uyenthi Tran	23:19	PR
18	Chris Blue	25:12	
19	Tom Warfel	25:13	
20	Rich Collins	26:03	
21	Georgia Riely	26:21	
22	Don Packwood	34:12	
23	Stan DeMartinis	54:15	

4	Ken Noel	7:32.4
5	Georgia Riley	7:46.4
6	Kat Powell	7:48.7
7	Madelyn Moon	9:01.7
8	Don Packwood	10:17.4*
9	Debbie Powell	12:52.6

* Race walked

Heat #2 - 6:00 to 7:00

1	Danny Moon	6:02.7
2	Rich Hahn	6:12.8
3	Bob Schmitt	6:14.1
4	Joe Hurtado	6:15.3
5	Mike Krey	6:17.4
6	Mike Kolesnik	6:20.3
7	Kely Emo	6:24.1
8	Dave Norlander	6:36.2
9	Helen Wong	6:43.1
10	Uyenthi Tran	6:43.4
11	Carl Petersen	6:47.1

Heat #3 - 6:00 and Under

1	Bjorn Samson	5:07.1
2	Rob Nast	5:07.9
3	Dave Piazza	5:26.9
4	Kristina Park	5:30.9
5	Bill Dunn	5:37.5
6	Missy Sudan	5:44.5
7	Aaron Lee	5:47.9
8	Dino Delyani	5:54.1
9	Carol Mendoza	5:58.5
10	Mike Andrews	6:10.1

Dick Barrett Trophy Winner – Slim Pickens

The highlight of the morning was the 32:35 run by Slim Pickens for the Short Six course. This broke the 45+ course record set 19 years ago by Bill Meinhardt at 32:42. Scott Bang led the 12 runners who ran the Douglas course. He had a good battle with Rob before finally sprinting by him with about 100 meters to go. Amanda Gerhardt led the Valle Vista course runners with a close win over Bill Dunn. Mike Frey led the three Farwell course runners while improving his PR by 53 seconds. AJ led the four Farwell-H runners as the top three finished within 15 seconds of each other. Andy Williams led a fast threesome of Triangle runners of himself, Becki, and Tom O'Connor. Tom PRd by 89 seconds. Other good performances were by Rob, who missed his PR by 2 seconds, Bill Dunn, who recorded the #8 time by a 55+ runner for the Valle Vista course, Liz Nast, who recorded the #8 time by a woman 40+ runner for the Douglas course, and Carl Petersen, who missed his PR by 3 seconds. Danny ran a PW.

6/17/06 – 18 x 0.33M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Noble/Samson/McIntyre	1:15	36:39
2	Collins/Hurtado/Stefani	-0-	36:58
3	McPhail/D.Moon/Dunn	:30	37:12
4	VanZant/Gelblum/Park	:30	37:53
5	Chambrln/Murray/Fergus	4:45	38:34
6	Noel/Goldman/Bordoni	2:30	38:45
7	Blue/Cassell/Mintz	-0-	39:02
8	M.Moon/Hayes/Williams	:30	40:09
9	Sobczak/Wong/B.Kriege	:45	40:25

Dick Barrett Trophy Winner – Dave McIntyre

Bjorn Samson put his team into the lead during the second to last run and Dave McIntyre then ran a great but scared 1:48 on the last uphill run to hold the lead. Jim Bordoni led all runners with a 1:39.5 average for his six runs. Kristina Park and Amanda Gerhardt ran together on each of

Dick Barrett Trophy Winner – Uyenthi Tran

Easy win for Rob this morning. Missy led the ladies with a sub-19:00 run. Brian Conroy came within 11 seconds of his PR while taking the lead over Todd Hayes in the A division of the Cum Sat contest. Aaron Lee broke his PR by 4 seconds. Dino finished 10 seconds behind Aaron but ran well enough to take the lead by 4 seconds over Aaron in the B division of the Cum Sat contest. Dave McIntyre cruised through this run while saving himself for the 5K run two hours later at the Corporate Regionals meet. 68-year-old Carl Petersen trimmed 35 seconds off his PR while edging 67-year-old Dave Norlander. Uyenthi Tran took home the weekly trophy because she improved her PR by 52 seconds. Chris Blue ran the #4 time by a woman club 55+ runner. Rich Collins ran his best time on this course in nearly 3 years. Dan Packwood race walked this course for the second time in three weeks and recorded 34:12 both times.

7/1/06 – One Mile on the Track

Heat #1 - 7:00 and Up

1	Jeff Bedolla	7:04.4
2	Jim Myers	7:19.5
3	Chris Blue	7:27.8

A perfect day for the mile except for the water in lane one on the first turn. Don Packwood blazed a mile prior to the start of the first heat, speed walking to a new walking PR. He is now ready to challenge Van Zant to a walking dual. Dave Piazza paced Chris Blue and Jeff Bedolla during the first mile and Danny Moon during the second mile as a warm up for his mile. Bjorn Samson and Rob Nast took the early lead during the third mile with Bjorn following right behind until the last 100 meters. Great job by our timers -- Jim Bordoni, Tom Warfel and Don Packwood.

7/8/06 – Triangle Run – 4.76 Miles

1	Andy Williams	30:16
2	Bjorn Samson	30:48
3	Brian Conroy	31:17
4	Alp Mimaroglu	31:45
5	Mark Goldman	32:05
6	Dino Delyani	32:31
7	Kristina Park	32:40
7	Amanda Gerhardt	32:40
9	Cathy Clifton	33:24

10	Mike Krey	33:52		23	Dimitrios Stefanidis	20:55.2		23	Uyenthi Tran	20:54
11	Mike Kolesnik	34:46	PR	24	Joe Hurtado	20:56.7		24	John Ducote	21:10
12	Dave McIntyre	35:06		25	Mike Kolesnik	21:09.4		25	Jake White	21:15
13	Carl Petersen	35:45	PR	26	Rich Hahn	21:11.2		26	Chris Cassell	21:44
14	Helen Wong	37:56		27	Carl Petersen	21:39.6		27	Tim Rostege	21:48
15	Chris Cassell	37:58		28	Don Wagner	22:23.5		28	Rich Collins	23:16
16	Rich Stiller	38:32		29	Danny Moon	22:45		29	Chris Blue	23:21
16	Jake White	38:32		30	Helen Wong	22:47		30	Dena Noble	23:39
18	Jim Myers	39:54		31	Dave Norlander	22:48		31	Tom Warfel	24:20
19	Tim Rostege	40:34		32	Hank Lawson	23:04		32	Rich Stiller	24:24
20	Jeff Bedolla	40:41		33	Uyenthi Tran	23:20		33	Kat Powell	24:57
21	Dena Noble	43:22		34	Chris Cassell	23:37		34	Don Packwood (RW)	31:58
22	Kat Powell	45:15		35	Jeff Bedolla	23:41		35	Stan DeMartinis	52:48
23	Don Packwood	55:10		36	Jim Myers	24:14				
24	Stan DeMartinis	84:08		37	Tom Warfel	24:42				
				38	Georgia Riley	25:37				
				39	Rich Collins	25:45				
				40	Kat Powell	25:58				
				41	Chris Blue	26:01				
				42	Jake White	27:10				
				43	Jerry Lewis	27:32				
				44	Don Packwood	33:09				
				45	Stan DeMartinis	51:56				

Phantom Dick Barrett Trophy Winner – Mike Kolesnik

Andy Williams pulled away from Bjorn during the last mile to score a 30-second win this morning. Brian Conroy missed his PR by one second. Kristina and Amanda exchanged pushing Kristina's baby in the baby jogger throughout the run and still managed to average under 7-minutes per mile. Cathy Clifton ran the #6 time by a 45+ woman runner on this course. Carl Petersen ran the #10 65+ time. Jake White ran this course for the first time in 7 years, running 6 minutes slower than the last time. Don Packwood averaged 11:35 per mile while race walking the course.

7/15/06 – 5K on the Track

1	Bob Pickens	16:56.5
2	Jorn Jensen	17:29.8
3	Rob Nast	17:38.2
4	Scott Bang	17:45.0
5	Jim Bordoni	18:01.1
6	Andy Williams	18:14.0
7	Mike Kriege	18:14.6
8	Becki Kriege	18:15.4
9	Bjorn Samson	18:23.9
10	Al Murray	18:24.4
11	Tom O'Connor	18:27.1
12	Kristina Park	18:29.9
13	Ron Blancas	19:07.0
14	Ajay Pala	19:19.6
15	Brian Conroy	19:22.0
16	Ranjeet Sudan	19:43.6
17	Aaron Lee	19:44.2
18	Dino Delyani	20:25.7
19	Bob Schmitt	20:28.8
20	Dave McIntyre	20:43.1
21	Steve Chamberlin	20:52.7
22	Mike Krey	20:54.3

Big turnout for this workout. Bob Pickens led the parade. Becki Kriege led the ladies as she and Kristina both averaged under 6:00 per mile. Jim Bordoni led the 50+ crowd with a very fast 18:01. Bob Schmitt led the 60+ guys and Jerry Lewis led the 70+ guys. Kat Powell led the 50+ ladies and Georgia Riley ran a good time for a 60+ woman with her 25:37.

7/22/06-Dou/Sara/Fruitvale-2.75M

1	Bob Pickens	15:34	
2	Dave Piazza	16:35	
3	Ron Blancas	16:41	
4	Kristina Park	16:45	
5	AJ Pala	16:51	
6	Alp Mimaroglu	16:58	
7	Brian Conroy	17:29	
8	Missy Sudan	17:38	
9	Aaron Lee	17:42	
10	Todd Hayes	17:59	
11	Dino Delyani	18:07	
12	Mark Goldman	18:18	
13	Dave McIntyre	18:30	
14	Dave Fergus	18:41	
15	Dimitri Stefanidis	18:47	
16	Bob Schmitt	19:00	
17	Carol Mendoza	19:34	
18	Kelly Emo	20:03	
19	Carl Petersen	20:11	PR
20	Helen Wong	20:41	
21	Mark Isaacson	20:44	
22	Jeff Bedolla	20:49	

Dick Barrett Trophy Winner – Carl Petersen

It was very warm and muggy this morning. As a result the times were slow. Sill, Carl Petersen broke his PR by 6 seconds and Aaron Lee missed his PR by just 8 seconds. Slim Pickens led the pack and Kristina was the top lady finisher. Don Packwood broke his walking PR for this course by 40 seconds. Good timing job by Jim Bordoni and Roger Lobbes.

7/29/06 – Farwell/H – 4.68M

1	Andy Lief	26:32	
2	Slim Pickens	27:01	
3	Scott Bang	27:31	
4	Alp Mimaroglu	28:49	
5	Andy Williams	28:52	
6	Al Murray	29:04	
7	Becki Kriege	29:11	
8	Kristina Park	29:14	
9	Ranjeet Sudan	29:57	PR
10	Missy Sudan	29:59	
11	Bjorn Samson	30:07	
12	Aaron Lee	30:33	PR
13	Barrett Cable	30:55	
14	Dino Delyani	31:09	
15	Stephanie Bambury	31:17	
16	Mike Krey	32:57	PR
17	Dimitri Stefanidis	33:05	
18	Joe Hurtado	33:06	
19	Cathy Clifton	33:18	
20	Kelly Emo	33:40	
21	John Ducote	34:23	
22	Carol Mendoza	34:36	
23	Carl Petersen	34:55	
24	Helen Wong	35:50	
25	Jeff Bedolla	35:55	
26	Jake White	36:28	
26	Rich Stiller	36:28	
28	Dave Norlander	36:51	
29	Uyenthi Tran	37:38	
30	Tom Warfel	37:59	

31	Caroline Cable	38:21	6	Todd Hayes	5:44.6
32	Tom O'Connor	40:12	7	Dimitri Stefanidis	5:46.9
32	Mike Kolesnik	40:12	8	Dave McIntyre	5:47.1
34	Rich Collins	41:46	9	Missy Sudan	5:49.1
35	Kat Powell	43:48	10	Greg Burke	5:57.7
36	Marcia Morrison	44:23	11	Mark Goldman	6:01.5
37	Don Packwood (RW)	51:44	12	John Ducote	6:08.3
38	Stan DeMartinis	79:44	13	Joe Hurtado	6:11.7
			14	Bob Schmitt	6:11.8
			15	Dave Norlander	6:27.8

Dick Barrett Trophy Winner – Ranjeet Sudan

Andy Lief won on this slightly warmish morning while recording the #17 time by a club 40+ runner. Scott Bang finished fast to get third as he ran his best time on this course in three years. Ranjeet took home the weekly trophy, improving his PR by nearly two minutes. Mike Krey improved his PR by 30 seconds and Aaron Lee improved his PR by 19 seconds. Becki, Kristina, and Missy finished as the top three women runners. Joe Hurtado ran the 5th best-ever time by a club 65+ runner and Cathy Clifton ran the #6 best-ever time by a club 45+ woman runner. Rich Stiller, Jake White, and Rich Collins all missed their PRs by 11 1/2 minutes.

8/5/06 – Mile Runs on the Track

Dick Barrett Trophy Winner – Slim Pickens

Heat #1 (Walking Heat)

1	Don Packwood	9:55.x
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Heat #2 (6:30 & Over)

1	Mike Kolesnik	6:17.5
2	Chris Cassell	6:30.9
3	Helen Wong	6:40.7
4	Jake White	6:41.4
5	Uyenthi Tran	6:42.7
6	Rich Collins	6:55.5
7	Caroline Cable	6:58.7
8	Rick Kananen	7:11.3
9	Louis Vo	7:41.1
10	Ken Noel	7:48.4
11	Roger Lobbes	7:53.6
12	Walt Van Zant	8:11.8
13	Stan DeMartinis	14:20.0

Easy win for Mike as he improved 3 seconds on his 7/1 run.

Heat #3 (5:30-6:30)

1	AJ Pala	5:21.9
2	Aaron Lee	5:34.9
3	Dino Delyani	5:36.5
4	Ranjeet Sudan	5:40.4
5	Brian Conroy	5:41.6

Greg Burke opened with an 80 first lap to take the lead. AJ took over during the second lap to come by the half mile in 2:45. He widened his lead during the third lap as he came by the 1320 in 4:09 before kicking in with a 72 for a 5:21.9 finish. Aaron Lee finished second while improving his 7/1 time by 13 seconds. Dino improved by 18 seconds to finish third.

Heat #4 (Under 5:30)

1	Bob Pickens	4:44.5
2	Scott Bang	4:57.3
3	Bjorn Samson	4:58.5
4	Rob Nast	5:03.6
5	Tom O'Connor	5:04.9
6	Jim Bordoni	5:06.7
7	Barrett Cable	5:15.5
8	Al Murray	5:21.8

This was the featured race of the day. The runners were closely bunched at the end of the first lap with Slim Pickens holding a slim lead at 73. Scott, Rob, and Bjorn were right on his heels with a 74. Slim picked up the pace during the second lap to stretch his lead to about 30 yards as he came by the half in 2:25. Scott came by at 2:30, Bjorn at 2:31, Rob at 2:32, and Tom and Jim at 2:34. Slim upped the ante again during the third lap, running a 71 to come by the 1320 in 3:36. Scott came by at 3:48, Bjorn and Rob at 3:49, Tom and Jim at 3:52, and Barrett and Al at 4:02. All ran a fast last lap as Slim was the fastest at 68. Bjorn yelled for joy as he came across in under 5:00

8/12/06 – 12 x 600 Relay

Pl	Team	Start	Finish
1	Noble/Stefanidis	4:00	33:39
2	M.Moon/Krey	-0-	33:54
3	Van Zant/Goldman	3:00	33:58
4	Wong/Fergus	4:30	34:09

Dick Barrett Trophy Winner = Dena Noble & Dimitrios Stefanidis

Light turnout this morning as many club members were running the Dammit race and a few were running the Susan B. Anthony 5K in Sacramento. The four teams finished with 30 seconds of each other but the Stefanidis team was a clear winner by about 80 meters.

8/19/06 – 35th Annual Shettler Handicap Race

3.06 Miles

Pl	Runner	Finish Time	Start	Actual Time
1	Dena Noble	25:00	1:20	23:40
2	Kat Powell	25:06	---	25:06
3	Dave McIntyre	25:13	5:40	19:33
4	Scott Bang	25:18	8:20	16:58
5	Mike Krey	25:26	5:10	20:16
6	John Ducote	25:30	5:40	19:50
7	Bob Schmitt	25:33	5:40	19:53
8	Al Murray	25:35	8:02	17:33
9	Becki Kriege	25:37	8:01	17:36
10	Mark Goldman	25:38	6:10	19:28
11	Kelly Emo	25:39	4:55	20:44
12	Helen Wong	25:42	3:50	21:52
13	Tom O'Connor	25:43	8:00	17:43
14	Kristina Park	25:43	7:50	17:53
15	Jim Howe	25:47	6:20	19:27
16	Bob Pickens	25:48	9:40	16:08
17	Georgia Riley	25:49	:36	25:13
18	Roger Lobbes	25:54	:26	25:28
19	Dave Norlander	25:56	4:00	21:56
20	Brian Low	26:00	3:30	22:30
21	Amanda Gerhardt	26:00	7:30	18:30
22	Rich Stiller	26:01	5:20	20:41
23	Ranjeet Sudan	26:04	6:50	19:14
24	Matt Kriege	26:05	4:00	22:05
25	Missy Sudan	26:05	7:20	18:45
26	Dimitri Stefanidis	26:06	5:50	20:16
27	Brian Conroy	26:07	7:00	19:07
28	Chris Cassell	26:10	3:30	22:40
29	Jeff Bedolla	26:12	4:10	22:02
30	Tom Warfel	26:15	4:00	22:15
31	Andy Williams	26:30	8:00	18:30
32	Chris Blue	26:40	:32	26:08
33	Jake White	26:46	4:10	22:36
34	Carol Mendoza	26:47	6:10	20:37
35	John Mintz	26:55	7:40	19:15
36	Mark Isaacson	27:14	6:00	21:14
37	Joe Johnson	28:06	5:20	22:46
38	Ray Russell	28:41	7:30	21:11
39	Mark Pasos	30:33	5:40	24:53
40	Alex Williams	30:33	---	30:33
41	Sean Williams	30:33	---	30:33

Dena Noble started in the #5 position, moved to 4th during the 2nd lap, to 2nd place during the

3rd lap, and then took the lead from Kat with about a quarter mile to go as she recorded her 2nd win in this annual race during the past 4 years. Slim Pickens was the scratch time winner for the 6th time and 5th year in a row. This breaks Ken Napier's record of 5 scratch wins. Becki Kriege broke her own women's course record by 2 seconds. Ranjeet Sudan won the predicted time contest, coming within 0.8 seconds of his predicted time. His wife, Missy, missed her prediction by 3 seconds. Mike Krey missed his prediction by 1 second. Joe Johnson won the worst-performance award because he missed his predicted time by 194 seconds.

8/26/06 - Farwell - 3.54 Miles

1	Scott Bang	20:07.5
2	Bjorn Samson	21:41.4
3	Alp Mimaroglu	21:47.8
4	Ajay Pala	21:55.6 PR
5	Amanda Gerhardt	21:58.6
6	Barrett Cable	22:29.4
7	Todd Hayes	22:40.0
8	Dino Delyani	22:51.3 PR
9	Jim Howe	23:03.1
10	Dave McIntyre	23:50.0 PR
11	Bob Schmitt	24:23.6
12	Mike Kolesnik	24:39.9 PR
13	Joe Hurtado	24:41.7
14	Dave Fergus	24:55.2
15	Carl Petersen	25:05.8
16	Mike Krey	25:13.7
17	Kelly Emo	25:30.0
18	Jeff Bedolla	26:13.7
19	Jake White	26:34.0
20	Helen Wong	27:08.7
21	Chris Cassell	27:09.4
22	Caroline Cable	28:31.1
23	Tom Warfel	28:43.1
24	Dena Noble	28:53.2
25	Rick Kananen	29:22.5
26	Chris Blue	29:57.9
27	Georgia Riely	30:17.4
28	Rich Collins	30:24.6
29	Roger Lobbes	30:58.3 PR
30	Paul Rodriguez	31:26.8
31	Kat Powell	31:56.7
32	Walt Van Zant	32:03.4
33	Don Packwood	39:50
34	Stan DeMartinis	61:27

Dick Barrett Trophy Winner – Georgia Riley

There were many good performances this morning, probably helped by the good weather conditions – relatively cool for a summer

morning. Scott led the way with his fastest run on this course since he ran 20:07 in September 2002. AJ PRd by 4 seconds. Amanda led the ladies while coming within 5 seconds of her PR. Todd Hayes improved his 55+ PR by 2 seconds. Dino knocked 22 seconds off his PR. Jim Howe recorded the 5th best-ever time by a 60+ runner for this course. Dave McIntyre improved his PR by 36 seconds. Mike Kolesnik improved his PR by 40 seconds. Joe Hurtado's and Carl Petersen's were the 2nd and 3rd best-ever times for 65+ runners. Carl improved his PR by 112 seconds. Kelly Emo tied her 40+ PR. Chris Cassell missed his 50+ PR by one seconds. Chris Blue improved her 55+ PR by 17 seconds. Georgia broke her own 60+ women's course record by 38 seconds. Roger Lobbes nicked one second off his PR. Don Packwood race walked the course at 11:15 per mile pace.

9/2/06 – 36 x 220 Relay

Pl	Team	Start	Finish
1	Emo/K.Matthews/Bedolla		:30
2	VanZant/Hayes/Hurtado	1:15	25:54
3	C.Cable/White/C.Petersen		-0-
4	D.Martinis/M.Moon/Pckwd	-0-	26:34*
5	Blue/Wong/Schmitt		:30
6	Powell/Norlander/Krey	1:15	27:24
7	McIntyre/Delyani/D.Moon	4:00	27:43

*All of the runners on this team, including Packwood, who race walked, ran 8 200s each.

Dick Barrett Trophy Winner – Joe Hurtado

The Bedolla team won easily but we did not give them the weekly trophy because they were given soft ratings because Kelly Emo said that she would run slow in preparation for a race tomorrow and we had insufficient information about Kim Matthews. Joe Hurtado was given the weekly trophy because of his great come-from-behind sprint to get Carl Petersen at the end. He finished a few inches in front of Carl.

9/9/06 – Short Six – 5.74 Miles

1	Scott Bang	35:47
2	Todd Hayes	37:47 PR 55+
3	Missy Sudan	38:13
4	Jim Bordoni	38:14
5	Kristina Park	38:14
6	Amanda Gerhardt	38:15
7	Aaron Lee	39:19 PR 50+
8	John Ducote	40:19
9	Bob Schmitt	40:26
10	Mike Krey	40:54 PR

11	Dave Fergus	41:00
12	Dave McIntyre	41:15
13	Joe Hurtado	41:53
14	Carl Peterson	42:00 PR 65+
15	Mike Kolesnik	44:01
16	Mark Isaacson	44:03
17	Helen Wong	44:15
18	Jeff Bedolla	44:24
19	Dave Norlander	44:43
20	Brian Low	44:44
21	Chris Cassell	45:36
22	Uyenthi Tran	45:42 PR
23	Annette McPhail	51:05 PR 50+
24	Rick Kananen	51:06
25	Kat Powell	51:19
26	Roger Lobbes	52:30
27	Paul Rodriguez	53:07
28	Rich Collins	57:49
29	Don Packwood	67:22
30	Stan DeMartinis	98:59

Today was a great day for running, resulting in 6 PRs. The only winner Uyenthi Tran finished with a 3:34 PR. Timers Danny Moon and Madelyn Moon missed Scott Bang after he recovered from his win to hand out sticks to help out with the timer. Mike Kolesnik donated a WVC Fall Parking sticker to the first woman who ran a PR, awarding it to Uyenthi. There were several close races. Missy, Jim, and Kristina battled it out with Amanda closing in at the finish line. Brian closed in on Dave Norlander from behind but was unable to catch him.

9/16/06 – 4 x 1.46M WVC Campus Loop Relay

Pl	Team	Start	Finish
1	Fergus/Conroy	7:45	44:50
2	Rostege/D.Moon	1:15	45:16
3	Chamberlin/Stefanidis	6:45	45:24
4	Warfel/Golan	3:15	45:46
5	M.Moon/Williams	-0-	45:57
6	Blue/Norlander	1:00	46:05
7	Stan/Kananen/Collins	-0-	56:36

Dick Barrett Trophy Winner – Dave Fergus

Small turnout this morning (probably due to the grand prix race in San Francisco tomorrow). Brian Conroy brought his team from 82 seconds behind at the start of the last lap to a 26-second victory. Andy Williams and Brian Conroy were the top two men runners with cumulative times of 16:53 and 17:57. Shelby Golan let the ladies with a cumulative time of 19:22. Tim Rostege made his first appearance at a club workout in quite a while minus a lot of hair as he got his first

haircut in several years. Jim Bordoni did an excellent timing job until he fell asleep while waiting for Rick Kananen to finish.

RACE RESULTS

5/28/06-PAUSATF T&F Championships

400M

Mark Pasos 58.70

6/3/06 –Deadwood,South Dakota 5K

1 Dwight Cornwell 17:37

This was Dwight's first outright win in his 25 years of running. Dwight turns 60 in a month.

6/3/06-Gold Dust Days 10K (Oregon Race)

Bob Rea 39:07 1st-50+
Bob finished 6th overall, beat all of the 40+ runners, and broke the 50+ course record.

6/4/06-Unidentified Half Marathon

5 Dwight Cornwell 1:22:27 1st-50+

6/4/06 – Duvall Days 5K

7 Mike Gruber 18:49

6/4/06-San Diego Rock& Roll Marathon

Dete Kraus 3:53:51

6/11/06 – Mermaid Triathlon

Elaine Erickson 76:30 6th-50+

Georgia Riley 79:28 3rd-60+

This race consisted of a 1/4 mile swim, 11 mile bike ride, and a 2.5M run.

6/11/06 – Mermaid Duathlon

Chris Blue 75:00 1st-55+

This race consisted of a 1.5M run, a 11M bike run, and a 2.5M run.

6/17/06-Grandma's Marathon

Kat Powell 5:02:40

6/18/06 – Holy City Race – 9.1M

1 Scott Bang 58:10
2 Dave Piazza 60:37
3 Al Murray 61:00
4 Mike Kriege 61:01
5 Chris Kennedy 62:20
6 Bob Pickens 63:01
7 Ron Blancas 63:40
8 Tom O'Connor 65:00
9 Aaron Lee 65:39
10 Dino Delyani 67:25
11 Bob Schmitt 68:45

12 Joe Hurtado 69:32
13 Dave McIntyre 72:32
14 Dave Norlander 73:45
15 Joe Johnson 74:12
16 Helen Wong 78:31
17 Uyenthi Tran 79:31
18 Mike Kolesnik 83:32
19 Pauline Beatty 85:38
20 Jeff Bedolla 87:01

Scott Bang took off from the field during the first mile and was never seen by them again until they finished as he won for the second time in three years. Christine Kennedy was the top woman for the second time (she won in 1995) while breaking the women's 50+ record by 7 minutes.

6/24/06 – Shriner's 8K

53 Brian Davis 28:40 3rd-50+
54 Bob Pickens 28:45
67 Al Murray 30:01
68 Mike Kriege 30:04
76 Tom O'Connor 30:26
78 Jim Bordoni 30:33
84 Mike Smith 30:53
99 Ron Kiyono 31:41 3rd-55+
111 Johanna Fogolin 32:15 5th-25+
114 Bill Dunn 32:22
125 Mark Goldman 33:04
137 Dick Chimenti 33:59 4th-60+
153 Joe Hurtado 34:49 1st-65+
177 Neal Chappell 35:58 2nd-65+
289 Ken Noel 42:40
385 Ed Reyna 51:07 2nd-75+

Very good run for Brian Davis. Our 60+ team finished first, our 50+ team finished 2nd, and our 40+ team finished 4th.

7/1/06-PAUSATF Track Championships

200M

Paul Armstrong 28.90 8th 50+

400M

Mark Pasos 58.79 2nd-45+

800M

Tom O'Connor 2:29.58 4th-50+

1500M

Bob Pickens 4:22.33 1st-45+
Brian Davis 4:37.97 1st-50+
Jim Bordoni 4:46.07 6th-50+
Tom O'Connor 5:07.14 8th-50+

5000M

Andy Lief 17:29 1st-40+
Tom O'Connor 18:28 3rd-50+

The team score scores for this meet were:

Fleet Feet 611
West Valley TC 70
WVJS 44
Pacific Striders 42
PRO 30
Buffalo Chips 28
New Balance Excelsior 22
Golden Gate RW 16
Aggies 10
Sierra Race Walkers 8

7/2/06 – Gustine 5K

3 Tom O'Connor 18:41 1st-50+
35 Frank Cunningham 31:09

7/4/06 – Morgan Hill Freedom One Miler

15 Dana Emo 9:22 1st-8yrs

7/4/06 – Morgan Hill Freedom 5K

7 Mike Matthews 16:23 2nd-40+
9 Jorn Jensen 17:04 1st-30+
13 Slim Pickens 17:24 4th-40+
35 Greg Burke 20:08 2nd-55+*
60 Kelly Emo 21:51 2nd-40+
66 Jose Casillas 22:03 3rd-60+
78 Jeff Bedolla 22:26
114 Zerlina Casillas 24:58 2nd-20+
118 Kat Powell 25:16 2nd-55+
266 Debbie Powell 35:56

7/9/06 - Fleet Feet Mile Races

Bob Pickens 4:46.0 1st-45+
Scott Bang 4:56.0
Brian Davis 5:01.0 1st-50+
Tom O'Connor 5:09.0
Jim Bordoni 5:09.0
Becki Kriege 5:23.0 2nd-35+
Missy Sudan 5:38.0 4th-35+
Ron Kyono 5:51.0

Rich Hahn	6:11.0	
Bob Schmitt	6:14.0	
Joe Hurtado	6:15.0	2nd-65+
Mandy Benham	6:33.0	
Walt Van Zant	7:34.0	
Ed Reyna	8:52.0	3rd-75+

Our men's 50+ team probably finished 2nd and our men's 60+ team probably finished 5th.

7/9/06 – Vibha 5K

Uyenthi Tran	24:03 PR
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7/16/06 – Jungle Run 10K

1 Mike Matthews	34:47	
19 Kelly Emo	44:58	1st-40+
83 Dan Duston	56:05	3rd-55+

7/16/06 – Jungle Run Half Marathon

135 Cathy Clifton	1:35:58	1st-45+
208 Kat Powell	2:06:22	

7/21/06 – Vermont 100-Miler

104 Damon Lease	27:20:36
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7/26/06 – Wharf to Wharf Race – 6M

80 Mike Matthews	34:15	
91 Rob Nast	34:37	
? Bob Pickens	?	
? Jim Bordoni	39:43	
67 Danielle Zelinski	41:24	
71 Christina Wilk	41:47	
? Liz Nast	?	
? Roger Lobbes	?	

7/22/06 – National Corporate Road 5K

Men

26 Mike Kriege	18:32
45 Tom O'Connor	19:30
76 Joe Hurtado	22:07
88 Jose Casillas	24:00
111 Ephraim Romsbrg	29:56
114 Walt Van Zant	34:36

Women

3 Becki Kriege	19:33
69 Grace Voss	31:11

This race was run at 6000 feet and was somewhat hilly

7/23//06 – National Corporate Road 10K

Men

34 Tom O'Connor	41:04	
52 Joe Hurtado	46:28	
73 Ephraim Romesberg		65:12

7/30/06 – San Francisco Marathon

81 Ron Blancas	3:10:18
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This qualifies Ron for the Boston Marathon.

8/5/06 – Pyramid Lake Sprint Triathlon

Tim Riley	1st-60+
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8/5/06 – Kids Count 5K

6 Ron Kiyono	19:15	1st-50+
7 Michael King	19:23	3rd-40+
Kelly Emo	21:39	1st-40+

8/6/06 – Alameda 10K

24 Andy Lief	36:25	2nd-40+
81 Carol Mendoza	44:02	4th-35+

8/6/06-Skyline 50K

5 John Mintz	4:17:45	2nd-40+
38 Todd Hayes	5:16:08	

Good race for John as he finished 5th in a field of 130 while averaging about 8:18 per mile.

8/12/06 – Susan B Anthony 5K

7 Becki Kriege	17:53	2nd-35+
19 Amanda Gerhardt	18:35	3rd-35+
33 Missy Sudan	19:10	4th-35+
38 Katy Spink	19:39	
57Carol Mendoza	20:45	8th-35+
207 Julie Sobczak	30:52	
208 Mary Kriege	31:01	

8/13/06 – Dammit Run – 5 Miles

MEN

2 Mike Matthews	29:49	1st-40+
7 Bob Pickens	31:05	1st-45+
11 Rob Nast	31:27	3rd-40+
12 Scott Bang	31:27	3rd-35+
23 Jeff Rohrer	32:46	4th-45+
25 Andy Williams	33:04	4th-40+
33 Dave Piazza	33:35	6th-45+
34 Al Murray	33:42	7th-45+
40 Tom O'Connor	34:01	2nd-50+
43 Alp Mimaroglu	34:26	9th-14+
75 Aaron Lee	36:39	
79 Dino Delyani	36:55	
81 Brian Conroy	36:58*	7th-50+
92 Bob Schmidt	38:04	1st-65+
97 Greg Burke	38:14*	2nd-55+
98 Dave McIntyre	38:21	1st-Clyd
111 Joe Hurtado	39:19	2nd-65+
124 Carl Petersen	39:52	3rd-65+
136 Mike Kolesnik	40:47	
163 Jeff Bedolla	42:24	
165 Chris Cassell	42:26	
169 Jake Whitely	42:39	3rd-60+
310 Ephraim Romesberg	53:15	

WOMEN

1 Kristina Park	33:36*	
66 Kat Powell	48:50	2nd-55+
67 Georgia Riley	48:53	2nd-60+

•Competes for another club

8/13/06 – Mammoth Mountain 10K XC

Kelly Emo	50:08
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Kelly was the first woman finisher on this hilly, sandy trail run at 880 feet.

8/20/06-San Diego Half Marathon

Joe Hurtado	1:36:21	1st-65+
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8/20/06–Felton Run in the Redwoods–10K

Kelly Emo	49:38	1st-40+
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An extra perk during this race was having to run through some mad wasps.

8/26/06 – Bulldog 50K

Cecil Baumgartner 6:06:06
Cecil is enjoying the good life in Ojai, running about 30 miles a week. He said that he enjoyed the scenery on this course and, as can be seen by his time, he had plenty of time to enjoy the scenery.

8/26/06 – Empire Masters XC Race – 3.5M

7 Bob Pickens	19:49	
20 Brian Davis	20:25	4th-50+
26 Jeff Rohrer	20:39	
28 Mike Kriege	20:47	
32 Al Murray	20:57	
35 Tom O'Connor	21:06	8th-50+
40 Dave Piazza	21:16	
50 Paul Skokowski	21:42	
56 Michael Moore	22:03	
68 Brian Conroy	22:55*	
104 Joe Johnson	27:28	

* Competes for Spartans

Our 40+ team got second and our 50+ team got 5th.

8/27/06-Luna Bar Women's Triathlon

14 Kelly Emo	1:29:48	5th-40+
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This race consisted of a half mile swim, a 16-mile bike, and a 3-mile run. Kelly's approximate splits were 14:55, 51:00, and 21:00.

9/2/06 – Santa Cruz XC Race – 4M

15 Mike Matthews	22:35
19 Andy Lief	23:06
24 Bob Pickens	23:17
36 Mike Kriege	23:53
40 Dennis Kurtis	24:13



46	Andy Williams	24:26
47	Jeff Rohrer	24:32
53	Al Murray	24:55
58	Tom O'Connor	25:24
59	Paul Skokowski	25:24
82	John Ducote	27:44
102	Rich Hahn	29:36
113	Joe Johnson	30:34

Great day for our cross country teams as our 40+ team got first and our 50+ team got second.

9/3/06 – Bear Valley Triathlon

Kelly Emo	1:11:44	3rd-40+
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This race, run at 7000 feet, consisted of a 600 yard swim, a 10.2 mile bike, and a 3 mile run.

9/9/06 – Pacific Grove Triathlon

78 Bill Meinhardt 68:17 1st-65+
 Bill swam a quarter of a mile in the ocean in 9:57, biked 20K in 37:10, and ran 2 miles in 15:41. He spent 5:29 during the transitions. He time broke the course record for 65+ runners by a little over a minute.

9/9/06 – Golden Gate Park XC Race-4M

Mike Matthews	23:21
Andy Lief	23:28
Slim Pickens	23:32
Mike Kriege	23:56
Dennis Kurtis	24:13
Jeff Rohrer	25:07
Tom O'Connor	25:17
Ken Hsu	25:26
Larry Hyde	25:33
Paul Skokowski	25:36
Dino Delyani	27:35
Joe Johnson	30:47

Another good day for our XC teams as our 50+ team finished first and our 40+ team finished second.

9/16/06 – Banana Chase 5K

Bob Pickens	16:26	3rd-45+
Mike Kriege	17:14	
Scott Bang	17:22	4th-35+
Al Murray	17:37	
Dave Piazza	17:38	
Tom Oconnor	17:49	3rd-50+
Jeff Rohrer	17:54	

Becki Kriege	18:11	1st-40+
Kristina Park *	18:17	5th-35+
Jim Bordoni	18:30	
Brian Davis	18:32	
Missy Sudan	18:45	
Amanda Gerhardt	18:52	
Ron Kiyono	19:12	
Ranjeet Sudan	19:16	
Aaron Lee	19:36	
Dino Delyani	19:57	
Carol Mendoza	20:38	
Bob Schmitt	20:42	5th-60+
Joe Hurtado	21:04	2nd-65+
Mike Kolesnik	21:34	
Joe Johnson	21:40	
Norm Takeuchi	21:49	
Carl Petersen	21:59	3rd-65+
Helen Wong	22:21	
Chris Cassell	22:51	
Uyenthi Tran	22:57	
Kat Powell	26:34	
Eddie Reyna	29:00	1st-75+
Ed Singleton	32:04	2nd-75+
Jerry Lewis	33:31	5th-70+

* Competes for another team.

2006 CUMULATIVE SATURDAY STANDINGS

Elite Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Bang,Scott	0:15:37	0:36:45	0:17:51	0:37:47	0:20:07	0:35:55	0:27:31	0:36:47	0:29:12	0:38:01	0:35:22	0:37:23	2:25:40
Williams,Andy	0:16:25	0:38:38	0:18:06	0:38:19	0:21:20	0:38:06	0:28:19	0:37:51	0:28:45	0:37:26	0:35:47	0:37:50	2:28:42
Bordoni,Jim	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:29:45	0:39:46	0:00:00	0:00:00	0:38:14	0:40:25	0:00:00
Ducote,John	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	0:40:19	0:42:37	0:00:00
Jensen,Jorn	0:15:06	0:35:32	0:00:00	0:00:00	0:20:29	0:36:35	0:00:00	0:00:00	0:27:54	0:36:20	0:00:00	0:00:00	0:00:00
Kriege,Mike	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:26:48	0:35:50	0:27:22	0:35:38	0:33:48	0:35:44	0:00:00
Lief,Andy	0:15:06	0:35:32	0:00:00	0:00:00	0:00:00	0:00:00	0:26:32	0:35:28	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Nast,Rob	0:15:40	0:36:52	0:17:31	0:37:05	0:20:38	0:36:51	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Piazza,Dave	0:16:03	0:37:47	0:00:00	0:00:00	0:21:11	0:37:50	0:27:56	0:37:21	0:29:21	0:38:13	0:35:28	0:37:29	0:00:00
Pickens,Bob	0:14:53	0:35:02	0:00:00	0:00:00	0:00:00	0:00:00	0:27:01	0:36:07	0:30:02	0:39:06	0:32:35	0:34:27	0:00:00
Rea,Bob	0:00:00	0:00:00	0:00:00	0:00:00	0:21:14	0:37:55	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Rodriguez,Paul	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	0:53:07	0:56:09	0:00:00
Rohrer,Jeff	0:16:08	0:37:58	0:00:00	0:00:00	0:23:14	0:41:29	0:30:15	0:40:26	0:29:30	0:38:25	0:36:56	0:39:02	0:00:00
A Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Conroy,Brian	0:17:11	0:40:27	0:18:59	0:40:11	0:22:57	0:40:59	0:29:52	0:39:56	0:31:17	0:40:44	0:37:55	0:40:05	2:38:11



Hayes,Todd	0:17:30	0:41:11	0:19:54	0:42:07	0:22:40	0:40:29	0:30:16	0:40:28	0:30:37	0:39:52	0:37:47	0:39:56	2:38:44
Pala,Ajay	0:16:51	0:39:40	0:18:40	0:39:31	0:21:55	0:39:08	0:31:40	0:42:20	0:32:39	0:42:31	0:39:29	0:41:44	2:41:14
Fergus,Dave	0:18:41	0:43:58	0:20:05	0:42:31	0:23:38	0:42:12	0:33:22	0:44:36	0:37:14	0:48:29	0:41:00	0:43:20	2:54:00
Blancas,Ron	0:16:41	0:39:16	0:00:00	0:00:00	0:22:06	0:39:28	0:00:00	0:00:00	0:00:00	0:00:00	0:39:09	0:41:23	0:00:00
Dunn,Bill	0:16:47	0:39:30	0:18:36	0:39:22	0:22:08	0:39:31	0:29:48	0:39:50	0:32:08	0:41:50	0:00:00	0:00:00	0:00:00
Gelblum,Neil	0:17:53	0:42:05	0:21:23	0:45:16	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
Gerhardt,Amanda	0:00:00	0:00:00	0:18:30	0:39:10	0:21:53	0:39:05	0:29:44	0:39:45	0:30:04	0:39:09	0:37:15	0:39:23	0:00:00
Howe,Jim	0:17:28	0:41:07	0:00:00	0:00:00	0:23:03	0:41:10	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kriege,Becki	0:00:00	0:00:00	0:00:00	0:00:00	0:21:50	0:38:59	0:28:58	0:38:44	0:28:59	0:37:44	0:36:57	0:39:04	0:00:00
McAllister,Nory	0:16:53	0:39:44	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:30:55	0:40:15	0:00:00	0:00:00	0:00:00
Mintz,John	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:28:34	0:38:11	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Murray,Al	0:16:52	0:39:42	0:00:00	0:00:00	0:21:44	0:38:49	0:29:04	0:38:52	0:00:00	0:00:00	0:37:32	0:39:41	0:00:00
O'Connor,Tom	0:16:10	0:38:03	0:00:00	0:00:00	0:22:00	0:39:17	0:28:30	0:38:06	0:29:43	0:38:42	0:00:00	0:00:00	0:00:00
Park,Kristina	0:16:34	0:39:00	0:18:43	0:39:37	0:00:00	0:00:00	0:29:14	0:39:05	0:31:48	0:41:24	0:37:15	0:39:23	0:00:00
Plank,McKayla	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	0:36:57	0:39:04	0:00:00
Stefanidis,Dimitrios	0:18:29	0:43:30	0:20:05	0:42:31	0:24:41	0:44:05	0:32:36	0:43:35	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Sudan,Missy	0:16:59	0:39:58	0:18:55	0:40:03	0:21:59	0:39:15	0:29:31	0:39:28	0:00:00	0:00:00	0:38:13	0:40:24	0:00:00
Sudan,Ranjeet	0:00:00	0:00:00	0:19:30	0:41:17	0:23:11	0:41:24	0:29:57	0:40:02	0:31:24	0:40:53	0:00:00	0:00:00	0:00:00

B Div	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Lee,Aaron	0:17:34	0:41:21	0:19:36	0:41:29	0:24:02	0:42:55	0:30:33	0:40:51	0:31:26	0:40:56	0:39:19	0:41:34	2:42:30
Delyani,Dino	0:18:01	0:42:24	0:19:46	0:41:50	0:22:51	0:40:48	0:31:04	0:41:32	0:31:54	0:41:32	0:39:48	0:42:04	2:43:24
McIntyre,Dave	0:18:55	0:44:31	0:20:26	0:43:15	0:23:50	0:42:34	0:34:17	0:45:50	0:34:41	0:45:10	0:41:15	0:43:36	2:53:24
Kolesnik,Mike	0:18:30	0:43:33	0:29:16	1:01:57	0:24:39	0:44:01	0:32:49	0:43:52	0:34:46	0:45:16	0:44:01	0:46:32	3:04:01
Bedolla,Jeff	0:20:49	0:49:00	0:25:22	0:53:42	0:26:13	0:46:49	0:35:55	0:48:01	0:40:41	0:52:58	0:44:24	0:46:56	3:13:24
Chamberlin,Steve	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	0:40:33	0:42:52	0:00:00
Chimenti,Dick	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:04	0:43:03	0:00:00	0:00:00	0:00:00
Emo,Kelly	0:19:02	0:44:48	0:22:58	0:48:37	0:25:30	0:45:32	0:33:40	0:45:01	0:34:57	0:45:30	0:42:41	0:45:07	2:58:48
Goldman,Mark	0:18:10	0:42:45	0:20:10	0:42:41	0:00:00	0:00:00	0:31:41	0:42:21	0:31:48	0:41:24	0:39:50	0:42:06	0:00:00
Hurtado,Joe	0:18:56	0:44:34	0:00:00	0:00:00	0:24:41	0:44:05	0:33:06	0:44:15	0:32:54	0:42:50	0:41:53	0:44:16	0:00:00
Johnson,Joe	0:18:21	0:43:11	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
Krey,Mike	0:00:00	0:00:00	0:00:00	0:00:00	0:24:19	0:43:25	0:32:57	0:44:03	0:33:52	0:44:06	0:40:54	0:43:14	0:00:00
Mendoza,Carol	0:19:34	0:46:03	0:00:00	0:00:00	0:00:00	0:00:00	0:32:16	0:43:08	0:33:23	0:43:28	0:00:00	0:00:00	0:00:00
Moon,Danny	0:21:22	0:50:17	0:21:49	0:46:11	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
Nast,Liz	0:19:08	0:45:02	0:20:31	0:43:26	0:24:57	0:44:33	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Schmitt,Bob	0:18:19	0:43:07	0:00:00	0:00:00	0:24:17	0:43:22	0:31:26	0:42:01	0:32:50	0:42:45	0:40:26	0:42:44	0:00:00

C Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Norlander,Dave	0:20:38	0:48:34	0:21:59	0:46:32	0:25:38	0:45:46	0:34:54	0:46:39	0:36:50	0:47:58	0:43:44	0:46:14	3:03:43
Wong,Helen	0:20:18	0:47:47	0:22:34	0:47:46	0:25:50	0:46:08	0:35:50	0:47:54	0:37:56	0:49:24	0:44:15	0:46:47	3:06:43
Kananen,Rick	0:00:00	0:00:00	0:00:00	0:00:00	0:27:52	0:49:46	0:39:36	0:52:56	0:00:00	0:00:00	0:51:06	0:54:01	0:00:00
Peterson,John	0:22:09	0:52:08	0:00:00	0:00:00	0:29:16	0:52:16	0:40:28	0:54:06	0:41:36	0:54:10	0:49:56	0:52:47	0:00:00
Rostege,Tim	0:19:24	0:45:40	0:00:00	0:00:00	0:29:09	0:52:03	0:35:51	0:47:56	0:34:54	0:45:27	0:00:00	0:00:00	0:00:00
Stiller,Rich	0:24:24	0:57:26	0:00:00	0:00:00	0:29:18	0:52:19	0:34:51	0:46:35	0:33:02	0:43:01	0:45:05	0:47:39	0:00:00

D Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Petersen,Carl	0:20:11	0:47:30	0:21:56	0:46:26	0:25:05	0:44:47	0:34:23	0:45:58	0:35:45	0:46:33	0:42:00	0:44:24	2:59:20
Warfel,Tom	0:21:49	0:51:21	0:22:43	0:48:05	0:25:31	0:45:34	0:35:21	0:47:16	0:37:10	0:48:24	0:47:39	0:50:22	3:10:13



Cassell,Chris	0:21:44	0:51:09	0:23:24	0:49:32	0:27:09	0:48:29	0:36:39	0:49:00	0:37:58	0:49:26	0:45:36	0:48:12	3:12:30
Powell,Kat	0:24:57	0:58:43	0:26:28	0:56:01	0:30:23	0:54:15	0:43:26	0:58:04	0:41:32	0:54:05	0:51:19	0:54:15	3:38:05
Packwood,Don	0:29:31	1:09:28	0:34:12	1:12:24	0:39:50	1:11:08	0:51:44	1:09:10	0:55:10	1:11:50	1:07:22	1:11:13	4:37:49
Erickson,Elaine	0:00:00	0:00:00	0:00:00	0:00:00	0:33:39	1:00:05	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lobbes,Roger	0:22:43	0:53:28	0:00:00	0:00:00	0:30:58	0:55:18	0:00:00	0:00:00	0:47:45	1:02:10	0:52:30	0:55:30	0:00:00
Low,Brian	0:20:40	0:48:39	0:22:28	0:47:33	0:27:14	0:48:38	0:00:00	0:00:00	0:00:00	0:00:00	0:44:44	0:47:17	0:00:00
Myers,Jim	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:39:54	0:51:57	0:00:00	0:00:00	0:00:00
Noel,Ken	0:23:08	0:54:27	0:25:26	0:53:50	0:30:28	0:54:24	0:40:49	0:54:34	0:40:58	0:53:21	0:00:00	0:00:00	0:00:00
Tran,Uyenthi	0:20:54	0:49:11	0:23:19	0:49:21	0:28:48	0:51:26	0:37:38	0:50:19	0:00:00	0:00:00	0:45:42	0:48:19	0:00:00
White,Jake	0:21:15	0:50:01	0:00:00	0:00:00	0:26:34	0:47:26	0:36:28	0:48:45	0:38:32	0:50:10	0:47:49	0:50:33	0:00:00
E Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Noble,Dena	0:23:39	0:55:40	0:25:57	0:54:56	0:28:53	0:51:35	0:45:20	1:00:36	0:41:40	0:54:15	0:51:32	0:54:28	3:37:01
DeMartinis,Stan	0:45:55	1:48:04	0:52:15	1:50:36	1:00:59	1:48:54	1:16:33	1:42:20	1:14:13	1:36:38	1:38:59	1:44:38	6:48:54
Blue,Christine	0:22:55	0:53:56	0:25:12	0:53:21	0:29:57	0:53:29	0:00:00	0:00:00	0:00:00	0:00:00	0:58:50	1:02:12	0:00:00
Collins,Rich	0:23:16	0:54:46	0:26:03	0:55:09	0:30:24	0:54:17	0:41:46	0:55:50	0:00:00	0:00:00	0:57:49	1:01:07	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	0:51:05	0:54:00	0:00:00
Morrison,Marcia	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:44:23	0:59:20	0:42:09	0:54:53	0:00:00	0:00:00	0:00:00
Napier,Ken	0:24:57	0:58:43	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	0:24:00	0:56:29	0:26:21	0:55:47	0:30:17	0:54:05	0:00:00	0:00:00	0:00:00	0:00:00	0:58:21	1:01:41	0:00:00
Riley,Tim	0:23:32	0:55:23	0:00:00	0:00:00	0:30:56	0:55:14	0:00:00	0:00:00	0:44:08	0:57:28	0:00:00	0:00:00	0:00:00
VanZant,Walt	0:23:08	0:54:27	0:00:00	0:00:00	0:32:03	0:57:14	0:40:49	0:54:34	0:43:43	0:56:55	0:52:22	0:55:21	0:00:00