



# WVJS



## VOL XXXIX-#3 WEST VALLEY JOGGERS & STRIDERS September 2020

### Upcoming Saturday Workouts

All events listed below may be run at any time during the Saturday through Friday shown in the schedule. The first date shown on each line is a Saturday and is the date that we normally run as a group. The last date shown on each line is a Friday, with the exception of 12/31/20, which is a Thursday.

To make up for the loss of PA Grand Prix events, track runs of 800M, One Mile, 3000M, and 5000M run will be scored in the Racer of the Year contest. All track runs may be run on any track in any city. We run the One Mile and 5K twice but will score only the better of the two runs. Runs after 12/31/20 will not be included in the scoring for the Racer of the Year contest for 2020.

We will not schedule any track relays until Santa Clara County cancels its Gatherings restrictions.

|   |   |
|---|---|
| 09/12/20 thru 09/18/20 All Courses Day          | 11/28/20 thru 12/04/20 Valle Vista (3.0M)     |
| 09/19/20 thru 09/25/20 One Mile on the track    | 12/05/20 thru 12/11/20 Triangle Run (4.76M)   |
| 09/26/20 thru 10/02/20 Triangle Run (4.76M)     | 12/12/20 thru 12/18/20 Dou/Sar/Frtvle (2.75M) |
| 10/03/20 thru 10/09/20 800M on the track        | 12/19/20 thru 12/25/20 Farwell/H (4.68M)      |
| 10/10/20 thru 10/16/20 One Mile on the track    | 12/26/20 thru 12/31/20 All Courses Day        |
| 10/17/20 thru 10/23/20 Doug/Sara/Frtvle (2.75M) | 01/02/21 thru 01/08/21 Farwell (3.54M)        |
| 10/24/20 thru 10/30/20 5K on the track          | 01/09/21 thru 01/15/21 Short Six (5.74M)      |
| 10/31/20 thru 11/06/20 Farwell/H (4.68M)        | 01/16/21 thru 01/22/21 Valle Vista (3.0M)     |
| 11/07/20 thru 11/13/20 3000M on the track       | 01/23/21 thru 01/29/21 5K on the track        |
| 11/14/20 thru 11/20/20 Farwell (3.54M)          | 01/30/21 thru 02/05/21 Triangle Run           |
| 11/21/20 thru 11/27/20 Short Six (5.74M)        |   |

### Miscellaneous Drivel

Due to the fact that many of our Racer of the Year races have been cancelled this year, we have added a couple of track races and changed the rules. In our return to track running, 800M and 3000M track races have been added. All remaining track events (2 one milers, one more 5K, the one 800M, and the one 3000M), may be run on any track and run at any time during a designated week that is shown in the schedule in this club bulletin and the club website. Also, we have revised the rule that says that you must run in at least six events in order to be eligible for an award and you may count your best eight events (double scoring races count as 2 races for scoring purposes). **In the revised competition, you only need four events to be eligible for an award and you may count your best six events.** Also, the term any track means any track and any city. So, you do not have to come to West Valley College in order to run a track event. Remember, though, that when you run the mile on a metric track, which is the norm, you must move the start line back 9 meters.

As most of you know, we have been running a designated course each week since the last week of April. We have been using the honor system with club runners being allowed to run a designated course during a designated week. Our top dogs have been George Lo with 6 wins, Jorn Jensen with 4 wins, Roberto Palos with 4 wins, Scott Bang with 3 wins, Gary Waggoner with 2 wins, and Dwayne Spencer with 1 win. Jeff Justice ran 4 all-time PRs, George Lo ran 3 all-time PRs, Neeraja Nambula ran 3 all-time PRs, and Heather Rohrer ran 2 all-time PRs. Those, who improved their position in the top 10 or moved into the top 10 since April include Jorn Jensen (#7 on the men's Douglas 50+ list, #5 on the 50+ Valle Vista list, #10 on men's 50+ Farwell list, #8 Farwell 50+ list, #7 on Triangle 50+ list), Missy Sudan (#5 on the women's Douglas 50+ list, #2 on the women's 50+ Valle Vista list, #3 on Farwell 50+ list, #5 on Farwell-H list, #2 on the Triangle list 50+ list, #2 on the SS 50+ list), Mark Goldman (#6 on the Douglas 70+ list, #4 on Farwell-H 70+ list, #7 on the Triangle 70+ list, #6 on SS 70+ list), Kristina Park (#4 on women's ValleVists 50+ list, #10 on Farwell 50+ list, #4 on 50+ Farwell-H list), Dave Norlander(#3 on Farwell/H 80+ list, #4 on the Triangle 80+ list).

We made some unique changes for our 48th annual handicap race this year. Due to Health Department requirements, we had to ensure that as a general rule that we kept the runners at least 6 feet apart. So, we started the runners in ones or twosomes and had a 30-second gaps between groups. And, we started the fastest runners first so that there was a good chance that the late runners would not close the gap. The winner was based on whoever ran the farthest under their rating by the handicap committee. No one knew what their rating was until after the race. Joseph Aubuchon won by 6 seconds over Jorn Jensen. All contestants received a nice t-shirt. We plan to start and finish at the Collins residence next year.

Chris Blue has moved to her 2nd home in Santa Cruz. She has promised to attend on Saturday club workouts.

Kevin Breit came to his first Saturday club workout in 8 years in June. And, then started a new streak the following week.

Al King died on 7/24/20 from lung cancer. He was a member of our club during all of the 1980s, running with us on most Saturdays. Al was a fun guy to be around. When Al retired, he moved to Cloverdale in Northern California, planted a vineyard on a mountain top, built the buildings necessary to run a winery and made improvements to his house. Tom Warfel, who lived near Al in Saratoga on the other side of Los Gatos-Saratoga Rd, said that Al did a great job in fixing up his Cloverdale property. Some of those who are still around and ran with him during his time with the club include Rich Collins, Dave Norlander, Danny Moon, Don Packwood, Tim Souza, Bill Meinhardt, Tom Warfel, and Ray Russell.

Here is some interesting information regarding recent worll track distance running record

Dan King, a 61-year old runner from Colorado recently set the 60+ world record in the mile with a time of 4:49.08. The former record was set in 2012 at 4:51.85

Letesenbet Gidey of Ethiopia broke the world record in the women's track 5K a few days ago by 4.5 seconds with a time of 14:06.62. That is an average of 67.7 per 400 meters. Wow!

Joshua Cheptegei of Uganda followed Gidey's race on the same track with a a world record in the 10K with a time of 26:11.0. Both races were guided by colored lighting set up along the inside rail of the track that moved at world record pace throughout the race. This broke the former record by 6 seconds. That record was by Kenenisa Bekele in 2005. The average 400M time for this record was 62.7 per 400M.

Thanks to Dino for preparing most of this club bulletin.



## **2020 WVJS RUNNER OF THE YEAR CONTEST STANDINGS**

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. The current scores for 2020 for those who reported their scores prior to the preparation of this club bulletin are:

| <u>Runner</u>   | <u>Miles</u> | <u>Sat Pts</u> | <u>Total</u> | <u>Runner</u>  | <u>Miles</u> | <u>Sat Pts</u> | <u>Total</u> |
|-----------------|--------------|----------------|--------------|----------------|--------------|----------------|--------------|
| John Mintz      | 4818         | 20             | 4838         | Geoff Bradley  | 795          | 440            | 1235         |
| George Lo       | 2141         | 360            | 2501         | Walt Van Zant  | 459          | 610            | 1159         |
| Ken Camet       | 1711         | 480            | 2191         | Carol Bednar   | 980          | 40             | 1020         |
| Mark Goldman    | 1246         | 780            | 2026         | Tom O'Connor   | 990          | 20             | 1010         |
| Dwayne Spencer  | 1774         | 240            | 2014         | Scott Bang     | 509          | 300            | 809          |
| Tom Warfel      | 1064         | 780            | 1844         | Dave Norlander | 142          | 500            | 642          |
| Joseph Aubuchon | 1260         | 200            | 1460         | Danny Moon     | 267          | 210            | 477          |
| Norm Takeuchi   | 1442         | 0              | 1442         | Jim Bordoni    | 164          | 20             | 184          |



## 2020 PA/USATF Grand Prix ROAD RACE Results

Only one race was run in the Road Race Series, the **NorCal 10M**. There are no meaningful season standings.

### 3/7/20 - Norcal 10M, Redding

|                |         |                      |
|----------------|---------|----------------------|
| Jorn T. Jensen | 59:32   | 3 <sup>nd</sup> M50+ |
| Roberto Palos  | 1:07:10 | (unaffiliated)       |
| Scott Bang     | 1:10:53 |                      |
| Brian Davis    | 1:11:25 | 3 <sup>rd</sup> M60+ |
| Tom O'Connor   | 1:13:03 | 4 <sup>th</sup> M60+ |
| Ken Camet      | 1:14:49 |                      |
| Glenn Kishi    | 1:47:02 |                      |
| Kat Powell     | 1:43:27 |                      |



## 2020 WVJS RACER OF THE YEAR CONTEST STANDINGS

Placings in this contest for **2020 only** (see Miscellaneous Drivel) are based upon an **individual's best 6 performances in 8 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 6 performances, the maximum score is 150 points (6 x 25). Grand Prix races included in the events, of which we will have only this year, count double. **You must have competed in at least 4 different events in order to be eligible for an award in 2020**. Current standings are shown below. The number in parentheses after each score is the number of events contributing to the score. Aaron Lee keeps the records for this event, which can be found [here](#):

### A Division

|                 |        |
|-----------------|--------|
| Scott Bang      | 97 (4) |
| Joseph Aubuchon | 73 (3) |
| Roberto Palos   | 73 (3) |
| Jorn Jensen     | 50 (2) |

### B Division

|                  |        |
|------------------|--------|
| Ken Camet        | 93 (4) |
| Norry McAllister | 69 (3) |
| George Lo        | 48 (2) |
| Dwayne Spencer   | 48 (2) |
| Gary Waggoner    | 47 (2) |
| Geoff Bradley    | 43 (2) |
| Dino Delyani     | 40 (2) |
| John Huang       | 37 (2) |
| Kristina Park    | 23 (1) |

### C Division

|                       |        |
|-----------------------|--------|
| Missy Sudan           | 74 (3) |
| Tom O'Connor          | 69 (3) |
| Robert "Slim" Pickens | 68 (3) |
| Mike Krey             | 59 (3) |
| Brian Conroy          | 57 (3) |
| Brian Davis           | 50 (2) |
| Heather Rohrer        | 47 (2) |
| Robert Navarrete      | 44 (2) |
| Radha Nambula         | 36 (2) |
| Paul Taylor           | 23 (1) |
| Aaron Lee             | 22 (1) |
| Bob Kemp              | 20 (1) |
| Becki Kriegi          | 18 (1) |
| Norm Takeuchi         | 17 (1) |
| Tim Souza             | 17 (1) |
| Al Murray             | 15 (1) |

### D Division

|                |        |
|----------------|--------|
| Jeff Rohrer    | 75 (3) |
| Mark Goldman   | 69 (3) |
| Dave McIntyre  | 48 (2) |
| Todd Hayes     | 43 (2) |
| Scott Graham   | 22 (1) |
| Katherine Frye | 21 (1) |
| Trent McLane   | 20 (1) |
| Des Knucky     | 18 (1) |

### E Division

|                 |        |
|-----------------|--------|
| Kat Powell      | 88 (4) |
| Jeff Justice    | 71 (3) |
| Wei-Ti Lu       | 64 (3) |
| Don Packwood    | 56 (3) |
| Walt Van Zant   | 50 (3) |
| Neil Gelblum    | 48 (2) |
| Glenn Kishi     | 48 (2) |
| Jim Bordoni     | 47 (2) |
| Neeraja Nambula | 43 (2) |
| Dave Norlander  | 36 (2) |
| Alvin Jackson   | 31 (2) |
| Danny Moon      | 25 (1) |
| Nancy Kirk      | 21 (1) |
| Bob Shepherd    | 17 (1) |
| Rick Kananen    | 15 (1) |

## SATURDAY WORKOUT RESULTS

### 7/3/20 – 7/9/20 – Farwell – 3.54M

|                    |       |
|--------------------|-------|
| 1 Gary Waggoner    | 22:28 |
| 2 Scott Bang       | 22:38 |
| 3 Wayne Spencer    | 23:26 |
| 4 Geoff Bradley    | 23:28 |
| 5 Norry McAllister | 23:49 |
| 6 Paul Taylor      | 25:10 |
| 7 Robert Navarrete | 25:50 |
| 8 Bob Kemp         | 26:34 |
| 9 Mike Krey        | 26:38 |
| 10 Mark Goldman    | 28:28 |
| 11 Slim Pickens    | 28:51 |
| 12 Dave McIntyre   | 28:58 |
| 13 Hank Lawson     | 29:51 |
| 14 George Lo       | 31:09 |
| 15 John Huang      | 33:18 |
| 16 Jeff Justice    | 33:39 |
| 17 Neeraja Nambula | 34:30 |
| 18 Neil Gelblum    | 35:48 |
| 19 Nancy Kirk      | 37:24 |
| 20 Willie Liu      | 39:53 |
| 21 Dave Norlander  | 40:12 |
| 22 Kat Powell      | 42:17 |
| 23 Alvin Jackson   | 53:23 |
| 24 Walt Van Zant   | 60:29 |

Gary got his first Saturday win since February. Jeff Justice edged his all-time PR by 2 seconds. Mark Goldman moved to #10 on the 70+ list. Geoff Bradley took 50 seconds off his 50+ best. Mike Krey improved his 65+ best by 57 seconds.

### 7/11/20 – 7/17/20 – Short Six – 5.74M

|                    |                       |
|--------------------|-----------------------|
| 1 Roberto Palos    | 39:28                 |
| 2 George Lo        | 39:39                 |
| 3 Norry McAllister | 39:57                 |
| 4 Robert Navarrete | 44:06                 |
| 5 Mark Goldman     | 47:05 #5 70+ all time |
| 6 Robert Pickens   | 52:50                 |
| 7 Todd Hayes       | 53:08 4 min 70+ PR    |
| 8 Dave McIntyre    | 54:09                 |
| 9 Neeraja Nambula  | 58:25 80 sec PR       |
| 10 Jeff Justice    | 59:00                 |
| 11 Neil Gelblum    | 63:07                 |
| 12 Dave Norlander  | 69:05                 |
| 13 Willie Liu      | 74:10                 |
| 14 Kat Powell      | 78:00                 |
| 15 Walt Van Zant   | 109:29                |

Roberto got his 3rd Saturday run win of the year. Mark Goldman ran the 5th best-ever time by a 70+ runner on this course. Todd Hayes improved his 70+ PR by 4 minutes. And, Neeraja improved her all-time PR by 80 seconds.

### 7/18/20 – 7/24/20 – Valle Vista – 3.0

|                 |       |
|-----------------|-------|
| 1 Jorn Jensen   | 17:06 |
| 2 Scott Bang    | 18:36 |
| 3 Gary Waggoner | 18:40 |

|                     |         |
|---------------------|---------|
| 4 Norry McAllister  | 20:05   |
| 5 Kristina Park     | 20:21   |
| 6 Missy Sudan       | 20:25   |
| 7 Heather Rohrer    | 20:45PR |
| 8 Ken Camet         | 20:49   |
| 9 Roberto Palos     | 21:28   |
| 10 Paul Taylor      | 21:43   |
| 11 Slim Pickens     | 21:54   |
| 12 Robert Navarrete | 22:07   |
| 13 Mike Krey        | 22:33   |
| 14 Bob Kemp         | 22:36   |
| 15 John Huang       | 23:17   |
| 16 Jeff Rohrer      | 23:19   |
| 17 Dave McIntyre    | 23:30   |
| 18 Brian Conroy     | 23:47   |
| 19 Mark Goldman     | 23:58   |
| 20 Todd Hayes       | 26:23   |
| 21 Tim Souza        | 26:43   |
| 22 Danny Moon       | 27:43   |
| 23 Jeff Justice     | 28:11   |
| 24 Neeraja Nambula  | 28:23PR |
| 25 Krystal Carter   | 28:45PR |
| 26 Neil Gelblum     | 29:32   |
| 27 Dave Norlander   | 32:26   |
| 28 Willie Liu       | 35:19   |
| 29 Kat Powell       | 35:44   |
| 30 Don Packwood     | 39:59   |
| 31 Alvin Jackson    | 49:17   |
| 32 Walt Van Zant    | 52:11   |

Jorn ran to an easy win on Saturday morning, recording the 5<sup>th</sup> best-ever 50+ time for this course. Krystal Carter improved her all-time PR (this was her 2<sup>nd</sup> run on the course) by 5 minutes. Neeraja improved her PR by 7 seconds. And, Heather Rohrer improved her all-time PR by 3 seconds. She has been running this course for about 10 years. Kristina Park and Missy Sudan ran the #3 and #4 women's 50+ bests for this course. John Huang improved his 65+ best by 4 minutes, Mike Krey improved his 65+ best by 19 seconds, and Bob Kemp's time put him one place behind Mike on the 65+ list. Scott Bang had an 8-second improvement on his 50+ best. Gary Waggoner finished 3<sup>rd</sup> while posting the 13<sup>th</sup> best-ever time by a 55+ runner. Dave Norlander was ecstatic about his 32:26 time as it was a 2-minute PR and put him #2 on the 80+ list. Slim Pickens ran well in his first race as a 60+ runner (he turned 60 during the past week). Mark Goldman tied Stan DeMartines for #9 on the men's 70+ list. Jeff Rohrer tied his 60+ best. Danny Moon has only run a Saturday course twice this year and both times he ran the Valle Vista course. This time he ran 17 seconds faster. But, he did have his problems. Due to his fatigue, he had

a terrible forward lean at the end and finally fell down about 15 yards after the finish line. Fortunately, he was not hurt too badly, being able to run with us on the next Thursday workout. Tim Souza ran for the first time in many months and posted a respectable 26:43 (He has an all-time PR of 15:55). Alvin Jackson, who has had a very good season prior to this Saturday, had a bummer today. Hopefully, he'll make a comeback this following Saturday. Roberto Palos, one of the club's best runners, got lost. He had only run this course once before (in 2013) and wandered around Valle Vista and other streets before finishing. Dino Delyani made his last appearance with us as he left for his new home in Seattle 2 days later. We had a nice sendoff breakfast with him.

### 7/25/20 – 7/31/20 – All Courses Week

#### Douglas – 2.75M

|               |       |
|---------------|-------|
| Willie Liu    | 30:37 |
| Walt Van Zant | 47:04 |

#### Valle Vista

|               |       |
|---------------|-------|
| Al Murray     | 29:49 |
| KimChi Nguyen | 29:49 |
| Alvin Jackson | 42:54 |

#### Farwell

|                  |       |
|------------------|-------|
| Robert Navarrete | 26:07 |
| Becki Kriege     | 27:31 |
| Todd Hayes       | 29:49 |
| Tim Souza        | 30:48 |
| Dave Norlander   | 39:44 |
| Kat Powell       | 41:01 |

#### Farwell/H

|                  |  |
|------------------|--|
| Jeff Rohrer      | 37:13                                  |
| Mark Goldman     | 37:21 48 sec 70+ best & #4 on the list |
| Norry McAllister | 37:21                                  |

#### Triangle

|                |         |
|----------------|---------|
| Roberto Palos  | 31:37   |
| Dwayne Spencer | 31:46PR |
| Neil Gelblum   | 47:44   |

#### Short Six

|              |       |
|--------------|-------|
| Paul Taylor  | 43:02 |
| Slim Pickens | 43:28 |
| Mike Krey    | 46:05 |

Based upon the Cum Sat 10K equivalents table, Roberto Palos had the best performance this morning with a 42:15 10K equivalent time on the Triangle course. Dwayne Spencer was the only one to run an all-time PR with an 11-second improvement on his Triangle PR. Alvin Jackson recovered from his off day of last week with a 6+ minute improvement on the last time that he

ran the Valle Vista course. Mark Goldman was very pleased with his 57 second improvement on his 70+ best that put him #4 on the 70+ list. Alas, he lost 8 seconds in his battle with Jeff Rohrer for the Division D win in the Cum Sat contest as Jeff improved his 60+ best by 57 seconds. Now, get ready to run the Triangle course this week.

**8/1/20 – 8/7/20 – Triangle Run – 4.76M**

|                     |       |
|---------------------|-------|
| 1Jorn Jensen        | 27:57 |
| 2 Gary Waggoner     | 30:16 |
| 3 Scott Bang        | 31:25 |
| 4 Norry McAllister  | 31:51 |
| 5 Missy Sudan       | 32:49 |
| 6 Heather Rohrer    | 33:04 |
| 7 Paul Taylor       | 34:03 |
| 8 Geoff Bradley     | 34:46 |
| 9 Bob Kemp          | 35:02 |
| 10 Robert Navarrete | 35:23 |
| 11 Slim Pickens     | 35:36 |
| 12 Becki Kriege     | 37:13 |
| 13 Mark Goldman     | 37:55 |
| 14 Jeff Rohrer      | 38:16 |
| 15 Dave McIntyre    | 39:07 |
| 16 Tim Souza        | 41:42 |
| 17 Al Murray        | 42:58 |
| 18 Neil Gelblum     | 45:24 |
| 19 Jeff Justice     | 45:43 |
| 20 Neeraja Nambula  | 46:30 |
| 21 Dave Norlander   | 52:53 |
| 22 Kat Powell       | 55:13 |
| 23 Willie Liu       | 56:05 |
| 24 Alvin Jackson    | 70:17 |

Jorn led all runners by a significant margin as he recorded the 7th best-ever time by a 50+ runner on the Triangle course. Jeff Justice, who has been running this course since June of 2017, improved his all-time PR by 3 minutes. Mark Goldman improved his 70+ PR by 88 seconds but remained at #7 on the star-studded 70+ list. Missy Sudan also ran a significant age-group PR (50+ list) of 40 seconds to remain at #2 on that list. Becki Kriege ran the #10 women's 50+ best time. Gary Waggoner had an 11-second 55+ PR to move to #13 on that list. Dave Norlander was overjoyed to record his best time on this course in 3 years. It was a one minute PR and put him #4 on the 80+ list.

**8/8/20-8/14/20 – Dou/Sar/Frtvle – 2.75M**

|                    |       |
|--------------------|-------|
| 1 Jorn Jensen      | 15:44 |
| 2 Roberto Palos    | 17:26 |
| 3 Norry McAllister | 17:32 |
| 4 Geoff Bradley    | 17:35 |
| 5 Dwayne Spencer   | 17:46 |
| 6 Ken Camet        | 17:40 |
| 7 Slim Pickens     | 19:42 |
| 8 Mike Krey        | 20:54 |
| 9 Mark Goldman     | 21:17 |
| 10 Dave McIntyre   | 21:27 |

|                   |       |
|-------------------|-------|
| 11 Souza,Tim      | 22:02 |
| 12 Danny Moon     | 24:38 |
| 13 Jeff Justice   | 25:08 |
| 14 Al Murray      | 25:10 |
| 15 KimChi Nguyen  | 25:15 |
| 16 Neil Gelblum   | 26:10 |
| 17 Dave Norlander | 29:34 |
| 18 Willie Liu     | 30:37 |
| 19 Powell,Kat     | 31:24 |
| 20 Don Packwood   | 36:29 |
| 21 Alvin Jackson  | 39:10 |
| 22 Walt Van Zant  | 48:17 |

Jorn was our leader for the 3<sup>rd</sup> time in his last three tries. His time tied him for 7<sup>th</sup> place with Ken Napier on the all-time 50+ list. Danny Moon, Mark Goldman, and Jeff Justice improved their 70+ bests by 6 minutes, 3 minutes, and 3 minutes. Mark's time put him #6 on the 70+ list. Norry missed his 60+ best by a mere 2 seconds.

**8/15/20-8/21/20 – Farwell/H/Frtvle – 4.68M**

|                    |       |
|--------------------|-------|
| 1 Jorn Jensen      | 27:45 |
| 2 Dwayne Spencer   | 30:47 |
| 3 Norry McAllister | 30:58 |
| 4 Kristina Park    | 32:23 |
| 5 Geoff Bradley    | 33:11 |
| 6 Ken Camet        | 33:35 |
| 7 Bob Kemp         | 34:39 |
| 8 Slim Pickens     | 34:45 |
| 9 Mike Krey        | 36:50 |
| 10 Mark Goldman    | 39:02 |
| 11 Dave McIntyre   | 39:25 |
| 12 Neil Gelblum    | 45:17 |
| 13 Willie Liu      | 52:17 |
| 14 Dave Norlander  | 52:29 |
| 15 Kat Powell      | 53:58 |

There was a low turnout of runners this week, probably because of the smoky weather. Jorn won for the 4<sup>th</sup> time in a row. Now he is on his way to a vacation, giving others a chance to win. His time put him #7 on the 50+ list. Dave Norlander had another spectacular week, improving his 80+ PR by 2minutes and moving to #3 on the 80+ list. Bob Kemp improved his 65+ best by 1 minute to move to #15 on the 65+ list. Kristina ran the course for the first time as a 50+ runner. She is now #4 on the 50+ list, 10 seconds behind Becki Kriege and 3 seconds ahead of Missy Sudan.

**8/22/20-8/28/20 – Farwell – 3.54M**

|                  |       |
|------------------|-------|
| 1 Gary Waggoner  | 22:29 |
| 2 Missy Sudan    | 24:18 |
| 3 Geoff Bradley  | 24:25 |
| 4 Ken Camet      | 24:26 |
| 5 Heather Rohrer | 24:39 |
| 6 Slim Pickens   | 25:47 |
| 7 Dave McIntyre  | 28:24 |
| 8 Tim Souza      | 29:00 |
| 9 Radha Nambula  | 29:40 |
| 10 Trent McLane  | 30:04 |
| 11 Al Murray     | 31:58 |

|                  |       |
|------------------|-------|
| 12 Neil Gelblum  | 33:25 |
| 13 Willie Liu    | 37:46 |
| 14 Kat Powell    | 42:27 |
| 15 Walt Van Zant | 59:51 |

Gary won for the first time since July 4<sup>th</sup> and Missy improved her 50+ best by 8 seconds.

**8/29/20-9/4/20 – Short Six – 5.74M**

|                    |        |
|--------------------|--------|
| 1 Roberto Palos    | 39:10  |
| 2 Scott Bang       | 39:40  |
| 3 Missy Sudan      | 40:54  |
| 4 Heather Rohrer   | 40:54  |
| 5 Geoff Bradley    | 41:56  |
| 6 Norry McAllister | 42:22  |
| 7 Robert Pickens   | 43:09  |
| 8 Jeff Rohrer      | 46:27  |
| 9 Tim Souza        | 48:55  |
| 10 Radha Nambula   | 49:48  |
| 11 Trent McLane    | 50:37  |
| 12 Dave McIntyre   | 52:20  |
| 13 Jeff Justice    | 57:39  |
| 14 Neil Gelblum    | 59:06  |
| 15 Willie Liu      | 63:52  |
| 16 Kat Powell      | 67:43  |
| 17 Walt Van Zant   | 108:55 |

Roberto led us for the first time since we last ran the Short Six course in mid July with a 55+ PR. Jeff Justice set an all-time PR by 18 seconds.

**9/7/20 – 48<sup>th</sup> Annual Shettler Handicap Race**

| PI Runner           | Actual | Rating    | Diff* |
|---------------------|--------|-----------|-------|
| 1 Joseph Aubuchon   | 19:13  | + 0:33    |       |
| 2 Jorn Jensen       | 17:19  | + 0:39    |       |
| 3 Jeff Rohrer       | 23:10  | + 0:40    |       |
| 4 Aaron Lee         | 21:16  | + 0:46    |       |
| 5 Gary Waggoner     | 18:58  | + 0:48    |       |
| 6 Dwayne Spencer    | 19:35  | + 0:50    |       |
| 7 Kristina Park     | 20:00  | + 1:00    |       |
| 8 Roberto Palos     | 19:01  | + 1:01    |       |
| 9 Heather Rohrer    | 20:41  | + 1:11    |       |
| 10 Robert Navarrete | 21:00  | + 1:14    |       |
| 11 George Lo        | 19:40  | + 1:20    |       |
| 12 Neil Gelblum     | 27:54  | + 1:24    |       |
| 13 Carol Bednar     | 24:38  | + 1:38    |       |
| 14 Dave McIntyre    | 24:13  | + 1:43    |       |
| 15 Norm Takeuchi    | 24:22  | + 1:52    |       |
| 16 Willie Liu       | 31:07  | + 1:57    |       |
| 17 Radha Nambula    | 23:04  | + 2:04    |       |
| 18 Ray Rodriguez    | 19:14  | + 2:24    |       |
| 19 Mike Krey        | 23:06  | + 2:36    |       |
| 20 Neeraja Nambula  | 30:15  | + 2:45    |       |
| 21 Dalila Rodriguez | 24:56  | + 2:46    |       |
| 22 Kelly Emo        | 26:24  | + 2:54    |       |
| 23 Brian Conroy     | 23:56  | + 2:56    |       |
| 24 Kat Powell       | 32:24  | + 5:09    |       |
| 25 Don Packwood     | 36:59  | + 7:59    |       |
| 26 Jeff Bedolla     | 39:40  | +17:10    |       |
| Hank Lawson         | DNF    | - injured |       |

\* Difference between rated and actual finish

The winner of the race based upon best time in comparison to their ratings by the handicap committee was Joseph Aubuchon.

Fastest actual time male winner was Jorn Jensen at 17:19, and the fastest actual time female winner was Kristina Park at 19:00.

In general, the handicap committee of Missy Sudan, Ken Camet, and Becki Kriege did a good job of bunching the runners with their ratings but missed badly on predicting their finish times. Possibly, the course is more difficult than we thought. Hopefully, next year we will be at the Collins residence, as we were for the prior 20 years. Thanks to our Committee members and our many volunteers. It appears that everything went well today – especially the fact that nobody got lost or run over by an auto.

**9/5/20-9/11/20 – Valle Vista – 3.0M**

|    |                |       |
|----|----------------|-------|
| 1  | Dwayne Spencer | 20:09 |
| 2  | Missy Sudan    | 20:10 |
| 3  | Ken Camet      | 20:37 |
| 4  | Slim Pickens   | 21:25 |
| 5  | Radha Nambula  | 23:24 |
| 6  | Mike Krey      | 23:31 |
| 7  | Neil Gelblum   | 29:47 |
| 8  | Jeff Justice   | 29:51 |
| 9  | Kat Powell     | 33:05 |
| 10 | Willie Liu     | 33:26 |
| 11 | Dave Norlander | 36:06 |
| 12 | Walt Van Zant  | 57:03 |

Dwayne won top honors this week with a narrow one-second faster time than Missy, who knocked 15 seconds off her 50+ best. This moved her to

#2 on the 50+ list behind Chris Kennedy and only slightly ahead of Sue Francis, Kristina Park, and Jutta McCormick. Slim Pickens improved his 60+ best by 29 seconds to move into a tie with Brian Conroy on that list. Mike Krey announced that he had run a PW (he blames it on lack of training while working on his new temporary job). Dave Norlander had a 33-second PW in the 50+ age category. Your editor had another PW but am reluctant to take the glory away from my competitors because I frequently run PWs. This time I think that I accomplished the task before reaching the college entrance.

**9/12/20 – 9/18/20 -All Courses**

**Week**

|   |                 |       |         |
|---|-----------------|-------|---------|
| 1 | Missy Sudan     | 18:19 | Dou     |
| 2 | Ken Camet       | 18:37 | Dou     |
| 3 | Scott Bang      | 22:57 | Farwell |
| 4 | Joseph Aubuchon | 23:25 | Farwell |
| 5 | Dave McIntyre   | 23:57 | V Vista |
| 6 | Tim Souza       | 38:18 | Far/H   |
| 7 | Kat Powell      | 41:09 | Farwell |
| 8 | Walt Van Zant   | 49:36 | Dou     |

Missy Sudan had a great performance this week as she bettered her 50+ PR while running the 2<sup>nd</sup> best-ever women's 50+ time behind Chris Kennedy. There were no other all-time or age-group PRs this week as we were plagued by bad air quality most of the week.

**9/19/20 – 9/25/20 – One Mile on the Track**

|    |                  |         |
|----|------------------|---------|
| 1  | Joseph Aubuchon  | 5:37    |
| 2  | Slim Pickens     | 5:58    |
| 3  | Scott Bang       | 6:00    |
| 4  | Dwayne Spencer   | 6:07    |
| 5  | Missy Sudan      | 6:10    |
| 6  | Ken Camet        | 6:17    |
| 7  | Heather Rohrer   | 6:20    |
| 8  | Aaron Lee        | 6:21    |
| 9  | Norry McAllister | 6:22    |
| 10 | Tom O'Connor     | 6:38    |
| 11 | Radha Nambula    | 6:47 PR |
| 12 | Jeff Rohrer      | 6:52    |
| 13 | Brian Conroy     | 6:52    |
| 14 | Mike Krey        | 7:03    |
| 15 | Dave McIntyre    | 7:21    |
| 16 | Norm Takeuchi    | 7:32    |
| 17 | Mark Goldman     | 7:39    |
| 18 | Danny Moon       | 7:47    |
| 19 | Jim Bordoni      | 8:06    |
| 20 | Neil Gelblum     | 8:10    |
| 21 | Jeff Justice     | 8:22    |
| 22 | Neeraja Nambula  | 8:48    |
| 23 | Willie Liu       | 9:08    |
| 24 | Kat Powell       | 9:31    |
| 25 | Dave Norlander   | 9:45    |
| 26 | Bob Shepherd     | 10:18   |
| 27 | Don Packwood     | 11:06   |
| 28 | Alvin Jackson    | 11:44   |
| 29 | Walt Van Zant    | 16:29   |

Joseph Aubuchon and Slim Pickens, who both ran for Wilcox high school during their ancient high school days, had the two best times of the week. Jim Bordoni walked very well but was hoping to break the 8-minute barrier. Let's hope that he makes it on his next try. But, it will be a very difficult goal for a 60+ runner to reach.