



WVJS



VOL XXXIX-#4 WEST VALLEY JOGGERS & STRIDERS December 2020

Upcoming Saturday Workouts

All events listed, except the Valentine Team Race, 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, though formal group running has been suspended in accordance with Santa Clara County virus-related health directives. The last date shown on each line is a Friday, which is the last day a course can be run for an official time. Results for a week will generally be sent out on Friday evening.

We will not schedule any track relays until Santa Clara County cancels its restrictions. Also, final decisions on Racer of the Year events are pending the evolving Covid-19 situation.

2/06/21 thru 2/12/21 Doug/Sara/Frtvle (2.75M)
2/13/21 thru 2/06/20 Farwell/H (4.68M)
2/20/21 Valentine Team Race (5.4 miles)
2/27/21 thru 3/05/21 Farwell (3.54M)
3/06/21 thru 3/12/21 Short Six (5.74M)
3/13/21 thru 3/19/21 3K on the track
3/20/21 thru 3/26/21 Valle Vista (3.0M)
3/27/21 thru 4/02/21 Triangle Run (4.76M)

Miscellaneous Drivel

As we enter 2021, WVJS will continue our “Socially Distanced” Saturday runs. The current schedule includes 5K and 3K runs on the track as well as the six road courses which are to be done alone and can be completed at any time during their designated week. Be sure that you give your time to **Walt Van Zant** in person or either email it to either Walt or **Dino Delyani**. All results are posted on the Club web site.

The decision whether to return to a “normal” schedule for both Saturday runs and Racer of the Year events will be made based on the Santa Clara directives regarding Covid-19 as well as the outlook for the return of Pacific Association Racing events in the coming months. Stay tuned.

Walt is recovering from a heart attack, which slowed him down for about a week. He is back to walking and running regularly and obsessing over his picks in the WVJS Football Pool.

Danny Moon’s Thursday track workouts will also continue under the current distancing protocols. Breakfast gatherings after the workouts are still on hold. Danny is going through waffle withdrawal.

The WVJS annual awards party has been cancelled this year due to the virus conditions. Team captains will be distributing the plaques.

Notes from former runners and still good friends of WVJS:

- **Mike Heglund**, who ran for Wilcox High, and followed Walt to WVJS, now lives in Folsom and still enjoys running the trails near his home.
- **Ray Russell** writes that one of his favorite memories is running the Douglas course with Jake White and Bill Meinhart in the early 80’s. Ray now lives in Avila Beach, CA and does power walking.
- **Dave Combs** started road running in 1983 and joined WVJS in November of 1983 or 1984. Dave got into trail ultras in 1986 with help from Carol Stroud and Don Dugdale and gradually spent more time on that than on the roads. His all-time favorite course memory is running Fruitvale-Saratoga with **Rick Kananen**. After some illness and injury, Dave speed walks and does timed races as a walker (24, 48, 6-day). He lives in Mountain View.

Lastly, **George Vendelin**, a former member of our club, died in December at age 82. He frequently ran with us at our Saturday workouts and Sunday long runs during the 1980s before quitting running due to a leg injury. His obituary was very impressive as it mentioned several things that most of us did not know about him. He taught at times at UC Berkeley, Stanford, Santa Clara University, and San Jose State. He also wrote two books about amplifiers and oscillators. He was a very talented individual.



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 final scores and awards for 2020 are:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Award</u>
John Mintz	6409	20	6429	Gold
George Lo	3891	620	4511	Gold
Mark Goldman	1903	1000	2903	Silver
Ken Camet	2184	620	2804	Silver
Jorn Jensen	2523	240	2763	Silver
Dwayne Spencer	2293	380	2673	Silver
Tom Warfel	1466	1040	2506	Silver
Joseph Aubuchon	1795	420	2215	Bronze
Delilah Rodriguez	2104	0	2104	Bronze
Ray Rodriguez	2095	0	2095	Bronze
Norm Takeuchi	1878	0	1878	Bronze
Walt Van Zant	680	840	1520	Bronze
Scott Bang	969	540	1509	Bronze
Carol Bednar	1331	140	1471	Hon. Mention
Tom O'Connor	1356	20	1376	Hon. Mention
Geoff Bradley	802	440	1242	Hon. Mention
Jim Bordoni	571	330	901	Hon. Mention
Dave Norlander	193	700	893	Hon. Mention
Danny Moon	380	310	690	Hon. Mention



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

Jorn Jensen	150 (6)
Scott Bang	136.5 (6)
Joseph Aubuchon	118.5 (5)
Roberto Palos	113 (5)
Ray Rodriguez	90 (4)
Mike Bordoni	25 (1)

B Division

Ken Camet	132 (6)
Dwayne Spencer	118 (5)
Norry McAllister	115 (5)
Gary Waggoner	75 (3)
George Lo	70 (3)
Kristina Park	62 (3)
Geoff Bradley	42 (2)
Dino Delyani	37 (2)
John Huang	34 (2)

C Division

Missy Sudan	120.5 (5)
Heather Rohrer	115 (5)
Robert "Slim" Pickens	1114.5 (5)
Aaron Lee	112 (5)
Radha Nambula	95 (5)
Brian Conroy	88 (5)
Mike Krey	83 (5)
Tom O'Connor	68 (3)
Norm Takeuchi	58 (4)
Bob Kemp	57 (3)
Delila Rodriguez	56 (4)
Robert Navarrete	56 (3)
Tim Souza	51 (3)
Brian Davis	50 (2)
Nancy Eubanks	46.5 (2)
Ranjeet Sudan	41.5 (3)
Nhuy Stessman	31 (2)
Paul Taylor	21 (1)
Becki Kriegi	18 (1)
Al Murray	13 (1)

D Division

Mark Goldman	119 (5)
Jeff Rohrer	100 (4)
Dave McIntyre	93 (4)
Trent McLane	42 (2)
Todd Hayes	40 (2)
Hank Lawson	24 (1)
Scott Graham	22 (1)
Katherine Frye	21 (1)
Des Knucky	18 (1)

E Division

Kat Powell	126 (6)
Danny Moon	125 (5)
Jim Bordoni	115 (5)
Neil Gelblum	114 (5)
Jeff Justice	113 (5)
Wei-Ti Lu	104 (5)
Dave Norlander	86 (5)
Alvin Jackson	79 (5)
Walt Van Zant	70 (5)
Don Packwood	69 (4)
Neeraja Nambula	63 (3)
Bob Lord	53 (3)
Glenn Kishi	48 (2)
Nancy Kirk	37 (2)
Bob Shepherd	15 (1)
Christine Blue	14 (1)
Rick Kananen	12 (1)

SATURDAY WORKOUT RESULTS

9/26/20-10/2/20 – Triangle Run –

4.76M

1	Jorn Jensen	30:07
1	Gary Waggoner	30:07
3	Joseph Aubuchon	30:34
4	Dwayne Spencer	31:24
5	Heather Rohrer	33:40
6	Slim Pickens	37:28
7	Jeff Rohrer	37:38
8	Norry McAllister	38:56
8	Mark Goldman	38:56
10	Dave McIntyre	40:53
11	Trent McLane	45:16
12	Jeff Justice	45:57
13	Willie Liu	52:29
14	Dave Norlander	56:10
15	Kat Powell	56:53
16	Don Packwood	62:34
17	Alvin Jackson	74:55

Jorn and Gary started the week by running together for the fastest time of the week. Gary's time was his 55+ best by 9 seconds. Dwayne ran his all-time PR by 22 seconds. Jeff Rohrer knocked 34 seconds off his 60+ best. Jeff Justice missed his all-time PR by 14 seconds. We will be running 800s this week for the first time. Let's hope that we do not get too many smoky days this week. Right now (Friday evening), the AQI is 166.

10/3/20 – 10/9/20 – 800M on the Track

1	Mike Bordoni	2:25
2	Joseph Aubuchon	2:27
3	Norry McAllister	2:39
4	Radha Nambula	2:42
5	Slim Pickens	2:42
6	Dwayne Spencer	2:44
7	Ray Rodriguez	2:45
8	Sudan, Missy	2:46
9	Aaron Lee	2:49
10	Ken Camet	2:53
11	Heather Rohrer	2:56
12	Brian Conroy	3:05
13	Jeff Rohrer	3:14
14	Danny Moon	3:18
15	Dave McIntyre	3:30
16	Mike Krey	3:34
17	Norm Takeuchi	3:36
18	Mark Goldman	3:36
19	Dalila Rodriguez	3:41
20	Jim Bordoni	3:43 RW
21	Jeff Justice	4:01
22	Neil Gelblum	4:07
23	Willie Liu	4:09
24	Alvin Jackson	4:13
25	Kat Powell	4:32
26	Dave Norlander	4:37
27	Nancy Kirk	4:50
28	Walt Van Zant	7:40

We just completed our first and last week of running 800s and several runners remarked that they enjoyed running the event. Joseph led the way with a 2:27. Radha was overjoyed to PR by 16 seconds with his 2:42, Norry McAllister ran 2:39 at age 63, 67-year-old Jim Bordoni power walked a 3:43 800M. He ran the 800M for Stanford when he was much younger. The runs were done on a variety of tracks – West Valley College, Mt. View HS, a track in Los Banos, and Norm Takeuchi ran on the Clovis West HS track in Fresno. And, Dino Delyani would have run it in Seattle if his injured knee had moderately recovered. It is coming around but not enough to run hard on. This coming week, we will be running a track mile. Remember, most tracks are now 400M. So, you must start 9M behind the starting line and run a total of 1609M. Danny Moon has marked the West Valley track so that if you want to know what your exact 402.5M splits are, you can do so. I think that most of us just look at our splits at 409M, 809M, 1209M and 1609M.

10/10/20 – 10/16/20 – One Mile on the Track

1	Jorn Jensen	5:23
2	Joseph Aubuchon	5:35
3	Scott Bang	5:41
4	Ray Rodriguez	5:44
5	Norry McAllister	5:48
6	Slim Pickens	5:56
7	Dwayne Spencer	5:57
8	Heather Rohrer	6:01
9	Missy Sudan	6:04
9	George Lo	6:04
11	Aaron Lee	6:10
12	Radha Nambula	6:26
13	Brian Conroy	6:39
14	Tim Souza	6:54
15	Dave McIntyre	7:15
15	Mike Krey	7:15
17	Danny Moon	7:24
18	Trent McLane	7:43
19	Norm Takeuchi	7:46
20	Dalila Rodriguez	7:47
21	Mark Goldman	7:49
22	Jeff Justice	8:14
23	Neil Gelblum	8:18
24	Willie Liu	8:49
25	Kat Powell	9:18
26	Bob Lord	9:22
27	Don Packwood	9:26
28	Dave Norlander	9:29
29	Alvin Jackson	10:23
30	Walt Van Zant	16:39

We had many good performances this week. Too many to mention them all. 7 runners broke 6 minutes and one missed it by one second. 20 out of the 23 runners who ran the mile this week and a couple of weeks ago ran faster than a couple of weeks ago. 80+ runners Don Packwood and Dave Norlander easily broke 10 minutes. Kat Powell, who will turn 80 in December got near 9 flat. She is also beating most of the men in our football pool. We may have to throw her out of the pool and also get rid of Kelly Emo, who is leading the pool. Alvin Jackson had a terrific run. This following week we will be running the 2.75M Douglas course. I can't overlook Norry's performance. Norry is 60+ as is Slim Pickens. Early in the week he ran 6:22 and coughed for about a half hour after the race due to the low humidity. Then, he came back a couple of days later to run a spectacular 5:48. Nice going Norry.

10/17/20 – 10/23/20 – Dou/Sar/Frtvle – 2.75M

1	Gary Waggoner	17:05
2	Dwayne Spencer	17:15
3	Norry McAllister	17:57
4	Missy Sudan	18:13
5	Heather Rohrer	18:17
6	Kristina Park	18:27
6	George Lo	18:27
8	Joseph Aubuchon	18:29
9	Aaron Lee	19:06
10	Slim Pickens	19:09
11	Tim Souza	20:06
12	Radha Nambula	21:05
13	Dave McIntyre	21:24
14	Brian Conroy	21:28
15	Mike Krey	21:55
16	Robert Navarrete	21:56
17	Mark Goldman	21:58
18	Ranjeet Sudan	22:06
19	Danny Moon	24:10
20	Jeff Justice	26:08
21	Neeraja Nambula	27:20
22	Willie Liu	27:51
23	Kat Powell	29:37
23	Dave Norlander	29:37
25	Don Packwood	32:35
26	Alvin Jackson	38:55
27	Walt Van Zant	50:10

There were a lot of good performances by the 27 runners who competed during the past week. Gary led the way with his first win in two months. He missed his 55+ PR by just 7 seconds. Wayne Spencer broke his 55+ PR by 22 seconds. Missy Sudan recorded the 2nd best-ever time by a 55+ woman runner.

Kristina Park ran this course for the first time as a 50+ runner, recording the 4th best-ever by a 50+ club woman runner. Bob Pickens improved his 60+ best by 33 seconds. Tim Souza had a 70-second PR in the 60+ division. Ranjeet Sudan ran with us for the first time in about 10 years. Danny Moon, who has been gradually improving on his shorter runs, set his 70+ PR by 28 seconds. Poor Kat Powell. I mis-identified her last week as being nearly 80. She is in fact a youthful 69 and will begin to compete with Chris Blue in the 70+ division in December. Don Packwood set his 80+ PR by 4 minutes.

10/24/20 – 10/30/20 – 5K on the Track

1	Jorn Jensen	18:13
2	Ray Rodriguez	18:55
3	Gary Waggoner	19:25 *
4	Chad Sressman	19:43
5	Scott Bang	19:52
5	Joseph Aubuchon	19:52 *
7	Dwayne Spencer	20:00
8	George Lo	20:07 *
9	Norry McAllister	20:19 *
10	Kristina Park	20:33
11	Missy Sudan	20:47 *
11	Nancy Eubanks	20:47
13	Heather Rohrer	21:09
14	Aaron Lee	21:14
15	Slim Pickens	21:21 *
16	Ken Camet	21:35
17	Bob Kemp	22:26
18	Tim Souza	22:30
19	Robert Navarrete	22:46
20	Mike Krey	22:52
21	Nhuy Stessman	23:08
22	Radha Nambula	23:40
22	Ranjeet Sudan	23:40
24	Norm Takeuchi	24:18
25	Mark Goldman	24:39
26	Dave McIntyre	24:45
27	Dalila Rodriguez	24:54
28	Danny Moon	26:10
29	Neil Gelblum	27:38
30	Jim Bordoni	28:24 RW
31	Jeff Justice	28:44
32	Neeraja Nambula	29:10
33	Willie Liu	30:01
34	Bob Lord	31:55
35	Dave Norlander	34:03 Pw
36	Kat Powell	34:06
37	Don Packwood	34:53
38	Alvin Jackson	43:14
39	Walt Van Zant	58:02

* Ran our 1st 5K on the track and was faster this time.

We had our largest turnout of the year for this event. Jorn led the pack by about 200 meters. We ran on a variety of tracks. West Valley track was our most popular site as that is our normal Saturday site. Five

runners ran on a track in the Central valley with Ray Rodriguez leading the way for that group. Two ran on the Mt. View high school track. And, Norm Takeuchi ran on the Clovis West high school track. Excellent 5K walking time by Jim Bordoni.

10/31/20 – 11/6/20 – Farwell/H – 4.68M

1	Gary Waggoner	29:42
2	Roberto Palos	30:38
3	Joseph Aubuchon	30:55
4	Kristina Park	32:04
5	Missy Sudan	32:09
6	Ken Camet	32:49
7	Slim Pickens	33:39
8	Bob Kemp	34:30
9	Tim Souza	34:53
10	Robert Navarrete	35:02
11	Norry McAllister	35:03
12	Radha Nambula	36:32 PR
13	Mike Krey	37:03
14	Trent McLane	38:38 PR
15	Mark Goldman	38:45
16	Ranjeet Sudan	39:16
17	Dave McIntyre	39:32
18	Danny Moon	43:26
19	Jeff Justice	46:33
20	Dave Norlander	52:31
21	Willie Liu	53:15
22	Kat Powell	53:45
23	Chris Blue	59:08
24	Don Packwood	60:46
25	Bob Lord	61:29

Two 55+ runners – Gary and Roberto led the parade this week. Kristina and Missy both ran their best 50+ times to move into #2 and #4 on the all-time women's 50+ list. Sue Francis is sandwiched in between them at #3. Beck Kriege's all-time 50+ time of 32:13 is #5. So, 9 seconds separates the #2 through #5 runners. Slim Pickens improved his 60+ PR by 66 seconds. Time Souza improved his 60+ best by 205 seconds. Bob Kemp improved his 65+ best by 9 seconds. Don Packwood became the 6th club 80+ runner to complete this course. Trent McLane ran an all-time PR by 24 seconds and Radha Nambula set an all-time PR by 65 seconds.

11/7/20 – 11/13/20 – 3K on the Track

<u>PI Runner</u>	<u>3K</u>	<u>2 Mile Equiv</u>
1	Jorn Jensen	10:35 11:25
2	Joseph Aubuchon	10:57 11:49
3	Ray Rodriguez	11:03 11:56
4	Gary Waggoner	11:14 12:07
5	Roberto Palos	11:22 12:16
6	Scott Bang	11:23 12:17
6	Chad Stessman	11:23 12:17
8	Matt Kriege	11:35 12:30
9	Dwayne Spencer	11:37 12:32
10	Norry McAllister	11:40 12:36
11	Kristina Park	12:00 12:57
12	Missy Sudan	12:06 13:04

13	Aaron Lee	12:18	13:17
14	Heather Rohrer	12:22	13:21
<u>PI Runner</u>		<u>3K</u>	<u>2 Mile Equiv</u>
15	Nancy Eubanks	12:22	13:21
16	Slim Pickens	12:28	13:27
17	Ken Camet	12:41	13:41
18	Radha Nambula	12:54	13:55
19	Bob Kemp	12:56	13:58
20	Robert Navarrete	13:26	14:30
21	Brian Conroy	13:30	14:34
22	Nhuy Stessman	13:34	14:39
23	Mike Krey	13:54	15:51
24	Ranjeet Sudan	14:04	15:11
25	Dalila Rodriguez	14:13	15:21
26	Mark Goldman	14:16	15:24
27	Dave McIntyre	14:31	15:40
28	Mike Krey	14:41	15:51
29	Norm Takeuchi	14:50	16:01
30	Danny Moon	14:56	16:07
31	Willie Liu	14:59	16:10
32	Jeff Justice	15:35	16:49
33	Jim Bordoni (RW)	16:09	17:26
34	Neil Gelblum	16:19	17:37
35	Kat Powell	16:42	18:02
36	Don Packwood	20:06	21:42
37	Dave Norlander (PW)	20:19	21:56
38	Alvin Jackson	24:27	26:24
39	Walt Van Zant	32:24	34:59

Jorn led the way with his 10:35 time. Three runners ran the equivalent of a sub-12 minute 2mile. 8 more runners ran the equivalent of a sub-13 minutes. And 8 more ran the equivalent of sub-14minutes. We tied our record for the year for most competitors in a weekly event with 39 runners this week.

11/14/20 – 11/20/20 – Farwell – 3.54M

1	Joseph Aubuchon	22:47*
1	Roberto Palos	22:47
3	Dwayne Spencer	23:26
4	Kristina Park	23:54
5	Norry McAllister	24:01
6	Matt Kriege	24:04
7	Missy Sudan	24:05*
8	Heather Rohrer	24:25*
9	George Lo	24:45
10	Slim Pickens	24:53*
11	Aaron Lee	25:07
12	Bob Kemp	25:46*
13	Becki Kriege	26:18*
14	Tim Souza	26:21*
15	Radha Nambula	26:22
16	Mark Goldman	27:44*
17	Mike Krey	27:48
18	Ranjeet Sudan	28:12
19	Scott Bang	28:32
20	Dave McIntyre	29:09
21	Katherine Frye	29:16
22	Danny Moon	31:50
23	Nancy Kirk	37:14
24	Jeff Justice	37:15
25	Willie Liu	38:15
26	Dave Norlander	40:14
27	Bob Lord	40:29
28	Kat Powell	42:08
29	Don Packwood	42:13
30	Chris Blue	45:15
31	Alvin Jackson	49:12*
32	Walt Van Zant	67:08 RW

* Best Farwell time of the year and ran the course previously this year.

Joseph and Roberto tied for the fastest time on Saturday. Kristina Park broke the women's 50+ record that was held by Becki Kriege by 2 seconds. Missy Sudan recorded the 3rd best-ever 50+ time, just 9 seconds behind Becki's best 50+ time. All 3 of these ladies ran in the race on Saturday. Heather Rohrer ran her fastest time on this course since she PRd 8 years ago. Tim Souza broke his 60+ PR by 159 seconds. Mark Goldman used his magic new shoes to improve his 70+ PR by 44 seconds and also moved into #7 on the all-time 70+ list. Slim Pickens continued his recent fast running to improve his 60+ PR by 54 seconds. Bob Kemp knocked 48 seconds off his 65+ PR. Danny Moon at age 73 ran this course for the first time as a 70+ runner. Chris Blue fell during the run, badly bruising the right side of her face. But, she still struggled to the finish.

11/21/20 – 11/27/20 – Short Six – 5.74M

1	Jorn Jensen	35:37*
2	Joseph Aubuchon	36:25
3	Gary Waggoner	36:54*
4	Roberto Palos	38:23*
5	Norry McAllister	39:30*
6	George Lo	40:06
7	Kristina Park	40:09
8	Missy Sudan	40:27*
9	Slim Pickens	41:45*
10	Bob Kemp	44:03
11	Rob Navarrete	44:35
12	Tim Souza	45:16
12	Radha Nambula	45:16* PR
14	Mark Goldman	45:21
15	Catherine Frye	48:09
16	Ranjeet Sudan	49:04
17	Mike Krey	49:20 PW
18	Todd Hayes	51:xx
19	Danny Moon	56:29
20	Jeff Justice	61:46
21	Nancy Kirk	62:11
22	Willie Liu	67:32
23	Kat Powell	67:40
24	Dave Norlander	67:53
25	Bob Lord	75:28
26	Alvin Jackson	85:20
27	Walt Van Zant	125:54 RW

* Best time of the year for this course.

Easy win for Jorn this week as he moved to #11 on the 60+ all-time list. Radha took 3 minutes off his all-time best run for this course. Kristina Park tied Sue Francis' 50+ course record Gary Waggoner tied Neal Chappell for 8th place in the 55+ division. Missy Sudan knocked 27 seconds off her 50+ best to move to

#3 on that list. Slim Pickens ran another age-group PR with a 2-minute improvement on his 60+ best. Mark Goldman put 6 more miles on his golden shoes 200-mile warranty with a 90-second 70+ PR. Mike Krey was bragging after the run about his 90-second PW. This may be his first-ever PW. Danny Moon ran this course for the first time in 11 years. We will be running the 3.0M Valle Vista course this week.

11/28/20 – 12/5/20 – Valle Vista – 3.0M

1	Joseph Aubuchon	17:58
2	Scott Bang	19:17
3	Roberto Palos	19:24
4	Norry McAllister	19:47
5	Kristina Park	19:54
6	Missy Sudan	20:08
7	George Lo	20:15
8	Heather Rohrer	20:26 PR
9	Slim Pickens	21:44
10	Radha Nambula	22:10
11	Robert Navarrete	22:11
12	Tim Souza	22:28
13	Ranjeet Sudan	23:39
14	Catherine Frye	24:29
15	Trent McLane	24:42
16	Carol Bednar	25:04 \
17	Mike Krey	25:16 PW
18	Hank Lawson	25:30
19	Danny Moon	26:49
20	Willie Liu	31:37
21	Nancy Kirk	32:13
22	Dave Norlander	33:14
23	Kat Powell	35:31
24	Alvin Jackson	37:05

Joseph won his 2nd consecutive club run, missing his all-time PR by 6 seconds. Heather Rohrer PRd by 19 seconds. Tim Souza improved his 60+ best by 4 minutes. Roberto Palos improved his 55+ best by 2 minutes. Kristina improved her 50+ best by 27 seconds. She and Missy Sudan are now #s 2 and 3 on the women's 50+ list. Hank Lawson ran his last mile in 7:35 to break 26 minutes. Mike Krey got his second consecutive PW but he is improving with better training now that he is no longer working. It was 36 degrees this morning, which made running fast difficult. We run the 4.76-mile Triangle course this following week.

12/5/20 – 12/11/20 – Triangle – 4.76M

1	Joseph Aubuchon	28:47 PR
2	Jorn Jensen	29:19
3	Gary Waggoner	29:52
4	Roberto Palos	30:31
5	Scott Bang	31:29
6	Norry McAllister	31:54
7	George Lo	33:09
8	Missy Sudan	33:13
9	Robert Navarrete	35:51

10	Radha Nambula	36:21 PR
11	Ken Camet	36:37
12	Ranjeet Sudan	37:05
13	Tim Souza	37:23
14	Catherine Frye	38:43
15	Mark Goldman	38:55
16	Mike Krey	39:39 PW
17	Carol Bednar	41:29
18	Hank Lawson	41:38
19	Danny Moon	42:49
20	Trent McLane	43:25
21	Neeraja Nambula	48:51
22	Nancy Kirk	51:28
23	Willie Liu	52:06
24	Dave Norlander	54:15
25	Kat Powell	55:04
26	Don Packwood	58:28

Joseph broke his all-time PR by 33 seconds while winning for the 2nd week in a row. Gary Waggoner and Roberto Palos took 15 and 66 seconds off their 55+ bests. Don Packwood broke his 80+ PR by 4 minutes. Tim Souza also broke his 60+ PR by 4 minutes. And, Radha Nambula broke his all-time PR by 62 seconds. Danny Moon ran this course for the first time in 9 years. Kat Powell, who turned 70 the day before this race, became the 2nd club 70+ woman to complete this difficult course. Mike Krey ran his 3rd consecutive PW.

12/12/20 – 12/18/20 – Dou/Sar/Frtyle – 2.75M

Waggoner, Gary	17:07
McAllister, Norry	17:40
Park, Kristina	18:05
Bang, Scott	18:33
Rohrer, Heather	18:41
Pickens, Robert	18:52
Spencer, Dwayne	18:58
Lo, George	18:59
Camet, Ken	19:09
Sudan, Missy	19:55
Nambula, Radha	19:55
Kriege, Becki	19:55
Navarrete, Robert	20:05
Kemp, Bob	20:05
Lee, Aaron	20:30
Sudan, Ranjeet	20:46
Goldman, Mark	20:53
Krey, Mike	21:28
Frye, Catherine	22:45
Lawson, Hank	23:33
Bednar, Carol	23:33
Kirk, Nancy	29:18
Liu, Willie (Wei Ti)	30:02
Powell, Kat	30:06
Packwood, Don	31:27
Jackson, Alvin	33:22

12/19/20 – 12/25/20 – Farwell/H – 4.68M

1	Jorn Jensen	27:42
2	Joseph Aubuchon	28:35 PR
3	George Lo	32:30
4	Ken Camet	32:54

5	Slim Pickens	34:38
6	Mark Goldman	36:34
7	Norry McAllister	36:35
8	Catherine Frye	37:56
9	Mike Krey	38:00 PW
10	Hank Lawson	39:13
11	Jeff Justice	49:48
12	Willie Liu	53:46
13	Dave Norlander	54:34
14	Kat Powell	56:15

Jorn ran to an easy win while chopping 3 seconds off his 50+ best. Joseph stopped a few yards out on his first start and stopped a few yards out because of a muscle cramp, walked back to the start, and then started again with the intention of jogging the the course. Instead, he ended up running an all-time PR by 12 seconds. Mark Goldman improved his all-time PR by 47 seconds. Catherine improved her 55+ best by 3 seconds. Mike Krey ran his 3rd PW in 4 weeks. Kat became the 1st club 80+ woman runner to complete this course.

12/28/20 Thru 12/31/20 – All Courses Week

Dou/Sar/Frtvle – 2.75M

Willie Liu	29:13
Alvin Jackson	36:10

Valle Vista – 3.0M

Kat Powell	36:36
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Farwell – 3.54M

Jorn Jensen	20:44
Joseph Aubuchon	21:27 Missed all-time PR by 2 sec
Mike Krey	29:09 PW

Farwell/H – 4.68M

Kristina Park	31:48 16 sec 50+ PR #2 on list
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Triangle – 4.76M

Slim Pickens	34:02 94 sec 60+ PR
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Short Six – 5.74M

Dwayne Spencer	40:55
Ken Camet	40:59
George Lo	41:00
Dave McIntyre	49:05

The best performances for the the week probably include Kristina Park running the all-time women's 50+ #2 time for Farwell/H, the fast times by Jorn Jensen and Joseph Aubuchon on the Farwell course as Joseph missed his all-time PR by just 2 seconds, and Slim Pickens improving his 60+ PR by 94 seconds