



WVJS



VOL 50-#1 WEST VALLEY JOGGERS & STRIDERS April 2021

Upcoming Saturday Workouts

With the loosening of pandemic restrictions, starting May 1st, we will return to group starts on Saturday mornings at 8:00am (or close to it) with exceptions made for 10:00+/mile runners. The 10:00+/mile runners must report their times by 6:00 pm on that same Saturday.

Non-local runners can run the track races on a track of their choosing, but it must be on the same day as everyone else, and times must be reported prior to 6:00pm of the day of the run.

Final decisions on Racer of the Year events are pending the evolving Covid-19 situation.

04/17/21 thru 04/23/21 Farwell (3.54M)	08/28/21 Triangle Run (4.76M)
04/24/21 thru 04/30/21 Short Six (5.74M)	09/04/21 16 x 400M Relay
05/01/21 Valle Vista (3.0M)	09/11/21 Dou/Sar/Frtvle (2.75M)
05/08/21 8 x 0.66M Tennis Court Loop Relay	09/18/21 18 x 0.33M Tennis Court Loop Relay
05/15/21 4 x 1.46M WVC Loop Relay	09/25/21 Farwell/H (4.68M)
05/22/21 Triangle Run (4.76)	10/02/21 12 x 600M Relay
05/29/21 12 x 800M Relay	10/09/21 Farwell (3.54M)
06/05/21 Dou/Sara/Frtvle (2.75M)	10/16/21 8 x 0.66M Relay
06/12/21 One Mile on the Track	10/23/21 Short Six (5.74M)
06/19/21 Farwell/H (4.68M)	10/30/21 Step-Up & Step-Down Relay
06/26/21 All Courses Day	11/06/21 Valle Vista (3.0M)
07/03/21 36 x 200M Relay	11/13/21 8 x 0.66M Relay
07/10/21 Farwell (3.54M)	11/20/21 Triangle Run (4.76M)
07/17/21 5K on the Track	11/27/21 8 x 1200M Relay
07/24/21 800/1500/3000 Day	12/04/21 Dou/Sar/Frtvle (2.75M)
07/31/21 Short Six – 5.74M	12/11/21 4 x 1.46M Relay
08/07/21 800M on the track	12/18/21 Farwell/H (4.68M)
08/14/21 Valle Vista (3.0M)	12/26/21 All Courses Day (this is a Sunday)
08/21/21 One Mile on the Track	



Miscellaneous Drivel

Joseph Aubuchon has been sidelined for a while due to an Achilles tendon injury but appears to have recovered and is charging toward his 40th birthday (5/30/21) with hopes of becoming a very fast 40+ runner.

Jorn Jensen and **Joseph Aubuchon** lead the parade of Saturday workout winners for the first three months of the year with 4 wins each. **Scott Bang** has 2 wins, and **Gary Waggoner**, **Roberto Palos**, and **Omar Pina** have 1 win each.

Those who recently ran all-time PRs included **Radha Nambula** (5), **Jim Bordoni** (4), **Joseph Aubuchon** (2), **Trent McLane** (2), and **Heather Rohrer** (2). Age-group PRs were set by **Ranjeet Sudan** (4), **Missy Sudan** (3), **Dwayne Spencer** (3), **Slim Pickens** (3), **Kristina Park** (2), **Kat Powell** (2), **Gary Waggoner** (2), **Trent McLane** (1), and **Jorn Jensen** (1).

Jorn ran his best Triangle course time in 12 years, when he was 39 years old.

Des Knuckey and his wife became grandparents for the first time a couple of weeks ago.

Dino Delyani has moved into his new home in Seattle and has now started to run and sometimes run at hard effort.

Jim Bordoni has power walked during recent months to 4 all-time PRs, including a 8:54 per mile walk on the Douglas course. He also slipped on his stairs, cracking a few bones in his chest.

Don Dugdale has moved to Las Vegas just in time to enjoy one of their warm summers.

Several of our desperate club members have purchased those super running shoes in order to run better age-group PRs. **Your editor** attempted to buy a pair of the shoes and was offered a bribe to never wear the shoes in public.

Mark Goldman has been out of commission for several weeks due to an Achilles tendon injury.

Alvin Jackson has not run any age-group PRs lately but he has shown tremendous improvement over his runs of last year.

Danny Moon has been leading track workouts at West Valley College on Thursday mornings. A group may also be running at WVC on Tuesday mornings.

Dave Norlander has been bragging lately about his entrance into the 200% club (when trying, running a Saturday course in double or more of a PR) on any Saturday course.

SATURDAY WORKOUT RESULTS

1/2/21 Thru 1/8/21 – Farwell – 3.54M

1 Joseph Aubuchon	20:57 PR
2 Scott Bang	22:21
3 Gary Waggoner	22:24
4 Norry McAllister	23:19
5 Missy Sudan	24:00
6 George Lo	24:29
7 Heather Rohrer	24:37
8 Dwayne Spencer	25:44
9 Bob Kemp	25:53
10 Radha Nambula	26:46
11 Ranjeet Sudan	27:08
12 Slim Pickens	28:06
13 Hank Lawson	28:20
14 Mike Krey	28:35
15 Trent McLane	29:34
16 Dave McIntyre	29:36
17 Jim Bordoni	32:32
18 Willie Liu	39:34
19 Don Packwood	42:32
20 Alvin Jackson	44:24
21 Kat Powell	48:04

This was the first week of the new year with 21 runners completing the Farwell course. Joseph led the way as he not only won but he broke his all-time PR by 15 seconds. Jim Bordoni broke his RW record by a whopping 93 seconds (9:11 per mile for 3.54M). Missy Sudan knocked 5 seconds off her 50+ best to stay in 3rd place on that very talented group. Hubby Ranjeet Sudan continues to improve with a 65-second 55+ PR. Trent McLane tied his 50+ PR. Bob Kemp missed his 65+ PR by a mere 7 seconds and Don Packwood got within 19 seconds of his 80+ best. Kat Powell became the 2nd 70+ woman in the club to complete the Farwell course. We will be running the Short Six course this coming week.

1/16/21 thru 1/22/21 – Valle Vista – 3.0 Miles

Aubuchon, Joseph	18:01
Waggoner, Gary	18:46
Palos, Roberto	19:11
McAllister, Norry	19:41
Sudan, Missy	19:59
Spencer, Dwayne	19:59
Rohrer, Heather	20:12
Park, Kristina	20:31
Camet, Ken	20:36
Lee, Aaron	20:54
Pickens, Robert	22:07
Nambula, Radha	22:09
Kemp, Bob	22:12
Krey, Mike	23:40
Lawson, Hank	23:54
Frye, Catherine	24:25
McIntyre, Dave	25:45
Bang, Scott	25:47
Bordoni, Jim	27:15
McLane, Trent	27:42
Emo, Kelly	28:06
Kirk, Nancy	31:58
Gelblum, Neil	32:06
Liu, Wie Ti	33:11
Powell, Kat	35:08
Jackson, Alvin	38:47

1/23/21 Thru 1/29/21 – 5K on the Track

1 Jorn Jensen	18:07 *
2 Gary Waggoner	19:32
3 Norry McAllister	20:22
4 Missy Sudan	20:48
5 Dwayne Spencer	20:54
6 Ken Camet	21:00 *
7 Slim Pickens	21:24
8 Aaron Lee	21:39
9 Heather Rohrer	22:03
10 Bob Kemp	22:09 *
11 Radha Nambula	22:15 * PR
12 Ranjeet Sudan	23:06 *
13 Mike Krey	23:43
14 Hank Lawson	23:50 *
15 Trent McLane	25:54
16 Jim Bordoni	27:49 * RW
17 Geoff Bradley	28:17
18 Neil Gelblum	30:29
19 Willie Liu	32:11
20 Nancy Kirk	32:56
21 Dino Delyani	33:53
22 Don Packwood	35:19
23 Kat Powell	36:02
24 Dave Norlander	36:12 *
25 Walt Van Zant	56:59

* These runners bettered their track 5K times from last year.

1/30/21 Thru 2/5/21 – Triangle – 4.76M

1 Scott Bang	31:32
2 Norry McAllister	31:46
3 Dwayne Spencer	32:44
4 Kristina Park	32:53
5 Missy Sudan	32:57
6 Ken Camet	32:58
7 Heather Rohrer	33:08
8 Radha Nambula	34:48 PR
9 Bob Kemp	34:51
10 Ranjeet Sudan	36:29
11 Robert Navarrete	37:14
12 Mike Krey	38:20
13 Hank Lawson	38:24
14 Slim Pickens	38:58
15 Catherine Frye	39:00
16 Joseph Aubuchon	39:13
17 Trent McLane	39:46 PR
18 Scott Graham	41:15
19 Jim Bordoni	45:28 RW
20 Neil Gelblum	50:39
21 Nancy Kirk	50:44
22 Willie Liu	53:31
23 Dave Norlander	55:05
24 Don Packwood	57:13
25 Kat Powell	58:57
26 Alvin Jackson	69:44

Scott Bang, after many weak performances for his ability, won his first workout since June. Great going, Scott. Radha broke his all-time PR by 87 seconds and Trent McLane broke his all-time record by 99 seconds. Jim Bordoni holds all of the course walking records. This week he knocked another minute off his Triangle walking record with a sub-10 minute effort. His records are so good now that it is going to be difficult for him to make any significant improvements. Joseph limped through the workout with an injured achilles tendon.

2/6/21 Thru 2/12/21 – Dou/Sar/Frtvle – 2.75M

1	Jorn Jensen	15:50
2	Norry McAllister	17:45
3	Kristina Park	17:54
4	Heather Rohrer	18:04 PR
5	Missy Sudan	18:11
6	Ken Camet	18:27
7	Dwayne Spencer	18:47
8	Radha Nambula	19:03 PR
9	Joseph Aubuchon	19:03
10	Aaron Lee	19:16
11	Slim Pickens	19:23
12	Bob Kemp	19:39
13	Robert Navarrete	20:17
14	Ranjeet Sudan	20:58
15	Mike Krey	21:04
16	Hank Lawson	22:17
17	Trent McLane	22:37 PR
18	Scott Graham	22:39
19	Geoff Bradley	22:56
20	Dave McIntyre	23:30
21	Jim Bordoni	24:30 RW/ PR
22	Danny Moon	24:35
23	Neil Gelblum	27:26
24	Willie Liu	28:25
25	Nancy Kirk	29:22
26	Neeraja Nambula	29:36
27	Dave Norlander	32:06
28	Don Packwood	32:29
29	Kat Powell	33:33
30	Alvin Jackson	36:54
31	Walt Van Zant	53:27

50+ runner Jorn Jensen won by more than a quarter of a mile. Super 50+ women runners Kristina Park and Missy Sudan improved their 50+ bests by 2 and 3 seconds while remaining in 2nd and 3rd on the 50+ list behind Chris Kennedy. Heather Rohrer improved her all-time PR by 6 seconds. Last week Radha Nambula improved his all-time PR by 87 seconds. This week he improved his all-time PR by only 45 seconds. Guess that he has hit the skids. Trent McLane broke his all-time PR by 27 seconds. Jim Bordoni broke his all-time power walking best by 128 seconds. He now leads the 2nd place walker by nearly 6 minutes.

2/13/21 Thru 2/19/21 – Farwell/H – 4.68M

1	Gary Waggoner	29:29
2	Roberto Palos	30:49
3	Norry McAllister	30:54
4	Dwayne Spencer	31:19
5	Joseph Aubuchon	31:21
6	Kristina Park	31:42
7	Missy Sudan	31:59
8	Heather Rohrer	32:25 PR
9	Ken Camet	32:28
10	Radha Nambula	33:41 PR
11	Ranjeet Sudan	35:02
12	Robert Navarrete	35:23
13	Slim Pickens	35:37
14	Mike Krey	36:37
15	Scott Graham	39:16
16	Trent McLane	40:17
17	Dave McIntyre	40:52
18	Neil Gelblum	47:11
19	Nancy Kirk	50:06
20	Willie Liu	55:53
21	Kat Powell	60:58
22	Jim Bordoni	68:58 RW

Gary Waggoner scored his 1st win of the year with a 13-second 55+ PR. Missy Sudan knocked 10 seconds off her 50+ PR to move into 3rd place on that list behind Christine Kennedy and Kristina Park. Heather Rohrer improved her all-time PR by 15 seconds. Radha surpassed his all-time PR by a minute. Ranjeet improved his 55+ PR by 4 minutes. Jim Bordoni power walked the course despite cracking a few ribs from a slip on this stairs earlier this week. So, he has now completed all of the Saturday courses for this year.

2/20/21 Valentine Race – 5.5M

Pl	ScrPl	Runner	Team	Finish	Actual
1	1	Jorn Jensen	A	33:34	33:34
2	2	Gary Waggoner	B	34:54	34:54
	3	Plug	E		
3	4	Roberto Palos	D	35:46	35:31
4	5	Kristina Park	E	37:33	37:03
5	6	Heather Rohrer	F	39:46	39:16
6	7	Bob Kemp	D	42:09	41:24
7	8	Radha Nambula	F	42:32	41:47 PR
	9	Plug			
8		SlimPickens		43:05	42:20
9	10	Joseph Aubuchon	A	43:32	42:17
10	11	Ken Camet	C	43:18	42:18
11	12	Norry McAllister	B	43:18	42:18
12		SlimPickens		43:05	42:20
13	13	Mike Krey	A	44:48	43:33
14	14	NormTakeuchi	B	46:54	44:24
15		CatherineFrye		48:00	45:30
16	15	Kelly Emo	E	49:37	46:52
17	16	CarolBednar	D	50:53	48:08
18	17	Dave McIntyre	C	52:46	50:16
	18	Plug	F		
19	19	Neil Gelblum	F	58:21	55:21
20	20	Nancy Kirk	C	62:34	59:04
21	21	Willie Liu	D	64:19	61:04
22	22	Kat Powell	E	64:50	63:49
23	23	Don Packwood	A	69:19	63:49
24	24	Dave Norlander	B	70:19	64:49
25		Chris Blue		71:46	71:46

Write-up by Missy Sudan: There were 24 hearty runners that turned out on this cold, drizzly morning. Jorn Jensen led the pack with the fastest time of the morning. He averaged just over 6 minutes per mile on this brutal course. Kristina had the fastest women's time and averaged just under 7 minutes per mile. Kelly and Carol joined us for the first time in a long time. Don Packwood and Dave Norlander missed their starts because they were otherwise indisposed. You know how the guys always want to go to the bathroom together. It took 5 helpers to replace Walt; Danny did the timing and Brian Conroy, Neeraja, Ranjeet, and myself managed the start/finish line. Ranjeet was the race photographer. I marked the course as best I could even though I could not determine where the cement changes to asphalt at the mile marker.

2/27/21 Thru 3/5/21 – Farwell – 3.54M

1	Scott Bang	22:30
2	Roberto Palos	23:12
3	Dwayne Spencer	23:20
4	Kristina Park	23:47
5	Missy Sudan	24:03
6	Ken Camet	24:31
7	Heather Rohrer	24:38
8	Matt Kriege	24:57
9	Aaron Lee	25:11
10	Norry McAllister	26:43
11	Rbt Navarrete	26:43

12 Joseph Aubuchon	26:48
13 Ranjeet Sudan	27:00
14 Slim Pickens	27:48
15 Mike Krey	28:46
16 Scott Graham	29:17
17 Trent McLane	29:42
18 Dave McIntyre	30:44
18 Neil Gelblum	36:44
19 Neeraja Nambula	37:46
20 Nancy Kirk	37:49
21 Willie Liu	39:47
22 Kat Powell	40:57
23 Dave Norlander	41:10
24 Don Packwood	43:01
25 Walt Van Zant	66:16

2nd win in 4 weeks for Scott, 6-minute 70+ PR for Kat Powell, Kristina Park broke her own women's 50+ record by 7 seconds, 8-second 55+ PR for Ranjeet Sudan, 2-second 55 PR for Dwayne Spencer.

3/6/21 Thru 3/12/21 – Short Six – 5.74M

1 Roberto Palos	39:38
2 Joseph Aubuchon	39:47
3 Dwayne Spencer	40:05
4 Kristina Park	40:58
5 Norry McAllister	44:48
5 Robert Navarrete	44:48
7 Slim Pickens	47:29
8 Trent McLane	51:41
9 Dave McIntyre	53:09
10 Neil Gelblum	59:25
11 Nancy Kirk	64:57
12 Willie Liu	66:43
13 Krystal Carter	68:10
14 Neeraja Nambula	68:20
15 Kat Powell	71:35

57-year-old Roberto scored a rare win this week on this hilly and difficult course. Dwayne Spencer had the only age-group PR with a 21-second improvement on his 55+ best. This week we will be running the track 3K (7.5 laps around the track). This event counts as one of the events in the Racer of the year contest. You can run it on any track between 3/13/21 and 3/19/21. Send your results to Walt Van Zant or Dino Delyani.

3/12/21 Thru 3/19/21 – 3000M on the Track

1 Omar Pina	10:16
2 Jose Pina Jr	10:16
3 Jorn Jensen	10:17*
4 Joseph Aubuchon	11:01
5 Gary Waggoner	11:06*
6 Norry McAllister	11:34*
7 Kristina Park	11:39*
8 Dwayne Spencer	11:40
9 Heather Rohrer	12:05*
10 Aaron Lee	12:07*
11 Missy Sudan	12:08
12 Slim Pickens	12:26
13 Matt Kriege	12:29
14 Radha Nambula	12:38* PR
15 Ranjeet Sudan	13:18*
16 Geoff Bradley	13:21
17 Robert Navarrete	13:21
18 Mike Krey	13:40
19 Paul Taylor	14:13
20 Norm Takeuchi	14:37*

21 Jeff Rohrer	14:52
22 Dave McIntyre	14:55
23 Hank Lawson	14:57
24 Danny Moon	15:20
25 Des Knuckey	15:41
26 Jim Bordoni	16:06* RW PR
27 Neil Gelblum	17:08
28 Dino Delyani	17:14
29 Willie Liu	18:58
30 Kat Powell	20:26
31 Dave Norlander	20:28
32 Katherine Schwertley	20:39
33 Don Packwood	21:02
34 Alvin Jackson	21:25*
35 Walt Van Zant	30:54*

* Ran the 3K last year and ran faster this year.

Omar, Jose, and Jorn ran together until the very end on Saturday morning. Radha broke his all-time PR by 12 seconds and Jim Bordoni continued his walking record breaking despite having to layoff for awhile with broken ribs. Our scheduled workout for this week is running the Valle Vista course.

3/20/21 Thru 3/26/21 – Valle Vista – 3.0M

1 Joseph Aubuchon	18:12
2 Gary Waggoner	18:36
3 Dwayne Spencer	19:21
4 Scott Bang	19:22
5 Norry McAllister	19:37
6 Kristina Park	19:57
7 Missy Sudan	20:11
8 Heather Rohrer	20:29
9 Slim Pickens	21:04
10 Radha Nambula	21:20
11 Robert Navarrete	21:53
11 Geoff Bradley	21:53
13 Ken Camet	22:21
14 Ranjeet Sudan	22:22
15 George Lo	22:56
16 Mike Krey	23:40
17 Dave McIntyre	25:10
18 Des Knuckey	26:04
19 Trent McLane	26:09
20 Danny Moon	26:42
21 Jeff Justice	28:42
22 Willie Liu	33:08
23 Dave Norlander	34:25
24 Kat Powell	34:55
25 Don Packwood	37:22
26 Alvin Jackson	39:49
27 Walt Van Zant	57:34

Joseph Aubuchon led the 8AM group on Saturday to an easy win. Gary finished 2nd with a 4-seconds 55+ PR. Dwayne Spencer improved his 55+ PR by 38 seconds. Ranjeet improved his 55+ best by 77 seconds. Kat Powell had a 13-second 70+ PR. And, Slim Pickens had a 21-second 60+ PR. Des Knuckey ran this course for the first time as a 70+ runner. He also fondly recalled his extended ship cruise of about a year ago. Jeff Justice ran with us for the first time in about 5 months.

3/27/21 Thru 4/2/21 – Triangle – 4.76M

1 Jorn Jensen	27:53
2 Joseph Aubuchon	30:23
3 Roberto Palos	30:44
4 Scott Bang	30:58

5 Dwayne Spencer	31:05
6 Norry McAllister	31:43
7 Heather Rohrer	33:09
8 Slim Pickens	33:31
9 Kristina Park	34:08
10 Radha Nambula	34:16
11 Geoff Bradley	35:19
12 Robert Navarrete	35:24
13 George Lo	36:58
14 Scott Graham	41:17
15 Des Knuckey	41:42
16 Dave McIntyre	43:42
17 Danny Moon	44:45
18 Jeff Justice	47:04
19 Katherine Schwertley	48:00
20 Willie Liu	53:14
21 Alvin Jackson	65:14
22 Kat Powell	69:31

Jorn ran his fastest time on this course in 12 years to easily win on Saturday morning. Dwayne Spencer broke his all-time PR by 19 seconds and Radha Nambula broke his all-time PR by 32 seconds. Kristina, who is recovering from an injury, ran the 5th best-ever time by a woman 50+ runner. And, Alvin Jackson, who has been running very well lately, ran his fastest time on this course in 4 years.

4/3/21 -Thru 4/9/21 – Dou/Sar/Fruitvle – 2.75M

1 Joseph Aubuchon	16:22
2 Gary Waggoner	16:46
3 Scott Bang	17:02
4 Roberto Palos	17:21
5 Dwayne Spencer	17:45
6 Norry McAllister	17:47
7 Slim Pickens	18:27
8 Missy Sudan	18:38
9 Geoff Bradley	19:17
10 Radha Nambula	19:26
11 George Lo	19:27
12 Ranjeet Sudan	19:33
13 Robert Navarrete	20:06
14 Mike Krey	20:28
15 Paul Taylor	22:22
16 Catherine Frye	22:28

17 Des Knuckey	23:14
18 Becki Kriege	24:03
19 Danny Moon	25:05
20 Todd Hayes	25:29
21 Katherine Schwertley	26:12
22 Jeff Justice	26:43
23 Thao Vu	27:00
24 Willie Liu	28:45
25 Nancy Kirk	29:19
26 Dave Norlander	33:35
27 Kat Powell	34:55
28 Alvin Jackson	37:38
29 Walt Van Zant	51:50

Joseph ran his fastest time on this course in 4 years to win by about 100 meters over Gary Waggoner. Gary ran his best time on this course since he PRd in 16:20 six years ago. Slim Pickens broke his 60+ best by 25 seconds. Ranjeet Sudan took 73 seconds off his 55+ PR. Grandpa Des Knuckey ran this course for the first time as a 70+ runner. Todd Hayes also ran this course for the first time as a 70+ runner. Dave Norlander ran 200%+ of his all-time PR.