



WVJS



VOL 50-#2 WEST VALLEY JOGGERS & STRIDERS June 2021

Upcoming Saturday Workouts

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

Miscellaneous Drivel

As of about a month ago, our Saturday workout rules have been changed:

- Our new general rule is that if you want your Saturday time in our Cum Sat and Racer of the Year contests, you must start your run with the main group at 8AM on Saturday mornings. The exceptions to the general rule include –
- If you generally average 10 minutes per mile or slower, you may run the Saturday event at any time on the designated Saturday before or after the 8AM start as long as you submit your time to the person keeping the results prior to 6PM.
- Danny Moon may follow the 10:00+ runners rule because he generally helps at the finish line on Saturday mornings.
- Whenever we run a track run that will be included in the Racer of the Year contest, non-local WVJS runners may run their track run on any track on the same day as the scheduled track run.

In general news:

Joseph Aubuchon just turned 40 and is now more enthusiastic about his efforts. Recently, he has run 5 all-time PRs.

Joseph's wife, **Lan**, has started to run with us again after about a 10-year absence and is running well.

Chris Blue sold her home in Santa Cruz and has finally found an affordable home in San Jose.

Danny Moon had a near disaster when he ran the Douglas course on 6/26/21. He had a great run until he reached the college entrance. Then, his intense efforts caught up with him and he began to tilt forward toward the ground. Fortunately, two other club members got on both sides of him and held him up until he crossed the finish line. He did recover in time to attend our weekly breakfast.

Alvin Jackson had several excellent runs during March and April.

Bob Schmitt turns 80 in December. He still owns his home in Sunnyvale but has acquired an RV that he parks in Hollister. He uses the RV to drive to officiating assignments at various ultra races. He spends the remainder of his time in Hollister. He plans to occasionally run in some grand prix races after he turns 80 in early December.

The 2021 leaders in Saturday course wins through July 10th include **Joseph Aubuchon** with 7 wins, **Jorn Jensen** with 7 wins, **Gary Waggoner** with 3 wins, **Scott Bang** with 2 wins, **Roberto Palos** with 2 wins, and **Ray Rodriguez** with 1 win.

The 2021 leaders in Saturday PRs include **Radha Nambula** with 11, **Jim Bordoni** with 7, **Joseph Aubuchon** with 5, **Trent McLane** with 3, **Lan Aubuchon** with 2, **Heather Rohrer** with 2, **Dwayne Spencer** with 2, and **Emanuel Lee, Ranjeet Sudan, Katherine Schwertley**, and **Ray Rodriguez** with 1 each.



2021 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 for 2019 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> | | | | |
|-----------------|--------------|----------------|--------------|-------------|-----|-----|-----|
| Joseph Aubuchon | 1070 | 500 | 1570 | Jim Bordoni | 382 | 230 | 612 |
| Tom Warfel | 1003 | 520 | 1523 | | | | |
| Dwayne Spencer | 1402 | 460 | 1862 | | | | |
| Jorn Jensen | 1207 | 240 | 1447 | | | | |
| Ken Camet | 971 | 260 | 1231 | | | | |
| Norm Takeuchi | 940 | 0 | 940 | | | | |



2021 WVJS RACER OF THE YEAR CONTEST STANDINGS

Placings in this contest are based upon an individual's best 8 performances in 15 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 6 different events in order to be eligible for an award.** 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](#).

Events scored to date only include those run as part of club workouts. With the lifting of most Covid-19 restrictions and the resumption of some PA USATF in-person races, the following events will be counted in the Racer of the Year scoring:

- 7/4/21 - Freedom Fest 5K (completed, not yet scored)
- 8/21/21 – Santa Cruz Cross Country Challenge
- 9/12/21 – Golden Gate Park Cross Country Open
- 11/14/21 – Clarksburg Half Marathon
- 12/5/21 – Cal International Marathon

A Division

| | |
|-------------------|--------|
| Jorn Jensen | 73 (3) |
| Joseph Aubuchon | 70 (3) |
| Gary Waggoner | 75 (3) |
| Juan Rivera | 50 (2) |
| Raymond Rodriguez | 44 (2) |
| Roberto Palos | 42 (2) |
| Barry Farrara | 40 (2) |
| Scott Bang | 36 (2) |

B Division

| | |
|------------------|--------|
| Dwayne Spencer | 73 (3) |
| Kristina Park | 72 (3) |
| Missy Sudan | 68 (3) |
| Robert Plumeau | 44 (2) |
| Norry McAllister | 25 (1) |
| Matt Kriege | 21 (1) |
| Geoff Bradley | 20 (1) |
| Dino Delyani | 19 (1) |

C Division

| | |
|------------------|--------|
| Radha Nambula | 71 (3) |
| Ranjeet Sudan | 66 (3) |
| Norm Takeuchi | 56 (3) |
| Nancy Eubanks | 50 (2) |
| Ken Camet | 46 (2) |
| Becki Kriege | 42 (2) |
| Dalila Rodriguez | 40 (2) |
| Aaron Lee | 25 (1) |
| Robert Pickens | 24 (1) |
| Robert Navarrete | 21 (1) |
| Mike Krey | 20 (1) |
| Paul Taylor | 19 (1) |

D Division

| | |
|---------------|--------|
| Tom Lockhart | 50 (2) |
| Jeff Rohrer | 25 (1) |
| Dave McIntyre | 24 (1) |
| Hank Lawson | 23 (1) |
| Des Knuckey | 22 (1) |

E Division

| | |
|--------------|--------|
| Danny Moon | 25 (1) |
| Jim Bordoni | 24 (1) |
| Neil Gelblum | 23 (1) |
| Kat Powell | 22 (1) |

F Division

| | |
|----------------|--------|
| Willie Liu | 67 (3) |
| Lan Aubuchon | 50 (2) |
| Glenn Kishi | 48 (2) |
| Dan Anderson | 46 (2) |
| Robert Schmitt | 44 (2) |
| Sandy Plumeau | 40 (2) |
| Dave Norlander | 24 (1) |
| Don Packwood | 23 (1) |
| Alvin Jackson | 22 (1) |
| Walt Van Zant | 21 (1) |

SATURDAY WORKOUT RESULTS

4/10/21 – Farwell/H – 4.68M

| | |
|-------------------------|--------------------|
| 1 Joseph Aubuchon | 28:22 |
| 2 Scott Bang | 28:43 |
| 3 Dwayne Spencer | 30:34 |
| 4 Jorn Jensen | 32:06 |
| 4 Missy Sudan | 32:06 |
| 6 Slim Pickens | 32:10 |
| 7 Kristina Park | 32:21 |
| 8 Geoff Bradley | 33:30 |
| 9 Robert Navarrete | 34:14 |
| 10 Norry McAllister | 34:22 |
| 10 Radha Nambula | 34:22 |
| 12 Ranjeet Sudan | 34:23 |
| 13 George Lo | 35:02 |
| 14 Paul Taylor | 36:27 |
| 15 Catherine Frye | 38:18 |
| 16 Des Knuckey | 41:36 |
| 17 Jeff Justice | 45:13 |
| 18 Jim Bordoni | 45:19 RW PR |
| 19 Katherine Schwertley | 45:41 |
| 20 Willie Liu | 51:45 |
| 21 Don Packwood | 57:05 |
| 22 Alvin Jackson | 61:28 2 min 70+ PR |
| 23 Kat Powell | 68:28 |

Joseph won for the 2nd week in a row with a 13 second all-time PR while 2nd-place finisher Scott Bang improved his 50+ best by 37 seconds. Missy Sudan improved her 50+ best by 3 seconds to move to #3 on the 50+ list. Slim Pickens Improved his 60+ best by 89 seconds. Alvin, after having run a lot of good times this year, finally ran an age 70+ PR by 2 minutes. Jim Bordoni brok another of his race walking PRs. This time he averaged 9:40 per mile. Jeff Justice missed his 70+ best by a mere one second.

4/17/21 – 4/23/21 – Farwell (3.54M)

| | |
|-----------------------|--------------------|
| 1 Roberto Palos | 22:49 |
| 2 Dwayne Spencer | 23:01 |
| 3 Norry McAllister | 23:39 |
| 4 Slim Pickens | 24:05 |
| 5 Kristina Park | 24:09 |
| 6 Missy Sudan | 24:09 |
| 7 Radha Nambula | 25:06 PR |
| 8 Joseph Aubuchon | 25:42 |
| 9 George Lo | 25:50 |
| 10 Ranjeet Sudan | 25:52 |
| 11 Robert Navarrete | 26:05 |
| 12 Paul Taylor | 28:37 |
| 13 Trent McLane | 29:03 PR |
| 14 Mike Krey | 29:32 |
| 15 Becki Kriege | 29:55 |
| 16 Des Knuckey | 30:08 |
| 17 Danny Moon | 31:41 9 sec 70+ PR |
| 18 Todd Hayes | 32:17 |
| 19 Kathryn Schwertley | 34:35 |
| 20 Jeff Justice | 35:09 |
| 21 Neeraja Nambula | 37:21 |
| 22 Willie Liu | 39:20 |
| 23 Dave Norlander | 43:16 |
| 24 Don Packwood | 44:03 |
| 25 Kat Powell | 44:44 |
| 26 Alvin Jackson | 49:19 |

57-year-old Roberto Palos won for the 2nd time this year with the youngster, 56-year old Dwayne Spencer finishing 2nd with a 34-second 55+ PR. All-time Prs were set by Radha (29 seconds And Trent McLanr (31 sec). Slim Pickens cli[ped 48

seconds off his 60+ best. Ranjeet Sudan broke his 55+ PR by 31 seconds. Danny Moon finished looking comfortable and still too 9 seconds off his 70+ best. Dave Norlander bragged that he again ran a course in 200%+ of his all-time PR. We will be running the popular Short Six course on this Saturday morning.

4/24/21 – 4/30/21 – Short Six – 5.74M

| | |
|-----------------------|----------|
| 1 Gary Waggoner | 36:39 |
| 2 Joseph Aubuchon | 36:59 |
| 3 Jorn Jensen | 37:24 |
| 4 Roberto Palos | 38:01 |
| 5 Emmanuel Lee | 38:04 PR |
| 6 Scott Bang | 38:06 |
| 7 Slim Pickens | 40:38 |
| 8 Kristina Park | 40:55 |
| 9 Heather Rohrer | 42:58 |
| 10 Radha Nambula | 43:04 |
| 11 Missy Sudan | 43:15 |
| 11 Ranjeet Sudan | 43:15 PR |
| 13 George Lo | 43:17 |
| 14 Catherine Frye | 48:19 |
| 15 Des Knuckey | 51:32 |
| 16 Scott Graham | 52:00 |
| 17 Paul Taylor | 52:16 |
| 18 Todd Hayes | 56:05 |
| 19 Kathryn Schwertley | 57:51 |
| 20 Nancy Kirk | 62:17 |
| 21 Neeraja Nambula | 62:20 |
| 22 Willie Liu | 67:35 |
| 23 Don Packwood | 75:01 |
| 24 Kat Powell | 75:05 |

Gary Waggoner got his 2nd win of the year and a 15 second improvement on his 55+ best that put him #8 on the 55+ list. Roberto Palos improved his 55+ best by 22 seconds. Emmanuel Lee improved his all-time PR by 2 minutes. Ranjeet Sudan, paced by his wife, improved his all-time PR by 4 minutes. Slim Pickens, a former SCVAL league champion when he ran the mile for Wilcox high school, continued his streak of 60+ PRs with a 67 second improvement. Scott Bang broke his 50+ PR by 22 seconds. Catherine Frye missed her 55+ best by 40 seconds when she was one-week shy of her 60th birthday. Heather Rohrer ran well after having an appendectomy a few weeks ago. Grandpa Knuckey finished this difficult course for the first time as a 70+ runner.

5/1/21 – Valle Vista – 3.0M

| | |
|---------------------|----------|
| 1 Gary Waggoner | 18:30 |
| 2 Dwayne Spencer | 19:03 |
| 3 Ray Rodriguez | 19:18 |
| 4 Emmanuel Lee | 19:43 |
| 5 Joseph Aubuchon | 20:03 |
| 6 Kristina Park | 20:09 |
| 7 Slim Pickens | 20:39 |
| 8 Geoff Bradley | 20:49 |
| 9 John Huang | 20:55 |
| 10 Ken Camet | 20:58 |
| 11 Heather Rohrer | 21:03 |
| 12 Radha Nambula | 21:09 PR |
| 13 George Lo | 21:19 |
| 14 Robert Navarrete | 21:55 |
| 15 Mike Krey | 23:38 |
| 16 Dalila Rodriguez | 23:53 |
| 17 Paul Taylor | 24:06 |
| 18 Catherine Frye | 24:36 |
| 19 Des Knuckey | 25:17 |
| 20 Danny Moon | 26:50 |
| 21 Todd Hayes | 27:46 |

| | |
|-----------------------|----------|
| 21 Jessica Willmott | 27:46 |
| 23 Kathryn Schwertley | 29:08 PR |
| 24 Nancy Kirk | 31:45 |
| 25 Willie Liu | 32:09 |
| 26 Don Packwood | 36:04 |
| 27 Kat Powell | 37:54 |
| 28 Dave Norlander | 41:33 |
| 29 Alvin Jackson | 42:51 |

Gary won for the second consecutive week. His time put him #12 on our 55+ list for this course. Dwayne finished 2nd with an 18-second improvement on his 55+ best. Ray Rodriguez, his wife, Dalila, and one of their friends, Jessica Willmott rode up from Los Banos to run with us for the first time. Ray led the way with his 3rd place finish. Slim Pickens ran another 60+ PR – this time by 15 seconds. John Huang, who has not run with us in a long time, improved his 60+ best by 142 seconds. Radha ran another all-time PR with an 8 seconds improvement. Des Knuckey improved his 70+ best by 47 seconds, and Don Packwood improved his 80+ best by 78 seconds. Dave Norlander strained a muscle in the back of his knee and had to walk the last mile. He is afraid that he will have to let up on his heavy training program (2 miles per week) for the next few weeks.

5/8/21 – 8 x 0.66M Tennis Court Loop Relay

| Team | Start | Splits |
|----------------------|-------|---|
| 1 Lee/Jackson | -0- | 3:56-11:17-15:08-22:48-26:38-34:35-38:28 |
| 2 M.Sudan/Kriege | 3:15 | 7:26-12:17-16:35-21:13-25:29-30:02-34:17-38:48 |
| 3 Palos Liu | 6:00 | 10:03-16:07-20:03-26:08-30:01-36:36-40:32 |
| 4 Aubuchon/Lo | 6:30 | 11:06-15:38-19:50-24:17-28:20-32:48-36:42-41:09 |
| 5 H.Rohrer/McLane | 3:30 | 7:59-12:58-17:14-22:17-26:41-31:45-36:12-41:11 |
| 6 Pickens/Graham | 4:15 | 8:22-13:39-17:47-22:59-26:57-32:07-36:06-41:15 |
| 7 Spencer Taylor | 5:30 | 9:29-14:48-18:47-23:53-27:55-32:54-37:05-42:04 |
| 8 Waggoner/Navarrete | 8:45 | 12:45-17:20-21:16-25:49-29:41-34:12-38:04-42:41 |
| 9 R.Nambula/Conroy | 6:15 | 10:46-15:31-19:58-24:45-29:09-34:02-38:15-43:08 |
| 10 Park/Frye | 6:45 | 11:03-16:00-20:13-25:11-29:22-34:22-38:24-43:28 |
| 11 R.Sudan/Moon | 2:30 | 7:26-13:17-18:05-23:42-28:13-33:59-38:23-43:51 |

Individual Splits

| Runner | Splits | Total | Rating | Differ |
|------------------|-----------------------|-------|--------|--------|
| Lee,Emmanuel | 3:56-3:51-3:50-3:53 = | 15:30 | 15:45 | -0:15 |
| Waggoner,Gary | 4:00-3:56-3:52-3:52 = | 15:40 | 15:30 | -0:15 |
| Palos Roberto | 4:03-3:56-3:53-3:56 = | 15:48 | 15:45 | +0:03 |
| Spencer,Wayne | 3:59-3:59-4:02-4:11 = | 16:11 | 16:15 | -0:04 |
| Pickens,Slim | 4:07-4:08-3:58-3:59 = | 16:12 | 17:15 | -1:03 |
| Park,Kristina | 4:18-4:13-4:11-4:02 = | 16:44 | 17:00 | -0:16 |
| Aubuchon,Jos. | 4:36-4:12-4:03-3:54 = | 16:45 | 17:00 | -0:15 |
| Sudan,Missy | 4:11-4:18-4:16-4:15 = | 17:00 | 17:00 | -0- |
| Nambula,Radha | 4:31-4:27-4:24-4:13 = | 17:35 | 17:45 | -0:10 |
| Rohrer,Heather | 4:29-4:16-4:24-4:27 = | 17:36 | 17:00 | +0:36 |
| Lo,George | 4:32-4:27-4:28-4:27 = | 17:54 | 18:15 | -0:21 |
| Navarrete,Robert | 4:35-4:33-4:31-4:37 = | 18:16 | 18:30 | -0:14 |
| Kriege Becki | 4:51-4:38-4:33-4:31 = | 18:33 | 22:30 | -3:57 |
| Sudan,Ranjeet | 4:56-4:48-4:31-4:24 = | 18:39 | 18:15 | +0:24 |
| Conroy,Brian | 4:45-4:47-4:53-4:53 = | 19:18 | 18:45 | +0:33 |

| | | | | |
|----------------|-----------------------|-------|-------|-------|
| Frye,Catherine | 4:57-4:58-5:00-5:04 = | 19:59 | 19:00 | +0:59 |
| McLane,Trent | 4:59-5:03-5:04-4:59 = | 20:05 | 22:15 | -2:10 |
| Taylor,Paul | 5:19-5:06-4:59-4:59 = | 20:23 | 21:00 | -0:37 |
| Graham,Scott | 5:17-5:12-5:10-5:09 = | 20:48 | 21:15 | -0:27 |
| Moon,Danny | 5:51-5:37-5:46-5:28 = | 2:42 | 22:00 | +0:42 |
| Liu,Willie | 6:04-6:05-6:35 = | 18:44 | 21:00 | -2:16 |
| Jackson,Alvin | 7:21-7:40-7:57 = | 22:58 | 27:00 | -4:02 |

This was our first relay race in about a year. The two teams with runners that I made the biggest mistakes in the handicapping finished first and second. The runners with the top 3 times were Emmanuel Lee (15:30), Gary Waggoner (15:40), and Roberto Palos. Kristina Park and Missy Sudan led the ladies at 16:44 and 17:00. All teams were rated to finish in 42:45.

5/15/21 – 4 x 1.46M Campus Loop Relay

| Team | Start | Splits |
|-------------------------------|-------|-------------------------|
| 1 Todd Hayes/Dwayne Spencer | 1:30 | 5:16 24:40 36:52 46:04 |
| 2 Dave McIntyre/Kristina Park | 4:00 | 16:28 26:09 38:11 47:34 |
| 3 Robert Navarrete/Ken Camet | 7:30 | 17:52 27:35 38:05 47:47 |
| 4 Willie Liu/Gary Waggoner | -0- | 14:41 23:46 39:11 47:52 |
| 5 Paul Taylor/Emanuel Lee | 7:30 | 18:50 27:49 39:05 48:02 |
| 6 Mike Krey/Heather Rohrer | 6:30 | 17:57 27:52 38:39 4:11 |
| 7 Scott Graham/George Lo | 6:00 | 18:09 28:05 40:03 49:49 |
| Radha Nambula/Slim Pickens | 11:00 | 21:01 31:21 41:24 51:31 |

We got off to a slow start this morning but it was a great day to run with a good crowd. Kristina Park was our fastest woman at 19:04, our fastest men were Gary Waggoner 17:46 with Emanuel Lee very close with a 17:56. Todd Hayes and Dwayne Spencer took home the trophy after Dwayne captured the lead on Loop 2 and held on to the finish of the relay.

Thank you to Walter Van Zant for sending us the prediction sheet to help with setting up the relay teams, also Madelyn and Danny Moon for timing.

Trophy Winner – Dwayne Spencer and Todd Hayes team

5/22/21 – Triangle – 4.76M

| | |
|-------------------------|-------|
| 1 Jorn Jensen | 28:41 |
| 2 Ray Rodriguez | 29:18 |
| 3 Gary Waggoner | 29:20 |
| 4 Roberto Palos | 31:04 |
| 5 Scott Bang | 31:18 |
| 6 Joseph Aubuchon | 32:14 |
| 7 Heather Rohrer | 32:55 |
| 8 Kristina Park | 33:00 |
| 9 Missy Sudan | 33:37 |
| 10 Radha Nambula | 33:58 |
| 11 George Lo | 34:11 |
| 12 Ranjeet Sudan | 34:41 |
| 13 Robert Navarrete | 35:18 |
| 14 Paul Taylor | 39:36 |
| 15 Dalila Rodriguez | 40:23 |
| 16 Dave McIntyre | 41:44 |
| 17 Lan Aubuchon | 41:53 |
| 18 Todd Hayes | 42:25 |
| 19 Danny Moon | 43:14 |
| 20 Katherine Schwertley | 46:59 |
| 21 Willie Liu | 53:51 |
| 22 Don Packwood | 58:21 |
| 23 Alvin Jackson | 71:12 |

Dick Barrett Trophy Winner – Jorn Jensen

Jorn, who layed off for a while due to an injury, ran well today, taking the lead with about a mile to go enroute to his win. Ray Rodriguez, 4½ years into the 55+ age category, tied Ken Napier for 7th place on the 55+ list. Gary Waggoner, also a 55+ runner, ran the 9th best-ever 55+ time. Roberto improved his 55+ time by 33 seconds. Another 55+ runner, Ranjeet Sudan, took 2 minutes off his 55+ best. Radha Nambula improved his all-time PR by 50 seconds. Lan Aubuchon ran with us for the first time in about 10 years and improved her all-time PR by 31 seconds.

5/29/21 – 18 x 800M Relay

| <u>Team</u> | <u>Start</u> | <u>Finish</u> |
|--------------------------------|--------------|---------------|
| 1 B.Kriege-Waggoner-J.Aubuchon | 6:15 | 60:34 |
| 2 Ma.Kriege-Spencer-Park | 7:15 | 60:57 |
| 3 L.Aubuchon-Conroy-R.Nambula | -0- | 63:28 |
| 4 Bradley/Frye-Camet | 5:00 | 64:41 |
| 5. Emo-R.Sudan-M.Sudan | 3:15 | 65:02 |
| 6. Moon-Krey-H.Rohrer | 2:45 | 66:05 |
| 7. S.Nambula-McLane-E.Lee | 2:00 | 67:09 |

Three hard-working Americans – Todd Hayes, Alvin Jackson, and Slim Pickens volunteered to direct the relay and did an excellent job. Tidbits from the relay included the following: The Aubuchon and Park teams started last and second-to-last and finished 1st and second. Matthew Kriege and his mom led off for their two teams with Matthew gradually eating up the 1-minute lead that the Aubuchon team had on his team during his runs. He finally passed his mom and passed her on his last leg. However, Gary Waggoner caught Dwayne Spencer of the Park team at the end of his leg and Joseph Aubuchon pulled away for the win with a 2:39 800 meter finish. Five runners averaged under3:00 per 800M for the relay. These included Joseph, who turned 40 the next day, Gary Waggoner, Emanuel Lee, Dwayne Spencer, and Kristina Park. Kelly Emo made a celebrity appearance for the first time in a long time. Norry McAllister, who is attempting to recover from an achilles tendon injury came out to visit us for the first time in several weeks.

6/5/21 – Douglas 2.75 Miles

| | | |
|-------------------------|-------|--------------------|
| 1 Jorn Jensen | 15:45 | |
| 2 Ray Rodriguez | 16:29 | |
| 3 Gary Waggoner | 16:50 | 55+ PR 8 sec |
| 4 Roberto Palos | 17:02 | 55+ PR 9 sec |
| 5 Dwayne Spencer | 17:13 | 55+ PR 2 sec |
| 6 Scott Bang | 17:26 | |
| 7 Joseph Aubuchon | 17:47 | |
| 8 Kristina Park | 18:10 | |
| 9 Missy Sudan | 18:17 | |
| 10 Heather Rohrer | 18:32 | |
| 11 Matt Kriege | 18:39 | |
| 12 Radha Nambula | 18:49 | All Time PR 14 sec |
| 13 Ken Camet | 19:02 | |
| 14 Ranjeet Sudan | 20:04 | 55+ PR 42 sec |
| 15 Norry McAllister | 21:35 | |
| 16 Geoff Bradley | 21:35 | |
| 17 George Lo | 21:35 | |
| 18 Dalila Rodriguez | 22:33 | |
| 19 Scott Graham | 23:46 | |
| 20 Danny Moon | 24:20 | |
| 21 Lan Aubuchon | 24:29 | |
| 22 Bob Kemp | 24:41 | |
| 23 Dave McIntyre | 24:49 | |
| 24 Todd Hayes | 24:56 | |
| 25 Katherine Schwertley | 26:25 | |
| 26 Neeraja Nambula | 27:20 | |
| 27 Willie Liu | 29:00 | |
| 28 Mike McMahon | 30:58 | |

29 Don Packwood 31:46 80+ PR 49 sec
30 Alvin Jackson 36:25

Dick Barrett Trophy Winner – Jorn Jensen

Jorn, appearing to have recovered from his injury, ran very well today missing his 55+ PR by only 1 second and led some of the other runners to good times plus some PRs. Ray Rodriguez 4½ years into the 55+ age category running the course for the first time finished 8th place on the 55+ list. Gary Waggoner, Roberto Palos and Dwayne Spencer all ran 55+ PRs.. Another 55+ runner, Ranjeet Sudan took 42 seconds off his 55+ best. Radha Nambula improved his all-time PR by 14 seconds. Kristina Park and Missy Sudan both missed their 50+ PRs by 16 and 6 seconds. Lan Aubuchon ran this course for the first time since April 2010 and Mike McMahon 80+ last time ran this course in April 2014. Many thanks to Neeraja Nambula and Danny Moon who ran the course on their own so they could do the timing.

6/12/21 – Mile on the Track

Heat #1 - under 7:00 runners

| | | |
|-------------------|--------|---------------------|
| 1 Joseph Aubuchon | 5:13.6 | * |
| 2 Jorn Jensen | 5:21.9 | * |
| 3 Ken Meagor | 5:29.3 | |
| 4 Ray Rodriguez | 5:31.9 | * |
| 5 Scott Bang | 5:35.8 | * |
| 6 Gary Waggoner | 5:39.5 | |
| 7 Emanuel Lee | 5:46.7 | ** 6/16/18 - 5:46.8 |
| 8 Kristina Park | 5:48.1 | |
| 9 Dwayne Spencer | 5:50.5 | * |
| 10 Radha Nambula | 5:56.8 | *PR |
| 11 Missy Sudan | 6:06.0 | |
| 12 Heather Rohrer | 6:14.4 | |
| 13 John Huang | 6:21.0 | |
| 14 George Lo | 6:23.7 | |
| 15 Ranjeet Sudan | 6:35.4 | |

Heat #2 – over 7:00 runners

| | | |
|-----------------------|---------|----|
| 1 Ken Camet | 6:25.0 | |
| 2 Geoff Bradley | 6:37.7 | |
| 3 George Lo | 6:52.2 | |
| 4 Dave McIntyre | 7:16.x | |
| 5 Danny Moon | 7:20.5 | * |
| 6 Norry McAllister | 7:21.4 | |
| 7 Dalila Rodriguez | 7:23.0 | * |
| 8 Jenny Hong-Gonzalez | 7:31.0 | |
| 9 Kelly Emo | 7:34.3 | |
| 10 Lan Aubuchon | 7:54.8 | |
| 11 Thao Vu | 7:57.8 | |
| 12 Shreyas Nambula | 7:58.7 | |
| 13 Jim Bordoni | 8:40.1 | RW |
| 14 Sahasra Nambula | 8:42.2 | |
| 15 Neeraja Nambula | 9:08.1 | |
| 16 Willie Liu | 9:13.4 | |
| 17 Todd Hayes | 9:57.9 | |
| 18 Don Packwood | 9:59.1 | |
| 19 Alvin Jackson | 10:21.8 | |

* Faster time than last year

Dick Barrett Trophy Winner – Joseph Aubuchon

This was a perfect day to race the mile on the track, we had a large group of 33 runners and 4 timers with 2 new runners Jenny Hang-Gonzalez and Ken Meagor. Jorn took an early lead setting a good pace for the heat and led going into the final turn when Joseph went flying by with his 68 second last

quarter to a 5:13.6 finish. We had 7 runners improving their time from last year and Emanuel running faster than his time 2 years ago. Radha raced to a 29 second PR with a sprint to the finish. Many thanks to our timers Mike Krey, Brian Conroy, Madelyn Moon and Bob Pickens who did an awesome job with our timing.

6/19/21 – Farwell Horseshoe 4.68 Miles

| | | |
|------------------------|-------|---------------------|
| 1 Joseph Aubuchon | 27:39 | PR 43 sec |
| 2 Ray Rodriguez | 28:35 | |
| 3 Gary Waggoner | 28:45 | 55+ PR 44 sec |
| 4 Roberto Palos | 30:06 | 55+ PR 32 sec |
| 5 Dwayne Spencer | 30:26 | 55+ PR 8 sec |
| 6 Scott Bang | 30:53 | |
| 7 Missy Sudan | 32:44 | |
| 8 Heather Rohrer | 32:52 | |
| 9 Radha Nambula | 33:11 | PR 30 sec |
| 10 Norry McAllister | 33:28 | |
| 11 Ken Camet | 33:31 | |
| 12 Ranjeet Sudan | 33:46 | 55+ PR 37 sec |
| 13 George Lo | 33:51 | |
| 14 Geoff Bradley | 33:55 | |
| 15 Bob Pickens | 34:40 | |
| 16 Mike Krey | 38:13 | |
| 17 Jenny Hong-Gonzalez | 40:18 | |
| 18 Lan Aubuchon | 40:28 | PR 3 min 6 sec |
| 19 Dalila Rodriguez | 40:31 | |
| 20 Dave McIntyre | 40:45 | |
| 21 Todd Hayes | 40:53 | |
| 22 Danny Moon | 44:53 | |
| 23 Neeraja Nambula | 47:03 | PR 1 sec |
| 24 Neil Gelblum | 47:36 | |
| 25 Nancy Kirk | 50:46 | |
| 26 Kat Powell | 53:37 | 70+ PR 2 min 38 sec |
| 27 Willie Liu | 54:37 | |
| 28 Don Packwood | 56:22 | 80+ PR 43 sec |
| 29 Jeff Bedolla | | no time recorded |

Dick Barrett Trophy Winner – Dalila and Ray Rodriguez

It was a hot and humid morning as Joseph Aubuchon took the lead and finished with an all-time PR 64 seconds ahead of Ray Rodriguez running the course for the first time finishing in 5th place on the 55+ list. The next 3 runners Gary Waggoner, Roberto Palos and Dwayne Spencer all ran 55+ PRs. Another 55+ runner, Ranjeet Sudan took 37 seconds off his 55+ best while Radha Nambula improved his **all-time PR** by 30 seconds. Lan Aubuchon ran this course for the second time since April 2010 with an **all-time PR** by 3 minutes & 6 seconds, Neeraja Nambula also ran an **all-time PR** by 1 second. Kat Powell improved her 70+ time by 2 minutes & 38 seconds along with Don Packwood who knocked off 43 seconds on his 80+ time. Jeff Bedolla made a guest appearance to feel the thrill of running the course once again and did not time himself. Many thanks to Brian Conroy and Danny Moon who ran the course on their own so they could do the timing.

6/26/21 – All Courses Day

Douglas Course Runners (2.75M)

| | |
|---------------------|-------|
| 3 John Huang | 18:31 |
| 4 Heather Rohrer | 18:41 |
| 10 Todd Hayes | 23:59 |
| 11 Dalila Rodriguez | 25:10 |
| 11 Danny Moon | 25:10 |
| 11 Becki Kriege | 25:10 |
| 14 Willie Liu | 30:28 |

Valle Vista Course Runners (3.0M)

| | |
|--------------------|----------|
| 1 Joseph Aubuchon | 17:25 PR |
| 2 Ray Rodriguez | 18:29 PR |
| 5 Dwayne Spencer | 18:49 PR |
| 6 Gary Waggoner | 19:29 |
| 7 Roberto Palos | 20:22 |
| 8 Norry McAllister | 21:01 |
| 9 Ken Camet | 21:03 |
| 16 Kat Powell | 34:49 |
| 17 Jeff Bedolla | 36:17 |

Farwell (3.54M)

| | |
|-------------------|-------|
| 15 Catherine Frye | 30:35 |
|-------------------|-------|

Triangle (4.76M)

| | |
|-----------------|-------|
| 20 Neil Gelblum | 53:46 |
|-----------------|-------|

Short Six

| | |
|------------------|-------|
| 18 Geoff Bradley | 52:41 |
| 18 Bob Pickens | 52:41 |
| 21 Don Packwood | 70:43 |

Dick Barrett Trophy Winner – Joseph Aubuchon

John Huang led the Douglas runners and Todd Hayes had a 57-second 70+ PR. Danny Moon ran very hard for this course and was on his way to a PR before his hard effort caught up with him during the final stretch and he had to be helped to finish. But, he did recover in time to eat a big breakfast.

7/3/21 – 6 x 1600M Relay

Team Start Splits

| | | |
|---------------------|------|-------------------------------------|
| 1-Hillary/Liu | -0- | 7:08-16:12-23:29-33:15-40:56 |
| 2-McIntyre/Pickens | -0- | 7:56-14:15-22:08-28:43-36:30-43:03 |
| 3-Hayes/McAllister | -0- | 7:57-14:34-22:39-29:12-37:10-43:30 |
| 4-Krey/E.Lee | 5:15 | 12:47-18:47-26:08-32:10-39:26-45:23 |
| 5-Jenny/Matt Kriege | 3:00 | 11:11-17:25-25:16-31:24-39:14-45:26 |
| 6-Julia/Sergio | -0- | 8:09-14:26-23:58-30:38-40:03-46:53 |

Dick Barrett Trophy Winner – Hillary/Jenny/Julia/Sergio family

Honorary Trophy Winner – Norry McAllister

Individual Splits

| Runner | Splits | Total | Rating | Diff |
|------------------|------------------|-------|--------|-------|
| Lee,Emanuel | 6:00-6:02-5:57 = | 17:59 | 18:45 | -0:46 |
| Kriege,Matt | 6:14-6:08-6:12 = | 18:34 | 18:00 | +0:34 |
| Pickens,Slim | 6:19-6:35-6:33 = | 19:27 | 20:00 | -0:33 |
| McAllister,Norry | 6:37-6:33-6:20 = | 19:30 | 20:00 | -0:30 |
| Sergio | 6:17-6:40-6:50 = | 19:47 | 24:00 | -5:13 |
| Hillary | 7:08-7:17-7:41 = | 22:06 | 24:00 | -1:54 |
| Krey,Mike | 7:32-7:21-7:16 = | 22:09 | 21:00 | +1:09 |
| McIntyre,Dave | 7:56-7:53-7:47 = | 23:36 | 25:00 | -1:24 |
| Jenny | 8:11-7:51-7:50 = | 23:52 | 24:00 | -0:08 |
| Hayes,Todd | 7:57-8:05-7:58 = | 24:00 | 25:00 | -1:00 |
| Julia | 8:09-9:32-9:25 = | 27:06 | 21:00 | +6:06 |
| Liu,Willie | 9:04-9:46 = | 18:50 | 21:00 | -2:10 |

A lot of club members will be running in the Morgan Hill 5K race tomorrow but many of them came to West Valley College and watched the relay race this morning. All teams were handicapped to finish near 45:00 but none finished in that time. Emanuel led the way with an average of 5:59 per run. Hillary led the ladies with a 7:22 average.

Race Results

7/4/21 – Morgan Hill Freedom Fest 5K

| | | | |
|-----|-----------------------|-------|---------------------------|
| 14 | Juan Rivera (40) | 16:34 | 1 st -40+ |
| 22 | Jorn Jensen (52) | 17:30 | 4 th -50+ |
| 29 | Joseph Aubuchon (40) | 17:50 | 2 nd -40+ |
| 33 | Mary Kriege (28) | 18:01 | 2 nd Woman |
| 34 | Ray Rodriguez (59) | 18:04 | 1 st -55+ |
| 39 | Jack Park (16) | 18:36 | 3 rd -Under 20 |
| 43 | Roberto Palos (57) | 18:43 | 2 nd -55+ |
| 44 | Barry Farrara (59) | 18:47 | 3 rd -55+ |
| 46 | Gary Waggoner (57) | 18:49 | 4 th -55+ |
| 50 | Dwayne Spencer (55) | 18:56 | 5 th -55+ |
| 63 | Scott Bang (53) | 19:24 | 8 th -50+ |
| 75 | Kristina Park (51) | 20:20 | 3 rd -50+ |
| 79 | Missy Sudan (51) | 20:41 | 4 th -50+ |
| 81 | Heather Rohrer (26) | 20:47 | 6 th -25+ |
| 87 | Nancy Eubanks (44) | 20:59 | 4 th -40+ |
| 89 | Radha Nambula (44) | 21:04 | 8 th -40+ |
| 94 | Robert Plumeau (59) | 21:34 | 9 th -55+ |
| 97 | Ken Camet (60) | 21:48 | 1 st -60+ |
| 98 | Ranjeet Camet (58) | 21:51 | 10 th -60+ |
| 105 | Becki Kriege (54) | 22:13 | 5 th -50+ |
| 114 | Thomas Lockhart (60) | 23:04 | 3 rd -60+ |
| 133 | Dalila Rodriguez (50) | 24:04 | 7 th -50+ |
| 153 | Norm Takeuchi (66) | 25:13 | 4 th -65+ |
| 172 | Lan Aubuchon (41) | 26:18 | 9 th -40+ |
| 194 | Glenn Kishi (59) | 27:02 | 15 th -55+ |
| 244 | Dan Anderson (69) | 29:46 | 8 th 65+ |
| 301 | Robert Schmitt (79) | 33:17 | 2 nd -75+ |
| 305 | Willie Liu (71) | 33:44 | 3 rd -70+ |
| 312 | Sandy Plumeau (57) | 34:17 | 11 th -55+ |