



WVJS



VOL 50-#3 WEST VALLEY JOGGERS & STRIDERS December 2021

Upcoming Saturday Runs

01/01/22 Farwell (3.54M)	07/09/22 Short Six (5.74M)
01/08/22 8 x 0.66M Tennis Court Loop Relay	07/16/22 5K on the Track
01/15/22 Short Six (5.74M)	07/23/22 800/1500/3000 Day
01/22/22 5K on the track	07/30/22 Valle Vista (3.0M)
01/29/22 4 x 1.46M WVC Loop Relay	08/06/22 800M on the track
02/05/22 Valle Vista (3.0M)	08/13/22 Triangle Run (4.76M)
02/12/22 Triangle Run – 4.76M	08/20/22 One Mile on the Track
02/19/22 Valentine Team Race (5.4M)	08/27/22 Dou/Sar/Frtvle (2.75M)
02/26/22 Dou/Sara/Frtvle	09/03/22 16 x 400M Relay
03/05/22 6 x 1600M Relay	09/10/22 Farwell/H (4.68M)
03/12/22 Farwell/H – 4.68M	09/17/22 8 x 0.66M Tennis Court Loop Relay
03/19/22 8 x 1200M Relay	09/24/22 Farwell (3.54M)
03/26/22 Farwell (3.54M)	10/01/22 12 x 600M Relay
04/02/22 18 x 0.33M Tennis Court Loop Relay	10/08/22 Short Six (5.74M)
04/09/22 Short Six (5.74M)	10/15/22 4 x 1.46M WVC Loop Relay
04/16/22 Step Up & Down Relay	10/22/22 Valle Vista (3.0M)
04/23/22 16 X 400M Relay	10/29/22 Step-Up & Step-Down Relay
04/30/22 Valle Vista (3.0M)	11/05/22 Triangle Run (4.76M)
05/07/22 Triangle Run – 4.76M	11/12/22 3000m on the track
05/14/22 One Mile on the Track	11/19/22 Dou/Sar/Frtvle (2.75M)
05/21/22 8 x 1200M Relay	11/26/22 12 x 800M Relay
05/28/21 Dou/Sara/Frtvle	12/03/22 Farwell/H (4.68M)
06/04/22 Farwell/H (4.68M)	12/10/22 18 x 0.33M Tennis Court Relay
06/11/22 12 X 800M Relay	12/17/22 Farwell (3.54M)
06/18/22 Farwell (3.54M)	12/24/22 Short Six (5.74M)
06/25/22 All Courses Day	12/31/22 All Courses Day
07/02/22 6 x 1600M Relay	

The 3-mile warm-up starts at 7:30 AM and the event starts as near to 8 AM as possible. We meet at the top of the West Valley College track.





Upcoming Races

2022 PA-USATF Road Events

03/05 NorCal 10-Mile
03/20 Oakland Running Festival 10K
04/03 Credit Union SACTOWN 10M
04/24 San Jose Race to the Row 8K
05/22 Stow Lake Stampede 5K
TBD The Great Race 4.0M
07/04 Morgan Hill Freedom Fest 5K
07/17 Across the Bay 12K
11/13 Clarksburg Half Marathon
12/04 California Internatl Marathon
12/18 Christmas Relays

Racer of the Year Events

Fastest Farwell Time
Fastest Marathon
Fastest Half Marathon
Fastest of 2 Designated Track Miles
Fastest of 2 Designated Track 5Ks
NorCal 10-Mile
Oakland Marathon Relay
SACTOWN 10-Mile
Stow Lake Stampede 5K
The Great Race 4-Mile
Morgan Hill Freedom Fest 5K
Across the Bay 12K
Santa Cruz XC
Golden Park XC
PA XC Championships

The above races were approved at our 2019 annual meeting but are not yet approved for this year

Other Races of Interest

01/22 Brazen Coyote Hills 5K/10K/Half Marathon

01/23 Waterfront 10M/5K Races – Brisbane

01/29 San Juan Bautista Half Mar/5K/10M

01/30 Rockaway Beach 5K – Pacifica

02/26/22 Juana Run 8k-Palo Alto

Miscellaneous Drivel

If you want your time to count in our Cum Sat or Racer of the Year contest this year, you must start with the main group on Saturday at 8AM with a few exceptions. Runners who normally average over 10:00 per mile may run the designated course at any time on the same date that the main group runs the course at 8AM and report their times to Dino Delyani or Walt Van Zant prior to 8PM.

When Danny Moon is needed to help with the timing of a Saturday workout, he may run at any time on Saturday as long as he reports his time by 8PM.

Non-local area runners may run at a track near their homes for track events that are included in the Racer of the Year contest as long as they run these events on the same Saturday as the other contestants do at West Valley College and report their times to Dino or Walt by 8PM on that Saturday.

Highlights for the running of the Saturday courses during the past year include:

- Joseph Aubuchon finished 1st 14 times, Jorn Jensen (in between injuries and seeing patients on Saturdays) finished 1st 7 times, Gary Waggoner won 4 times, Scott Bang and Roberto Palos won twice each, and Ray Rodriguez, Dwayne Spencer, Geoff Bradley, and Kristina Park won once each. Kristina's win was the first by a club female runner in quite awhile.
- In the Saturday PR department, Radha Nambula made a pig of himself with 13 all-time PRs (wow!). Joseph had 6 all-time PRs, Trent McLane, Neeraja Nambula, and Heather Rohrer had 3 each, and Dwayne Spencer and Jenny Gonzalez had 2 each.
- Willie Liu, Danny Moon, Madelyn Moon, and Neeraja Nambula helped at the finish line on numerous occasions. And, I'm sure that I missed several others. In any event, their help was greatly appreciated.

Jim Bordoni holds all of the course power-walking best times with a best of 8:54 per mile for the Douglas course.

Nancy Kirk, who turned 70 during July of this year, now holds all of the women's 70+ course records except the Farwell course, which is held by Chris Blue.

Bill Dodson holds all of the men's 80+ course records. He also holds several American 80+ endurance records. Bob Schmitt just turned 80 and will attempt to break some of those course records but recognizes that this will be a difficult task.

We are near the end of the pro football season. 10 club members are in the pool this year. Each contributes \$26 to the pool each season. We have 17 weekly contests (winner gets \$10 for each win), 2 half-season pools, and a playoff pool. So far, Mike Krey has won the 1st-half cumulative pool, and Joe Hurtado won the 2nd half. Dave McIntyre and Mike Krey have won 3 weekly pools, Dino Delyani, Walt Van Zant, Joe Hurtado, Jim Wurm, and Kat Powell have won 2 weekly pools, and Jim Wurm and Mark Goldman have won 1 weekly pool.

Long-time club members Sue Francis and Cecil Baumgartner, who now live in Ojai, Ca, visited us on 12/4/21. They then traveled to Sacramento, where Sue ran the Cal Intl Marathon the next day in 3:54:37, an excellent time for her age group.

Administrative Volunteers:

- Dick Chimenti continues to update our website, which he has done for many years. His work is greatly appreciated
- Dino Delyani continues as our vice president. He moved to Seattle this year to be closer to his family but often needs to remind himself that you don't shovel rain. Dino does a great job of handling a variety of chores for the club. He also takes care of our club football pool. He has also agreed to take responsibility for all typo errors that club members find in this bulletin, even if he did not prepare the section in which the error was found or reviewed that section.

Dino has also sprinkled a fair amount of pictures in this bulletin. All of the pictures of the babes look good. But there are a lot of ugly pictures of the men. Dino has explained that he had to include the ugly pictures because he received money from these men.

- Dave Piazza, who lives in Pacific Grove, does a superb job of keeping track of our age-group PRs and other statistical information, which he forwards to me and Dick Chimenti.



2021 RUNNER OF THE YEAR CONTEST STANDINGS

Contest points are earned by giving each club 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+ points earn a bronze award. Your point totals should be given to Tom Warfel. The final scores for 2021 were:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Award</u>
John Mintz	6050	40	6090	Gold
Joseph Aubuchon	2135	1000	3135	Silver
Tom Warfel	1901	1040	2941	Silver
Ken Camet	1721	560	2281	Silver
Norm Takeuchi	1866	0	1866	Bronze
Dwayne Spencer	1402	460	1862	Bronze
Walt Van Zant	328	1320	1548	Bronze
Jorn Jensen	1207	240	1447	Hon Mention
Jim Bordoni	794	280	1074	Hon Mention



2021 WVJS RACER OF THE YEAR CONTEST

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](#).

Final 2021 standings:

A Division

Raymond Rodriguez	195 (8)
Joseph Aubuchon	193 (8)
Jorn Jensen	191 (8)
Scott Bang	189 (8)
Juan Rivera	150 (6)
Gary Waggoner	149 (7)
Barry Farrara	144 (5)
Roberto Palos	104 (5)
Calvin Do	44 (2)
Sergio Gonzalez	20 (1)

B Division

Dwayne Spencer	199 (8)
Kristina Park	192 (8)
Missy Sudan	180 (8)
Geoff Bradley	139 (6)
Norry McAllister	132 (6)
Matt Kriege	85 (4)
George Lo	75 (4)
Robert Plumeau	94 (2)
Emanuel Lee	47 (2)
Dino Delyani	36 (2)

C Division

Robert Pickens	196 (8)
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Radha Nambula	191 (8)
Dalila Rodriguez	173 (8)
Ken Camet	167 (7)
Ranjeet Sudan	153 (7)
Norm Takeuchi	125 (6)
Mike Krey	97 (5)
Becki Kriege	78 (4)
Paul Taylor	71 (4)
Aaron Lee	70 (3)
Bob Kemp	61 (3)
Robert Navarrete	60 (3)
Nancy Eubanks	50 (2)
JR Mintz	50 (2)
Brian Conroy	43 (2)
Tom O'Connor	23 (1)

D Division

Tom Lockhart	125 (5)
Dave McIntyre	109 (5)
Jenny Gonzalez	107 (5)
Trent McLane	95 (4)
Hank Lawson	95 (4)
Carol Bednar	94 (2)
Todd Hayes	84 (4)
Des Knuckey	62 (3)
Marian Richard	48 (2)
Catherine Frye	47 (2)

Scott Graham 41 (2)
Mark Goldman 37 (2)
Jeff Rohrer 25 (1)

E Division

Kat Powell 156 (6)
Danny Moon 148 (5)
Neil Gelblum 139 (6)
Jim Bordoni 121 (5)
Neeraja Nambula 112 (5)
Jeff Justice 21 (1)

F Division

Glenn Kishi 148 (6)
Wei Ti Liu 141 (6)
Don Packwood 135 (6)
Alvin Jackson 129 (6)
Dave Norlander 111 (5)
Walt Van Zant 82 (4)
Lan Aubuchon 75 (3)
Nancy Kirk 73 (3)
Dan Anderson 46 (2)
Robert Schmitt 45 (2)
Jeff Bedolla 44 (2)
Sandy Plumeau 40 (2)
Bob Lord 22 (1)



SATURDAY WORKOUT RESULTS

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/Mt 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

7/10/21 – Farwell (3.54M)

1 Ray Rodriguez	21:45
1 Jorn Jensen	21:45
3 Roberto Palos	22:44
4 Kristina Park	23:39
5 John Huang	24:16
6 Heather Rohrer	24:28
7 Radha Nambula	24:33
8 George Lo	24:42
9 Joseph Aubuchon	24:51
10 Matt Kriege	25:11
11 Norry McAllister	25:35
12 Geoff Bradley	25:52
13 Slim Pickens	25:55
14 Ranjeet Sudan	26:01
14 Missy Sudan	26:01
16 Dalila Rodriguez	31:19
17 Jenny Gonzalez	31:26
18 Neil Gelblum	36:58
19 Nancy Kirk	39:58
20 Willie Liu	40:55
21 Kat Powell	43:24
22 Don Packwood	49:36
23 Alvin Jackson	54:25

Dick Barrett Trophy Winner – John Huang

7/17/21 – 5K on the Track

1 Lupe Palalia	17:12
2 Jorn Jensen	18:14
3 Joseph Aubuchon	18:19 *
4 Jack Park	18:27 *
5 Gary Waggoner	18:54 *
6 Scott Bang	19:52 *
7 Kristina Park	20:04 *
8 Matt Kriege	20:41 *
9 Heather Rohrer	20:46 *
10 Geoff Bradley	21:00 *
11 Missy Sudan	21:01
12 Radha Nambula	21:02 *
13 Aaron Lee	21:17 *
14 Norry McAllister	21:20
15 George Lo	21:26 *
16 John Huang	21:33 *
17 Ranjeet Sudan	21:46 *
18 Becki Kriege	22:02 *
19 Slim Pickens	22:48
20 Mike Krey	23:06 *
21 Jenny Gonzalez	23:18 *
22 Paul Taylor	24:46 *

23 Todd Hayes	25:36
24 Danny Moon	27:41
25 Dave McIntyre	27:49
26 Neeraja Nambula	28:56
27 Neil Gelblum	29:32 *
28 Katherine Schwertley	30:34 *
29 Willie Liu	31:46 *
30 Don Packwood	35:49
31 Alvin Jackson	40:54 *
32 Walt Van Zant	59:12

* Best track 5K of the year although not all ran the first track 5K in January.

Dick Barrett Trophy Winner – Gary Waggoner Good turnout this morning and good running weather (moderate temperature).

7/24/21- 800m/1500m/3000m on the Track

3000M	2M Equiv	
1 Gary Waggoner	11:02	11:54
2 Dwayne Spencer	11:24	12:18
3 Emmanuel Lee	11:27	12:21
4 Jørn Jensen	11:34	12:29
5 Kristina Park	11:43	12:39
6 Aaron Lee	12:19	13:18
7 Ken Camet	12:33	13:33
8 Robert Pickens	12:46	13:49
9 Catherine Frye	14:57	16:08
10 Todd Hayes	15:00	16:12
11 Jeff Rohrer	15:43	16:58
12 Kat Powell	19:17	20:49

1500M	1M Equiv	
1 Jørn Jensen	5:00	5:24
2 Scott Bang	5:11	5:35
3 Gary Waggoner	5:28	5:54
4 Norry McAllister	5:28	5:54
5 Dwayne Spencer	5:34	6:00
6 Matt Kriege	5:35	6:01
7 Heather Rohrer	5:51	6:19
8 Bob Pickens	5:56	6:24
9 Brian Conroy	6:23	6:53
10 Neil Gelblum	7:40	8:16
11 Kat Powell	9:43	10:29

800M	880 Equiv	
Heat #1		
1 Kristina Park	2:43	2:43
2 Radha Nambula	2:43	2:43
3 Jørn Jensen	2:45	2:45
4 Bob Pickens	2:49	2:49
5 Dwayne Spencer	2:50	2:50
6 Aaron Lee	2:51	2:52
7 Ken Camet	2:53	2:54
8 Norry McAllister	2:54	2:55
9 Gary Waggoner	2:54	2:55
10 Heather Rohrer	2:55	2:56
11 Danny Moon	3:19	3:20
12 Catherine Frye	3:41	3:42
13 Neil Gelblum	4:01	4:02
14 Alvin Jackson	4:02	4:03
15 Willie Liu	4:26	4:27
16 Kat Powell	5:03	5:04

Heat #2

1 Scott Bang	2:33	2:33
2 Emmanuel Lee	2:40	2:40

Dick Barrett Trophy Winner: Kristina Park

7/31/21 – Short 6 – 5.74M

1 Jorn Jensen	35:52
2 Gary Waggoner	36:22
3 Roberto Palos	37:39
4 Dwayne Spencer	38:02
5 Joseph Aubuchon	38:17
6 Scott Bang	38:48
7 Kristina Park	41:21
7 Heather Rohrer	41:21
9 Ken Camet	41:24
10 Radha Nambula	42:29
11 Slim Pickens	46:29
12 Bob Kemp	46:32
13 Mike Krey	46:39
13 Norry McAllister	46:39
15 Todd Hayes	51:11
16 Lan Aubuchon	59:19
17 Jenny Gonzalez	61:01
18 Nancy Kirk	63:15
19 Bob Schmitt	64:23
20 Kat Powell	69:24
21 Willie Liu	70:09
22 Jeff Bedolla	72:31
23 Don Packwood	77:04
24 Alvin Jackson	93:07

Dick Barrett Trophy Winner – Dwayne Spencer

8/7/21 – 800M on the Track

Heat #1 – Sub 3:00M Runners

1 Joseph Aubuchon	2:19.4
2 Scott Bang	2:31.2
3 Jeff Bradley	2:31.6
4 Kristina Park	2:32.4
5 Radha Nambula	2:35.3
6 Matt Kriege	2:41.7
7 Sergio Gonzalez	2:42.8
8 Dwayne Spencer	2:45.6
9 Missy Sudan	2:46.3
10 Norry McAllister	2:49.3
11 Heather Rohrer	2:52.1
12 Ken Camet	2:58.7

Heat #2 – Over 3:00 Runners

1 Brian Conroy	3:13.9
2 Danny Moon	3:15.3
3 Jenny Gonzalez	3:21.0
4 Shreyas Nambula	3:30.8
5 Sahasra Nambula	3:34.1
6 Alvin Jackson	4:02.1
7 Paloma Siliezar-Bang	4:16.0
8 Jeff Bedolla	4:30.1
9 Don Packwood	4:33.9
10 Kat Powell	4:36.1
11 Sravanthi Nambula	4:40.3

Miscellaneous Heat -Self Timed

1 Tom O'Connor	3:00.2
2 Norm Takeuchi	3:29.x
3 Neil Gelblum	4:09.3
4 Neeraja Nambula	4:12.5
5 Dave Norlander	6:17.x
5 Walt Van Zant	8:15.4

Slugs Heat (Does not count in Racer of the Year contest)

1 Joseph Aubuchon	2:57.2
1 Heather Rohrer	2:57.2
3 Jeff Bradley	3:11.4
4 Kristina Park	3:20.0
4 Norry McAllister	3:20.0
4 Missy Sudan	3:20.0

Dick Barrett Trophy Winner – Joseph Aubuchon

8/14/21 -Valle Vista – 3.0M

1 Joseph Aubuchon	17:56
2 Scott Bang	19:04
3 Roberto Palos	19:13
4 Kristina Park	19:42
5 Geoff Bradley	19:55
6 Heather Rohrer	20:10 PR
7 Missy Sudan	20:24
8 Radha Nambula	20:53 PR
9 Slim Pickens	21:07
10 Ranjeet Sudan	22:03
11 Mike Krey	22:37
12 Bob Kemp	22:48
13 Ken Camet	22:56
14 Trent McLane	24:26
15 Dave McIntyre	24:36
16 Danny Moon	27:40
17 Neil Gelblum	28:49
18 Jenny Gonzalez	28:57
19 Nancy Kirk	32:14
20 Don Packwood	36:53
21 Alvin Jackson	42:54

Dick Barrett Trophy Winner – Heather Rohrer

8/21/21 – One Mile on the Track

Non-8AM Runners

Neil Gelblum	8:37.5
Willie Liu	9:45.0

Heat #1 – 7:00+ Runners

1 Trent McLane	7:22.3
2 Jenny Gonzalez	7:27.7
3 Luke Aubuchon	7:39.0
4 Shreyas Nambula	7:43.2
5 Lan Aubuchon	7:44.5
6 Todd Hayes	7:53.1
7 Sahasra Nambula	8:22.7
8 Don Packwood	10:00.9
9 Bob Lord	10:07.2
10 Dave Norlander	12:36.3

Heat #2 – Sub 7:00 Runners

1 Joseph Aubuchon	5:46.2
2 Geoff Bradley	5:46.3
3 Roberto Palos	5:53.1
4 Sergio Gonzalez	5:57.7
5 Radha Nambula	6:00.6
6 Missy Sudan	6:02.5
7 Heather Rohrer	6:18.5
8 Mike Krey	6:49.6
9 Brian Conroy	6:54.3
10 Jim Bordoni	7:54.8

8/28/21 – Triangle – 4.76M

1 Neil Gelblum	47:39
2 Kat Powell	69:20

Dick Barrett Trophy Winner – Neil Gelblum

No one ran at 8AM today because the air was bad. However, our rules allow runners who normally average over 10 mnutes per mile to run at any time during the Saturday designated for a run as long as they submit their time prior to 6PM. Neil ran his run prior to 8AM and Kat ran her run after 8AM.

9/4/21 – 16 x 400M Relay

Start

1 Je.Gonzalez/Gonzalez -0- 1:31- 3:06- 4:42- 6:25- 8:12- 9:57-11:41-13:18-15:04-16:50-18:36-20:28-22:08-23:57-25:36-27:08*

2 Lan,Aubuchon/Mac -0- 1:46- 3:44- 5:39- 7:28- 9:22- 11:07-13:03-14:49-16:39-18:21-20:24-22:04-23:57-25:40-27:41-28:56*

3 Waggoner/Prince 8:30 9:58-11:22-12:48-14:10-15:37-16:52-17:54-19:14-20:36-22:09-23:45-24:57-26:14-27:55-29:11-30:14*

4-Park/Bradley 8:00 9:25-10:48-12:13-13:37-15:02- ? - ?- 20:35-21:58-23:22-24:50-26:13-27:40-28:55-30:08

5-Krey/M.Sudan 5:45 7:19 8:46-10:18-11:48-13:22-14:50-16:26-17:53-19:30-20:58-22:35-23:54- ? -26:07-28:43-30:08

7-Waggoner/Prince 8:30 9:58-11:22-12:47-14:10-15:37-16:58-18:22-19:41-21:05-22:26-23:54-25:12-26:30-27:55-29:15-30:39

8-R.Sudan/Pickens 6:30 8:09- 9:39-11:17-12:46-14:22-15:50-17:27-18:55-20:31-21:53-23:18-24:56-26:30-27:49-29:21-30:42

6 R.Sudan/Pickens 6:30 8:09- 9:39-11:09-12:46-14:23-15:51-17:27-18:36-20:24-21:05-22:47-24:50-26:02-27:41-29:16-30:43

9-H.Rohrer/McAllistr 7:15 8:45-10:15-11:46-13:18-14:46-16:16-17:46-19:13-20:46-22:15-23:45-25:13-26:43-28:09-29:38-30:58

10-Aubuchon/Aubuchon 6:00 7:19- 8:54-10:19-12:03-13:27-15:10-16:34-17:47-19:37-21:26-22:47-24:41-26:02-27:44-29:11-30:59

11-Camet/Li 5:45 7:17- 8:44-10:15-11:55-13:25-15:21-16:52-18:44-20:15-22:02-23:32-25:22-26:53-28:48-30:13-32:11

All teams were handicapped to finish in 30:30.

Moon/Kriege 2:15 4:08- 5:46- 7:40- 9:16-11:08-12:45-14:38-16:16

Danny Moon dropped out after 4 runs due to a strained hamstring. Becki Kriege ran 7 400s.

Dick Barrett Trophy Winner – Jenny Gonzalez & Julia Gonzalez

9/6/21 – 49th Annual Shettler Handicap Race 3.0M at West Valley College (In general, the Douglas Course)

PI Runner Start Finish Actual

1 Mark Goldman	10:50	37:16.8	26:26.8
2 Jeff Bedolla	4:50	39:15.3	34:25.3
3 Neil Gelblum	11:50	39:17.0	27:27.0
3 Neil Gelblum	11:50	39:17.0	27:27.0
4 Geoff Bradley	20:05	39:35.4	19:30.4
5 Norry McAllister	19:30	39:36.5	20:06.5
6 Mike Krey	17:30	40:00.0	22:30.0
7 Joseph Aubuchon	22:20	40:07.0	17:47.0
8 Heather Rohrer	19:50	40:09.4	20:19.4
9 Dave McIntyre	15:50	40:20.3	24:30.3
10 Roberto Palos	21:35	40:21.6	18:46.6
11 Ranjeet Sudan	19:00	40:28.6	21:28.6
12 Dwayne Spencer	21:35	40:31.4	18:56.4
13 Catherine Frye	15:50	40:45.6	24:55.6
14 Radha Nambula	19:30	40:51.1	21:21.1
15 Hisham Mohammed	19:50	40:52.4	21:02.4
16 Carol Bednar	17:20	41:05.4	23:45.4
17 Jenny Gonzalez	17:50	42:18.7	24:28.7
18 Jeff Rohrer	15:50	43:10.3	27:20.3
19 Willie Liu	8:50	43:21.9	34:31.9
20 Kat Powell	7:30	43:24.9	35:54.9

9/11/21 – Douglas 2.75 Miles

1 Gary Waggoner	16:54
2 Roberto Palos	17:13
3 Geoff Bradley	17:31
4 Scott Bang	17:32
5 Kristina Park	17:37
6 Norry McAllister	18:24
7 Adam Prince	18:36
8 Dwayne Spencer	19:19
9 Ken Camet	19:33
10 Bob Pickens	20:08
11 Dave McIntyre	22:10
12 Paul Taylor	22:20
13Jenny Gonzalez	22:33
14 Carol Bednar	22:47
15 Mark Goldman	24:24
16 Katherine Schwertley	26:42
17 Nancy Kirk	29:47
18 Jeff Bedolla	30:34
19 Bob Lord	32:36
20 Kat Powell	32:37
21 Alvin Jackson	38:17

Dick Barrett Trophy Winner – Kristina Park

9/18/21 – 18 x 0.33M Half Tennis Court Loop Relay

PI Team	Start	Splits
1 S.Gonzalez-L.Aubuchon-Bradley	3:30	7:56-12:31-16:18-20:43-25:28-29:24-33:59-38:43-42:25
2 Jackson-J.Gonzalez-J.Aubuchon	1:00	5:10- 9:14-13:55-19:11-23:20-28:03-33:45-37:55-42:27
3 McIntyre-McAllister-Waggoner	3:30	8:11-12:47-16:42-21:24-26:01-29:56-34:33-38:53-42:32
4 Bednar-Park-Ching	-0-	4:18-9:27-14:25-18:33-23:54-28:49-32:59-37:55-42:46

Phantom Dick Barrett Trophy Winner – Geoff Bradley

Jenny Ching was substituted for on several occasions as this was her first time running with us and half of the runs are uphill. This is a very difficult relay.

9/25/21 – Farwell / H 4.68 Miles

1 Dwayne Spencer	29:58
2 Scott Bang	31:22
3 Norry McAllister	32:12
4 John Huang	33:23

5 Ken Camet	34:08
6 Sergio Gonzalez	34:29
7 Mike Krey	35:59
8 Jenny Gonzalez	39:05
9 Paul Taylor	39:42
10 Mark Goldman	42:07
11 Todd Hayes	44:03
12 Neeraja Nambula	47:10
13 Kat Powell	60:06
14 Don Packwood	61:30

Dick Barrett Trophy Winner – Dwayne Spencer

10/2/21 – One Mile on the Track

Heat #1

1 Geoff Bradley	5:40.5
2 Roberto Palos	5:41.1
3 Gary Waggoner	5:43.8
4 Norry McAllister	5:53.3
5 Slim Pickens	6:07.3

Heat #2

1 Carol Bednar	7:25.5
2 Dave McIntyre	7:26.8
3 Shreyas Nambula	7:32.5
4 Sahara Nambula	7:40.6
5 Alvin Jackson	9:42.3
6 Don Packwood	10:00.1
7 Kat Powell	11:04.3
8 Dave Norlander	11:10.2

Heat #3

1 Roberto Palos	5:54.6
2 Gary Waggoner	5:58.3
3 Slim Pickens	6:01.5
4 Geoff Bradley	6:11.9
5 Carol Bednar	9:11.3
6 Norry McAllister	9:11.3

10/9/21 – Farwell – 3.54M

1 Joseph Aubuchon	20:40.6 PR
2 Geoff Bradley	23:04.5
3 Gary Waggoner	23:07.0
4 Dwayne Spencer	23:48.8
5 Norry McAllister	23:51.2
6 John Huang	24:05.3 PR
7 Missy Sudan	24:21.7
8 Heather Rohrer	24:40.7
9 Sergio Gonzalez	24:50.5
10 Slim Pickens	27:56.4
11 Mike Krey	27:58.2
12 Ranjeet Sudan	28:15.3
13 Catherine Frye	28:55.0
14 Mark Goldman	31:11
15 Neil Gelblum	34:12.x
16 Todd Hayes	34:49.x
17 Neeraja Nambula	34:57.x
18 Nancy Kirk	37:27.x
19 Kat Powell	40 - 41 minutes???
20 Don Packwood	42:55.x

Dick Barrett Trophy Winner – Joseph Aubuchon

10/16/21 – 8 x 0.66M Tennis Court Loop Relay

PI Team	Strt	Splits
1 Bradley-Jackson	-0-	4:10-10:41- 14:36-22:10-25:59-33:48- 37:30

2 N.Nambula/J.Aubuchon	1:00	6:51-10:45-	16:46	20:35-
26:34-	30:29-	36:28-	40:15	
3 Frye/Bang	4:45	9:42-14:12-	19:07-	23:07-
28:02-	31:58-	37:00-	41:00	
4 McAllister/Park	8:45	12:59-17:07-	21-22-	25:24-
29:36-	33-34-	37:37-	41:27	
5 Goldman/Waggoner	3:15	8:48-12:55-	18:35-	22:36-
28:18-	32:15-	37:54-	41:46	
6 Nambula kids/Spencer	5:00	10:43-15:04-	20:36-	24:58 -
30:21-	34:33-	40:02-	44:22	

Dick Barrett Trophy Winner – Alvin Jackson & Geoff Bradley

10/23/21 – Short Six – 5.74M

1 Joseph Aubuchon	35:26
2 Gary Waggoner	36:43
3 Geoff Bradley	37:36
4 John Huang	41:30
5 Sergio Gonzalez	42:06
6 Trent McLane	47:36
7 Jenny Gonzalez	47:47
8 Mike Krey	47:56
9 Mark Goldman	53:05
10 Katherine Schwertley	63:48
11 Kat Powell	68:27

Dick Barrett Trophy Winner – Geoff Bradley

10/30/21 – Step Up & Down Relay

PI Team	Start	Splits
1 Rohrer-Aubuchon	2:30	3:59- 6:41-11:31-16:56-23:37-27:33-30:37-31:47
2 M.Sudan-Bradley	2:45	4:14- 7:04-11:53-17:30-24:00-28:13-31:18-32:37
3 Park-Conroy	:15	1:33- 5:06- 9:31-16:48-22:49-28:12-31:14-32:48
4 S.Gonzalez-McAllister	3:00	4:13- 7:13-11:46-17:54-4:15-28:51-31:46-33:01
5 Strange-Palos	2:45	3:51- 6:44-11:42-17:36-4:17-28:44-31:49-33:09
6 R.Sudan-Bang	1:15	2:56- 5:48-11:14-17:12-4:24-28:49-32:15-33:48
7 Krey/Waggoner	:15	1:53- 4:48-10:14-16:05-3:24-27:46-31:16-32:36
8 J.Gonzalez-Lee	-0-	1:24- 4:36-10:10-16:50-4:22-29:15-32:42-34:09
9 Liu-Pickens	:15	2:22- 5:29-12:58-19:15-9:34-34:05-39:07-40:22

Dick Barrett Trophy Winners – Slim Pickens and Willie Liu

11/6/21 – Valle Vista – 3.0M

1 Joseph Aubuchon	17:15.8 PR
2 Jorn Jensen	18:15.7
3 Geoff Bradley	18:25.1
4 Gary Waggoner	18:27.4
5 Scott Bang	19:08.0
6 Kristina Park	19:13.7
7 Norry McAllister	20:06.2
8 Missy Sudan	20:40.3
9 Aaron Lee	21:03.2
10 Robert Pickens	21:40.5
11 Ranjeet Sudan	22:26.5
12 Robert Navarrete	23:17.0
13 Jenny Gonzalez	23:55.1 PR
14 Catherine Frye	24:25.4
15 Radha Nambula	24:30.6
16 Neeraja Nambula	27:10.0

17 Todd Hayes	27:23.0
18 Mark Goldman	31:33.9
19 Nancy Kirk	31:34.0
20 Wei Ti Liu	32:08.1
21 Don Packwood	34:13.8
22 Kat Powell	34:51.1
23 Alvin Jackson	41:07.0

Dick Barrett Trophy Winner – Jenny Gonzalez

11/13/21 – 8 x 0.66M Tennis Court Loop Relay

<u>PI Team</u>	<u>Start</u>	<u>Splits</u>
1 Spencer / Bradley	8:00	12:00- 15:41- 19:35- 23:28- 27:28- 31:13- 35:16- 38:59
2 Park / Waggoner	8:00	11:54- 15:56- 19:45- 23:24- 27:31- 31:28- 35:11- 39:02
3 Krey / Aubuchon	6:00	10:50- 12:25- 19:12- 22:49- 27:30- 31:01- 35:45- 39:19
4 McAllister / Rohrer	6:00	10:07- 14:39- 18:46- 23:16- 27:20- 31:43- 35:39- 40:05
5 Pickens / Strange	6:00	11:39- 15:38- 19:40- 23:51- 27:59- 32:20- 36:24- 40:37
6 Liu-Moon / Gonzalez	-0-	6:20- 11:15- 17:05- 21:53- 28:41- 33:31- 39:07- 43:49

11/20/21 – Triangle – 4.76M

1 Joseph Aubuchon	28:33 PR
2 Scott Bang	31:27
3 Geoff Bradley	31:58
4 Norry McAllister	32:16
5 John Huang	32:51
6 Darren Strange	33:22
7 Heather Rohrer	34:42
8 Ken Camet	37:11
8 Robert Navarrete	37:11
10 Catherine Frye	39:02
11 Radha Nambula	39:03
12 Trent McLane	39:19
13 Paul Taylor	41:43
14 Neeraja Nambula	44:20 PR
15 Nancy Kirk	50:04
16 Bob Schmitt	51:20
17 Kat Powell	51:38
18 Willie Liu	58:49
19 Alvin Jackson	69:34
20 Bob Lord	70:51

Dick Barrett Trophy Winner – Joseph Aubuchon

11/27/21 – 8 x 1200 Meter Relay

<u>PI Team</u>	<u>Start</u>	<u>Splits</u>
1 Powell / Bang	-0-	7:45- 12:23- 20:03- 24:31- 32:12- 36:47- 44:29- 48:46
2 Conroy / Gonzalez	5:45	11:36- 17:09- 22:53- 28:14- 33:50- 39:08- 44:34- 49:52
3 Krey / Lee	9:45	15:23- 20:18- 25:42- 30:36- 35:53- 40:46- 46:04- 50:56
4 Aubuchon/Lan/Bradley	7:00	14:30- 18:49- 25:37- 29:57- 36:06- 40:23- 46:51- 51:01
5 Park / Pickens	13:45	18:33- 23:12- 27:57- 32:40- 37:23- 42:03- 46:39- 51:10
6 Liu / Aubuchon, Joseph	5:00	12:05- 16:12- 23:46- 27:49- 35:32- 39:29- 47:29- 51:22
7 Lawson / Sudan	9:15	15:12- 20:05- 26:04- 30:53- 36:50- 41:39- 47:28- 52:14
8 McIntyre / Nambula	8:45	15:18- 20:32- 26:57- 32:09- 38:31- 43:41- 50:03- 55:17

12/04/21 – Dou/Sar/Fruitvale – 2.75M

1 Joseph Aubuchon	15:57
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2 Jorn Jensen	16:15
3 Geoff Bradley	16:26
4 Gary Waggoner	16:32
5 Scott Bang	17:36
6 Kristina Park	17:xx
7 Darren Strange	18:12
8 Slim Pickens	18:34
9 Ken Camet	19:47
10 Radha Nambula	20:18
11 Robert Navarrete	20:56
12 Trent McLane	22:19
13 Paul Taylor	22:57
14 Scott Graham	23:51
15 Neeraja Nambula	25:41 PR
16 Danny Moon	25:58
17 Todd Hayes	26:23
18 Bob Schmitt	28:24
19 Neil Gelblum	28:27
20 Nancy Kirk	29:21
21 Don Packwood	30:14
22 Jeff Bedolla	31:59
23 Willie Liu	32:28
24 Dave Norlander	37:17
25 Alvin Jackson	38:29
26 Kat Powell	38:48 RW

Dick Barrett Trophy Winner – Nancy Kirk

12/11/21 – 6 x 1600M Relay

<u>PI Team</u>	<u>Start</u>	<u>Splits</u>
1 Taylor-R.Sudan	6:30	14:24-21:50-29:42-37:00-44:51-51:57
2 Lawson-Park	10:15	18:10-24:18-32:11-38:18-46:07-52:04
3 Camet-M.Sudan	11:15	18:33-25:11-32:15-38:08-45:47-52:10
4 Liu-N.McAllister	-0-	9:43-16:04-26:20-32:37-41:42-48:36
5 R.Nambula-D.Strange	9:00	16:15-22:32-29:34-35:56-42:38-48:43
6 Moon-J.Aubuchon	8:45	16:53-22:24-30:39-36:11-43:22-48:46
7 Menezes-Waggoner	13:30	20:07-25:57-32:28-38:15-44:44-50:38
8 Krey-Spencer	11:00	18:21-24:39-31:48-37:59-45:03-51:05
9 Pickens-Bradley	14:30	20:57-26:59-33:26-39:24-45:50-51:25

* Danny ran the first lap of his last run in 1:58 and Becki ran the last 3 laps in 5:13

Dick Barret Trophy Winners –Paul Taylor and Ranjeet Sudan

12/18/21 – Farwell/H – 4.68M

1 Kristina Park	31:06
2 Ernesto Hernandez	33:17
3 Tom O'Connor	33:50
4 Brian Davis	34:11
5 Catherine Frye	38:25
6 Jenny Gonzalez	38:45
7 Scott Graham	40:25
8 Nancy Kirk	50:02
9 Don Packwood	58:30
10 Alvin Jackson	70:43

Dick Barrett Trophy Winner – Kristina Park

12/26/21 – All Courses Day

1 Paul Taylor 23:23 Douglass
2 Jenny Gonzalez 28:15 Douglass
3 Jeff Bedolla 30:40 Douglass
3 Lynn Dai 33:27 Douglass

1 John Huang 21:13 Val Vis PR
2 Sergio Gonzalez 21:21 Val Vis

1 Scott Bang 23:02 Farwell
2 Dwayne Spencer 23:16 Farwell
3 Norry McAllister 28:29 Farwell
4 Nancy Kirk 38:38 Farwell
5 Don Packwood 42:28 Farwell

1 Bob Schmitt 48:53 Farwell/H

1 Trent McLane 41:50 Triangle

1 Danny Moon 61:01 Short Six
2 Kat Powell 71:58 Short Six

Dick Barrett Trophy Winner -John Huang





Road Running Race Results

<u>Grand Prix Team Division</u>	<u>Placing/Total Teams</u>	<u>Number of races scored</u>
M40 Team	(tied) 8 th out of /9 teams	WVJS competed in 1 race
M50 Team	4 th out of 12 teams	WVJS competed in 6 races
W50 Team	5 th out of 7 teams	WVJS competed in 4 races
M60 Team	8 th out of 10 teams	WVGS competed in 2 races

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 Womn
34 Ray Rodriguez (59)	18:04 1 st -55+
39 Jack Park (16)	18:36 3 rd -Und 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 3rd-50+
79 Missy Sudan (51)	20:41 4th-50+
81 Heather Rohrer (26)	20:47 6th-25+
87 Nancy Eubanks (44)	20:59 4th-40+
89 Radha Nambula (44)	21:04 8th-40+
94 Robert Plumeau (59)	21:34 9th-55+
97 Ken Camet (60)	21:48 1st-60+
98 Ranjeet Camet (58)	21:51 10th-60+
105 Becki Kriege (54)	22:13 5th-50+
114 Thomas Lockhart (60)	23:04 3rd-60+
133 Dalila Rodriguez (50)	24:04 7th-50+
153 Norm Takeuchi (66)	25:13 4th-65+
172 Lan Aubuchon (41)	26:18 9th-40+
194 Glenn Kishi (59)	27:02 15th-55+
244 Dan Anderson (69)	29:46 8th 65+
301 Robert Schmitt (79)	33:17 2nd-75+
305 Willie Liu (71)	33:44 3rd-70+
312 Sandy Plumeau (57)	34:17 11th-55+

8/28/21, Santa Rosa XC, 3.4M

Juan Rivera	19:25 4th M40
Barry Farrara	21:31 7th M50
Raymond Rodriguez	21:42 8th M50

Heather Rohrer (Wolfpack)	24:22
Robert Pickens	24:38
Tom Lockhart	26:51

9/12/21 Golden Gate Park XC, 4.0M

8 Juan Rivera	23:20 6th M40+
36 Barry Farrara	25:42 14th M50+
37 Raymond Rodriguez	25:43
58 Joseph Aubuchon	26:54
62 Dwayne Spencer	27:35
80 Robert Pickens	30:16 - 10th 60+
96 Tom Lockhart	32:04
Jorn T. Jensen, Official-in-Training	
58 Heather Rohrer	28:55 Wolfpack
99 Marian Richard	34:19 6th W60+
102 Carol Bednar	34:36
118 Dalila Rodriguez	38:27

9/25/21, Garin Park XC, 5K

Women

25 Kristina Park	21:20 - 1st W50+
55 Marian Richard	25:58 - 4th W60
58 Carol Bednar	27:08

Men

17 Joseph Aubuchon	19:23
23 Barry Farrara	19:56 - 8th M50+
25 Roberto Palos	19:58 - 10th M50
33 Jorn T. Jensen	20:42
37 Geoff Bradley	21:22
44 Robert Pickens	22:35 - 6th M60
49 Thomas Lockhart	24:24

10/10/21, China Camp XCWomen

26 Kristina Park	29:21 - 2nd W50+
70 Marian Richard	34:30 - 6th W60
87 Dalila Rodriguez	38:41
92 Carol Bednar	39:43

Men

6 Juan Rivera	24:30 - 4th M40
29 Barry Farrara	26:53 - 10th M50+
30 Jorn T. Jensen	26:58
34 Raymond Rodriguez	27:07
40 Roberto Palos	27:36
45 Geoff Bradley	28:17
54 Dwayne Spencer	29:30
63 Robert Pickens	30:33 10th M60*
86 Thomas Lockhart	33:01

10/16/21 Willow Hills XC 5KWomen

22 Heather Rohrer	22:07 (Wolfpack)
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Men

39 Robert Pickens	21:28 *
49 Aaron Lee	22:43

Urban Cow Half Marathon, Sacramento, 10/23/21Women

Heather Rohrer	1:38:32
Missy Sudan	1:43:32 - 3rd W50-54

Martinez XC , 10/23/21, 4.0+MMen

9 Jorn T. Jensen	24:21
13 Raymond Rodriguez	25:00
15 Roberto Palos	25:57
19 Dwayne Spencer	27:28
20 Robert Pickens	27:38 - 7th 60+
29 Norm Takeuchi	33:58

Women

1 Kristina Park	26:50 - 1st W50+
7 Marian Richard	34:19 - 6th W60+
13 Dalila Rodriguez	38:27
14 Carol Bednar	34:36

Clarksburg Half Marathon, 11/14/21

12 Juan Rivera	1:14:06 - 4th 40+
52 Raymond Rodriguez	1:26:31 - 4th 60+
137 Dalila Rodriguez	1:57:20
167 Glenn Kishi	2:04:57

San Jose Rock 'n' Roll Half MarathonWomen

Kat Powell	2:59:47 (10/3/21)
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12/5/21 California International MarathonMen

Calvin Do 52	3:04:54
(3:05 pacer)	
Raymond Rodriguez	3:08:41
Robert Plumeau	3:53:24
Glenn Kishi	4:59:09

11/21/21 Golden Gate Park XC Championships

Juan Rivera	27:21 10th 40
Jorn T. Jensen	29:58
Raymond Rodriguez	31:43 4th 60+
Roberto Palos	31:48
Geoff Bradley	32:24
Robert Pickens	34:24
John Mintz	34:56
Aaron Lee	35:00
Norm Takeuchi	43:25
David Norlander	1:05:17 3rd 80+

Kristina Park	26:33 - 2nd 50+
Marian Richard	32:26 - 7th 60+
Dalila Rodriguez	33:54
Carol Bednar	39:02

Christmas RelaysWVJS M50 - 1st place/13

Jorn T. Jensen	26:21
Raymond Rodriguez	26:32
Geoff Bradley	27:45
Roberto Palos	27:31
Overall:	1:48:12 - 6:03/M