



# WVJS



**VOL 51-#1 WEST VALLEY JOGGERS & STRIDERS July 2022**

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## Upcoming Saturday Runs

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

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**

07/17 Across the Bay 12K  
11/02 Urban CowHalf Marathon  
11/13 Clarksburg Half Marathon  
12/04 California International Marathon  
12/18 Christmas Relays

### **2022 Racer of the Year Events (Remaining)**

Fastest Farwell Time  
Fastest Marathon  
Fastest Half Marathon  
Fastest of 2 Designated Track Miles  
Fastest of 2 Designated Track 5Ks

### **2022 XC Events (Tentative)**

08/20 Santa Cruz XC  
08/27 Empire XC  
09/04 Lagoon Valley XC  
09/11 Golden Gate Park XC  
09/17 Rebels XC  
09/24 Garin Park XC  
10/09 Tamalpa XC  
10/15 Willow Hills XC  
10/29 Aggies XC  
11/20 PA XC Championships  
12/10 National XC Championships – Golden Gate Park

## Miscellaneous Drivel

Sadly, club member Tom Lockhart died in Maui, Hawaii on 5/1/22. He was visiting his daughter near Hana when he went for a run. Unfortunately, he was caught in a flash flood. Extensive searches were made for his body by many people in the area but they were unable to find his body. A celebration of life was held for him in Abilene, Texas on June 4<sup>th</sup>.

The Stow Lake race on 5/22/22 was the final race in the short-race division of the PA Road Racing short-race division competition. The remaining races will be in the long-race division. There will also be a cross country division that starts on 8/20/22. See the schedule above. Club members who did well in the final short-race competition included:

50+ Men- Jorn Jensen 1<sup>st</sup>

60+ Men- Ray Rodriguez 1<sup>st</sup>

Chris Blue has sold her home in the Santa Cruz area and, after an extensive search purchased a new home in the Willow Glen area of San Jose.

Ray Rodriguez runs extremely well almost every time that he comes to a club workout. He broke the club 60+ record for the Short 6 course in January when he was 64 years old, Ray broke the 60+ Triangle course record in May, and Ray broke the 65+ records for the Farwell and Douglas courses in June. The club has had several 60+ and 65+ runners run these courses. So, breaking those records is a significant accomplishment.

Catherine Frye broke the women's 60+ Short Six record in January by a minute.

Dino Delyani will be driving down from his home in Seattle and will run our track 5K on 7/16/22. He will be available to sign autographs at our breakfast after the race but you will have to bring your own pen and paper because, as Dino explained, celebrities do not normally bring their own supplies to these events.

We will receive \$2,100 for helping with the Lupus race in Campbell on 9/24/22. So we will need plenty of help on race day. Please let Walt Van Zant know if you can help that morning.

I do not know whether I have ever mentioned the many helpers that assist the club. Dave Piazza has done a great job of preparing a system so that he can track everyone's age group PRs. This saves a lot of time. Others who help us include Tom Warfel for the Runner of the Year contest. Tom now lives in Florida. Dino Delyani lives in Seattle and contributes significantly to the preparation of the club bulletin and taking care of the club football pool. Jim Wurm, who lives in New Orleans, helps in our football pool by consistently losing. Aaron Lee computes the results for our Racer of the Year contest. Becki Kriege sends out all of the club notifications. So, if you have not been receiving your club notifications, let her know. Mike Krey's wife prepares all of the yearly club award certificates. Jorn Jensen leads several helpers in organizing our grand prix teams and preparing the writeups for our races. Ray Rodriguez and Jorn Jensen do an excellent job of recruiting good runners to the club. Dick Chimenti, who lives in the Sierra-Nevada Mountains, has been our Hall-of-Fame webmaster. As I have become senile in my old age, Mike and Becki Kriege have helped me overcome my use-of-computer deficiencies. I hope that I have not overlooked any of the many club helpers.

## 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. Scores reported thus far for 2022 are:

| <u>Runner</u>   | <u>Miles</u> | <u>Sat Pts</u> | <u>Total</u> |
|-----------------|--------------|----------------|--------------|
| Joseph Aubuchon | 1073         | 300            | 1473         |
| Norm Takeuchi   | 489          | 0              | 1866         |
| Jorn Jensen     | 918          | 140            | 1058         |
| Jim Bordoni     | 339          | 310            | 649          |
| Geoff Bradley   | 513          | ?              | 513          |

## 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](#).

### **Current Standings:**

#### **A Division**

|                   |         |
|-------------------|---------|
| Jorn Jensen       | 192 (6) |
| Raymond Rodriguez | 184 (6) |
| Gary Waggoner     | 132 (3) |
| Joseph Aubuchon   | 96 (2)  |
| Barry Farrara     | 88 (2)  |
| Chad Stessman     | 86 (2)  |
| Geoff Bradley     | 42 (1)  |
| Joseph Barcellos  | 40 (1)  |

#### **B Division**

|                  |         |
|------------------|---------|
| Kristina Park    | 150 (3) |
| Missy Sudan      | 142 (3) |
| Norry McAllister | 98 (2)  |

#### **C Division**

|                  |         |
|------------------|---------|
| Nancy Eubanks    | 200 (6) |
| Brian Davis      | 190 (5) |
| Tom O'Connor     | 188 (4) |
| Dalila Rodriguez | 174 (6) |
| Robert Pickens   | 132 (3) |
| Mike Krey        | 118 (3) |
| Becki Kriege     | 90 (2)  |
| Ken Camet        | 88 (2)  |
| Robert Navarrete | 44 (1)  |
| Ranjeet Sudan    | 42 (1)  |
| Nhu Stessman     | 42 (1)  |
| Norm Takeuchi    | 36 (1)  |

#### **D Division**

|                |         |
|----------------|---------|
| Marian Richard | 100 (2) |
| Carol Bednar   | 96 (2)  |
| Catherine Frye | 96 (2)  |

#### **E Division**

|                 |         |
|-----------------|---------|
| Neeraja Nambula | 100 (2) |
| Jeff Justice    | 96 (2)  |

#### **F Division**

|             |         |
|-------------|---------|
| Glenn Kishi | 150 (1) |
|-------------|---------|

## SATURDAY WORKOUT RESULTS

### 1/1/22 -Farwell – 3.54M

|                    |            |
|--------------------|------------|
| 1 Joseph Aubuchon  | 21:56.2    |
| 2 Dwayne Spencer   | 22:50.4    |
| 3 Norry McAllister | 24:08.2    |
| 4 Sergio Gonzalez  | 24:47.2 PR |
| 5 John Huang       | 25:08.0    |
| 6 Heather Rohrer   | 26:01.3    |
| 7 Robert Navarrete | 27:23.7    |
| 8 Ken Camet        | 28:22.1    |
| 9 Jenny Gonzalez   | 28:31.6    |
| 10 Slim Pickens    | 28:33.9    |
| 11 Catherine Frye  | 29:53.0    |
| 12 Paul Taylor     | 30:00.9    |
| 13 Scott Graham    | 30:09.5    |
| 14 Trent McLane    | 31:00.8    |
| 15 Bob Schmitt     | 35:53.2    |
| 16 Kat Powell      | 38:22.1    |
| 17 Jeff Bedolla    | 38:31.1    |
| 18 Jim Bordoni     | 40:06.2RW  |
| 19 Willie Liu      | 40:37.x    |
| 20 Lynn Dai        | 43:12.9    |
| 21 Danny Moon      | 43:16.3    |
| 22 Don Packwood    | 45:32.0    |
| 23 Emanuel Lee     | 61:29x     |

Dick Barrett Trophy Winner – John Huang

Joseph easily won the first race of the year. Sergio ran an all-time PR. Dwayne Spencer improved his 55+ PR by 11 seconds. Bob Schmitt recorded the 2nd best-ever 80+ time. Emmanuel mistakenly took a trail out to Hwy 9, adding several miles to his run. Several others have made the same mistake over the years. Thanks to Willie Liu for timing us.

### 1/8/22 – 8 x 0.66M Tennis Court Loop Relay

| <u>Pl Team</u>           | <u>Start</u> | <u>Finish</u> |
|--------------------------|--------------|---------------|
| 1 S. Gonzalez/J.Gonzalez | 9:45         | 45:28         |
| 2 Bradley/Palos          | 16:30        | 47:17         |
| 3 Moon/Frye              | 5:00         | 47:33         |
| 4 Park/Waggoner          | 16:00        | 47:34         |
| 5 Camet/McAllister       | 14:00        | 48:38         |
| 6 Krey/Navarrete         | 9:30         | 48:42         |
| 7 Aubuchon/Pickens       | 16:45        | 49:35         |
| 8 MacIntyre/Taylor       | 8:00         | 50:17         |
| 9 N.Nambula/Liu          | -0-          | 50:28         |

Dick Barrett Trophy Winner – Sergio & Jenny Gonzalez

Jenny Gonzalez put her team into the lead on the 6<sup>th</sup> leg and her team went on to an easy win. Due to a mistake by me, the Liu team finished last rather than first. I rated him as if he would run just 3 runs but did not tell him. So, he ran 4 laps. Joseph Aubuchon had the fastest time of the day with a total time of 14:30. He ran 14:02 the last time that he ran this relay. Kristina led the ladies with a total time of 16:14. Thanks for the help at the finish line by Tim Souza. Madelyn Moon, and Danny Moon (after he finished his last run).

### 1/15/22 – Short 6 – 5.74M

|                    |       |
|--------------------|-------|
| 1 Ray Rodriguez    | 35:12 |
| 2 Joseph Aubuchon  | 35:24 |
| 3 Gary Waggoner    | 36:22 |
| 4 Geoff Bradley    | 37:40 |
| 5 Dwayne Spencer   | 38:15 |
| 6 Norry McAllister | 40:14 |
| 7 Heather Rohrer   | 41:03 |
| 8 Sergio Gonzalez  | 41:20 |

|                     |                |
|---------------------|----------------|
| 9 George Lo         | 41:28          |
| 10 John Huang       | 41:35          |
| 11 Ken Camet        | 44:23          |
| 12 Slim Pickens     | 44:37          |
| 13 Robert Navarrete | 45:35          |
| 14 Radha Nambula    | 47:51          |
| 15 Catherine Frye   | 48:41          |
| 16 Jenny Gonzaga    | 49:18          |
| 17 Paul Taylor      | 49:41          |
| 18 Dave McIntyre    | 55:01          |
| 19 Dalila Rodriguez | 63:47 Got lost |
| 20 Jeff Bedolla     | 65:51          |
| 21 Kat Powell       | 65:53          |
| 22 Willie Liu       | 67:54          |
| 23 Don Packwood     | 71:29          |

Dick Barrett Trophy Winner – Ken Camet

We had many outstanding performances this morning. Ray Rodriguez broke the men's 60+ course record by 28 seconds. This record was held by Dennis Kurtis and Ulrich Kaempf, both of whom were outstanding runners. Catherine Frye broke the women's 60+ course record by a minute. George Lo ran a 2-minute 50+ PR. Gary Waggoner knocked 17 seconds off his 55+ PR while running the #6 best-ever 60+ time. Geoff Bradley Improved his 50+ PR by 22 seconds. Dwayne Spencer improved his 55+ PR by 13 seconds. Joseph Aubuchon improved his 40+ PR by 2 seconds. Sergio Gonzalez improved his all-time PR by 46 seconds. Radha Nambula ran many PRs last year. But, then he got injured. He has now recovered and hopes to run several more PRs later this year. John Huang missed his 55+ PR by just 5 seconds. Dalila, who has never run this course before got lost. Our course map does not show that we cross Chester Ave twice during the race. So, she got lost when she unexpectedly crossed it the first time. Thus, she wandered around for a few miles before she finally got back on course.

### 1/22/22 – 5K on the Track

|                    |            |
|--------------------|------------|
| 1 Jorn Jensen      | 17:45.2 *  |
| 2 Gary Waggoner    | 18:33.4 *  |
| 3 Geoff Bradley    | 18:43.9 *  |
| 4 Norry McAllister | 20:30.4    |
| 5 George Lo        | 20:33.7 *  |
| 6 Sergio Gonzalez  | 20:41.6    |
| 7 Heather Rohrer   | 20:45.6 *  |
| 8 John Huang       | 20:47.4 *  |
| 9 Aaron Lee        | 21:11.5 *  |
| 10 Slim Pickens    | 21:19.5 *  |
| 11 Ken Camet       | 22:00.2    |
| 12 Mike Krey       | 23:09.5    |
| 13 Radha Nambula   | 23:26.5    |
| 14 Jenny Gonzalez  | 24:33.2    |
| 15 Paul Taylor     | 24:52.0    |
| 16 Dave McIntyre   | 27:21.6    |
| 17 Danny Moon      | 28:00.1    |
| 18 Lynn Dai        | 31:54.9    |
| 19 Willie Liu      | 32:20.2    |
| 20 Kat Powell      | 33:39.9 *  |
| 21 Jim Bordoni     | 34:05.9 PW |
| 22 Jeff Bedolla    | 35:21.9    |
| 23 Don Packwood    | 38:46.0    |
| 24 Alvin Jackson   | 42:15.3    |
| 25 Walt Van Zant   | 58:30.3    |

\* Ran a faster time this year than last year.

Jorn, Gary, and Geoff ran together for a few laps and then Jorn gradually pulled away to an easy win. Heather led the ladies. We had warmer weather this morning than we had during the past few weeks (low or mid 50s?). Thanks to Madelyn Moon, Catheryn Frye, Brian Conroy, and Danny Moon for timing and helping with the finish line setup.

#### 1/29/22-4 x 1.38M WVC Loop Relay

| <u>Pl Team</u>           | <u>Start</u> | <u>Finish</u> |
|--------------------------|--------------|---------------|
| 1 Park/Dai               | :30          | 48:38         |
| 2 B.Kriege/Huang         | 11:00        | 49:05         |
| 3 Julia Gonzalez/Pickens | 5:45         | 49:41         |
| 4 Jackson/Waggoner       | -0-          | 50:03         |
| 5 H. Gonzalez/Taylor     | 7:00         | 50:30         |
| 6 Moon/Serg Gonzalez     | 8:45         | 50:37         |
| 7 Navarrete/McAllister   | 11:00        | 51:17         |
| 8 Jen Gonzalez/Spencer   | 11:30        | 51:49         |
| 9 Liu/Bradley            | 5:45         | 51:51         |
| 10 McIntyre/Bang         | 12:00        | 53:26         |

#### 2/5/22 – Valle Vista – 3.0M

|                     |          |
|---------------------|----------|
| 1 Joseph Aubuchon   | 17:17 PR |
| 2 Jorn Jensen       | 17:31    |
| 3 Gary Waggoner     | 18:07    |
| 4 Geoff Bradley     | 18:39    |
| 5 Kristina Park     | 19:32    |
| 6 Norry McAllister  | 19:56    |
| 7 Dwayne Spencer    | 20:01    |
| 8 Sergio Gonzalez   | 20:03 PR |
| 9 Andy Williams     | 20:10    |
| 10 John Huang       | 21:04    |
| 11 Slim Pickens     | 21:15    |
| 12 Robert Navarrete | 22:36    |
| 13 Mike Krey        | 22:33    |
| 14 Jenny Gonzalez   | 24:09    |
| 15 Taylor Liago     | 24:19    |
| 16 Paul Taylor      | 24:50    |
| 17 Trent McLane     | 27:04    |
| 18 Julia Gonzalez   | 27:50    |
| 19 Danny Moon       | 28:12    |
| 20 Neeraja Nambula  | 28:31    |
| 21 Bob Schmitt      | 30:53    |
| 22 Jim Bordoni      | 32:16 RW |
| 23 Willie Liu       | 33:52    |
| 24 Don Packwood     | 35:02    |
| 25 Kat Powell       | 35:24    |

Dick Barrett Trophy Winner – Robert Navarrete

Joseph won this morning while running within 2 seconds of his all-time PR. Jorn finished a closed 2<sup>nd</sup>. Gary broke his 55+ PR by 23 seconds. Sergio improved his all-time PR by 78 seconds. Three runners ran this course for the first time as 65+ runners. Norry recorded the #2 best-ever 65+ time, Mike Krey ran the 17<sup>th</sup> best-ever 65+ time, and Robert Navarrete ran the 18<sup>th</sup> best-ever 65+ time. Bob Schmitt recorded the 2<sup>nd</sup> best-ever 80+ time for this course. Andy Williams returned home after 5 years of working in Australia. Don Packwood improved his 80+ PR by 62 seconds. Taylor Liago ran with us for the first time. We had a lot of good help at the finish line – Madelyn Moon, Neeraja Nambula, Willie Liu, and Chris Blue.

#### 2/12/22 – Triangle – 4.76M

|                    |       |
|--------------------|-------|
| 1 Geoff Bradley    | 30:18 |
| 2 Roberto Palos    | 30:34 |
| 3 Kristina Park    | 31:47 |
| 4 Norry McAllister | 32:16 |
| 5 Scott Bang       | 32:21 |
| 6 John Huang       | 32:43 |
| 7 Sergio Gonzalez  | 32:53 |
| 8 Heather Rohrer   | 33:23 |

|                         |          |
|-------------------------|----------|
| 9 Ken Camet             | 34:27    |
| 10 Robert Navarrete     | 36:52    |
| 12 Slim Pickens         | 38:20    |
| 13 Catherine Frye       | 40:12    |
| 14 Paul Taylor          | 40:37    |
| 15 Scott Graham         | 41:07    |
| 16 Hillary Gonzalez     | 42:12    |
| 17 Dave McIntyre        | 47:13    |
| 18 Julia Gonzalez       | 47:17    |
| 19 Jim Bordoni          | 53:07 RW |
| 20 Willie Liu           | 54:47    |
| 21 Don Packwood         | 55:38    |
| 22 Kat Powell           | 55:56    |
| 23 Lynn Dai             | 60:15    |
| 24 Danny Moon           | 60:15    |
| 24 Kirthi Narayaraswamy | 69:00    |
| 25 Alvin Jackson        | 71:02    |

We had a fair amount of fast runs this morning. Geoff won by about 80 yards while improving His 50+ PR by 100 seconds. Roberto ran well to finish 2<sup>nd</sup> while barely missing his 55+ best. Kristina ran the 2<sup>nd</sup> best-ever women's 50+ time as she improved her 50+ PR by 66 seconds. Norry ran this course for the first time as a 65 year-old, running the 2<sup>nd</sup> best-ever time by a 65-year old. John Huang improved his 55+ best by 8 seconds. Ken Camet ran a 60+ best by 3 minutes. Robert Navarrete ran his 2<sup>nd</sup> consecutive 65+ PR, this time by 19 seconds. Paul Taylor ran a 65+ PR by 66 seconds. Scott Graham recorded the 13<sup>th</sup> best-ever 70+ time out of the 28 70+ runners that have run this course. Danny ran slow (for his ability) so that he could insure that Lynn Dai did not get lost on the course. The excellent crew of helpers at the finish line included Madelyn Moon, Neeraja Nambula and Willie Liu.

#### 2/19/22 – Valentine Team Race – 5.37M

| <u>Pl</u> | <u>Score</u>           |       |
|-----------|------------------------|-------|
| 1         | 1 Jorn Jensen (B)      | 32:22 |
| 2         | 2 Joseph Aubuchon (A)  | 33:08 |
| 3         | 16 Gary Waggoner (A)   | 33:17 |
| 4         | -- Geoff Bradley       | 35:33 |
| 5         | 3 Scott Bang (C)       | 36:56 |
| 6         | -- Kristina Park       | 37:22 |
| 7         | 4 Heather Rohrer (D)   | 38:42 |
| 8         | 5 Slim Pickens (B)     | 39:01 |
| 9         | 6 Norry McAllister (D) | 40:52 |
| 10        | 7 Ken Camet (C)        | 40:53 |
| 11        | 8 Mike Krey (A)        | 44:19 |
| 12        | 9 Jenny Gonzalez (B)   | 44:42 |
| 13        | -- George Lo           | 44:58 |
| 14        | 10 Paul Taylor (A)     | 45:15 |
| 15        | -- Catherine Frye      | 46:07 |
| 16        | 11 Carol Bednar (D)    | 49:13 |
| 17        | 12 Dave McIntyre (C)   | 52:17 |
| 18        | -- Julia Gonzalez      | 61:13 |
| 19        | 13 Jeff Justice (D)    | 62:15 |
| 20        | -- Kat Powell          | 64:42 |
| 21        | 14 Willie Liu (C)      | 64:54 |
| 22        | 15 Don Packwood (B)    | 69:18 |

#### Team Scores

|                        |                |
|------------------------|----------------|
| 1 <sup>st</sup> Team B | 1-5- 9-15 = 30 |
| 2 <sup>nd</sup> Team D | 4-6-11-13 = 34 |
| 3 <sup>rd</sup> Team C | 3-7-12-14 = 36 |
| 4 <sup>th</sup> Team A | 2-8-10-16 = 36 |

Originally, we had 15 runners sign up for the race but 22 showed up for the race. Some showed up unexpectedly at the start and I may have missed some names that were on the sign up list. We did count 22 runners at the start and 22 finished. So, nobody got lost. Gary Waggoner was the first



addition. So, he was plugged into 16<sup>th</sup> place even though we knew that he would finish far better than 16<sup>th</sup>. He did finish 3<sup>rd</sup> but got credit for 16<sup>th</sup> place. Assigning him 16<sup>th</sup> place meant that all teams were predicted to finish with 34 points.

All runners were rated, based upon the Cum Sat results from last year, with a few adjustments. This gave a predicted score for each each of the 4 teams of 34 points. As can be seen from the scores shown above, only one team scored 34 points. Ties were broken by looking at the 3<sup>rd</sup> place finishers of the tied teams.

### 2/26/22 – Dou/Sar/Fruitvale – 2.75M

|                     |          |
|---------------------|----------|
| 1 Joseph Aubuchon   | 15:33 PR |
| 2 Gary Waggoner     | 16:20    |
| 3 Roberto Palos     | 17:26    |
| 4 Scott Bang        | 17:34    |
| 5 Norry McAllister  | 17:58    |
| 6 Sergio Gonzalez   | 18:01    |
| 7 John Huang        | 18:24    |
| 8 Dwayne Spencer    | 19:11    |
| 9 Slim Pickens      | 19:52    |
| 10 Missy Sudan      | 20:03    |
| 11 Robert Navarrete | 20:26    |
| 12 Ranjeet Sudan    | 20:57    |
| 13 George Lo        | 22:50    |
| 14 Dave McIntyre    | 23:44    |
| 15 Hillary Gonzalez | 24:03    |
| 16 Danny Moon       | 24:30    |
| 17 Julia Gonzalez   | 26:13    |
| 18 Neeraja Nambula  | 26:30    |
| 19 Willie Liu       | 29:51    |
| 20 Kat Powell       | 32:15    |
| 21 Kirthi Anaswamy  | 36:54    |
| 22 Alvin Jackson    | 37:38    |
| 23 Chris Blue       | 39:54    |
| 23 Don Packwood     | 39:54    |
| 25 Becki Kriege     | 55:26    |
| 26 Walt Van Zant    | 55:27 PW |

Dick Barrett Trophy Winner – Joseph Aubuchon

This was a cold morning (35 degrees) this morning, which is not conducive to fast times, especially on the shorter courses. So those who ran age-group PRs or got close to their PRs did very well.

Joseph Aubuchon, won the race while also setting an all-time PR (set in 2002) by 5 seconds with his time of 15:33. Gary Waggoner set a 55+ PR by 6 seconds to finish 2<sup>nd</sup>. Alvin Jackson improved his 75+ PR by 39 seconds. Walt Van Zant set a PW while nearly quadrupling his PR.

### 3/5/22 – 6 x 1600M

|                         | <u>Start</u> | <u>Finish</u> |
|-------------------------|--------------|---------------|
| 1-McIntyre/Ser Gonzalez | -0-          | 41:45         |
| 2-B.Kriege/Liu          | 1:15         | 43:09*        |
| 3-D.Moon/Waggoner       | 2:00         | 44:29         |
| 4-Jen Gonzalez/H.Rohrer | 2:30         | 45:13         |
| 5-Pickens/Saldi         | 1:00         | 45:50         |
| 6-J.Aubuchon/Bradley    | 11:00        | 46:23         |
| 7-Dai/Bang              | -0-          | 49:08         |

The Liu's team start was based upon Willie running 2 x 1600M

Dick Barrett Trophy Winner – The McIntyre/Sergio team

All teams were started based upon their estimates of how fast that they would run except Willie Liu and Lynn Dai. Joseph

Aubuchon had the fastest time for his 3 miles at 16:45, followed by Gary Waggoner at 17:30, Scott Bang at 18:23, and Geoff Bradley at 18:38. Heather Rohrer led the ladies at 20:06.

### 3/12/22- Farwell-H

|                     |                 |
|---------------------|-----------------|
| 1 Raymond Rodriguez | 27:58           |
| 2 Garv Waggoner     | 28:11           |
| 3 Geoff Bradley     | 29:50           |
| 4 Scott Bang        | 30:25           |
| 5 Kristina Park     | 30:44           |
| 6 John Huang        | 31:06           |
| 7 Andy Williams     | 31:32           |
| 8 Robert Pickens    | 33:44           |
| 9 Ken Camet         | 33:47           |
| 10 Missy Sudan      | 34:10           |
| 11 Becki Kriege     | 34:18           |
| 12 Robert Navarrete | 35:35           |
| 13 Ranjeet Sudan    | 36:01           |
| 14 Jenny Gonzalez   | 38:02           |
| 15 Mike Krey        | 38:58           |
| 16 Dave McIntyre    | 40:56           |
| 17 Julia Gonzalez   | 47:30           |
| 18 Neeraja Nabula   | 47:52           |
| 21 Brian Conroy     | 47:52           |
| 22 Willie Liu       | 56:00           |
| 23 Don Packwood     | 55:40           |
| 24 Kat Powell       | 56:49           |
| 25 Lynn Dai         | 61:40           |
| 26 Danny Moon       | 61:41 Fell down |
| 27 Alvin Jackson    | 67:57           |

Dick Barrett Trophy Winner – Danny Moon

Timers: Madelyn Moon and Chris Blue

There were several notable performances this morning. Ray Rodriguez finished first with a new 60+ course record, bettering the 60+ marks of several prominent club members. Jorn Jensen actually came across the finish line first but then discovered that he had run short by cutting over at Douglas instead of running all of the way down to Fruitvale. Several club members claimed that they attempted to call Jorn back from his wrong turn but they failed to mention that they were whispering when they did so. Gary Waggoner improved his 55+ PR by 34 seconds to move to #2 on the all-time list behind Tim Rostege. Geoff Bradley knocked 95 seconds off his 50+ PR. Kristina Park ran her 50+ PR by 21 seconds but is still 21 seconds behind Chris Kennedy. Kristina believes that she will never catch up with Chris' 50+ times. But, you never know, Kristina was a top runner in her day. One year she finished 2<sup>nd</sup> in the NCAA XC finals. John Huang broke his 55+ PR by over 2 minutes. Andy Williams recently returned from a long-time job assignment in Australia. He looks forward to turning 60 in October. The often-injured Becki Kriege recorded the 2<sup>nd</sup> best-ever women's 55+ time. Robert Navarrete tied club webmaster Dick Chimenti for 18<sup>th</sup> place on the 65+ list. Don Packwood improved his 80+ time by 42 seconds. No club member has completed any of our 6 Saturday courses after turn 85. Who will be the first? Danny Moon tripped on a hole in the asphalt a few yards from the finish, banging his head hard on the road. Club member Dr Gonzalez took him to Kaiser Hospital and patched him up. Danny expects to be back running with us next Saturday. He estimated that the hole was a foot deep. Another club member measured the depth at 1/8 of an inch.

### 3/19/22 – 8 x 1200M Relay

| <u>Pl</u> | <u>Team</u>     | <u>Start</u> | <u>Finish</u> |
|-----------|-----------------|--------------|---------------|
| 1         | Sudan/Camet     | -0-          | 45:34         |
| 2         | Moon/McAllister | 3:00         | 48:13         |



|                   |      |       |
|-------------------|------|-------|
| 3 Bordoni/Pickens | 2:50 | 48:25 |
| 4 Dai/Rohrer      | -0-  | 51:48 |

very pleased with his time of 13:04. Thanks to the helpers – Danny Moon, Don Packwood, and Chris Blue.

### 3/26/22 – Farwell – 3.54M

|                     |         |
|---------------------|---------|
| 1 Joseph Aubuchon   | 21:58.6 |
| 2 Gary Waggoner     | 23:08.0 |
| 3 Kristina Park     | 23:18.9 |
| 4 Heather Rohrer    | 23:57.3 |
| 5 Sergio Gonzalez   | 24:09.3 |
| 6 Robert Pickens    | 24:41.4 |
| 7 Ken Camet         | 24:58.8 |
| 8 Missy Sudan       | 25:35.4 |
| 9 Becki Kriege      | 25:35.8 |
| 10 Ranjeet Sudan    | 26:36.8 |
| 11 Robert Navarrete | 27:38.4 |
| 12 Mike Krey        | 27:49.2 |
| 13 Jenny Gonzalez   | 28:09.5 |
| 14 Dave McIntyre    | 29:57.7 |
| 15 Catherine Frye   | 30:26.4 |
| 16 Jim Bordoni      | 33:15.0 |
| 17 Todd Hayes       | 33:19.5 |
| 18 Danny Moon       | 33:53.0 |
| 19 Neil Gelblum     | 38:39.4 |
| 20 Kat Powell       | 41:04.8 |
| 21 Willie Liu       | 41:27.1 |
| 22 Lynn Dai         | 48:25.4 |

Dick Barrett Trophy Winner – Ken Camet

Joseph won by over a minute followed by Gary Waggoner who was being chased down by Kristina Park with a 50+ PR and Heather Rohrer improving her all-time PR by 28 seconds. Sergio Gonzales also ran an all-time PR by 36 seconds and Jenny Gonzalez improved her all-time PR by 21 seconds. Also Ken Camet is running very well just like old times, running a 60+ 3 minute 24 second PR. Lynn Dai ran a little extra on the Douglas trail to increase her mileage for the week. It was a good weather day that brought out 22 runners and a crowd of spectators including Geoff Bradley who injured himself stepping in a pot hole racing a 10K last Sunday and Scott Bang sporting his stitches in his leg from his fall on railroad track run.

### 4/2/22 – 18 x 0.33M Half Tennis Court Loop Relay

| <u>Pl Team</u>              | <u>Start</u> | <u>Finish</u> |
|-----------------------------|--------------|---------------|
| 1 Dai/R.Nambula/Pickens     | 1:00         | 44:15         |
| 2 Liu/McLane/Park           | 1:00         | 44:37         |
| 3 Jackson/Hayes/Waggoner    | -0-          | 46:01         |
| 4 N.Nambula/Frye/McAllister | 2:15         | 47:20         |
| 5 Norlander/Kriege/Aubuchon | 1:00         | 48:22         |

Dick Barrett Trophy Winner-Becki Kriege

We have tried a new method of rating the runners for relays this year on a few occasions at Becki's suggestion and then rounded their predictions to the nearest 15 seconds. Last time we gave the weekly trophy to the winning team, which means that we gave the trophy to the team that gave themselves the softest ratings. Thus, they won the trophy. This week we gave it to the team that gave themselves the harshest rating, which meant that they finished last, and then gave it to Becki. Becki may not have won the trophy in 20 years. All teams ran better than their estimated finishing time of 50:30.

Joseph Aubuchon had the fastest time at 9:53 and was closest to his predicted time, coming within 7 seconds of his prediction. Becki was the only runner to run slower than her prediction at 30 seconds. Kristina Park led the ladies at 11:10. Gary Waggoner was the 2<sup>nd</sup> of the men at 11:07. Radha was

### 4/9/22 – Short Six – 5.74M

|                    |          |
|--------------------|----------|
| 1 Jorn Jensen      | 34:57    |
| 2 Gary Waggoner    | 36:35    |
| 3 Joseph Aubuchon  | 38:05    |
| 4 Kristina Park    | 39:30    |
| 5 Heather Rohrer   | 39:38    |
| 6 Robert Pickens   | 40:12    |
| 7 Ken Camet        | 41:29    |
| 8 Norry McAllister | 42:44    |
| 9 Ranjeet Sudan    | 45:06    |
| 10 Jenny Gonzalez  | 46:21 PR |
| 11 George Lo       | 48:11    |
| 12 Bob Kemp        | 48:14    |
| 13 Mike Krey       | 48:45    |
| 14 Trent McLane    | 49:43    |
| 15 Dave McIntyre   | 54:41    |
| 16 Neeraja Nambula | 59:36    |
| 17 Neil Gelblum    | 62:48    |
| 18 Willie Liu      | 68:31    |
| 19 Kat Powell      | 71:59    |

Dick Barrett Trophy Winner – Heather Rohrer

A great day to race this course, Jorn Jensen took an early lead and held on for the win. Kristina Park with another PR placing her #1 on the 50+ and Heather Rohrer improving her all-time PR by 15 seconds. Robert Pickens has been continually improving knocked 26 seconds off his 60+ PR. Jenny Gonzales also ran an all-time PR by i minute 46 seconds while Norry McAllister ran this course for the first time finish 9th on the 65+ list and many more good performances. We had a crowd of spectators including Walter Van Zant in his King chair, Dwayne Spencer sporting his leg scooter wearing a boot, Geoff Bradley who is recovering for an ankle injury.

### 4/16/22 – Step Up & Down Relay

| <u>Pl Team</u>            | <u>Start</u> | <u>Finish</u> |
|---------------------------|--------------|---------------|
| 1 Liu & Saldi / Camet     | -0-          | 38:28         |
| 2 Rohrer / McAllister     | 6:45         | 39:12         |
| 3 Neeraja Nambula / Gary  | 3:45         | 39:24         |
| 4 Radha Nambula / Pickens | 6:25         | 39:36         |
| 5 Frye / Bradley          | 5:15         | 40:11         |
| 6 Krey / Lo               | 6:15         | 40:34         |
| 7 McLane / Park           | 6:00         | 40:51         |
| 8 Powell / McIntyre       | -0-          | 47:25         |

Dick Barrett Trophy Winner – First place team Willie Liu. Nagesh Saldi & Ken Camet

The awesome-needed rain did not keep our super runners from doing this track workout! Becki Kriege sent out a sign-up sheet for this event which runners self-rated what their time would be, allowing us to have teams set up on Friday. All showed up but 2, then 2 came who were not on the list which allowed us to make a simple quick change. Thank you to all who signed up with great self-ratings. Kristina Park had the best woman's time and Gary Waggoner had the best men's time.

Everyone ran very well in the rain, coming close to their self-ratings. Thank you to our super finish-line timing crew who managed to keep all our timing tape and sheet dry. Excellent job to Dwayne Spencer, knee on his scooter while supporting a large umbrella while Danny Moon was recording names and time. A fashion statement was being made by Don Packwood with his galoshes sort of on his feet, while relaxing in a easy chair holding his umbrella capturing everyone's time as

they made their exchanges. The crew got everyone's time. Great job by everyone who showed up. Quick note: it stopped raining as we finished the workout.DM

#### 4/23/22-8 x 400M Relay

| <u>Pl</u> | <u>Team</u>         | <u>Start</u> | <u>Finish</u> |
|-----------|---------------------|--------------|---------------|
| 1         | Liu/R.Sudan         | -0-          | 30:40         |
| 2         | Dai/Bradley         | 2:45         | 32:18         |
| 7         | Sharak-Shreyas/Rada | 7:00         | 33:26         |
| 4         | Ian/Lo              | 8:40         | 33:27         |
| 5         | Neeraja/McIntyre    | 4:00         | 33:48         |
| 6         | Bordoni/Frye        | 5:00         | 35:09         |

Dick Barrett Trophy Winner – The Catherine Frye team finished last but were closest to their predicted time at 9 seconds.

The starting times were based upon each runner's prediction of their total times for their 8 400s. The Frye team was the closest at 9 seconds. So, they took home the weekly trophy. Individually, Geoff Bradley had the best average at 84 seconds per 400M. Neeraja led the ladies with a 117 average per run.

#### 4/30/22- Valle Vista – 3.0M

|    |                |       |
|----|----------------|-------|
| 1  | Kristina Park  | 19:54 |
| 2  | John Huang     | 19:59 |
| 3  | George Lo      | 20:14 |
| 4  | Heather Rohrer | 20:39 |
| 5  | Robert Pickens | 21:03 |
| 6  | Ranjeet Sudan  | 22:41 |
| 7  | Radha Nambula  | 23:45 |
| 8  | Dave McIntyre  | 24:47 |
| 9  | Trent McLane   | 26:31 |
| 10 | Jim Bordoni    | 27:35 |
| 11 | Neil Gelblum   | 32:03 |
| 12 | Willie Liu     | 33:17 |
| 13 | Kat Powell     | 34:42 |
| 14 | Lynn Dai       | 39:58 |
| 15 | Danny Moon     | 39:59 |
| 16 | Alvin Jackson  | 41:09 |

Dick Barrett Trophy Winner – Kristina Park

A cool day to race this course. Kristina Park with another great performance finished with the 3rd fastest time on the 50+ list with John Huang finishing 2nd right on Kristina's heels with his PR by 2 seconds. Kat Powell also ran a 7 second 70+ PR surprising herself while others ran some good times. Lynn Dai ran Valle Vista for the first time on her 16th birthday.

#### 5/7/22 – Triangle Run – 4.76M

|    |                  |          |
|----|------------------|----------|
| 1  | Ray Rodriguez    | 29:18    |
| 2  | Kristina Park    | 32:49    |
| 3  | Slim Pickens     | 33:10    |
| 4  | Geoff Bradley    | 33:44    |
| 5  | Jenny Gonzalez   | 38:55    |
| 6  | Trent McLane     | 40:48    |
| 7  | Norry McAllister | 42:22    |
| 7  | Mike Krey        | 42:22    |
| 9  | Ian Klassen      | 44:03    |
| 10 | Jim Bordoni      | 44:31 RW |
| 11 | Danny Moon       | 45:36    |
| 12 | Bob Schmitt      | 49:34    |
| 13 | Kat Powell       | 56:28    |
| 14 | Lynn Dai         | 61:51    |
| 15 | Alvin Jackson    | 72:47    |

Dick Barrett Trophy Winner – Ray Rodriguez

Ray Rodriguez won by 3½ minutes this morning while breaking the 60+ record for this course by 45 seconds. The previous record was held by Bill Dunn, one of our all-time best runners. Kristina Park improved her 50+ PR by 4 seconds to move into a 2<sup>nd</sup> place tie with Missy Sudan for 2<sup>nd</sup> place in the women's 50+ division. Jim Bordoni showed that he is back into good power walking form with a 77-second improvement in his walking time. Bob Schmidt recorded the 2<sup>nd</sup> best-ever 50+ men's time.

#### 5/14/22 – Mile Run on the Track

##### Heat #1: Under 7:00 runners

|    |                  | Last year |        |
|----|------------------|-----------|--------|
| 1  | Joseph Aubuchon  | 5:08.8*   | 5:13.6 |
| 2  | Jorn Jensen      | 5:29.4    | 5:21.9 |
| 3  | Gary Waggoner    | 5:32.8*   | 5:39.5 |
| 4  | Kristina Park    | 5:43.8*   | 5:48.1 |
| 5  | Norry McAllister | 5:59.8    | 5:53.3 |
| 6  | Scott Bang       | 6:11.2    | 5:36.8 |
| 7  | Heather Rohrer   | 6:16.0    | 6:14.4 |
| 8  | Ken Camet        | 6:27.5    | 6:25.0 |
| 9  | Radha Nambula    | 6:35.7    | 5:56.8 |
| 10 | Ranjeet Sudan    | 6:46.7    | 6:35.4 |
| 11 | Ian Klassen      | 7:08.1    |        |

\* Faster time than last year

##### Heat #2 : Over 7:00+ runners

|    |                   | Last Year |         |
|----|-------------------|-----------|---------|
| 1  | Jorn Jensen       | 5:34.9    |         |
| 2  | Gary Waggoner     | 6:06.4    |         |
| 3  | Scott Bang        | 6:33.0    |         |
| 4  | Dwayne Spencer    | 6:49.5    | 5:50.5  |
| 5  | Brian Conroy      | 7:09.1    | 6:54.3  |
| 6  | Paul Taylor       | 7:31.0    |         |
| 7  | Norry McAllister  | 7:32.3    |         |
| 8  | Danielle Zelinski | 7:35.4    |         |
| 9  | Trent McLane      | 7:57.7    | 7:22.3  |
| 10 | Luke Aubuchon     | 8:00.7    |         |
| 11 | Jim Bordoni       | 8:08.6    | 7:54.8  |
| 12 | Neeraja Nambula   | 8:23.7*   | 9:08.1  |
| 13 | Jeff Justice      | 8:39.3    |         |
| 14 | Neil Gelblum      | 8:48.1    | 8:37.5  |
| 15 | Ann Aubuchon      | 9:21.1    |         |
| 16 | Willie Liu        | 9:24.1    | 9:13.4  |
| 17 | Lynn Dai          | 9:36.9    | 8:28.7  |
| 18 | Don Packwood      | 10:20.5   | 9:59.1  |
| 19 | Dave Norlander    | 11:27.7   | 11:10.2 |
| 20 | Jude Aubuchon     | 11:42.6   |         |
| 21 | Alvin Jackson     | 12:56.5   | 9:42.3  |

\* Faster time than last year

Dick Barrett Trophy Winner –The Aubuchon Family - Joseph, Luke, Ann & Jude

A perfect day to race the mile on the track, we had a large group of 28 runners with a great finish line crew. Joseph took an early lead setting a fast pace for the heat finishing 20 seconds ahead of the pack with Joseph, Gary, Kristine and Neeraja (44 second) improving their time from last year. The Aubuchon family had great performances from Joseph, Luke, Ann and Jude in kindergarten first mile ever run to earn the weekly trophy....well done! Thanks to our finish line crew Madelyn Moon, Geoff Bradley, Neeraja Nambula, Kristina Park, Willie Liu, and Danny Moon. DM

#### 5/21/22 – 8 x 1200 Relay

| <u>Pl</u> | <u>Team</u> | <u>Start</u> | <u>Finish</u> |
|-----------|-------------|--------------|---------------|
| 1         | Liu/Lo      | 5:45         | 54:05         |
| 2         | Dai/Bordon  | -0-          | 57:00         |

|                     |             |
|---------------------|-------------|
| 3 Spencer/Navarrete | 14:15 57:27 |
| 4 Nambula/Pickens   | 17:15 57:40 |
| 5 McIntyre/Bang     | 16:00 57:57 |
| 6 Hayes/Bradley     | 17:00 59:25 |

Dick Barrett Trophy Winner –The Hayes and Bradley Team

A good morning for our small crowd to run the 1200 relay while many are racing the Stowe Lake on Sunday. Geoff Bradley had the fastest split times, with great performances by the group which included 10 athletes running under their rated times. The relay teams were paired together very well which made for some great racing and allow the team of Todd Hayes and Geoff Bradley to earn the weekly trophy by only missing their rating by 40 seconds. Thanks to our finish line crew Walter VanZant, Don Packwood and Danny Moon. DM

**5/28/22 – Dou/Sar/Fruitvale – 2.75M**

|                     |          |
|---------------------|----------|
| 1 Joseph Aubuchon   | 15:53    |
| 2 Calvin Do         | 16:33    |
| 3 Gary Waggoner     | 16:36    |
| 4 Roberto Palos     | 17:57    |
| 5 Norry McAllister  | 18:17    |
| 6 Scott Bang        | 18:34    |
| 7 Missy Sudan       | 19:24    |
| 7 Kristina Park     | 19:24    |
| 7 Ken Camet         | 19:24    |
| 10 Darren Strange   | 19:39    |
| 11 Ranjeet Sudan    | 19:57    |
| 12 Radha Nambula    | 20:17    |
| 13 Dwayne Spencer   | 20:25    |
| 14 Robert Navarrete | 21:01    |
| 15 Mike Krey        | 21:08    |
| 16 Jenny Gonzalez   | 22:05    |
| 17 Kathryn Frye     | 23:09    |
| 18 Paul Taylor      | 23:12    |
| 19 Todd Hayes       | 24:44    |
| 20 Neeraja Nambula  | 25:37 PR |
| 21 Bob Schmitt      | 27:44    |
| 22 Neil Gelblum     | 29:28    |
| 23 Willie Liu       | 29:56    |
| 24 Lynn Dai         | 32:19 PR |
| 25 Kat Powell       | 34:20    |
| 26 Don Packwood     | 35:47    |
| 27 Alvin Jackson    | 38:43    |

Dick Barrett Trophy Winner – Bob Schmitt

Joseph Aubuchon ran away with a 200-meter win this morning. Calvin Do made a rare appearance, finishing second, beating Gary Waggoner by a few seconds. Bob Schmitt ran the 2<sup>nd</sup> best-ever 80+ time behind Bill Dodson's 24:13. Kathryn Frye ran the 4<sup>th</sup> best-ever time by a club 60+ woman runner, one second behind Kat Powell's best 60+ time. Alvin Jackson had one of his better recent performances, looking very good over the last 100 meters. Lynn Dai PRd by 68 seconds. Neeraja PRd by 8 seconds. Thanks to Willie Liu and Neil Gelblum for blocking the traffic at the college entrance. Also, thanks to Danny and Madelyn Moon for helping with the timing.

**6/4/22 – Farwell/H – 4.68M**

|                        |       |
|------------------------|-------|
| 1 Joseph Aubuchon      | 28:39 |
| 2 Norry McAllister     | 31:57 |
| 3 John Huang           | 33:29 |
| 4 Ken Camet            | 33:33 |
| 5 Dwayne Spencer       | 33:50 |
| 6 Missy Sudan          | 34:09 |
| 7 Kristina Park        | 34:10 |
| 8 Darren Strange       | 34:15 |
| 9 Demetrios Stefanides | 36:49 |

|                     |          |
|---------------------|----------|
| 10 Scott Bang       | 36:57    |
| 11 JennyGonzalez    | 38:20    |
| 12 Robert Navarrete | 38:57    |
| 13 Dave McIntyre    | 39:08    |
| 14 Slim Pickens     | 39:10    |
| 15 Trent McLane     | 40:59    |
| 16 Jim Bordoni      | 44:32 RW |
| 17 Bob Schmitt      | 49:27    |
| 18 Neeraja Nambula  | 51:05    |
| 19 Willie Liu       | 53:53    |
| 20 Don Packwood     | 58:53    |
| 21 Lynn Dai         | 66:19    |
| 22 Alvin Jackson    | 71:12    |
| Neil Gelblum        | Fell     |

Dick Barrett Trophy Winner – Norry McAllister

Joseph easily won for the second consecutive week but Norry took home the weekly trophy as he recorded the 3<sup>rd</sup> best-ever 65+ time of the 33 65+ men runner who have run this course. Jim Bordoni improved his walking best by 47 seconds. Neil Gelblum fell down and had to drop out of the race but was able to make it to breakfast at the restaurant. Ken Camet missed his 60+ PR by 2 seconds by a mere 2 seconds. He was running hard at the end; so, he should have no regrets about his effort.

**6/11/22 – 12 x 800M Relay (revised)**

| Pl | Team              | Start |       |       |       |       |       |       |       |       |       |       |       |       |    |
|----|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----|
| 1  | Nambula/Powell    | :30   | 3:26  | 8:13  | 11:18 | 16:11 | 19:31 | 24:38 | 27:55 | 32:59 | 36:21 | 41:34 | 44:47 | *     |    |
| 2  | McAllister/Liu    | 3:00  | 6:07  | 10:40 | 13:48 | 18:38 | 21:49 | 27:05 | 30:12 | 35:28 | 38:36 | 43:59 | 46:47 | *     |    |
| 3  | Waggoner/Aubuchon | 15:30 | 18:21 | 20:58 | 23:50 | 26:29 | 29:15 | 31:52 | 34:41 | 37:20 | 40:09 | 42:50 | 45:39 | 48:17 |    |
| 4  | Lo/Bang           | 10:45 | 13:54 | 17:03 | 20:11 | 23:17 | 26:27 | 29:28 | 32:40 | 35:56 | 39:11 | 42:26 | 45:40 | 48:56 |    |
| 5  | Bradley/Jensen    | 15:00 | 18:04 | 20:45 | 23:47 | 26:26 | 29:25 | 32:07 | 35:21 | 38:02 | 41:10 | 43:51 | 46:45 | 49:27 |    |
| 6  | Pickens/Norlander | 0     | 3:10  | 8:51  | 12:03 | 17:56 | 21:04 | 27:22 | 30:29 | 37:07 | 40:10 | 46:42 | 49:39 | *     |    |
| 7  | Bordoni/Spencer   | 4:30  | 8:43  | 12:00 | 16:21 | 19:33 | 24:03 | 27:14 | 31:43 | 34:52 | 39:39 | 42:51 | 47:47 | 50:57 |    |
|    | Rohrer-Moon-Park  | 2:30  | 5:52  | 9:56  | 13:11 | 17:11 | 20:37 | 25:14 | 28:33 | 31:37 | 34:51 | 37:57 | 41:11 | 46:46 | ** |

\* These 3 teams were scheduled to run just 11 800s and did so.

\*\* This team was also scheduled to run just 11 800s but when Danny became very fatigued during his 3<sup>rd</sup> run, Kristina Park subbed for him. Kristina had been starting with Norry on his first 3 runs because her scheduled partner did not show up and was available to join in place of Danny on her final 3 runs.

Dick Barret Trophy Winner – Madelyn Moon

This was a complicated relay in that, as we have done recently, runners were asked to rate themselves and send their ratings to us ahead of time so that teams could be composed the night before. One runner gave us his rating but did not show up, two runners did not give us a pre-race rating because they did not know that they would be able to

come to the workout, and another had to drop out or risk collapse.

Joseph Aubuchon had the fastest cum time of the day at a 2:38 average and Gary Waggoner was next with a 2:49 average. Kristina Park led the ladies with a 3:04 average.

Thanks to Chris Blue, Madelyn Moon, Don Packwood, and Danny Moon for their help at the finish line

### **6/18/22 – Farwell – 3.54M**

|                     |          |
|---------------------|----------|
| 1 Ray Rodriguez     | 21:02 PR |
| 2 Joseph Aubuchon   | 21:17    |
| 3 Gary Waggoner     | 21:55    |
| 4 Jeff Bradley      | 23:57    |
| 5 Norry McAllister  | 24:05    |
| 6 Heather Rohrer    | 24:13    |
| 7 Slim Pickens      | 24:52    |
| 8 Ken Camet         | 25:31    |
| 9 Radha Nambula     | 26:04    |
| 10 Robert Navarrete | 27:23    |
| 11 Mike Krey        | 27:29    |
| 12 Paul Taylor      | 29:40    |
| 13 Catherine Frye   | 30:48    |
| 14 Dalila Rodriguez | 31:56    |
| 15 Danny Moon       | 32:05    |
| 16 Kat Powell       | 40:10    |
| 17 Willie Liu       | 41:36    |
| 18 Don Packwood     | 43:57    |
| 19 Alvin Jackson    | 50:24    |

Phantom Dick Barrett Trophy Winner -Ray Rodriguez

Ray Rodriguez was the star of the day as he broke the club record for 60+ runners that was held by Norm Saucedo by 70 seconds. Norry McAllister recorded the 3<sup>rd</sup> best-ever 65+ time, 1 second behind

### **7/2/22 – 6 x 1600M Relay**

| <u>Pl Team</u>       | <u>Start</u> | <u>Splits</u>                       |
|----------------------|--------------|-------------------------------------|
| 1 Nambula/Dai        | -0-          | 6:35-17:04-23:37-34:49-41:17        |
| 2 Krey/Waggoner      | 4:15         | 11:44-17:35-24:52-30:38-37:49-43:30 |
| 3 J.Aubuchon/Pickens | 5:45         | 14:35-18:45-25:23-31:45-38:24-44:35 |
| 4 L.Aubuchon/Park    | -0-          | 8:05-14:35-22:59-29:13-38:37-44:36  |
| 5 Camet/Navarrete    | -0-          | 7:38-15:06-22:40-30:02-37:23-44:41  |
| 6 Moon/McAllister    | -0-          | 8:09-14:51-23:34-30:12-39:00-45:27  |
| 7 R.Sudan/M.Sudan    | 2:30         | 9:49-16:54-24:09-31:15-38:27-45:33  |
| 8 McIntyre/Taylor    | 8:30         | 7:31-16:11-24:05-32:37-40:01-47:39  |
| 9 Powell/Liu         | 1:15         | 11:38-21:17-31:37-41:37-46:42-51:31 |

All runners ran 3 x 1600 except Kat Powell and Willie Liu were told to run 2 x 1600 and 1 x 800 and they did. Their start time was based upon just running an 800 on their 3<sup>rd</sup> 4un Lynn Dai was told to run just 2 x 1600 and she did. Her start time was based upon running just 2 x 1600.

Dick Barrett Trophy Winner – Kristina Park

All runners who ran this morning were rated based upon their own estimates except those who ran less than their originally scheduled distance. An appropriate percentage was multiplied times their estimates for those runners. And, several of the late signups were rated at 44:30 and started at zero rather than redo everyone else's ratings. All runners were rated to finish in 44:30. Gary Waggoner and Slim Pickens had the fastest times for the men at 17:18 and 18:54. Kristina Park led the ladies with a total time of 18:43. Don Packwood, Chris Blue, and Madelyn Moon did an excellent job of handling the finish line.wv



## Race Results

### Top 2022 Individual Short Course Final Standings

2023 complimentary awards are in bold.

Women 40+ (top 10 are comped)

**Nancy Eubanks** (9<sup>th</sup> 40/49)

Women 50+ (top 5 are comped)

**Kristina Park** (2<sup>nd</sup> 50+)

**Missy Sudan** (10<sup>th</sup> 50+)

Women 60+ (top 3 are comped)

**Marian Richard** (8<sup>th</sup> 60+)

Men 40+ (top 10 are comped)

**Juan Rivera** (2<sup>nd</sup> 40+)

**Joseph Aubuchon** (4<sup>th</sup> 40+)

Men 50+ (Top 5 are comped)

**Jorn Jensen** (1<sup>st</sup> 50+)

Gary Waggoner (7<sup>th</sup> 50+)

Men 60+ (Top 3 are comped)

**Ray Rodriguez** 1<sup>st</sup> 60+

Brian Davis 5<sup>th</sup> 60+

Tom O'Connor 7<sup>th</sup> 60+

Men 80+ (1<sup>st</sup> place is comped)

**Robert Schmitt** 1<sup>st</sup> 80+

Don Packwood 5<sup>th</sup> 80+

Dave Norlander 7<sup>th</sup> 80+

Both WVJS Team M50 and M60 are in 1<sup>st</sup> place after 6 of 10 races. Each team needs a 5<sup>th</sup> place or better in each of the remaining 4 races to secure the championship. Failure to score one or more of the races will change the picture. M40 is 4<sup>th</sup> of 6 teams. W40 is 2<sup>nd</sup>, just 1 point ahead of Wolfpack and Pamakids. W50 is 3<sup>rd</sup> of 4 teams. M80 was not able to field a team at Stow Lake and handed the lead to Tamalpa. It is not likely that 3 runners from each club will endure half marathons or marathons. The Christmas Relays will be decisive but it takes 4 runners.

**1/29 – Mission 10, San Juan Bautista****5K**

Omar Pina 16:34 - 2nd overall

**10M**

9 Jose Pina, Jr. 55:26

11 Juan Rivera 57:03 1st M40+

21 Matthew Tompkins 1:01:38 2nd M40+

23 Jorn T. Jensen 1:01:51 2nd M50+

29 Barry Farrara 1:04:59 3rd M50+

49 Ida Rosenblum 1:11:41 1st W40+\*

68 Ken Camet 1:18:26 3rd M60+

73 Tom Lockhart 1:20:26

**Half Marathon**

6 Raymond Rodriguez 1:26:48 1st M60+

18 Nancy Eubanks 1:42:27 3rd W40+

48 Dalila Rodriguez 1:56:54 3rd W50+

**3/5 - John Frank Memorial 10M, Redding**

13 Juan Rivera 57:16 4th M40-49

27 Jorn T. Jensen 1:00:51 3rd M50-59

35 Raymond Rodriguez 1:03:29 3rd M60

37 Barry Farrara 1:03:52 7th M50-59

67 Nancy Eubanks 1:12:03 7th W40-49

70 Tom O'Connor 1:13:27 8th M60+

75 Brian Davis 1:14:24 10th M60-69

85 Tom Lockhart 1:19:00

106 Glenn Kishi 1:30:42

122 Dalila Rodriguez 1:48:51

**3/20 – Oakland Running Festival****10K**

10 Juan Rivera 33:57 2nd M40-49

41 Jorn T. Jensen 37:01 6th M50-59 PU

45 Raymond Rodriguez 37:26 1st M60

53 Gary Waggoner 37:59

73 Geoff Bradley 39:54

F39 Kristina Park 41:26 5th W50-59

F60 Missy Sudan 45:27

F61 Becki Kriege 45:38

F129 Catherine Frye 54:15

F176 Dalila Rodriguez 57:57

**Marathon**

John Mintz 4:11:52

**4/3 – Sactown Run, National Masters 10M****Championships****M60+ - Team Third Place Finish, 3:26:55**

Raymond Rodriguez 1:03:38 5th M 60+

Brian Davis 1:10:10 14th M 60+

Ken Camet 1:13:08

Robert Navarette 1:20:30

**Other Runners**

Juan Rivera 54:51 9th M 40+

Jorn T. Jensen 1:00:55 15th M 50+

Dalila Rodriguez 1:33:12

Chad Stessman 1:05:58

Nancy Eubanks 1:08:23

Nhu Stessman 1:21:00

Glenn Kishi 1:31:12

**4/18 – Boston Marathon**

Chad Stessman 3:13:53

Raymond Rodriguez 3:15:48

Nancy Eubanks 3:18:46

Nhu Stessman 4:04:12

Dalila Rodriguez 4:51:03

**4/24 – San Jose 408K (8K)**

Juan Rivera 26:43 2nd M40+

Jorn T. Jensen 29:32

Joseph Aubuchon 30:06

Raymond Rodriguez 30:30 1st M60+

Mary Kriege 30:18 (Impala)

Kristina Park 33:30 3rd W50+

Gary Waggoner 30:49

Nancy Eubanks \ 33:44

Heather Rohrer 34:06 (Wolfpack)

Tom O'Connor 34:33

Brian Davis 34:36

Robert Pickens 34:55

Ken Camet 35:14

Becki Kriege 35:20

Missy Sudan 37:23

Marian Richard 39:21

Mike Krey 39:26

Norm Takeuchi 41:34

Carol Bednar 43:04

Glenn Kishi 43:49

Dalila Rodriguez 45:40

Robert Schmitt 56:17 5th M75+

**4/22 – Brooklyn Half Marathon**

Lisa Norlander 2:12:15

Rebecca Norlander 2:12:17

**5/1 – The Great Race, Los Gatos (4M)**

Juan Rivera 21:32 2nd M40+ 1st M40-49

Jorn T. Jensen 23:35 2nd M50+

Joseph Aubuchon 23:38

Raymond Rodriguez 23:44 1st M60+

Barry Farrara 25:54

Nancy Eubanks 26:58

Brian Davis 27:37

Tom O'Connor 27:47

Norry McAllister 27:48

Robert Pickens 28:14

Mike Krey 30:58

Dalila Rodriguez 34:15

Neeraja Nambula 37:11

Jeff Justice 39:43

Robert Schmitt 42:12 1st M80

Don Packwood 49:14 4th M80

David Norlander 51:24 5th M80

**5/7 - Indy Mini-Marathon**

Rebecca Norlander 2:09:09

Lisa Norlander 2:09:10

**5/22 – Stow Lake Stampede 5K**

77 Joseph Aubuchon 17:43

85 Jorn T. Jensen 17:53, 4th M50+

109 Gary Waggoner 18:23

111 Raymond Rodriguez 18:24 1st M60+

154 Chad Stessman 19:21

176 Joseph Barcellos 19:51

194 Kristina Park 20:22 2nd W50+

197 Norry McAllisteter 20:33

203 Nancy Eubanks 20:43

214 Brian Davis 20:52

228 Tom O'Connor 21:08

240 Robert Pickens 21:33

245 Heather Rohrer 21:46 (Wolfpack)

257 Missy Sudan 22:22

258 Ranjeet Sudan 22:23

275 Mike Krey 23:18

291 Marian Richard 24:04 6th W60+

321 Carol Bednar 26:06

323 Dalila Rodriguez 26:11

327 Catherine Frye 26:34

354 Neeraja Nambula 27:43

383 Jeffrey Justice 30:02

|                     |       |          |
|---------------------|-------|----------|
| 400 Robert Schmitt  | 31:59 | 2nd M80+ |
| 419 Donald Packwood | 36:17 | 5th M80+ |