



WVJS



VOL 51-#2 WEST VALLEY JOGGERS & STRIDERS December 2022

Upcoming Saturday Workouts

1/07	Farwell (3.54 miles)
1/14	8 x .66 mile relay (tennis court relays)
1/21	Short Six (5.74 miles)
1/28	5k on the track
2/04	4 x 1.46 mile WVC relay
2/11	Valle Vista (3.0 miles)
2/18	Valentine Relay
2/25	Triangle (4.76 miles)
3/04	Douglass (2.75 miles)
3/11	6 x 1600m relay
3/18	Farwell/H (4.68 miles)
3/25	8 x 1200m relay
4/01	Farwell (3.54 miles)
4/08	18 x .33 mile relay
4/15	Short Six (5.74 miles)
4/22	16 x 400m relay
4/29	One Mile on the Track
5/06	Valle Vista (3.0 miles)
5/13	Triangle (4.76 miles)
5/20	Step up/Step Down Relay
5/27	8 x .66 mile relay
6/03	Douglass (2.75 miles)
6/10	Farwell/H (4.68 miles)
6/17	12 x 800m relay
6/24	Farwell (3.54 miles)
7/01	All Courses Day

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

2023 PA-USATF Road Events

- 3/04 NorCal 10 Mile (1.0)
- 4/03 SacTown 10 Mile (1.0)
- 4/29 The Great Race 4.0 Mile (1.0)
- 5/07 Mile of Truth (2.0)
- 6/03 Stow Lake Stampede 5K (1.0)
- 7/04 Morgan Hill Freedom Fest 5K (1.0)
- 10/01 Urban Cow Half Marathon (1.0)
- 11/12 Clarksburg Half Marathon (1.0)
- 12/03 California International Marathon (1.0)
- 12/17 Christmas Relays (1.0)

2023 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
- 8/12 Track 800m
- 11/04 Track 3k
- 3/4 NorCal 10 Mile
- 4/2 SacTown 10 Mile
- 5/07 Mile of Truth- 5/7/23
- 7/04 Freedom Fest 5k
- 8/19 Santa Cruz XC
- 9/10 Golden Gate Park XC
- 10/1 Urban Cow Half Marathon
- 11/12 Clarksburg Half Marathon
- 12/03 California International Marathon

Miscellaneous Drivel

The parking fee at West Valley College is \$2 per day every day of the week from 7AM to 10PM. The Fall and Spring parking fees are \$50 each. The summer fee is \$20. The fine for parking without a permit is \$30.

Our Saturday workouts are the highlight for a lot of our runners. So, here are the highlights for the year for these workouts:

Joseph Aubuchon had the most individual wins for the year on our road runs with 12 wins. He hasn't had many recent wins because he likes to play basketball with his friends on Friday nights and that leaves him tired for our Saturday runs. Ray Rodriguez and Gary Waggoner are next in the win department at 4 wins each. Antoine Manens, Darren Strange, and Geoff Bradley are next with 2 wins each. Geoff Bradley, Ian Klassen, and Kristina Park complete the winners list with 1 win each. Incidentally, Kristina's son, a sophomore in high school, had a very good cross country season.

PRs (personal records) are rare for runners who have been running with the club. Dwayne Spencer has not been running with us for 10 years but he has been running with us for several years and he was able to run 6 PRs this year. Sergio Gonzalez had 4 PRs, Lynn Dai had 4 PRs, Radha Nambula had 4 PRs, Neeraja Nambula had 3 PRs, Joseph Aubuchon had 2 PRs, Darren Strange had 2 PRs, Ian Klassen had 1 PR, Ian Aubuchon had 1 PR, and Geoff Bradley had 1 PR.

We do keep track of age-group PRs because we keep track of 5-year PRs after a club runner reaches 40 years of age. This gives our older runners something to shoot for as they get older. And, there were many age-group PRs. Gary Waggoner had 8, Kristina Park and Paul Taylor had 4, John Huang, and Geoff Bradley had 3, Dwayne Spencer had 2, and George Lo, Joseph Aubuchon, Ken Camet, Robert Navarrete, Alvin Jackson, Roberto Palos, Dave McIntyre, and Norry McAllister had 1.

Ray Rodriguez now holds all of the club 60/64 records. And, we have had several outstanding 60+ runners in the club over the years.

One other item regarding course PRs. Some club members have doubled their PRs. That is, they have run double their PR while running as hard as they can. And, one unidentified club runner has quadrupled his/her PR while running at top effort.

We haven't seen much of Dave Norlander lately. He says that like many 80+ runners, he has a variety of ailments but can still run at 15:00+ per mile and hopes to soon do better.

We also have not seen much of Alvin Jackson. He is also okay and might even come out to a Thursday morning workout soon.

Tim Souza showed up for a Saturday workout last Saturday to visit with us. He is ready to start training so that he can begin one of his many comebacks. Tim was a very good runner in the past and if he trains for a while can become one of our better runners or at least climb into the top 50 percentile.

As most of you know, we have a club web page. If you haven't checked it out, take a look. **The address is:** <http://www.wvjs.org>



2022 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 2022 are:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Award</u>
John Mintz	5320	20	5340	Gold
Joseph Aubuchon	2125	780	2905	Silver
Jorn Jensen	2601	240	2841	Silver
Raymond Rodriguez	2632	120	2752	Silver
Tom Warfel	1611	1040	2651	Silver
Dwayne Spencer	1863	520	2383	Bronze
Ken Camet	1602	420	2022	Bronze
Norm Takeuchi	1869	0	1869	Bronze
Geoff Bradley	1220	580	1800	Bronze
Carol Bednar	1358	40	1398	Hon Mention
Jim Bordoni	695	350	1045	Hon Mention



2022 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 2022 standings:

A Division

Juan Rivera	200 (8)
Joseph Aubuchon	196 (8)
Jorn Jensen	193 (8)
Raymond Rodriguez	190 (8)
Gary Waggoner	183 (8)
Geoff Bradley	131 (6)
Chad Stessman	108 (5)
Barry Farrara	88 (4)
Scott Bang	83 (4)
Antoine Manens	70 (1)
Calvin Do	42 (2)
Darren Strange	42 (2)
Roberto Palos	42 (2)
Joseph Barcellos	40 (2)
Carolyn Wang	18 (1)
Dil Ibrahim	17 (1)

B Division

Kristina Park	200 (8)
Norry McAllister	195 (8)
Missy Sudan	190 (8)
Sergio Gonzalez	91 (4)
George Lo	73 (3)
Emanuel Lee	67 (3)
Dwayne Spencer	47 (2)
Robert Plumeau	44 (2)
Matt Kriege	43 (2)
John Huang	42 (1)
Dino Delyani	18 (1)

C Division

Nancy Eubanks	200 (8)
Brian Davis	197 (8)
Tom O'Connor	191 (8)
Robert Pickens	186 (8)
Ken Camet	182 (8)
Dalila Rodriguez	180 (8)
Robert Navarrete	174 (8)
Mike Krey	167 (8)
Becki Kriege	157 (7)
Radha Nambula	123 (5)

Aaron Lee	123 (5)
Norm Takeuchi	115 (6)
Ranjeet Sudan	106 (6)
Nhu Stessman	64 (3)
Dimitrios Stefanidis	22 (1)
Bob Kemp	22 (1)

D Division

Marian Richard	200 (8)
Catherine Frye	196 (8)
Carol Bednar	188 (8)
Paul Taylor	96 (4)
Jeff Bedolla	83 (4)
Jenny Gonzalez	75 (3)
Dave McIntyre	70 (3)
Todd Hayes	62 (3)
Tom Lockhart	50 (2)
Lan Aubuchon	46 (2)
Trent McLane	42 (2)
Danielle Zelinski	25 (1)
Des Knuckey	24 (1)
Mark Goldman	23 (1)
Scott Graham	21 (1)

E Division

Neeraja Nambula	200 (8)
Kat Powell	196 (8)
Jeff Justice	167 (7)
Danny Moon	148 (5)

F Division

Robert Schmitt	197 (8)
Don Packwood	158 (7)
Glenn Kishi	150 (6)
Wei Ti Liu	116 (5)
Lynn Dai	113 (5)
Dave Norlander	111 (5)
Alvin Jackson	82 (4)
Jim Bordoni	72 (3)
Neil Gelblum	70 (6)
Walt Van Zant	60 (3)
Mike Kolesnick	19 (1)

SATURDAY WORKOUT RESULTS

7/2/22 – 6 x 1600M Relay

<u>PI Team</u>	<u>Start</u>	<u>Splits</u>
1 Nanbula/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	-0-	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 for the following: 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 3rd run. 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.

7/9/22 – Short Six – 5.74M

1 Jorn Jensen	35:14
2 Gary Waggoner	36:25
3 Joseph Aubuchon	38:43
4 Adam Prince	40:03
5 George Lo	40:12
6 Geoff Bradley	40:44
7 Kristina Park	40:54
8 Robert Pickens	41:15
9 John Huang	43:53
10 Radha Nambula	44:27
11 Dimitrios Stefanidis	45:55
12 Ken Camet	45:55
13 Paul Taylor	50:31
14 Dave McIntyre	53:22
15 Neeraja Nambula	58:30
16 Willie Liu	69:18
17 Kat Powell	69:50
18 Bob Schmitt	73:56 * Got lost

Dick Barrett Trophy Winner – Bob Schmitt for persevering to find his way back

A warm morning to race this course with 75% humidity, Jorn Jensen took an early lead and held on for the win followed by Gary Waggoner who just missed his 55+ PR by 3 seconds. Kristina Park was the first woman in and Neeraja Nambula just missed her all time PR by 4 seconds. Dimitri Stefanidis ran this course for the first time in 17 years which placed him #46 on the 60-64 Top 50 list with help from Ken Camet running with him. Adam Prince made an appearance since running this course 3 years ago and did very well along with many more good performances by our group. Bob Schmitt one of our more senior runners (80+) had a great long run since he got a wee bit lost. We had a great cheering crowd of spectators Rich Hahn visiting from Leesburg, VA, Neeraja Nambula, Nancy Kirk, Willie Liu, Lynn Dai, Danny Moon plus our finish line crew Alvin Jackson and Don Packwood.

7/16/22 – 5K-#2 for 2022

		<u>5K Time #1 on 1/22/22</u>
1 Joseph Aubuchon	18:13.9	
2 Gary Waggoner	18:33.5	18:33.4
3 Kristina Park	20:25.0	
4 George Lo	20:31.9	20:33.7
5 Aaron Lee	21:12.9	21:11.5
6 John Huang	21:25.7	20:47.4
7 Neeraja Nambula	26:22	
8 Missy Sudan	22:43.8	
9 Matt Kriege	23:05.9	
10 Ranjeet Sudan	23:25.0	
11 Robt Navarette	24:05.2	
12 Mike Krey	24:06.5	23:09.5
13 Ian Klassen	24:15.6	
14 Caroline Wang	24:36.7	
15 Dave McIntyre	25:03.9	27:21.6
16 Paul Taylor	25:33.3	
17 Norm Takeuchi	26:08	
18 Kathy Wang	27:02.1	
19 Dino Delyani	27:39.2	
20 Todd Hayes	27:40.4	
21 Neeraja Nambula	28:22	
22 Geoff Justice	30:51.5	
23 Willie Liu	31:16	37:20.2
24 Kat Powell	34:18	33:39.9
25 Lynn Dai	37:15.1	31:54.9
26 Don Packwood	37:17.7	38:46.0
27 Jeff Bedolla	40:56.3	35:21.9
28 Alvin Jackson	43:52.3	42:15.3
29 Walt Van Zant	56:40.3	58:30.3

Dick Barrett Trophy Winner Joseph Aubuchon

Joseph Aubuchon started fast with a 5:37 opening mile and kept the same approximate lead the remainder of the race to get the win. Kristina Park led the ladies. Willie Liu had the biggest improvement of our entire group with a 6-minute improvement over his 1/22 run. Several runners showed up for the first time in a long while. Dino Delyani drove down from Seattle and ran a respectable 5K despite having a hamstring injury. Matt Kriege ran over from his condo on Saratoga Ave and was convinced by his mom to run a 5K despite his woeful lack of conditioning. Jeff Justice and Jeff Bedolla came out for the first time in several months.

7/23/22 – 3000M/1500M/800M Runs

	<u>3000M</u>	<u>2MEquiv</u>	<u>2021 Time</u>
1 Gary Waggoner	10:52*	11:44	11:02

2 George Lo	11:57*	12:54	
3 Kristina Park	12:04	13:01	11:43
4 Dwayne Spencer	12:44*	13:45	11:24
5 Aaron Lee	12:46*	13:47	12:19
6 John Huang	13:12*	14:15	
7 Ranjeet Sudan	13:26	14:30	
8 Hillary Gonzalez	14:08*	15:15	
9 Paul Taylor	14:43	15:53	
10 Jeannie Gonzalez	14:53*	16:04	
11 Radha Nambula	16:58	18:19	
12 Kat Powell	20:47*	22:26	19:17
13 Jeff Bedolla	21:55*	23:40	

* These 9 runners ran all 3 races.

	<u>1500M</u>	<u>1M Equiv</u>	<u>2021 Time</u>
1 Gary Waggoner	5:17	4:52	5:28
2 Scottt Bang	5:43	6:10	5:11
3 George Lo	5:46	6:13	
4 John Huang	5:52	6:20	
5 Dwayne Spencer	6:08	6:37	5:34
6 Aaron Lee	6:24	6:54	
7 Carolyn Wang	6:48	7:20	
8 Jeannie Gonzalez	7:07	7:41	
9 Miranda Yee	7:12	7:46	
10 Jim Bordoni	7:25 RW	8:00	
11 Hillary Gonzalez	7:44	8:21	
12 Kathy Gonzalez	7:45	8:22	
13 Sophia Gonzalez	7:56	8:34	
14 Lynn Dai	9:12	9:56	
15 Alvin Jackson	9:46	10:32	
16 Kat Powell	10:11	10:59	9:43
17 Jeff Bedolla	12:07	13:05	

Conversions were found at milesplit.com

	<u>800M</u>	<u>2021 Time</u>
1 Gary Waggoner	2:42	2:54
2 Radha Nambula	2:44	2:43
3 Kristina Park	2:45	2:43
4 George Lo	2:59	
5 Scott Bang	3:03	2:33
6 Aaron Lee	3:04	2:51
7 John Huang	3:07	
8 Dwayne Spencer	3:14	2:50
9 Hillary Gonzalez	3:17	
10 Miranda Yee	3:21	
11 Carolyn Wang	3:25	
12 Jeannie Gonzalez	3:33	
13 Kathy Wang	3:35	
14 Pavan Nambula	3:48	
15 Danny Moon	3:57	
16 Sophia Gonzalez	4:05	
17 Willie Liu	4:24	
16 Kat Powell	5:05	5:03
17 Lynn Dai	5:12	
18 Alvin Jackson	5:33	
19 Jeff Bedolla	6:19	

Dick Barrett Trophy Winner – Gary Waggoner

The best race of the day was the last race – the 800M. Gary, Radha, and Kristina were within a few feet of each other with 100 meters to go and Gary had the best kick to get the win. Gary deserves special mention. He showed up late and mentioned that since he did not have an opportunity to warm up that he would loaf this morning. He then made a pig of himself by winning all 3 races with just a short rest in between runs.

Valle Vista – 7/30/22

1 Ray Rodriguez	17:47 PR
2 Gary Waggoner	17:53
3 Geoff Bradley	19:25
4 Roberto Palos	19:26
5 Sergio Gonzalez	20:02
6 Scott Bang	21:10
7 Radha Nambula	21:15
8 Dwayne Spencer	21:36
9 Ken Camet	21:38
10 Missy Sudan	22:09
11 Robert Navarrete	23:11
12 Mike Krey	23:54
13 Bob Kemp	24:06
14 Jenny Gonzalez	24:39
15 Dave McIntyre	25:07
16 Kathy Wang	25:35
17 Paul Taylor	25:36
18 Carolyn Wang	25:40
19 Catherine Frye	26:04
20 Hillary Gonzalez	26:34
21 Willie Liu	33:13
22 Kat Powell	35:29
23 Jeff Bedolla	37:09
24 Lynn Dai	40:27
25 Alvin Jackson	44:45
Bob Schmitt	Got lost

Dick Barrett Trophy Winner – Ray Rodriguez

Good race for first place between Ray and Gary this morning. Ray got out to a good start on the opening uphill mile and held approximately the same lead through the remainder of the race. Ray broke the course 60+ record held by Bill Dunn by 36 seconds. Ray now holds all of the 60+ course records, most of them by significant margins. Gary improved his 55+ best by 14 seconds. That moved him to #6 on the 55+ list. Sergio PRd by one second. Radha showed that he is starting to get to his old self as he slowly recovers from an injury. He was only 22 seconds over his PR.

8/6/22 – 800s on the Track

<u>Heat #1 (Est Sub-3:00 Runners)</u>	<u>2022 time</u>	<u>2021 time</u>
1 Joseph Aubuchon	2:24.2	2:19.4
2 Jorn Jensen	2:28.0	
3 Geoff Bradley	2:35.4	2:31.6
4 Gary Waggoner	2:37.0	
5 Radha Nambula	2:38.4	2:35.3
6 Scott Bang	2:43.1	2:31.2
7 Norry McAllister	2:44.1	2:49.3
8 Ken Camet	3:01.4	2:58.7

Heat #2 – (Est 3:00/3:45 Runners)

1 Matt Kriege	2:54.0	2:41.7
2 Ian Klassen	3:01.6	
3 Carolyn Wang	3:02.4	
4 ? Pawan	3:07.7	
5 Miranda Yee	3:08.5	
6 Mike Krey	3:11.6	
7 Dave McIntyre	3:16.9	
8 Bob Kemp	3:18.5	
9 Paul Taylor	3:24.4	
10 Luke Aubuchon	3:30.3	
11 Lan Aubuchon	3:46.3	

Heat #3 – (Est 3:46+ Runners)

1 Anne Aubuchon	4:00.3	
2 Alvin Jackson	4:07.5	4:02.1
3 Jude Aubuchon	4:12.3	

4 Bob Schmitt	4:14.7	
5 Neil Gelblum	4:17.3	4:09.3
6 Lynn Dai	4:18.6	
7 Kat Powell	4:37.6	4:36.1
8 Jeff Bedolla	4:42.6	4:30.1
9 Dave Norlander	5:53.7	6:17.x

Early Runners

Norm Takeuchi	3:37	
Neeraja Nambula	3:53.x	4:12.5
Danny Moon	3:57	
Willie Liu	4:23.x	

Dick Barrett Trophy Winner – Anne Aubuchon

Timers: Walt, Madelyn & Danny, Neeraja, and Willie

Joseph Aubuchon, despite playing basketball for a couple of hours last night, opened his first lap with a 71 and kept running hard to hold off Jorn for the win in heat #1. Jorn then with just a short rest won the next 2 heats with times of 2:40 and 2:44. Young Anne Aubuchon, a potential super star in high school a few years down the road, held off Alvin in an exciting 3rd heat to win the weekly trophy. Radha Nambula continued his recent improvement in running times. Norry McAllister just returned from his lengthy stay in the United Kingdom by running a respectable 800 time for a 65+ runner.

8/13/22 – Triangle – 4.76M

1 Gary Waggoner	29:17	
2 Jorn Jensen	30:04	
3 Roberto Palos	30:41	
4 Joseph Aubuchon	31:08	
5 Sergio Gonzalez	32:20 PR	
6 Darren Strange	32:36 PR	
7 Kristina Park	32:46	
8 Norry McAllister	33:17	
9 Scott Bang	33:25	
10 Radha Nambula	33:55 PR	
11 Missy Sudan	35:38	
12 Fahma Machado	36:22	
13 Ranjeet Sudan	36:38	
14 Robert Navarrete	37:22	
15 Jenny Gonzalez	38:53	
16 Ian Klassen	39:17 PR	
17 Dave McIntyre	40:26	
18 Carolyn Wang	43:45	
19 Neeraja Nambula	46:30	
20 Miranda Yee	49:31	
21 Neil Gelblum	53:20	
22 Willie Liu	53:51	
23 Lynn Dai	62:33	

Dick Barrett Trophy Winner – Radha Nambula

There were several very good performances this morning. Radha completed a long-term recovery from an injury by running a rare (for runners who have been around for awhile) all-time PR. But, others also joined the PR parade. Sergio Gonzalez PRd by 33 seconds, Darren Strange improved his PR by 46 seconds, and Ian Klassen had a 5-minute PR. Dave McIntyre bettered his 60+ best by 7 minutes. Gary Waggoner won the race and edged by his 55+ best by 3 seconds. Joseph Aubuchon played basketball last night and again paid the price with a weak performance this morning. Thanks to Willie Liu, Danny Moon, and Neeraja Nambula for their help at the finish line.

8/20/22 Mile on the Track

Heat #1 - Kids

1 Mya Strange	7:05.7
2 Luke Aubuchon	7:29.7 *
3 Jonah Strange	7:31.1
4 Shreyes Nambula	7:53.5
5 Ella Klassen	8:53.6
6 Simon Klassen	9:01.6
7 Jude Aubuchon	9:09.5 *
8 Sahastra Nambula	9:17.3

Heat #2 – Estimated sub-6:15 Runners

1 Joseph Aubuchon	5:17.1
2 Sergio Gonzalez	5:44.3
3 Darren Strange	5:51.3
4 Norry McAllister	5:55.4 *
5 Dwayne Spencer	5:58.8 *
6 Radha Nambula	6:07.8 *

Heat #3 – Estimated 6:15+ Runners

1 Joseph Aubuchon	6:22.8
2 Dwayne Spencer	6:40.4 *
3 Carolyn Wang	6:49.5
4 Ian Klassen	6:50.8 *
5 Mike Krey	6:51.8
6 Norry McAllister	6:52.8
7 Jenny Gonzalez	7:11.2
8 Paul Taylor	7:29.7 *
9 Miranda Yee	7:31.3
10 Lan Aubuchon	7:52.1
11 Todd Hayes	8:04.0
12 Becki Kriege	8:05.2
13 Radha Nambula	9:02.8
14 Willie Liu	9:30.0
15 Lynn Dai	9:48.8
16 Dave Norlander	12:20.7

Early Runners

1 Neil Gelblum	9:30.0
2 Walt Van Zant	17:53.9

* = Ran the mile on 5/14/22 and bettered their time today.

Fairly good crowd this morning with Mya Strange taking home the weekly trophy as she led all of the kids. 8 of the runners who ran the mile on 5/14/22 bettered their times this morning. Joseph Aubuchon ran well despite having played basketball last night. Dwayne Spencer was very happy to crack the 6-minute barrier. Radha did not break 6 minutes but continued to improve. Dave Norlander was disappointed that he missed his PW.

8/27/22 – Dou/Sar/Frtvle – 2.75M

1 Gary Waggoner	16:22
2 Joseph Aubuchon	16:57
3 Dwayne Spencer	17:28
4 John Huang	17:48
5 Darren Strange	17:58
6 Scott Bang	18:29
7 Radha Nambula	19:08
8 Norry McAllister	19:08
9 Robert Navarrete	21:01
10 Paul Taylor	22:09
11 Dave McIntyre	22:21

12 Mya Strange	23:29
13 Neeraja Nambula	25:32 PR-5 sec
14 Neil Gelblum	27:46
15 Jeff Bordola	31:14
16 Kat Powell	32:09
17 Dave Norlander	37:39
18 Walt Van Zant	54:45

Dick Barrett Trophy Winner – Neeraja Nambula

Thank you to those that helped with timing.

9/3/22 – 16 x 400M

PI Team	Start
1 Liu/Palos	:45 2:54- 4:16- 6:26- 7:47-10:03-11:26-13:41-15:03-17:23-18:47-21:13-22:34-24:57-26:21-28:42-30:02
2 Bedolla-McAllister	- 0- 2:13- 3:41- 5:59- 7:27- 9:50-11:18-13:41-15:08-17:35-19:04-21:33-22:59-25:31-26:58-29:28-30:46
3 Knuckey/Pickens	5:45 7:36- 9:00-10:54-12:24-14:17-15:49-17:41-19-14-21:08-22:40-24:35-26:07-28:01-29:32-31:22-32:51
4 Powell/Bradley	3:00 5:31- 7:02- 9:23-10:50-13:11-14:39-17:02-18:25-20:48-22:15-24:36-25:57-28:23-29:52-32:23-33:42
5 Hayes/Bang	8:30 10:14-11:50-13:42-15:20-17:10-18:46-20:38-22:14-24:05-25:43-27:34-29:10-31:01-32:35-34:21-35:39
6 Krey/Machado	8:30 10:11-11:39-13:23-14:55-16:36-18:11-19:53-21:28- 23:08-24:44-26:25-27:59-29:41-31:16-32:56-34:31
7 Sa Nambula-Spencer	7:15 9:19-10:50-12:52-14:24-16:42-18:12-20:34-22:04-35-26:00-28:30-30:02-32:36-34:05-35:59-37:26
Paul Taylor	1:44- 1:50- 1:47- 1:49- 1:45- 1:44-1:46- 1:40

Dick Barrett Trophy Winner – Roberto Palos

All runners predicted their own times and, not surprisingly, most predicted times slower than their actual times. The fastest runners (those who averaged under 6:00 per mile pace) included Roberto, Geoff, Norry, and Dwayne). Fatima led the ladies with a 93.7 average per run. Kat had a good day (she is getting ready to run a marathon). Des Knuckey made his first appearance in a long time and ran very well. Paul Taylor did not have a teammate and, so, he started each of his runs with Todd Hayes.

9/5/22 – 50th annual Shettler Handicap Race

PI	Runner	Start	Finish	Actual	Self Predict	Delta off
1	Jeff Bedolla	8:00	42:04.0	34:04.0	34:00	0:04.0
2	J Aubuchon	24:30	42:07.0	17:37.0	17:45	-0:08.0
3	Kristina Park	22:30	42:30.0	20:00.0	21:30	-1:30.0
4	D Spencer	23:30	42:44.0	19:14.0	19:45	-0:31.0
5	Brian Conroy	18:30	42:59.0	24:29.0	24:06	0:23.0
6	No McAllister	22:30	43:00.0	20:30.0		
7	Ranjeet Sudan	20:15	43:05.0	22:50.0	22:00	0:50.0
8	Roberto Palos	24:00	43:06.0	19:06.0	21:00	-1:54.0
9	David McIntyre	19:00	43:18.0	24:18.0	24:08	0:10.0
10	I Mohammed	18:30	43:19.0	24:49.0	30:00	-5:11.0
11	Scott Bang	22:30	43:24.0	20:54.0	20:19	0:35.0
12	L Aubuchon	17:00	43:31.0	26:31.0	26:30	0:01.0

13 N Nambula	15:00	43:40.0	28:40.0	28:00	0:40.0
14 Alvin Jackson	0:00	43:59.0	43:59.0	38:00	5:59.0
15 Geoff Bradley	23:30	44:20.0	20:50.0	19:59	0:51.0
16 R Nambula	22:00	44:42.0	22:42.0	21:00	1:42.0
17 Kat Powell	10:00	44:57.0	34:57.0	33:01	1:56.0
18 Jeff Justice	13:00	45:04.0	32:04.0	29:30	2:34.0
19 Willie Liu	11:00	46:19.0	35:19.0	32:00	3:19.0
20 D Norlander	9:00	51:41.0	42:41.0	42:00	0:41.0

Jeff held off a quickly closing Joseph coming in on the home stretch to score a win. Well done Jeff! Although Jeff may want to scroll down to the bottom of the results sheet to see what happens to another former winner (sorry Dave Norlander!). Lan Aubuchon took home the award for the closest predicted time (with a little help from her husband). Lan ran within one second of her predicted time. Kristina was our fastest woman of the day despite traveling to Vacaville the day before to run a difficult cross country course. Joseph recorded the fastest time of the day in 17:37.

9/10/22 – Farwell / Horseshoe – 4.68M

1 Gary Waggoner	28:26
2 Dwayne Spencer	29:35 PR
3 Antoine Manens	30:24
4 Scott Bang	32:04
5 Geoff Bradley	33:29
6 Radha Nambula	33:44
7 Norry McAllister	36:28
8 Ian Klassen	37:47
9 Robert Pickens	37:56
10 Jenny Gonzalez	38:27
11 Paul Taylor	38:53 PR 65+
12 Dave McIntyre	40:00
13 Todd Hayes	43:25
14 Kayla Jung	49:51
15 Lynn Dai	52:05 PR
16 Willie Liu	53:57
17 Jeff Bedolla	54:06
18 Kat Powell	58:44

Walter Van Zant WVJS President Club Trophy Winner – Dwayne Spencer

A warm morning to race this course with 75% humidity, Gary Waggoner, Dwayne Spencer and Antoine Manens were the early lead pack until Gary Waggoner pulled away for the win who just missed his 55+ PR by 15 seconds. Dwayne Spencer finished with an all-time PR by 14 seconds moving him to 15th on the 55+ list followed by Antoine Manens (new club member) who ran well. Jenny Gonzalez was our first women in with a great finish. Lynn Dai had a 9 minute 35 second PR since starting cross country at Saratoga High School and Paul Taylor ran a 49 second 65+ PR

9/17/22 – 5 x 0.54M Tennis Court Loop Relay

PI Team	Start	1	2	3	4	5	6
7 8 9 10							
1 McIntyre / Waggoner	10:00	14:33-17:45-21:59-25:10-29:13-32:21-36:16-39:23-43:08-46:15					
2 Hayes / Kemp	8:00	12:08-16:21-20:33-24:35-28:45-32:40-36:47-40:40-44:42-48:24					
3 Liu / McAllister	6:00	11:11-14:36-19:48-23:21-28:52-32:11-37:55-41:27-47:23-50:58					

4 Norlander / Navarrete -0- 7:09-11:06-17:46-21:29-28:23-32:12-38:59-42:57-49:48-53:29
 5 Yee / Powell 5:00 8:59-14:41-18:38-24:19-29:18-35:48-39:52-45:22-49:29-54:47
 6 Wang C / Wang K 7:30 11:52-16:37-20:45-25:00-29:05-33:07-37:02-41:11-45:11
 7 Jain / Dai / Krey 7:30 12:07-18:06-22:44-28:41-33:14-37:08-41:34-45:36

Walter Van Zant President Club Trophy Winner –The Hayes and Kemp Team

A good time was had by all seven teams mixed and matched with only 5 teams completing all ten legs. The workout was revised to 5 x .54 mile loops which was close to 4 x .66 mile loops due to construction cutting off part of our .66 mile course. Our handicaps were a wee bit off so everyone appeared to have run very well. Gary Waggoner had the men's fastest 5 splits averaging 3:09 and Miranda Yee had the women's fastest 5 splits averaging 4:02 with Carolyn Wang right behind her with 4:06 average. Mike Krey was pulled in to sub for Lynn Dai not realizing she had only run 2 loops, Saachi Jain though she was finished on her 4th loop and Kathy Wang had to leave for a Saturday school class.

9/25/22 – Farwell – 3.54M

1 Antoine Manens 22:12.1
 2 Dwayne Spencer 22:18.6 PR All Time
 3 Geoff Bradley 23:54.8
 4 Norry McAllister 23:59.6 PR 65+
 5 Radha Nambula 24:34.6
 6 Robert Navarrete 27:34.6
 7 Mike Krey 27:58.6
 8 Robert Pickens 28:20.1
 9 Paul Taylor 29:20.6 PR 65+
 10 Todd Hayes 31:21.5
 11 Dil Ibrahim 31:47.6
 12 Willie Liu 38:57.2
 13 Jeff Bedolla 39:56.4
 14 Kat Powell 41:28.4
 15 Lynn Dai 50:03.7

Walter Van Zant WVJS President Club Trophy Winner – Dwayne Spencer

The day was perfect weather for racing, Antoine Manens new 45+ club member won by out sprinting Dwayne Spencer who ran an all time PR by 16 seconds placing him 20th on the 55-59 list. Geoff Bradley help pull Norry McAllister to a 65+ PR improving his time by 6 seconds moving him to 2nd on the 65+ list just 7 seconds from Bill Dunn. Radha Nambula just missed his all time PR by one second while Paul Taylor had a 20 second 65+ PR. New club member Dil Ibrahim who ran a bit extra was our first women finisher.

10/1/22 – 12 x 600 Meter Relay

PI Team	Start	1	2	3	4	5	6
1 Liu / Menens	1:00	5:14-	11:20-	17:31-	23:15-	28:57-	34:52
2 Hisham, M / Park	8:30	12:48-	17:13-	21:40-	26:17-	30:40-	35:00
3 Dai / Sudan	-0-	5:57-	12:00-	18:03-	24:01-	30:06-	36:00
4 Sudan / Gonzalez, S	8:30	13:07-	17:51-	22:38-	27:18-	31:59-	36:31
5 Krey / Pickens	7:00	12:05-	17:13-	22:23-	27:23-	32:32-	37:33

6 Hayes / Conroy 4:00 9:31- 15:22- 21:07- 26:57- 32:39- 38:03
 7 Knuckey / McAllister 7:00 12:08- 17:26- 22:48- 28:09- 33:28- 38:30
 8 Nambula, S /Gonzalez, J 4:30 10:07- 15:49- 21:48- 27:27- 33:13- 38:46
 9 Bedolla / Nambula, R 4:00 9:53- 15:41- 21:38- 27:35- 33:32- 39:16

Walter Van Zant President Club Trophy Winner –The Conroy and Hayes Team

A good time was had by 9 teams completing all six legs. Antoine Menens had the men's fastest 6 splits averaging 1:56.3 followed by Sergio Gonzalez averageing 2:05.6, Radha Nambula who averaged 2:09.3. and fastest women was Kristina Park averaging 2:11.8. There were many good performance with this group of 18 runners.

10/8/22 – Short Six – 5.74M

1 Gary Waggoner 35:28
 2 Antoine Manens 36:04
 3 Dwayne Spencer 37:48
 4 Hisham Mohammed 40:33
 5 Norry McAllister 40:38
 6 Scott Bang 42:59
 7 George Lo 44:08
 8 Dil Ibrahim 45:24
 9 Slim Pickens 45:52
 10 Dave McIntyre 50:01
 11 Neeraja Nambula 56:59 PR
 12 Jim Bordoni 64:08
 13 Jeff Bedolla 69:34
 14 Sana Mohammed 69:42
 15 Willie Liu 69.9?
 16 Kat Powell 74.3?

Walt Van Zant Trophy Winner – Gary Waggoner

Gary and Antoine ran together until Gary began to pull away and eventually won by about 200 meters. Gary's time put him #3 on the all-time 55+ list. Dwayne Spencer improved his 55+ PR by 27 seconds. Neeraja Nambula improved her all-time PR by 90 seconds.

10/15/22 – 4 x 1.38M WVC Loop Relay

PI Team	1	2	3	4
1 Aubuchon/Palos	8:57	18:23	28:21	36:56
2 Ibrahim/McAllister	10:00	19:00	29:25	38:02
3 Kemp/Park	10:23	19:22	29:37	38:31
4 Lawson/Spencer	11:03	19:40	30:58	39:25
5 Pickens/Camet	10:14	20:53	31:27	41:29
6 Krey/J.Gonzalez	10:29	21:08	31:51	42:35
7 R.Nambula/Liu	8:56	22:49	32:22	46:47
8 Powell/Waggoner	16:56	25:13	40:40	48:45

Van Zant Trophy Winner – Roberto Palos

Due to campus construction, we were not able to run our typical 1.46-mile campus loop relay. So, we ran the same 1.38-mile loop that we ran in January of this year. And, since it appeared that it would take too long to set the ratings prior to the workout on race day, we started all of the teams at the same time. This produced wide discrepancies in the finish times and an easy victory for the Palos team. Gary Waggoner, who has been running very well lately, led all of

the guys with a time of 16:22. He was followed by Dwayne Spencer at 17:04 and ancient Norry at 17:37. Kristina led the ladies at 17:53. She was followed by Dil Ibrahim at 20:25 and Jenny Gonzalez at 21:23. Mark Goldman ran with us for the first time in a long time as he has been unable to run due to an injury.

22:27- 30:18- 35:09- 38:54- 40:11
6 Powell / Bedolla -0- 8:03 11:04- 16:37-
23:07- 30:44- 35:33- 39:07- 40:34

10/22/22 – Valle Vista – 3.0 Miles

- 1 Joseph Aubuchon 17:43
- 2 Gary Waggoner 17:50 PR 55-59 3 sec
- 3 Dwayne Spencer 18:32 PR all time 17 sec
- 4 Darren Strange 19:30
- 5 Roberto Palos 19:37
- 6 Geoff Bradley 20:06
- 7 Kristina Park 20:10
- 8 Scott Bang 20:20
- 9 Norry McAllister 20:40
- 10 Radha Nambula 20:48 PR all time 5 sec
- 11 Ian Klassen 22:02
- 12 Ken Camet 22:05
- 13 Fatma Machado 22:16
- 14 Dil Ibrahim 22:40 17th on 40-44
- 15 Bob Kemp 23:12
- 16 Robert Navarrete 23:24
- 17 Jenny Gonzalez 23:55 Tied PR; 21st on 40-44
- 18 Robert Pickens 24:18
- 19 Mya Strange 25:20
- 20 Lan Aubuchon 25:34 PR all time 93 sec
- 21 Hank Lawson 25:35
- 22 Paul Taylor 25:48
- 23 Des Knuckey 26:56
- 24 Mark Goldman 28:20
- 25 Lynn Dai 32:47 PR all time 7 min 11 sec
- 26 Willie Liu 32:52
- 27 Nancy Kirk 34:30
- 28 Don Packwood 47:09

Walter Van Zant WVJS President Club Trophy Winner – Radha Nambula

This was a perfect day to run this course, Joseph Aubuchon pulled away from Gary Waggoner to take the win which helped Gary to a 3 second PR for 55-56 group. Dwayne Spencer scored another PR by 17 seconds moving him to 14th on the 55-56 group, this is his 4th all time PR in the last 4 road courses in a row. Radha Nambula had a 5 second all time PR, Dil Ibrahim ran this course for the first time finishing 17th on the 40-44 group, Jenny Gonzalez tied her PR moving to 21st on 40-44 group, and Lynn Dai ran with Willie Liu and she finished with a huge PR of 7 Minutes and 11 seconds. An exciting finish was Lan Aubuchon who ran this course last on September 2010 (12 years ago) finished with a 93 second PR smoking past Hank Lawson at the last second....whoosh, a victory for Lan.

10/29/22 – Step Up & Down Relay

PI Team	Start	1
2	3	4
5	6	7
8		
1 Krey / McAllister	3:30	5:11- 8:22- 13:57- 20:18- 27:47- 32:33- 35:54- 37:09
2 Goldman / AuBuchon, J	2:00	4:07- 6:56- 13:33- 19:02- 27:51- 31:54- 36:12- 37:22
3 Nambula, N / Machado	-0-	5:39- 8:31- 14:59- 20:52- 29:36- 33:55- 38:05- 39:24
4 Nambula, S / Nambula, R	-0-	8:03- 11:03- 16:25- 22:39- 29:55- 34:50- 38:14- 39:36
5 AuBuchon, L / Camet	-0-	7:02- 10:27- 16:14-

Walter Van Zant Trophy Winner – First place team Mike Krey & Norry McAllister

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 1, then 4 came who were not on the list which allow us to make a change with Willie Liu running on his own along side of Jeff Bedolla. Fatima Machado had the best woman's time and Joesph AuBuchon had the best men's time running a 70 second last 400m passing 3 runners in pursuit of Norry McAllister who smoked a 75 second 400m finishing his team in 1st place (it was the shoes). There were lots of great performances from everyone. On one relay leg, Sahasra pasted 2 guys in the last 40 meters very cool.

11/5/22 – Triangle Run – 4.76M

- 1 Antoine Manens 28:40
- 2 Dwayne Spencer 30:21 PR by 63 seconds
- 3 Roberto Palos 30:27 55+ best by 4 sec
- 4 Joseph Aubuchon 31:34
- 5 Geof Bradley 32:09
- 6 Darren Strange 32:17 PR by 19 sec
- 7 Scott Bang 33:24
- 8 Heather Rohrer 33:31
- 9 Radha Nambula 34:08
- 10 Kristina Park 36:15
- 11 Missy Sudan 36:24
- 12 Bob Kemp 37:04
- 12 Ken Camet 37:04
- 14 Slim Pickens 39:38
- 15 Neeraja Nambula 45:49
- 16 Todd Hayes 46:41
- 17 Lynn Dai 55:29
- 18 Jeff Bedolla 55:50
- 19 Kat Powell 61:41

Van Zant Trophy Winner – Antoine Manens

Antoine scored his 2nd individual win in recent weeks this morning by a wide margin. Dwayne Spencer also ran another all-time PR by 63 seconds and Darren Strange PRd by 19 seconds. Thanks to Danny Moon and Chris Blue for helping at the finish line. vv

11/12/22 – 3000 Meters on Track

		7/23/22	7/24/21	3/12/21
1 Joseph AuBuchon	10:24 PR	11:01		
2 Gary Waggoner	10:45 PR	10:52	11:02	11:06
3 Geoff Bradley	11:02 PR			13:21
4 Dwayne Spencer	11:11 PR	12:44	11:24	11:40
5 Darren Strange	11:52			
6 Norry McAllister	11:55			11:34
7 Kristina Park	11:57	12:04	11:23	11:39
8 Radha Nambula	12:03 PR	16:58		12:38
9 Scott Bang	12:04			
10 Heather Rohrer	12:43			12:05
11 Missy Sudan	13:00			12:08
12 Becki Kriege	13:00			
13 Ken Camet	13:06		12:33	

14 Danielle Zelinski	13:22	
15 Dimitri Stefanidis	13:29	
16 Mike Krey	13:41	13:40
17 Robert Navarrete	13:57	13:21
18 Brian Conroy	14:16	
19 Shreyas Nambula	15:20	
20 Des Knuckey	15:58	15:41
21 Sahasra Nambula	16:08	
22 Norm Takeuchi	16:08	14:37
23 Neeraja Nambula	16:31	
24 Mark Goldman	16:33	
25 Nagesh Saldi	17:19	
26 Jeff Justice	18:05	
27 Willie Liu	18:14	18:58
28 Lynn Dai	18:25	
29 Jeff Bedolla	19:13 PR	21:55
30 Walter Van Zant	36:35	30:54

Walter Van Zant WVJS President Club Trophy Winner – Joseph AuBuchon

This was a cold morning for the 3000 meter race for this larger group of runners. Joseph Aubuchon won after pulling away from Gary Waggoner, Geoff Bradley and Dwayne Spencer which helped Gary Waggoner to a 7 second PR. Dwayne Spencer had another PR by 13 seconds and Radha Nambula had a 13 second PR. Kristina Park lead the ladies field of eight runners two visiting from Washington, Heather Rohrer and Danielle Zelinski. On the second heat Gary Waggoner paced Neeraja to a 16:31 and Nagesh Saldi paced Lynn Dai to a 18:25. There were many great performances for this 3000 Meter run. Thanks to our finish line crew for a great job!

11/19/22 – Dou/Sar/Frtvle – 2.75 Miles

1 Darren Strange	18:13	
2 Norry McAllister	18:31	
3 Radha Nambula	18:51	
4 Becki Kriege	20:34	55+ PR
5 Carolyn Wang	21:32	
6 Hank Lawson	22:19	
7 Robert Pickens	22:25	
8 Miranda Yee	22:37	
9 Kathy Wang	22:44	
10 Trent McLane	23:08	
11 Mark Goldman	25:29	
12 Paul Taylor	28:28	
13 Bob Schmitt	28:50	
14 Willie Liu	29:01	
15 Lynn Dai	29:30	All time PR by 2:49
16 Jeff Bedolla	29:45	
17 Neil Gelblum	30:23	
18 Kat Powell	31:51	
19 Bob Lord	37:08	

Walter Van Zant WVJS President Club (Phantom) Trophy Winner – Carolyn Wang

This was a very cold morning for Douglas 2.75 mile race with an unexpected large group of runners, most of whom showed up in the last 15 minutes before starting. Darren Strange took off like he was shot out of a cannon, then hung on for the win over Norry McAllister and Radha Nambula who both had their sites set on Darren. Becki Kriege who is making a comeback had a 55+ PR. She was followed by Carolyn Wang, Miranda Yee, Kathy Wang and Lynn Dai, who had a huge PR, just having finished their Saratoga High School Cross Country season. We had several good performances for this cold

morning with appearances from Bob Lord, Bob Schmitt and Trent McLean who have not run with us for a while.

11/26/22 – 12 x 800 Meter Relay

PI Team	Start	1	2	3	4								
	5	6	7	8	9	10	11	12					
1 Krey / Nambula, R	3:30	7:21	10:25	14:08	17:16	20:55	24:06	27:40	30:50	34:21	37:31	41:02	44:12
2 AuBuchon, L / Strange	2:30	6:29	9:19	13:36	16:31	20:45	23:44	27:36	30:34	34:38	37:48	41:46	44:43
3 Lui / Bradley	-0-	4:32	7:32	12:02	14:55	19:32	22:20	27:02	29:52	34:44	37:30	42:14	44:57
4 Goldman / Jensen, C	2:00	6:26	9:27	13:49	16:51	21:09	24:01	28:22	31:20	35:39	38:24	42:33	45:19
5 Gelblum / Bang	-0-	4:39	7:49	12:27	15:34	20:11	23:10	27:44	30:40	35:18	38:21	42:54	45:55
6 Dai / AuBuchon, J	1:30	6:11	8:59	13:35	16:15	20:54	23:30	28:16	30:56	35:49	38:26	43:28	46:03
7 Nambula, N / McAllister	3:00	7:01	10:13	14:19	17:30	21:39	24:48	28:58	32:05	36:14	39:16	43:23	46:14
8 Stefanidis / Camet	4:30	8:01	11:40	15:11	18:38	22:10	25:38	29:09	32:40	36:08	39:37	43:06	46:23
9 Bedolla / Palos	-0-	4:49	7:34	12:30	15:20	20:13	23:01	28:01	30:51	35:54	38:45	43:49	46:42
10 Powell / Pickens	-0-	4:59	8:20	13:35	16:46	22:10	25:21	30:45	34:01	39:26	42:36	48:00	51:03

Walter Van Zant President Club Trophy Winner –The Radha Nambula and Mike Krey Team

A cold morning start for all until the sun broke through. Seven teams had signed up prior to Saturday which made it easier and much faster to start the relays. All teams were self rated except for teams 5, 9 and 10 which were rated on the spot. Lan AuBuchon had the women's fastest time with her hubby Joesph AuBuchon had the overall fastest times. There were many great times for this fast pace relay with some surprises.

12/3/22 – Farwell / Horseshoe – 4.68M

1 Geoff Bradley	30:20
2 Radha Nambula	33:19
3 Scott Bang	34:30
4 Missy Sudan	34:38
5 Ian Klassen	35:51 PR 116 sec
6 Robert Navarrete	36:47
7 Robert Pickens	37:28
8 Catherine Frye	40:17
9 Todd Hayes	45:14
10 Neil Gelblum	54:24
11 Willie Liu	55:43

Walter Van Zant WVJS President Club Trophy Winner – Geoff Bradley

A cold rainy morning to race this course where only the brave dare to come out for this workout. Geoff Bradley took an early lead with Scott Bang hot on his heels until Scott's hamstring grabbed him almost to a crawl as he watched Geoff pull away for the win. Ian Klassen had an all time PR by 1 minute 56 seconds while Radha Nambula missed his all-time PR by 9 seconds. Everyone really ran well in these conditions

12/10/22–Douglas (2.75M) & Farwell Courses (3.54M)

Geoff Bradley	20:21	Douglas – 2.75M
Carolyn Wang	21:36	Douglas – 2.75M
Ken Camet	22:24	Douglas – 2.75M
Willie Liu	33:01	Douglas – 2.75M
Neeraja Nambula	35:03	Farwell – 3.54M

Dick Barrett Trophy Winner – Willie Liu

We were going to run a relay this morning but it was raining so hard that all decided to run a road run and get out of here and go to breakfast. Thanks to Danny Moon and Chris Blue as they braved the rain to get your times.

12/17/22 – Farwell – 3.54M

1 Darren Strange	24:58.6
2 Scott Bang	28:45.1
2 Norry McAllister	28:45.1
2 Kristina Park	28:45.1
5 Carolyn Wang	29:40.3
6 Geoff Bradley	30:07.6
6 Dwayne Spencer	30:07.6
8 Paul Taylor	30:40.8
9 Slim Pickens	32:56.9
10 Dave McIntyre	34:14.7
11 Danny Moon	35:09.1
12 Bob Schmitt	36:14.9
13 Lynn Dai	41:13.3
14 Kat Powell	41:46.7
15 Jeff Bedolla	42:44.9
16 Mike Kolesnik	46:01.0
17 Don Packwood	52:59.2 RW

Van Zant Trophy Winner – Darren Strange

Another cold Saturday (36 degrees) and many of the runners were loafing as they had the Lake Merced Relay to run tomorrow. So, we had no PRs. Darren got his second individual Saturday win. Danny ran this course for the 1st time as a 75+ runner, recording the 8th best-ever time for that age group. Mike Kolesnik ran with us for the first time in many years and unfortunately missed the turnoff onto Douglas from Saratoga Ave and ran all of the way down to Fruitvale Ave before making his turn. He is not the only club member who has made this mistake.

12/24/22 – Short Six – 5.74M

1 Joseph Aubuchon	35:44
2 Geoff Bradley	36:18 50+PR
3 Dwayne Spencer	36:32 PR
4 Roberto Palos	37:32
5 Darren Strange	39:29
6 Chris Jensen	40:44
7 Norry McAllister	40:48
8 Radha Nambula	41:50 PR by 39 sec
9 Heather Rohrer	42:25
10 Kristina Park	44:13
10 Missy Sudan	44:13
12 Carolyn Wang	46:15

13 Paul Taylor	49:24 65+ PR
14 Slim Pickens	51:06
14 Ken Camet	51:06
16 Mya Strange	52:18
17 Mike Krey	53:05
18 Mark Goldman	56:31
19 Todd Hayes	59:15
20 Danny Moon	78:28
20 Lynn Dai	78:28

Club Trophy Winner – Joseph Aubuchon

Joseph took home the weekly trophy for leading all of the runners. Geoff Bradley broke his 50+ PR by 18 seconds, Norry moved to #3 on the 65+ list, and Paul Taylor improved his 65+ best by 17 seconds.

12/31/22 & 1/1/23 All Courses Day

Dou/Sar/Fruitvale - 2.75 Miles

1 Geoff Bradley	16:48
2 Missy Sudan	19:57
3 Heather Rohrer	20:02
4 Ranjeet Sudan	25:09
5 Robert Pickens	25:10
6 Kat Powell	33:10
7 Don Packwood	39:58 got lost on this course he has run 96 times
8 Dave Norlander	40:18 (1-1-23)

Valle Vista - 3.0 Miles

1 Todd Hayes	30:30
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Farwell / Horseshoe - 4.68 Miles

1 Neeraja Nambula	45:33
2 Danny Moon	45:34

Triangle - 4.76 Miles

1 Joseph Aubuchon	29:22 (1-1-23)
2 Radha Nambula	39:18.0
3 Mike Krey	39:24.9
4 Norry McAllister	40:12.5
5 Ken Camet	40:13.0
6 Kristina Park	40:13.5
7 Becki Kriege	40:13.9

Walter Van Zant Club Phantom Trophy Winner – Geoff Bradley

Timing Crew Chris Blue, Neeraja Nambula, Madelyn Moon, Walter Van Zant, Umbrella crew for timers Willie Liu, Danny Moon, Geoff Bradley all did a fantastic job during the rain storm.



Grand Prix Road and Cross Country Races

Information for this section provided By Jorn Jensen

The Pacific Association of the Pacific Association holds two series of races each year. One is the Road Grand Prix, which is split into long-race and short-race divisions, and the other is called the Cross Country Grand Prix.

The end of the 2022 road racing and cross country grand prix seasons recently came to an end. Finishers in the top 15 of the open divisions, the top 15 of the 40+ divisions, the top 5 finishers in the 50+ divisions, the top 3 finishers in the 60+ divisions, and the top finishers in the 70+ and 80+ divisions receive free entries in the road running divisions for 2203.

Club members who earned free entries

Open Men-Long	7th Juan Rivera
40+ Men-Short	2nd Juan Rivera
40+Women-Short	9th Nancy Eubanks
40+Women-Long	1st Nancy Eubanks
50+-Men Long	1st Jorn Jensen
50+ Women-Short	2nd Kristina Park
60+ Men-Short	1st Ray Rodriguez
60+ Men-Long	2nd Ray Rodriguez
60+ Men-Short	1st Ray Rodriguez
80+ Men-Short	1st Bob Schmitt

As can be seen, we had 5 individual winners and 3 individual 2nd placers

Grand Prix Team Results

<u>Division</u>	<u>Placing</u>	<u>Num races scored</u>
M40	4th of 7	4 (of 10)
W40	3rd of 9	7
M50	1st of 12	9
W50	3rd of 5	4
M60	1st of 6	7
M80	2nd of 2	1

Finishing places of all WVJS club members in the Road Grand Prix

<u>Open Men – Short Races</u>	<u>Open Men – Long Races</u>	<u>40+ Men – Short Races</u>	<u>40+ Men – Long Races</u>	
7 Juan Rivera	3 Juan Rivera	3 Juan Rivera	1 Juan Rivera	
56 Joseph Aubuchon	10 Joseph Aubuchon	10 Joseph Aubuchon	43 Antoine Manens	
<u>50+ Men – Short Races</u>	<u>50+ Men – Long Races</u>	<u>60+ Men – Short Races</u>	<u>60+ Men – Long Race</u>	<u>60+ Men – Short Races</u>
1 Jorn Jensen	1 Jorn Jensen	1 Ray Rodriguez	2 Ray Rodriguez	5 Brian Davis
3 Ray Rodriguez	5 Ray Rodriguez	5 Brian Davis	4 Brian Davis	7 Tom O'Connor
9 Gary Waggoner	12 Brian Davis	7 Tom O'Connor	5 Tom O'Connor	11 Bob Pickens

29 Bob Pickens
36 Geoff Bradley
38 Norry McAllister
36 Geoff Bradley
38 Norry McAllister
48 Chad Stessman
49 Barry Farrara
54 Ken Camet
56 Bob Schmitt
66 Norm Takeuchi
67 Glenn Kishi
74 Ranjeet Sudan
83 Don Packwood
85 Dave Norlander

13 Tom O'Connor
36 Calvin Do
41 Chad Stessman
44 Barry Farrara
58 Glen Kishi
89 Robert Plumeau
107 Ken Camet

11 Bob Pickens
13 Norry McAllister
15 Mike Krey
21 Ken Camet
30 Bob Schmitt
33 Norm Takeuchi
35 Glenn Kishi

19 Glenn Kishi
34 Tom Lockhart
51 Robert Navarrete

13 Norry McAllister
15 Mike Krey
21 Ken Camet
30 Bob Schmitt
33 Norm Takeuchi
35 Glenn Kishi
45 Don Packwood

70+ Men – Short Races

9 Bob Schmitt
13 Jeff Justice

70+ Men Long Races

12 Bob Schmitt

80+ Men – Short Races

1 Bob Schmitt
5 Don Packwood
7 Dave Norlander

80+ Men - Long Races

1 Bob Schmitt

Cross Country Grand Prix Team Results

40+ Men 10th

50+ Women 4th

50+ Men 5th

60+ Women 4th

60+ Men 5th

Finishing places of all WVJS club members in the Cross Country Grand Prix

40+ Men

8 Juan Rivera
97 Joseph Aubuchon
170 Aaron Scheiber

50+ Men

15 Barry Farrara
16 Ray Rodriguez
23 Jorn Jensen
37 Roberto Palos
56 Dwayne Spencer
62 Geoff Bradley
95 Calvin Do
105 Scott Bang

60+ Men

7 Bob Pickens
25 Tom Lockhart
38 Ray Rodriguez
49 Norm Takeuchi

80+ Men

6 Dave Norlander

40+ Women

6 Kristina Park
56 Missy Sudan
99 Nancy Eubanks
22 Carol Bednar

50+ Women

1 Kristina Park
28 Missy Sudan
68 Dalila Roddrigez

60+ Women

9 Marian Richard
25 Catherine Frye

70+ Women

7 Kat Powell



Race Results

7/4/22 – Morgan Hill Freedom Fest 5K

9 Jorn T. Jensen	17:44 - 1st M50+
10 Raymond Rodriguez	17:54 - 1st M60+
12 Joseph AuBuchon	17:59 - 1st M40-49
17 Jack Park	19:06 - 1st M16-19
18 Roberto Palos	19:26 - 2nd M50-59
29 Nancy Eubanks	20:42 - 1st WOMAN
38 Robert Plumeau	21:44 - 3rd M60+
39 Ken Camet	21:44 - almost 3rd M60+
125 Dalila Rodriguez	27:22
214 Robert Schmitt	31:16 - 1st 80+
274 Sandra Plumeau	38:36

8/20/22 – Santa Cruz XC Challenge

WOMEN, 4.15M (2 laps)

30 Kristina Park	29:43 - 2nd W50+ *
47 Missy Sudan	32:53
63 Marian Richard	35:49 - 4th W60+
72 Catherine Frye	37:53
75 Carol Bednar	39:56
78 Dalila Rodriguez	40:59
87 Kat Powell	51:17

MEN, 4.15M (2 laps)

6 Juan Rivera	24:52 - 4th M40-49
11 Jorn T. Jensen	26:10 - 4th M50+
22 Raymond Rodriguez	27:09 - 1st M60+
23 Gary Waggoner	27:11
33 Roberto Palos	28:23
48 Brian Davis	30:27 - 8th M60+
52 Aaron Lee	31:04
68 Robert Pickens	34:58
69 Robert Navarrete	35:00
76 Norm Takeuchi	37:36

8/27/22 - Santa Rosa Phil Widener Empire Open XC

WOMEN, 3.4M

Kristina Park	23:17 - 1st W50+
Nancy Eubanks	24:36
Dalila Rodriguez	31:38

MEN, 3.4M

Jorn T. Jensen	20:30 - 3rd M50+
Raymond Rodriguez	21:33 - 1st M60+
Robert Pickens	26:52

9/4/22 – GVH Lagoon Valley XC, 3.0M

Kristina Park	20:43 - 2nd W50+
Brian Davis	21:53
Tom O'Connor	22:43
Arthur Mitchum	28:37

9/11/22 – Golden Gate Park Open, 4.0M

WOMEN

Kristina Park	26:45
Marian Richard	32:04
Catherine Frye	34:30
Carol Bednar	34:50
Wente Tran	35:17
Neeraja Nambula	38:55
Dalila Rodriguez	40:30
Kat Powell	46:50

MEN

Raymond Rodriguez	24:20
Aaron Lee	28:33
Robert Pickens	31:38 *
Robert Navarrete	32:05 *
Brian Conroy	34:19 (Spartans)

9/17/22 – Rebels XC Challenge

(times unknown)

47 Brian Davis
53 Tom O'Connor
71 Robert Pickens
78 Norm Takeuchi
85 Arthur Mitchum
91 Glenn Kishi

9/25/22 - Garin Park XC

WOMEN, 5K

22 Kristina Park 21:31.8
72 Kat Powell 41:05.3

184 Catherine Frye 2:03:48.5
197 Dalila Rodriguez 2:07:35.1
277 Kat Powell 3:01:39.6

Masters MEN, 5K

11 Jorn T. Jensen 18:36.1 - 2nd M50+
24 Gary Waggoner 20:13.9
31 Roberto Palos 20:52.1
57 Tom O'Connor 24:16.8
78 Robert Pickens 27:10.0
85 Arthur Mitchum 30:28.5

MEN

57 Raymond Rodriguez 1:25:14.4 - 2nd M60
95 Brian Davis 1:34:25.1
114 Tom O'Connor 1:38:57.4

10/2/22 – Urban Cow Half Marathon

(chip time)
Juan Rivera 1:15:49 - 5th M40+
Jorn T. Jensen 1:18:59 - 2nd M50+
Raymond Rodriguez 1:25:47 - 2nd M60+
Chad Stessman 1:27:23
Brian Davis 1:32:28 - 2nd M65-69
Tom O'Connor 1:36:21 - 3rd M65-69
Nhu Stessman 1:48:35
Dalila Rodriguez 2:12:05
Robert Schmitt 2:38:42 - 1st M80+
Kat Powell 2:42:14 - 4th W70-74

11/20/22 – PA XC Championships

Women ~ 4M - Masters Men 4.8M

W50

3 Kristina Park 26:41
9 Melissa Sudan 29:11
19 Dalila Rodriguez 34:55

W60

4 Marian Richard 31:10
11 Catherine Frye 34:01
19 Kat Powell 48:41

M40

9 Juan Rivera 26:05
45 Joseph AuBuchon 31:02
62 Aaron Scheiber 36:53
63 Robert Pickens 37:07
68 Robert Navarette 38:38

M50

7 Jorn Jensen 28:53
18 Gary Waggoner 30:21
24 Geoff Bradley 31:58
25 Roberto Palos 32:05

M60

Raymond Rodriguez 30:10
Barry Farrara 31:58
Brian Davis 34:16
Thomas O'Connor 35:03

10/9/22 – Tamalpa XC Challenge, 4.2M

Women

24 Kristina Park 28:43 - 1st W50+
63 Melissa Sudan 32:54
77 Marian Richard 34:57 - 6th W60+
96 Dalila Rodriguez 38:59
111 Kat Powell 51:17

Masters Men

6 Juan Rivera 24:06
16 Jørn T. Jensen 25:43
29 Raymond Rodriguez 26:43- 3rd M60+
89 Robert Pickens 34:34
102 Brian Conroy 37:32 (Spartans)

10/15/22 – Willow Hills Cross Country, 5K

Brian Davis 22:29 – 6th M60+
Tom O'Connor 23:03 - 10th M60+
Robert Pickens 24:39 - 18th M60+
Norm Takeuchi 27:08 - 24th M60+
Arthur Mitchum 28:52 - 27th M60+

12/4/22 – Cal Intl Marathon

340 Juan Rivera 2:37:02 - 13th M40+
693 Antoine Manens 2:49:18 - 20th M45+
847 Jorn Jensen 2:53:39 - 9th M50+
1152 Mark Tompkins 2:59:00 - 42nd M45+
1193 Matt Tompkins 2:59:37 - 46th M45+
1451 Ray Rodriguez 3:04:55 - 4th M60+
1453 Calvin Do 3:04:56 Pacer
1632 George Lo 3:09:11 - 4th M50+
1907 Emanuel Lee 3:14:00 - 11th M45+
1959 Nancy Eubanks 3:14:50 PR
3956 Tom O'Connor 3:49:13
4689 Robert Plumeau 4:02:30
5195 Heather Rohrer 4:16:31
7913 Kat Powell 6:13:19

10/29/22 – Matt Yeo Aggies XC Open (Martinez), 4.2M

WOMEN

39 Kristina Park 26:26.5 - 1st W50
56 Heather Rohrer, 28:07.9 (Wolfpack)
103 Dalila Rodriguez 34:23.3

MEN

9 Juan Rivera 21:38.4
30 Jørn T. Jensen 23:40.9
41 Raymond Rodriguez 24:18.1 - 2nd M60+
50 Gary Waggoner 25:01.7
58 Dwayne Spencer 25:57.8
59 Roberto Palos 25:58.6
68 Geoff Bradley 27:11.4
82 Brian Davis 28:12.0
113 Robert Pickens 31:20.3
119 Robert Navarrete 32:09.8
142 Arthur Mitchum 37:34.7

12/10/22 – USATF XC Club Championships–Golden Gate Park

Women's 6K

40 Dalila Rodriguez 34:10

Men's Masters 6M

(placing in 5yr age group)

51 Juan Rivera 32:55
25 Jorn Jensen 34:37
46 Antoine Manens 35:13
91 Joseph AuBuchon 36:18
32 Roberto Palos 37:23

11/13/22 – Clarksburg Half Marathon

WOMEN

98 Nancy Eubanks 1:35:09.1

Men's 60+ 8K

17 Ray Rodriguez	31:44
17 Brian Davis	36:25
78 Bob Pickens	38:33
41 Robert Navarrete	41:11
53 Norm Takeuchi	45:52

Our 60+ team finished 4th of the Pacific Association teams and 17th out of 32 National teams.

12/18/22 Christmas Relays

M40+ 1:49:51 - 2nd place of 5 teams

Juan Rivera
Anand Durairajan
Joseph Aubuchon
Scott Bang

W40+ 2:31:44 - 5th place of 7 teams

Dil Ibrahim
Neeraja Nambula
Krystal Jones
Nancy Eubanks

M50+ 1:49:23 - 2nd place of 7 teams

Roberto Palos
Geoff Bradley
Dwayne Spencer
Jorn Jensen

W50+ 2:22:37 – 3rd place of 5 teams

Kristina Park
Melissa Sudan
Dalila Rodriguez
Kelly Emo

M60+ 2:00:13 – 1st place of 3 teams

Raymond Rodriguez
Robert Pickens
Brian Davis
Barry Farrara