WVJS

VOL 52-#1 WEST VALLEY JOGGERS & STRIDERS June 2023

Upcoming Saturday Workouts

07/08/23	6 x 1600m relay
07/15/23	Short Six (5.74 miles)
07/22/23	5K on the track
07/29/23	800/1500/3000 m day
08/05/23	Valle Vista (3.0 miles)
08/12/23	800 meters on the track
08/19/23	Triangle (4.76 miles)
08/26/23	1 mile on the track
09/02/23	Douglass (2.75 miles)
09/09/23	16 x 400 m relay
09/16/23	Farwell/H (4.68 miles)
09/23/23	8 x 0.66 mile tennis court loop relay
09/30/23	Farwell (3.54 miles)
10/07/23	12 x 600m relay
10/14/23	Short Six (5.74 miles)
10/21/23	4 x 1.46 mile WVC loop relay
10/28/23	Valle Vista (3.0 miles)
11/4/23	3K on the track
11/11/23	Triangle (4.76 miles)
11/18/23	Step up/ Step down relay
11/25/23	Douglass (2.75 miles)
12/2/23	12 x 800m relay
12/9/23	Farwell H (4.68 miles)
12/16/23	18 x 0.33 mile tennis court relay
12/23/23	Farwell (3.54 miles)
12/30/23	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 Remaining PA-USATF Road Events

7/4 Morgan Hill Freedom Fest 5K
10/1 Urban Cow Half Marathon
11/12 Clarksburg Half Marathon
12/03 California International Marathon
12/17 Christmas Relays

2023 PA-USATF Cross-Country Events

8/19 SCTC XC Challenge – Santa Cruz
8/26 Empire Open – Santa Rosa
9/10 Golden Gate Park Open
9/16 Rebels XC Challenge – Charmichael
10/8 Tamalpa Challenge – China Camp
10/15 GVH Lagoon Valley XC Challenge – Vacaville
10/21 Willow Hills XC Open – Folsom
10/28 Aggies XC Open – Martinez
11/5 Garin Park XC Challenge – Hayward
11/19 PA XC Championships – San Francisco

2023 Remaining 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
11/4 Track 3k
7/4 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

Basic Stuff

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. Street parking in the area is limited, so be careful to park legally.

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**

Walt Van Zant Retires From Coaching
by Becki Kriege

This past spring, my Dad Walt retired from coaching at Wilcox High School. My Dad began coaching in 1984 with fellow WVJS member Carol Stroud. Along the way, he coached with other fellow club members: Todd Hayes, Brian Low, Jake White, Tom O'Connor, and me. My Dad's final track season ended on a high note with one of his distance runners qualifying for the state meet in the 3200 meters with a time of 9:04. My Dad was honored at the CCS track meet by his fellow coaches with a plaque for his contributions to CCS, which are too numerous to list here. He also received an award from the Santa Clara Unified School District at a board meeting in May. Wilcox will honor my Dad with a bench dedicated in his name after renovations are complete in the football stadium. My Dad will continue to stay involved with high school running even if he will not be coaching. From the hundreds of track and cross country athletes that were positively impacted by my dad, thank you**!**

Walt with daughters Becki, Julie, and Amy

In Memorium: Mark Winitz

I recently received the sad news that long-time club member Mark Winitz died last week of kidney failure at age 73.
Mark was well known for his work with the USATF, as well as for holding the position of the long-distance running (LDR) chairman for the Pacific Association. He was also a race promoter (for example, he led the early years of the Thanksgiving Day race in downtown San Jose), and also authored of many articles about races. It was always enjoyable to talk with him when he attended club awards dinners. He will be greatly missed by his many friends in the running community.

Ken Noel Honored by NAACP

Club member Ken Noel, and Harry Edwards, Tommy Smith, and John Carlos were recently inducted into the NAACP Legacy Hall of Fame for their numerous efforts to help black causes over the years. Ken and Harry started the efforts to broadcast to the world the injustices that blacks were suffering in the United States that eventually led to Tommy's and John's demonstration on the award's stand at the 1968 Olympics. Ken has continued his work until the present and intends to continue this work.

Ken also was an outstanding runner in his youth. One of his accomplishments in high school was winning the Philadelphia city meet in cross country during his senior year and then coming back to win the 100 and 200 during the track season.

Ken Noel (at right), with Tommy Smith, Dr. Harry Edwards, and John Carlos
Photo by Josie Leppe taken from the SJSU News

Random Thoughts and Happenings

Younger club members are too young or were not born as of 1957 to realize how much was written about the attempts to break the 4-minute mile during the 1950s. Then, in 1954 Roger Bannister of England finally made the break through. Wes Santee of the United States came very close with a 4:00.5 whiie at college in Kansas. But, he never made it. John Landy of Australia became the 2nd runner to break 4 minutes when he ran against Bannister in 1954 in the British Commonwealth Games. He led almost the entire race until Bannister sprinted by Landy coming off the final turn to win the race. Many commentators said that Landy lost the race because he looked back to his left at the same time that Bannister passed him on his right side. But, it appears to me that Bannister had way too much speed and Landy would have lost no matter which way he looked.

After that race, the next big goal was to have an American break the 4-minute mile. That man would be **Don Bowden**. He attended Lincoln HS in San Jose. His primary event at Lincoln was the half mile but he set records in several events, After Lincoln, Don went to UC Berkeley where his primary event was the 800M. But, He finally gave breaking the 4-minute mile a shot. After completing his final exams at Cal Berkeley, he drove up to Stockton and ran the mile. Club member **Ken Napier** (now deceased) also ran in that race. Ken had a best mile of 4:09. In any event, Don became the first American to break 4 minutes in the mile on

that night in 1957. Some of you may have met Don at one of our awards dinners. He frequently ran laps on the West Valley College track and spoke to us. I saw him when he ran on the Polo Fields in Golden Gate Park in San Francisco. I never spoke to him then. But, if I had, I'm sure that he would have responded as he is a very nice guy. So, that is my story of why it was so much fun to follow the mile in the 1950s.

Ken Camet had a frightening experience while running the all-courses workout on July 1st. As Ken explained it, he already had his typical significant lead when he reached the first part of the Douglas course. Then, a bobcat crossed about 15 feet in front of him. Ken said that he tried to catch the large cat when it suddenly stopped in front of a fence on the left side of the path and waited a few seconds while starring at Ken before leaping over the fence. Ken then ran at his fastest-ever speed while racing to Saratoga Ave.

Dave Norlander's daughter, **Rebecca**, completed the McKenzie River Trail Run near Eugene, Oregon on June 7th.

Roberto Palos is looking forward to turning 60 in November. He should become one of the top runners in that division.

Joseph Aubuchon has recorded the most individual wins for the first half of the year with 4 wins. He is closely followed by **Jorn Jensen** at 3 wins. The other multiple winner is **Gary Waggoner**. Seven other runners have scored one win.

It is difficult for runners who have been with the club for a long time to run an all-time PR. They have a better chance of running a PW. Newer club members who ran PRs during the first half of the year included **Radha Nambula** (4), **Antoine Manens** (2), **Carolyn Wang** (2), **Fatima Machado** (2), **Jenny Gonzalez** (2), **Darren Strange** (2**), Dil Ibrahim** (1), and **Ray Rodriguez** (1). Ray has run some outstanding 60+ times and it will be difficult for future 60+ runners to surpass his times.

Thanks

Thanks to **Rich and Judy Collins**, who have provided the use of their house and grounds and made breakfast for us for possibly 20 years or more.

Thanks to **Dino Delyani**, who now lives in Seattle. He has spent a tremendous amount of time putting together our last few club bulletins.

Thanks to **Dave Piazza**, who has been keeping track of the 5-year age-group record. This has been a very time-consuming job.

Thanks to **Dick Chimenti**. He has been keeping track of our many computer needs for a very long time.

Thanks to **Tom Warfel** for keeping our Runner of the Year records from his home in Florida

Another big helper has **been Becki Van Zant**. She has taken care of a variety of tasks that are important to the club (in addition to constantly nagging me about my eating habits. So, I have a few donuts. What's the big deal?)

Thanks to **Jorn Jensen** for staying on top of our runners who compete in the Grand Prix and then writing great articles about our competitions after the races.

Thanks to **Aaron Lee** for his many years of keeping our Racer of the Year records. This has been a very time-consuming job for him. Aaron is not leaving the club but wants to spend more time on other activities.

As can be seen, we have many club members, even when they have moved away, helping us. They have made us a better club.

2023 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 following are the reported scores for the first half of 2023:

Runner	Miles	Sat Pts	Total	Award
Jorn Jensen	1311	100	1411	Silver
Tom Warfel	732	500	1232	Bronze
Ken Camet	871	330	1201	Bronze
Dwayne Spencer	1132	0	1132	Bronze
Geoff Bradley	808	260	1068	Bronze
Mark Goldman	518	300	818	Bronze
Jim Bordoni	250	40	290	Hon Mention

2023 WVJS RACER OF THE YEAR CONTEST STANDINGS

Placings in this contest are based upon an individual's best 8 performances in 15 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 6 different events in order to be eligible for an award.** The number in parentheses after each score is the number of events contributing to the score. The current 2023 scores reflect the results of the 5 PA road races run to date. The scoring for this event can be found here.

Current 2023 standings:

A Division

Juan Rivera	200 (8)
Jorn Jensen	194 (8)
Raymond Rodriguez	186 (8)
Barry Farrara	178 (8)
Joseph Aubuchon	174 (8)
Dwayne Spencer	126 (6)
Antoine Manens	42 (2)
Geoff Bradley	42 (2)
Darren Strange	38 (2)

B Division

Norry McAllister	142 (6)
Robert Pickens	98 (4)
Kristina Park	96 (4)
George Lo	88 (4)
Roberto Palos	50 (2)

C Division

Nancy Eubanks	198 (8)
Radha Nambula	194 (8)
Brian Davis	194 (8)
Becki Kriege	174 (8)
Missy Sudan	172 (8)
Robert Navarrete	156 (8)
Ken Camet	90 (4)
Tom O'Connor	88 (4)
Ranjeet Sudan	80 (4)
Fatima Machado	78 (4)
Norm Takeuchi	70 (4)

D Division

Mike Krey	148 (6)
Demetrios Stefanidis	50 (2)
Marian Richard	48 (2)
Jenny Gonzalez	48 (2)
Todd Hayes	46 (2)

E Division

Dalila Rodriguez	200 (8)
Mark Goldman	96 (4)
Lan Aubuchon	48 (2)
Neeraja Nambula	46 (2)

F Division

Robert Schmitt	148 (6)
Glenn Kishi	100 (4)
Wei Ti Liu	96 (4)
Kat Powell	46 (2)
Dave Norlander	46 (2)
Don Packwood	42 (2)

SATURDAY WORKOUT RESULTS

1/7/23 – Farwell – 3.54M

1	Geoff Bradley	21:52.2	
2	Antoine Manens	21:59.2	PR
3	Joseph Aubuchon	22:16.6	
4	Dwayne Spencer	22:24.4	
5	Roberto Palos	22:42.9	
6	Gary Waggoner	23:48.5	
7	Norry McAllister	24:32.6	
8	Radha Nambula	24:45.7	
9	Heather Rohrer	25:37.5	
10	Kristina Park	25:44.4	
11	Missy Sudan	25:49.1	
12	Ken Camet	26:34.6	
13	Fatima Machado	26:51.0	
14	Becki Kriege	26:55.9	
15	Dil Ibrahim	27:27.6	PR
16	Robert Navarrete	28:17.7	
17	Slim Pickens	28:18.8	
18	Ian Klassen	28:37.5	
19	Ranjeet Sudan	29:20.8	
20	Catherine Frye	30:15.2	
21	Mark Goldman	31:56.4	
22	Des Knuckey	31:58.2	
23	Dave McIntyre	34:51.7	
24	Danny Moon	35:33.6	
25	Willie Liu	41:16.0	
26	Neil Gelblum	43:30.3	
27	Kat Powell	43:40.3	
28	Lynn Dai	46:31.4	
29	Don Packwood	49:29.3	

Walt VZ Trophy Winner – Geoff Bradley

Helpers – Chris Blue, Danny Moon

Geoff and Antoine were side by side as they entered the college for the final finish. When Antoine realized that Geoff had more speed, he let up. However, Antoine still recorded a PR. The first five runners finished within a minute of each other. On the ladies side, Heather recorded a win as she was visiting from Portland. Dil recorded a PR.

1/14/22 – 10 x 0.54M Tennis Court Loop Relay

Pl	Team	Start	1	2	3	4	5	6	7	8	9	10
1	R.Nambula/J.Aubuchon	11:30	15:07	18:08	22:00	25:03	28:24	31:36	35:18	38:21	41:51	44:49
2	Machado/Waggoner	8:50	12:49	16:15	20:09	23:31	27:21	30:43	34:38	37:59	41:44	45:03
3	Camet/Bradley	11:30	15:18	18:21	22:06	25:04	28:45	31:54	35:42	38:54	42:42	45:56
4	Ibrahim/Manens	11:30	15:08	18:15	22:13	25:13	29:18	32:21	36:30	39:30	43:41	46:44
5	Navarrete/Spencer	9:10	13:23	17:01-20:52	24:34	28:35	32:08	36:14	39:42	43:40	47:18	
6	Liu/Pickens	6:30	xxxxx	10:24	16:04	20:07	25:38	28:35	35:43	39:38	45:19	49:04
7	N.Nambula/Moon	0	5:11	10:53	15:37	20:52	25:38	30:42	35:35	40:34	45:24	50:25
8	Krey/McAllister	8:40	13:11	17:00	21:17	25:13	29:28	33:29	37:52	41:39	46:01	50:26

Due to construction on the campus, this is the second time that we had to replace our 8 x 0.66M relay with this relay around the tennis courts. A portion of the revised course includes a patch of mud in between the tennis courts. This factor combined with the heavy rain that we had this morning made the predictions that the runners made a few days

before the relay very problematic. But, as can be seen from the ratings above, most of the runners did a good job of predicting their performances. The Radha/Joseph team took home the weekly trophy because they came closest to predicting their finish time of 44:30. All teams were predicted to finish in 44:30 based upon the estimated times that they predicted for themselves.

The fastest actual times for the guys were 15:13 by Antoine, 15:17 by Joseph, 15:36 by Geoff, and 16:50 by Gary. The fastest ladies were Fatima Machado at 19:23 and Dil Ibrahim at 20:01**.**

1/20/23 – Short Six – 5.74M

1	Jorn Jensen	35:11
2	Antoine Manens	35:31 PR
3	Geoff Bradley	36:13
4	Gary Waggoner	36:34
5	Dwayne Spencer	37:08
6	Roberto Palos	37:14
7	Norry McAllister	41:19
8	Missy Sudan	41:45
8	Kristina Park	41:45
10	Ken Camet	43:10
11	Becki Kriege	44:30
12	Fatima Machado	45:31
13	Dil Ibrahim	46:37
14	Carolyn Wang	48:18x
15	Bob Kemp	49:01x
16	Slim Pickens	49:04x
17	Paul Taylor	49:43x
18	Norm Takeuchi	49:48x
19	Catherine Frye	50:20x
20	Dave McIntyre	53:01x
21	Mark Goldman	53:07x
22	Des Knuckey	53:26x
23	Bob Schmitt	69:05
24	Kat Powell	74:39
25	Don Packwood	82:58 RW

Club Weekly Trophy – Missy Sudan

We had another good turnout this morning with 25 runners. And, the top 6 finishers finished within 2 minutes of each other. Jorn won by about 20 yards. Antoine had the only PR with a 33-second PR. Becki ran the 3rd best-ever time by a female 55+ runner. Geoff Bradley improved his 55+ best by 5 seconds and Roberto improved his 55+ best by 25 seconds. And, Bob Schmitt beat a couple of the 80+ prior bests despite getting lost – running an extra 0.6 miles.

1/28/23 – 5000 Meters on Track

			7/16/22	1/22/22
1	Antoine Manens	18:26.6		
2	Geoff Bradley	18:31.5		18:43.9
3	Joseph AuBuchon	18:44.6	18:13.9	
4	Roberto Palos	18:56.6 PR		
5	Dwayne Spencer	19:18.1 PR		
6	Norry McAllister	20:51.2		20:30.4
7	Kristina Park	20:52.4	20:25.0	
8	Missy Sudan	21:51.9	22:43.8	
9	Robert Pickens	22:08.5		
10	Ian Klassen	22:31.9 PR	24:15.6	
11	Dil Ibrahim	23:21.1		
12	Mike Krey	23:24.9	24:06.5	23:09.5
13	Ranjeet Sudan	23:33.3	23:25.0	
14	Dimitri Stefanidis	23:39.9		
15	John Huang	23:46.6	21:25.7	20:47.4
16	Robert Navarrete	24:14.6	24:05.2	
17	Hank Lawson	24:49.5		
18	Dave McIntyre	25:38.0	25:03.9	27:11.8
19	Neeraja Nambula	26:58.1 PR	28:22.0	
20	Mark Goldman	27:32.1		
21	Jeff Justice	31:06.7	30:51.5	
22	Willie Liu	33:12.1	31:16.0	32:20.2
23	Jim Bordoni	33:23.6		34:05.9
24	Mike Kolesnik	33:35.9		
25	Lynn Dai	34:50.3	37:15.0	31:54.9
26	Kat Powell	35:44.7	34:18.2	33:39.9

Walter Van Zant WVJS President Club Trophy Winner – Antoine Manens

This was a cool foggy morning for the 5000 meter race with this larger group of runners. Antoine Manens and Geoff Bradley switch back & forth with the lead followed by Joseph Aubuchon and Roberto Palos trying to stay on their heels but Antoine took the lead with 600 meters holding on for the win. Kristina Park lead the ladies field of six runners while Dwayne Spencer had another PR by 41 seconds, Neeraja Nambula had a PR by 63 seconds, Roberto Palos had a PR by102 seconds and Ian Klassen had a PR by 103 seconds. There were many great performances for this 5000 Meter run and our runners liked having both clocks to help them with their laps.

2/4/23 – 8 x 1200M Relay (Except for Liu & Van Zant, who ran 800s)

	Start	1	2	3	4	5	6	7	8
1 McAllister/Park	4:00	8:46	13:34	18:16	23:01	27:41	32:27	36:56	41:30
2 Navarrete/Spencer	2:30	8:00	12:31	17:26	22:23	27:41	32:06	37:26	41:50
3 R.Sudan/M.Sudan	-0-	5:46	10:53	16:29	21:33	26:56	32:01	37:11	42:10
4 Pickens/R.Nambula	2:20	7:24	12:25	17:26	22:40	27:34	32:35	37:28	42:16
5 Taylor/Bradley	1:40	7:40	11:57	17:51	22:14	28:08	32:23	38:15	42:32
6 Jen Gonzalez/Jos Aubuchon	3:10	8:56	13:06	18:57	23:16	29:04	33:22	39:09	43:29
7 Conroy/Waggoner	3:15	9:00	13:50	19:49	24:19	29:54	34:17	39:50	44:12
8 Van Zant/Liu	-0-	9:06	13:42	22:58	27:24	36:44	41:57	51:14	55:57

Club Weekly Trophy Winner – Walt Van Zant

Due to construction on the campus, the workout was changed to 8 x 1200s. The guys were led by Joseph Aubuchon, Geoff Bradley, Gary Waggoner, Dwayne Spencer, and Norry McAllister at 17:07, 17:12, 18:05, 18:17, and 18:37. The ladies were led by Kristina Park and Missy Sudan at 18:53 and 20:15. Thanks to the timing crew of Chris Blue, Danny Moon and Kat Powell. All runners predicted their own relay times. Gary Waggoner was the best predictor this morning, missing his estimate by just 5 seconds

2/11/23 – Valle Vista 3.0 Miles

1	Joseph AuBuchon	18:20
2	Gary Waggoner	18:39
3	Kristina Park	20:40
4	Robert Pickens	21:25
5	Ken Camet	21:27
6	Becki Kriege	21:43
7	Bob Kemp	23:25
8	Scott Bang	23:30

9	Dimitri Stefanidis	23:55
10	Robert Navarrete	23:58
11	Carolyn Wang	24:08 PR 92sec
12	Ian Klassen	24:25
13	Jenny Gonzalez	25:02
14	Paul Taylor	25:10
15	Des Knuckey	26:20
16	Dave McIntyre	27:43
17	Tim Souza	27:50
18	Neeraja Nambula	29:18
19	Willie Liu	33:18
20	Kat Powell	35:40
21	Don Packwood	42:22 rw

Walter Van Zant WVJS President Club Trophy Winner
- Robert Navarrete

Cool with no rain just wet roads this morning great for running. Joseph Aubuchon and Gary Waggoner took out quickly setting the pace while Kristina Park lead the ladies holding off the rest of the pack. Carolyn Wang had a 92 second PR chasing Robert Navarrete and Dimitri Stefanidis. Thanks to our finish line crew Scott Graham, Walt Van Zant and Danny Moon. When Robert Navarrete heard who deserves to get the trophy, he said "I DO" since he had to run like crazy to keep Carolyn Wang from catching him!

2/18/23 – Valentine Team Race – 5.37M

Pl	Score	Runner & Team	Time	Predic Finish
1	1	Antoine Manens (B)	33:29	2
2	2	Gary Waggoner (D)	33:55	4
3	3	Geoff Bradley (C)	34:05	3
4	4	Roberto Palos (E)	34:52	5
5	5	Joseph Aubuchon (A)	36:49	1
6	6	Norry McAllister (F)	38:58	6
7	7	Radha Nambula (F)	39:23	7
8	8	Missy Sudan (E)	39:28	8
9	9	Ken Camet (D)	40:11	9
10	10	Slim Pickens (C)	41:07	10
11	11	Dil Ibrahim (A)	43:55	12
12	12	Mike Krey (B)	44:35	11
13	--	Fatima Machado --	44:52	--
14	13	Jenny Gonzalez (E)	46:55	17
15	14	Norm Takeuchi (C)	47:47	15
16	20	Des Knuckey (E)	48:48	20
17	15	Dave McIntyre (F)	49:19	18
18	16	Carol Bednar (F)	50:19	19
19	17	Todd Hayes (D)	51:22	21
20	--	Tim Souza --	52:04	--
21	18	Neil Gelblum (D)	62:48	16
22	19	Willie Liu (B)	66:11	14
23	21	Kat Powell (C)	70:46	22
24	22	Lynn Dai (A)	76:22	13
25	23	Don Packwood (B)	76:28	23
26	24	Plug (A)		24

Finish	Team Scores
1	Team F 6- 7-15-16 = 44
2	Team E 4- 8-13-20 = 45
3	Team D 2- 9-17-18 = 46
4	Team C 3-10-14-21 = 48
5	Team B 1-12-19-23 = 55
6	Team A 5-11-22-24 = 62

Six teams were set up with an estimated score of 50 each. The estimated ratings were based upon times run in our Saturday workouts during the past year. It was estimated that Joseph Aubuchon would win but he had just spent a week in Asia and got back on the night before the race. So, he was unable to contend for the win. Antoine ran very well to get the win.

We started this event in 1979 as a relay to replace the old Half Moon Bay to Santa Cruz 50-mile relay and anyone could run in our relay with us. After a few years, we changed the format so that just club members could participate in the relay. The fastest time when we first ran the relay was 27:46 for one leg. Our fastest runners were Bill Meinhardt at 29:09, Jake White at 29:17, Kent Guthrie at 29:17, and Ted Pawlak at 29:17. 16 other club members broke 33 minutes, including your editor at 31:47. Danny Moon had a best time of 30:47 in 1986. Former club member Bob Ebert ran 28:04 in 1992. As you could imagine, running this relay took a fair amount of time. So, in 2000 we switched to running the race to just running one leg of the course as an individual race and have been doing so ever since that time. We switched to scoring the meet as a cross country meet in 1999. WVZ

2/25/23 – Triangle – 4.76M

1	Gary Waggoner	29:05
2	Geoff Bradley	29:07
3	Dwayne Spencer	32:48
4	Darren Strange	33:44
5	Joseph Aubuchon	33:53
6	Radha Nambula	33:58
7	Ken Camet	34:17
8	Becki Kriege	34:38
9	Fatima Machado	35:44
10	Slim Pickens	37:01
11	Robert Navarrete	37:06
12	Bob Kemp	37:20
13	Des Knuckey	42:29
14	Trent McLane	43:41
15	Todd Hayes	46:21
16	Dick Chimenti	46:49
17	Scott Graham	46:53
18	Willie Liu	56:13
19	Kat Powell	67:43
20	Alvin Jackson	73:08

2/25/23- Dou/Sar/Fruitvale – 2.75M

Lynn Dai	34:31

Walter Van Zant WVJS President Club Trophy Winner – Becki Kriege

Despite the cold weather (40 degrees), we had a fair amount of fast times tis morning. Gary Waggoner and Geoff Bradley led the way with Gary scoring a close 2-second win over Geoff. Gary broke his 55+ PR by 12 seconds and Geoff broke his 50+ PR by 11 seconds. Radha missed his 45+ best by just 3 seconds. Becki took home the weekly trophy because she improved her 55+ PR by 5:35 while moving to #2 on the women's all-time 55+ list. Fatima Machado broke her all-time PR by 38 seconds. Ken Camet took 10 seconds off his 50+ PR. Dick Chimenti, our webmaster, ran with us for the first time in several years and was able to record the 2nd best-ever 80+ time.

3/4/23 – 6 x 1600M Relay

1	Navarrete/Dai	-0-	7:15-17:18-24:38-35:24-42:34
2	Bradley/S.Gonzalez	6:40	12:31-18:36-24:31-30:52-6:29-42:55
3	R.Sudan/Souza	6:00	13:32-22:28-29:44-38:25-45:26
4	Strange/Machado	5:00	11:29-18:23-25:17-32:09-38:45-45:31

5	Waggoner/J.Gonzalez	5:30 11:18-18:55-24:41-32:24-38:14-45:55
6	Pickens/Powell	6:35 13:10-24:25-31:04-39:26-45:58
7	Park/Conroy	4:30 10:57-18:36-25:03-32:44-9:06-46:35
8	Manens/M.Sudan	9:15 14:55-21:49-27:28-34:19-40:03-46:50
9	Aubuchon/Nambula	3:30 9:23-18:17-24:00-32:59-38:50-47:46

Club Weekly Trophy Winner – Antoine Manens & Missy Sudan

As is typical for our relay races lately, the starting times for each team was based upon the predicted times by each team member. Based upon these predictions, all teams were given starting times, which resulted in all teams being predicted to finish in 47:00. The winning team was the Antoine/Missy team, who came within 10 seconds of their predicted team time.

The men's fastest times were Antoine at 17:03, Geoff at 17:23, Gary at 17:24 and Joseph at 17:27. The ladies were led by Kristina at 19:16, Fatima at 20:22, Missy at 20:32, and Jenny at 23:01

3/11/23 – Dou/Sar/Frtvle – 2.75M

1	Jorn Jensen	15:53
2	Antoine Manens	16:06
3	Geoff Bradley	16:18
4	Gary Waggoner	16:20
5	Roberto Palos	17:25
6	Dwayne Spencer	17:41
7	Sergio Gonzalez	18:19
8	Kristina Park	18:23
9	Joseph Aubuchon	18:49
10	Darren Strange	19:09
11	Dil Ibrahim	19:17
12	Radha Nambula	19:29
13	Becki Kriege	19:41
14	Slim Pickens	19:53
15	Andy Williams	19:57
16	Mike Krey	21:18
17	Norry McAllister	21:20
18	Ken Camet	21:20
19	Jenny Gonzalez	22:20
20	Des Knuckey	23:39
21	Catherine Frye	24:02
22	Tim Souza	25:18
23	Scott Graham	25:35
24	Neeraja Nambula	26:17
25	Bob Schmitt	28:46
26	Neil Gelblum	29:01
27	Willie Liu	28:28
28	Jeff Justice	28:39
29	Bob Lord	32:45
30	Kat Powell	33:55
31	Don Packwood	38:03
32	Alvin Jackson	39:01

Club Weekly Trophy Winner – Darren Strange

Timers: Chris Blue, Walt Van Zant and Danny Moon

Jorn broke away from Antoine with a little over a half mile to go on an uphill and went on to win by about 60 yards. Geoff Bradley knocked 8 seconds off his 50+ best to finish 3rd. Kristina, Dil, and Becki were the top three women finishers. Becki took 53 seconds off her 55+ best to move to #3 on the 55+ list. Andy Williams visited for the 2nd time in several years. He has working on a temporary job in Australia. Tim Souza made another rare appearance and intends to train harder with the hope of making a substantial improvement in his times. Jeff Justice ran with us for the first time in a long time. He has been suffering from the same disease as Tim Souza – a severe case of running lazziitis. Better running weather for the first time in a while – slight drizzle and moderate temperature.

3/18/23 – Farwell/Horseshoe – 4.68M

1	Gary Waggoner	28:40
2	Joseph AuBuchon	30:01
3	Dwayne Spencer	30:05
4	Kristina Park	32:05
5	George Lo	32:23
6	Darren Strange	32:37 PR 98 sec
7	Radha Nambula	32:48 PR 23 sec
8	Missy Sudan	33:03
9	Andy Williams	33:11
10	Becki Kriege	33:23 55+ PR 55 sec
11	Dil Ibrahim	34:02
12	Geoff Bradley	34:05
13	Fatima Machado	34:25
14	Robert Navarrete	36:59
15	Ranjeet Sudan	37:00
16	Robert Pickens	39:02
17	Norm Takeuchi	39:23
18	Des Knuckey	40:27 70+ PR 69 sec
19	Norry McAllister	40:28
20	Hank Lawson	40:34
21	Dave McIntyre	41:39
22	Tim Souza	42:27
23	Neeraja Nambula	46:45
24	Jeff Justice	49:51
25	Neil Gelblum	52:12
26	Willie Liu	53:20
27	Nancy Kirk	53:40
28	Kat Powell	58:43
29	Don Packwood	63:56

Club Weekly Trophy Winner – Radha Nambula

Timing crew, Walt Van Zant, Madelyn Moon, Paul Taylor and Danny Moon.

Cool morning to race which brought out a large group resulting in some great times. Gary Waggoner started pulling away from the lead pack after the first mile holding off Dwayne Spencer and Joseph AuBuchon who was making his move in the last mile to catch Dwayne. Darren Strange and Radha Nambula pushed each other both running all time PRs. Kristina Parks led the women; Missy Sudan ran 66 seconds faster than last year, Becki Kriege ran a 55+ age group PR, Dil Ibrahim's time placed her 36th on the women's all time list and 14th on the 40+ list. Fatima Machado's time placed her 40th on the women's all time list. Nancy Kirk ran this course for the first time since December 2021, Neeraja Nambula and Kat Powell also ran well too. Norm Takeuchi's time placed him 32nd on the 65+ list and Norry McAllister help pace Des Knuckey to a 70+ PR by 69 seconds.

3/25/23 – 8 x 1200 Meter Relay

Pl	Team	Start	1	2	3	4	5	6	7	8
1	Dai / AuBuchon,J	-0-	7:26-	11:40-	19:28-	23:41-				

32:19- 36:31- 44:54- 49:07
2 Gonzalez,J / Park 8:30 14:02- 18:45- 24:13- 28:54- 34:28- 39:07- 44:39- 49:12
3 Krey / Lo 10:00 15:44- 20:25- 26:03- 30:44- 36:19- 41:02- 46:33- 51:11
4 Jackson / Waggoner -0- 7:51- 12:21- 21:00- 25:16- 34:30- 38:46- 47:32- 51:48
5 Schmitt / Bradley 3:05 10:19- 15:05- 22:29- 26:52- 34:16- 38:49- 46:17- 52:00
6 Justice / Strange 4:15 11:29- 16:10- 23:22- 28:04- 35:17- 40:14- 47:22- 52:06
7 AuBuchon,L / Nambula,R 7:30 13:42- 18:39- 25:12- 29:57- 36:13- 41:02- 47:26- 52:15
8 Conroy / Sudan,M 10:15 15:52- 20:56- 26:30- 31:34- 37:16- 42:20- 47:55- 52:55
9 Camet / Sudan,R 10:10 15:44- 21:25- 27:04- 32:36- 38:09- 43:38- 49:11- 54:22
10 McAllister / Navarrete 9:15 15:13- 20:37- 26:40- 32:02- 38:01- 43:29- 49:28- 54:52
11 Powell / Pickens 4:00 12:08- Pickens pulled up with an injury

Club Weekly Trophy Winner – Lynn Dai & Joseph AuBuchon Team

A bright sunny cool morning for this 8 x 1200 Meter relay of 11 teams made from our relay signup sheet. Most teams ran under their predicted times with Missy Sudan and Ken Camet running only one second off their predicted times. Joseph AuBuchon and Gary Waggoner had the fasted men's times while Kristina Park had the fastest woman's time. Robert Pickens had to pull out during his first 1200 meter leg while Kat Powell was able to finish her 1200s with Roberts timing help. Joseph was able to rally on his last lap to catch Kristina and hold on for the win. Lots of fast times for many of the runners for this track workout, must have been the sunshine instead of rain. Our finish line crew did a fantastic job with all the exchanges / hand-offs.

4/1/23 – Farwell – 3.54 Miles

1	Joseph AuBuchon	22:53.0
2	Roberto Palos	22:53.1
3	Kristina Park	23:59.6
4	George Lo	24:09.5
5	Radha Nambula	24:46.3
6	Andy Williams	24:48.2
7	Norry McAllister	25:14.1
8	Missy Sudan	25:36.4
9	Fatima Machado	26:49.3 PR 01.7 sec
10	Ranjeet Sudan	27:33.1 PR 60+ 1 min 47.7 sec
11	Jenny Gonzalez	28:08.9 PR 00.6 sec
12	Dave McIntyre	29:32.8
13	Tim Souza	29:57.7
14	Carol Bednar	30:47.7
15	Jonah Strange	31:57.6
16	Darren Strange	31:57.9
17	Scott Graham	33:46.6
18	Neeraja Nambula	34:23.0
19	Mark Goldman	34:41.7
20	Neil Gelblum	38:07.8
21	Willie Liu	38:34.0
22	Nancy Kirk	40:40.0
23	Kat Powell	43:44.7
24	Lynn Dai	47:09.2
25	Don Packwood	47:12.8

Club Weekly Trophy Winner – Fatima Machado

Timing crew, Catherine Frye, Robert Pickens, Willie Liu, Chris Blue and Danny Moon. DM

Cool start this morning for this group of runners many of them ran well with only three PRs. Ranjeet Sudan had a 60+ PR of 1 minute and 47.7 seconds, Fatima Machado had a 1.7 seconds all time PR and Jenny Gonzalez had enough sprint for an all time PR of :00.6 seconds. Joseph AuBuchon and Roberto Palos ran side by side most of the race both finishing together first & second. Kristina Park was first woman to finish with George Lo trying to chase her down. Andy Williams had his sights on Radha Nambula but was not able to catch him as he put on a final sprint. Darren Strange paced his son 11 year old Jonah to a 8:52 per mile pace, great job. Jonah is getting ready to run with some of us big boys soon!

4/8/23 – 10 x 0.54 Mile Relay

Pl Team Start 1 2 3 4 5 6 7 8 9 10
1 Liu / AuBuchon,J 4:50 10:00-13:02-18:05-21:13-26:39-29:38-35:16-38:21-43:58-47:01
2 Hayes / McAllister 6:00 11:04-14:32-19:26-22:57-27:58-31:26-36:21-39:43-44:40-48:03
3 Nambula,N / Krey 6:00 10:34-14:45-19:22-23:25-28:08-32:07-36:56-40:51-45:39-49:32
4 Jackson / Camet -0- 6:05- 9:52-15:53-19:31-25:58-29:34-36:10-39:44-46:02-49:39
5 Dai / Nambula,R 3:50 9:31-12:45-18:27-21:40-27:40-30:54-37:34-40:46-47:24-50:39
6 Goldman / Graham 4:20 9:06-13:57-18:42-23:26-28:08-32:45-37:30-42:00-46:35-50:55
7 Powell / phantom 2:20 8:38- phantom second runner disappeared

Club Weekly Trophy Winner – Norry McAllister for best predicted time

A cloudy cool morning with 7 teams made from our relay signup sheet with our runners' predictions. Six teams ran under their predicted times with Norry McAllister running the closest to his prediction with Mark Goldman, Scott Graham and Joseph AuBuchon close behind him. Joseph had the fastest splits and Radha Nambula had smoking hot splits finishing second fastest for the men. Kat Powell did a great job running her splits as we continue to set her off for each leg. Neeraja Nambula had the fastest splits for the women with Lynn Dai following her, both well under their predictions. Predicted Sand Bag Winner is Willie Liu for running 4 minutes 6 seconds under his own prediction. It appears that Willie is over his injury (got to do a blood test).

4/15/23 – Short Six 5.74 Miles

1	Roberto Palos	38:36
2	Joseph AuBuchon	38:36
3	Kristina Park	40:40
4	George Lo	40:52
5	Radha Nambula	40:57 PR 53 sec
6	Andy Williams	41:24
7	Missy Sudan	42:03
8	Ken Camet	43:06
9	Fatima Machado	45:39
10	Jenny Gonzalez	46:29
11	Robert Navarette	46:56
12	Dave McIntyre	50:49
13	Robert Pickens	50:54
14	Mark Goldman	55:13
15	Neeraja Nambula	59:34
16	Neil Gelblum	64:37

17 Scott Graham 64:52
18 Willie Liu 68:37

Club Weekly Trophy Winner – Radha Nambula

Cool damp start this morning as Joseph AuBuchon and Roberto Palos ran side by side most of the race both finishing together for first & second. Radha Nambula had an all time 53 second PR followed by Andy Williams who finished 26th on the 60+ list. Fatima Machado and Jenny Gonzalez both missed their all time PR by 8 seconds. Kristina Park was first woman to finish with George Lo trying to chase her down once again. No one got lost on the new course this morning.

4/22/23 – Mile on the Track

Heat #1: Under-7:00 runners

			Last year	
1	Juan Rivera	4:57.7		
2	Jorn Jensen	5:18.2	5:29.4	
3	Radha Nambula	6:01.1	6:07.8	
4	George Lo	6:02.6		
5	Missy Sudan	6:24.8		
6	Becki Kriege	6:36.7	8:05.2	
7**	Ken Camet	6:38.0	6:27.5	Ran at Smithtown East High School St. James, NY
8	Fatima Machado	6:41.4		
9	Ranjeet Sudan	6:46.1	6:46.7	
10	Dimitri Stefanidis	6:48.9		
11	Robert Navarrete	6:52.5		
12	Jenny Gonzalez	6:54.5	7:11.2	
13	Mike Krey	6:55.4	6:51.8	
14	Robert Pickens	6:56.8		
15	Luke AuBuchon	6:57.2PR	7:29.7	
16	Joseph AuBuchon	6:58.1	5:08.8	(Paced son Luke)

** Ran off site on Vacation

Heat #2: 7:00+ runners

			Last Year	
1	Juan Rivera	5:07.0*		
2	Jorn Jensen	5:37.9*	5:29.4	
3	George Lo	6:26.7*		
4	Norm Takeuchi	7:42.0	7:27.0	Ran Washington Union High School Easton, CA
5	Lan AuBuchon	7:55.6	7:52.1	
6	Ann AuBuchon	8:20.1PR	9:21.1	
7	Joseph AuBuchon	8:20.4*	(Paced daughter Anne)	
8	Danny Moon	8:25.3		
9	Neeraja Nambula	8:27.6	8:23.7	
10	Mark Goldman	8:31.6		
11	Radha Nambula	8:32.6*	6:07.8	
12	Jude AuBuchon	8:57.6PR	9:09.5	
13	Willie Liu	8:59.4	9:24.1	
14	Lynn Dai	9:24.1PR	9:36.9	
15	Alvin Jackson	11:11.6	12:56.5	
16	Don Packwood	11:55.2	10:20.5	
17	Dave Norlander	13:47.9	11:27.7	
18	Walter VanZant	19:09.7	17:53.9	

* Also Ran in Heat #1

Weekly Trophy Winner –Juan Rivera

A perfect day for the mile on the track, we had a large group of 27 runners with a great finish line crew. Juan Rivera took an early lead setting a fast pace for the heat finishing 20 seconds ahead of Jorn Jensen who was 42 seconds ahead of Radha Nambula and George Lo sprinting to the finish. The rest of heat #1 pack of 11 runners finished within 34 seconds of each other. In the second heat Lynn Dai had a 12 second PR, Joseph AuBuchon paced Luke AuBuchon to a 32 second PR and Ann AuBuchon to a 61 second PR. Jude AuBuchon who is now in the first grade improved his PR by 11 seconds by out sprinting Willie Liu, not sure what Mom and Dad are feeding these great future athletes!

4/29/23 – 16 x 400 Meter Relay

Pl	Team	Start	1	2	3	4	5	6	7	8
1	Pickens / Sudan	-0-	1:37-	3:20-	5:01-	6:43-	8:22-	10:02-	11:45-	13:23-
			15:05-	16:42-	18:24-	20:01-	21:42-	23:17-	24:53-	26:25
2	Conroy / Camet	-0-	1:44-	3:24-	5:09-	6:49-	8:32-	10:12-	11:57-	13:35-
			15:18-	16:53-	18:36-	20:11-	21:54-	23:28-	25:07-	26:39
3	Moon / Park	-0-	2:00-	3:25-	5:20-	6:50-	8:46-	10:13-	12:10-	13:38-
			15:39-	17:05-	19:10-	20:36-	22:45-	24:12-	26:09-	27:29

Club Weekly Trophy Winner – Kristina Park & Danny Moon Team

The running conditions were perfect for this 16 x 400 Meter relay as all three teams ran under their predicted team times. Danny Moon ran his exact predicted time as his team mate Kristina Park ran just 7 seconds under her prediction. Kristina Park had the fasted overall splits averaging 86 seconds with Ken Camet leading the men averaging 96 per split. The two other teams ran 81 seconds under their predicted team times as Robert Pickens, Ranjeet Sudan, Brian Conroy and Ken Camet averaged between 96 and 103 seconds for their splits. Trophy given to the team closest to their predicted time. It was great to see Dick Chimenti our Club Webmaster at the workout and at breakfast.

5/6/23 – Valle Vista – 3.0M

1	Andy Williams	20:52
2	Scott Bang	21:05
3	Kristina Park	21:19
4	Ranjeet Sudan	22:29
5	Robert Navarrete	23:29
6	Norm Takeuchi	25:09
7	Catherine Frye	26:42
8	Neeraja Nambula	28:30
9	Danny Moon	29:02
10	Chris Blue	37:22
11	Don Packwood	39:34

Weekly Trophy Winner – Andy Williams

Andy Williams ran to an easy win this morning. Catherine improved her 60+ PR by 4 minutes. Neeraja improved her 45+ PR by 7 seconds. Danny missed his 75+ PR by just 4 seconds. Chris Blue became the 3rd club female runner to finish this course at age 74.

5/13/23 – Triangle 4.76 Miles

1	Ray Rodriguez	28:26 PR 52 sec
2	Joseph AuBuchon	29:56
3	Roberto Palos	30:48
4	George Lo	33:06
5	Missy Sudan	34:09

6	Kristina Park	34:09
7	Scott Bang	34:50
8	Fatima Machado	35:49
9	Ranjeet Sudan	36:51
10	Robert Navarrete	37:35
11	Jenny Gonzalez	37:48 PR 31 sec
12	Carolyn Wang	39:38 PR 4 min 8 sec
13	Patrick Connolly	39:40
14	Mark Goldman	42:54
15	Dalila Rodriguez	45:34
16	Rishi Agrawal	51:46
17	Robert Pickens	51:47
18	Neeraja Nambula	54:38
19	Danny Moon	55:10
20	Willie Liu	57:04
21	Don Packwood	63:34
22	Chris Blue	65:50
23	Kat Powell	68:XX

Club Weekly Trophy Winner – Ray Rodriguez

Super morning for our runners as Ray Rodriguez captured another Saturday win, Kristina Park and Missy were first women finishers. Great job from our finish line crew Chris Blue, Madelyn Moon and Danny Moon. There was only three all-time PRs, Ray Rodriguez had a PR of 52 seconds, Jenny Gonzalez had a 31 second PR and Carolyn Wang had a PR of 4 minute 8 second. Fatima Machado just missed her all time PR by 5 seconds and brought a new runner Patrick Connolly to run with us. Robert Pickens ran with Rishi Agrawal guiding him through the course as not to get lost. (Mark and Don saw a fast runner wearing “Nike Superflys” go by)

Step up/Step Down Relay 5/20/23

team	start	finish time	place
McAllister-Park	0:30	32:53:00	1
Gonzalez-Lo	0:30	33:44:00	2
Machado-Prince	1:45	34:15:00	3
Pickens - Krey	0:00	36:19:00	4
Goldman-Aubuchon	2:00	36:58:00	5
Graham-Jensen	1:25	37:24:00	6
Manens-Schmitt	3:00	41:16:00	7
Chuiwala-Agrawal	0:00	46:28:00	8
Kemp-Powell	0:00	47:12:00	9

Walt Van Zant Trophy Winner: Joseph AuBuchon & Mark Goldman; Timers/Recorders: Walt, Becki, Ken, and Wilie

My dad put the teams together and Ken and I tried our best to get all the times. Willie did crowd control. We started off strong, but I got off track about four minutes into the workout and never fully recovered. This was Meghna, Rishi, and Riaan’s first relay workout with the team. Welcome! We have promised them that not all the workouts are this tricky to manage.

Joseph and Mark came closest to their rating, so they earned the phantom trophy. Well done!

5/27/23 – 10 x 0.54 Mile Relay

Pl	Team	Start	1	2	3	4	5	6	7	8	9	10
1	AuBuchon,J / Liu	-0-	2:58-	7:58-	10:54-	16:09-	19:04-	24:26-	27:19-	32:56-	35:47	
2	Prince / McAllister	4:00	7:19-	10:37-	13:54-	17:16-	20:32-	23:56-	27:13-	30:35-	33:45-	37:02
3	Nambula,R / Lo	4:00	7:19-	10:37-	13:59-	17:17-	20:43-	23:57-	27:22-	30:36-	33:54-	37:14
4	Williams / Navarrete	2:40	7:02-	9:56-	13:21-	17:13-	20:35-	24:14-	27:36-	31:26-	34:50-	38:38
5	Pickens / Manens	5:45	9:34-	12:32-	16:17-	19:14-	22:26-	25:50-	29:33-	32:32-	36:13-	39:25
6	Park / Kemp	4:20	8:36-	11:51-	15:46-	18:57-	22:52-	26:02-	29:49-	33:13-	36:48-	39:58

Club Weekly Trophy Winner – Antoine Manens & Robert Pickens for best predicted team time.

A cloudy cool morning with 6 teams made from our online relay sign-up sheet with the runners predictions. Five teams ran under their predicted times with Kristina Park running the closest to her prediction with Bob Schmitt close behind her. Joseph AuBuchon had the mens fastest splits and Kristina Park had the fastest splits for the women. There were many great performances including eight of sixteen runners running 16 minutes or under. Our timing crew of Mike Krey, Des Knuckey, Alvin Jackson, Don Packwood, Walter VanZant & Danny Moon did a super job. Most runners ran much faster than they expected making this an awesome workout. Our two youngest runners Sahasra and Shreyas Nambula were helping pace two of our more mature runners Bob Schmitt and Willie Liu. Adam Prince joined us this week with a fine display of running good for our cross country team.

6/3/23 – Dou/Sar/Fruitvale – 2.75M

1	Dwayne Spencer	17:36
2	Geoff Bradley	17:55
3	Adam Prince	18:11
4	Kristina Park	18:27
5	Scott Bang	19:29
6	Dimitrios Stefanidis	21:00
7	Dave McIntyre	23:06
8	Todd Hayes	26:27
9	Jim Bordoni	29:51 RW
10	Riaan Agrawal	30:15
10	Rishi Agrawal	30:15
12	Nancy Kirk	30:34
13	Lynn Dai	32:39
14	Danny Moon	32:41
15	Don Packwood	34:46
16	Meghna Agrawal	35:39
17	Alvin Jackson	40:51
18	Walt Van Zant	58:44

Weekly Trophy Award Winner – Dwayne Spencer

We had 18 club runners at our Saturday club workout this morning as we had many othe club runners running at the popular Stow Lake race in San Franciso. Wayne Spencer grabbed the lead as soon as our race started, doing his best to stay in front of Geoff but coming up about 100 yards behind Dwayne at the end. There were no PRs by the runners. Dwayne won the weekly trophy as a reward for his win.

6/10/23 -Farwell/H – 4.68M

1	Jorn Jensen	27:28
2	Joseph Aubuchon	28:52
3	Roberto Palos	29:52
4	Geoff Bradley	30:16
5	Kristina Park	32:04
6	George Lo	32:44
7	Andy Williams	32:44
8	Gary Waggoner	32:58
9	Becki Kriege	33:01
10	Norry McAllister	33:13
11	Fatima Machado	35:33
12	Carolyn Wang	40:21
13	Mark Goldman	41:40
14	Dave McIntyre	42:26
15	Slim Pickens	43:03
16	Todd Hayes	45:35
17	Bob Schmitt	50:21
18	Nancy Kirk	51:02
19	Jim Bordoni	52:20
20	Willie Liu	55:06
21	Don Packwood	60:45

Weekly Trophy Winner – Jorn Jensen

Jorn ran to a fast easy win with a 28-second 50+ PR. Roberto Palos also ran very well with a 14-second 55+ PR. while Andy Williams had a 27-second 60+ PR. Kristina Park was the fastest woman finisher as Becki Kriege improved her 55+ women's #1 time by 22 seconds.

6/17/23 – 12 x 800 Meter Relay

Pl	Team	Start	1	2	3	4	5	6	7	8	9	10	11	12
1	Goldman / MCallister	2:00	6:04-	9:19-	13:20-	16:32-	20:33-	23:45-	27:49-	30:59-	35:03-	38:14-	42:15-	45:14
2	Lo / Prince	9:15	12:20-	15:22-	18:31-	21:30-	24:38-	27:37-	30:46-	33:44-	36:56-	39:55-	43:04-	45:58
3	Krey / Navarrete	3:30	7:15-	10:57-	14:31-	18:05-	21:39-	25:08-	28:37-	32:09-	35:39-	39:08-	42:36-	46:00
4	Hayes / Waggoner	2:00	6:14-	9:20-	13:33-	16:37-	20:53-	23:57-	28:16-	31:19-	35:38-	38:43-	43:02-	46:03
5	Conroy / Kemp	3:30	7:08-	10:39-	14:15-	17:52-	21:28-	25:03-	28:40-	32:12-	35:41-	39:17-	42:40-	46:12
6	Agrawal,M&R / Machad	-0-	5:12-	8:23-	13:54-	17:08-	21:13-	24:32-	28:41-	31:58-	36:11-	39:29-	43:51-	47:09
7	Liu(5) / AuBuchon	7:55	10:37-	15:01-	17:52-	22:22-	25:04-	30:00-	32:42-	37:54-	40:38-	45:47-	48:27	
8	Jackson(5) / Nambula, R	3:00	5:58-	11:01-	14:01-	19:48-	22:45-	28:52-	31:50-	38:31-	41:33-	47:46-	50:44	
9	Nambula, N / Moon	1:30	5:37-	9:52-	14:05-	18:13-	22:30-	26:46-	31:09-	35:33-	39:54-	44:19-	48:41-	52:59
10	Nambula,Sa/ Nambula,Sr	3:30	7:30-	11:26-	15:17-	19:05-	23:05-	26:45						

Weekly Club Trophy Winner –Team Adam Prince and George Lo

A warm summer morning brought out 22 runners who all signed up for the 12 x 800 meter relay. Eleven teams were made up prior to Saturday which made it easier and much faster to start the relays. Joseph AuBuchon had the fastest splits of 2:42.5 followed by Adam Prince and Radha Nambula both averaging 2:59 for their splits, with Fatima Machado averaging 3:15 for the women's splits. Thanks to Don Packwood and Robert Pickens who had a tough job timing and recording doing the best they could recording enough information to allow me to create the results. There were 16 runners way under their predicted times who are very happy with their performances, so we expect to see them improving throughout the year.

6/24/23 – Farwell – 3.54M

1	Joseph Aubuchon	21:58.7
2	Radha Nambula	24:04.2 PR
3	George Lo	24:17.4
4	Andy Williams	24:21.8
5	Scott Bang	24:34.5
6	Darren Strange	24:51.2 PR
7	Missy Sudan	25:13.9
8	Norry McAllister	25:27.1
9	Fatima Machado	26:04.5 PR
10	Ranjeet Sudan	26:25.0
11	Robert Navarette	27:39.7
12	Dave McIntyre	29:50.3 60+ PR by 25 seconds
13	Slim Pickens	31:41.9
14	Sharon Reiss-Miller	31:49.6
15	Mark Goldman	32:09.3
16	Ken Camet	32:10.1
17	Todd Hayes	33:25.5
18	Danny Moon	34:59.x 75+ PR by 10 seconds
19	Jeff Justice	37:01.x
20	Bob Schmitt	38:30.7
21	Jim Bordoni	38:51.8 RW
22	Willie Liu	41:37.x
23	Kat Powell	46:18.6
24	Don Packwood	46:22.2
25	Alvin Jackson	52:43.x

Weekly Club Trophy Winners – All who ran all-time or age-group PRs

Joseph won by a huge margin this morning but there were many other fine performances. Andy Williams improved his 60+ PR by 27 seconds. Darren Strange ran a 7-second PR. Fatima Machado improved her all-time PR by 45 seconds. Ranjeet PRd by 68 seconds. Dave McIntyre broke his 60+ PR by 25 seconds. And, Danny Moon improved his 75 best by 10 seconds prior to helping with the workout. As can be seen, there were many PRs. So, I apologize if I missed anyone's PR. wv60+ PR by 27 seconds. Darren Strange ran a 7-second PR. Fatima Machado improved her all-time PR by 45 seconds. Ranjeet PRd by 68 seconds. Dave McIntyre broke his 60+ PR by 25 seconds. And, Danny Moon improved his 75 best by 10 seconds prior to helping with the workout. As can be seen, there were many PRs. So, I apologize if I missed anyone's PR. Wv

Race Results

Information for this section provided By Jorn Jensen

Club Member Results in Grand Prix Road Races and Racer of the Year Events to Date

3/4/23 - Redding 10M

36 Jorn T. Jensen	1:02:19
41 Raymond Rodriguez	1:03:22
48 Barry Farrara	1:05:08
58 Dwayne Spencer	1:09:01
70 Brian Davis	1:13:11
80 Tom O'Connor	1:18:54
96 Dalila Rodriguez	1:32:51
97 Glenn Kishi	1:34:23

4/2/23 – SACTOWN 10 Mile Run, Sacramento - National Masters 10M Championship

3rd place WVSJ M60 – 3:18:11

107 Raymond Rodriguez	1:02:35, 6:15/M, 3rd M60-64
124 Barry Farrara	1:03:55, 6:23/M, 6th M60-64
211 Brian Davis	1:11:41, 7:10/M, 5th M60-64

6th place WVSJ M40 – 3:48:55

33 Juan Rivera	55:29, 5:33/M, 9th M40-44
305 Robert Navarrete	1:21:46, 8:10/M, 7th M60-64
387 Glenn Kishi	1:31:31, 9:09/M, 21th M60-64
487 Robert Schmitt	1:50:47, 11:05/M 2nd M80+

7th place" WVJS M50 – 3:54:25, per the results

172 Dwayne Spencer	1:07:42, 6:46/M, 5th M55-59
248 Ken Camet	1:15:00, 7:29/M, 13th M60-65
DNF Geoff Bradley	1:31:45, 24th M50-54

Others

80 Jorn T. Jensen	1:00:41, 6:04/M, 6th M50-54 Non-US
222 Nancy Eubanks	1:12:31, 7:15/M, 7th F45-49

350 Dalila Rodriguez 1:26:40, 8:39/M 7th F50-54
556 Kat Powell 2:22:31, 14:31/M, 6th F70-74

4/29/23 - The Great Race – Vasona Park, Los Gatos

17 Juan Rivera 21:18 (5:18/M), 3rd M40-49
40 Jorn T. Jensen 23:13 (5:47/M), 3rd M50-59
47 Raymond Rodriguez 23:44 (5:55/M), 1st M60-69
56 Barry Farrara 24:27 (6:05/M), 2nd M60-69
66 Antoine Manens 24:57 (6:13/M)
70 Joseph AuBuchon 25:14 (6:17/M)
97 Nancy Eubanks 27:07 96:44/M)
99 George Lo 27:10 (6:45/M)
105 Brian Davis 27:35 (6:54/M)
108 Venkata Nambula 27:32 (6:53/M)
115 Becki Kriege 28:10 (7:02), 2nd (by 1 sec.) W50-59
125 Missy Sudan 28:46 (7:11/M)
130 Thomas O'Connor 29:04 (7:16/M)
164 Robert Navarrete 31:09 (7:47/M)
166 Mike Krey 31:27(7:52/M)
177 Marion Richard 32:18 (8:04/M)
185 Norm Takeuchi 33:00 (8:15/M)
187 Dalila Rodriguez 32:54 (8:13/M)
221 Mark Goldman 37:07 (9:02)
222 Norry McAllister 37:07 (9:02/M)
246 Neeraja Nambula 37:40 (9:25/M)
274 Robert Schmitt 42:24 (10:36/M), 1st M80+
292 Wei-ti Liu 44:39 (11:10/M)

5/7/23 - Mile of Truth - Danville

Men 40-49

6 Juan Rivera 4:48
9 Joseph AuBuchon 5:08
17 Radha Nambula 5:57

Men 50+

2 Jorn T. Jensen 5:13, 2nd M50+
6 Raymond Rodriguez 5:23, 2nd M60+
9 Barry Farrara 5:30, 3rd M60+
23 Brian Davis 6:17
24 Robert Pickens 6:18
31 Ken Camet 6:30
36 Brian Conroy 7:15 *(Spartans)

Women 50+

15 Missy Sudan 6:23
18 Becki Kriege 6:34

Women Open

27 Fatima Machado 6:42

6/3/23 - Stow Lake Stampede 5K - Golden Gate Park

In gun-time order – chip time/pace in ()

27 Juan Rivera 16:12 PR (16:07, 5:12/M), 4th M40-49
95 Jorn T. Jensen 17:42 (17:39, 5:41/M), 4th M50+
98 Raymond Rodriguez 17:49 (17:45, 5:43/M), 1st M60+
119 Barry Farrara 18:39 (18:35, 5:59/M), 2nd M60+
120 Joseph AuBuchon 18:42 (18:37, 6:17/M)
199 George Lo 20:33 (20:26, 6:35/M)
210 Nancy Eubanks 20:39 (20:32, 6:37/M), 9th W40-49
233 Venkata Nambula 21:09 (21:02, 6:47/M)
238 Brian Davis 21:22 (21:18, 6:52/M), 8th M60-69
254 Norry McAllister 21:48 (21:41, 6:59/M), 10th M60-69
258 Becki Kriege 21:52 (21:44, 7:00/M), 9th W50-59
266 Missy Sudan 22:04 (21:57, 7:04/M)
282 Ranjeet Sudan 22:30 (22:22, 7:12/M)
307 Mike Krey 23:31 (23:21, 7:31/M)
325 Robert Navarrete 24:08 (24:02, 7:44/M)
331 Robert Pickens 24:20 (24:08, 7:46/M)
336 Dalila Rodriguez 24:35 (24:19, 7:50/M)

348 Jenny Hong-Gonzalez 25:11 (24:55, 8:01/M)
394 Mark Goldmam 27:17 (26:06, 8:44/M), 9th M70+

7/4/23 – Freedom Fest 5K – Morgan Hill

In gun-time order – chip time/pace in ()

22 Juan Rivera	16:05	(16:04, 5:11/M), 3rd M40-49
95 Jorn T. Jensen	17:23	(17:22, 5:36/M), 2nd M50+
48 Raymond Rodriguez	17:34	(17:33, 5:39/M), 1st M60+
59 Joseph Aubuchon	18:15	(18:14, 5:53/M)
66 Geoff Bradley	18:40	(18:38, 6:00/M), 5th M50-59
78 Roberto Palos	19:10	(19:09, 6:10)
98 Dwayne Spencer	19:48	(19:46, 6:22)
108 George Lo	20:12	(20:07, 6:29/M)
110 Kristina Park	20:13	(20:10, 6:30), 3rd W50+
114 Nancy Eubanks	20:24	(20:20, 6:33/M), 5th W40-49
117 Darren Strange	20:31	(20:26, 6:35)
137 Venkata Nambula	20:53	(20:49, 6:43/M)
140 Norry McAllister	21:07	(21:02, 6:47)
153 Brian Davis	21:33	(21:30, 6:56/M)
155 Becki Kriege	21:37	(21:32, 6:56/M)
161 Missy Sudan	21:44	(21:39, 6:59/M)
173 Ranjeet Sudan	22:07	(22:02,7:06/M)
194 Fatima Machado	22:45	(22:40, 7:18)
209 Dimitrios Stefanidis	23:40	(23:32, 7:35)
211 Mike Krey	23:44	(23:36, 7:36/M)
212 Robert Navarette	24:40	(24:37, 7:37/M)
236 Dalila Rodriguez	24:56	(24:45, 7:59/M)
255 Lan AuBuchon	25:39	(25:28, 8:13/M)
260 Norm Takeuchi	25:42	(25:35, 8:15)
345 Todd Hayes	28:18	(28:09, 9:05)
430 Robert Schmitt	32:14	(32:10, 10:22), 1st M80+
456 Wei-ti Liu	33:20	(33:12, 10:42/M)
553 Donald Packwood	39:37	(39:29, 12:44), 2nd M80+
595 Dave Norlander	44:18	(44:10, 14:14/M), 5th M80+