WVJS

VOL 52-#2 WEST VALLEY JOGGERS & STRIDERS December 2023

Upcoming Saturday Workouts

1/06	Farwell (3.54 miles)
1/13	8 x .66 mile relay (tennis court relays)
1/20	Short Six (5.74 miles)
1/27	5K on the track
2/03	Valle Vista (3.0 miles)
2/10	One Mile on the Track
2/17	Valentine Relay
2/24	Triangle (4.76 miles)
3/02	6 x 1600m relay
3/09	Douglass (2.75 miles)
3/16	Farwell/H (4.68 miles)
3/23	8 x 1200m relay
3/30	3000m on the Track
4/06	Farwell (3.54 miles)
4/13	Short Six (5.74 miles)
4/20	1500m on the Track
4/27	16 x 400m relay
5/04	Valle Vista (3.0 miles)
5/11	800/1500/3000m on the Track
5/18	Triangle (4.76 miles)
5/25	Douglass (2.75 miles)
6/01	18 x 0.33M Relay
6/08	Farwell/H (4.68 miles)
6/15	12 x 800m relay
6/22	5K on the Track
6/29	All Courses Day
7/06	Farwell (3.54 miles)

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.

2024 Racer of the Year Events

Fastest Farwell Time
Fastest Marathon
Fastest Half Marathon
Fastest of 2 Designated Track Miles
Fastest of 2 Designated Track 5K's
Fastest of 2 Designated Track 800m's (including the 800 on the 800/1500/3000m workout day)
Fastest of 2 Designated Track 3000m's (including the 3K on the 800/1500/3000m workout day

3/02	NorCal 10M
4/07	SacTown 10M
4/14	Great Race
TBD	Proposed PA short course race in SF (TBA)
5/19	Mile of Truth
6/01	Impala Stampede 5K
TBD	Santa Cruz XC
TBD	Golden Gate Park XC
TBD	Urban Cow Half Marathon
11/10	Clarksburg Half Marathon
12/08	California International Marathon

Miscellaneous Drivel

The parking fee at West Valley College is $3 per day every day of the week from 7AM to 10PM. The Fall and Spring semester 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. Here are the highlights for the year:

Joseph Aubuchon led all of the men with 22 wins. Geoff Bradley had 10 wins, Gary Waggoner had 6 wins, Jorn Jensen had 6 wins, Dwayne Spencer had 3 wins, Antoine Manens had 3 wins, and Dwayne Spencer had 3 wins. 6 other men runners had one win each.

Kristina Park led the ladies with 14 wins, Missy Sudan had 11 wins, Becki Van Zant had 2 wins, Fatima Machado had 2 wins, and Heather Rohrer had 1 win.

As regards relay wins, Joseph Aubuchon led the way as he was on the winning relay team 5 times. For most of the year, relay members were rated based upon their own predicted times. This often led to easy wins because some runners gave themselves soft predictions. Joseph made accurate predictions for himself. He was often on the winning team because he was the fastest runner and was usually matched with the slowest runners who generally miss their predictions by more than the faster runners. Joseph was on the winning team 5 times during the year. No one else was on a winning team more than twice.

As regards all-time PRs, these are hard to achieve, especially if you have been running these courses for many years. Age-group PRs (40/44, 45/49.50/54, 55/59. 60/64, 65/69, 70/74, and 75/79, are easier to achieve because there are more opportunities to get 5-year PRs. Regardless, Radha Nambula went on a real tear during the last half of the year as he recorded 14 of them.

Participation in the Pacific Association Grand Prix road running and cross country races is also important to many club members. Team and individual results are listed toward the end of this Bulletin.

Special Report: WVJS -The Coach Connection

by Mike Krey

So, you think you know your West Valley Joggers & Striders? (Don't peak ahead for the answers):
1. Who was a 2 a.m. late-nighter for decades?
2. Who has gone through 400 hair ties in a year?
3. Who facilitated dozens of Slurpee purchases many Fridays?
4. Who was a bad cop?

Your one hint is that the answers relate to these WVJSers' other calling, coaching high school track and/or cross country teams. The answers, in order, are Walt Van Zant, Danny Moon, Hank Lawson and Becki Kriege. (Read on for explanations.)

As much as club prez-for-life Walt has given to WVJS, he's given as much to the Wilcox High School track and XC teams over a – get this – *40-year* coaching career that ended in 2023 (though Walt notes he continues to "help out"). But the WVJS boasts other coaches as well. Many coaches. No doubt we've missed some, but our WVJS tally counts 11 head coaches, 12 assistant coaches and three middle school coaches. Not to mention the many unofficial helpers. The WVJS head coaches include Walt (Wilcox), Carol Stroud (Wilcox), Danny (Saratoga), the late Jake White (Lynbrook), Jim Bordoni (Mountain View), Scott Bang (Saratoga/Willow Glen Middle), Dino Delyani (Aragon) and Hank (Lynbrook). (A longtime member of the Aggies Running Club, Hank technically isn't a WVJSer though he's run some of our Saturday events for many years.)
The other WVJS head coaches are Kevin Breit, who ran with us a decade ago (Prospect), and Matt Tompkins, who's run for WVJS in USATF events (The King's Academy). And our 11th head coach? In a full-circle moment, Dave Gomez, who ran for Walt and with WVJS a couple of years, succeeded Walt as head coach at Wilcox.

The WVJS assistant coaches are: Chris Blue, Dick Chimenti, Todd Hayes, Becki and husband Mike Kriege, Brian Low, Madelyn Moon, Robert Pickens, Jeff Rohrer, the late Rich Stiller, Missy Sudan and Danielle Zelinski.

And our middle school coaches – Kristina Park, Brian Conroy and Scott Graham – deserve kudos. (We'll note that Scott also notched a year as head XC coach at DIII Bridgewater State University in Massachusetts.)
WVJSers know that they can, and do, get coaching from club members. Lots of coaching. But who knew we had so many – 26 -- "official" coaches?

They all have stories, but we must be brief. Scott Bang, for one, has a long coaching resume: six years assisting at Los Gatos H.S., a year as asst. and two as head XC coach at Saratoga and a year as head coach at Willow Glen Middle School. Saratoga won the Central Coast Section high school title in one of his years, 2018, as did his WGMS 8th grade XC boys.
Our Sierra Nevada rep Dick Chimenti has a dozen years as assistant XC and track coach at Sonora HS. Several of his teams qualified for state finals. Jim Bordoni started coaching at Saint Simon in Los Altos, where his boys excelled. He later assisted for two years at Mountain View H.S. and then spent two years as head XC coach. His boys and girls teams qualified for state finals both years.

Jeff Rohrer started coaching when daughters Heather and Jackie ran for Fremont H.S. in Sunnyvale. Still there, he's officially been an assistant coach since 2014 (longer unofficially). Missy Sudan assisted Hank at Lynbrook for several years, where she says she'd give a talk about the importance of good running shoes, proper nutrition and good sportsmanship. Most of the athletes "learned a little about being OK with failure," she said.

Here's a little more on a few of our coaches.

DINO

"I think it was a setup. … I needed all the skills I learned in life."

That's Dino explaining A. how he quickly rose from assistant to head track and XC coach and B. how he handled said job.

Dino is a prime example of a coach inspired by WVJS coaches. "A huge influence," Dino said. After Dino retired in 2017, Walt hooked him up with a former teammate at St. Ignatius High School, who was head track & field coach at the high school near Dino's San Mateo home, Aragon. A head coach's administrative duties add up, he says. Monitoring grades, getting medical clearances, making schedules, confirming officials, dealing with parents, and that doesn't even get into securing all the equipment needed to set up track meets. Dino paused … "How did Walt do it all those years?" The reward? "It's so cool helping kids achieve some success," Dino said. "Sports taught me a lot, like self-discipline and how to work with people. Kids are interested in you, the coach. You do try to be role model."

Dino also became a substitute teacher, which aided in recruiting, a tough but key job for all coaches. "It helped me and the kids know each other." Dino coached 2017-2020, before he and his family moved to Seattle.

DANNY and MADELYN

The two-loop Lynbrook XC course includes some gravel, a bad place to lose a shoe. But Saratoga (and WVJS) runner Lynn Dai says she embraced the mantras of Coach Moon when her shoe fell off. "Use your arms, use the magic and remember to always look good," Lynn recited. "It worked."

Danny's informally coached many WVJSers, but his formal coaching dates to 1978, when he coached daughter Yvette's Cupertino Yearlings running team. By then, "Rocketman" Danny had been running since 1962, including for Santa Cruz H.S.

After a short detour in Arizona, Walt recruited Danny to WVJS in 1980. Danny coached Lockheed runners for a time, but didn't get into high school coaching until 2008. Club member Liz Nast's daughter, Katie, was looking for a coach for the girls XC team at Saratoga. Liz, Katie and, crucially, Madelyn found the perfect recruit.

Danny, with Madelyn's help (Chris Blue also was a Saratoga asst.), coached the team from 2008 until 2021, when he retired to spend more time with Madelyn and son Mikey. Participation was the hallmark of those teams. He started with fewer than 30 runners, and peaked in 2018 with 62 athletes on the girls XC team.

"Our No. 1 rule was to make it F-U-N," said Danny. Sharks and minnows (think Red Rover) was one game the team played at practices. Besides "magic time" and "looking good," there was "acorn," his code word to alert his runners that a rival was gaining. Danny held daily practice but kept the mileage modest for his runners, under 20 miles a week. "Another rule was: No one runs alone" he said. "And we always had a no-cut rule. I was happy to have anyone willing to run. The athletes would be my salespeople, so we attracted runners."

Danny and Madelyn kept a well-stocked car trunk, with plenty of water, socks, jogging bras, singlets, shorts and … hair ties. "We'd go through 300-400 a season" he said. (Ques. 2 above.) Well worth it. "Madelyn and I loved seeing the athletes, they gave us hope for the future." Runner Lynn said much the same. "Danny and Madelyn were just so cute together," she said. "They made us feel happy. Coach Moon was very popular."

HANK and JAKE

The two XC runners, from Lynbrook and Santa Clara H.S., were straining neck and neck for the finish line and first place in a meet in the late 1990s when a legend was born: Hank Lawson.

"The coaches disagreed on the winner," Hank said. "I started timing in 1998 because of that dispute. You couldn't argue with a camera." Hank, a longtime WVJSer, has timed hundreds if not thousands of track and XC meets, and adult runs as well. Besides timing, Hank has plenty of coaching bona fides. Hank ran for Gunn H.S., De Anza College and San Diego State U., and started coaching as an assistant at his old high school. In 1993 he saw an ad from Lynbrook seeking an XC coach. He was interested because he knew they had a top runner, Jason Balkman. Jason already had a personal coach in another local legend, Willie Harmatz (a longtime WVJS supporter and owner of Athletic Performance in Los Gatos). "So, I started my coaching career by 'coaching' a champ, though I didn't really coach him," Hank said.

At Lynbrook, Hank started a Website, mainly as a way to get photos to parents and grandparents. The late Plato Yanicks, another legend and Menlo-Atherton H.S. coach (he died in 2022 at age 90) gave loads of info to Hank for his website, which soon became THE key site for CCS track and XC, https://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2021/2021.htm.

"Plato gifted me about 300 scrapbooks," Hank said. "I think he had stuff that went back to the 1890s. Scary."

Hank meanwhile became THE timer for CCS. "I'd go to three or four meet a week," he said. "Met everyone in the running community. I loved it." But being a universal timer and one school's coach didn't mesh. So, to get to Jake White, we'll turn things over to … WVJSer Joseph Aubuchon. Joseph ran for Walt at Wilcox all four of his years, starting in 1995. Those first two years, Walt was coaching solo.

"Walt was great, but he was swamped," Joseph said. "He recruited Jake to be his assistant in my junior year, and it was a huge improvement. Jake tailored workouts for different abilities." Jake (like Hank, Walt, Danny and all the WVJS coaches and assistants) was a helluva runner. He died in 2021 at age 79. In 2007, he started at Lynbrook, for a short time as Hank's assistant though they quickly changed roles. (Missy, for Hank, and Rich Stiller, for Jake, were other Lynbrook assistants.)

“Jake and I had similar philosophies so the transition was seamless,” Hank said. “Our goal was to build lifelong athletes, lifelong runners, and keep it fun.” Workouts included “turf and surf,” where the team had to run several miles to Hank’s house, and then they could take a dip in his pool. Food Fun Fridays often included a 4.5-mile loop with a stop at a 7-eleven, where the runners, or Hank or Jake, would buy Slurpees. (Ques. 3 above.)

“Jake was competitive, but also a great motivator,” Hank said. “Once one of our girls was crying and I told him ‘Jake, that’s a high school girl, you can’t talk to her that way.’ And his apology to her was so heartfelt that she started crying again. “He could bond with runners like no one else. They ran hard for him.” As for how long Hank will continue as a crucial cog in the local running scene, “I’ll leave timing before I get burned out, but I’m not there yet.”

WALT and BECKI
Like many high schoolers, runners can have, shall we say, poor organizational skills. And they might like to take it easy on a workout or two or three. Walt developed a solid set of rules over the years, and made sure the athletes and parents knew those rules. But when runners messed up, it might well be assistant coach Becki who took action. “When you’re career IRS like my dad, you’re used to some people disliking you, and that was not going to be the case when it came to coaching,” said Becki of her Wilcox partnership with her dad. “I could see right away that ours would be a good cop/bad cop routine and I’d be the bad. (Ques. 4 above) And sure, she wanted to help Walt, especially in recent years, but she also says this, “You get so much out of it that my belief is that all runners should help coach at least one year, if possible.”

Becki has more than one. 2023 marks her 12th as an assistant at Wilcox. Before that she put in three years at Archbishop Mitty H.S., where daughter Mary ran. “My dad made me promise to move over to Wilcox after Mary graduated,” Becki said.
Said Walt, “Becki really had been a top runner, and she was great help when she coached with me, especially in the last years of my coaching.”

Walt, of course, took high school coaching to another level. The four decades of coaching is amazing enough, but he also kept – by hand – the running records not just for Wilcox but for the entire CCS. That’s more than 100 schools! (With Walt’s retirement, CCS aims to automate this task.) That’s why, after eight hours or so at a track meet, you could find Walt laboring until 2 a.m. (Ques. 1 above) inputting running times. This wasn’t a hobby, it was a lifestyle. Moreover, Walt also served as the CCS De Anza League representative for decades. It’s hard to encapsulate all a league rep does, but says Walt, “it’s really a lot of work.” When Mr. 2 a.m. says it’s a lot of work, it’s a lot of work. His efforts had its rewards. The Central Coast Section named Walt coach of the year for XC in 1996-97 and for track & field in 2007-08. (Hank also earned this rare double, in 2000-01 for XC and 2002-03 for track. And Matt Tompkins won the XC award for 2021-22.)

Walt’s epic tenure began in fall 1984. Top Wilcox runner Becki had graduated, but younger sisters Julie and Amy ran and the Wilcox track and XC coach had transferred. Without a replacement, the school might have dropped the sport. Walt talked former WVJS runner Carol Stroud into coaching Wilcox, with Walt as assistant. His IRS job then included lots of travel, so Walt at first couldn’t commit to being head coach. But within a couple years he and Carol switched roles. Then when Carol had to step back, Jake became one of the many WVJSers to step into an assistant role. (Besides Becki and Mike Kriege, other WVJSers who’ve assisted Walt are Todd, Danielle, Robert Pickens and Brian Low, Robert Pickens, Todd Hayes and Danielle Zelinski, who also was head XC coach at K-8 Latimer School for a year.)

A runner since high school, Walt said he took to coaching, reading books on coaching (especially the hurdles) and taking a dozen coaching clinics over the years. “When I ran, it could take me a week to get over a bad run, so I never criticized any of my runners,” said Walt. Walt had plenty of teams and individual runners qualify for state. And his philosophy was to keep it fun, but do the miles. He encouraged 40-mile weeks from his top runners. “Walt really focused on interval workouts, and he kept records of all our runs,” Joseph Aubuchon said of his high school coach. “You couldn’t go easy because he kept the records.” The ex-IRS career man “actually liked charting the numbers,” Joseph said. “He’d time middle school meets and send recruitment letters to the top 8th graders.”

And the old Walt humor remained a staple. “We got his dry humor all the time, Joseph said. “Like, before every meet, his last words to us were, ‘Just remember, don’t embarrass yourselves’.” For the most part, though, Coach Van Zant kept trying to get through to his runners that, as he puts it, “running, like life, is ups and downs.
“Some people are just naturally super-motivators. Jake really was the best, but I think I was pretty good. I was always sympathetic with my runners. I liked being around young runners. It’s just fun to watch them grow.”

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 final scores for 2023 are:
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Runner	Miles	Sat Pts	Total	Award
JR Mintz	5700	20	5727	Gold
George Lo	3657	440	4092	Gold
Jorn Jensen	2756	520	3276	Gold
Joseph Aubuchon	2201	900	3101	Gold
Dwayne Spencer	2397	570	2967	Silver
Tom Warfel	1577	1020	2597	Silver
Geoff Bradley	1850	480	2330	Bronze
Ken Camet	1568	520	2088	Bronze
Danny Moon	576	1470	2046	Bronze
Mark Goldman	1440	560	1700	Bronze
Carol Bednar	1372	60	1432	Hon Mention
Scott Bang	509	580	1089	Hon Mention
Jim Bordoni	510	190	700	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. Gary Waggoner keeps the records for this event, which can be found on the club website.

Final 2023 standings:

A Division

Juan Rivera	200 (10)
Jorn Jensen	197 (15)
Joseph Aubuchon	190 (9)
Raymond Rodriguez	186 (11)
Barry Farrara	182 (7)
Geoff Bradley	179 (8)
Dwayne Spencer	177 (10)
Darren Strange	124 (5)
Calvin Do	120 (3)
Antoine Manens	89 (3)
Gary Waggoner	84 (4)
Adam Prince	60 (2)

B Division

George Lo	200 (9)
Radha Nambula	197 (9)
Norry McAllister	184 (8)
Robert Pickens	149 (5)
Scott Bang	117 (5)
Roberto Palos	100 (3)
Kristina Park	90 (3)
Andy Williams	61 (3)
Juan Huang	17 (1)

C Division

Nancy Eubanks	200 (7)
Brian Davis	200 (7)
Missy Sudan	192 (8)
Becki Kriege	186 (7)
Robert Navarrete	170 (9)
Fatima Machado	154 (5)
Ranjeet Sudan	151 (5)
Ken Camet	136 (4)
Norm Takeuchi	132 (5)
Demetrios Stefanidis	101 (4)
Tom O'Connor	90 (2)
Bob Kemp	84 (4)
Andres Gentry	57 (3)
Dil Ibrahim	40 (2)
Ian Klassen	38 (2)
Joe Cohn	17 (1)

D Division

Mike Krey	200 (8)
Jenny Gonzalez	144 (5)
Lan Aubuchon	91 (3)
Sharron Reiss-Miller	91 (3)
Todd Hayes	84 (3)
Carol Bednar	68 (2)
Luke Aubuchon	50 (2)
Marian Richard	48 (1)
Dave McIntyre	47 (2)
Hank Lawson	24 (1)
Tim Souza	22 (1)
Catherine Frye	21 (1)
Scott Graham	17 (1)

E Division

Dalila Rodriguez	200 (9)
Mark Goldman	196 (8)
Neeraja Nambula	136 (5)
Danny Moon	118 (5)
Jim Bordoni	87 (4)
Jeff Justice	84 (4)
Rishi Agarwal	25 (1)
Jonah Strange	24 (1)
Des Knuckey	23 (1)

F Division

Bob Schmitt	195 (5)
Wei-Ti Liu	194 (7)
Glenn Kishi	150 (3)
Don Packwood	150 (6)
Dave Norlander	109 (4)
Lynn Dai	92 (4)
Walt Van Zant	82 (4)
Alvin Jackson	61 (3)
Neil Gelblum	45 (2)
Riaan Agarwal	25 (1)
Nancy Kirk	22 (1)
Meghna Agarwal	20 (1)

SATURDAY WORKOUT RESULTS

7/1/23 All Courses Day

Douglas 2.75 Miles

1	Ken Camet	19:48
2	Robert Navarrete	21:22
3	Missy Sudan	21:22
4	John Huang	22:29
5	Catherine Frye	23:43
6	Robert Pickens	25:31
7	Danny Moon	26:51 75+ PR 5 min 50 sec
8	Willie Liu	32:18
9	Chris Blue	36:08
10	Dave Norlander	41:05

Valle Vista 3.0 Miles

1	Dwayne Spencer	19:30
2	Darren Strange	20:50
3	Geoff Bradley	21:28
4	Scott Bang	22:09
5	Mike Krey	24:10
6	Joseph AuBuchon	25:30
7	Fatima Machado	25:30
8	Mark Goldman	26:17
9	Norry McAllister	27:20
10	Radha Nambula	27:20
11	George Lo	27:20
12	Dick Chimenti	27:56 1st on 80+ list
13	Todd Hayes	28:07
14	Kat Powell	38:39
15	Alvin Jackson	46:27

Triangle 4.76 Miles

1	Jorn Jenson	29:18
2	Dave McIntyre	42:04

Club Weekly Trophy Winner – Alvin Jackson

Today was the warmest morning of the year. Temperatures starting around 65 degrees reaching 75 degrees as Alvin Jackson survived his Valle Vista run finishing first from the end to capture the weekly trophy. Thanks to our finish line crew Chris Blue Don Packwood, Willie Liu Walter VanZant and Danny Moon. Tuesday 7/4/23 eighteen or more who ran today will be racing at the Freedom Fest 5K for our WVJS team. Danny Moon had a 75+ PR by 5 minutes and 50 seconds. Dick Chimenti who ran Valle Vista for the first time since June 2016 ran very well to become #1 on the 80+ list.

7/8/23 – 6 x 1600M Relay

Pl	Team	Start	Splits				
1	Churiwala,Megna/Powell,Kat	5:20	17:19	28:27	40:23	**52:02**	*
2	Reiss,Sharon/Liu,Willie	-0-	7:50	17:32	25:45	35:24	43:51 **53:42**
3	Nambula,Radha/Lo,George	19:05	25:39	31:57	38:20	44:39	51:05 **57:37**
4	McAllister,Nor/Park,Kristina	20:05	26:43	33:01	39:36	45:51	52:14 **58:15**
5	Spencer Dw/Aubuchon,Joseph	23:20	29:26	35:11	41:08	46:44	52:44 **58:16**
6	Strange,Darren/Agarwal,Rohan	23:50	30:10	35:26	41:47	46:56	53:25 **58:22**
7	Machado,Fatima/Sudan,Missy	17:15	24:07	31:02	38:03	44:55	52:00 **58:37**
8	Camet,Ken/Williams,Andy	17:20	24:57	31:21	38:43	45:07	52:09 **58:38**
9	Krey,Mike/Kemp,Bob	14:50	22:26	29:44	37:15	44:3	52:00 **59:00**
10	Moon,Danny/Dai,Lynn	-0-	8:23	18:52	27:12	38:50	47:15 **59:25**
11	Bob Pickens/Ranjeet Sudan	15:50	24:21	31:24	38:36	45:35	52:46 **59:39**

12 Riaan Agarwal/Rishi Agarwal 6:50 17:01 26:01 37:17 45:53 57:20 **63:36**

* Due to a mistake by me (Walt), Megna and Kat were told to run only 2 runs each.

Good cool running weather this morning, which led to fast times. As has been our practice this past year, everyone predicted their own relay time. These predictions were then used to put the teams together and to determine their starting times. In general. most of the runners made good predictions. The runners who made the best predictions included Ken Camet (1 second), Fatima Machado (3 seconds), Ranjeet Sudan (5 seconds), (Norry (9 seconds), and Darren Strange (10 seconds). The fastest male runners included Rohan Agarwal with a 5:07 average, Joseph Aubuchon with a 5:47 average, Dwayne Spencer with an 18:01 average, George Lo with a 6:23 average, Darren Strange with a 6:23 average, Andy Williams with a 6:46 average. Radha and Norry also ran well but did not give me a large enough bribe to warrant a mention. Our fastest lady was Kristina Park with a 6:11 average. That is not as good as finishing 2nd in the XC NCAA finals many years ago but stiil good for a 50+ runner. Missy Sudan averaged 6:48 per mile and Fatima Machado averaged 6:59 per mile. Alvin Jackson, Madelyn Moon, Don Packwood, and Danny Moon helped at the finish line, which is a very difficult job for this relay.

Weekly Trophy Winner – The Agarwal family

7/15/23 – Short Six 5.74 Miles

1	Joseph AuBuchon	36:22
2	Dwayne Spencer	37:34
3	George Lo	40:56
4	Kristina Park	40:58
5	Heather Rohrer	42:01
6	Darren Strange	42:22
7	Norry McAllister	44:33
8	Ken Camet	45:23
9	Robert Navarette	46:04
10	Joe Cohn	46:07
11	Bob Kemp	46:14
12	Maya Strange	51:23*
13	Dave MacIntre	51:32
14	Mark Goldman	51:36
15	Robert Pickens	53:01
16	Sharron Reiss-Miller	53:04
17	Jeff Justice	65:04
18	Jim Bordoni	65:35
19	Bob Schmitt	66:17 PR 80+ 2:48
20	Wei Ti Liu	68:55
21	Kat Powell	75:25
22	Alvin Jackson	95:28

* got lost ran short

Valle Vista 3.0 miles

1	Lynn Dai	39:59
2	Danny Moon	39:59

Weekly Trophy Winner – Missy Sudan

Very warm morning for our runners as temperatures started about 68 and 76 when they finished. Joseph AuBuchon took an early lead finishing strong for the win as Dwayne Spencer finished 2nd feeling good and healthy once again. George Lo is back running very well. He finished ahead of Kristina Park, Heather Rohrer and Darren Strange as they were blinded by George's bright lime green outfit. Hats off to Bob Kemp and Robert Navarette who helped our newest runner Joe Cohn navigate the short six course. Robert Pickens also made sure that Sharron Reiss-Miller was able to finish the short six course. Great job from our finish line crew Willie Liu, Radha Nambula, Chris Blue, and Danny Moon. Bob Schmitt had a 80+ PR of 2 minute 48 second moving him to #4 on the 80+ list. Missy Sudan was presented the phantom weekly trophy by Joseph for achieving 5th place in PAUSATF women 50+ receiving free comps for next years races. Becki Kriege also finished 4th in women 50+ PAUSATF receiving free comps for next year's PAUSATF races.

7/22/23 – 5K on the track

Pl	Runner	7/22/23		1/28/23 Time
1	Jorn Jensen	18:24.7		
2	Antoine Manens	19:01.8		18:26.6
3	Dwayne Spencer	19:24.1		19:18.1
4	Roberto Palos	19:43.9		18:56.6
5	George Lo	20:39.5		
6	Scott Bang	21:00.2		
7	Radha Nambula	21:05.1		
8	Andy Williams	21:06.0		
9	Norry McAllister	21:10.4		20:51.2
10	Heather Rohrer	21:18.3	*	
11	Becki Kriege	22:00.7		
12	Missy Sudan	22:13.7		21:51.9
13	Ranjeet Sudan	22:25.8		23:33.3
14	Angie Weinberger	22:46.1	*	
15	Mike Krey	23:28.3		23:24.9
16	Bob Kemp	23:30.3		
17	Robert Navarette	24:02.2		24:14.6
18	Brian Conroy	24:03.2	*	
19	Slim Pickens	26:06.4		22:08.5
20	Mark Goldman	26:18.2		27:32.1
21	Joe Cohn	26:28.4		
22	Danny Moon	29:28.x		
23	Jeff Justice	30:53.9		31:06.7
24	Willie Liu	32:51.x		33:12.1
25	Don Packwood	40:28.2		
26	Walt Van Zant	57:41.x RW		

*These runners are either not club members or compete for another club. Anyone who shows up at the track on a Saturday is welcome to run with us. However, if they compete for another club in Grand Prix competition, they are not included in our various contests as per our club rules.

Weekly Trophy Winner – Norry McAllister

We started our morning run today under warm conditions, which many of the 26 runners complained about. Some of our slower runners did start early in order to escape the heat. However 4 of the 11 runners who ran this event in January and today were able to better their January times. Norry McAllister did not run a PR but despite his advanced age of 67 was able to average near 7 minutes per mile and earned the receipt of the weekly trophy. Jorn Jensen, Antoine Manens, Dwayne Spencer, and Roberto Palos led the men with sub-20 runs. Heather Rohrer, Becki Kriege, Missy Sudan, and Angie Weinberger led the ladies.

7/29/23 – 3000M/1500M/800M Runs

3000M

1	Dwayne Spencer	11:16.3 PR
2	George Lo	12:09.9
3	Becki Kriege	13:13.0
3	Ken Camet	13:13.0
5	Aaron Lee	14:16.5
6	Brian Conroy	14:21.7

7	Sharron Reiss-Miller	14:56.8
8	Mark Goldman	16:08.0
9	Todd Hayes	16:55.5
10	Willie Liu	17:59.9
11	Kat Powell	21:33.9
12	Don Packwood	23:06.2
13	Walt Van Zant	36:30.3

1500M

1	Geoff Bradley	5:21.1
2	Dwayne Spencer	5:28.8
3	Scott Bang	5:32.6
4	Heather Rohrer	5:40.5
5	Norry McAllister	5:41.3
6	George Lo	5:45.5
7	Missy Sudan	5:55.4
8	Radha Nambula	5:57.8
9	Fatima Machado	6:03.8
10	Ranjeet Sudan	6:24.0
11	Danny Moon	7:19.7
12	Sharron Reiss-Miller	7:23.8
13	Rishi Agarwal	7:51.0
14	Todd Hayes	8:14.0
15	Riannn Agarwall	9:01.3
16	Mark Goldman	9:04.6
17	Alvin Jackson	10:14.4
18	Kat Powell	10:20.4
19	Meghna Churiwala	10:31.1
20	Don Packwood	11:01.2

800M - Heat #1 (Estimated sub 3:30 Runners)

1	Geoff Bradley	2:35.5
2	Radha Nambula	2:42.2
3	Dwayne Spencer	2:52.6
4	Norry McAllister	2:55.3
5	George Lo	2:59.8
6	Heather Rohrer	3:01.1
7	Ken Camet	3:03.9
8	Fatima Machado	3:05.5
9	Missy Sudan	3:06.2

800M – Heat #2 (Estmated 3:30+ Runners)

1	Geoff Bradley	2:54.6
2	Danny Moon	3:35.9
3	Rishi Agarwal	3:37.3
4	Jim Bordoni	3:47.2 RW
5	Sharron Reiss-Miller	3:54.3
6	Todd Hayes	3:57.1
7	Riann Agarwal	4:26.1
8	Lynn Dai	4:46.5
9	Kat Powell	5:09.2
10	Meghna Churiwala	5:16.6
11	Alvin Jackson	5:26.1
12	Don Packwood	5:37.1

Weekly Trophy Winner – Dwayne Spencer

We had 3 events this morning, which included 4 different races, with 54 runners in these 4 races. It was difficult to determine who should get the weekly trophy. But we decided that Dwayne Spencer should get it as he ran an all-time 3K PR, including winning the longest race – the 3K. Geoff Bradley was given serious consideration for the trophy as he competed in 3 races while winning all of them. There were several other notable performances that I will not mention for fear of overlooking some very good performances.

8/5/23 – Vallle Vista – 3.0M

1	Geoff Bradley	18:14 50+ PR
2	Ray Rodriguez	18:21
3	Dwayne Spencer	18:53
4	Gary Wagggoner	20:13
5	Radha Nambula	20:18 PR
6	Andy Williams	20:24
7	Scott Bang	20:39
8	Norry McAllistter	20:56
9	Becki Kriege	21:20
9	Missy Sudan	21:20
11	Bob Kemp	23:06
12	Robert Navarrete	23:17
13	Mark Goldman	25:21
14	Sharron Reiss-Miller	25:35
15	Carolyn Wang	25:55
16	George Lo	26:19
17	Dave McIntyre	26:25
18	Dalila Rodriguez	27:14
19	Todd Hayes	27:51
20	Danny Moon	29:17
21	Scott Graham	29:52
22	Willie Liu	33:36
23	Lynn Dai	33:36
24	Bob Schmitt	33:51
25	Nancy Kirk	34:46
26	Rishi Agarwal	36:31
27	Riann Agarwal	36:37
28	Meghna Agarwal	38:22

Weekly Trophy Winner – Don Packwood

Geoff Bradley and Ray Rodriguez had a good battle until the very end with Geoff out-sprinting Ray for the win. Perhaps the outcome would have been different if Ray had fully recovered from a leg injury. Geoff recorded a 14-second age 50+ PR to move to #33 on the 50+ list out of 106 50+ runners. Ray has the 60+ club record at 17:47. Radha ran his all-time PR for this course. Becki ran her best-ever 55+ time to finish in a tie with Missy. Becki's time moved her to #2 on the women's 55+ list. Most of the runners liked our mewly initiated starting time for the summer of 7:30AM. Although Don Packwood did not run this morning, he was awarded the weekly club trophy for his excellent timing efforts on his 83rd birthday.

8/12/23 – Racer of the Year 800M

Heat #1

1	Joseph Aubuchon	2:19
2	Darren Strange	2:24
3	Geoff Bradley	2:28
4	Jorn Jensen	2:31
5	Radha Nambula	2:37
6	Scott Bang	2:40
7	Dwayne Spencer	2:40
8	Norry McAllister	2:44
9	Adam Prince	2:53
10	Luke Aubuchon	3:11

Heat #2

1	Chris Jensen	2:42
2	Geoff Bradley	2:43
3	Joseph Aubuchon	2:53
4	Missy Sudan	2:54
5	Gary Waggoner	2:55
6	George Lo	3:09
7	Jorn Jensen	3:10
8	Robert Navarrete	3:12
9	Brian Conroy	3:18
10	Mike Krey	3:21
11	Jim Bordoni	3:36 RW
12	Lan Aubuchon	3:47

Heat #3

1	Geoff Bradley	2:58
2	Dwayne Spencer	2:59
3	Jorn Jensen	3:03
4	George Lo	3:09
5	Danny Moon	3:34
6	Jenny Gonzalez	3:34
7	Mark Goldman	3:38
8	Lam Aubuchon	3:49
9	Lynn Dai	4:08
10	Luke Aubuchon	4:11
11	Joseph Aubuchon	4:11
12	Jeff Justice	4:14
13	Willie Liu	4:16
14	Alvin Jackson	4:40
15	Kat Powell	5:07
16	Don Packwood	5:26
17	Dave Norlander	5:53
18	Walt Van Zant	8:57

The first three races today counted for inclusion in our Racer of the Year contest. The remaining races will count as one of our regular relay races.

There is a discrepancy in some of the reported 800 times. The 800 time trial times are the only marks that count in any of our contests today — that means the Racer of the Year contest.

Thanks to our timers – Danny Moon and Chris Blue. They did a good job under difficult conditions. We discovered that the stop watch that they were using was malfunctioning but did not discover the malfunction until the following week when a backup watch showed the errors with the watch that we used today. We corrected the times as best that we could.

6 x 800M

Pl/Team	Start	Splits
1 Justice-J Jensen	1:00	5:16- 8:02-12:31-15:17-19:52- **22:33**
2 Krey-McAllister	2:30	6:23- 9:33-13:15-16:23-20:07- **23:04**
3 Goldman-Prince	2:55	6:51- 9:49-13:46-17:11-20:32- **23:21**
4 Lo-Waggoner	5:00	8:10-11:10-14:22-17:11-20:27- **23:23**
5 Navarrete-Spencer	4:10	7:54-10:51-14:21-17:17-20:39- **23:33**
6 Chris Jensen-M.Sudan	3:40	7:10-10:32-14:00-17:19-20:25-**23:38**
7 Powell-Rad.Nambula	-0-	5:07- 8:05-13:20-16:18-21:59- **24:56**
8 Lo-Waggoner	5:00	8:10-11:10-14:22- ? 20:27- **23:23**

Weeekly Trophy Winner - Jeff Justice

Jeff Justice ran very well this morning and, consequently was awarded the Saturday trophy. Jorn Jensen had the best average for the relay runners at 2:44 per run. Thanks to our large crew of helpers, which included Danny Moon, Chris Blue, Jim Bordoni, Alvin Jackson, Don Packwood, and Willie Liu. Joseph Aubuchon had the best time for the men in the time trial with a time of 2:20. Not as fast as his collegiate time of 1:54 but very good for a 40+ runner. He was closely followed by Darren Strange at 2:24, Geofff Bradley at 2:28, Jorn Jensen at 2:31, and Radha Nambula at 2:38. Missy Sudan led the ladies at 2:54.

8/19/23 – Triangle Run – 4.76M

1	Gary Waggoner	31:46
2	Radha Nambula	32:43 PR
3	George Lo	32:56
4	Kristinaa Park	32:59
5	Scottt Bang	33:12
6	Norry McAllister	33:33
7	Becki Van Zant	34:17
8	Missy Sudan	34:58
9	Danielle Zelinski	35:42
10	Andres Gentry	40:05
11	Norm Takeuchi	41:25
12	Rishi Agarwal	48:41
13	Willie Liu	52:34
14	Jim Bordoni	53:12 RW
15	Chris Blue	60:30

Phantom Weekly Trophy Winner – Radha Nambula

Gary and Radha ran together for the first 2 miles before Gary began to get away, winning by about a minute. Radha won the phantom trophy because he ran an all-time PR by and it was his birthday. Jeff Justice won the trophy last week but did not come today with the trophy, allegedly because his car broke down. The rumor floating around the track was that Jeff has become quite fond of the trophy and used the car story as an excuse for not returning the trophy. George Lo beat his 50+ best by 4 seconds. Becki bettered her 55+ PR by 21 seconds while recording the 2nd best-ever women's 55+ time for this course. Danielle Zelinski visited us from Tacoma, showing signs of the fast high school distance runner that she was. Scott Bang continued to improve.

8/26/23 – One Mile on the Track

Heat #1 – Estimated Under 7:00 Runners

Pl	Runner	Time	4/22/23 Time
1	Joseph Aubuchon	5:17.7	
2	Geoff Bradley	5:21.4	
3	Darren Strange	5:42.7	
4	Radha Nambula	5:50.5	6:01.1
5	Gary Waggoner	5:53.8	
6	Scott Bang	5:58.3	
7	Norry McAllister	6:02.2	
8	Missy Sudan	6:26.2	
9	Fatima Machado	6:30.3	6:41.4
10	Ken Camet	6:41.5	
11	Bob Kemp	6:48.4	
12	Luke Aubuchon	6:50.3 PR	7:29.7
13	Mike Krey	6:59.0	
14	Shreyas Nambula	7:14.7	

Heat #2 - Estimated Over 7:00 Runners

Pl	Runner	Time
1	Andres Gentry	6:59.3
2	Brian Conroy	7:15.3
3	Sharon Reiss-Miller	7:41.0
4	Rishi Agarwal	7:53.1
5	Danny Moon	7:56.0
6	Jim Bordoni	8:16.5 RW
7	Riaan Agarwal	8:18.x
8	Ian Aubuchon	8:34.6
9	Annie Aubuchon	8:37.2
10	Todd Hayes	8:41.1
11	Jeff Justice	8:59.4

12	Jude Aubuchon	9:01.9
13	Willie Liu	9:08.8
14	Bob Schmidt	9:32.4
15	Neal Gelblum	9:39.6
16	Lynn Dai	9:46.9
17	Kat Powell	10:46.7
18	Megna Agarwal	10:53.1
19	Dave Norlander	12:04.5

Heat #3 – Miscellaneous Runners

Pl	Runner	Time
1	Geoff Bradley	5:29.5
2	Joseph Aubuchon	5:41.9
3	Scott Bang	6:05.2
4	Gary Waggoner	6:11.9
5	Fatima Machado	6:59.3
6	Radha Nambula	7:00.0
7	Missy Sudan	7:41.0
7	Norry McAllister	7:41.0
7	Ken Camet	7:41.0
10	Norm Takeuchi	7:57.x
11	Sharon Reiss-Miller	8:11.4
12	Kat Powell	11:43.1
13	Walt Van Zant	18:26.7

Runners who competed in the 3rd heat included those who had already run in the 1st 2 heats and wanted to get in an extra run, runners who ran on an out-of-town track (permitted by our rules for out-of-towners to score in our track runs), and a very slow runner who ran before our 7:30AM scheduled start.

Weekly Trophy Winner – Geoff Bradley

Thirty-three different club members ran with us this morning, starting at 7:30AM. Most of them ran well. Joseph had the fastest time and was closely followed by Geoff Bradley. There was only one all-time PR and that was by Luke Aubuchon at 6:50. Thanks to our timing crew of Danny Moon, Madelyn Moon, and Neeraja Nambula. Also, thanks to Radha Nambula for again taking the group pictures after our races. All were impressed with the remarkable speed shown by Radha for the last picture, which included Radha, as he was able to start the camera and then was able to race to the group picture group before the picture was completed.

9/2/23 – Doug/Sar/Fruitvale – 2.75M

1	Geoff Bradley	16:37
2	Dwayne Spencer	17:22
3	Scott Bang	18:05
4	Radha Nambula	18:16 PR
5	Missy Sudan	19:26
5	Kristina Park	19:26
7	Fatima Machado	20:23
8	Andres Gentry	21:54
9	Norry McAllister	22:15
9	Becki Kriege	22:15
11	Robert Navarrete	23:52
11	Mike Krey	23:52
13	Anjali Sudan	24:47
14	Todd Hayes	25:31
15	Rishi Agarwal	25:52
16	Danny Moon	26:15
17	Naraja Nambula	27:35
18	Jeff Justice	28:30
19	Willie Liu	30:18
20	Neil Gelblum	30:26
21	Riann Agarwal	31:34
22	Nancy Kirk	31:35
23	Kat Powell	32:25
24	Meghan Agarwal	33:11
25	Dave Norlander	39:30
26	Walt Van Zant	59:12

Weekly Trophy Winner – Scott Bang

Nice turnout this morning with Geoff Bradley running to an easy win. Radha again ran a PR with a 35 second improvement. His time qualified him for movement into the B division from the C division as he ran more than a minute better than the C division standard. I'm not sure that that makes him happy Richi Agarwal also PRd with a 4:23 PR. Danny Moon improved his 75+ best by 16 seconds while looking smooth at the finish line. Scott Bang, who has been running poorly lately due to an injury, showed signs of a recovery with a good run this morning. Rich Hanh visited us from the East Coast and then came to breakfast with us. Thanks to our finish-line crew of Rich Hanh, Danny Moon, and Neeraja Nanbula. Your club president nearly quadrupled his PR for this course. I'll get it next time.

9/4/23 – 51st Annual Shettler Handicap Race

(3.06M on the Collins Course but Starting & Finishing at Moran Park)

Pl	Runner	Start	Finish	Actual	Predict	Miss
1	Willie Liu	10:00	41:24	31:24	33:08	1:44
2	Geoff Bradley	23:45	41:31	17:46	18:13	0:27
3	Ray Rodriguez	23:45	41:34	17:49	18:15	0:26
4	Norry McAllister	20:50	41:36	20:46	20:30	0:16
5	Scott Bang	22:10	41:48	19:38	20:05	0:27
6	Kristina Park	22:10	41:53	19:43	20:20	0:37
7	Wayne Spencer	23:15	41:56	18:41	19:15	0:34
8	Jorn Jensen	24:00	41:57	17:57	18:00	0:03
9	Radha Nambula	22:00	41:58	19:58	20:15	0:17
10	Brian Conroy	18:30	42:03	23:33	24:12	0:39
11	Mike Krey	19:00	42:29	23:29	23:39	0:10
12	Jos Aubuchon	23:45	42:34	18:49	18:20	0:29
13	Roberto Palos	23:00	42:45	19:45	19:15	0:30
14	Dalila Rodriguez	16:30	42:54	26:24	24:45	1:39
15	Kat Powell	8:00	43:12	35:12	35:25	0:13
16	Todd Hayes	16:30	43:31	27:01	26:55	0:06
17	Jeff Justice	13:00	43:44	30:44	32:00	0:16
18	Andres Gentry	20:50	44:00	23:10	22:30	0:40
19	Hish Mohammed	20:50	44:08	18:08	18:25	0:17
20	Dave McIntyre	18:30	44:26	25:56	25:00	0:56
21	Neeraja Nambula	14:30	44:29	29:59	29:00	0:59
22	Dave Norlander	-0-	45:14	45:14	44:10	1:04
23	Nagesh Saldi	19:30	45:24	25:54	27:00	1:06
24	Neil Gelblum	13:00	45:45	32:45	33:07	0:22
25	Luke Aubuchon	20:50	46:35	25:45	25:59	0:14
26	Don Packwood	10:00	54:32	44:32	36:00	8:32
27	Jeff Bedolla	15:00	56:27	41:27	38:00	3:27

We had good competition among most of the runners in the race this morning. Willie Liu, given the chance to win a race, had a fast sprint finish at the end of the race to hold off three runners who were desperately trying to catch him. Geoff, Ray, and Norry finished within 12 seconds of Willie and Scott, Kristina, Wayne, Jorn, Radha, and Brian finished another few seconds back. This may have been the closest mass finish in the history of the event. Becki, Missy, Walt and Ken Camet met on Saturday afternoon to handicap the race. It should be noted that the entire committee agreed that if anyone got an unfair handicap that it was probably due to a mistake by an overly zealous Becki. I would also like to note that those who saw Willie giving me some cash after the race completely drew the wrong conclusion that this was a payoff for recommending a change in his handicap at the handicap

meeting. There was absolutely no connection between the two incidents. Geoff Bradley had the fastest scratch time of the day, Kristina had the fastest time for the ladies, and Jorn won the closest predicted time contest.

9/9/23 -16 x 1600M Relay

Pl Team Start Splits

1 Shr Nambula/Gentry 2:00 3:41- 5:17- 6:55- 8:33-10:13-11:49-13:32-15:03-16:47-18:22-20:08-21:44-23:35-25:13-26:57-**28:34**

2 L. Aubuchon/R Nambula 3:10 5:12- 6:28- 8:27- 9:44-11:40-12:58-14:57-16:17-18:14-19:37-21:29-22:54-24:48-26:18-28:03-**29:27**

3 Liu/McAllister 0:15 2:27- 3:57- 6:07- 7:38- 9:54-11:22-13:33-15:00-17:20-18:48-21:04-22:32-24:52-26:16-28:15-**29:32**

4 Goldman/Waggoner 2:00 4:07- 5:32 7:36- 9:01-11:07-12:31-14:37-15:59-18:05-19:29-21:33-22:57-24:59-26:21-28:18-**29:34**

5 Ner Nambula/Saldi -0- 1:59-3:32- 5:35- 7:14- 9:15-10:57-13:00-14:44-16:50-18:38-20:45-22:28-24:35-26:15-28:14-**29:39**

6 Moon/Bang 4:00 5:53- 7:32- 9:17-10:44-12:38-14:05-15:57-17:23-19:15-20:38-22:30-23:53-25:46-27:09-28:35-**30:07**

7 L Aubuchon/J Aubuchon 7:30 9:08-10:30-12:08-13:27-15:02-16:21-17:56-19:15-20:49-22:07-23:41-24:57-26:22-27:41-29:17-**30:33**

8 Gonzalez/Dai -0- 1:43- 3:47- 5:28- 7:35- 9:12-11:29-13:11-15:35-17:18-19:45-21:27-23:57-25:40-28:19-29:56-**32:39**

Weekly Trophy Winner – Luke Aubuchon & Joseph Aubuchon

Based upon times that each team estimated, all teams were predicted to finish in 31 minutes. Most teams finished well under their estimates with the Aubuchon team coming the closest at 27 seconds. Their reward was finishing 7th out of the 8 teams. But they did win the weekly trophy. The fastest runners were Joseph Aubuchon at 10:28, Radha Nambula at 10:53, Gary Waggoner at 11:02 and Norry McAllister at 11:03. Norry was very happy with his performance.

9/16/23 – Farwell/H – 4:68M

1	Gary Waggoner	30:29
2	Adam Prince	31:17
3	Radha Nambula	31:45 PR
4	George Lo	32:49
5	Dimitios Stefanidis	34:07
6	Fatima Machado	35:39
7	Andres Gentry	36:19
8	Robert Navarrete	36:53
9	Mike Krey	37:11
10	Lan Aubuchon	40:15 PR
11	Mark Goldman	40:17
12	Norry McAllister	40:18
13	Norm Takeuchi	40:30
14	Ken Camet	40:35
15	Dave McIntyre	41:43
16	Joseph Aubuchon	43:58
16	Luke Aubuchon	43:58
18	Rishi Agarwal	44:10
19	Neeraja Nambula	46:50
20	Danny Moon	47:48
21	Jeff Justice	50:24
22	Nancy Kirk	54:27
23	Willie Liu	56:44
24	Neil Gelblum	57:50

Weekly Trophy Winner – Radha Nambula

24 runners competed this morning under cool weather conditions that was conducive to fast running. This got us 2 PRs – a 63-second improvement by Radha and a 13-second improvement by Lan. Gary Waggoner won a race for the 3rd time this year, winning by 200+ meters. Our excellent timing crew of Willie Liu, Neeraja Nambula, and Danny Moon, all of whom ran the course first so that they could time the race, did another good job of compiling the results and timing the runners.

9/24/23 – 8 x 0.66M Tennis Court Loop Relay

Pl Team Strt Splits

1 Jos Aubuchon/Meghna -0- 4:35-11:50-16:29-23:57-28:34-36:45-**41:19**

2 Bradley/Gelblum 10:00 13:53-20:33-24:22-30:51-34:41-40:57-**44:40**

3 McAllister/Shreyas 7:40 11:55-17:04-21:19-26:17-30:28-35:44-39:42-**44:46**

4 Waggoner/Hayes 7:10 11:18-16:53-20:57-26:26-30:24-35:57-39:56-**45:25**

5 Navarrete/Goldman 4:30 9:25-15:18-20:07-26:01-30:41-36:38-41:19-**47:21**

6 Park/Riann 8:03 12:16-17:04-21:08-25:25-29:46-38:08-42:17-**48:11**

7 Kriege/N.Nambula 5:40 10:22-16:23-21:02-26:55-31:36-37:32-42:13-**48:17**

8 Rishi/L.Aubuchon 5:30 11:18-16:02-21:21-25:53-33:18-38:03-43:34-**48:20**

Weekly Trophy Winners – Gary Waggoner & Todd Hayes

All teams should have finished in 45:30 if they had correctly rated themselves. The Waggoner-Hayes team did the best job of rating themselves as they came within 5 seconds of their predicted team time. Gary Bradley led the guys with an average of 3:49 per run and was followed by Norry. Norry was particularly happy because of his 4:09 average, which is very good for a 65+ runner. The ladies were led by Kristina and Becki. Mark was celebrating his 2 first place finishes in our football pool. But Dino broke Mark's streak this week but by only 2 points. 11 players in the pool finished within 2 points of each other. Thanks to our helpers – Willie Liu and Danny Moon, who served under difficult conditions – runners not starting when they were given the correct starting time and runners getting lost on the course. We did have to resort to having runners tell us their splits after the race but I do not think that any of the splits are off by more than a few seconds.

9/30/23 – Farwell – 3.54 Miles

1	Geoff Bradley	22:17.4
2	Gary Waggoner	22:46.0
3	Radha Nambula	23:28.8 All time PR 36 sec
4	Kristina Park	24:01.4
5	Norry McAllister	26:11.9
6	Missy Sudan	26:27.1
7	Ken Camet	26:59.3
8	Andres Gentry	27:43.6
9	Robert Navarrete	28:08.0
10	George Lo	30:55.8

11	Catherine Frye	31:16.4
12	Danny Moon	34:15.1 PR 75+ 44 sec
13	Jeff Justice	36:45.8
14	Willie Liu	39:02.5
15	Neil Gelblum	39:03.3
16	Rishi Agarwal	42:14.4*
17	Riaan Agarwal	42:15.3*
18	Meghna Agarwal	45:06.1*
19	Kat Powell	45:46.7

* Farwell adjusted time for 3.54 miles from long course of 4.2 miles.

Weekly Trophy Winner – Radha Nambula

A cool start this morning for this group of runners many of whom ran well with only 2 PRs. Once again Radha Nambula scored another all-time PR of 36 seconds (his 10th PR for this year) and Danny Moon had a 44 second PR for 75+. Geoff Bradley and Gary Waggoner pushed each other to finish 1st and 2nd followed by Radha Nambula hanging on to them to claim his PR run. Kristina Park was the first women in finishing 4th with Missy Sudan at 8th while Catherine Frye running very well after her surgery. We had a sprint battle between Wille Liu and Neil Gelblum both finishing with just 0.8 seconds apart, made for an exciting moment. Many of our runners were surprised to be cheered on by club member Jenny Gonzalez on the corner of Saratoga Ave and Juniper Lane which gave them a boost of energy.

10/07/23 – 12 x 600 Relay

PL	Teams	Start	Splits
1	Bob Kemp/Radha	0:50	3:17-5:24-7:54- 9:59-12:34-14:40-17:08-19:28-21:58-24:11-26:36-**28:43**
2	Robert.N/Kristina	0:20	2:55-5:09-7:44- 9:57-12:33-14:45-17:11-19:25-21:57-24:09-26:39-**28:41**
3	Brian/Darren	1:00	3:37-5:40-8:18-10:28-13:04-15:14-17:52-20:09-22:46-25:00-27:35-**29:31**
4	Mike/Gary	0:00	2:55-5:05-7:53-10:03-12:47-14:57-17:45-19:54-22:43-24:51-27:24-**29:31**
5	Missy/Heather	1:00	3:22-5:46-8:11-10:38-13:04-15:31-17:56-21:22-23:49-26:15-28:39-**31:00**
6	Rishi/Meghana/Riann	0:00	3:55-7:00-9:44-13:39-16:49-19:31-23:23-26:21-**29:05 (29:05(9X600)**

Weekly Trophy Winner – Heather Rohrer and Missy Sudan

Six teams were made up prior to Saturday which made it easier and much faster to start the relays. Radha Nambula had the fastest splits of 2:08 followed by Gary Waggoner averaging 2:09 for their splits, with Kristina Park averaging 2:11.5 for the women's splits. Thanks to Mark Goldman, Neeraja Nambula, Dwayne Spencer,Todd Hayes, Danny and Walter who had a tough job timing and recording with the exchanges on both sides of the track. They did the best they could recording enough information to allow us to create the results. There were 9 runners under their predicted times and three runners that were very close to their predicted times who are very happy with their performances.

10/14/23 – Short Six 5.74 Miles

1	Gary Waggoner	38:02
2	Roberto Palos	38:06
3	Joseph AuBuchon	39:46
4	Radha Nambula	39:46 All time PR 61 seconds
5	George Lo	40:54
6	Scott Bang	41:40
7	Bob Kemp	45:07
8	Andres Gentry	45:29
9	Norry McAllister	46:11
10	Robert Navarrete	46:11
11	Dave McIntyre	52:25
12	Jeff Justice	65:07
13	Willie Liu	69:10
14	Bob Schmitt	70:22
15	Todd Hayes	72:51

Weekly Trophy winner – Gary Waggoner

Perfect morning for our runners as Gary Waggoner captured his 5th Saturday road course win for this year. Joseph AuBuchon paced Radha Nambula to another all-time PR of 61 seconds (his 11th PR for this year). Great job from our finish line crew Chris Blue, Lynn Dai, Madelyn Moon and Danny Moon. There were only guys running this morning with Jeff Justice and George Low missing their 2023 PR by 2 seconds. Andres Gentry did very well running this course first time and Bob Kemp ran a Short Six 2023 PR.

10/21/23 – 1.46M WVC Campus Relay

Pl	Team	Start	Splits
1	Kriege/R.Nambula	10:00	20:29-29:48-40:19-49:59
2	Navarrete/Gentry	7:00	18:27-29:30-40:40-51:28
3	Krey/Takeuchi	3:30	16:11-27:57-40:25-2:04
4	Rishi Agrawal/Aubuchon	9:30	25:00-33:37-47:15-55:45
5	N.Nambula/R.Agrawal-N.Nambula/Dai	-0-	13:43-30:24-38:57-56:00

Weekly Trophy Winner – Robert Navarrete & Andres Gentry

Due to construction on the course, this is the first time that we ran this course in quite awhile but most of us managed to correctly follow the course. Riaan Agrawal got lost and I'm not sure when he finished but we had Neeraja start her 2nd run when the clock hit 25:00. All teams were rated, based upon the times that they predicted for themselves, with the Gentry team coming closest to their predicted time.

10/28/23 – Valle Vista – 3.0M

1	Joseph Aubuchon	18:03
2	Dwayne Spencer	19:06
3	Gary Waggoner	19:16
4	Radha Nambula	19:51
5	Darren Strange	20:56
6	Norry McAllister	21:02
7	Bob Kemp	22:24
8	Ken Camet	22:26
9	Andres Gentry	22:51
10	Robert Navarrete	23:14
11	Luke Aubuchon	24:01
12	John Huang	25:52
13	Mark Goldman	26:34
14	Neeraja Nambula	28:10
15	Danny Moon	29:13
16	Todd Hayes	29:49
17	Jeff Justice	31:25
18	Willie Liu	32:45
18	Slim Pickens	32:45
20	Don Packwood	44:16

Phantom Weekly Trophy Winner – Radha Nambula

Cold morning today but still some runners managed to run PRs. Joseph ran to an easy win. Radha ran another all-time PR, which is very good for a runner who has been running for a while. Some saw him jabbing himself with a needle before the race. He said that it was a flu shot that he bought at a

new drug store in San Francisco. Joseph was very impressed with his son's time. Danny Moon ran the 7th -best-ever 75+ time by a club runner on this course.

11/4/23 – 3K on the Track

	Today	Last Yr	7/23 W/O
1 Joseph Aubuchon	10:36	10:24	
2 Jorn Jensen	11:16		
3 Gary Waggoner	11:19	10:45	
4 Radha Nambula	11:35*	12:03	
5 Dwayne Spencer	11:37		11:16
6 Scott Bang	11:53*	12:04	
7 Norry McAllister	11:55	11:55	
8 Fatima Machado	12:35		
9 Darren Strange	12:47	11:52	
10 Geoff Bradley	12:47	11:02	
11 Andy Williams	13:02		
12 Bob Kemp	13:18		
13 Andres Gentry	13:24		
14 Robert Navarrete	13:50*	13:57	
15 Mike Krey	14:02		
16 Brian Conroy	14:07*	14:16	14:21
17 Jenny Gonzalez	14:53		
18 Mark Goldman	15:17*	16:33	
19 Nagesh Saldi	15:24*	17:19	
20 Danny Moon	15:40		
21 Norm Takeuchi	15:42*	16:08	
22 Neeraja Nambula	17:05	16:31	
23 Willie Liu	18:43	18:14	17:59
24 Kat Powell	21:40		21:33
25 Don Packwood	24:32		23:06
26 Dave Norlander	25:23		
27 Walt Van Zant	37:43	36:35	36:30

* Bettered their 3K time from last year

Saturday Trophy Winner – Joseph Aubuchon

We had a good turnout this morning. Joseph ran to an easy win. I'm not sure whether Jorn ran all out as he ran several more miles on the track at fast paste. I've listed your times from when we ran the track 3K last year and on 7/23/23 when we ran the 3 K as part of a 3K, 1500M, 800M workout.

11/11/23 – Triangle Run – 4.76M

1 Joseph Aubuchon	28:10 PR
2 Gary Waggoner	30:45
3 Dwayne Spencer	30:57
4 Radha Nambula	32:30 PR
5 Kristina Park	32:32
6 Scott Bang	32:54
7 Norry McAllister	33:52
8 Missy Sudan	34:24
9 Fatima Machado	35:54
10 Sue Francis	40:04
11 Mike Krey	40:22
12 Todd Hayes	43:12
13 Danny Moon	45:41
14 Jeff Justice	52:08
15 Neil Gelblum	55:53
16 Nancy Kirk	56:56
17 Willie Liu	58:22
18 Kat Powell	59:58
19 Don Packwood	70:38

Ran Dou/Sara/Fruitvale Course

Lynn Dai	39:41

Saturday Trophy Winner – Dwayne Spencer.

Joseph Aubuchon easily won an individuals race for the 3rd week in a row with his all-time best Triangle time. Dwayne Spencer set his 55+ record by 8 seconds. Fatima missed her PR by 10 seconds. Radha ran a 13-second PR. Three 70+ ladies (Sue Francis, Nancy Kirk, and Kat Powell) completed the course this morning and only four 70+ ladies have completed this course in the 50 years that we have been running it. And, Sue Francis broke the women's 70+ course record that was previously held by Nancy Kirk. Danny Moon broke his 75+ record by 10 minutes to move to #8 on the men's 75+ list. Jeff Justice knocked 6 minutes off his 70+ best (He will soon be 75). Thanks to our finish-line crew of Neeraja Nambula, Norm Takeuchi (from Fresno), and Danny Moon. Thanks also to Dave Piazza, who has been keeping track of the 5-year age-group PRs. Cecil Baugartner made a celebrity appearance after having run a half marathon race last week. He kept offering to give us his autograph but received no takers. In summary, most of us had a good day before driving down to the restaurant.

11/18/23 – Step Up & Step Down Relay

Pl	Team	Start	Splits
1	C.Jensen/Waggoner	4:15	5:38-8:35-13:26-19:23-26:03-30:30-33:31-**34:54**
2	Conroy/Machado	-0-	1:46-5:00-10:42-17:19-25:00-30:00-33:38-**35:02**
3	L.Aubuchon/J.Aubuchon	4:15	5:47-8:40-13:49-19:23-26:42-30:55-34:25-**35:38**
4	M.Sudan/R.Nambula	4:15	5:53-8:52-14:00-20:09-26:58-31:40-35:00-**36:20**
5	McAllister/Park	3:40	5:11-8:11-13:09-19:26-26:50-31:28-35:03-**36:21**

Weekly Trophy Winners – Norry McAllister and Kristina Park

As per the sky over the mountains, it appeared that it would rain but we got hardly any rain during our race. All ratings of the runners for this relay were done by the runners. Garry Waggoner did the best estimating, coming within one second of his predicted time. Norry McAllister and Kristina Park took home the Saturday trophy as they came within 9 seconds of their predicted team time. The fastest runners for the guys were Joseph (13:53), Gary (14:44), and Radha (15:10). The fastest gals were Kristina (15:13) and Fatima (16:15).

11/25/23 – Doug/Sar/Fruitvale – 2.75M

1 Geoff Bradley	16:04
2 Joseph Aubuchon	16:47
3 Radha Nambula	17:54
4 Kristina Park	18:13
5 Chris ?	19:00
6 Heather Rohrer	19:08
7 Missy Sudan	19:13
8 Ken Camet	19:54
9 Andres Gentry	22:30
10 Mike Krey	22:38
11 Dave McIntyre	23:18
12 George Lo	23:39
12 Mark Goldman	23:39
12 Norry McAllister	23:39
15 Danny Moon	24:53
16 Des Knuckey	25:28
17 Anjali Sudan	25:53
17 Ranjeet Sudan	25:53
19 Neeraja Nambula	26:10
20 Hank Lawson	26:28
21 Jeff Justice	28:03
22 Bob Schmitt	28:07
23 Willie Liu	29:52

24 Alvin Jackson 43:03
25 Bob Lord 45:19

Saturday Trophy Winner – Geoff Bradley

Geoff easily won the race on this cold morning, missing his all-time PR by just 2 seconds. His record was set 10 years ago in April 2013. Radha ran another all-time PR. His time put him #16 on the all-time 50+ list. Danny Moon continued his recent good running with the 9th best-ever run by a club 75+ runner. And, Bob Lord became the first-ever club 85+ runner to complete this course despite losing some time when he ran off course near the end of the race.

12/2/23 – 12 x 800M Relay

Pl/Team	Start	Splits
1 R.Nambula/Liu	-0-	2:46 7:29 10:11 14:57 17:53 22:33 25:34 30:25 33:23 38:09 ----- **41:05**
2 J.Gonzalez/Gentry	-0-	3:28 6:47 10:22 13:42 17:18 20:40 24:21 27:44 31:20 34:44 38:27 **41:44**
3 L.Aubuchon/ Machado	3:00	6:34 9:52 13:19 16:35 20:04 23:17 26:47 30:02 33:27 36:37 39:49 **43:01**
4 M.Sudan/Park	5:30	8:47 11:52 15:09 18:12 21:28 24:33 27:47 30:49 34:04 37:05 40:18 **43:10**
5 McAllister/Waggoner	7:30	10:43 13:45 16:56 19:54 23:03 25:59 29:07 32:01 35:07 38:02 40:52 **43:45**
6 Goldman/J.Aubuchon	3:00	7:12 9:47 13:57 16:33 20:44 23:17 27:34 30:15 34:25 37:09 41:12 **43:50**
7 N.Nanbula/Knuckey	3:00	7:08 11:14 15:32 19:39 23:58 28:08 32:27 36:37 40:01 44:55 ----- **49:05**

Weekly Trophy Winner – Mark Goldman

Based upon each runner's own predictions of their times today, all teams were predicted to finish in 44:00. The Goldman/Joseph Aubuchon team won as they finished 10 seconds under 44:00. The McAllister team finished 5 seconds back of the winning team. The Radha/Liu team was the first team to cross the finish line. Joseph led all of the guys with a 2:38 average. Radha continued to run well with a 2:51 average and Gary averaged 2:56. Kristina led the ladies with a 6:01 average and her teammate, Missy, averaged 6:31. Fatima was the 3rd fastest lady with a 6:28 average. 65+ runner, Norry, averaged 6:12 per run. Missy and Mark came within 2 and 3 seconds of their predicted times.

12/9/23 – Farwell/H – 4.78M

1 Joseph Aubuchon	28:10
2 Dwayne Spencer	30:38
3 Radha Nambula	31:40 PR
4 Scott Bang	31:46 55+ 1st time
5 Norry McAllister	32:11
6 Missy Sudan	33:49
7 Andres Gentry	35:00
8 Ken Camet	35:39
9 Joe Cohn	38:42
10 Robert Navarrete	38:51
11 Mike Krey	40:03
12 Dave McIntyre	41:36
13 Mark Goldman	41:54
14 Jeff Justice	52:55
15 Kat Powell	63:57

Weekly Trophy Winner – Norry McAllister

Another cold morning today but, still, some ran well despite the condition. Joseph scored an easy win. Norry won the weekly trophy because he continued to run very well for a 65+ runner. Radha continued his all-time PR binge. This time he broke his all-time 45+ PR by 5 seconds. Andres improved his 45+ best by 19 seconds. Thanks to our many good helpers this morning — Willie Liu, Norm Takeuchi, Alvin Jackson, and Neeraja Nambula. Danny Moon had surgery a couple of weeks ago and will need a few more weeks to recover from his lengthy surgery. His surgeon told him to take it easy for a few more weeks and that the surgery was a success. But, he may have to take away the chair that I have been using at the workouts.

12/16/23 – Dou/Sar/Fruitvale – 2.75M

1 Gary Waggoner	17:13
2 Geoff Bradley	22:22
3 Dick Chimenti	24:32
4 Dave McIntyre	26:33

Weekly Trophy Winner – Gary Waggoner

Small club workout this morning as many club members were saving themselves for the relay race at Lake Merced tomorrow morning. As can be seen, Gary won by 5+ minutes. Dick Chimenti ran the 2nd fastest-ever time by an 80+ runner on this course, 19 seconds behind Bill Dodson's 24:13.

12/23/23 – Farwell – 3.54M

1 Geoff Bradley	22:06
2 Gary Waggoner	22:18
3 Dwayne Spencer	23:04
4 Scott Bang	23:27
5 Radha Nambula	23:43
6 Norry McAllister	24:58
7 Missy Sudan	25:11
8 Bob Kemp	27:20
9 Ken Camet	27:25
10 Jenny Gonzalez	28:16
11 Robert Navarette	28:20
12 Mike Krey	29:51
13 Bob Schmitt	36:49
14 Jeff Justice	37:02
15 Kat Powell	47:56

Weekly Trophy Winner – Missy Sudan

Another cold day that is typical of our winter days (high 30s). So, there was only one PR. Scott beat his 55+ PR by a minute. Missy Sudan took home the weekly trophy as the top woman finisher.

12/30/23 – All Courses Day

Douglas - 2.75M

1 Norry McAllister	18:28
2 Cecil Baumgartner	20:28
3 Sue Francis	22:30
4 Bob Pickens	26:45

Valle Vista – 3.0M

1 Missy Sudan	21:21
2 Caroline Wang	29:34
3 Jim Bordoni	35:58 RW

Farwell - 3.54M

1 Jorn Jensen	21:08
2 Joseph Aubuchon	21:28
3 Catherine Frye	32:00

Farwell/H – 4.68M

1 Geoff Bradley	30:07
2 Ken Camet	34:56
3 Bob Kemp	35:32

Short Six – 5.74M

1 Mike Krey	52:02
2 Dave McIntyre	57:49
3 Nancy Kirk	71:03
3 Paul Taylor	71:03
5 Bob Schmitt	got lost

Weekly Trophy Winner – Geoff Bradley

Moderate temperature and slight drizzle this morning for our final run of the year. Sue Francis and Cecil Baumgartner drove up from Southern California to run with us. Sue broke the women's 70+ record for the Douglas course by 7+ minutes. She also holds the all-time 11th best overall women's time for this course. Danny Moon improved his 75+ PR by 21 minutes. Wow! Bob Schmitt got lost again on the Short Six course. He ran down Quito Rd for awhile and meandered around the WVC campus before reaching the finish line. Jorn Jensen and Joseph Aubuchon had a good head-to-head battle over the Valle Vista course with Jorn getting the win. Norry was very pleased with his time on the Douglas course.

PA/USATF Cross Country and Grand Prix Standings

Cross Country

Team Competition

M40+	10th of 10
M50+	2nd of 11
W50+	5th of 5

Individual Runners by Division with Final Place and (number of races run)

M40+

Juan Rivera	4th	(4)
Aaron Lee		(2)

M50+

Jorn T. Jensen	4th	(6)
Geoff Bradley	16th	(5)
Calvin Do	31st	(2)
Dwayne Spencer	33rd	(5)
John Mintz	119th	(1)
Scott Bang	142nd	(1)

M60+

Raymond Rodriguez	4th	(6)
Barry Farrara	9th	(3)
Adam Prince	36th	(1)
Brian Davis	44th	(2)

M80+

Dick Chimenti	4th	(1)

M50+

Dalila Rodriguez	26th	(6)
Carol Bednar	69th	(1)

W60+

Sharron Reiss-Miller	14th	(1)

Road Races

Team Competition

M40+	2nd of 10
M50+	4th of 9
M60+	1st of 6
M70+	4th of 4
M80+	Tied 1st of 2
W40+	6th of 8
W50+	4th of 6

Individual ROAD runners by Division with final placing and (number of races run)

Note: The Christmas Relays fall in another category and are not included)

M40+ Short

Juan Rivera	3rd	(4)
Joseph AuBuchon	12th	(4)
Radha Nambula	32nd	(3)
Antoine Manens	55th	(1)

M40+ Long
Juan Rivera 3rd (4)

M50+ Short

Jorn T. Jensen 2nd (4)
George Lo 16th (3)
Roberto Palos 39th (1)
Dwayne Spencer 48th (1)
Darren Strange 59t (1)

M50+ Long
Jorn T. Jensen 1st (5)
George Lo 22nd (2)
Calvin Do 24th (1)
Dwayne Spencer 31st (2)

M60+ Short
Ray Rodriguez 1st (4)
Barry Farrara 2nd (3)
Brian Davis 5th (4)
Norry McAllister 13th (3)
Mike Krey 18th (3)
Robert Navarrete 18th (3)
Ranjeet Sudan 23rd (1)
Robert Pickens 28th (2)
Norm Takeuchi 30th (2)
Tom O'Connor 31st (1)
Ken Camet 33rd (1)

M60+ Long
Barry Farrara 1st (4)
Raymond Rodriguez 2nd (4)
Brian Davis 9th (2)
Tom O'Connor 18th (1)
Glenn Kishi 20th (2)
Ken Camet 33rd (1)
Robert Navarrete 49th (1)

M70+ Short
Mark Goldman 7th (2)
Wei-ti Liu 15th (2)
Todd Haye 15th (1)

M80+ Short
Robert Schmitt 2nd (2)
Don Packwood 4th (1)
David Norlander 6th (1)

M80+ Long
Robert Schmitt shared 1st (1)

W40+ Short
Nancy Eubanks 8th (3)
Neeraja Nambula 97th (1)
Jenny Hong-Gonzalez (1)

W40+ Long
Nancy Eubanks 10th (4)

W50+ Short
Becki Kriege 3rd (4)
Missy Sudan 5th (4)
Kristina Park 16th (1)
Dalila Rodriguez 24th (3)

W50+ Long
Dalila Rodriguez 10th (4)

W60+ Short
Marian Richard 12th(1)

Race Results

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+

8/19 Santa Cruz Track Club XC Challenge 4.15 M

1st Place Men 50+

12 Jorn Jensen	2nd	26:22
13 Calvin Do	3rd	26.22
23 Raymond Rodriguez	9th	27:31
24 Geoff Bradley	10th	27:32
36 Dwayne Spencer	18th	28:30
38 Adam Prince	20th	28:48
49 John R. Mintz		32:02

4th Place Women 50+

50 Dalila Rodriguez	8th	38:25
52 Sharron Reiss-Miller	9th	39:09
60 Carol Bednar	11th	42:22

8/26 Empire Open, Santa Rosa 3.4M

3rd Place Men 50+

10 Jorn Jensen	3rd	20:40
17 Calvin Do	6th	21:05
26 Raymond Rodriguez	12th	21:35
37 Dwayne Spencer	21st	22:46
43 Dalila Rodriguez		30:45

9/10/23 Golden Gate Park Open 4M

12 Juan Rivera		22:04

3rd Place Men 50+

Jorn T. Jensen	6th	23:20
Raymond Rodriguez	11th	24:19
Dwayne Sencer	17th	25:03
Brian Davis	26th	27:33
113 Brian Conroy		33:21 (Spartans)
104 Dalila Rodriguez		34:28

127 Kat Powell 46:58 (Pamakids)

9/16//23 Rebels XC Challenge, Carmichael 6K
23 Dwayne Spencer 24:33

9/24/23 Berlin Marathon
Nancy Euanks 3:20:55

10/1/23 Urban Cow Half Marathon, Sacramento
14 Juan Rivera 1:13:10

1st Place Men 60+
82 Barry Farrara 2nd M60+ 1:23:48
129 Raymond Rodriguez 1:28:14
1913 Glenn Kishi 2:39:04

60 Jorn T. Jensen 3rd M50+ 1:20:40

211 Nancy Eubanks 1:34:25
806 Dalila Rodriguez 1:58:24

10/1/23 Rock 'n' Roll Half Marathon, San Jose
Duane Spencer 1:28:31
Calvin Do 1:34:14

10/8/23 Chicago Marathon
George Lo 3:05:57

10/8/23 Tamalpa XC Challenge, San Rafael 4.2M
3 Juan Rivera 3rd M40+ 23:39
19 Jorn T. Jensen 26:39
23 Barry Farrara 1st M60+ 27:03
29 Geoff Bradley 27:28
40 Raymond Rodriguez 28:33
48 Dwayne Spencer 29:03

80 Dalila Rodriguez 37:38

10/22 Bay Area Senior Games, Chabot College, Hayward
Demetrios Stefanidis 65 5K 22:25
Brian Conroy 68 5K 23:52
Norry McAllister 66 1500M 5:30
Danny Moon 76 1500M 7:08
Danny Moon 76 200M 41.17

10/25/23 – Trailblazer 10K
Andres Gentry 51:02

10/28 Aggies XC Open, Martinez 4M
10 Juan Rivera 21:28

1st Place Men 50+
18 Jorn Jensen 3rd 23:12
29 Barry Farrara 8th 23:56
31 Geoff Bradley 9th 24:03
34 Raymond Rodroguez 10th 24:37

78 Aaron Lee 30:07
76 Dalila Rodriguez 33:23

93 Brian Conroy 32:29 (Spartans)
93 Kat Powell 50:09 (Pamakids)

11/5/23 – Saratoga Fun Run 5K
Andres Gentry 23:15

11/5/23 Garin Park XC Challenge 5K
19 Geoff Bradley 9th M50+ 20:10

11/12/23 Clarksburg Half Marathon
19 Juan Rivera 3rd M40+ 1:14:34
48 Jorn T. Jensen 3rd M50+ 1:22:18
54 Barry Farrara 1st M60+ 1:23:26
66 Raymond Rodriguez 2ndM60+ 1:26:57
98 George Lo 1:32:50

104 Nancy Eubanks 1:34:33
196 Dalila Rodriguez 2:01:22

11/23/23 – Silicon Valley Turkey Trot 5K
Joseph Aubuchon 1st-40+ 17:25
Fatima Machado 2nd-35+ 21:29
Mike Krey 1st-65+ 23:57
Shreyas Nambula 28:24
Sahasra Nambula 35:03

11/23/23 – Silicon Valley Turkey Trot 10K
Calvin Do 1st- 50+ 36:47
Ray Rodriguez 1st- 60+ 37:55
Roberto Palos 2nd- 60+ 39:41
Rhada Nambula 13th-45+ 42:13
Norry McAllister 1st -65+ 42:45
Chris Jensen 45th -45+ 49:02
Mark Goldman 3rd -70+ 52:02

11/19/23 PA/USATF XC Chamionships
Masters Men 5M

WVJS M50+ - 2nd (of 10)
19 Jorn T. Jensen 4th M50+ 29:01
30 Barry Farrara 3rd M60+ 30:09
32 Geoff Bradley 30:17
62 Raymond Rodriguez 7th M60+ 32:21

WVJS M40+ - 6th (of 9)
9 Juan Rivera 8th M40+ 26:39
71 Scott Bang 33:41
85 Brian Davis 34:51
106 Aaron Lee 37:42
143 Dick Chimenti 1st M80+ 44:13

Women 4M
133 Dalila Rodriguez 32:57
167 Kat Powell 48:28 (Pamakids)

12/3/23 California International Marathon
M40-44
11 Juan Rivera 2nd PA 2:32:52

M50-54
7 Calvin Do 1st PA 2:48:58
17 Jorn Jensen 3rd PA 2:53:44
52 George Lo 3:08:11

M60-64
5 Raymond Rodriguez 1st PA 3:07:22

W45-49
109 Nancy Eubanks 3:20:52

W50-54
127 Dalila Rodriguez 4:27:07

12/17/23 Christmas Relays, Lake Merced 4X4.46M
WVJS W30+ - 7th of 10
Fatima Machado 33:17
Uyenthi Tran 39:47
Neeraja Nambula 42:39
Jenny Hong-Gonzalez 36:01
2:31:57

WVJS W40+ - 7th of 13

Nancy Eubanks	30:24
Missy Sudan	32:27
Nhu-Y Stessman	34:41
Dalila Rodriguez	36:02
	2:13:36

WVJS M40+ - 5th of 15

Radha Nambula	30:02
Joseph AuBuchon	26:35
Jørn T. Jensen	26:53
Juan Rivera	24:12 calculated
	1:47:42

WVJS M50 - 6th of 11

George Lo	30:57
Scott Bang	29:58
Dwayne Spencer	29:43
Aaron Lee	32:55
	2:03:36

WVJS M60 - 1st of 8

Norry McAllister	30:11
Raymond Rodriguez	30:22
Roberto Palos	28:37
Barry Farrara	27:49
	1:57:04

WVJS M70 - 4th of 4

Mark Goldman	38:21
Wei-ti Liu	52:30
Don Packwood	
Robert Schmitt	52:40 estimated
	3:21:00