



# WVJS



**VOL 53-#1 WEST VALLEY JOGGERS & STRIDERS June 2024**

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## Upcoming Saturday Workouts

07/06/24	Farwell (3.54 miles)
07/13/24	800 meters on the track
07/20/24	Short Six (5.74 miles)
07/27/24	Step up/ Step down relay
08/03/24	Valle Vista (3.0 miles)
08/10/24	1 mile on the track
08/17/24	Triangle (4.76 miles)
08/24/24	6 X 1600 meter relay
08/31/24	Douglass (2.75 miles)
09/07/24	16 x 400 meter relay
09/14/24	Farwell/H (4.68 miles)
09/21/24	All Courses Day
09/28/24	Farwell (3.54 miles)
10/05/24	12 x 600 meter relay
10/12/24	Short Six (5.74 miles)
10/19/24	4 x 1.46 mile WVC loop relay
10/26/24	1 mile on the track
11/02/24	Valle Vista (3.0 miles)
11/09/24	Triangle (4.76 miles)
11/16/24	8 x 0.66 mile tennis court relay
11/23/24	Step up/ Step down relay
11/30/24	Farwell H (4.68 miles)
12/07/24	12 x 800 meter relay
12/14/24	Douglass (2.75 miles)
12/21/24	8 x 1200 meter relay
12/28/24	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

### 2024 Remaining PA-USATF Road Events

- 11/10 Clarksburg Half Marathon
- 12/8 California International Marathon
- 12/15 Christmas Relays

### 2024 PA-USATF Cross-Country Events

- 8/25 SCTC XC Challenge – Santa Cruz
- 9/8 Golden Gate Park Open
- 9/21 Rebels XC Challenge – Charmichael
- 9/28 Garin Park XC Challenge – Hayward
- 10/13 Tamalpa Challenge – China Camp
- 10/20 Empire Open – Santa Rosa
- 10/26 Aggies XC Open – Martinez
- 11/3 Willow Hills XC Open – Folsom
- 11/17 PA XC Championships – San Francisco

### 2024 Remaining Racer of the Year Events

- Fastest Farwell Time
- Fastest Marathon
- Fastest Half Marathon
- Fastest of 3 Designated Track Miles
- 7/13 Track 800m
- 8/25 Santa Cruz XC
- 9/8 Golden Gate Park XC
- 11/10 Clarksburg Half Marathon
- 12/8 California International Marathon



## MISCELLANEOUS DRIVEL

Probably the most important events for the Club are our Saturday runs and our competition in the PA-USATF Grand Prix races.

Joseph Aubuchon led our guys with 7 individual wins in individual races. Next is Kyle Berman with 6 wins during his brief time with us. Kristina Park leads our ladies with 11 wins, including 1 overall win. Missy Sudan had 4 weekly wins in the ladies division. Helen Wong, after an absence from our workouts of several years is back to running with us and is running well. Andy Williams has returned to the Santa Clara Valley after a long absence due to his jobs in Australia and other countries. Joe Hurtado, who ran well with us for many years, abandoned his running career several years back to become a professional golfer. He is now in his 80s.

Our club has now adopted a new rule to assist our more feeble (Walt Van Zant?) runners. These runners are in danger of staggering into the path of cars during their runs. Here are the rules as adopted by our rules committee (all who attended our last annual club meeting)

- You must be a 75+ or older club male or female runner.
- There is no physical requirement.
- You must run the track run between The Sunday prior to the scheduled Saturday run and the end of the scheduled Saturday run. The distance that you must run on the track for each run is as follows:
  - Douglass course – 11 laps + 100M
  - Valle Vista course – 12 laps + 200M
  - Farwell course – 14 laps + 200M
  - Farwell-Horseshoe – 19 laps
  - Triangle course -19 laps + 200M
  - Short Six course – 23 laps = 300M
- All track times must be reported to Dino Delyani or Walt Van Zant prior to the end of the Saturday when we are scheduled to run a particular course.

It should be noted that all track distances are slightly longer than the road courses that they replace. This has been done to account for the fact that it is easier to run on a flat track than on a hilly road course. The track times will be compared to the road courses when determining the scoring for the Racer of the Year contest. However, when listing the all-time bests for each of the courses, the track times will be listed with an asterisk after all the road times have been listed for each course.

In Pacific Association Grand Prix road running scoring, here is how we are doing:

- Our 40+ men are in 3<sup>rd</sup> place, our 50+ men are in 7<sup>th</sup> place, our 60+ men are in 1<sup>st</sup> place, and our 70+ men are in 1<sup>st</sup> place.
- Our 40+ women are in 4<sup>th</sup> place and our 50+ women are in 3<sup>rd</sup> place.

Individually, here are the top placings of club members in the various divisions:

- Juan Rivera: 1<sup>st</sup>, men's 40+ long race div
- Joseph Aubuchon: 12<sup>th</sup>, men's 40+ short race div
- Jorn Jensen: 2<sup>nd</sup>, men's 50+ long-race div
- Ray Rodriguez: 10<sup>th</sup>, men's 60+ short-race div
- Barry Farrara: 1<sup>st</sup>, men's 60+ long-race div
- Gary Waggoner: 3<sup>rd</sup>, men's 60+ long-race div
- Dwayne Spencer: 13<sup>th</sup>, men's 50+long-race div
- Geoff Bradley: 16<sup>th</sup>, men's 50+ short-race div
- George Lo: 20<sup>th</sup>, 50+ men's long-race div
- Norry McAllister: 12<sup>th</sup>, men's 60+ short-race div
- Brian Davis: 24<sup>th</sup>, men's 60+ short-race div
- Mike Krey: 42<sup>nd</sup>, men's 60+ short-race div
- Ken Camet: 50<sup>th</sup>, men's 60+ short-race div
- Bob Pickens: 51<sup>st</sup>, men's 60+ short-race div
- Todd Hayes: 7<sup>th</sup>, men's 70+ long-race div
- Willie Liu: 18<sup>th</sup>, men's 70+ short-race div
- Robert Schmitt: 2<sup>nd</sup>, men's 80+ short-race div
- Don Packwood: 3<sup>rd</sup>, men's 80+ short-race div
- Dave Norlander: 5<sup>th</sup>, men's 80+ short-race div
  
- Nancy Eubanks: 7<sup>th</sup>, women's 40+ short-race div
- Missy Sudan: 5<sup>th</sup>, women's 50+ short-race div
- Fatima Machado: 19<sup>th</sup>, women's 40+ short-race div
- Dalila Rodriguez: 12<sup>th</sup>, women's 50+ short-race div
- Kristina Park: 14<sup>th</sup>, women's 50+ short-race div
- Jenny Rodriguez: 41<sup>st</sup>, women's 40+ long-race div
- Marian Richard: 20<sup>th</sup>, women's 60+ short-race div
- Catherine Frye: 88<sup>th</sup>, women's 40+ short-race div

Thanks to Dino Delyani, who has prepared most of this club bulletin from his home in Seattle. Also, thanks to Jorn Jensen and Missy Sudan. Jorn has done a super job of being the captain for our men's grand prix teams and writing the results for their teams. Missy has done a superb job as the captain of the ladies teams.

Whenever a club member doubles his or her all-time PR in a club Saturday race at WVC and is not loafing and wants this accomplishment (or lack of) recognized, they should notify Walt Van Zant. He is the only club member who has quadrupled his PR for a course. A couple of club members have come close to doubling their PRs so far this year.



## **2024 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 2024:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Tota</u>
JR Mintz	2847	20	2847
Jorn Jensen	1335	40	1375
Tom Warfel	819	520	1339
Geoff Bradley	902	300	1202



## 2024 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. Below are the current 2024 scores as compiled by Gary Waggoner.

### Current 2024 standings:

#### A Division

Juan Rivera	200 (6)
Joseph Aubuchon	195 (9)
Jorn Jensen	192 (6)
Geoff Bradley	186 (7)
Gary Waggoner	181 (6)
Dwayne Spencer	177 (11)
Barry Farrara	136 (8)
Raymond Rodriguez	126 (3)

#### B Division

Radha Nambula	200 (8)
George Lo	193 (7)
Kristina Park	146 (5)
Andy Williams	44 (2)
Daren Strange	23 (1)

#### C Division

Nancy Eubanks	200 (5)
Norry McAllister	192 (6)
Missy Sudan	189 (8)
Fatima Machado	186 (9)
Brian Davis	176 (4)
Ken Camet	175 (6)
Andres Gentry	168 (6)
Aaron Lee	160 (5)
Bob Kemp	104 (5)
Robert Pickens	55 (2)
Brian Conroy	53 (3)
Ranjeet Sudan	37 (2)
Joe Cohn	36 (2)
Becki Kriege	33 (2)
Danielle Zalinski	24 (1)
Norm Takeuchi	18 (1)

#### D Division

Jenny Gonzalez	200 (7)
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Todd Hayes	162 (4)
Mike Krey	91 (3)
Dave McIntyre	70 (3)
Catherine Frye	63 (2)
Marian Richard	48 (1)
Paul Taylor	43 (2)
Luke Aubuchon	25 (1)
Carolyn Wang	24 (1)
Robert Navarette	24 (1)
Lan Aubuchon	23 (1)
Hank Lawson	22 (1)

#### E Division

Dalila Rodriguez	200 (6)
Danny Moon	123 (5)
Des Knucky	25 (1)
Dick Chimenti	25 (1)
Richi Agarwal	24 (1)
Neeraja Nambula	23 (1)

#### F Division

Wei Ti Liu	171 (6)
Don Packwood	152 (6)
Kat Powell	106 (5)
Bob Schmitt	98 (2)
Dave Norlander	85 (3)
Alvin Jackson	83 (4)
Jeff Justice	74 (3)
Lynn Dai	71 (3)
Jim Bordoni	46 (2)
Walt Van Zant	38 (2)
Neil Gelblum	24 (1)
Nancy Kirk	22 (1)
Christine Blue	21 (1)
Bob Lord	20 (1)



## SATURDAY WORKOUT RESULTS

### 1/6/24 – Farwell – 3.54M

1 Joseph Aubuchon	20:55.8
2 Gary Waggoner	22:26.3
3 Scott Bang	23:02.7
4 Dwayne Spencer	23:10.3
5 George Lo	24:46.8
6 Norry McAllister	24:50.8
7 Missy Sudan	25:05.3
8 Radha Nambula	25:08.9
9 Fatima Machado	25:42.1
10 Andres Gentry	25:59.7
11 Bob Kemp	26:45.2
12 Ken Camet	27:52.3
13 Andy Williams	27:53.0
14 Lyn Sun	29:31.9
15 Dave McIntyre	29:35.5
16 Norm Takeucchi	29:36.8
17 Joe Cohn	33:24.8
18 Slim Pickens	33:25.3
19 Neeraja Nambula	34:53.x
20 Willie Liu	38:10.x
21 Jim Bordoni	40:13.4 RW
22 Kat Powell	46:38.8
23 Don Packwood	50:10.x

Saturday Trophy Winner – Scott Bang

Moderate weather, good turnout, and some good performances. Joseph ran to an easy win. Scott Bang had one of his best performances in a while with a 92 second improvement on his 55+ PR. Fatima improved her all-time PR by 22 seconds. Andres Gentry improved his 45+ PR by 1:04. Dave McIntyre missed his 60+ PR by just 3 seconds.

### 1/13/24 – 8 x 0.66 Mile Relay

<u>PI</u>	<u>Team</u>	<u>Start</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
5	6	7	8			
1	J Gonzalez / H Gonzalez	-0-	4:57	10:16	15:08	20:26
		25:33	31:00	36:00		
2	Krey / Bang	0:30	6:00	9:58	15:12	19:15
		24:34	28:31	33:51	37:56	
3	Frye / Waggoner	0:30	5:58	10:00	15:21	19:22
		24:45	28:42	34:10	38:05	

4 Nambula / J AuBuchon	-0	5:38	9:18	15:04	18:54
24:44	28:29	34:21	38:09		
5 L AuBuchon / Sun	0:15	4:54	10:01	14:47	19:46
24:38	29:37	34:37	39:30		
6 Lo / Moon	3:15	7:38	13:56	18:17	24:33
28:46	35:19	39:36			
7 Pickens / Park	2:30	8:02	12:27	17:55	22:15
27:34	31:51	37:08	41:10		
8 Yuan / Liu	5:30	9:23	15:53	19:39	26:32-
30:26	37:23	41:23			

Saturday Trophy Winner – Team Neeraja Nambula and Joseph AuBuchon

A cloudy cool morning some light rain so we started the relay loops under the gym overhang. Four teams ran under their predicted times with four teams running over their predicted times. Thanks to our timers Andres Gentry, Don Packwood and Danny Moon for terrific job. George Lo, Scott Bang, Kristina Park and Gary Waggoner all ran very close to their predicted times. Joseph AuBuchon had the fastest splits for the men followed by Luke Yuan, Gary and Scott, while Kristina had the fastest women's splits. George started the relay with the hope his partner would show up when he came to make his exchange. Danny just recovering from surgery (12/4/23) jumped in to be George's relay partner. The trophy was given to the Neeraja and Joseph team as they had the closest team predicted time. Hillary Gonzalez, Willie Liu and Danny just ran 3 loops as part of their team handicap.

### 1/20/24 – Short Six 5.74 Miles

1 Jorn Jensen	35:40
2 Joseph AuBuchon	36:33
3 Gary Waggoner	37:04
4 Geoff Bradley	37:15
5 Dwayne Spencer	40:15
6 Luke Yuan	40:26
7 Kristina Park	40:38
8 George Lo	41:41
9 Norry McAllister	42:32
10 Missy Sudan	42:33
11 Fatima Machado	44:11 PR 80 sec all time
12 Joe Cohn	45:35 PR 32 sec all time

13 Bob Kemp	46:05
14 Ken Camet	46:29
15 Robert Navarrete	47:48
16 Lyn Sun	49:18
17 Travis Koh	49:19
18 Todd Hayes	56:04
19 Dave McIntyre	60:08
20 Jeff Justice	67:42
21 Willie Liu	72:08
22 Don Packwood	82:31

Saturday Trophy Winner – Fatima Machado

A cool rainy morning as our group of 22 runners headed out to challenge the Short Six Course. Jorn Jenson captured the win followed by Joseph AuBuchon who is recovering from a sinus infection while Gary Waggoner and Geoff Bradley battled it out for 3rd & 4th places. Thanks to our timers and umbrella team of Chris Blue, Andres Gentry, Madelyn Moon, Nancy Kirk and Danny Moon for terrific job. Fatima Machado ran very well with a 80 second all time PR placing her 16th on the women's 40+ list followed by Joe Cohn who finished with a 32 second all time PR. Our new runners Luke Yuan, Lyn Sun and Travis Koh all ran great times in the rain running the course for the first time.

**1/27/24 5K on the Track**

		<u>7/22/23</u>	<u>1/28/23</u>
1 Joseph AuBuchon	18:21.5*	18:44.6	
2 Geoff Bradley	18:31.9	18:31.5	
3 Gary Waggoner	18:52.5		
4 Luke Yuan	19:12.8		
5 Dwayne Spencer	19:51.8	19:24.1	19:18.1
6 Norry McAllister	20:39.4*	21:10.4	20:51.2
7 Kristina Park	20:40.7*	20:52.4	
8 George Lo	22:11.1	20:39.5	
9 Sergio Gonzalez	21:17.9		
10 Fatima Machado	22:04.7		
11 Missy Sudan	22:08.0*	22:13.7	21:51.9
12 Andy Williams	22:12.1	21:06.0	
13 Aaron Lee	22:19.0		
14 Guus Reefman	22:22.5		
15 Andres Gentry	22:37.9		
16 Travis Koh	23:01.0		
17 Bob Kemp	23:07.2*	23:30.2	
18 Zhejun Zhang	23:23.3		
19 Lin Sun	23:26.1		
20 Jenny Gonzalez	24:12.5		
21 Sofia Gonzalez	24:40.9		
22 Luke AuBuchon	24:54.6		
23 Hillary Gonzalez	25:01.0		
24 Dave McIntyre	25:40.9	25:38.0	
25 Mike Krey	26:43.3	22:28.3	23:24.9
26 Hank Lawson	27:52.0	24:49.5	
27 Robert Pickens	28:16.0	26:06.4	22:08.5
28 Danny Moon	29:26.3*	29:28.0	
29 Zoe McAllister	29:59.3		
30 Nikki McAllister	30:10.9		
31 Jeff Justice	31:24.9	30:53.9	31:06.7
32 Willie Liu	34:09.2	32:51.0	33:12.1
33 Jim Bordoni	34:11.4	33:23.6	
34 Kat Powell	38:03.4	33:55.7	
35 Don Packwood	43:45.5	40:28.2	

\* ran faster than last year

Saturday Trophy Winner – Joseph AuBuchon

Prefect day for a 5K on the track for our large group of 35 runners. Joseph AuBuchon took an early lead with Geoff

Bradley, Gary Waggoner, Luke Yuan and Dwayne Spencer as part of the lead pack. Joseph, Norry McAllister, Kristina Park, Missy Sudan, Bob Kemp and Danny all ran faster than last year's 2023 times. Joseph made a break away from the pack dragging Geoff along for the ride, then both kick the last lap as hard as they could. Our finish line crew Madelyn Moon, Nancy Kirk, Darren Strange, Neeraja Nambula, and Danny managed by King Walter captured all the places. Thanks to George Lo's GoPro which helped with the results. Joseph was our fastest runner and Kristina Park was our fastest woman runner follow by Fatima Machado and Missy Sudan. We had ten women who raced today and five new runners who came out to race the 5K. Nice to see Helen Wong who made a guest appearance.

**2/3/24 – Valle Vista – 3.0M**

1 Joseph Aubuchon	17:41
2 Geoff Bradley	18:10
3 Gary Waggoner	18:36
4 Luke Yuan	19:31
5 Dwayne Spencer	19:40
6 Kristina Park	20:07
7 Norry McAllister	20:43
8 George Lo	20:48
9 Darren Strange	21:08
10 Fatima Machado	21:23 PR
11 Andres Gentry	21:55 PR
12 Heather Rohrer	22:09
13 Bob Kemp	22:23
14 Joe Cohn	22:58
15 Ken Camet	23:11
16 Gues Reefman	23:30
17 Travis Koh	23:31
18 Zhejun Zhang	23:46
19 Lin Sun	23:52
20 Robert Navarrete	24:09
21 Luke Aubuchon	24:21
22 Jenny Gonzalez	25:56
23 Catherine Frye	26:21
24 Des Knuckey	29:15
25 Neeraja Nambula	29:40
26 Helen Wong	30:00
27 Slim Pickens	30:31
28 Jeff Justice	34:17
29 Neil Gelblum	34:51
30 Paul Taylor	35:43
30 Nancy Kirk	35:43
32 Kat Powell	38:17
33 Don Packwood	40:34
34 Alvin Jackson	43:12
35 Willie Liu	47:52

Phantom Saturday Trophy Winner – Geoff Bradley, Fatima Machado, and Andres Gentry

Good morning on which to run today and 35 runners showed up to take advantage of the conditions. Joseph ran to an easy win. Fatima Machado and Andres ran all-time PRs by 53 and 56 seconds. Helen Wong ran with us for the first time in 4 years. Bob Pickens and Neil Gelblum nearly doubled their all-time PRs. Bob has a PR of 15:51 and Neil has a PR of 18:24 from the distant past. They would have finished 1 & 4 with those times this morning.

**2/10/24 – Mile Runs on the track**

**Heat #1 – 8:30+ Runners**

<u>Pl</u>	<u>Runner</u>	<u>Time</u>	<u>Best 2023 Time</u>
1	Helen Wong	8:05.7	Not Run
2	Paul Taylor	8:09.2	Not Run

3 Danny Moon	8:35.4	7:56.0
4 Jude Aubuchon	8:40.4	Not Run
5 Anton Le	8:40.4	Not Run
6 Becki Kriege	8:51.5	6:36.7
7 Judy Moring	8:58.5	Not Run
8 Jeff Justice	9:15.9	Not Run
9 Neil Gelblum	9:33.6	9:39.6
10 Alvin Jackson	10:42.2	11:11.6
11 Kat Powell	10:58.2	11:43.1
12 Don Packwood	12:56.9	11:55.2
13 Dave Norlander	13:17.9	12:04.5

### Heat #2 – 6:30-8:29 Runners

Pl	Runner	Time	Best 2023 Time
1	Bob Kemp	6:50	6:48.4
2	Ken Camet	6:52	6:38.0
3	Ranjeet Sudan	7:00	6:46.1
4	Bob Pickens	7:01	6:56.8
5	Robert Navarret	7:08	6:52.5
6	Lin Sun	7:10	Not Run
7	Lan Aubuchon	7:22	Not Run
8	Dave McIntyre	7:33	Not Run
9	Brian Conroy	7:38	7:15.3
10	Desmond Knuckey	8:24	Not Run
11	Anne Aubuchon	8:38	8:20.1

### Heat #3 – Under 6:30 Runners

Pl	Runner	Time	Best 2023 Time
1	Geoff Bradley	5:21.8	5:21.4
2	Jorn Jensen	5:26.0	5:18.2
3	Gary Waggoner	5:45.6	5:53.8
4	Dwayne Spencer	5:56.7	Not Run
5	Joseph Aubuchon	5:57.0	5:17.7
6	Norry McAllister	5:57.9	6:02.2
7	Danielle Zelinski	6:07.6	Not Run
8	Radha Nambula	6:10.2	5:50.5
9	Gues Reefman	6:14.0	Not Run
10	George Lo	6:18.1	6:02.6
11	Missy Sudan	6:25.8	6:24.8
12	Aaron Le	6:29.3	Not Run
13	Fatima Machado	6:31.5	6:30.3
14	Andres Gentry	6:32.9	6:59.3
15	Luke Aubuchon	6:47.0	6:50.3

### Heat #4 – Extra Heat #1

Pl	Runne	Time	Best 2023 Time
1	Joseph Aubuchon	5:30.0	5:17.7
2	Jorn Jensen	5:44.4	5:18.2
3	Geoff Bradley	5:54.6	5:21.4
4	Gary Waggoner	6:00.1	5:53.8
5	Dwayne Johnson	6:17.5	Not Run
6	George Lo	6:44.6	6:02.6
7	Gues Reefman	7:07.6	Not Run
8	Dave McIntyre	7:43.7	Not Run
9	Robert Navarrete	7:44.1	6:52.5
10	Bob Kemp	8:23.3	6:48.4
11	Lin Sun	8:23.8	Not Run
12	Helen Wong	8:25.2	Not Run
13	Norry McAllister	8:31.9	6:02.2
14	Missy Sudan	8:32.3	6:24.8
15	Paul Taylor	8:34.1	Not Run
16	Willie Liu	9:36.4	9:46.x
17	Jeff Justice	9:45.6	Not Run
18	Lynn Dai	10:34.8	9:24.2
19	Kat Powell	11:32.8	11:43.1

### Heat #5 – Extra Heat #2

Pl	Runner	Time	Best 2023 Time
1	Joseph Aubuchon	5:49.2	5:17.1
2	Jorn Jensen	5:49.7	5:18.2
3	Gary Waggoner	5:57.1	5:53.8

4 Geoff Bradley	6:33.6	5:21.4
5 George Lo	6:37.2	6:02.6
6 Dwayne Spencer	6:51.3	Not Run
7 Radha Nambula	6:51.6	5:50.5
8 Bob Pickens	6:59.8	6:56.8
9 Fatima Machado	7:27.4	6:30.3
10 Dave McIntyre	7:46.8	Not Run
11 Gues Reefman	7:49.0	Not Run
12 Lin Sun	7:49.7	Not Run
13 Anton Le	9:07.0	Not Run
14 Jude Aubuchon	9:10.1	Not Run
15 Jeff Justice	10:16.x	Not Run
16 Kat Powell	13:36.3	10:46.7

### Helpers that started early

Neeraja Nambula	8:38.0	Not Run
Willie Liu	9:46.x	9:08.8

Phantom Trophy Winner – Jude Aubuchon

Large turnout for our 1-mile races this morning with 40+ runners competing in one or more races. The fastest run of the day was by Geoff Bradley at 5:21.8. Danielle Zelinski, visiting from Seattle, led the ladies at 6:07.6.

2/17/24 – Valentine Team Race – 5.37M

Pl	Score	Runner/Team	Time	Predicted
1	1	Gary Waggoner (C)	35:25	1
2	2	Roberto Palos (D)	36:14	3
3	3	Kristina Park (E)	38:01	3
4	4	RadhaNambula (D)	39:15	4
5	5	George Lo (E)	40:00	6
6	6	Luke Yuan (B)	40:11	2
7	7	Travis Koh (B)	40:17	
8	8	Missy Sudan (D)	40:40	7
9	9	Andres Gentry (A)	41:46	10
10	10	Fatima Machado (B)	44:54	9
11	11	Jenny Gonzalez (A)	45:04	11
12	12	Lin Sun (D)	45:18	14
13	13	Slim Pickens (C)	46:46	8
14	14	Paul Taylor (E)	46:56	15
15	15	Zhejun Zhang (C)	47:31	13
16	16	Helen Wong (D)	49:10	16
17	17	Dave McIntyre (E)	50:10	17
18	18	Willie Liu (B)	63:11	19
19	19	Jeff Justice (C)	65:26	18
20	20	Kat Powell (A)	72:13	20

### Team Scores

1 Team E: 3+5+14+17 = 39
2 Team D: 4+8+12+16 = 40
3 Team B: 6+7+10+18 = 41
4 Team A: 1+9+11+20 = 41
5 Team C: 2+13+15+19 = 49

Five teams were set up based upon our Saturday course times during the past year. It rained lightly throughout the run, which did wipe out the markings of some of our turns.

Boxes of Valentine candy were distributed to all runners in the order of their team finishes. The remaining boxes were given to our finish line helpers, which included Mike Krey, Becki Kriege, Danny Moon, Aaron Lee, and Scott Bang. Thank you to Mike Krey and Ken Camet for marking the course and to Madelyn for buying all the candy.

2/24/24 – Triangle course -4.76M



<u>Pl</u>	<u>Runner</u>	<u>Time</u>
1	Geoff Bradley	29:34
2	Gary Waggoner	29:49
3	Dwayne Spencer	31:46
4	Travis Koh	33:35
5	Radha Nambula	33:43
6	George Lo	34:11
7	Missy Sudan	34:19
8	Andres Gentr	34:32
9	Darren Strange	35:51
10	Norry McAllister	36:30
11	Ken Camet	36:31
12	John Huang	36:36
13	Zhejun Zhang	37:36
14	Lin Sun	37:49
15	Jenny Gonzalez	38:27
16	Ranjeet Sudan	38:40
17	Krishna Narayana Swamy	40:00
18	Slim Pickens	40:54
19	Mike Krey	41:08
20	Dave McIntyre	41:25
21	Todd Hayes	45:20
22	Paul Taylor	50:12
23	Jeff Justice	51:24
24	Jim Bordoni	54:33
25	Nancy Kirk	55:51
26	Willie Liu	57:36
27	Chris Blue	62:43
28	Kat Powell	66:03
29	Don Packwood	68:01
30	Alvin Jackson	71:26

Saturday Trophy Winner – Gary Waggoner

We had another good turnout this morning with 30 runners showing up. Geoff Bradley led the way but Gary Waggoner had the best performance of the day as he ran the 2<sup>nd</sup> best-ever 60+ time on this course. The fastest 60+ time was by Ray Rodriguez last year. The top 3 men finishers were Geoff, Gary, and Dwayne. The top lady finishers were Missy Sudan, Lin Sun., and Jenny Gonzalez. Chris Blue became our first 75+ woman runner to finish this course.

### 3/2/24 – 6 x 1600M Relay

<u>Team</u>	<u>Start</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
Nambula/Justice	6:25	12:56	22:37	28:54	38:44	<b>44:54</b>	*
Sun/Zhejun	3:00	10:13	16:55	24:06	31:07	38:19	<b>45:19</b>
Machado/Conroy	1:45	8:40	16:33	23:28	31:20	38:09	<b>45:57</b>
Gentry/Moon	-0-	6:46	15:28	22:12	30:51	37:30	<b>46:10</b>
Gonzalez/Pickens	2:15	9:52	17:01	24:33	31:35		<b>46:15**</b>
R.Sudan/L.Aubuchon	2:00	9:28	16:49	24:09	1:36		<b>46:18**</b>
M.Sudan/J.Aub...	2:00	8:59	16:58	23:51	31:50	38:37	<b>46:38</b>
8-Wong/Williams	2:30	10:40	17:23	25:33	32:10	38:46	<b>46:54</b>
9-McAllister/Powell	4:00	10:28	22:21	28:47	38:57		<b>46:59</b> *

\* The 2nd runners on these 2 teams were told to run only 2 runs so that we would not have a larger spread on the start.

\*\* 2 splits on the 5<sup>th</sup> run are unknown.

Saturday Trophy Winner- Missy Sudan

We were fortunate this morning in that we were surrounded by clouds but got no rain. Missy Sudan took home the weekly trophy as her team came closest to their predicted time. In general, all of you came close to your predictions. Radha led the guys with a 6:19 average per mile. Andres Gentry was next with a 6:43 average, and ZZ was 3<sup>rd</sup> with a

6:54 average. Missy Sudan and Fatima Machado led the ladies with a 6:53 average. Lin Sun was 3<sup>rd</sup> at 7:12.

### 3/9/23 – Douglas/Saratoga – 2.75M

1	Geoff Bradley	16:29
2	Gary Waggoner	16:46
3	Joseph Aubuchon	16:56
4	Dwayne Spencer	17:21
5	Antoine Manens	17:25
6	Kristina Park	18:02
7	Radha Nambula	18:27
8	Norry McAllister	18:37
9	George Lo	18:48
10	Fatima Machado	19:09 PR
11	Missy Sudan	19:14
12	John Huang	19:57
13	Zhang,Zhejun	20:28
14	Lin Sun	20:52
15	Jenny Gonzalez	20:58 PR
16	Bob Kemp	21:11
17	Ranjeet Sudan	21:30
18	Bob "Slim" Pickens	21:58
19	Travis Koh	22:19
20	Paul Taylor	22:25
21	Yauo Yano	22:36
22	Helen Wong	22:42
23	Cathrine Frye	23:37
24	Todd Hayes	25:21
25	Danny Moon	26:49
26	Willie Liu	29:52
27	Jeff Justice	29:44
28	Jim Bordoni	30:10 RW
29	Nancy Kirk	32:07
30	Chris Blue	32:45
31	Lynn Dai	33:11
32	Walt Van Zant	61:25

Saturday Trophy Winner: Fatima Machado

Geoff Bradley led the way for the guys as the top 5 finished within one minute of each other. Kristina led the ladies. Fatima had a great day as she ran an all-time PR by 74 seconds. And, Jenny Gonzalez was right behind her with a 67 second all-time best. Ranjeet Sudan improved his 60+ PR by 3+ minutes. Chris Blue became the first woman 75+ runner to complete this course.

### 3/16/24 Farwell-H – 4.68 miles

1	Joseph Aubuchon	28:54
2	Gary Waggoner	29:19
3	Dwayne Spencer	29:52
4	Kristina Park	31:23
5	Darren Strange	32:45
6	George Lo	32:56
7	Andy Williams	32:59
8	Luke Yuan	33:10
9	Missy Sudan	33:19
10	Fatima Machado	34:19 PR
11	Travis Koh	36:02
12	Lyn Sun	36:05
13	Bob Kemp	36:06
14	Zhejun Zhang	36:40
15	Ranjeet Sudan	36:42
16	Bob (Slim) Pickens	38:56
17	Mike Krey	39:23
18	Catherine Frye	39:44
19	Paul Taylor	40:36
20	Helen Wong	40:50
21	Dave McIntyre	41:11

22 Todd Hayes	42:35
23 Adithan Kannan	43:34
24 Jeff Justice	50:47
25 Willie Liu	54:57
26 Nancy Kirk	55:44
27 Kat Powell	63:40
28 Don Packwood	65:35
29 Alvin Jackson	66:33

Saturday Trophy Winner: Ranjeet Sudan

Joseph Aubuchon won by about 50 yards and Kristina Park finished 4<sup>th</sup> overall to lead the ladies. Fatima Machado, who has been running very well lately, ran a 6-second PR. Several others ran well but missed their age-group PRs by a few seconds. Darren Strange missed his 50+ best by 8 seconds, Andy Williams missed his 60+ PR by 15 seconds, and Ranjeet Sudan missed his 50+ PR by 18 seconds after a layoff due to an injury. And, Alvin Jackson had a good day. Thanks to Danny Moon, Madelyn Moon, and Lyn Dai for their help at the finish line. Dave Piazza visited us for the first time in several years and then went to breakfast with us.

### 3/23/24 8 x 1200m relay

Place	Team	Start	1	2	3	4	5
6	7	8					
1	Pickens/Reefman	2:00	7:17	12:02	17:05	21:51	27:01
			31:43	36:42	41:21		
2	Moon(3x)/Park	4:15	xxxx	8:56	15:29	20:03	26:22
			30:55	37:04	41:33		
3	De La Paz/Yuan	3:00	8:09	12:40	17:42	22:36	27:36
			32:06	37:17	41:40		
4	Gentry/M.Sudan	2:00	6:54	11:56	16:54	21:54	26:54
			31:49	36:47	41:43		
5	Wong/Strange	0:00	5:57	10:27	16:21	21:07	26:59
			31:49	37:35	42:15		
6	Lee/Lo	2:30	7:44	12:39	17:40	22:35	27:32
			32:29	37:27	42:22		
7	Conroy/Nambula	0:00	5:57	10:58	16:55	21:40	27:33
			31:54	37:56	42:31		
8	Gonzalez/Koh	2:00	7:27	12:27	17:48	22:37	27:56
			32:45	38:11	42:59		
9	R.Sudan/Waggoner	4:15	9:22	13:54	19:23	23:49	29:14
			33:36	38:52	43:11		
10	L.AuBuchon/Williams	2:30	7:49	12:46	18:05	23:04	28:25
			33:31	38:55	43:56		

The air was thick with moisture this morning with a light on and off sprinkle falling over the puddle covered track. Despite the less than ideal conditions, turnout for the workout was fantastic and the performances showed little to no impact with the group averaging 18 sec under their predicted times.

The Pickens/Reefman team took the lead on the 7th leg and Guus was able to hold off a fast closing Kristina for the win. Kristina was actually late to her scheduled starting handicap time of 3:45 and started at 4:15; had she started as planned their team would have won and given Danny his first relay win in 5 years.

The Saturday Weekly Trophy was given to Jenny & Travis for finishing in 42:59.94, just 6 hundredths of a second under the predicted 43:00 finish for all teams. The fastest average times for the men were Gary (4:24), Luke (4:34), & Radha (4:40) and for the women were Kristina (4:34), Missy (4:58), & Elena (5:05). Elena joined us for the first time thanks to the recruitment by Helen; we hope to see her again soon.

### 3/30/23 – 3000M on the track

Pl Name	Time	Last Yr
1 Joseph Aubuchon	10:48	10:36
2 Gary Waggoner	11:06	11:19
3 Dwayne Spencer	11:22	11:16
4 Kristina Park	11:44	
5 Radha Nambula	11:57	11:35
6 Travis Koh	12:07	
7 Darren Strange	12:14	11:52
8 George Lo	12:32	12:09
9 Missy Sudan	12:35	
10 Aaron Lee	12:36	14:16
11 Andres Gentry	12:42	13:24
12 Fatima Machado	12:49	12:35
13 Zhejun Zhang	13:12	
14 Bob Kemp	13:23	13:18
15 Slim Pickens	13:33	
16 Lin Sun	13:42	
17 Carolyn Wang	13:50	
18 Ranjeet Sudan	13:44	
19 Mike Krey	14:08	14:02
20 Peter Liu	14:22	
21 Helen Wong	14:41	
22 Brian Conroy	14:43	14:21
23 Paul Taylor	14:56	14:07
24 Becki Van Zant	14:57	13:13
25 Catherine Frye	15:18	
26 Todd Hayes	16:33	16:55
27 Danny Moon	16:45	15:40
28 Rishi Agarwal	17:25	
29 Lynn Dai	17:57	
30 Willie Liu	18:52	17:59
31 Kat Powell	22:26	21:33
32 Alvin Jackson	23:55	
33 Don Packwood	24:07	23:06
34 Bob Lord	24:14	
35 Walt Van Zant	36:53	36:30

Saturday Trophy Winner – Lin Sun

We ran this track event twice last year although only 13 ran it the first time as we ran other events that day. Four of the 20 runners who ran the event both today and last year ran faster today. Joseph took the early lead today and kept it until the end. Kristina Park led the 10 ladies that ran the event. Lin Sun, who recently joined the club, ran very well to take home the weekly trophy.

### 4/6/24 Farwell 3.54

1 Joseph Aubuchon	21:33
2 Kristina Park	23:49
3 Andy Williams	24:53
4 Missy Sudan	25:24
5 Zhejyn Zhang	26:46*
6 Alena De La Paz	26:53*
7 Bob Pickens	28:06
8 Helen Wong	29:36
9 Adi Kannan	29:53
10 Dave McIntyre	33:36
11 Ken Camet	35:41
12 Danny Moon	35:47
12 Norry McAllister	35:47
14 Jeff Justice	38:40
15 Willie Liu	40:57
16 Nancy Kirk	41:35
17 Chris Blue	43:14
18 Kat Powell	46:24
19 Don Packwood	49:07
20 Alvin Jackson	49:59

\*=got lost on the trail

Saturday Trophy Winner- Alvin Jackson

Joseph and Kristina finished 1<sup>st</sup> and 2<sup>nd</sup> with Joseph being the first male finisher and Kristina being the 1<sup>st</sup> female finisher. Alvin won the weekly trophy as he was the only runner to run an age-group PR this morning (by 25 seconds). Thanks to our finish line helpers of Madelyn Moon, Chris Blue, Willie Liu, Gary Waggoner, and Geoff Bradley. Several of these runners ran the course earlier so that they could help with the runners who started at the regular-start time of 8AM. Special thanks goes to Geoff Bradley who attempted to stop the cars at the the Fruitvale crossing 300 yards from the end of the race.

**4/13/24 – Short Six – 5.74M**

1 Kristina Park	40:11
2 Andy Williams	42:46
3 Ken Camet	45:44
4 Slim Pickens	53:54
4 Andres Gentry	53:54
6 Dick Chimenti	56:47

Saturday Trophy Winner – Kristina Park

We had only 6 runners as it was raining and there is a Grand Prix race tomorrow morning. Kristina won the race this morning, becoming the first club female runner to win an individual race in a very long time. Kristina was a top-notch runner when she was in high school and college. Dick Chimenti ran this race for the first time as a 80+ runner, recording the #2 all-time best for a club 80+ runner. Bill Dodson, who set several American ultra records is first. Geoff Bradley led the 6 runners on his bike to insure that no one got lost.

**4/20/24 – 1500M on the Track**

Race #1(8:30+ estimated milers)

1 Anne Aubuchon	7:56
2 Anton Le	7:57
3 Jude Aubuchon	7:59
4 Alyssa Le	7:59
5 Jeff Justice	8:34
6 Willie Liu	9:09
7 Quinn Ma	10:08
8 Alvin Jackson	10:27
9 Don Packwood	11:43
10 Dave Norlander	12:37
11 Walt Van Zant	17:42

Race #2 – (6:30-8:29 estimated milers)

1 Andres Gentry	6:02
2 Bob Kemp	6:03
3 Ken Camet	6:18
4 Ranjeet Sudan	6:25
5 Shreyas Nambula	6:29
6 Brian Conroy	6:56
7 Lan Aubuchon	7:00
8 Dave McIntyre	7:02
9 Helen Wong	7:07
10 Danny Moon	7:36

Race #3 – (estimated under 6:00 milers)

1 Joseph Aubuchon	4:47
2 Radha Nambula	5:29
3 Travis Koh	5:40
4 George Lo	5:41
5 Norry McAllister	5:46
6 Zhejun Zhang	5:50
7 Aaron Lee	5:51

8 Missy Sudan	5:52
9 Fatima Machado	6:01
10 Luke Aubuchon	6:07

Race #4 Extra 1500s

1 Joseph Aubuchon	5:42
2 Bob Kemp	6:22
3 George Lo	6:41
4 Aaron Lee	6:44
5 Dave McIntyre	6:58
6 Norry McAllister	7:14
6 Missy Sudan	7:14
6 Radha Nambula	7:14
9 Helen Wong	7:26
10 Ken Camet	7:47
11 Shreyas Nambula	8:11
12 Anton Le	8:15
13 Jude Aubuchon	8:28
14 Ranjeet Sudan	9:19
15 Lynn Dai	9:21
16 Kat Powell	10:45

Race #5 – Extra 1500s

1 Joseph Aubuchon	5:18
2 Radha Nambula	5:59
3 Andres Gentry	6:03
4 George Lo	6:13
5 Travis Koh	6:25
6 Zhejun Zhang	6:28
7 Bob Kemp	6:29
8 Fatima Machado	6:36
9 Norry McAllister	6:42
10 Missy Sudan	6:43
11 Aaron Lee	6:43
12 Ken Camet	7:08
13 Brian Conroy	7:33
14 Helen Wong	7:42
15 Ranjeet Sudan	7:48
16 Luke Aubuchon	7:55
17 Alyssa Le	7:56
18 Andon Le	8:57
19 Jeff Justice	9:00
20 Jude Aubuchon	9:42
21 Quinn Ma	11:20

Saturday Trophy Winner – The Aubuchon family

Good running weather this morning for the approximately 35 runners that ran the 1500s. Members of the Aubuchon family ran 10 of them. Joseph Aubuchon had the fastest time for the men and Missy Sudan had the fastest time for the women.

**4/27/24 – 16 x 400M Relay**

Runner	Start	1	2	3	4	5	
6	7	8	9	10	11	12	
14	15	16					
1	Ode/R.Nambula	2:30	4:04	5:29	6:59	8:22	9:57
11:20	13:01	14:25	16:07	17:30	19:10	20:33	22:16
23:39	25:18	26:02					
2	Ma.Kriege/Park	2:30	3:59	5:27	7:04	8:29	10:06
11:27	13:01	14:31	16:20	17:45	19:23	20:46	22:18
23:40	25:09	26:29					
3	Jaimes/Lo	4:00	5:20	6:29	7:48	9:19	10:49
12:19	13:50	15:21	16:52	18:23	19:45	21:15	22:40
24:10	25:31	27:00					
4	Krey/J.Aubuchon	4:00	5:41	6:56	8:45	9:58	11:43
12:58	14:43	15:56	17:39	18:55	30:38	21:54	22:39
23:53	26:46	28:00					

5 Conroy/Koh 3:00 4:43 6:07 7:52 9:18 11:06  
12:32 14:26 15:46 17:24 18:47 20:34 21:58 23:48  
25:05 26:50 28:14

6 Sun/Zhang 4:00 5:36 7:01 8:35 10:04 11:38  
12:06 13:43 15:13 16:48 18:16 19:52 21:20 22:55  
23:54 27:02 28:21

7 Machado/M.Sudan 4:00 5:28 6:58 8:30 10:03 11:36  
13:09 14:40 16:12 17:34 18:15 19:48 21:18 22:52  
24:23 26:59 28:24

8 Wong/Gentry 2:00 3:45 5:17 7:03 8:30 10:18  
11:44 13:12 14:38 16:26 17:56 19:43 20:12 21:39 23:21  
27:05 28:30

9 Ri.Agraw/Williams 1:30 3:20 4:48 6:37 8:02 9:47  
11:13 13:03 14:25 16:15 17:42 19:29 20:54 22:42  
24:13 27:07 28:31

10 Moon/Bradley 2:30 4:27 5:52 7:48 9:08 11:05  
12:19 14:13 15:33 17:27 18:49 20:44 22:10 24:05  
25:36 27:23 28:59

11 Powell/Schmitt -0- 2:38 4:56 7:36 9:58 12:40 14:59  
17:39 19:53 22:36 24:55 27:38 28:47

12 Lee/Berman 7:30 9:02 10:16 11:50 13:06 14:41  
15:53 17:25 18:37 20:10 21:23 22:54 24:06 25:38  
26:50 28:20 29:28

Saturday Trophy Winner – Danny Moon & Geoff Bradley

We had a very good finish-line crew this morning that handled the difficult job of the 24 runners who participated in this relay. Often, gobs of runners came across the finish line within a few seconds of each runner and our finish-line crew got almost all of their splits. The Rohit Ode/Radha Nambula team came across the finish line first. The Danny Moon-Geoff Bradley team took home the weekly trophy because they came closest to their projected finish time of 29:00 with a finish time of 28:59. All teams predicted what their finish times would be and we started all teams as they were predicted so that all would finish in 29:00. Kyle Berman and Joseph Aubuchon had the fastest scratch times. Neeraja Nambula computed the times, and the outstanding finish-line crew included Alvin Jackson, Lynn Dai, Catherine Frye, Don Packwood, and Neeraja Nambula.

#### **5/4/24 – Valle Vista – 3.0M**

1 Luke Yuan 18:50 PR  
2 Andy Williams 20:40  
3 Bob Kemp 22:11  
4 Autri Dutta 22:42  
5 Ranjeet Sudan 22:46  
6 Zhang,Zhejun 23:33  
7 Helen Wong 24:33  
8 Dave McIntyre 24:47PR  
9 Riaan Agrawal 24:58  
10 Carol Bednar 25:30  
11 Rishi Agarwal 27:49  
12 Paul Taylor 28:06  
13 Danny Moon 30:06  
14 Willie Liu 31:19  
15 Jim Bordoni 34:11 RW  
16 Nancy Kirk 35:34  
17 Chris Blue 37:11  
18 Alvin Jackson 43:08  
19 Don Packwood 43:36

Saturday Trophy Winner – Bob Kemp

We lucked out on the weather this morning. Although it rained lightly, it did not begin to rain heavily until shortly after we finished. Luke Yuan won by a huge margin. Helen Wong led the ladies while improving her 50+ PR by 5

minutes. Bob Kemp missed his 65+ PR by one second. Chris Blue became the first woman club member to complete this course as a 75+ runner.

#### **5/11/24 – 3000/1500/800**

##### **3000K**

1 Dwayne Spencer 11:12 PR  
2 Kristina Park 11:50  
3 Travis Koh 12:09  
4 George Lo 12:18  
5 Aaron Lee 12:39  
6 Bob Kemp 12:58  
7 Autri Dutta 13:05  
8 Zhi Zheng 13:43  
9 Jenny Gonzalez 13:45  
10 Helen Wong 14:37  
11 Nagesh Saldi 17:44  
12 Willie Liu 17:47  
13 Don Packwood 21:08  
14 Kat Powell 22:45

##### **Heat #1 of 1500M – estd times under 6:00 for a mile**

1 Kyle Berman 4:26  
2 Joseph Aubuchon 4:44  
3 Al Mimar 5:06  
4 Geoff Bradley 5:07  
5 Radha Nambula 5:31  
6 Dwayne Spencer 5:33  
7 Norry McAllister 5:35  
8 Missy Sudan 5:52  
9 Travis Koh 5:54  
10 George Lo 6:01  
11 Fatima Machado 6:04  
12 Lin Sun 6:14  
13 Luke Aubuchon 6:22

##### **Heat #2 of 1500M – estd times over 6:00 for a mile**

1 Kristina Park 6:06  
2 Zhi Zheng 6:11  
3 Ken Camet 6:12  
4 Bob Kemp 6:14  
5 Autri Dutta 6:23  
6 Jenny Gonzalez 6:40  
7 Helen Wong 7:12  
8 Nagesh Saldi 7:47  
9 Jim Bordoni 8:26 RW  
10 Willie Liu 8:54  
11 Alvin Jackson 10:22  
12 Kat Powell 10:40  
13 Don Packwood 11:38

##### **Heat #1 of 800M – estd times under 3:30 for the 800M**

1 Kyle Berman 2:13  
2 Joseph Aubuchon 2:24  
3 Geoff Bradley 2:31  
4 Al Mimar 2:32  
5 Radha Nambula 2:40  
6 Kristina Park 2:42  
7 Dwayne Spencer 2:48  
8 Travis Kohn 2:56  
9 George Lo 2:57  
10 Fatima Machado 3:04  
11 Lin Sun 3:10

##### **Heat #2 of 800M – estd times over 3:30 for the 800M**

1 Zhi Zheng 3:02  
2 Ken Camet 3:04  
3 Bob Kemp 3:11  
4 Jenny Gonzalez 3:20  
5 Nagesh Saldi 3:32

6 Helen Wong	3:33
7 Danny Moon	3:42
8 Lynn Dai	4:11
9 Willie Liu	4:43
10 Alvin Jackson	5:31
11 Kat Powell	5:39
12 Dave Norlander	5:49
13 Don Packwood	5:51
14 Walt Van Zant	11:11 RW

Saturday Trophy Winner – Dwayne Spencer

Approximately 40 runners showed up this warm morning to run in one or more of our 5 races with Wayne Spencer winning the weekly trophy with a PR in the 3000 of 11:12 and a 5:33 1500) He ran the 1500 shortly after the finish of the 3000M. Kyle Berman had the fastest times for the guys with a 4:26 1500M and a 2:13 800M. He was chased in these two races by Joseph Aubuchon with times of 4:44 and 2:24. Kristina Park was the top lady runner with times of 11:50 in the 3000M, 6:06 in the 1500M, and 2:42 in the 800M. Other fast lady runners included Helen Wong with a 14:37 3000M (after arriving at the track just in time to start the 3000M), Missy Sudan (5:52 1500M), Fatima Machado (6:04 1500M and 3:04 800), and Jenny Gonzalez with a 6:40 1500 and 3:20 800).

**5/18/24 – Triangle Run – 4.76M**

1 Kyle Berman	30:19
2 Brandon Mai	32:57
3 Kristina Park	33:11
4 George Lo	33:41
5 Joe Cohn	36:41
6 Audri Dutta	37:07
7 Helen Wong	39:59
8 Dave McIntyre	40:22
9 Mike Krey	40:55
10 Katherine Frye	41:37
11 David Mai	43:37
12 Todd Hayes	44:58
13 Willie Liu	58:37
14 Don Packwood	68:06

Saturday Trophy Winner – Helen Wong

Small turnout this morning as many of our club members were saving themselves for the Pacific Association grand prix road mile race in Danville tomorrow. Kyle Berman scored an easy win this morning. Brandon Mai and George Lo were the 2<sup>nd</sup> and 3<sup>rd</sup> men's finishers. Dave McIntyre ran a 4-second PR. Our fastest lady finishers were Kristina Park and Helen Wong.

**5/25/24 – Douglas/Saratoga/Fruitvale – 2.75M**

1 Kyle Berman	16:39
2 Travis Koh	17:50 PR
3 Radha Nambula	18:13
4 Norry McAllister	18:43
5 Aaron Lee	19:06
6 Satoru Miyoshi	19:08
7 Missy Sudan	19:16
7 Kristina Park	19:16
9 Lin Sun	19:23
10 Fatima Machado	19:46
11 Bob Kemp	19:53
12 Carolyn Wang	20:39
13 Jenny Gonzalez	20:57 PR
14 Ken Camet	20:58
15 Helen Wong	22:13

16 Dave McIntyre	22:34
17 Mike Krey	22:37
18 Norm Takeuchi	23:10
19 Todd Hayes	24:49
20 Danny Moon	27:10
21 Des Knuckey	27:20
22 Neeraja Nambula	28:20
23 Neil Gelblum	28:45
24 Kat Powell	37:30
25 Dave Norlander	39:39
26 Alvin Jackson	42:13
27 Walt Van Zant	60:57

Saturday Trophy Winner – Travis Koh

Twenty-seven runners came out this morning, including 9 ladies. Most of the ladies were fast, including one stretch when 4 of them finished in a row, Then, Bob Kemp broke into the group before two more ladies finished in a row. Kyle Berman finished first for the 2<sup>nd</sup> week in a row to lead the guys. Travis Koh finished second while knocking 5 minutes off his PR. Radha Nambula had a great year last season before getting injured and his run this morning showed that he may soon go on another PR binge this year. This morning he came within 20 seconds of a PR.

**6/1/24 – 18 x 0.33M Half Laps Relay**

Pl	Team	Start	Finish	Actual Time
1	Dai/Liu/Ris..Agrawal	-0-	34:36	34:56
2	Jackson/N.Nambula/Moon	3:00	38:25	35:25
3	Park/R.Nambula/Roh.Agrawal	7:00	39:58	32:58
4	Sun/Aw/James	3:00	40:56	37:56
5	Shr.Nambula/Ria Agrawal/Miyoshi	2:00	41:00	39:00
6	Wong/Zhang/Koh	-0-	44:34	44:34

Saturday Trophy Winner – The Wong/Zhang/Koh team

Small turnout this morning because there was a grand prix race this morning. The Wong/Zhang/Koh team won the Saturday trophy because they came closest to their predicted finishing time of 43:00.

**6/8/24 – Farwell/H – 4.68M**

1 Kyle Berman	26:36
2 Dwayne Spencer	29:28 PR
3 Geoff Bradley	29:38
4 Travis Koh	31:20
5 Kristina Park	31:37
6 Radha Nambula	32:04
7 Norry McAllister	33:01
8 George Lo	33:25
9 Myoshi Satoru	33:56
10 Fatima Machado	34:35
11 Bob Kemp	34:39
12 Lin Sun	34:47 PR
13 John Huang	34:48
14 Joe Cohn	35:19
15 Rohun Agrawal	36:00
16 Jenny Gonzales	36:26 PR
17 Mike Krey	39:36
18 Willie Liu	54:30
19 Jim Bordoni	57:36 RW
20 Don Packwood	67:42
21 Kat Powell	68:37
22 Alvin Jackson	71:30
Walt Van Zant	DNF
Rishi Agrawal	Got lost

Saturday Trophy Winner – Dwayne Spencer

We had several very good performances this morning. Kyle Berman won his 3<sup>rd</sup> consecutive individual Saturday run. Dwayne Spencer ran an all-time PR for this course, which is difficult to do when you have been running all of the courses for several years, which Dwayne has been doing. Lin Sun ran an all-time PR by 78 seconds. Jenny Gonzalez improved her all-time PR by 96 seconds, which moved her to #11 on the women's 45+ list.

**6/15/24 – 12 x 800M Relay**

<u>PI Team</u>	<u>Start</u>	<u>Splits</u>
1 Frye/Bradley	0:30	4:19- 7:04-10:51-13:42-17:32-20:15-24:07-26:54-30:48-33:24-37:31- <b>40:40</b>
2 Kriege/Spencer	-0-	3:50- 6:43-10:34-13:27-17:19-20:12-24:08-26:59-30:57-33:54-37:51- <b>40:44</b>
2 Shr.Nambula/R.Nambula	1:30	5:03- 7:57-11:23-14:18-17:54-20:49-24:32-27:30-31:16-34:14-37:54- <b>40:44</b>
4 DeLaPaz/Lo	2:00	5:22- 8:31-11:49-14:59-18:12-21:23-24:38-27:50-31:08-34:18-37:38- <b>40:49</b>
5 Wong/Park	0:30	4:06- 7:09-10:50-13:56-17:47-20:50-24:34-27:39-31:25-34:30-38:13- <b>41:02</b>
6 Sun/Machado	1:45	5:06- 8:19-11:42-14:56-18:22-21:35-24:56-28:12-31:33-34:48-38:04- <b>41:12</b>
7 R.Agrawal/Miyoshi	2:00	5:33- 8:39-12:14-15:22-18:33-22:03-25:20-28:35-32:14-35:11-39:05- <b>41:19</b>
8 Jos.Aubuchon/Liu	1:00	3:49- 8:29-11:16-16:01-18:45-23:30-26:12-31:21-33:57- ? -39:07- <b>41:38</b>
9 L. Aubuchon/Aw	0:30	4:06- 7:09-10:50-13:56-17:26-20:34-24:16-27:31-31:18-34:34-38:31- <b>41:46</b>
10 Ri.Agrawal/Koh	1:00	4:57- 7:56-11:41-14:43-18:33-21:32-25:20-28:18-32:05- ? -38:24- <b>42:00</b>

Saturday Trophy Winner – Travis Koh & Rishi Agrawal

Timers- Alvin Jackson, Don Packwood, Paul Taylor, Norry. This was a tough workout to time as many times the runners finished their legs very close together. Our timing crew did an excellent job under the conditions. Radha Nambula did an excellent job of putting the teams together with only 2 Minutes separating the first team to start and the last time to start. We had a fair amount of fast times this morning. The leading men runners were Joseph Aubuchon at 16:09, Geoff Bradley at 16:52, Dwayne Spencer at 17:20, and Radha Nambula at 17:30. The top ladies included Kristina Park at 18:11, Fatima Machado at 19:19, Elena LaPaz at 19:46 (Her favorite sport is biking and she ran 19:19 for the 800M when she was in school). We had 7 women runners with us this morning.

**6/22/24 5K on the Track**

	<u>6/22/24 Times</u>	<u>1/27/24 Times</u>
1 Kyle Berman	16:55.6	
2 Brandon Mai	17:57.5	
3 Luke Yuan	17:59.4*	19:51.8
4 Joseph AuBuchon	18:30.1	18:21.5
5 Geoff Bradley	18:55.2	18:31.9
6 Dwayne Spencer	19:09.9*	19:51.8
7 Kristina Park	20:11.5*	20:40.7
8 Satoru Miyoshi	20:18.6	
9 Travis Koh	20:29.9*	23:01.0
10 Radha Nambula	20:38.1	
11 George Lo	21:39.9*	22:11.1
12 Lin Sun	22:06.2*	23:26.1
13 Elena Delapaz	22:07.4	
14 Andy Williams	22:15.0	22:12.1
15 Aaron Lee	22:16.9*	22:19.0
16 Fatima Machado	22:33.9	22:04.7

17 Bob Kemp	22:37.6	23:07.2
18 Joe Cohn	23:33.3	
19 Zhizheng Zhang	23:33.3	23:23.3
20 Helen Wong	25:09.3	
21 Mike Krey	25:15.5	26:43.3
22 David Mai	25:20.4	
23 Brian Conroy	25:49.2	
24 Dave McIntyre	26:02.5	
25 Robert Pickens	28:33.5	28:16.0
26 Dick Chimenti	28:58.5	
27 Willie Liu	34:10.0	34:09.2
28 Anne Xie	34:32.9	
29 Kat Powell	41:18.2	
30 Don Packwood	42:18.0*	43:45.5

\* Ran faster than 1/27/24 5k on the track

Club Weekly Trophy Winner – Kyle Berman fastest 5k runner

It was a hot morning for a 5K on the track for our large group of 31 runners. Kyle Berman took an early lead with Joseph AuBuchon, Geoff Bradley, Luke Yuan, and Brandon Mai as part of the lead pack and then Kyle pulled away from the pack for the win. Our finish line crew, Norm Takeuchi, Neeraja Nambula, Willie Liu, Allan Aw, and Conrad Aw, did their best to capture all the times as the runners were finishing close to each other.. Seventeen runners ran the 5K earlier this year (1/27/24); eight of them ran a faster 5K today. Seven women raced today, and they all did amazing. Great job with results by Neeraja Nambula since Walter was in Maui and Danny was under the weather

**6/29/24 All Courses Day**

1 Aaron Lee	21:56 VV
2 John Huang	22:13 VV
3 Geoff Bradley	23:27 Farwell
4 Zhizheng Zhang	24:10 VV
5 Danny Moon	26:26 Dou/Sara
6 Kyle Berman	26:31 Triangle
7 Lin Sun	27:27 Farwell
8 Joseph Aubuchon	28:46 Triangle
9 Helen Wong	28:59 Farwell
10 Catherine Frey	30:30 Farwell
11 Willie Liu	31:30 Dou/Sar
12 Don Packwood	36:44 Dou/Sar
13 Alvin Jackson	38:35 Dou/Sar
14 Travis Koh	39:24 SS
15 Dwayne Spencer	39:24 SS
16 Radha Nambula	40:25 SS
17 Gary Waggoner	40:27 SS
18 Kristina Park	40:51 SS
19 Kat Powell	41:13 VV
20 George Lo	41:24 SS
21 Bob Pickens	42:35 Triangle
22 Satoru Miyoshi	43:25 SS
23 Bob Kemp	44:05 SS
24 Joy Zbuge	47:38 **
25 Jenny Gonzalez	48:28 SS
26 Joe Cohn	53:08 SS
27 Chris Blue	55:44 F/H
28 Walt Van Zant	64:26 VV *
29 Jim Bordoni	68:33 SS RW
30 Bob Schmitt	70:37 SS
31 Paul Taylor	71:10 SS
31 Nancy Kirk	71:10 SS

\* Was allowed by new club rules to run his VV run on the WVC track and score in the 85+ division.

\*\* Joy got lost during her run. We are not sure where she went off course.



Information for this section provided By Jorn Jensen

### **PA/USATF Team Competition to Date**

Road Race Grand Prix Standings after 6 of 9 events

M40+ 3<sup>rd</sup> place  
W40+ 4<sup>th</sup> place  
M50+ 7<sup>th</sup> place  
W50+ 3<sup>rd</sup> place  
M60+ 1<sup>st</sup> place  
M80+ 1<sup>st</sup> place

### **PA/USATF Road Short Course Final Individual Standings for Club Members**

#### M40+

3 Juan Rivera  
12 Joseph Aubuchon  
84 Sergio Gonzalez  
101 Andres Gentry

#### M50+

10 Jorn T. Jensen  
16 Geoff Bradley  
18 Dwayne Spencer  
55 Aaron Lee  
82 John Mintz

#### M60+

10 Raymond Rodriguez  
12 Norry McAllister  
16 Barry Ferrara  
24 Brian Davis  
42 Mike Krey  
50 Ken Camet  
51 Robert Pickens  
53 Wei-ti Liu

#### M70+

11 Todd Hayes

#### M80+

2 Bob Schmitt  
3 Don Packwood  
5 Dave Norlander

#### WOpen

75 Lin Sun

#### W40+

7 Nancy Eubanks  
19 Fatima Machado  
35 Dalila Rodriguez  
44 Kristina Park  
48 Jenny Hong-Gonzalez  
88 Catherine Frye

#### W50+

5 Missy Sudan  
12 Dalila Rodriguez

#### W60+

20 Marian Richard

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

### 3/2/24 - Redding 10M

10 Juan Rivera	58:00	1st M40+
17 Jorn T. Jensen	1:00:57	2nd M50+, 83.46%
34 Barry Farrara	1:05:45	2nd M60+, 82.49%
38 Gary Waggoner	1:06:05	3rd M60+, 81.11%
55 Raymond Rodriguez	1:10:13	
57 Dwayne Spencer	1:10:32	
69 George Lo	1:13:36	
80 Ken Camet	1:18:20	
106 Dalila Rodriguez	1:29:09	

### 4/6/24 - SACTOWN 10 Mile Run, Sacramento

17 Juan Rivera	54:09	6th M40+
55 Jorn T. Jensen	1:00:53	6th M50+
76 Barry Farrara	1:03:23	1st M60+
77 Gary Waggoner	1:03:33	2nd M60+
95 Geoff Bradley	1:05:58	
105 Dwayne Spencer	1:06:50	
136 Nancy Eubanks	1:09:56	
151 George Lo	1:11:36	
171 Brian Davis	1:13:46	
194 Travis Koh M39	1:17:33	
252 Dalila Rodriguez	1:22:14	
253 Jenny Hong-Gonzalez	1:24:20	
311 Todd Hayes	1:32:15	

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

#### Men

9 Juan Rivera	20:44 - 2nd M40+
32 Jorn T. Jensen	23:38
34 Joseph Aubuchon	23:47
49 Geoff Bradley	24:44
61 Luke Yuan	25:30 *
67 Dwayne Spencer	25:35
85 Travis Koh	26:39
97 Radha Nambula	27:37 *
104 Sergio Gonzalez	28:03
117 Aaron Lee	28:34
119 Brian Davis	28:42
123 Andres Gentry	28:58
126 Norry McAllister	29:04
148 John R. Mintz	30:11
182 Michael Krey	32:58
204 Todd Hayes	35:11
216 Robert Pickens	36:33
283 Wei-ti Liu	45:49

\* No USATF membership

#### Women

88 Nancy Eubanks	26:45
113 Missy Sudan	28:26
116 Fatima Machado	28:33
151 Lin Sun	30:20
163 Dalila Rodriguez	31:29 (8:25/M)
172 Jenny Hong-Gonzalez	31:48
179 Marion Richard	32:36
3207 Catherine Frye	35:30

### 5/5/24 - Patagonia 5K - Golden Gate Park

#### Women

153 Kristina Park	20:34	3rd W50
157 Nancy Eubanks	20:43	
186 Missy Sudan	21:56	5th W50
196 Lin Sun	22:16	
198 Fatima Machado	22:19	
227 Jenny Hong-Gonzalez	24:29	
235 Dalila Rodriguez	24:58	
304 Kelly Emo	30:41	
349 Cori Becerra	49:33	

#### Men

22 Juan Rivera	15:53	4th M40
71 Joseph AuBuchon	17:48	
97 Geoff Bradley	18:44	
106 Barry Farrara	19:01	3rd M60
126 Dwayne Spencer	19:41	
148 Radha Nambula	20:26	
150 Travis Koh	20:27	
172 Norry McAllister	21:31	
174 Sergio Gonzalez	21:36	
265 Shihai Gentry	26:36	1st M0-9
269 Andrés Gentry	26:46	
286 Todd Hayes	28:27	
330 Robert Schmitt	35:20	1st M80

### 5/19/24 - Mile of Truth/National One Mile Championships - Danville

#### Men 40+

Juan Rivera	4:47
Joseph Aubuchon	5:09
Jorn Jensen	5:13
Venkata Nambula	5:50
Dwayne Spencer	5:53

#### Women 40+

Nancy Eubanks	6:11
Melissa Sudan	6:32
Fatima Machado	6:38

#### Men 60+

Norry Mcallister	6:06
Raymond Rodriguez	6:10
Brian Davis	6:37

#### Other Runners

Lin Sun	6:26
Ken Camet	6:42
Dalila Rodriguez	7:19

#### Team Results

Women 40+	4 <sup>th</sup> of 5 teams
Men 40+	3 <sup>rd</sup> of 6 teams
Men 60+	4 <sup>th</sup> of 6 teams