



# WVJS



## VOL 53-#2 WEST VALLEY JOGGERS & STRIDERS December 2024

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### Upcoming Saturday Workouts

1/04	Farwell (3.54 miles)	5/03	Valle Vista (3.0 miles)
1/11	8 x 0.66 Mile tennis court relay	5/10	12 x 800 relay
1/18	Short Six (5.74 miles)	5/17	Triangle (4.76 miles)
1/25	5K on the track	5/24	Douglass (2.75 miles)
2/01	Valle Vista (3.0 miles)	5/31	18 x 0.33 Mile tennis court relay
2/08	One Mile on the Track	6/08	Farwell/H (4.68 miles)
2/15	Valentine Relay	6/15	12 x 800m relay
2/22	Triangle (4.76 miles)	6/21	5K on the Track
3/01	6 x 1600m relay	6/28	All Courses Day
3/08	Douglass (2.75 miles)	7/05	Farwell (3.54 miles)
3/15	8 x 1200m relay		
3/22	Farwell/H (4.68 miles)		
3/29	3000m on the Track		
4/05	Farwell (3.54 miles)		
4/12	Short Six (5.74 miles)		
4/19	One Mile on the Track		
4/26	16 x 400m relay		

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.

### 2025 Racer of the Year Events

Fastest Farwell Time	
Fastest Marathon**	
Fastest Half Marathon**	
Fastest of 3 Designated Track Miles (designated heat only)	
Fastest of 2 Designated Track 5Ks	
7/12	Track 800M - Time from designated heat at WVJS; alternatively, any offsite track*
3/29	Track 800M - Time from designated heat at WVJS; alternatively, any offsite track*
10/4	Track 800/1500/3000M* day - the 800 and 3000 meter time can count
3/01	NorCal 10M
4/10	SacTown 10M
5/04	Mile of Truth
6/07	Impala Stampede 5K
6/15	Patagonia 5K
8/24	Santa Cruz XC
9/07	Golden Gate Park Open XC
9/20	Rebels XC
9/27	Garen Park XC
10/12	Tamalpa Challenge XC
10/25	Aggies XC
11/2	Willow Hills XC
11/9	Clarksburg Half Marathon
12/7	California International Marathon

\*Must report your offsite track times to Gary Waggoner the same day you run in order for your time to count in the Racer of the Year contest.

\*\*Must report your marathon or ½ marathon time to Gary Waggoner within seven days of the race in order for the time to count in the Racer of the Year contest.



## **Miscellaneous Drive!**

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.

After serving very ably for several years, Norry has stepped down as Treasurer of the Club. Helen Wong will be taking his place.

The Saturday runs continue to be the heartbeat of the Club. We had a number of individual men and women Saturday winners for the Saturday morning road events. Here are the winners over the 204 and number of wins for each:

- Kristina Park-20
- Joseph Aubuchon-12
- Kyle Berman-10
- Missy Sudan- 6
- Geoff Bradley-3
- Dwayne Spencer- 2
- Fatima Machado-2
- Lin Sun-2
- Becki Kriege-1
- Helen Wong-1
- Matt Bordoni-1
- Andy Williams- 1
- Jorn Jensen-1

The Runner of the Year Contest, which traditionally been used to award the highest mileage runners in the Club has been modified to award significant points for attending Club and events and competing in USATF races. The new rules are as follows:

- Runners will earn one point for every mile that they run.
- Runners will earn 50 points for every Saturday club workout that they attend and run in, or help by timing/recording/etc, or just cheer on the runners.
- Club members who compete in USATF PA road or cross country race representing WVJS will earn 250 points for each race.
- Club members will receive 250 points for participating in the Valentine race and 250 points for participating (run in or help by timing/recording, etc.) in the club handicap race.
- Walking at a brisk pace during a workout will count in this contest.
- Tom Warfel will be in charge of compiling the Runner of the Year results. In exchange, Tom will earn 50 points per week in exchange for his efforts. For those reporting mileage, please do so to Tom. Standings are being kept in a spreadsheet linked from the WVJS home page.
- The overall points leader will receive the runner of the year plaque and a gift certificate code for club merchandise. Gold, Silver, and Bronze award certificates will also be awarded and the points criteria for these will be determined by the Club President after totaling results at the end of the year. Additionally, club merchandise gift certificate codes will be given to Gold and Silver award recipients. Award winners must be dues-paying members of the Club.
- Runner of the Year participants can log their points and miles on a Google sheet that is linked to the WVJS website.

At the Christmas Relays, we had many teams do well. The 80+ team of Robert Schmidt, Dick Chimenti, Don Packwood, and Carl Outzen placed first. The 60+ team of Norry McAllister, Roberto Palos, Raymond Rodriguez, and Barry Farrara also placed first.

At the CIM, our WVJS 40+ team (Juan Rivera, Jorn Jensen, and George Lo) came in first. Our 50+ (Raymond Rodriguez, Satoru Miyoshi, and Geoff Bradley) team scored second.

## 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 final scores for 2024 are:

Runner	Miles	Sat Pts	Total	Award
JR Mintz	5666	20	5686	Gold
George Lo	3911	680	4591	Gold
Dwayne Spencer	2711	660	3371	Silver
Satoru Miyoshi	2878	380	3258	Silver
Joseph Aubuchon	2367	890	3257	Silver
Jorn Jensen	2738	320	3058	Silver
Tom Warfel	1663	1040	2703	Silver
Geoff Bradley	1700	430	2130	Bronze
Raymond Rodriguez	1986	20	2006	Bronze
Jim Bordoni	417	220	637	Hon Mention



## 2024 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon an individual's best 8 performances in 15 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must have competed in at least 6 different events in order to be eligible for an award.** The number in parentheses after each score is the number of events contributing to the score. Gary Waggoner keeps the records for this event, which can be found on the club website.

### Final 2024 standings:

#### A Division

Juan Rivera	200 (9)
Joseph Aubuchon	195 (11)
Jorn Jensen	194 (10)
Geoff Bradley	183 (11)
Gary Waggoner	179 (7)
Dwayne Spencer	177 (12)
Raymond Rodriguez	170 (6)
Luke Yuan	162 (4)
Barry Farrara	136 (3)
Kyle Berman	72 (3)
Calvin Do	44 (1)

#### B Division

Travis Ko	200 (11)
Radha Nambula	197 (10)
George Lo	194 (9)
Kristina Park	165 (6)
Darren Strange	68 (3)
Scott Bang	46 (2)
Andy Williams	39 (2)
Brandon Mai	25 (1)

#### C Division

Nancy Eubanks	200 (6)
Norry McAllister	195 (7)
Aaron Lee	190 (8)
Fatima Machado	188 (12)
Missy Sudan	184 (9)
Lin Sun	178 (9)
Miyoshi Satoru	173 (5)
Brian Davis	170 (4)
Sergio Gonzalez	165 (4)
Ken Camet	163 (6)
Andres Gentry	158 (7)
Zhujun Zhang	98 (5)
Robert Pickens	98 (5)
Bob Kemp	95 (5)
Brian Conroy	58 (4)
Ranjeet Sudan	30 (2)
Joe Cohn	29 (2)
Becki Kriege	25 (2)
Danielle Zelinski	23 (1)
Norm Takeuchi	15 (1)
Mya Strange	11 (1)

#### D Division

Jenny Gonzalez	200 (8)
Todd Hayes	192 (6)
Mike Krey	128 (5)
Helen Wong	108 (5)
Dave McIntyre	81 (4)
Catherine Frye	80 (3)
Luke Aubuchon	71 (3)
Lan Aubuchon	58 (3)
Paul Taylor	54 (3)
Elena de la Paz	50 (2)
Marian Richard	48 (1)
Robert Navarrete	47 (2)
Audri Dutta	25 (1)
Rohun Agarwal	25 (1)
Heather Rohrer	24 (1)
Carolyn Wang	23 (1)
Adithan Kannan	20 (1)
David Mai	20 (1)
Hank Lawson	18 (1)

#### E Division

Dalila Rodriguez	200 (8)
Danny Moon	122 (5)
Rishi Agarwal	49 (2)
Neeraja Nambula	46 (2)
Dick Chimenti	25 (1)
Jonah Strange	25 (1)
Des Knuckey	23 (1)

#### F Division

Kat Powell	183 (7)
Wei-Ti Liu	168 (6)
Don Packwood	146 (6)
Bob Schmitt	118 (3)
Jim Bordoni	91 (4)
Alvin Jackson	81 (4)
Dave Norlander	81 (3)
Jeff Justice	74 (3)
Lynn Dai	71 (3)
Walt Van Zant	68 (4)
Riaan Agarwal	25 (1)
Neil Gelblum	23 (1)
Nancy Kirk	22 (1)
Christine Blue	21 (1)
Bob Lord	20 (1)





## SATURDAY WORKOUT RESULTS

### 7/6/24 – Farwell – 3.54M

1 Joseph Aubuchon	20:57
2 Travis Koh	23:12
3 Gary Waggoner	23:13
4 Miyoshi, Satoru	24:29
5 George Lo	24:48
6 Andy Williams	25:25
7 Fatima Machado	26:02
8 Bob Kemp	26:03
9 Helen Wong	28:48 PR
10 Robert Navarrete	29:13
11 Mike Krey	30:17
12 Lan Aubuchon	30:41
13 Jenny Gonzalez	30:49
14 Marco Jaimes	30:50
15 Paul Taylor	32:45
16 Slim Pickens	32:53
17 Lin Sun	34:23
17 Joy Zhuge	34:23
19 Neeraja Nambula	37:30
20 Willie Liu	41:44
21 Chris Blue	43:21
22 Alvin Jackson	48:30
23 Walt Van Zant	84:37 *

\* Ran on the track

It was a warm morning. Joseph Aubuchon led the guys by a wide margin. Fatima Machado led the ladies. No Saturday trophy was given because all of the runners had left by the time that we were ready to give out the trophy.

### 7/13/24 – 800M on the Track

#### Heat #1 -Estimated sub 800M Runners

1 Allen Aw	2:35
2 Norry McAllister	2:45
3 Zhejun Zhang	2:47
4 George Lo	2:51
5 Fatima Machado	2:53
6 Travis Koh	2:54
7 Rohun Agrawal	2:56
8 Heather Rohrer	2:57
9 Riaan Agarwal	2:58
10 Aaron Lee	2:59
11 Andres Gentry	3:04

#### Heat #2 Estimated 3:00-4:00 800M Runners

1 Scott Bang	2:52
2 Gary Waggoner	3:00
3 Bob Kemp	3:03
4 Luke Aubuchon	3:07
5 Ken Camet	3:09

6 Slim Pickens	3:12
7 Shinai Gentry	3:19
8 Rishi Agrawal	3:26
9 Dave McIntyre	3:27
10 Lan Aubuchon	3:28
11 Brian Conroy	3:34
12 Danny Moon	3:39
13 Jim Bordoni	3:55 RW

guys were Allen Aw at 2:35, Travis Koh at 2:42, Norry McAllister at the ancient age of 67 at 2:45, Zhejun Zhang at 2:47, and Geore Lo at 2:51. The top runners for the gals were Fatima Machado at 2:53, Heather Rohrer at 2:57, Lan Aubuchon at 3:27, and Kat Powell at 5:23. Notable runners who were fast in the days when they ran in the Los Gatos track meets on thursday nights included Jim Bordoni, Bob Kemp, and Danny Moon. Sorry if I overlooked any others.

Heat #3 Estimated 4:00+ 800M Runners

1 Lynn Dai	4:21
2 Willie Liu	4:29
3 Jeff Rohrer	4:32
4 Alvin Jackson	4:36
5 Bob Schmitt	4:46
6 Kat Powell	5:06
7 Don Packwood	6:02
8 Dave Norlander	6:04
9 Walt Van Zant	10:22

7/20/24 Short Six 5.74 miles

1 Kyle Berman	37:45
2 Travis Koh	37:55 PR
3 Gary Waggoner	38:34
4 George Lo	41:39
5 Kristina Park	43:39
6 Fatima Machado	44:57
7 Satoru Miyoshi	47:08
8 Zhejun Zhang	49:14
9 Helen Wong	49:47
10 Brandon Mai	50:17
11 David Mai	50:38
12 Robert Pickens	52:52
13 Lin Sun	53:42
14 Norry McAllister	54:27
15 Mike Krey	54:27
16 Rishi Agrawal	54:28
17 Norm Takeuchi	54:36
18 Bob Schmitt	73:30
19 Willie Liu	73:54
20 Kat Powell	77:36

Heat #4 Extra Heat #1

1 Zhizheng Zhang	2:52
2 Travis Koh	2:53
3 Norry McAllister	2:53
4 Gary Waggoner	2:58
5 Fatima Machado	3:04
6 Riaan Agrawal	3:04
7 George Lo	3:05
8 Bob Kemp	3:06
9 Ken Camet	3:08
10 Slim Pickens	3:22
11 Andres Gentry	3:33
12 Lan Aubuchon	3:49
13 Dave McIntyre	3:57
14 Kat Powell	5:23

Saturday Trophy Winner- Fatima Machado

Kyle Berman, Travis Koh and Gary Waggoner ran together most of the way until Kyle surged to finish first while Travis had a 1:39 PR. Kristina Park was the first woman finisher followed by Fatima Machado who ran well. Helen Wong (finished 16th on women's top 50 list) had Zhejun Zhang in her sites but was unable to catch him while Lin Sun knew she had to turn on Chester from Ten Acres but turned LEFT instead of right (this has never been done before). We all know what happens next you will end up back on Sobey Road then left to Ten Acres so you can now turn RIGHT on Chester which added more than a mile to Lin's run. Thanks to our finish line crew Willie Liu, Chris Blue, Lynn Dai, Dwayne Spencer and Danny Moon. Norry McAllister lead a small pack of runners Mike Krey, Rishi Agrawal and Norm Takeuchi (from Fresno) all to finish together. Good news is that Bob Schmitt did not get lost.

Heat #5 Extra Heat #2

1 Travis Koh	2:48
2 Gary Waggoner	2:53
3 Norry McAllister	2:58
4 George Lo	3:05
5 Andres Gentry	3:32
6 Rishi Agrawal	3:33
7 Willie Liu	4:42
8 Bob Schmitt	4:48
9 Kat Powell	5:27

7/27/24 – Step Up & Step Down Relay

Heat #6 Extra Heat #3

1 Travis Koh	2:42
2 Scott Bang	2:52
3 Gary Waggoner	2:55
4 George Lo	2:59
5 Riaan Agrawal	3:04
6 Fatima Machado	3:09
7 Bob Kemp	3:11
8 Andres Gentry	3:23
9 Slim Pickens	3:24
10 Zhejun Zhang	3:35
11 Luke Aubuchon	3:37
12 Rishi Agrawal	3:38
13 Lan Aubuchon	3:42
14 Dave McIntyre	3:59
15 Kat Powell	5:30
16 Don Packwood	6:06

PI Team	Start	1st	2nd	3rd	4 <sup>th</sup>
5th	6 <sup>th</sup>	7th	8th		
1 Dai/Koh	-0-	2:04	5:03	12:40	18:42
24:30 29:31 35:16 36:41					
2 Liu/Jos Aubuchon	4:45	6:54	9:32	16:54	22:13
27:31 31:31 36:43 37:49					
3 Pickens/M.Sudan	3:30	5:03	8:33	13:58	20:59
28:07 33:18 36:42 38:13					
4 Conroy/Lo	4:00	5:47	9:01	14:50	21:28
29:14 34:06 37:49					
5 Powell/Waggoner	2:45	5:15	8:14	16:58	22:55
28:40 33:00 39:10 40:34					
6 Z.Zhang/McAllister	7:30	8:51	12:02	17:14	23:46
31:03 35:35 39:20 40:42					
7 J. Gonzalez/R.Nambula	6:00	7:46	11:20	16:51	23:44
31:06 36:06 39:40 41:04					

Saturday Trophy Winner – Allen Aw

We had great running weather this morning – cool temperature and no wind. There were approximately 35 runners who ran in the 6 races. The top 5 runners for the

8 H.Wong/Lee	5:30	7:22	10:43	16:44	23:33
31:14	36:17	39:55	41:28		
9 N.Nambula/Park	3:30	5:33	8:39	15:30	21:45
31:26	36:07	40:43	42:06		
10 Camet/Berman	7:30	9:05	12:31	17:58	
24:57	32:22	39:20	41:06	42:48 *	

The times listed in the first column are the cumulative times at the end of the first 400M run, the times listed in the 2<sup>nd</sup> column are the cumulative times at the end of the 2<sup>nd</sup> run (an 800), the times listed in the 3<sup>rd</sup> column are the cumulative times at the end of the 3<sup>rd</sup> run (a 1200M), the times listed in the 4<sup>th</sup> column are the times listed at the end of the 4<sup>th</sup> run (a 1600M except for Willie Liu and Kat Powell, who were instructed to run just an 800. The times listed in columns 5, 6, and 7 were the cumulative times for each team at the end of the 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> laps (1600s, 1200s, and 800s.

Kyle Berman estimated his cumulative time at 17:30 but the timers listed him at 15:30 because they did not realize that he was running slow because of an injury.

Timers: Walt, Bob Kemp, Alvin, Lin Sun  
Saturday Trophy Winners: Jenny, Radha

### 8/3/24 – Valle Vista – 3.0M

1 Joseph Aubuchon	17:28
2 Gary Waggoner	18:50
3 Travis Koh	18:51
4 Dwayne Spencer	19:19
5 Kristina Park	20:45
6 George Lo	21:00
7 Radha Nambula	21:14
8 Norry McAllister	21:25
9 Marco Jaimes	21:36
10 Riann Agrawal	22:15
11 Fatima Machado	22:17
12 Missy Sudan	22:25
13 Zhejun Zhang	22:39
14 Jenny Gonzalez	24:06
15 Lan Aubuchon	24:17
16 Helen Wong	24:23
17 Rishi Agrawal	24:45
18 Luke Aubuchon	24:55 PR
19 Robert Navarette	25:33
20 Dave McIntyre	26:14
21 Slim Pickens	28:49
22 Todd Hayes	32:41
23 Willie Liu	35:17
24 Bob Schmitt	35:21
25 Lynn Dai	38:41
26 Alvin Jackson	44:06
27 Don Packwood	45:46

Saturday Trophy Winner – Joseph Aubuchon

Thanks to: Willie, Madelyn, Danny, Todd, Don, and Walt for timing and results

### 8/10/24 – Mile on the Track

	<u>Best 2024 time</u>	
<u>Race #1 (8:30+ estimated milers)</u>		
1 Jeff Rohrer	9:14.0	not run
2 Lynn Dai	9:33.4	10:34.8
3 Willie Liu	10:03.5	9:36.4
4 Jim Bordoni	10:53.0	not run
5 Don Packwood	12:46.5	12:56.9
6 Dave Norlander	13:19.6	13:17.9

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

1 Ike Bordoni	7:01.7	not run
2 Shinal Gentry	7:07.4	not run
3 Shreyas Nambula	7:13.0	not run
4 Ken Camet	7:14.3	6:52.0
5 Brian Conroy	7:26.9	7:38.0
6 Dave McIntyre	7:46.6	7:33.0
7 Danny Moon	8:06.9	8:35.4

### Race #3 – under 6:30 milers)

1 Matt Bordoni	5:23.2	not run
2 Travis Koh	5:42.5	not run
3 Gary Waggoner	5:44.7	5:45.6
4 Kristina Park	5:49.5	not run
5 Dwayne Spencer	5:59.1	5:56.7
6 Norry McAllister	6:00.0	5:57.9
7 Radha Nambula	6:09.8	6:10.2
8 Fatima Machado	6:18.8	6:31.5
9 Aaron Lee	6:21.9	6:29.3
10 Zhejun Zhang	6:25.7	not run
10 Andres Gentry	6:43.9	6:32.9

### Race #4 Open Mile

1 Travis Koh	5:54.6	not run
2 Gary Waggoner	5:57.7	5:45.6
3 Dwayne Spencer	6:02.1	5:56.7
4 Marco Jaimes	6:23.0	not run
5 Radha Nambula	6:54.3	6:10.2
6 Dave McIntyre	7:46.4	7:33.0

### Race #5 – Open Mile

1 Gary Waggoner	6:09.7	5:45.6
2 Dwayne Spencer	6:14.0	5:56.7
3 Kristina Park	6:28.0	not run
4 Zhejun Zhang	6:47.5	not run
5 Travis Koh	6:53.6	not run
6 Radha Nambula	6:56.3	6:10.2
7 Norry McAllister	7:00.9	5:57.9
8 Andres Gentry	7:22.0	6:32.9
9 Nagesh Saldi	8:25.1	not run
10 Marco Jaimes	9:26.8	not run
11 Kat Powell	11:36.6	10:58.2

Saturday Trophy Winner – Phantom

Good turnout of 26 runners for this mile event with a long time WVJS runner Matt Bordoni and his son Ike making a great appearance. Ike won race #2 while Matt won race #3 with the fastest time of the day. Thanks to our finish line crew Alvin Jackson, Willie Liu, Danny Moon, Lynn Dai, Paul Taylor and most important our final lap Bell Ringer Shihal Gentry. Eleven runners ran a multiple of two races while Travis Koh, Gary Waggoner, Dwayne Spencer and Radha Nambula ran three races to get a good workout.

### 8/17/24 -Triangle Course Run – 4.76M

<u>PI Runner</u>	<u>Time</u>
1 Joseph Aubuchon	28:08 PR
2 Travis Koh	30:27 PR
3 Duane Spencer	30:53
4 Kristina Park	30:53
5 Sergio Gonzalez	33:17
6 Radha Nambula	34:22
7 Norry McAllister	34:23
8 Lin Sun	35:13 PR
9 Zhizheng Zhang	35:25 PR
10 Darren Strange	36:33
11 Andres Gentry	37:40
12 Jenny Gonzalez	38:26 PR

13 Ken Camet	38:44
14 Missy Sudan	38:44
15 Caroline Wang	40:02
16 Lan Aubuchon	40:56 PR
17 Rohit Ode	42:04
18 Dave McIntyre	42:17 PR
19 Todd Hayes	42:21
20 Helen Wong	42:24
21 Norm Takeuchi	43:52
22 Slim Pickens	43:57
23 Joe Cohn	43:59
24 Danny Moon	48:22
25 Willie Liu	57:17
26 Kat Powell	61:58
27 Don Packwood	67:43 RW
28 Bob Lord	83:51

Saturday Trophy Winner – Travis Koh

Some of the runners complained that it was slightly warmish this morning but the times did not reflect that it was too warm and all of us timers sitting in the shade were comfortable. Still, we had 8 all-time PRs this morning. Joseph Aubuchon PRd by 25 seconds, Travis Koh improved by 28 seconds, Lin Sun improved by 156 seconds, Zhizheng improved by 131 seconds, Jenny improved by 1 second, Lan Aubuchon improved by 57 seconds, and Dave McIntyre improved by 5 seconds. Those who did not improve their all-time PRs but did improve their age-group PRs included Jenny Gonzalez (1 second in the 45+ division), Travis Koh (188 seconds in the 35+ division, and Dwayne Spencer (4 seconds in the 55+ division. Bob Lord became the first club 85+ runner to complete this course.

8/24/24 – 6 x 1600M Relay

Pl Team	Start	1	2	3	4
<u>5</u> <u>6</u>					
1 Krey/Park	2:30	10:55	17:09	25:44	31:56
40:32 46:30					
2 Nambula.Shreyas/Machado	3:00	10:53	17:33	25:28	32:10
39:50 46:31					
3 J.Strange/D.Strange	2:30	10:20	16:37	24:46	31:16
39:48 46:46					
4 J.Aubuchon/Zhajun.Zalinski	3:00	10:51	17:43	25:31	
32:16 37:56 47:11					
5 Hayes/R.Nambula	3:00	11:19	17:56	26:21	
32:42 40:55 47:25					
6 Wong/M.Sudan	4:00	11:35	18:36	26:23	
33:18 41:07 47:58					
7 Moon/McAllister	3:00	11:50	18:21	26:33	
33:04 41:58 48:17					
8 Conroy/Koh	4:00	11:42	18:51	26:36	
33:55 41:36 48:48					
9 Liu/Yuan,Luke	-0-	9:56	1 5:36	26:11	
31:57 43:23 49:02					
10 Lan Aubuchon/Gentry	4:30	12:15	19:30	27:12	
34:15 42:33 49:26					
11 Camet/Pickens	2:45	10:14	17:40	25:14	
32:25 40:07 49:35					
12 Aubuchon/Powell	2:45	10:14	22:09	29:53	
42:38 51:10 *					

\*Kat was scheduled to run just 2 runs

**8/31/24 – Douglass – 2.75M**

Pl Runner	Time
1 Joseph Aubuchon	15:50
2 Dwayne Spencer	17:01 PR (17:04 all time)
3 Travis Koh	17:06 PR (17:50 all time)

4 Scott Bang	19:30
5 Missy Sudan	20:07
6 Zhejun Zhang	20:20 PR (20:28 all time)
7 Ken Camet	20:22
8 Alan Aw	20:44
9 Andres Gentry	20:47 PR (21:54 all time)
10 Lan Aubuchon	22:24 PF (by 34 seconds all time)
11 Robert Navarette	22:26
11 Luke Aubuchon	22:56
13 Norry McAllister	23:07
13 Radha Nambula	23:07
15 Catherine Frye	23:31
16 Danny Moon	25:19
17 Helen Wong	29:48
18 Chris Blue	31:02
19 Kat Powell	38:00
20 Bob Lord	38:51 (85+ PR)
21 Don Packwood	39:56

Saturday Trophy Winner – Dwayne Spencer

Good weather for running this morning with a substantial number of you taking advantage of the conditions - 4 all-time PRs. Dwayne did not have the biggest PR but has been running well lately. So, he was awarded the weekly trophy. Several of the runners ran an easy effort because they were saving themselves for our annual handicap race two days from now.

**9/2/24 (Monday) – Shettler Handicap Race**

Runner	Place	Actual Time	Finish Time	HC Pred	Self Predicted
Norry McAllister	1	20:38	0:44:37.7	21:00	21:20
Dwayne Spencer	2	18:21	0:44:41.1	18:40	19:00
Joseph AuBuchon	3	17:16	0:44:45.9	17:30	17:22
Radha Nambula	4	20:17	0:44:56.6	20:20	21:30
Todd Hayes	5	24:59	0:44:58.9	25:00	25:30
Lin Sun	6	21:34	0:45:04.2	21:30	22:00
Aaron Lee	7	21:38	0:45:08.0	21:30	21:40
Shihai Gentry	8	24:58	0:45:27.6	24:30	25:30
Andres Gentry	9	22:16	0:45:30.6	21:45	22:30
Zhejun Zhang	10	21:32	0:45:32.4	21:00	21:30
Brian Conroy	11	25:04	0:45:33.6	24:30	25:09
Mike Krey	12	26:06	0:45:36.1	25:30	26:00
Jorn Jensen	13	17:48	0:45:37.6	17:10	17:11
Ray Rodriguez	14	18:24	0:45:38.8	17:45	18:00
Kristina Park	15	20:10	0:45:39.6	19:30	20:48
Dave Norlander	16	45:45	0:45:45.2	45:00	46:00
Geoff Bradley	17	18:48	0:45:47.8	18:00	18:52
Travis Koh	18	18:49	0:45:49.0	18:00	19:00
Roberto Palos	19	20:23	0:45:52.5	19:30	19:35
Helen Wong	20	24:25	0:46:09.5	23:15	24:40
Lan AuBuchon	21	25:02	0:46:46.7	23:15	24:30
Dalila Rodriguez	22	26:28	0:47:27.6	24:00	24:00
Dave McIntyre	23	26:55	0:48:10.0	23:45	24:58
Luke AuBuchon	24	27:37	0:48:36.5	24:00	24:30
Kat Powell	25	39:11	0:49:40.5	34:30	34:29
Alvin Jackson	26	44:51	0:50:51.1	39:00	39:00
Shreyas Nambula	27	30:16	0:51:16.2	24:00	25:00
Don Packwood	DNS			40:30	42:00
Jeff Justice	DNS			33:00	34:00
Minu Madhan	DNS			21:00	25:00

This morning was the 2024 Shettler Handicap Race at Kevin Moran Park and we did not mess it up too bad (Missy wants us to say badly, but that is not "on brand" for our humble handicap race committee). Our club treasurer Norry pulled off a big win by running down Dwayne in the final stretch of the race. Some were very surprised about Norry's win, but an



undercover investigator hired by Radha caught a clandestine exchange on film in the parking lot following the race. You can draw your own conclusions.

Other highlights: Joseph ran the fastest time of the day in 17:16, Kristina led the women with a 20:10. Aaron was closest to his predicted time (2.0 seconds between his actual and predicted time). Zhejun was 2.4 seconds off his predicted time. Dave Norlander recorded the fastest time by an 85+ runner with his 46:00. Alvin is the proud keeper of the dusty bottle of wine until the next year. It was great to see young WVJS'ers on the Handicap course, including Shreyas, ShiHai and Luke. These young fellas will learn how to grease a palm or two. Lin, Andres, Zhejun, and Travis are also first-time Handicap racers.

**9/7/24 – 16 x 400M Relay**

Runners	Start	1	2	3	4	5	6	7									
8	9	10	11	12	13	14	15	16									
1 Orme/Spencer -0-	1:50	3:10	4:48	6:06	7:50	9:11	10:58	12:18	14:03	15:26	17:10	18:30	20:15	21:37	23:17	24:38	
2 Nambula,S/Sun-0-	1:38	3:04	4:39	6:13	7:46	9:19	11:02	12:36	14:21	15:51	17:42	19:15	21:07	22:41	24:23	25:54	
3 Hayes/McAllister-0-	1:53	3:23	5:15	6:46	8:34	10:04	11:53	13:22	15:08	16:37	18:21	19:48	21:32	22:57	24:43	26:02	
4 Koh/Nambula,R -0-	1:52	3:14	5:04	6:27	8:19	9:44	11:38	13:03	14:58	16:22	18:18	19:41	21:38	23:01	24:52	26:14	
5 Conroy/Zhang -0-	1:43	3:18	5:07	6:40	8:27	10:00	11:47	13:20	15:05	16:38	18:29	20:01	21:50	23:22	25:04	26:26	
6 Yep/Miyoshi -0-	1:51	3:16	4:59	6:28	8:20	9:49	11:40	13:08	15:02	16:32	18:28	19:57	21:52	23:19	25:16	26:39	
7 Aubuchon,Lu/Machad	1:30	3:13	4:41	6:21	7:53	9:31	11:04	12:43	14:15	15:53	17:25	19:04	20:39	22:23	23:57	25:36	27:06
8 Bordo,M/Bordo,I	5:00	6:09	7:47	8:56	10:28	11:41	13:16	14:30	16:07	17:19	18:56	20:10	21:46	23:02	24:39	25:49	27:22
9 Aubuchon,La/Gentry	1:30	3:12	4:49	6:42	8:15	10:03	11:37	13:19	14:54	16:36	18:13	20:07	21:43	23:34	25:08	27:00	28:34

Saturday trophy winners – the Bordoni team

All teams predicted their total times with the ratings based upon predictions, which meant that all teams should have finished in 27:30. The Bordoni team came closest to that time and, accordingly, took home the weekly trophy. The fastest cumulative time for the guys was 9:37 by Matt Bordoni. 60+ runner Norry McAllister, fresh from winning our annual handicap race on the prior Monday, had another great performance with a total time of 11:40. Dwayne Spencer continued his recent strong running with a time of 10:45. Dwayne also ran a super race on Monday, finishing a fraction behind Norry in 2<sup>nd</sup> place. The top women runners were Lin Sun and Fatima Machado at 12:15 and 12:16. Lan Aubuchon continued her recent improvement with a time of 14:12.

**9/14/24 – Farwell/H – 4.68M**

1 Joseph Aubuchon	27:20 PR
2 Jorn Jensen	27:44
3 Travis Koh	29:08 PR
4 Dwayne Spencer	29:27 PR
5 Geoff Bradley	31:31

6 Kristina Park	31:53
7 Saturo Miyoshi	32:20 PR
8 Radha Nambula	32:36
9 Lin Sun	33:22 PR
10 Fatima Machado	33:49 PR
11 Missy Sudan	34:25
12 Norry McAllister	34:25
13 Zhejun Zhang	35:42 PR
14 Joe Cohn	35:42
15 Andres Gentry	36:10
16 Helen Wong	38:18
17 Lan Aubuchon	39:30 PR
18 Marco Jaimes	39:19
19 Robert Navarette	39:45
20 Mike Krey	40:28
21 Carol Bednar	41:47
22 Danny Moon	44:59
Eric Yep	Got lost and timed himself

Saturday Trophy Winner – Joseph Aubuchon & Lan Aubuchon

We had 23 runners this morning with 8 of them running all-time PRs and 1 running an age-group PR. Those who ran all-time PRs included Joseph Aubuchon (19 seconds), Travis Koh (2:12), Dwayne Spencer (1 second), Saturo Miyoshi (1:36), Lin Sun (1.25), Fatima Machado (30 seconds), Zhejun Zhang (58 seconds), and Lan Aubuchon (45 seconds). Joseph and his wife (Lan) won the weekly trophy. Joseph and Lan were winners because they have been in the club for several years and as a general rule it is more difficult to run PRs when you have been running for awhile and are getting older. Jorn Jensen ran a 50+ PR. Joseph, Jorn, and Dwayne had the fastest times for the guys. Kristina, Lin Sun, Fatima Machado, and Missy Sudan led the ladies.

**All Course Day 9/22/24 (Sunday)**

Douglas 2.75 Miles

1 Dwayne Spencer	21:38
2 Joseph AuBuchon	21:39
3 Robert Navarrete	24:03 *
4 Danny Moon	25:12 ** ran early to time
5 Radha Nambula	25:15
6 Norry McAllister	25:15
7 Todd Hayes	27:27

Valle Vista 3.00 Miles

1 Radha Nambula	20:18 *
2 Kristina Park	22:36 *
3 Andres Gentry	23:13 *
4 Dwayne Spencer	23:33
5 Mike Krey	26:18 *
6 Norry McAllister	28:56 *
7 Jenny Gonzalez	28:57 *
8 Eric Pors	28:58 *
9 Todd Hayes	31:03
10 Walter VanZant	76:18 ** ran on the track

Farwell 3.54 Miles

1 Travis Koh	25:04 *
2 Dwayne Spencer	29:14
3 Travis Koh	29:15
4 Jenny Gonzalez	29:19
5 Lin Sun	30:31 * PR 4 minute 1 sec
6 Todd Hayes	32:46 *

Farwell Horseshoe 4.68 Miles

1 Dwayne Spencer	40:19
2 Travis Koh	40:20

3 Jenny Gonzalez 40:21

**Triangle 4.76 Miles**

1 Satoru Miyoshi 36:02 \*  
2 Dwayne Spencer 41:06

**Short Six 5.74 Miles**

1 Joseph Aubuchon 35:45 \*  
2 Luke Yuan 39:11 \* PR 75 sec  
3 Geoff Bradley 40:20 \*  
4 Dwayne Spencer 40:36 \*  
5 Helen Wong 48:38 \* PR 50+  
6 Catherine Frye 49:46 \*  
7 Kristina Park 51:34  
8 Radha Nambula 51:34  
9 Todd Hayes 53:34  
10 Jenny Gonzalez 56:24  
11 Norry McAllister 56:24

\* Regular group start time 8:00 am

Trophy Winner – Dwayne Spencer CONGRATULATIONS

A cool Sunday morning for 20 athletes to run the All-Courses Day workout. Dwayne Spencer said he was going to run all six courses which created some excitement causing 9 runners to help support him achieve his quest by running multiple courses with him. There were 3 PRs Lin Sun with 4 minutes and 1 second Farwell, Luke Yuan had a 75 second PR on Short Six and Helen Wong with a 50+ PR placing her 14th on the women's top 50 list. Great job for the finish line crew of Willie Liu, Madelyn and Danny Moon which was quite a challenge. Dwayne did complete all six courses averaging 8:05 per mile pace with a moving time of 3 hours 22 minutes and 23 seconds completing 25.04 miles which earn him the weekly trophy. Joseph AuBuchon and Kristina Park ran 2 courses; Radha Nambula, Norry McAllister, Travis Koh ran 3 courses; Jenny Gonzalez and Todd Hayes ran 4 courses all to support Dwayne.

**9/28/24 – Farwell – 3.54M**

1 Kyle Berman 23:15  
2 Kristina Park 23:31  
3 Radha Nambula 24:08  
4 Darren Strange 24:32 PR  
5 Satoru Miyoshi 24:57  
6 Norry McAllister 25:01  
7 Andy Williams 26:26  
8 Dwayne Spencer 26:54  
9 Andres Gentry 27:41  
10 Allen Au 27:42  
11 Helen Wong 29:13  
12 Robert Navarrete 29:30  
13 Catherine Frye 30:09  
14 Mike Krey 30:19  
15 Eric Yep 31:38  
16 Todd Hayes 31:51  
17 Danny Moon 33:40  
18 Slim Pickens 34:11  
19 Joe Cohn 34:12  
20 Alvin Jackson 50:00

Saturday Trophy Winner – Darren Strange

Several of our regular Saturday runners were missing this morning because they were saving themselves for a cross-country race. So, Kyle took advantage of the situation to score the win. Alvin claimed that he would have won if he had not run off course. He still came within one second of his 75+ PR. Dwayne Spencer also lost many minutes because

he too ran off course. Darren Strange was the only runner to run an all-time PR. Danny Moon improved his 75+ PR by 35 seconds and Helen Wong improved her 50+ PR by 23 seconds.

**10/05/24 – 12 x 600 Meter Relay**

PLTeam	Start	1	2	3	4	5	6
1 George / Missy	1:15	3:48	6:20	8:54	11:24	13:56	16:27-18:59-21:29-24:01-26:32-29:01-31:30
2 Helen / Radha	2:15	5:01	7:13	10:05	12:16	15:06	17:18-20:04-22:19-25:00-27:14-29:47-31:57
3 Robert P/ Darren	2:45	5:29	7:28	10:21	12:37	15:24	17:38-20:28-22:39-25:22-27:37-30:15-32:21
4 Brian / Elena	0:00	2:39	5:22	8:13	10:51	13:40	16:17-19:04-21:44-24:30-27:11-29:58-32:42
5 Andres / Zhejun	4:15	6:30	8:59	11:19	13:45	16:10	18:42-21:05-23:35-26:03-28:34-30:59-33:24
6 Danny / Kristina	2:45	5:36	7:47	10:41	12:53	15:51	18:04-20:59-23:11-26:19-28:32-31:55-33:39
7 Dave / Allan	2:15	5:15	7:15	10:16	12:31	15:35	18:00-21:02-23:25-26:24-28:49-31:35-34:07

Weekly Club Trophy Winner – Missy Sudan and George Lo

Seven teams were made up prior to Saturday which made it easier and much faster to start the relays. Darren Strange had the fastest splits of 2:10 followed by Kristina Park averaging 2:11 splits and Radha Nambula 2:12 splits. We were able to time baton exchanges on both sides of the track with our timing crew Madelyn Moon & Dwayne Spencer on the far side of the track and the finish line crew Neeraja Nambula, Willie Liu, Alvin Jackson, Danny and Walter who all had a tough job timing and recording with the exchanges on both sides of the track. There were 11 runners close to their predicted times with all runners very happy with their performances.

**10/12/24 – Short Six – 5.74M**

1 Kyle Berman 36:10 PR  
2 Joseph Aubuchon 36:31  
3 Travis Koh 37:11 PR  
4 Geoff Bradley 38:24 55+ PR  
5 Kristina Park 39:40  
6 Radha Nambula 40:05  
7 Saturo Mioshi 40:25  
8 Darren Strange 41:08 PR  
9 Norry McAllister 42:16  
10 Lin Sun 42:28 PR  
11 Missy Sudan 43:10  
12 George Lo 43:33  
13 Andres Gentry 43:34 PR  
14 Marco Jaimes 49:21 PR  
15 Helen Wong 49:27  
16 Norm Takeuchi 56:11  
17 Slim Pickens 57:56  
17 Joe Cohn 57:56  
19 Danny Moon 58:25 75+ PR  
20 Lei Zhou 66:55  
21 Chris Blue 71:50  
22 Willie Liu 78:28  
23 Alvin Jackson 90:12 PR

Saturday Trophy Winner – Darren Strange

Timing crew: Becki, Walt, Willie, and Danny

Numerous mistakes were made when compiling the results today. All of the mistakes were blamed on Becki. Although she made none of the mistakes, she had already gone home when the remaining timers voted at breakfast that it must have been her that made the mistakes.

10/19/24 – 4 x 1.46M (per team) Relay

<u>PI – Team</u>	<u>Start</u>	<u>Cum Splits</u>	
<u>Finish</u>	<u>Actual</u>	<u>Predicted</u>	<u>Diff</u>
1 Elana De La Paz/George Lo	1:10	11:15-21:23-31:36-41:33	40:23 43:05 - 2:42
2 Allan Aw/Lin Sun	0:45	11:07-21:41-31:40-42:03	41:18 43:30 - 2:12
3 Helen Wong/Darren/Strange	-0-	11:42-21:03-32:42-42:20	42:20 44:15 - 1:55
4 Kristina Park/Joseph Aubuchon	8:15	17:40-25:55-35:06-43:22	35:07 36:00 - 0:53
5 Todd Hayes/Kyle Berman	0:15	13:26-22:28-35:29-44:36	44:21 44:00 + 0:21
6 Dwayne Spencer/Alvin Jackson*	8:15	17:20-36:46-46:20-46:20	38:05 36:00 + 2:05
7 Marco Jaimes/Dave/McIntyre	2:00	14:55-27:53-39:29-52:17	50:17 46:15 + 4:02

\* Was scheduled to run for just 1 run.

The Jackson and McIntyre teams did not get fair starts due to last minute changes to their teams.

The De La Paz/Lo team came across the finish line first but the Hayes/Berman team won the weekly trophy as they came closest to their predicted time, missing their prediction by 21 seconds. The ladies had some very fast times with Kristina leading the way at 18:36 and followed by Elana De La Paz at 20:18 and Lin Sun at 20:57. The top guys were Joseph Aubuchon at 16:31, Kyle Berman at 18:09, and Dwayne Spencer at 18:39. Thanks to the helpers at the finish line – Neeraja, Willie, and Danny. Radha Nambula put the teams together and also compiled their starting times based upon the runners estimates of how fast they would run.

Also noteworthy: A special appearance by Ray Russell. Ray was a long-time club member and is near the top of many of the all-time lists. He was visiting from Avila Beach.

10/26/24 – One Mile on the Track

Race #1 – Runners Who Estimated Running Better Than 6:30

<u>PI Name</u>	<u>Time</u>	<u>Prior 2024 Best</u>
1 Joseph Aubuchon	5:05	5:30
2 Matt Bordoni	5:16	5:23
3 Darren Strange	5:34	
4 Kristina Park	5:47	5:49
5 Radha Nambula	5:54	6:09
6 Satoru Miyoshi	5:55	
7 Dwayne Spencer	5:56	5:56
8 Noah Nguyen		6:05
9 Allan Aw	6:17	
10 Isaac Bordoni	6:21	7:01
11 Luke Aubuchon	6:22	6:47
12 Fatima Machado	6:23	6:18
13 George Lo	6:30	6:18
14 Lin Sun	6:33	7:10
15 Andres Gentry	6:34	6:32

Race #2 – Runners Who Estimated Running 6:30 to 8:29

<u>PI Name</u>	<u>Time</u>	<u>Prior 2024 Best</u>
1 Marco Jaimes	6:32	6:23
2 Jonah Strange	7:07	

3 Norry McAllister	7:07	5:57
4 Georgie Strange	7:09	
5 Mike Krey	7:15	
6 Helen Wong	7:16	8:05
7 Bob Pickens	7:23	6:56
8 Eric Yep	7:30	
9 Mya Strange	7:50	
10 Jude Aubuchon	7:51	8:40
11 Karl Skucha	7:55	
12 Anne Aubuchon	7:57	8:38
13 Alyssa Le	7:59	
14 Nagesh Saldi	8:02	8:25
15 Joy Zhuge	8:04	
16 Todd Hayes	8:12	
17 Hank Lawson	8:18	

Race #3- Runners Who Estimated Running Over 8:30

<u>PI Name</u>	<u>Time</u>	<u>Prior 2024 Best</u>
1 Danny Moon	7:53	8:06 Time change added
2 Nagesh Saldi	8:39	8:25 Time change added
3 Hannah Harder	8:43	
4 Jim Bordoni	9:42	10:53 Time change added
5 Quinn Ma	11:04	
6 Dave Norlander	13:02	13:17 Time change added

Race #4 – Open Mile #1

<u>PI Name</u>	<u>Time</u>
1 Joseph Aubuchon	5:32
2 Darren Strange	6:23
3 George Lo	6:39
4 Noah Nguyen	6:41
5 Allan Aw	6:45
6 Andres Gentry	6:55
7 Marco Jaimes	6:59
8 Satoru Miyoshi	7:17
9 Lin Sun	7:21
10 Eric Yep	7:25
11 Helen Wong	8:18
12 Norry McAllister	8:30
13 Kristina Park	8:30

Race #5 – Open Mile #2

<u>PI Name</u>	<u>Time</u>	<u>Prior 2024 Best</u>
1 Joseph Aubuchon	5:29	
2 George Lo	6:42	
3 Noah Nguyen	6:44	
4 Satoru Miyoshi	6:56	
5 Allan Aw	7:12	
6 Bob Pickens	7:14	
7 Eric Yep	7:44	
8 Helen Wong	7:49	
9 Nagesh Saldi	8:56	
10 Hannah Harder	8:58	
10 Danny Moon	8:58	
12 Dwayne Spencer	9:05	
13 Norry McAllister	9:12	
14 Kristina Park	9:12	
15 Radha Nambula	9:12	
16 Neeraja Nambula	9:34	8:38

Helpers Who Ran By Themselves

<u>PI Name</u>	<u>Time</u>
Walt Van Zant	21:59

Saturday Trophy Winner – The Strange Family

Running mile races has become very popular with our group as we may have had as many as 40 different runners competing this morning. Joseph Aubuchon was the star of the day. He won 3 of the 5 races that we ran and had the

fastest time at 5:05. Kristina Park had the fastest time for the ladies with a 5:47. Our helpers for these races included Willie Liu, Neeraja Nambula, Chris Blue, Danny Moon, Madelyn Moon, and Dave McIntyre. This was a great day for the mile races with 39 runners mastering the Mile.

**11/2/24 Valle Vista 3.0 Miles**

1 Kyle Berman	17:26
2 Joseph AuBuchon	17:52
3 Travis Koh	18:43 PR 8 sec
4 Alp Mimarogly	18:50
5 Dwayne Spencer	19:29
6 Satoru Miyoshi	19:45
7 Radha Nambula	19:48 PR 3 sec
8 Darren Strange	19:59
9 Norry McAllister	21:08
10 Lin Sun	21:37 PR 2 min 15 sec
11 George Lo	21:59
12 Luke AuBuchon	23:08 PR 53 sec
13 Helen Wong	24:04 PR 50+ 19 sec
14 Ken Camet	24:06
15 Catherine Frye	25:29
16 Robert Pickens	26:37
17 Todd Hayes	26:42
18 Danny Moon	28:47 PR 75+ 15 sec
19 Kat Powell	42:37
20 Dave Norlander	48:06
21 Willie Liu	60:00 walked

Saturday Trophy Winner – Lin Sun

Cool morning to run after early morning rain which resulted in six PRs for the group. Kyle Berman took an early lead with Joseph AuBuchon close on his heels as Travis Koh was in continued pursuit of the leaders as he finished with a PR. Satoru Miyoshi pulled away from Radha Nambula who had a PR as he was being chased by Darren Strange and Norry McAllister who was pulling Lin Sun to a big PR. Luke AuBuchon, Helen Wong and Danny Moon all running very well also had PRs. Dave Norlander ran a good time placing him first on the 85+ top 50 list moving Walter Van Zant to second.

**11/9/24 – Triangle course -4.76M**

PI	Runner	Time
1	Kyle Berman	27:35
2	Joseph Aubuchon	28:59
3	Darren Strange	32:20 PR
4	Norry McAllister	33:45
5	Lin Sun	34:00 PR
6	Missy Sudan	35:24
7	Marco Jaimes	35:41
8	Robert Navarrete	39:54
9	Catherine Frye	40:06
10	Mike Krey	40:26
11	Norm Takeuchi	42:23
12	Dave McIntyre	44:51
13	Slim Pickens	44:52
14	Danny Moon	45:25
15	Willie Liu	90:02
16	Kat Powell	?

Saturday Trophy Winner: Lin Sun

Easy win by Kyle as he won by about 400 yards. Joseph and Darren finished as the 2<sup>nd</sup> and 3<sup>rd</sup> men. Lin led the ladies, running a PR by 73 seconds. Missy Sudan was the 2<sup>nd</sup> woman finisher. Danny Moon improved 75+ PR by 16 seconds.

11/16/24 – 8 x 0.66M Tennis Court Loop Relay

PI	Team	Start	1	2	3	4	5
	6	7	8				
1	Camet/Jaimes	1:40	6:38	11:06	15:50	20:21	25:04
		29:14	33:50	38:30			
2	S.Nambula/McAllister	1:20	6:36	10:57	15:53	20:11	25:02
		29:28	34:18	38:31			
3	Yep/Bordoni	3:40	8:56	12:27	17:35	21:11	26:13
		29:48	34:59	38:34			
4	Hayes/Nambula	0	5:12	9:52	15:03	19:39	24:47
		29:17	34:24	38:59			
5	Moon/Berman	3:40	9:21	12:51	18:34	22:03	27:34
		31:05	36:35	40:05			
6	Pickens/Sun	1:20	6:36	11:13	16:26	20:57	26:12
		30:48	35:55	40:29			
7	Harter/Wong	0	5:25	10:51	16:20	21:32	27:13
		32:25	38:08	43:14			

Saturday Trophy Winner: Robert Pickens & Lin Sun

Lin Sun had the fastest time for the women and Kyle Berman had the fastest time for the men with a slight edge over Matt Bordoni who is getting back into shape. Robert and Lin were closest to their predicted time.

**11/23/24 Step Up/Step Down Relay**

PI	Team	Start	400	800	1200	1600
	Total	Estimate	Diff	7/20/24	Time	
1	Andrew Torres	5:30	1:26	3:38	5:35	7:38
	18:07	20:30	-2:23			
	Marco Jaimes		1:16	3:17	5:15	6:21
	16:09	18:00	-1.51			
	35:17		-4:14			
2	Helen Wong	5:45	1:42	3:40	5:42	7:44
	18:48	20:30	-1:42	19:12		
	Elena de la Paz		1:30	3:15	4:58	6:46
	16:29	17:45	-1.16			
	35:17		-3:58			
3	Brian Conroy	5:40	1:49	3:41	5:49	7:47
	19:06	19:20	+0:14	19:05		
	Slim Pickens		1:26	3:36	5:11	6:49
	17:02	19:00	-1.58	17:49		
	36:08		-1:44			
4	Todd Hayes	6:22	1:38	3:40	5:48	7:42
	18:48	19:30	-0:42			
	Missy Sudan		1:32	3:21	5:03	7:02
	16:58	18:08	-1.10	23:15		
	35:46		-1:52			
5	Eric Yep	6:10	1:44	3:49	5:39	7:50
	19:02	19:20	-0:18			
	Bob Kemp		1:34	3:23	5:16	7:04
	17:17	18:30	-1.13			
	36:19		-1.31			
6	Neeraja Nambula	4:00	2:05	4:33	6:47	9:30
	22:55	24:00	-1:05	23:16		
	Norry McAllister		1:22	3:13	4:44	6:30
	15:49	16:00	-0.11	15:37		
	38:44		-0:16			
7	Radha Nambula	12:30	1:46	3:34	5:12	7:05
	17:37	17:30	+0:07	17:51		
	Kyle Berman		0:58	2:54	3:50	6:02



12:46 14:00 -1:14 19:05  
30:23 -1:07

8 Kat Powell 0 2:35 5:53 9:03 9:12  
29:41 29:30 +0:11 23:09  
Travis Koh 1:20 2:54 4:19 6:02  
14:35 14:30 +0:05 15:27  
44:16 +0:16

9 Shreyas Nambula 6:00 1:40 3:23 5:32 7:41  
18:16 20:00 -1:44  
Nagesh Saldi 1:39 3:48 6:10 8:23  
20:00 18:00 +2.00  
38:16 +0:16

Saturday Trophy Winners: Nagesh Saldi & Shreyas Nambula

Finish line helpers: Satoru, Don Packwood, Catherine, Willie, Radha, Walt

Most of us were worried about the predicted rain this morning. Instead we got no rain and high 50s or low 60s temperatures. What a pleasant surprise. The winner of the weekly trophy was the Shreyas and Saldi team as they came closest to their predicted time. We ran this same workout one other time this year (7/20/24). Your time on that date is shown if you ran the workout then. If your time was much faster or slower on that day, a significant difference in times may have been due to running with an injury on one of those days. The fastest guys this morning included Kyle Berman at 12:46, Travis Koh at 14:35, and Norry McAllister at 15:49. The fastest ladies were Elena De La Paz at 16:29, Missy Sudan at 16:58, and Helen Wong at 18:48. Anyone who ran a time under 15:00 averaged sub 5-minute mile pace.

#### 11/30/24 – Farwell/H Run – 4.68M

1 Dwayne Spencer 29:56  
2 Travis Koh 30:36  
2 Geoff Bradley 32:18  
4 Mioshi Satoru 32:26  
5 Radha Nambula 32:44  
6 Missy Sudan 34:29  
7 Kristina Park 34:32  
8 Marco Jaimes 35:43 PR  
9 Allan Aw 36:03  
10 Bob Kemp 36:29  
11 Helen Wong 37:24  
12 Robert Navarette 38:50  
13 George Lo 39:53  
14 Norry McAllister 39:54  
14 Becki Kriege 39:54  
16 Todd Hayes 40:21  
17 Slim Pickens 42:29  
18 Stephanie Flynn 47:35  
18 Bracken Flynn 47:35  
20 Lin Sun 51:21  
21 Yulian Yoo 51:21  
22 Roman Nguyen 51:21  
23 Bob Schmitt 57:17  
24 Unknown 64:06  
25 Kat Powell ?

Phantom Saturday Trophy Winner – Helen Wong

Good turnout for a cold morning – mid 40s? Dwayne Spencer won by about 200 meters. Marco Jaimes PRd by a remarkable 4 minutes. Bob Kemp ran the 3rd best-ever run

by a club 70+ runner. Our freezing finish-line crew of Danny Moon (recovering from his 2<sup>nd</sup> bout with covid – and, he has had all of his yearly covid shots), Don, Willie Liu (ran the course prior to helping with the timing), and Mike Krey, did an excellent job of managing the finish line.

#### 12/7/24 12 x 800 meter relay

	<u>Individual Times</u>						
1 Matt Bordoni	2:32	2:31	2:34	2:29	2:31	2:30	=
15:07							
Roman Nuyen	4:10	4:32	4:41	5:02	4:59	4:44	=
28:08							
2 Yulian Yao	4:11	4:26	4:33	4:42	4:47	4:43	=
27:22							
Travis Koh	2:49	2:45	2:43	2:39	2:50	2:57	=
16:43							
3 Brian Conroy	3:47	3:49	3:42	3:43	3:43	3:37	=
22:21							
Kristina Park	3:14	3:18	3:16	3:16	3:17	??	
4 Norry McAllister	3:17	3:14	3:13	3:11	3:07	2:54	=
18:56							
Catherine Frye	3:47	3:48	3:48	3:50	3:51	3:49	=
22:43							
5 Helen Wong	3:44	3:41	3:30	3:39	3:36	3:34	=
21:44							
Luke AuBuchon	3:17	3:15	3:13	3:12	3:16	3:17	=
19:30							
6 Robert Pickens	3:50	3:47	3:40	3:35	3:27	3:16	=
21:45							
Eric Yep	3:38	3:41	3:34	3:39	3:40	3:40	=
21:52							
7 Todd Hayes	3:48	4:02	3:51	3:56	3:49	3:46	=
23:12							
Missy Sudan	3:16	3:18	3:18	3:18	3:16	3:16	=
19:42							
8 Jos AuBuchon	3:17	3:03	3:01	2:57	2:58	3:09	=
18:25							
Nagesh Saldi	3:48	3:54	3:55	3:59	4:01	3:53	=
23:30							
9 Lan AuBuchon	4:10	3:49	3:38	3:37	3:53	3:59	=
22:56							
Bob Kemp	3:33	3:29	3:28	3:27	3:26	3:24	=
20:47							
10 Danny Becki	4:01	3:54	4:13	4:37	4:46	3:34	=
25:05							
Lin Sun	3:22	3:25	3:18	3:22	3:27	3:20	=
20:14							
11 Kat Powell	5:47	5:54	6:02	6:08	6:27	6:17	=
36:33							
Kyle Berman	2:33	2:31	2:29	2:28	2:28	2:22	=
14:51							

WVZ Trophy Winner: Nagesh & Josph

Helpers: Willie, Don, Norm, Danny

This was a difficult relay to time as often there were multiple close finishes and since the relay runners were running two laps on each leg it was difficult to determine whether the various runners were finishing their first leg or were finishing their first or second leg. The timers did a great job in that they only missed a few splits. The winner of the weekly trophy was the Saldi/Aubuchon team as they hit their estimated predicted time on the nose (they predicted 48:30 and ran that actual time).

#### 12/14/24 – Douglas Run – 2.75M

1 Dwayne Spencer 18:59  
2 Travis Koh 22:01

3	Slim Pickens	22:02
4	Becki Van Zant	22:32
5	Andres Gentry	22:35
6	Ken Camet	22:43
7	Robert Navarrete	23:37
8	Scott Bang	29:46
9	Dave McIntyre	32:25

Saturday Trophy Winner – Ken Camet

Helpers – Danny Moon & Radha Nambula

All who ran this morning deserved to win the Saturday trophy as we encountered miserable weather. About an hour before the start of our run we were hit with a strong storm that featured strong winds and a lightning storm. Just showing up to run took courage. But, all survived without a fall. Becki continued her comeback from a variety of injuries. And hopes to get faster. Some club members missed the workout not because of the weather but because they were saving themselves for an important relay race in San Francisco tomorrow morning. I hope that they get much better weather than we got today (turns out it was a beautiful day at Lake Merced!).

**12/21/24 – 8 x 1200M Relay**

Pl	Start	1	2	3	4	5
6	7	8				
1	Spencer/Kriege	1:00	5:38	11:34	16:02	21:52
	26:17	32:06	xxxxx	36:30		
2	J.Aubuchon/Schmitt	1:45	5:47	13:33	17:36	25:31
	29:31	37:23	41:24			
3	Zhang/R.Nambula	3:00	7:24	12:07	17:31	22:07
	27:39	32:15	37:41	42:19		
4	Jaimes/Bradley	4:00	8:59	13:39	18:57	23:17
	28:31	33:03	38:05	42:27		
5	Pickens/McAllister	2:00	7:29	12:31	18:02	22:54
	28:02	32:56	37:56	42:31		
6	Yep/Miyoshi	2:15	7:51	12:33	18:07	22:48
	28:14	32:52	38:22	42:54		
7	Hayes/Lo	-0-	5:59	10:53	16:47	21:43
	27:32	32:26	38:12	43:11		
8	Conroy/Koh	2:55	8:41	13:12	19:00	23:16
	29:01	33:16	38:54	43:11		
9	Wong/Park	2:00	7:33	12:24	17:56	22:27
	28:15	33:04	38:31	43:12		
10	Kemp/Sudan	2:00	7:28	12:33	17:55	22:57
	28:10	33:13	38:26	33:33		
11	Aubuchon,Lin	3:15	8:19	13:30	18:33	23:41
	28:48	34:08	39:14	34:30		

WVZ Trophy Winners: Helen & Kristina

We beat the rain this morning. Helen and Kristina won the trophy for being the team that came the closest to their self-predicted time.

**12/28/24 – All Courses Day**

1	Geoff Bradley	20:44	Valle Vista
2	Scott Bang	20:52	Valle Vista
3	Norry McAllister	21:20	Valle Vista
4	Missy Sudan	22:12 SB	Valle Vista
5	Joe Cohn	22:17	Douglass
6	Todd Hayes	24:03	Douglass
7	Lin Sun	26:12 PR	Farwell
8	Kristina Park	33:02	Triangle
9	George Lo	34:25	Triangle
10	Bob Kemp	36:23	Triangle
11	Ken Camet	38:05	Farwell-H

12	Robert Navarrete	38:39	Farwell-H
13	Helen Wong	42:46	Triangle
14	Mike Krey	42:01	Farwell-H
15	Carolyn Wang	42:46	Triangle
16	Yulian Yao	53:54	Triangle
17	Roman Nguyen	55:07	Triangle
18	Dave McIntyre	59:03	Short Six
19	Slim Pickens	59:03	Short Six

Ran on their own:

Danny Moon	25:07	Douglass
Don Packwood	40:07	Douglass
Willie Liu	41:36	Douglass
Kat Powell	86:20	Short Six

WVZ Trophy Winner: Missy Sudan

Good running weather. Missy improved her 2024 Valle Vista best by 23 seconds and Lin lowered her all-time PR by 75 seconds.



## PA/USATF Cross Country and Grand Prix Standings

### Cross Country

#### Team Competition

M40+     5<sup>th</sup> of 8  
W40+     7<sup>th</sup> of 9

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

M Open  
Henry Lei            79<sup>th</sup> (2)

M40+  
Juan Rivera            8<sup>th</sup> (4)  
Joseph Aubuchon    50<sup>th</sup> (4)  
Travis Koh            69<sup>th</sup> (3)

M50+  
Jorn T. Jensen        5<sup>th</sup> (6)  
Geoff Bradley        52<sup>nd</sup> (2)  
Aaron Lee            72<sup>rd</sup> (1)

#### M60+

Raymond Rodriguez 6<sup>th</sup> (4)  
Brian Davis            53<sup>rd</sup> (1)

#### M80+

Carl Outzen            7<sup>th</sup> (1)

#### W Open

Lin Sun                136<sup>th</sup> (1)

#### W50+

Fatima Machado     38<sup>th</sup> (4)  
Missy Sudan            16<sup>th</sup> (3)  
Dalila Rodriguez     26<sup>th</sup> (4)  
Carol Bednar          66<sup>th</sup> (1)

#### W60+

Sharron Reiss-Miller 14<sup>th</sup> (1)

## Road Races

### Team Competition

M40+	2 <sup>nd</sup> of 7
M50+	3 <sup>th</sup> of 10
M60+	2 <sup>nd</sup> of 6
M70+	3 <sup>rd</sup> of 3
M80+	1 <sup>st</sup> of 1
W40+	4 <sup>th</sup> of 8
W50+	3 <sup>th</sup> (tied) of 7

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

#### M40+ Short

Juan Rivera	3 <sup>rd</sup> (4)
Joseph AuBuchon	12 <sup>th</sup> (4)
Sergio Gonzalez	83 <sup>rd</sup> (1)

#### M40+ Long

Juan Rivera	1 <sup>st</sup> (4)
Travis Ko	54 <sup>th</sup> (1)
Venkata Nambula	57 <sup>th</sup> (1)
Satoru Miyoshi	61 <sup>st</sup> (1)

#### M50+ Short

Jorn T. Jensen	10 <sup>th</sup> (3)
Geoff Bradley	16 <sup>th</sup> (3)
Dwayne Spencer	18 <sup>th</sup> (4)
Aaron Lee	53 <sup>rd</sup> (2)
John Mintz	87 <sup>th</sup> (1)

#### M50+ Long

Jorn T. Jensen	2 <sup>nd</sup> (4)
George Lo	8 <sup>th</sup> (4)
Dwayne Spencer	10 <sup>th</sup> (3)
Satoru Miyoshi	21 <sup>st</sup> (2)
Geoff Bradley	27 <sup>th</sup> (2)

#### M60+ Short

Ray Rodriguez	10 <sup>th</sup> (2)
Norry McAllister	12 <sup>th</sup> (3)
Barry Farrara	16 <sup>th</sup> (1)
Brian Davis	24 <sup>th</sup> (1)
Mike Krey	39 <sup>th</sup> (3)
Ken Camet	49 <sup>th</sup> (1)

Robert Pickens 51<sup>st</sup> (1)

#### M60+ Long

Raymond Rodriguez	3 <sup>rd</sup> (3)
Barry Farrara	5 <sup>th</sup> (2)
Gary Waggoner	6 <sup>th</sup> (2)
Brian Davis	22 <sup>nd</sup> (1)
Ken Camet	25 <sup>th</sup> (1)

#### M70+ Short

Todd Hayes	10 <sup>th</sup> (2)
Wei-Ti Lu	17 <sup>th</sup> (1)
Bob Schmitt	21 <sup>st</sup> (1)

#### M70+ Long

Todd Hayes	4 <sup>th</sup> (1)
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#### M80+ Short

Robert Schmitt	2 <sup>nd</sup> (2)
Don Packwood	3 <sup>rd</sup> (1)
Dave Norlander	5 <sup>th</sup> (1)

#### W40+ Short

Nancy Eubanks	7 <sup>th</sup> (4)
Fatima Machado	19 <sup>th</sup> (4)
Jenny Hong-Gonzalez	46 <sup>th</sup> (1)
Catherine Frye	86 <sup>th</sup> (1)

#### W40+ Long

Nancy Eubanks	14 <sup>th</sup> (2)
Fatima Machado	42 <sup>nd</sup> (1)
Jenny Hong-Gonzalez	69 <sup>th</sup> (1)

#### W50+ Short

Missy Sudan	5 <sup>th</sup> (4)
Dalila Rodriguez	12 <sup>th</sup> (4)
Kristina Park	14 <sup>th</sup> (1)

#### W50+ Long

Dalila Rodriguez	14 <sup>th</sup> (3)
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#### W60+ Short

Marian Richard	19 <sup>th</sup> (1)
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## Race Results

### 8/25 Santa Cruz Track Club XC Challenge 4.15 M

11 Jorn Jensen	25:48	3 <sup>rd</sup> M50+
23 Joseph Aubuchon	27:12	
27 Geoff Bradley	28:04	
38 Travis Koh	28:36	
47 Lin Sun	32:24	
92 Kat Powell (Pamakids)	1:01:24	

### 8/25 Santa Rosa Half Marathon

Raymond Rodriguez	1:28:14	2nd M60+
Dwayne Spencer	1:28:57	
Dalila Rodriguez	2:03:19	

### 9/8 Golden Gate Park Open XC 4M

83 Fatima Machado	29:33	
94 Melissa Sudan	30:30	
120 Dalila Rodriguez	34:48	
150 Kat Powell (Pamakids)	54:34	
7 Juan Rivera	21:25	
21 Jørn T. Jensen	23:09	
28 Joseph AuBuchon	23:42	
43 Raymond Rodriguez,	24:58	1st M60+
45 Geoff Bradley	25:16	
83 Aaron Lee	29:11	
134 Carl Outzen	58:44	3rd M80+
89 Travis Koh	25:10	(OPEN)

### 9/21 Rebels XC Challenge, Carmichael 7K

44 Dalila Rodriguez	32:32	
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19 Raymond Rodriguez	24:09	4th M60+
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### 9/28 Garin Park XC Challenge

40 Fatima Machado	24:11
41 Lin Sun	24:29
45 Missy Sudan	25:04
66 Carol Bednar	28:40
85 Kat Powell (Pamakids)	45:34

16 Joseph AuBuchon	19:56
23 Travis Koh	20:38
54 Aaron Lee	24:30
79 Brian Conroy (Spartans)	29:23

### 10/6 Peace Officers Memorial Half Marathon, Modesto

2 Chad Stessman	1:30:38	1st M50+
4 Raymond Rodriguez	1:30:59	1st M60+
6 George Cross	1:33:07	2nd M50+

11 Nancy Eubanks	1:35:33	1st W40+
56 Nhu Stessman	1:56:22	3rd W50+
75 Dalila Rodriguez	2:02:42	5th W50+

### 10/4 Rock 'n' Roll Half Marathon, San Jose

Juan Rivera	1:12:56	
Jørn T Jensen	1:22:44	1st M55-59
Joseph AuBuchon	1:25:41	
Dwayne "The Legend" Spencer	1:30:53	4th M55-59
Todd Hayes	1:56:00	4th M70-74

Fatima Machado	1:44:09	
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Lin Sun 1:44:45

**10/13 Tamalpa XC Challenge, San Rafael 4.2M**

29 Juan Rivera	23:53	3rd M40+
46 Jørn T. Jensen	25:53	
69 Raymond Rodriguez	27:54	
79 Travis Koh	30:53	

42 Fatima Machado	31:43	
74 Dalila Rodriguez	38:44	
82 Kat Powell (Pamakids)	1:00:06	

**10/20 Empire XC Open Santa Rosa 3.4M**

16 Jorn T. Jensen	20:20	
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**10/26 Aggies XC Open, Martinez 4M**

3 Juan Rivera	21:13	3rd M40 & overall
12 Jorn T. Jensen	23:20	
26 Raymond Rodriguez	24:30	
34 Travis Koh	25:15	
59 Brian Davis	28:52	
62 Aaron Lee	28:56	
77 Tom O'Connor	30:51	
98 Brian Conroy (Spartans)	34:49	

79 Dalila Rodriguez	34:51	
98 Kat Powell (Pamakids)	56:05	

**11/3 Willow Hills XC Open 5K**

No WVJS runners

**11/10 Clarksburg 30K/Half Marathon**

<u>30K</u>		
13 Fatima Machado	2:24:55	2nd W40+
26 Jenny Hong-Gonzalez	2:39:36	

Half Marathon

46 Luke Yuan	1:20:32	
93 Nancy Eubanks	1:34:29	
249 Dalila Rodriguez	2:34:53	

Team M50+

56 Jørn T. Jensen	1:23:11	3rd M50+
74 Dwayne Spencer	1:29:25	
75 Raymond Rodriguez	1:29:52	2nd M60+
99 Saturo Miyoshi	1:35:10	

Team M40+

20 Juan Rivera	1:13:24	6th M40+
72 Travis Koh	1:28:31	
94 Venkata Nambula	1:34:49	
111 George Lo	1:37:59	
159 Todd Hayes	1:54:17	2nd M70+

**11/17 PA/USATF XC Championships**

Women 4M

102 Fatima Machado	30:33.2	
115 Melissa Sudan	31:17.2	
146 Catherine Frye	36:25.5	
151 Dalila Rodriguez	36:36.0	
172 Kat Powell (Pamakids)	59:19.8	

Masters Men 5M

9 Juan Rivera	27:50.9	
32 Jørn T. Jensen	30:36.0	
54 Travis Koh	32:12.6	
64 Raymond Rodriguez	32:45.9	
69 Joseph AuBuchon	33:13.2	
108 Brian Davis	37:57.7	
120 Thomas O'Connor	40:51.9	
142 Brian Conroy (Spartans)	45:22.5	

**12/8 California International Marathon**

40+ MEN 1st Team Finisher - 8:43:45

166 Juan Rivera	2:33:58	11th M40-44
724 Jorn T. Jensen	2:52:39	3rd M50-54
2056 George Lo	3:14:14	78th M50-54

50+ MEN 2nd Team Finisher - 10:33:30

2494 Raymond Rodriguez	3:21:06	10th M60-64
3083 Satoru Miyoshi	3:28:54	74th M55-59
3367 Geoff Bradley	3:33:17	88st M55-59

498 Luke Yuan	2:47:16	66th M20-25
1455 Calvin Do	3:04:59	Pacer,
unattached		
3119 Fatima Machado	3:29:24	89th W40-44
3149 Radha Nambula	3:29:46	211th M45-49

**12/15 Christmas Relays, Lake Merced 4X4.46M**

WVJS M80 - 1st - 3:37:49 - 12:11/M

Robert Schmitt  
Dick Chimenti  
Don Packwood  
Carl Outzen

WVJS M70 - 2nd - 2:30:04 - 8:24/M

Norm Takeuchi M70  
Todd Hayes M74  
Mike Krey M70  
Bob Kemp M70

WVJS M60 - 1st - 2:03:37 - 6:50/M

Norry McAllister  
Roberto Palos  
Raymond Rodriguez  
Barry Farrara

WVJS M50 - 6th - 2:13:28 - 7:28/M

Dwayne Spencer  
Robert Pickens  
Eric Yep  
Aaron Lee

WVJS M40 - 3rd - 1:47:35 - 6:01/M

Juan Rivera  
Joseph AuBuchon  
Travis Koh  
Radha Nambula

WVJS W40 - 6th - 2:12:51 - 7:26/M

Fatima Machado  
Missy Sudan  
Kristina Park  
Helen Wong

WVJS COED - 1:56:40 - 6:31/M

Lin Sun  
Kyle Berman  
Elena De La Paz  
Luke Yuan