



WVJS



VOL 54-#1 WEST VALLEY JOGGERS & STRIDERS June 2025

Upcoming Saturday Workouts

7/5 Farwell (3.54 miles)
7/12 Short Six (5.74 miles)
7/19 800m on the track
7/26 16 X 300m relay
8/2 Valle Vista (3.0 miles)
8/9 1500m on the track
8/16 Triangle (4.76 miles)
8/23 6 X 1600m relay
8/30 Douglass (2.75 miles)
9/6 16 X 400m relay
9/13 All Courses Day
9/20 Farwell Horseshoe (4.68 miles)
9/27 Farwell (3.54 miles)
10/4 800m/1500m/3000m on the track
10/11 Short Six (5.74 miles)
10/18 1 mile on the track
10/25 Valle Vista (3.0 miles)
11/1 4 X 1.46 WVC loop relay

11/8 Triangle (4.76 miles)
11/15 8 X 0.66 tennis court loop relay
11/22 Step up/step down relay
11/29 Farwell Horseshoe (4.68 miles)
12/6 12 X 800m relay
12/13 Douglass (2.75 miles)
12/20 8 X 1200m relay
12/27 All Courses Day

Schedule subject change. Check the website for current schedule.

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.



Remaining 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*
8/24 Santa Cruz XC
9/07 Golden Gate Park Open XC
9/20 Rebels XC
9/27 Garen Park XC
10/4 Track 800/1500/3000M* day (the 800 and 3000 meter time can count)
10/12 Tamalpa Challenge XC
10/25 Aggies XC
11/2 Willow Hills XC
11/9 Clarksburg Half Marathon
12/7 California International Marathon

*Runners 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.

**Runners 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.

Welcome to our new members: Frank Tiernan, Steve Boderck, Carol Outzen, Hanna Harter, Joyce Fang, Ashley Chen, Donna Tam, and Pratik Lala.

Our WVJS middle school runners had a great track season. Here are some of the highlights: Ike Bordoni (Redwood Middle School, 6th grade) 68-7 for the discus, 20-11.5 for the shot put, and 6:11.74 for the 1600 (maybe a future decathlete!). Luke AuBuchon (Sierramont Middle School, 7th grade) 6:09 for the mile (equal to a 6:07 1600), 2:52 800. Shreyas Nambula (Union Middle School, 7th grade) 6:12 1600 and 2:52 800.

Bob Kemp has turned 70 and is rewriting the 70+ record book. He broke the 70+ record on Short Six by 43 seconds in April. He also moved up to #3 on Valle Vista with his time of 21:36.

Half way through 2025, WVJS has a lock on second place across many PA Road Racing divisions: The 40+ women, 40+ men, 60+ men, and 70+ men are all currently in second place in their division. Individually, we have several runners ranked in the top 10 of both the men's and women's long and short courses at this time. For the women, Missy Sudan is in third place for the 50+ women in the short courses, while Nancy Eubanks is in 4th place in the long courses and 8th in the short. On the men's side, Raymond Rodriguez is in 1st place for both the long and short courses in the 60+ division. Jorn Jensen is in 3rd in the 50+ long course, Barry Farrara is in 7th place in the 60+ long, and Bob Schmitt is in 2nd place in the 80+ short. Our 70+ men make up 5 of the top 15 spots in the short course standings: Bob Kemp, Todd Hayes, Norm Takeuchi, Danny Moon, and Des Knuckey. And in the 70+ long course division, Bob Kemp and Todd Hayes and Bob Kemp are in 2nd and 6th place, respectively. Full team and individual results for WVJS runners can be found [here](#) in this newsletter.

On June 20th, Walt Van Zant was honored with a bench at the Wilcox High School track. The plaque on the bench reads: "In thanks to Coach Walt Van Zant who led Wilcox's cross country and track teams for 40 years."



Runner of the Year

The Runner of the Year Contest has been revamped this year with the goal of recognizing Club members who participate in Saturday workouts, represent WVJS in PA races, and complete mileage regardless of pace. The 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. Tom Warfel will receive 50 points per week in exchange for keeping track of the Runner of the Year results.
- Club members who compete in USATF PA road or cross-country races 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 **annual club handicap race**.
- Walking at a brisk pace during a workout will count towards mileage in this contest.
- 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**.
- Runner of the Year participants will **report their mileage to Tom Warfel (tomwarfel@comcast.net) monthly or quarterly**. The Saturday workout and race participation log and points will be tracked in a Google Sheet which will be posted to the club website and kept updated with the latest reporting of mileage from participants. Any errors in the sheet should be reported to Tom Warfel.

The top ten scorers as of the end of June are shown below. The standings of all Club members are displayed on the Club website [at this page](#).

Runner	Event Pts	Miles	Total Pts
Dwayne Spencer	2400	1378	3778
Joseph AuBuchon	1850	1305	3155
Satoru Miyoshi	1400	1348	2748
Todd Hayes	2000	575	2575
Radha Nambula	1750	811	2561
Travis Koh	2200	0	2200
Tom Warfel	1300	836	2136
Scott Bang	1650	371	2021
Danny Moon	1750	64	1814
Missy Sudan	1650	0	1650



Racer of the Year

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. Listed are the year-to-date results for 2025, as compiled by Gary Waggoner. These results can be also found on the club website on [this](#) page.

A Division

Juan Rivera	200 (5)
Joseph Aubuchon	196 (7)
Travis Koh	189 (8)
Ray Rodriguez	178 (5)
Jorn Jensen	166 (4)
Gary Waggoner	90 (4)
Barry Farrara	84 (2)
Kyle Berman	45 (2)
Geoff Bradley	21 (1)

B Division

Dwayne Spencer	200 (7)
Scott Bang	183 (6)
Radha Nambula	169 (5)
Kristina Park	69 (3)
Darren Strange	44 (2)

C Division

Nancy Eubanks	198 (4)
Fatima Machado	188 (5)
Missy Sudan	176 (7)
Norry McAllister	141 (5)
Bob Kemp	137 (4)
Lin Sun	137 (5)
Brian Davis	134 (3)
Marco Jaimes	96 (4)
Andy Williams	49 (2)
Zhejun Zhang	38 (2)
Ken Camet	35 (2)
Riann Agarwal	24 (1)
Aaron Lee	23 (1)
Joe Cohn	19 (1)

D Division

Todd Hayes	198 (7)
Robert Pickens	122 (3)
Norm Takeuchi	98 (2)
Dave McIntyre	90 (4)
Helen Wong	71 (3)
Becki Kriege	48 (2)
Mike Krey	46 (2)
Lan Aubuchon	44 (2)
Paul Taylor	42 (2)
Hank Lawson	41 (2)
Luke Aubuchon	25 (1)
Robert Navarrete	24 (1)
Rishi Agarwal	18 (1)
Mark Goldman	17 (1)

E Division

Dalila Rodriguez	200 (5)
Danny Moon	148 (5)
Des Knuckey	94 (3)
Neeraja Nambula	24 (1)

F Division

Bob Schmitt	172 (4)
Jim Bordoni	96 (4)
Jeff Justice	72 (3)
Kat Powell	65 (3)
Don Packwood	61 (3)
Ashley Chen	50 (2)
Wei-Ti Liu	42 (2)
Neil Gelblum	24 (1)
Dave Norlander	18 (1)
Walt Van Zant	17 (1)

Saturday Workout Results

Saturday workout results and write-ups are now stored on a new page on the Club website. You can find it [here](#).



2025 PA/USATF Team Standings

PA Road Race Grand Prix Standings for WVJS Teams through June 30:

Men 40+	2 nd place of 5
Women 40+	tied for 2 nd place of 6
Men 60+	2 nd place of 6
Men 70+	2 nd place of 2



2025 PA/USATF Road Racing Individual Standings

PA Road Race Grand Prix Standings for WVJS Runners through June 30:

Men 40+ Short

4 Juan Rivera
9 Travis Koh
12 Joseph Aubuchon
68 Venkata Nambula
73 Scott Bang

Men 40+ Long

3 Juan Rivera
58 Venkata Nambula

Women 40+ Short

8 Nancy Eubanks
21 Fatima Machado

Women 40+ Long

4 Nancy Eubanks
15 Fatima Machado

Men 50+ Short

10 Dwayne Spencer
29 Jorn T. Jensen
36 Scott Bang

Men 50+ Long

3 Jorn T. Jensen
8 Dwayne Spencer
18 Satoru Miyoshi

Women 50+ Short

3 Missy Sudan
16 Dalila Rodriguez

Women 50+ Long

12 Dalila Rodriguez

Men 60+ Short

1 Raymond Rodriguez
22 Brian Davis
23 Barry Ferrara
26 Norry McAllister

Men 60+ Long

1 Raymond Rodriguez
7 Barry Ferrara
32 Robert Pickens

Men 70+ Short

7 Bob Kemp
9 Todd Hayes
10 Norm Takeuchi
12 Danny Moon
15 Des Knuckey

Men 70+ Long

2 Todd Hayes
6 Bob Kemp

Men 80+ Short

2 Bob Schmitt

Team and Club Member Results in Grand Prix Road Races Through June 30

3/1/25 - Redding 10M

Teams

M40+ 2nd
M60+ 1st
W40+ 2nd

Individuals

Juan Rivera	55:59	2nd M40+
Jorn T. Jensen	1:02:06	2nd M50+
Travis Koh	1:03:36	
Raymond Rodriguez	1:07:10	2nd M60+
Dwayne Spencer	1:07:46	
Barry Farrara	1:09:26	3rd M60+
Nancy Eubanks	1:14:09	
Satoru Miyoshi	1:14:39	
Fatima Machado	1:18:47	
Dalila Rodriguez	1:34:13	
Todd Hayes	1:30:12	2nd M70+

4/6/25 – SACTOWN 10 Mile Run, Sacramento

Teams

M40+ 3rd
M60+ 2nd
W40+ 4th

Individuals

Juan Rivera	56:35	
Jorn T. Jensen	1:01:27	
Raymond Rodriguez	1:03:44	
Dwayne Spencer	1:06:53	
Venkata Nambula	1:11:43	
Nancy Eubanks	1:12:01	
Satoru Mayoshi	1:12:11	
Bob Kemp	1:15:29	2nd M70+
Fatima Machado	1:17:25	
Todd Hayes	1:27:00	
Dalila Rodriguez	1:29:53	
Robert Pickens	1:30:08	

4/27/25 – Hospital Foundation 10K – Alameda

Teams

M40+ 2nd
W40+ 4th
M60+ 4th

Individuals

Juan Rivera	34:48	
Travis Koh	38:42	
Jorn T. Jensen	38:49	
Raymond Rodriguez	38:58	
Joseph Aubuchon	39:29	
Dwayne Spencer	41:06	
Nancy Eubanks	44:01	
Brian Davis	46:32	
Missy Sudan	47:54	
Todd Hayes	54:13	
Dalila Rodriguez	54:44	
Norm Takeuchi	58:56	
Robert Schmitt	1:21:48	2nd M80+

5/4/24 - Mile of Truth – Danville

Teams

M40+ 2nd
M60+ 1st
W40+ 3rd
M70+ 2nd

Individuals

Juan Rivera	4:50.6
Joseph Aubuchon	5:03.9
Travis Koh	5:16.0
Raymond Rodriguez	5:34.4
Venkata Nambula	5:42.3
Dwayne Spencer	5:45.8
Norry McAllister	6:10.0
Nancy Eubanks	6:17.4
Fatima Machado	6:30.0
Melissa Sudan	6:32.0
Brian Davis	6:44.8
Dalila Rodriguez	7:18.3
Danny Moon	8:07.4
Des Knuckey	8:37.3
Robert Schmitt	10:48.3

6/7/25 – Stow Lake Stampede 5K, San Francisco

Teams

M40+ 3rd
W40+ 7th
M60+ 2nd
M70+ 2nd

Individuals (chip times)

Juan Rivera	16:40	
Joseph AuBuchon	17:28	
Travis Koh	17:35	
Raymond Rodriguez	18:16	1st M60+
Dwayne Spencer	19:02	
Scott Bang	20:34	
Barry Farrara	20:41	
Lin Sun	21:17	
Fatima Machado	21:38	
Bob Kemp	22:04	2nd M70+
Brian Davis	22:07	
Melissa Sudan	22:33	
Dalila Rodriguez	25:36	
Norm Takeuchi	26:19	
Todd Hayes	26:33	
Robert Schmitt	36:49	