WVJS

VOL 54-#2 WEST VALLEY JOGGERS & STRIDERS December 2025

2026 Workout and Race Schedule
The WVJS website (wvjs.org) is your best source of up-to-date information on Saturday workouts and upcoming races. Check the WVJS Workouts & Race Schedule page for the latest, as both are subject to change.

Saturday Workouts
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.

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.

Saturday workout results and write-ups are can be found on the Current Year Workout Results page of wvjs.org.

Welcome to our new members
Donna Tam,Merwyn Andrade,Ashley Chen, Srinidi Senthil,Joyce Fang,Stephen Wickland,Srikanta Tirthapura,Blanca Lopez,Jin Tao,Mark Fischer-Colbrie,Sarah Bobeck,Pratik Lala,Carl Outzen.

Health update
Jeff Rohrer is at home now recovering from aortic valve replacement and bypass surgery.Jeff's surgeon said that his other arteries are gorilla arteries from his lifetime of aerobic fitness. Let's all work on creating some gorilla arteries!

Middle School XC Round Up:
Luke AuBuchon ran on the 8th grade boys' team for Sierramont Middle School. Over 5 races during the season, he had 3 top 10 finishes highlighted by leading his team when he finished 5th overall at the Piedmont meet.

Anne AuBuchon started 6th grade and ran on the C girls (under 5'2") team for Sierramont Middle School. Over 6 races during the season, her highlights were finishing 1st overall in her first race, finishing 9th at the Division Finals to lead her team and help her team qualify for the Section finals, and earning an award for her top 30 finish at Section Finals.

Ike Bordoni ran for the 7th grade team at Redwood Middle School. They would often do team speed workouts on the West Valley track. In league meets he notched an 8th, 4th, 6th, and 5th. At League Finals Ike finished in 8th place and his team was 2nd.. He was awarded the MVP for his team. Ike is looking forward to throwing the discus in the coming track season.

Shreyas Nambula credits WVJS for his substantial improvement of mileage and speed over the years. He began the season averaging 7:09 pace for mile for a 1.3 mile race to averaging 6:12 per mile for the final race of the season on a 1.46 mile course. According to Shreyas, "It started in 1st Grade - We had a running race around the Elementary School playground, and I ran really slow. I was disappointed, and wanted to get faster. I started training in 2nd grade right after my dad joined the running club. I had bad form but I wanted to run faster and win races. Middle School Cross Country & Track has been a blast because I see my hard work and support of the club paying off.

2025 RUNNER OF THE YEAR CONTEST

Runner of the Year participants can report their mileage to Tom Warfel (tomwarfel@comcast.net) monthly or quarterly.
The Saturday workout and race participation log and points will be tracked on the club website and kept updated with the latest reporting of mileage from participants.

Contest points are earned as follows:

- Runners earn one point for every mile that they run.
  Runners earn 50 points for every Saturday club workout that they attend and run in, or help by timing/recording/etc, or just cheering on the runners.
- 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.

Runners who submitted mileage to Tom, and the final standings in the contest for 2025, are shown below:

Award	Runner	Event Pts	Miles	Total Pts
Overall + Gold	Dwayne Spencer	6300	2539	8839
Gold	Travis Koh	5800	1897	7697
Gold	Satoru Miyoshi	4200	3013	7213
Silver	Ray Rodriguez	4000	2310	6310
Silver	Joseph AuBuchon	3950	2338	6288
Silver	Dalila Rodriguez	4000	1565	5565
Silver	Jorn Jensen	3400	2075	5475
Silver	Lin Sun	3650	1802	5452
Silver	Radha Nambula	3250	1962	5212
Bronze	Todd Hayes	3900	1066	4966
Bronze	Missy Sudan	2850	1640	4490
Bronze	Tom Warful	2600	1700	4300
Bronze	Danny Moon	3250	720	3970
Bronze	Robert Pickens	3300	600	3900
	Scott Bang	2400	512	2912
	Walt Van Zant	2900	8	2908
	Kat Powell	1800	625	2425
	Sarah Bobek	600	1701	2301
	Dave McIntyre	1300	613	1913
	Ken Camet	1350	480	1830
	Geoff Bradley	1000	407	1407
	Jim Bordoni	700	299	999

2025 RACER OF THE YEAR CONTEST

Placings in this contest are based upon an individual's best 8 performances in 23 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 2025 standings:

A Division

Juan Rivera	200 (9)
Joseph Aubuchon	195 (9)
Travis Ko	194 (16)
Raymond Rodriguez	192 (13)
Kyle Berman	192 (6)
Jorn Jensen	191 (9)
Barry Farrara	168 (4)
Gary Waggoner	124 (5)
Geoff Bradley	65 (3)
Luke Yuan	48 (1)
Calvin Do	46 (1)

B Division

Dwayne Spencer	200 (17)
Radha Nambula	194 (8)
Miyoshi Satoru	193 (11)
Scott Bang	183 (7)
Darren Strange	91 (3)
Kristina Park	66 (3)

C Division

Nancy Eubanks	200 (7)
Lin Sun	194 (8)
Fatima Machado	190 (7)
Brian Davis	180 (4)
Missy Sudan	177 (8)
Bob Kemp	157 (5)
Norry McAllister	145 (5)
Marco Jaimes	119 (5)
Zhejun Zhang	78 (4)
Aaron Lee	73 (2)
Ken Camet	73 (4)
Andy Williams	49 (2)
Andres Gentry	37 (2)
Joe Cohn	35 (2)
Riann Agarwal	23 (1)
George Lo	18 (1)

D Division

Todd Hayes	200 (14)
Robert Pickens	200 (9)
Norm Takeuchi	194 (5)
Brian Conroy	183 (6)
Helen Wong	119 (5)
Dave McIntyre	84 (4)
Mike Krey	82 (4)
Becki Kriege	65 (3)
Lan Aubuchon	61 (3)
Luke Aubuchon	50 (2)
Hank Lawson	38 (2)
Paul Taylor	38 (2)
Robert Navarrete	24 (1)
Catherine Frye	21 (1)
Rishi Agarwal	16 (1)
Mark Goldman	15 (1)

E Division

Dalila Rodriguez	200 (12)
Danny Moon	173 (6)
Des Knuckey	94 (3)
Neeraja Nambula	24 (1)

F Division

Bob Schmitt	200 (5)
Kat Powell	181 (6)
Jim Bordoni	115 (5)
Wei-Ti Liu	107 (5)
Don Packwood	101 (5)
Roman Nguyen	96 (4)
Ashley Chen	75 (3)
Jeff Justice	70 (3)
Dave Norlander	39 (2)
Walt Van Zant	36 (2)
Neil Gelblum	22 (1)
Alvin Jackson	21 (1)

2025 PA/USATF Race Standings

Cross Country

Team Competition

M40+	3rd
W50+	7th

Individuals by Division with Final Place and (number of races run of 9)

Men Open

Kyle Berman	50th (tie) (3)

M40+

Juan Rivera	5th (6)
Travis Koh	10th (7)
Joseph Aubuchon	170th (tie) (1)

M50+

Jorn T. Jensen	52nd (3)
Dwayne Spencer	27th (8)
Satoru Miyoshi	100th (1)
Darren Strange	157th (tie) (1)
Geoff Bradley	179th (1)
Aaron Lee	199th (1)

M60+

Raymond Rodriguez	3rd (7)
Robert Pickens	33rd (5)
Barry Farrara	90th (tie) (1)

M70+

Norm Takeuchi	40th (2)
Todd Hayes	41st (1)

Women Open

Lin Sun	101st (3)

W50+

Dalila Rodriguez	13th(tie) (6)
Missy Sudan	79th (tie) (1)

W60+

Kelly Emo	67th (1)

Road Racing

Team Competition

M40+	2nd
M60+	1st
M70+	2nd
W40+	5th
W50+	4th (tie)

Individuals by Division

M40+ Short

Juan Rivera	3rd
Travis Koh	8th
Joseph AuBuchon	11th
Venkata Nambula	63rd (tie)

M40+ Long

Juan Rivera	4th
Travis Ko	12th

M50+ Short

Jorn T. Jensen	37th (tie)
Dwayne Spencer	9th
Scott Bang	29th
Satoru Miyoshi	57th

M50+ Long

Jorn T. Jensen	1st
Dwayne Spencer	8th
Satoru Miyoshi	14th
Calvin Do	58th

M60+ Short

Raymond Rodriguez	1st
Barry Farrara	14th
Brian Davis	21st
Gary Waggoner	29th (tie)
Norry McAllister	32nd
Robert Pickens	52nd

M60+ Long

Raymond Rodriguez	1st
Barry Farrara	15th

M70+ Short

Robert Kemp	8th
Todd Hayes	10th
Norm Takeuchi	12th
Danny Moon	15th (tie)
Desmond Knucky	17th (tie)

M70+ Long

Todd Hayes	2nd
Bob Kemp	9th (tie)

M80+ Short

Robert Schmitt	2nd (2)

Women Open

Lin Sun	97th (tie)

W40+ Short

Nancy Eubanks	8th
Fatima Machado	28th

W40+ Long

Nancy Eubanks	3rd
Fatima Machado	12th

W50+ Short

Missy Sudan	7th
Dalila Rodriguez	13th

W50+ Long

Dalila Rodriguez	5th (tie)

Individual Race Results

7/13 Patagonia 5K, San Francisco

Juan Rivera	16:26	3rd M40+
Luke Yuan	17:16	
Raymond Rodriguez	18:34	1st M60+
Travis Koh	17:41	
Joseph Aubuchon	17:47	
Dwayne Spencer	20:09	
Satiru Miyoshi	20:10	
Venkata Nambula	20:33	
Brian Davis	22:29	
Gary Waggoner	20:44	
Scott Bang	21:05	
Todd Hayes	26:12	
Robert Schmitt	36:04	
Nancy Eubanks	21:31	
Lin Sun	21:44	
Dalila Rodriguez	25:06	

8/24 Santa Cruz Track Club XC Challenge 4.15 M

Juan Rivera	23:52	2nd M40+
Kyle Berman	24:51	
Travis Koh	25:54	
Barry Ferrara	29:17	
Darren Strange	30:58	
Satoru Miyoshi	31:01	
Todd Hayes	37:23	
Norm Takeuchi	41:31	
Lin Sun	32:50	
Kat Powell (Pamakids)	1:10:42	

9/13 Garin Park XC Challenge 5K

No times available for Women's/Men's Masters

4 Missy Sudan
16 Delila Rodriguez
19 Kelly Emo
43 Lin Sun (Open)
111 Kat Powell (Pamakids) (Open)
43 Lin Sun ?????

3	Juan Rivera	17:28*
9	Travis Koh	18:50*
13	Raymond Rodriguez	
15	Joseph AuBuchon	
20	Satoru Miyoshi	
26	Robert Pickens (Open)	
28	Kyle Berman	17:46

9/20 Rebels XC Challenge, Carmichael 6K

3 Dalila Rodriguez	33:05	
19 Raymond Rodriguez	24:11	
44 Dwayne Spencer	26:47	

9/28 Empire XC Open Santa Rosa 3.4M

11 Travis Koh	21:09	
33 Dwayne Spencer	23:42	
62 Robert Pickens	29:07	

10/12 Tamalpa XC Challenge, San Rafael 4.2M

Open

19 Juan Rivera	23:50	5th M40+
40 Travis Koh	26:26	
46 Jørn T. Jensen	26:39	
68 Dwayne Spencer	26:39	

Masters

3 Raymond Rodriguez	28:39	
28 Robert Pickens	34:18	

74 Dalila Rodriguez 37:57
82 Kat Powell (Pamakids) 1:04:07

10/18 Willow Hills XC Open 5K

26 Raymond Rodriguez 20:19
35 Dwayne Spencer 21:04

Dalila Rodriguez ?

10/25 Aggies XC Open, Martinez 4M.1

Open

44 Kyle Berman 22:25
57 Travis Koh 24:50
109 Brian Conroy (Spartans) 35:51

92 Dalila Rodriguez 33:44

Masters

5 Juan Rivera 21:21
20 Travis Koh 23:31
24 Jorn T. Jensen 23:44
32 Raymond Rodriguez 24:52
51 Dwayne Spencer 26:50

11/1 USATF Masters 5K XC Championships,Golden Gate Park Open

Dalila Rodriguez 25:49
Kat Powell (Pamakids) 43:09

Juan Rivera	16:51	11th M40-44
Travis Koh	18:23	18th M40-44
Raymond Rodriguez	19:28	4th M60-64
Dwayne Spencer	20:26	19th M55-59
Robert Pickens	23:39	13th M65-69
Aaron Lee	24:17	28th M50-54
Norm Takeuchi	27:45	22nd M70-74
Brian Conroy	27:53	23rd M70-74

11/2 Clarksburg Half Marathon

W40+

149 Nancy Eubanks 1:39:59
240 Dalila Rodriguez 2:01:25

Team M40+

29 Juan Rivera 1:15:38
54 Travis Koh 1:23:00
60 Jørn T. Jensen 1:23:58

M50+

128 Dwayne Spencer 1:35:21
245 Sarikantha Tirthapura 2:02:42

Team M60+

94 Raymond Rodriguez 1:28:46 3rd M60+
268 Todd Hayes 2:07:49

11/16 PA/USATF XC Championships

Women 4M

96 Lin Sun	31:14	68th W-Open
124 Dalila Rodriguez	34:28	16th M50-59
172 Kat Powell (Pamakids)	58:30	10th M70-79

Masters Men 5M

15 Juan Rivera	27:58	13th M40-49
54 Travis Koh	30:25	27th M40-49
32 Jørn T. Jensen	30:30	9th M50-59
64 Raymond Rodriguez	32:25	6th M60-69
79 Dwayne Spencer	34:32	32nd M50-59
93 Geoff Bradley	36:22	38th M50-59
113 Robert Pickens	38:58	24th M60-69

12/7 California International Marathon

40+ MEN 5th Team Finisher - 8:39:44

Juan Rivera	2:36:30	3rd M45-49
Jorn T. Jensen	2:56:07	
Calvin Do	3:07:07	

60+ MEN 1st Team Finisher - 10:29:04

Raymond Rodriguez 3:11:35
Dwayne Spencer 3:29:12
Satoru Miyoshi 3:48:17

Todd Hayes 5:33:28

40+ WOMEN 3rd Team Finisher – 11:19:20

Nancy Eubanks 3:28:50
Fatima Machado 3:36:04
Dalila Rodriguez 4:14:26

12/14 Christmas Relays, Lake Merced 4X4.46M

W50+ 3rd - 2:27:10

Missy Sudan 32:30
Dalila Rodriguez 37:02
Nicki McAllister 40:59
Helen Wong 36:30

M60+ 2nd - 1:59:22

Norry McAllister 32:18
Dwayne Spencer 29:27
Raymond Rodriguez 27:21
Satoru Miyoshi 30:14

M40+ - 5th - 1:47:07

Juan Rivera 23:33
Joseph AuBuchon 28:08
Radha Nambula 29:32
Travis Koh 25:56

COED Open – 8th – 2:03:28

Luke Yuan 25:44
Lin Sun 32:15
Sara 38:24
Kyle Berman 27:02