

Jan-June 2026 Miscellaneous Drivel:

Welcome to our new members in the first half of 2026:

Lauren Farrell, Becky Lee, Julie Sobczak (Van Zant)

Ralph Poole by Dave Piazza

Ralph Poole passed away January 26th at the age of 89 years old in Auburn, Washington. Ralph holds five of the six Top 50 records in the 65-69 age group and at one time held most of the 60-64 record as well. Ralph was part of the 60+ team with Ken Noel, Gene Antonides, and Neal Chappell who broke the 60-69 world record for the 4 x 1500 meter relay by nearly three minutes on August 18, 1999 and the 4 x 1600 record by four seconds less than ten days later. Ralph was also part of the 60+ men's team that finished first in the 1999 Pacific Association road series with Ralph winning the Super Senior division. Ralph also participated in Corporate Cup races and one year won the 5k race in his division and the 10k race the next day.

As impressive as Ralph's racing accomplishments were, his personal life was more impressive. We tend to marvel at how fast a runner is or was without knowing how they really are. One day at lunch (with no running experience), I decided to go out running. As I approached this older runner with the intent to run by him, he started talking with me. I had to decide whether to slow down or go on. I decided to slow down and run with him. That decision would prove to be life-changing. It was the beginning of a friendship that would last nearly 40 years. I was 27 and Ralph was 49. Ralph took me under his wing and mentored me in running. He gave me three rules to always remember: First, running is a social activity. Second, if you start with someone, you finish with them. Third, if you encounter a dog during a run, you find two rocks. One for the dog and one for the owner. I never forgot these rules. Ralph also mentored me in life. We talked about anything and everything, especially running, sports, health, diet, and family. No matter what was troubling me, Ralph always had sage advice. And, we laughed a lot. Ralph credited his club records to the diet we both followed and Robert Pickens and I torturing him Sunday mornings through the steepest hills in Belmont and San Mateo. We never stopped emailing until his last two months. Because I stopped to run with Ralph, I became a better runner and much better person.

So, as you head out for a run, remember that running is a social activity and you never know whose life you may change.

WVC dismantling the track fall 2026

- WVC plans to build a new PE/Wellness/Athletics center at the current track site with demolition of the track scheduled to start this fall (already delayed and could delay more). The school is discussing building a smaller, possibly 200 meter, track at another location some time in the future.
- We will adjust the Saturday workout schedule and select a new location for track workouts whenever the WVC track is fenced off; the schedule stays as planned until this happens.

Middle School track Round Up:

- At the WVAL track meet, **Ike Bordoni** placed 4th in the 7th Grade Discus with a throw of 74-06. He represented Redwood Middle school at the Silicon Valley Middle School Championships County Meet on May 19th. Ike threw a 78-03 which was good enough for 7th place.
- **Anne AuBuchon** ran her first track season for Sierramont Middle School. She dropped her 1600m PR to 6:32 and qualified for the north division meet where she missed qualifying for the section meet but was the 3rd fastest 6th grader.
- **Luke AuBuchon** had a long break from running following the cross country season while playing on his 8th grade volleyball team. After that season ended, he returned to running to finish his last middle school track season. He raced himself back into shape and was able to get his 1600m PR down to 5:43. High school XC practice has already started for him so we expect to see the times really start dropping soon.

The Youngest Longhorn in the Room

Some of us spend years chasing a single PR. **Shreyas** spent one week collecting them like loose change.

At the WVAL League Finals last week, he stepped onto the track and had the kind of performance that makes you seriously question your own training choices.

- **5:24** in the **1600m** (Top-10 finish, 10-second PR)
- **2:26** in the **800m** (Top-15 finish, 8-second PR)
- **1:05** on the 2nd leg of the **4x400m relay** (Yet another PR)

Three races. Three PRs. One meet. For perspective, most of us were just hoping to survive the long run and justify a second pancake.

What started years ago as a kid simply tagging along with his dad on Saturday mornings has quietly turned into something the club should probably take credit for, and we absolutely will. The Saturday workouts, the elite role models to chase, the relentless trackside encouragement, and yes, the chocolate chip pancakes after the hard yards. All of it. Shreyas has successfully absorbed our wisdom, our training philosophy, and apparently none of our excuses. A partial success.

A small army of WVJS regulars - Danny, Missy, Norry, Ranjeet, Dwayne & Becki - showed up to cheer him on at his meets. Good people. Possibly regretting it now.

He's already transitioned to the longer stuff, toeing the line at the Longhorn Stampede 5K this past weekend with the Leigh High School crowd and dropping a sub-21. High school cross country and track are next.

Watch your back, WVJS. The kid who used to tag along is coming for your PRs now.