



WVJS



VOL XXIX-#3 WEST VALLEY JOGGERS & STRIDERS SEPT 1999

Saturday Workouts

09/18/99	36 x 200 Relay	11/20/99	Doug/Sar/Frtvle (2.75 miles)
09/25/99	Farwell (3.54 miles)	11/27/99	8 x 1200 Relay
10/02/99	4 x 1.46-mile WVC Loop Relay	12/04/99	Farwell/Herriman (4.68 miles)
10/09/99	Short Six (5.74 miles)	12/11/99	Farwell (3.54 miles)
10/16/99	Step-Up & Step-Down Relay	12/18/99	All Courses Day
10/23/99	Valle Vista - 3.0 miles)	12/26/99	Short Six (5.74 miles) -This is a Sunday
10/30/99	6 x 1600 Relay	01/01/00	Valle Vista (3.0 miles)
11/06/99	Triangle Run (4.76 miles)	01/08/00	8 x 0.66-Mile Tennis Court Loop Relay
11/13/99	12 x 600 Relay	01/15/99	Triangle Run (4.76 miles)

The 3-mile warm-up starts at 7:30 AM and the event starts a little after 8 AM. We meet at the top of the West Valley track.

Upcoming Races

PA-USATF Championships

09/06/99	Pacific Sun 10K-1.0
10/17/99	Humboldt Half Mar-1.5
11/14/99	Clarksburg 30 K-2.0
12/12/99	Lake Merced Relays-2.0

Racer of the Year

Fastest Farwell Time
Cumulative Saturday Races
Fastest Marathon
Fastest of 2 5Ks on the track
Fastest of 2 One-Miles on the track
10/17/99 Humboldt Half Mar
10/30/99 Hollister Mile

Other Popular Races

09/24/99	Napa to Santa Cruz Relay
09/26/99	Great America 10K
10/31/99	Silicon Valley Marathon

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:15 PM. We run intervals with 50% rest, rotating weekly through 12 x 400, 6 x 800, 4 x 1200, and 3 x 1600s.

Sunday Runs

A group leaves from WVC parking area at 7:00 AM. They run 7-15 miles at 6:30-8:00 pace.

PA/USATF Grand Prix

Open Men

Scott Bang (378-1292) is in charge of this team. Presently, we are in 4th place (thru the mile race). Individually, Rick Reitz is tied for 26th in the short race competition.

Open Women

Becki Kriege (257-9056) is in charge of this team. Presently, we are in 4th place. Individually, Becki is in 14th in the long race competition and in 3rd in the short race competition.

40+ Men

Todd Hayes (238-2053) is in charge of this team. Presently, we are in 2nd place. Tim O'Rourke and Brian Davis are in 7th and 8th places in the individual standings.

40+ Women

Pauline Beatty (866-2365) is in charge of this team. Presently, we are in 4th place. Individually, Linda Kidd and Joann Dahlkoetter are in 9th and 17th places.

50+ Men

Dick Chimenti (247-5650) is in charge of this team. Presently, we are in 2nd place. Individually, Jim Reitz is in 6th, Chuck MacDonald is in 12th, and Dwight Cornwell is in 16th.

50+ Women

Ruby Hurtado (732-1018) is in charge of this team. Presently, we are in 2nd place. Individually, Karin Bivens is in 4th, Jutta McCormick (WVTC) is in 8th, and Georgia Riley is in 11th.

60+ Men

Stan DeMartinis (867-7013) is in charge of this team. Presently, we are in 1st place. Individually, Ralph Poole and Neal Chappell are tied for 2nd place, Ken Noel is in 11th, and Dave Norlander and Gene Antonides are tied for 12th.

70+ Men

Stan DeMartinis is in charge of this team. Presently, we are in first place. Individually, Boyce Jacques is in 1st, Stan DeMartinis is in 2nd, Howard Powers is in 4th, Frank Cunningham (Tarahumara) is in 5th, and Jack Friedlandr is in 9th.

Miscellaneous Drivel

The parking fee at West Valley College is \$2 per day every day of the week from 7AM to 10PM. The Fall and Spring parking fees are \$30 each. The summer fee is \$18. The fine for parking without a permit is \$25.

Remember to **let Walt VanZant know as soon as possible on Saturday mornings whether or not you are going to run in the scheduled relay** (when we have a relay). If you wait until you get back from the warm up and sometimes even later, it is difficult to properly place you.

The inside lanes of the WVC track have recently been resurfaced. Runners are allowed to run in the first four lanes only if they have a permit to do so. Club members are allowed to run in the first four lanes during our Wednesday and Saturday workouts. However, whenever you are warming up or down, you should jog in the outer lanes.

Congratulations to 60+ runners **Neal Chappell, Ralph Poole, Ken Noel, and Gene Antonides**. They recently broke the 60+ records for the 4 x 1500 relay and the 4 x 1600 relay. They broke the 4 x 1500 record by nearly three minutes and the 4 x 1600 record by 4 seconds. See the writeups under the race results section of this newsletter.

The Pacific Association cross country series, which consists of nine races, begins on 9/11/99. Club member **Navraj Nandra** wants to compete as part of a team in this series. Any club members who are interested in running in any of these races should contact **Walt Van Zant** at 246-2651.

Cecil Baumgartner is now into heavy ultra running and has passed along the following ultra news. **Epraim Romesberg** finished 9th in the 60+ division of the ultra series for 1998-99, **Cecil** finished 23rd in the 40+ division. Our mixed team of **Cecil, Todd Hayes, and Sue Francis** finished 3rd in the first ultra race of the 1999-2000 season. Cecil is anxious to find other club members interested in competing in the 12-race series. So, if you have mentally lost it, you should contact Cecil at 255-8812.

Carol Mendoza won our annual handicap race and **Bob Pickens** won our annual Holy City race.

50+ runner **Dwight Cornwell** ran a great 19:44 on the Farwell course to come within 13 seconds of **Tim Rostege's** course record.

Rich Hahn has been training hard and has been rewarded with many PRs during the last few months. His latest PR was a 41:10 at the Pacific Sun 10K.

Russ Kinsch and **Terri Kinsch** just finished a month-long vacation in Australia.

Don Packwood has injured his hamstring again. However, he has now become an excellent timer for our Saturday workouts. We appreciate his, **Marion Carter's** and **Stan DeMartinis'** timing efforts for our various Saturday workouts.

Don Dugdale is recovering from another surgery (7/21/99). He tore the medial meniscus in his left knee while jogging.

Al Murray had surgery on his left ankle on 8/24/99 to repair cartilage damage. He had two screws put into his ankle and will be in a cast until the end of September. He declined to run in the Pacific Sun 10K race.

Tim O'Rourke has an injured back and will not race the remainder of the year.

Ray Russell and **Kristina Mathias** have joined the Aggies.

Rod and **Helen MacKinlay** have moved to Pebble Beach.

As most of you know we have a club web page. If you haven't checked it out, take a look. **The address is:**
<http://home.earthlink.net/~jtwhalen/wvjs.html>

West Valley College Track Rail Problem

The West Valley College track was recently resurfaced. In the process the inside railing was removed. It could not be put back into place after it was removed by the contractor because too many of the fasteners had broken due to old age (the track was installed about 25 years ago). Presently, there is no money in the college budget to replace the railing. The cost to replace is \$7,500. Bill Campbell, the West Valley College athletic director, has asked our club whether they could fund the replacement. After an e-mail was sent out regarding his request, club members pledged approximately \$2,000. If you would like to donate, please contact Walt Van Zant at 246-2651 or WaltVZ@aol.com. Do not send any money. If we receive sufficient pledges, I will request that you write a check to West Valley College. You should not feel pressured to donate. If sufficient pledges are received, a plaque may be placed near the track with the names of the donors. However, the amount of the donations will not be shown and the donees will not be listed in the club bulletin.



1999 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 16 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). Listed below are all who have scored in four or more races for 1999. Remember. You must have paid your club dues in order to be included in this contest.

Elite Division

Robert Pickens (8)	191
Ray Russell(7)	162
Tim O'Rourke (6)	160
Scott Bang (7)	156
Brian Davis (6)	140
Jim Reitz(6)	117
Rick Reitz(5)	115
Charles Lighty (5)	106
Chuck MacDonald (4)	86
John Hale (4)	84

B Division

Joe Hurtado (8)	192
Cecil Baumgartner (8)	186
Tom Warfel (6)	140
Ralph Poole (6)	139
Tim Rostege (5)	110

D Division

Pauline Beatty (8)	197
Ken Napier (7)	164
Elaine Erickson (7)	156
Chris Hallen (6)	134
Don Packwood (6)	134
Jutta McCormick (4)	98

A Division

Becki Kriege (7)	163
Danny Moon (7)	153
Dick Chimenti (7)	150
Jeff Rohrer (6)	143
Jim Bordoni (6)	143
Kristina Mathias (6)	142
Dwight Cornwell (4)	98
Brian Schonfeld (5)	95
Al Murray (4)	78

C Division

Rich Hahn (8)	200
Kelly Emo (8)	192
Marian Richard (8)	175
Ken Noel (7)	147
Dave Norlander (6)	142
Walt Van Zant (7)	142
Georgia Riley (7)	135
Jim Myers (5)	103
Gene Antonides (4)	84

E Division

Howard Powers (8)	191
Stan DeMartinis (8)	186
Karin Bivens (5)	125
Dave McCarten (5)	119
Ruby Hurtado (5)	112
Betty Root (4)	93

Runner of the Year Contest

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. Scoring 4,000 points wins a gold award, those scoring 3,000+ win a silver award, and those scoring 2,000+ earn a bronze award. The scores for the first six months of 1999 are:

	<u>Miles</u>	<u>Sat.Pt</u>	<u>Total</u>		<u>Miles</u>	<u>Sat.Pt</u>	<u>Total</u>		<u>Miles</u>	<u>Sat.Pt</u>	<u>Total</u>
Tom Warfel	1556	480	2036	Georgia Riley	837	460	1297	Dave Norlander	843	420	1263
Tim Rostege	1492	340	1832	Kelly Emo	915	380	1295	Walt Van Zant	634	480	1114
Cecil Baumgartner	1231	480	1711	Jim Myers	875	400	1275	Ken Napier	327	420	747
Rich Hahn	1252	440	1692								

SATURDAY WORKOUT RESULTS

6/12/99 - Mile Runs on the Track

Heat #1 - 7AM

1 Dwight Cornwell	5:03.1
2 Tom Frazier	5:48.4
3 Jim Myers	6:07.5
4 Pauline Beatty	6:46.5
5 Terri Kinsch	7:46.2

Heat #2 - 6:00+ Runners

1 Sue Francis	6:03.9
2 Marian Richard	6:11.9

3 Jutta McCormick	6:15.0
4 Ken Noel	6:15.4
5 Don Packwood	6:26.7
6 Dena Noble	6:27.8
7 Greg Shuster	6:47.2
8 Tom Zades	6:50.8
9 Ken Napier	6:59.3
10 Walt VanZant	7:05.1
11 Dave McCarten	7:14.5
12 Howard Powers	7:18.7
13 Madelyn Moon	7:27.6

14 Stan DeMartinis	7:59.1
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Heat #3 - 5:20/6:00 Runners

1 Cecil Baumgartner	5:36.0
2 Tom Warfel	5:37.5
3 Kelly Emo	5:47.3
4 Dave Garcia	5:47.5
5 Rich Hahn	5:47.9
6 Jake White	5:52.4
7 Ed Gavin	5:56.3
8 Dave Norlander	5:56.8

Heat #4 - Under 5:20 Runners

1	Ray Russell	4:41.1
2	Jim Doran Jr	4:41.2
3	Don Hogue	4:59.1
4	Danny Moon	5:02.0
5	Eddie Tico	5:04.8
6	Matt Bordoni	5:05.4
7	Jeff Rohrer	5:06.7
8	Mike Bordoni	5:07.2
9	Jim Bordoni	5:08.4
10	Marlon Menezes	5:09.9
11	Dave Fergus	5:21.9

Dick Barrett Trophy Winner - Ray Russell

Several runners wanted to run at 7AM and Dick Chimenti gave them some assistance. He paced Dwight through opening laps of 72.5 and 2:30 before dropping out in order to save himself for a 5K race tomorrow. Dwight continued through three laps in 3:47.5 before finishing with a 76.

In the second race, Sue started slow, took the lead after one lap in 92, passed through two laps and three laps in 3:05 and 4:37 before finishing with an 86-second last lap. Jutta and Ken, after starting slow (3:15? at the half), finished strong for a 6:15.

Cecil did not get to the starting line in time for the start of the third race, losing about a half second. Dave Garcia took the early lead, passing through the quarter and half in 82 and 2:47. Cecil took the lead shortly before the end of the third lap, running the last lap in 80 to hold off Tom Warfel for the win. Kelly Emo showed great speed at the end to nip Dave Garcia and Rich Hahn.

Race #4 was the best race. Jim Doran held the lead through laps of 67 and 2:19. Ray Russell took over the lead during the third lap and held the lead at three laps in 3:34. Jim then passed him and held the lead until the last yard when Ray barely got by him. Danny Moon came close to breaking 5:00 in the mile for the zillionth year in a row but missed due to poor pacing. He opened with a 73 and then through in a 70 before fading to 80 and 79 on the 3rd and 4th laps.

6/19/99 - 8 x 0.66-Mile Tennis
Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	McCormick/R.Kinsch	:15	33:42
2	Zelinski/Kriege	1:45	33:48
3	Myers/Gavin	1:00	34:02
4	Stefanides/Schonf	1:30	34:06
5	Ettare/Fergus	:15	34:22
6	Warfel/O'Rourke	5:15	35:14
7	Cioll/Frazier	-0-	35:21
8	MacKinlay/Saucedo	2:00	35:36
9	Powers/Tico	:15	35:52

Dick Barrett Trophy Winner - Russ Kinsch & Jutta McCormick

We had a light turnout this morning as there were many other events going on this weekend. Jutta McCormick put her team into the lead during the first relay leg and they stayed there the rest of the way. However, Russ had to run hard on the last lap in order to hold off Becki. Tim O'Rourke had the best average at 3:34 as he finished with a 3:22 on his final leg. Becki Kriege led the ladies with a 3:51 average.

6/26/99 - 12 x 800 Relay

<u>Pl</u>	<u>Team</u>	<u>Strt</u>	<u>Finish</u>
1	Myers/Frerer	1:45	36:40
2	Norlander/Warfel	1:45	36:42
3	Gutierrez/Casillas	1:15	37:06
4	Poole/Bronson	1:45	37:39
5	Tico/Frazier	4:30	37:55
6	Ettare/Chimenti	-0-	38:20
7	Menezes/Stefanids	3:30	38:23
8	Zades/Burke	1:30	38:24
9	Shuster/McIntyre	-0-	41:01

There was bad handicapping this morning as all teams were rated to finish in 38:00 and the first three teams beat that rating significantly. Jennifer Frerer brought her team from behind on the last leg for the victory. Eddie Tico had the best average for the men at 2:39. Jenner led the ladies at 2:47. Jose Casillas led the 40+ men at 2:42, Greg Burke the 50+ men at 2:44, and Ralph Poole the 60+ men at 2:53. Antonina Ettare was the top 40+ woman at 3:33.

7/3/99 - Farwell - 3.54 Miles

1	Dwight Cornwell	19:44
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2	Dave Fergus	21:26
3	Becki Kriege	21:44
4	Jennifer Frere	21:54
5	Brian Schonfeld	22:44
6	Ron Nelson	23:28
7	Todd Hayes	23:32
8	Joann Dahlkoetter	23:46
9	Rich Hahn	23:55
10	Demetrios Stefanides	24:51
11	Ken Noel	24:56
12	Dave Norlander	25:43
13	Danielle Zelinski	26:15
14	Dave Garcia	26:26
15	Tom Zades	26:29
16	Scott Bang	26:39
16	Marian Richard	26:39
18	Jim Myers	27:59
18	Russ Kinsch	27:59
20	Walt Van Zant	28:25
21	Dave McCarten	29:14
22	Howard Powers	30:34
23	John Pickens	30:44
23	Robert Pickens	30:44

Dick Barrett Trophy Winner - Joann Dahlkoetter

Dwight Cornwell started fast in his effort to break Tim Rostege's 50+ course record of 19:31 and no one saw him after the first mile. He missed the record by 13 seconds in his solo effort. But, it was still a very good effort. He was only 11 seconds over his PR, which he set 17 years ago. The real race was for second place as Dave Fergus, Becki, and Jennifer ran together until there was about three quarters of a mile to go. Then, Dave stepped up the pace and pulled away to finish second. Joann took home the weekly trophy as she moved to #3 on the women's 45+ list with her time. Ken Noel moved to #10 on the men's 60+ list.

**7/10/99 - Mile Runs on the Track
Heat #1 (6:00+ Runners)**

1	Matt Janzen	5:57.1
2	Demetrios Stefanides	6:05.9
3	Pauline Beatty	6:29.7
4	Greg Shuster	6:40.1
5	Dena Noble	6:43.8
6	Ken Napier	6:44.5
7	Dave McCarten	6:44.9
8	Elaine Erickson	6:47.6
9	Tom Zades	6:48.6

10	Georgia Riley	6:53.4
11	Howard Powers	7:17.9
12	Madelyn Moon	7:20.5
13	Stan DeMartinis	7:30.5
14	Walt Van Zant	DNF

arch rival and training partner, Rich Hahn, by a couple of seconds as both of them improved on their 6/12 mile times.

3	Jeff Rohrer	17:23
4	Rob Nast	17:35
5	Ray Russell	17:35
6	Danny Moon	17:44
7	Dave Fergus	18:02
8	Todd Hayes	18:41
9	Navrat Nandra	18:58
10	Ralph Poole	19:13
11	Cecil Baumgartner	19:46
12	Joe Hurtado	19:48
13	Dave Garcia	19:53
14	Rich Hahn	19:58 PR
15	Dave Norlander	20:09
16	Kelly Emo	20:16
17	Brian Low	20:17 PR
18	Demetrios Stefanides	20:21 PR
19	Sue Francis	20:25
20	Ken Noel	20:39
21	Danielle Zelinski	22:08
22	Mike McMahon	22:58
23	Ken Napier	23:10
24	Jim Myers	24:00
25	Pauline Beatty	24:01
26	Dave McCarten	24:15
27	Howard Powers	24:22
28	Rich Collins	25:16
29	Russ Kinsch	25:46
29	Tom Warfel	25:46
29	Rich Stiller	25:46
32	Terri Kinsch	26:03
33	Stan DeMartinis	26:18

Heat #2 (5:30/6:00 Runners)

1	Jonathan Lee	5:29.3
2	Steve Kurasch	5:35.8
3	Tom Frazier	5:39.6
4	Brian Schonfeld	5:41.7
5	Tom Warfel	5:41.9
6	Greg Bunker	5:42.5
7	Ron Nelson	5:44.4
8	Joe Hurtado	5:44.7
9	Kelly Emo	5:45.7
10	Rich Hahn	5:47.4
11	Tim Rostege	5:49.3
12	Danielle Zelinski	5:54.7
13	Jake White	5:56.1
14	Dave Norlander	5:57.0
15	Dave Garcia	6:09.4
16	Ken Noel	6:09.4

Race #3

Bob Pickens ran easy for the first 100 meters and then sprinted down the backstretch to take the lead. He ran 68 for the first lap and Scott Bang was close behind in 70. Bob stretched his lead to 4 seconds over Scott after 2 laps, which he reached in 2:17. Scott closed a little bit during the 3rd lap as they came through that split in 3:29 and 3:32. Many thought that Scott would be able to catch Bob during the final lap as Scott had recently run a 4:36 mile after running a 2:01 half. However, Bob kept running strong and actually increased his lead as he finished with a 69 last lap. Eddie Tico and Jim Bordoni finished 3rd and 4th with a sub-5:00 times. Mike Bordoni missed cracking 5:00 by a fraction.

Heat #3 (Sub-5:30 Runners)

1	Slim Pickens	4:38.3
2	Scott Bang	4:44.4
3	Eddie Tico	4:56.6
4	Jim Bordoni	4:58.5
5	Mike Bordoni	5:01.7
6	Dave Fergus	5:08.3
7	Danny Moon	5:10.1
8	Matt Bordoni	5:34.7

7/17/99 - Short Six - 5.74 Miles

1	Ray Russell	34:21
2	Kristina Mathias	35:55
3	Tom Warfel	37:46
4	Eddie Tico	38:20
5	Rich Hahn	39:28
6	Cecil Baumgartner	39:53
7	Dave Norlander	40:17
8	Brian Schonfeld	40:21
9	Brian Low	41:16 PR
10	Matt Janzen	41:49
11	Demetrios Stefanides	42:01
12	Sue Francis	42:13
13	Jutta McCormick	44:02
14	Ken Noel	44:02
15	Dave Mackinter	44:39
16	Russ Kinsch	45:27
17	Jim Myers	45:28
18	Rich Stiller	45:30
19	Dena Noble	46:06
20	Elaine Erickson	47:56
21	Mark Winitz	48:18
22	John Pickens	49:52
23	Bob Pickens	49:52
24	Howard Powers	51:32

Dick Barrett Trophy Winner - Bob Pickens

Race #1

Pauline led after one lap in 93. Matt then took over and passed the half mile in 3:10 before pulling away from the field with 85 and 82 on the last 2 laps. Greg Shuster, Ken Napier, Dave McCarten, Tom Zades, Howard Powers, Madelyn Moon, and Stan DeMartinis improved on their 6/12 mile times.

Race #2

Jonathan Lee grabbed the lead right away and kept lengthening it as he ran laps of 85, 83, 82, and 79. Ken Noel dropped out after running the first half in 2:59 because he strained his hamstring. Steve Kurasch ran with us for the first time in over a year, finishing with a respectable 5:35. Kelly Emo bested her

Dick Barrett Trophy Winner - Howard Powers

Bob Pickens started out very fast on the uphill of the first mile but then couldn't handle the pace and fell back to finish second. Dave Beasley, running in a unique pair of shoes that feature metal springs in their heels, controlled his leaping strides by pushing off tree limbs to keep himself from going too high. Howard Powers had his game face on today as he came within one second of his 70+ PR. His race day featured elbowing Pauline off the course when she tried to pass him on El Camino Grande and then arguing at the finish that he actually ran 21 seconds faster than he was given credit for. Demetrios improved his PR by nearly two minutes, Rich Hahn improved his PR by 52 seconds while polishing off his nemesis - Kelly Emo, and Brian Low improved his PR by 45 seconds.

Dick Barrett Trophy Winner - Sue Francis

7/24 99 - Valle Vista - 3.0 Miles

1	Dave Beasley	16:35
2	Bob Pickens	16:49

7/24/99 - 5K on Los Gatos Track

1	Jim Bordoni	17:41.4
2	Mike Bordoni	20:04.7
	Eddie Tico	DNF
	Dwight Cornwell	DNF

8/7/99 - Triangle Run - 4.76
Miles

1	Ray Russell	28:10	
2	Eddie Tico	28:23	
3	Navraj Nandra	28:42	
4	Kristina Mathias	29:16	PR
4	Becki Kriege	29:16	
6	Dick Chimenti	29:29	
7	Don Hogue	30:32	
8	Jonathan Lee	30:47	
9	Tom Warfel	30:50	
10	Todd Hayes	31:43	
11	Rich Stiller	31:51	
12	Rich Hahn	31:52	PR
13	Cecil Baumgartner	32:01	
14	Kelly Emo	32:07	PR
15	Joann Dahlkoetter	32:57	
16	Demetrios Stefanidis	33:20	PR
17	Scott Bang	33:24	
17	Bob Pickens	33:24	
19	Jim Myers	34:01	
20	Dave Norlander	34:05	
21	Danielle Zelinski	34:10	
22	Bill Flodberg	34:19	
23	Dave McIntyre	35:13	
24	Tom Zades	35:14	
25	Tyler French	35:51	
26	Sue Francis	37:25	
27	Marian Richard	37:26	
28	Ken Napier	37:48	
29	Walt VanZant	39:37	PW
30	John Pickens	40:28	
31	Rich Collins	41:41	
32	Howard Powers	47:28	
33	Carol Mendoza	DNF	

Dick Barrett Trophy Winner - Bill Flodberg

Ray Russell ran to an easy win this morning over Eddie Tico. Kristina and Becki tied for 4th to lead the ladies. Rich Stiller ran his best time on this course since April 1995. Rich Hahn again beat his arch rival, Kelly Emo, as they both ran PRs. Kelly set her PR back in January 1996. Joann recorded the #4 time for 45+ women runners. Bill Flodberg ran the best-ever 65+ time, besting Ken Napier's record by 7

seconds. Demetrios knocked 2+ minutes off his PR.

8/14/99 - 8 x 0.33-Mile Tennis
Court Loop Relay

Pl	Team	Start	Finish
1	Richard/White	:30	34:02
2	Ettare/Nandra	:45	34:04
3	Beatty/Menezes	-0-	34:26
4	Napier/Hayes	1:00	34:53
5	Stefanidis/Norlander	1:30	35:06
6	Erickson/Rostege	-0-	35:52
7	Frazier/Myers	2:30	36:30
8	Collins/Warfel	1:15	36:47

Dick Barrett Trophy Winner - Jake White

Navraj Nandra started 36 seconds behind Jake White at the beginning of the 8th loop and made up all but 2 seconds of it as Jake held on for the win. Navraj had the best average at 3:35. Marian Richard led the ladies at 4:19.

8/21/99 - Dou/Sara/Fruitvle -
2.75 Miles

1	Ray Russell	14:59	
2	Dave Piazza	15:26	PR
3	Navraj Nandra	15:37	
4	Jeff Rohrer	15:48	
4	Bob Pickens	15:48	
6	Danny Moon	16:18	
7	Hiram Jackson	16:24	
8	Dick Chimenti	16:33	
9	Todd Hayes	16:52	
10	Ralph Poole	17:12	PR
11	Ron Nelson	17:26	
12	Rich Stiller	17:34	
13	Joe Hurtado	17:39	
14	Kelly Emo	17:43	PR
15	Tim Rostege	17:46	
16	Becki Kriege	17:46	
17	Rich Hahn	17:49	PR
18	Norm Saucedo	17:59	
19	Jake White	18:06	
20	Ken Noel	18:18	
21	Sue Francis	18:26	
22	Dave Norlander	18:34	
23	Demetrios Stefanidis	18:43	PR
24	Danielle Zelinski	19:01	
25	Jim Myers	19:05	
26	Cecil Baumgartner	19:32	
27	Jutta McCormick	19:33	
28	Walt Van Zant	19:39	
29	Elaine Erickson	20:18	
30	Ken Napier	20:35	

31	Antonina Ettare	21:43
32	Dave McCarten	23:21
33	Russ Smith	23:30
34	Glen Douglas	24:04
35	Stan DeMartinis	24:36

Dick Barrett Trophy Winner - Kelly Emo

Easy win for Ray this morning. Dave Piazza finished 2nd while knocking 2 minutes off his PR. Jeff Rohrer missed his PR by 7 seconds. Ralph Poole moved to #2 on the men's 60/64 list, just 14 seconds behind Norm Saucedo. Dave Norlander moved to #10 on the 60+ list. Rich Stiller ran his best time on this course in 4 years. Kelly Emo won the weekly trophy as she was the top women while beating Rich Hahn for the first time in awhile. They both PRd. Demetrios improved his PR by 65 seconds. Antonina recorded the #10 time for 45+ women. Stan improved his 75+ best by 101 seconds.

8/28/99 - Farwell/Herriman - 4.68
Miles

1	Nathan Scherry	27:49	
2	Katie Spink	27:58	
3	Kristina Mathias	28:02	PR
4	Becki Kriege	28:10	
5	Hiram Jackson	28:44	
6	Tim Rostege	30:50	
7	Rich Hahn	31:29	
8	Bill Meinhardt	31:49	
9	Carol Mendoza	31:49	
10	Kelly Emo	31:55	
11	Marian Richard	32:38	
12	Brian Low	33:26	
13	Dave Norlander	33:29	
14	Jim Myers	34:10	
15	Tom Frazier	34:53	
16	Dave Pogue	35:40	
17	Tom Zades	36:33	
18	John Pickens	38:05	
18	Slim Pickens	38:05	
20	Rich Collins	40:32	
21	Glen Douglas	42:25	

Dick Barrett Trophy Winner - Marian Richard

As you can see from the results, if Nathan hadn't been home on leave from the Navy, the ladies would have taken the first three places. As it was, the

took six of the top eleven places. Marian Richard was given the weekly trophy because she improved her yearly course time by 111 seconds. One of the best races of the day was the finish between Brian Low and Dave Norlander. They entered the campus together and stride for stide until the very last when Brian pulled ahead slightly for the victory. Rich Hahnn missed his PR by three seconds and scored another win over his arch rival - Kelly Emo. Thanks to Pauline Beatty and Chris Hallen for their timing efforts. There wasn't a single glitch in the entire timing and recording process.

8/28/99 - 5K on Saratoga Track

1 Tom Warfel	19:38.3
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8/28/99 - 5K on SJCC Track

1 Howard Powers	24:45
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9/4/99 - 16 x 400 Relay

Pl	Team	Start	Finish
1	Napier/Ettare	-0-	25:24
2	Powers/R.Kinsch	-0-	25:28
3	Winitz/VanZant	-0-	25:32
4	McCormick/Zelinski	2:45	25:42
5	D.Moon/Scherry	6:45	25:50
6	Fergus/Jackson	4:45	25:57
7	Myers/Francis	2:45	26:02
8	White/Baumgartner	4:15	26:08
9	Emo/Casillas	5:00	26:11
10	Mendoza/Rostege	4:15	26:15

11 Hahn/Chimenti	4:45	26:19
12 Nandra/Hegglund	7:00	26:32
13 Stiller/Warfel	4:15	26:34
14 M.Moon/Norlander	:45	26:42

Dick Barrett Trophy Winner - Antonina Ettare

The Ettare, Kinsch, and Van Zant teams started first and stayed there as they swept the first three places. Antonina was the star of the day as she started a little in front of an exhausted Russ Kinsch on the last lap and held the lead. Mike Hegglund apparently had the best average for the men at 69 and Carol Mendoza apparently led the ladies at 80.

RACE RESULTS

8/7/99 - Napa Marathon (Revised)
Nomen

Kristina Mathias	3:08:19
Laura Lopez	3:21:50
Linda Kidd	3:26:22 3rd-40+

Men

Cecil Baumgartner	3:27:20
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8/21/99 - Stevenson 5K

Bill Meinhardt	19:44	2nd-50+
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8/8/99 - Quicksilver 50K

Cecil Baumgartner	5:01:10
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8/9/99 - Heart & Sole 5K (Salinas)

Gail Campbell	21:19	2nd-40+
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8/13/99 - Strawberry Festival 5K (WVC)

Dick Chimenti	18:39	1st-50+
Cecil Baumgartner	20:02	5th-40+
Rich Hahn	20:18	PR
Kelly Emo	20:36	1st-30+
Sue Francis	21:05	2nd-40+
Brian Low	21:xx	
Danielle Zelinski	21:xx	1st-14+
Gail Campbell	21:48	1st-50+
Jutta McCormick	22:12	2nd-50+
Ken Napier	?	3rd-60+
Lisa Low	?	

8/19/99 - Corporate Regionals
Track Meet

Known results for this meet included Kelly Emo at 20:45 for the 5K, 2:46.0 for the 800, 73.0 for the 400, and 36.0 for the 200.

6/19/99 - Hunting Hollow 10K

Greg Burke	37:xx
Sue Francis	42:36 1st-Wom

This race was run in Henry Coe State Park. Greg Burke ran as an unofficial runner. Otherwise, he would have won the men's 50+ division. Sue says that this race was probably only 6 miles. The all-dirt trail course featured 11 creek crossings with about half of them with water. Sue said that it was a well run race.

6/20/99 - Danskin Women's
Triathlon

Kathy Frank	1:27:xx	1st-50+
Georgia Riley	1:43:41	6th-55+
Chris Hallen	1:55:20	16th-50+

This race consisted of a 0.75K swim, 20K bike, and a 5K run.

6/20/99 - 36th Annual Holy City
Race - 9.1 Miles

1 Bob Pickens	53:47
2 Ray Russell	56:00
3 Jeff Rohrer	57:39

4 Al Murray	64:35
5 Tom Warfel	64:37
6 Rich Hahn	66:13
7 Dave Norlander	66:20
8 Rick Kananen	67:48
9 Randy Shingai	67:48
12 Cecil Baumgrtnr	73:08
13 Sue Francis	74:48
14 Jim Myers	75:09
16 Pauline Beatty	79:35
20 Ruby Hurtado	91:38
21 Stan DeMartinis	95:15
26 Walt VanZant	110:16

Bob Pickens started fast, running the hilly first two miles in 13:08. Sue Francis ran the course as a warmup at 6AM and then came back to run it again to win this race for the 5th time. We had clear, sunny weather. Marion Carter again ably directed this race. He had a lot of help. Tom Warfel chalked the course. Maureen Whalen, Antonina Ettare, and Dave McCarten handled the finish line. Bob Shuck, Don Packwood, Dave McCarten, and Dick Chiment controlled the traffic. Stan DeMartinis hauled all of the equipment up to the start.

6/26/99 - Capitol Challenge 8K

Tim O'Rourke	26:40	4th-40+
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Brian Davis	26:48	6th-40+
Rick Reitz	26:57	
Bob Pickens	27:36	
Wright Cornwell	27:39	2nd-50+
Charles Lighty	27:54	
Jim Reitz	28:55	1st-55+
Becki Kriege	29:28	3rd-30+
Al Murray	29:28	
Kristina Mathias	30:02	2nd-25+
Arturo Rodriguez	30:05	
David Furst	30:08	
Neal Chappell	31:04	1st-60+
Cecil Baumgartner	32:21	
Linda Kidd	32:59	5th-40+
Godd Hayes	33:21	
Rich Hahn	33:22	
Sue Francis	33:36	1st-45+
Kelly Emo	33:42	
Alison Olver	34:32	
Ken Noel	35:11	
Jicki Garcia	35:52	
Gene Antonides	35:52	
Bill Flodberg	36:47	2nd-65+
Danielle Zelinski	37:01	2nd-14+
Jutta McCormick	37:05	2nd-55+
Boyce Jacques	38:03	1st-70+
Jena Noble	38:12	
Ed Reyna	41:47	5th-65+
Howard Powers	42:23	2nd-70+
Stan DeMartinis	45:58	1st-75+
Marcia Morrison	49:14	

The finishing places for our various teams in this grand prix race were 6th for our open men, 3rd for open women, 2nd for our 40+ men, 5th for our 40+ women, 1st for our 50+ men (by a mere 2 seconds), 2nd for our 60+ men, and 1st for our 70+ men.

7/26/99 - Diligence 5K (North

Carolina)

5 Danny Moon	18:56	1st-50+
13 Nao Wei	20:48	1st-40+
68 Madelyn Moon	26:32	2nd-50+
91 Stephanie Wei	31:52	
92 Peter Wei	31:53	

Stephanie was the youngest in the race at 3 years old.

7/27/99 San Jose International

Triathlon

Jan Duston	2:40:48	
Grace Voss	2:47:00	2nd-50+
Tim Riley	3:06:58	

This race consisted of a 1.5K swim, a 40K bike, and a 10K run. Dan Duston was slowed by a flat tire and a bee sting.

7/10/99 - Monterey Bay

Challenge Triathlon

Dan Duston	1:30:52
Tim Riley	1:54:23

This race consisted of a half mile swim in the ocean, a 16-mile bike, and a 4-mile run.

7/11/99 - Chronicle Marathon

Chuck MacDonald	3:05:24	2nd-50+
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7/11/99 - Chronicle 5K

Gail Campbell	21:52	1st-50+
Jutta McCormick	22:02	1st-55+
Antonina Ettare	23:23	1st-45+
Dave Piazza	17:06	2nd-40+

7/17/99 - Corporate National

Meet

Known results for this meet included 2:22 for John Bronson in the 800, 20:10 for Marian Richard in the 5K, 20:21 for Kelly Emo in the 5K, and four 200s between 31.5 and 33.0 for Kelly Emo.

7/25/99 - Wharf to Wharf Race -

6 Miles

Men

36 Bob Ebert	31:42
96 Dennis Kurtis	33:41

Women

52 Tina Lount-Pretre	40:00
56 Katie Scott	40:11
81 Kelly Emo	41:20

7/31/99 - 28th Annual Shettler

Handicap Race - 3.06 Miles

Pl	Runner	Start	Finish
1	Carol Mendoza	5:10	25:13
2	Navraj Nandra	7:50	25:23
3	Terri Kinsch	-0-	25:39
4	Madelyn Moon	:30	25:42
5	Bill Meinhardt	6:50	25:49
6	Ken Napier	2:40	25:52
7	Danny Moon	7:50	25:52
8	Danielle Zelinsky	5:10	25:58
9	Dave Garcia	6:00	25:59
10	Rich Stiller	6:00	26:09
11	Jim Myers	5:00	26:11
12	Russ Kinsch	6:00	26:14
13	Elaine Erickson	3:40	26:23
14	Dave Norlander	6:10	26:27

15 Chris Hallen	2:20	26:49
16 Stephanie Hovancik	7:50	27:02
17 Dave Beaulley	10:00	27:06
18 Pauline Beatty	4:00	27:25
19 Rich Collins	2:40	27:25
20 Tom Warfel	7:00	28:02
21 Georgia Riley	2:40	28:28
22 Walt Van Zant	4:40	28:29
23 John Bronson	5:10	28:40
24 Dick Chimenti	8:00	32:31
25 Becki Kriege	7:50	32:31

Terri Kinsch started first and led until about 200 yards from the end, when she got passed by both Carol Mendoza and Navraj Nandra. Dave Beaulley had the best scratch time at 17:06. Rich and Judy Collins again put on a great breakfast after the race. The race started and finished in front of the Collins' house and consisted of three loops of 1.02 miles each.

8/1/99 - Alameda 10K

Rick Reitz	32:44	
Dave Beaulley	33:14	
Brian Davis	33:52	5th-40+
Robert Pickens	34:42	
Dennis Kurtis	34:46	2nd-45+
Tim O'Rourke	35:41	
John Hale	35:41	
Jeff Rohrer	36:33	
Becki Kriege	36:36	3rd Wom
Jim Bordoni	36:40	
Jim Reitz	37:00	1st-55+
Neal Chappell	38:09	1st-60+
Pat Buzbee	38:13	
Art Mitchum	39:02	
Dick Chimenti	39:06	3rd-55+
Tom Warfel	39:14	
Joe Hurtado	39:53	5th-55+
Ralph Poole	40:29	2nd-60+
Carol Mendoza	41:21	
Rich Hahn	41:28	PR
Marian Richard	41:52	
Alison Olver	41:59	
Julie L'Heureux	42:01	
Joann Dahlkoetter	42:25	1st-45+
Katie Scott	42:25	2nd-45+
Kelly Emo	43:00	
Ken Noel	43:30	
Laura Lopez	43:45	
Demetrios Stefanides	44:01	
Joe King	45:35	1st-70+
Bill Flodberg	45:46	3rd-65+
Gene Antonides	46:22	
Pauline Beatty	48:48	

Boyce Jacques	49:41	2nd-70+
Chris Hallen	51:27	
John Pickens	51:32	
Georgia Riley	51:56	
Stan DeMartinis	55:41	4th-70+
Marcia Morrison	56:08	
Jean Munson	57:39	
Ruby Hurtado	59:05	
Howard Powers	59:37	5th-70+
Jack Friedlander	60:18	

The finishing places for our various teams in this grand prix race were 6th for the open men, 4th for the open women, 3rd for the 40+ men, 2nd for the 40+ women, 4th for the 50+ men, 2nd for the 50+ women, and 1st for the 60+ and 70+ men.

3/1/99 - Skyline 50K

Godd Hayes	4:37:49
Cecil Baumgartner	4:52:11
Sue Francis	5:31:28

Cecil was proud that our club was able to field a team for this race. You can combine men and women to form teams in ultra competition.

3/11/99 - Chase Corporate Challenge - 3.5 Miles (SF)

Christine Kennedy	21:44
Kelly Emo	23:16

Christine was the 4th woman finisher overall. Kelly Emo was on the winning HP team.

3/14/99 - Damit Race - 5.0 Miles (Very Hilly)

<u>Men</u>		
Jave Beuley	28:16	1st-30+
Jim Angelopoulos	29:23	2nd-35+
Jeff Cowling	30:20	3rd-40+
Greg Burke	34:05	2nd-50+
Walt Radloff	35:14	3rd-50+
Mike Norcia	35:26	
Cecil Baumgartner	36:15	
Joe Hurtado	36:18	1st-55+
Greg Bunker	37:11	
Bill Flodberg	38:40	1st-65+
Jerry Lewis	39:39	1st-60+
Jave McIntyre	39:53	
Jack Friedlander	57:15	3rd-70+

Nomen

Judi Shade	37:51	1st-50+
Sue Francis	37:57	1st-45+
Carol Mendoza	39:24	
Sail Campbell	40:24	2nd-50+

Dave Beuley finished 3rd overall and Dave McIntyre finished 3rd in the 200-pound division.

8/15/99 - Sacramento Grand Prix Road Mile

Scott Bang	4:32.2 PR
Brian Davis	4:37.2 5th-40+
Ray Russell	4:37.9
Bob Pickens	4:39.3
Rick Reitz	4:39.8
Charles Lighty	4:40.5
Mike Hegglund	4:41.7
Art Mitchum	5:05.8
Danny Moon	5:07.6
Joseph Aubuchon	5:09.0
Becki Kriege	5:16.7 5th-Open

Jim Reitz **5:23.1 2nd-55+**

Neal Chappell **5:29.2 1st-60+**

Todd Hayes 5:31.9
Ralph Poole **5:40.7 3rd-60+**

Rich Hahn **5:42.8 PR**
Kelly Emo **5:46.2 PR**

Carol Mendoza 5:47.4
Ken Noel 5:54.2
Gene Antonides 5:54.9
Marian Richard 6:00.4
Walt Van Zant 6:17.3

Bill Flodberg **6:22.8 2nd-65+**

Boyce Jacques **6:23.9 1st-70+**

Ken Napier **6:51.7 3rd-65+**

Howard Powers **7:33.4 2nd-70+**

Madelyn Moon 7:42.0
Stan DeMartinis **7:46.4 1st-75+**

The finishing places for our various teams were 4th for our open men, 4th for our 40+ men, 3rd for our 50+ men, 1st for our 60+ and 70+ men, 3rd for our open women, and we had no 40+ or 50+ women teams. Kelly Emo was delighted to win the first heat of the women's open race. She also apparently set a club record for driving to sacramento with an alleged time of 1:45. Carol Mendoza and Bill Flodberg ran respectable times despite having run the difficult Damit

race yesterday. Danny Moon failed to crack the 5:00 barrier and now has only 4 months left to extend his record of 19 consecutive years under 5:00.

8/15/99 - Pyramid Lake Triathlon - Reno

Tim Riley	1:43:17	1st-55+
Georgia Riley	1:50:33	1st-55+

This race consists of a 1 mile swim, a 14.5 mile bike, and a 5K run. Dar Duston competed in the international distance division, finishing 6th in the 45+ division with a time of 2:34:33. He had to swim one mile, bike 24 miles, and run 10K.

8/18/99 - 4 x 1500M 60+ World Record

This evening, our 60+ team of Ken Noel, Gene Antonides, Ralph Poole, and Neal Chappell broke the 60/69 world record for the 4 x 1500 meter relay by nearly three minutes. The former record was 24:03.3 and they ran 21:11.1.

It took a couple of hours just to get the relay in motion on Wednesday night. We had hoped to make the record attempt on the West Valley College track. However, they had not completed the resurfacing of the track. So, we went over to Saratoga high school. Alas, they had no inside rail, which is a requirement for world records. So, we tried the new Mitty high school track. Same problem as at Saratoga. Our final stop was the San Jose City College track where we struck pay dirt. Some parts of the railing had been removed but we reconnected the removed pieces, cleared the myriad of joggers from the first lane, and got ready for the record attempt.

We needed to average 6:00 per runner (6:26 per mile pace) to break the record.

Ken Noel led off and opened with an 80 first lap. This took its toll as he faded to an 87 and 89 before finishing with a 67 on his final 300 for a time of 5:25.0. This put us 35 seconds up on the record.

Gene Antonides was our second runner. He ran his first lap in 86 but faded to 93

on his second lap. However, he recovered to run 89 on the 3rd lap and a spectacular 57.5 on his final 300 for a time of 5:25.4. Now we were 70 seconds ahead of pace with our two best runners coming up.

Ralph Poole went out fast, covering the first lap in 78 seconds (not bad for a 63-year old). He dropped to 89 and 90 on his second and third laps before finishing with a final 300 of 62 for a time of 5:18.9.

Neal Chappell started the final leg in near darkness. He blazed through the first lap in 74. He slowed considerably during the second lap but his 83 was still an excellent split as he passed 800 meters in 2:37. Neal then ran an 85 on the third lap before finishing with a 60 for the last 300. His time of 5:01.8 was the best of the quartet.

Splits

Ken Noel	1:20-2:47-4:18-5:25.0
Gene Antonides	1:26-2:59-4:28-5:25.4
Ralph Poole	1:18-2:47-4:17-5:18.9
Neal Chappell	1:14-2:37-4:02-5:01.8

3/21/99 - Pikes Peak Ascent - 13.3 Miles

Jave Bauer	4:01:12	4th-60+
Carin Bivens	5:28:47	

This course starts at 6395 feet and then climbs another 7815 feet.

3/28/99 - 4 x 1600M 60+ World Record

Ten days earlier our 60+ team easily broke the world record for the 4 x 1500 meter relay. This morning the same foursome of **Ken Noel, Gene Antonides, Ralph Poole, and Neal Chappell** went after the much more difficult 4 x 1600 record, which was held by Tamalpa. The record of 22:37.1 is an average of just over 5:39 per 1600. A 1600 is about 10 yards short of a mile.

The running order of the team was Ken, Gene, Ralph, and Neal. The 50+ team running against them included Rich Stiller, Jake White, Dick Chimenti, and Danny Moon.

Ken Noel led off the relay on the San Jose City College track shortly after 8AM. Rich Stiller, the 50+ leadoff runner, set an even pace, which Ken stayed with for the first

three laps before running his last 400 in 82 to finish with a 5:45.25. This was his best time of the year.

Gene Antonides and Jake White started together on the second leg. Gene, who has not recovered his former form since incurring an injury earlier this year, went out at a slow pace. So, Jake took off and grabbed an early 10-yard lead on him. After two laps, Gene had lost 14 seconds to the record pace (Ken had already lost 6 seconds). The club members present were worried. Fortunately, Gene got his act together and gained back 4.5 seconds during the last half of the run. He finished about 5 seconds in front of Jake after concluding his 5:48.5 1600 with a blistering lap of 76.6. We were now 15.6 seconds behind the record pace.

It took Dick Chimenti a little over a lap to catch Ralph Poole on the third leg. Ralph had planned to run his first two laps in 85 each. Instead, he opened with a pair of 88s. This left us an additional 6.5 seconds behind the record pace. We knew that Neal would gain a lot of time for us during the final leg. However, if Ralph lost much more during the last two laps, it would be impossible to get the record. Fortunately, Ralph had saved a little for the final two laps. He picked up the pace and finished in 5:41.2.

Our time after 3 legs was 17:15.2. Neal Chappell needed a 5:21.8 on his final 1600 to get the record. Our final 50+ runner, Danny Moon, said that he could handle 80-second 400s for the first three laps. However, this was not good enough for Neal. He opened with a 77 before slowing to an 81. His third lap was 83.5. So, he was 4:01.6 with 400 meters to go. He needed a final lap of 80.2 to get the record. Neal was up to the task as he ran his last lap in 75.9 for a final time of 5:17.5. The team had broken the world record by 4.4 seconds.

Splits

Ken Noel	1:27-2:56-4:23-5:45.3
Gene Antonides	1:31-3:04-4:32-5:48.7
Ralph Poole	1:27-2:56-4:21-5:41.2
Neal Chappell	1:17-2:38-4:02-5:17.5

22:32.7

8/28/99 - Hood to Coast Relay

Todd Hayes competed on a team that finished 17th overall while winning the 40+ division. He averaged 6:22 per mile overall for legs of 5.0, 5.8, and 6.7 miles.

8/29/99 - Silver State Marathon

Sue MacDonald	3:52:18	4th-45+
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8/29/99 - Silver State 10K

Chuck MacDonald	37:06	1st-50+
Neal Chappell	39:50	1st-60+
Ron Kiyono	40:47	2nd-50+
Gary Brooks	43:05	4th-40+
Boyce Jacques	50:51	1st-70+

9/4/99 - Pacific Sun 10K

Men

Rick Reitz	31:06	
Nathan Scherry	33:47	
Paul Davis	33:59	
Brian Davis	34:07	
Dan Anderson	34:14	1st-45+
Jeff Rohrer	36:27	
Jim Reitz	37:38	1st-55+
Danny Moon	37:45	
Neal Chappell	38:33	1st-60+
Tom Warfel	39:46	
Todd Hayes	39:48	
Ralph Poole	40:19	2nd-60+
Jose Casillas	40:37	
Rich Hahn	41:10	PR
Ken Noel	43:00	
Dave Norlander	43:00	
Bill Flodberg	44:42	2nd-65+
Gene Antonides	45:35	
Walt Van Zant	48:01	PW
Boyce Jacques	48:16	1st-70+
Ed Reyna	50:39	3rd-65+
Howard Powers	52:05	3rd-70+
Jim Camp	54:47	
Stan DeMartinis	57:40	1st-75+
Jack Friedlander	60:00	2nd-75+

Women

Becki Kriege	36:35	1st-30+
Hilary Sand	39:50	
Tina Lount-Pretre	40:11	
Carol Mendoza	40:34	
Marian Richard	41:03	
Linda Kidd	41:41	
Kelly Emo	42:35	
Joyce Friedlander	63:26	



CUMULATIVE SATURDAY CONTEST

The Cumulative Saturday Contest is your best time for the year on each of our six Saturday race courses. The following table shows the current status. The number in *italics* represents your equivalent 10K time for that particular course (a relative figure of merit).

Elite Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Bang, Scott	0:14:21	<i>0:33:46</i>	0:16:11	<i>0:34:15</i>	0:19:34	<i>0:34:56</i>	0:26:01	<i>0:34:47</i>	0:26:08	<i>0:34:02</i>	0:32:24	<i>0:34:15</i>	2:14:39
Russell, Ray	0:14:21	<i>0:33:46</i>	0:17:35	<i>0:37:13</i>	0:18:55	<i>0:33:47</i>	0:25:22	<i>0:33:55</i>	0:28:10	<i>0:36:41</i>	0:34:21	<i>0:36:19</i>	2:18:44
Pickens, Robert	0:14:35	<i>0:34:19</i>	0:16:49	<i>0:35:36</i>	0:22:10	<i>0:39:35</i>	0:25:51	<i>0:34:34</i>	0:28:04	<i>0:36:33</i>	0:36:22	<i>0:38:27</i>	2:23:51
Tico, Eddie	0:15:34	<i>0:36:38</i>	0:17:32	<i>0:37:07</i>	0:21:40	<i>0:38:41</i>	0:29:17	<i>0:39:09</i>	0:28:23	<i>0:36:57</i>	0:36:44	<i>0:38:50</i>	2:29:10
Bunker, Greg	0:18:15	<i>0:42:57</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Castillo, Lucas	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Cyger, Mike	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Fergus, Dave	0:16:44	<i>0:39:23</i>	0:18:02	<i>0:38:10</i>	0:21:26	<i>0:38:16</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Hogue, Don	0:16:33	<i>0:38:57</i>	0:19:00	<i>0:40:13</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:30:32	<i>0:39:45</i>	0:00:00	<i>0:00:00</i>	0:00:00
McMahon, Mike	0:00:00	<i>0:00:00</i>	0:22:58	<i>0:48:37</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Mendoza, Carol	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:31:49	<i>0:42:32</i>	0:28:42	<i>0:37:22</i>	0:00:00	<i>0:00:00</i>	0:00:00
Nandra, Navraj	0:15:37	<i>0:36:45</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:28:42	<i>0:37:22</i>	0:00:00	<i>0:00:00</i>	0:00:00
Nellis, Dave	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
O'Rourke, Tim	0:14:44	<i>0:34:41</i>	0:00:00	<i>0:00:00</i>	0:20:06	<i>0:35:54</i>	0:00:00	<i>0:00:00</i>	0:27:00	<i>0:35:09</i>	0:00:00	<i>0:00:00</i>	0:00:00
Palalia, Carlos	0:17:32	<i>0:41:16</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Palalia, Jose	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:20:56	<i>0:37:23</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:31:17	<i>0:33:04</i>	0:00:00
Piazza, Dave	0:15:26	<i>0:36:19</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Rodriguez, Arturo	0:15:51	<i>0:37:18</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Scherry, Nathan	0:14:28	<i>0:34:03</i>	0:00:00	<i>0:00:00</i>	0:18:49	<i>0:33:36</i>	0:25:11	<i>0:33:40</i>	0:27:05	<i>0:35:16</i>	0:00:00	<i>0:00:00</i>	0:00:00
Smith, Russ	0:23:30	<i>0:55:19</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
A Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Bordoni, Jim	0:16:08	<i>0:37:58</i>	0:18:14	<i>0:38:36</i>	0:21:10	<i>0:37:48</i>	0:29:43	<i>0:39:44</i>	0:28:30	<i>0:37:07</i>	0:35:08	<i>0:37:08</i>	2:28:53
Moon, Danny	0:16:18	<i>0:38:22</i>	0:17:44	<i>0:37:32</i>	0:21:50	<i>0:38:59</i>	0:28:49	<i>0:38:31</i>	0:28:53	<i>0:37:37</i>	0:36:50	<i>0:38:56</i>	2:30:24
Mathias, Kristina	0:15:58	<i>0:37:35</i>	0:18:02	<i>0:38:10</i>	0:21:20	<i>0:38:06</i>	0:28:14	<i>0:37:45</i>	0:29:48	<i>0:38:48</i>	0:39:05	<i>0:41:19</i>	2:32:27
Chimenti, Dick	0:16:20	<i>0:38:27</i>	0:17:54	<i>0:37:53</i>	0:21:56	<i>0:39:10</i>	0:30:33	<i>0:40:51</i>	0:28:40	<i>0:37:20</i>	0:37:57	<i>0:40:07</i>	2:33:20
Bordoni, Mike	0:16:29	<i>0:38:48</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:32:10	<i>0:41:53</i>	0:41:52	<i>0:44:15</i>	0:00:00
Burke, Greg	0:16:14	<i>0:38:12</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:31:08	<i>0:40:32</i>	0:00:00	<i>0:00:00</i>	0:00:00
Cornwell, Dwight	0:15:01	<i>0:35:21</i>	0:00:00	<i>0:00:00</i>	0:19:44	<i>0:35:14</i>	0:26:57	<i>0:36:02</i>	0:26:41	<i>0:34:45</i>	0:33:24	<i>0:35:18</i>	0:00:00
Furst, David	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:28:11	<i>0:36:42</i>	0:35:31	<i>0:37:33</i>	0:00:00
Hayes, Todd	0:16:52	<i>0:39:42</i>	0:18:41	<i>0:39:33</i>	0:22:57	<i>0:40:59</i>	0:31:03	<i>0:41:31</i>	0:31:43	<i>0:41:18</i>	0:00:00	<i>0:00:00</i>	0:00:00
Kriege, Becki	0:16:45	<i>0:39:25</i>	0:00:00	<i>0:00:00</i>	0:21:23	<i>0:38:11</i>	0:28:10	<i>0:37:39</i>	0:29:16	<i>0:38:06</i>	0:36:44	<i>0:38:50</i>	0:00:00
Lee, Jonathan	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:30:47	<i>0:40:05</i>	0:00:00	<i>0:00:00</i>	0:00:00
McFeely, John	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Murray, Al	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:22:38	<i>0:40:25</i>	0:28:03	<i>0:37:30</i>	0:00:00	<i>0:00:00</i>	0:36:22	<i>0:38:27</i>	0:00:00
Norcia, Mike	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Rohrer, Jeff	0:15:48	<i>0:37:11</i>	0:17:23	<i>0:36:48</i>	0:00:00	<i>0:00:00</i>	0:27:24	<i>0:36:38</i>	0:28:02	<i>0:36:30</i>	0:00:00	<i>0:00:00</i>	0:00:00
Sand, Hillary	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:24:50	<i>0:44:21</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:41:10	<i>0:43:31</i>	0:00:00
Schonfeld, Brian	0:17:01	<i>0:40:03</i>	0:18:49	<i>0:39:50</i>	0:22:44	<i>0:40:36</i>	0:29:52	<i>0:39:56</i>	0:00:00	<i>0:00:00</i>	0:40:17	<i>0:42:35</i>	0:00:00
B Div	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Rostege, Tim	0:16:48	<i>0:39:32</i>	0:19:08	<i>0:40:30</i>	0:22:26	<i>0:40:04</i>	0:29:22	<i>0:39:16</i>	0:29:39	<i>0:38:36</i>	0:37:01	<i>0:39:08</i>	2:34:24
Warfel, Tom	0:17:17	<i>0:41:41</i>	0:18:38	<i>0:39:27</i>	0:22:32	<i>0:40:14</i>	0:29:34	<i>0:39:32</i>	0:30:40	<i>0:39:56</i>	0:37:46	<i>0:39:55</i>	2:36:27
Hurtado, Joe	0:17:39	<i>0:41:33</i>	0:19:48	<i>0:41:55</i>	0:23:35	<i>0:42:07</i>	0:30:44	<i>0:41:05</i>	0:31:27	<i>0:40:57</i>	0:38:14	<i>0:40:25</i>	2:41:27
Baumgartner, Cecil	0:17:46	<i>0:41:49</i>	0:19:04	<i>0:40:22</i>	0:22:38	<i>0:40:25</i>	0:31:19	<i>0:41:52</i>	0:32:01	<i>0:41:41</i>	0:39:53	<i>0:42:10</i>	2:42:41
Francis, Sue	0:18:26	<i>0:43:23</i>	0:20:25	<i>0:43:13</i>	0:27:24	<i>0:48:56</i>	0:34:47	<i>0:46:30</i>	0:34:03	<i>0:44:20</i>	0:42:13	<i>0:44:38</i>	2:57:18
Bordoni, Matt	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:32:28	<i>0:43:24</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Casillas, Jose	0:17:02	<i>0:40:05</i>	0:00:00	<i>0:00:00</i>	0:24:33	<i>0:43:50</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:38:25	<i>0:40:37</i>	0:00:00
Dahlkoetter, Joann	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:23:46	<i>0:42:26</i>	0:31:24	<i>0:41:59</i>	0:32:57	<i>0:42:54</i>	0:39:53	<i>0:42:10</i>	0:00:00
Frazier, Tom	0:18:10	<i>0:42:45</i>	0:19:53	<i>0:42:05</i>	0:26:29	<i>0:47:17</i>	0:34:53	<i>0:46:38</i>	0:33:04	<i>0:43:03</i>	0:00:00	<i>0:00:00</i>	0:00:00
Garcia, Dave	0:17:53	<i>0:42:05</i>	0:19:39	<i>0:41:36</i>	0:26:26	<i>0:47:12</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Gavin, Ed	0:00:00	<i>0:00:00</i>	0:20:58	<i>0:44:23</i>	0:27:19	<i>0:48:47</i>	0:00:00	<i>0:00:00</i>	0:34:28	<i>0:44:53</i>	0:46:07	<i>0:48:45</i>	0:00:00
Kananen, Rick	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Kinsch, Russ	0:19:54	<i>0:46:50</i>	0:20:09	<i>0:42:39</i>	0:27:59	<i>0:49:58</i>	0:00:00	<i>0:00:00</i>	0:32:57	<i>0:42:54</i>	0:45:27	<i>0:48:03</i>	0:00:00
Lount, Tina	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
MacKinlay, Rod	0:20:54	<i>0:49:11</i>	0:20:10	<i>0:42:41</i>	0:23:19	<i>0:41:38</i>	0:37:01	<i>0:49:29</i>	0:00:00	<i>0:00:00</i>	0:40:19	<i>0:42:37</i>	0:00:00
Meinhardt, Bill	0:00:00	<i>0:00:00</i>	0:19:20	<i>0:40:55</i>	0:00:00	<i>0:00:00</i>	0:30:38	<i>0:40:57</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Menezes, Marlon	0:00:00	<i>0:00:00</i>	0:18:39	<i>0:39:29</i>	0:21:17	<i>0:38:00</i>	0:00:00	<i>0:00:00</i>	0:29:45	<i>0:38:44</i>	0:00:00	<i>0:00:00</i>	0:00:00
Morrison, Al	0:17:09	<i>0:40:22</i>	0:18:40	<i>0:39:31</i>	0:22:15	<i>0:39:44</i>	0:29:18	<i>0:39:10</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Nelson, Ron	0:17:26	<i>0:41:02</i>	0:00:00	<i>0:00:00</i>	0:23:28	<i>0:41:54</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Poole, Ralph	0:17:12	<i>0:40:29</i>	0:19:11	<i>0:40:36</i>	0:22:44	<i>0:40:36</i>	0:30:30	<i>0:40:47</i>	0:31:10	<i>0:40:35</i>	0:00:00	<i>0:00:00</i>	0:00:00
Purdy, Terry	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Saucedo, Norm	0:17:59	<i>0:42:20</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:31:38	<i>0:42:17</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Shuck, Bob	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Stiller, Rich	0:17:34	<i>0:41:21</i>	0:23:55	<i>0:50:38</i>	0:28:03	<i>0:50:05</i>	0:00:00	<i>0:00:00</i>	0:31:51	<i>0:41:28</i>	0:45:30	<i>0:48:06</i>	0:



C Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Hahn, Rich	0:17:49	0:41:56	0:19:58	0:42:16	0:23:55	0:42:43	0:31:26	0:42:01	0:31:52	0:41:30	0:39:26	0:41:41	2:44:26
Norlander, Dave	0:18:34	0:43:42	0:20:09	0:42:39	0:23:53	0:42:39	0:31:59	0:42:46	0:31:29	0:41:00	0:39:43	0:41:59	2:45:47
Stefanidis, Demetri	0:18:43	0:44:03	0:20:21	0:43:05	0:24:51	0:44:23	0:33:52	0:45:17	0:33:20	0:43:24	0:42:01	0:44:25	2:53:08
Noel, Ken	0:18:18	0:43:04	0:20:39	0:43:43	0:24:56	0:44:31	0:34:01	0:45:29	0:33:53	0:44:07	0:44:02	0:46:33	2:55:49
Richard, Marian	0:18:31	0:43:35	0:20:17	0:42:56	0:26:39	0:47:35	0:32:38	0:43:38	0:37:26	0:48:44	0:42:00	0:44:24	2:57:31
Myers, Jim	0:19:05	0:44:55	0:20:41	0:43:47	0:26:34	0:47:26	0:33:15	0:44:27	0:34:01	0:44:18	0:45:28	0:48:04	2:59:04
VanZant, Walt	0:19:39	0:46:15	0:20:56	0:44:19	0:28:07	0:50:13	0:38:44	0:51:47	0:34:49	0:45:20	0:43:47	0:46:17	3:06:02
Antonides, Gene	0:00:00	0:00:00	0:23:30	0:49:45	0:00:00	0:00:00	0:00:00	0:00:00	0:37:14	0:48:29	0:00:00	0:00:00	0:00:00
Bronson, John	0:18:46	0:44:10	0:20:24	0:43:11	0:25:26	0:45:25	0:00:00	0:00:00	0:33:36	0:43:45	0:43:34	0:46:03	0:00:00
Duston, Dan	0:00:00	0:00:00	0:23:38	0:50:02	0:00:00	0:00:00	0:00:00	0:00:00	0:38:44	0:50:26	0:00:00	0:00:00	0:00:00
Emo, Kelly	0:17:43	0:41:42	0:20:16	0:42:54	0:00:00	0:00:00	0:31:55	0:42:40	0:32:07	0:41:49	0:41:17	0:43:38	0:00:00
Flodberg, Bill	0:18:47	0:44:13	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:34:19	0:44:41	0:00:00	0:00:00	0:00:00
Garcia, Vicki	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Harris, Ruth	0:00:00	0:00:00	0:26:38	0:56:23	0:00:00	0:00:00	0:37:53	0:50:39	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Misner, Karl	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:41:22	0:43:44	0:00:00
Riley, Georgia	0:22:05	0:51:59	0:23:28	0:49:40	0:00:00	0:00:00	0:00:00	0:00:00	0:38:26	0:50:03	0:48:34	0:51:20	0:00:00
Riley, Tim	0:18:53	0:44:27	0:20:54	0:44:14	0:25:26	0:45:25	0:00:00	0:00:00	0:34:34	0:45:01	0:43:58	0:46:29	0:00:00
Winitz, Mark	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:48:18	0:51:03	0:00:00
Zelinski, Danielle	0:19:01	0:44:46	0:22:08	0:46:51	0:26:15	0:46:53	0:00:00	0:00:00	0:34:10	0:44:29	0:00:00	0:00:00	0:00:00
D Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Packwood, Don	0:21:51	0:51:26	0:22:10	0:46:55	0:29:04	0:51:54	0:36:04	0:48:13	0:37:41	0:49:04	0:46:36	0:49:16	3:13:26
Napier, Ken	0:20:35	0:48:27	0:23:10	0:49:02	0:27:15	0:48:40	0:37:45	0:50:28	0:37:21	0:48:38	0:47:29	0:50:12	3:13:35
Beatty, Pauline	0:21:20	0:50:13	0:23:50	0:50:27	0:27:56	0:49:53	0:37:27	0:50:04	0:37:43	0:49:07	0:46:45	0:49:25	3:15:01
Hallen, Chris	0:22:24	0:52:43	0:24:34	0:52:00	0:29:57	0:53:29	0:39:09	0:52:20	0:40:20	0:52:31	0:46:47	0:49:27	3:23:11
Carpenter, Sandy	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:35:37	0:47:37	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Carter, Marion	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Collins, Rich	0:22:10	0:52:10	0:24:57	0:52:49	0:00:00	0:00:00	0:40:32	0:54:11	0:40:38	0:52:54	0:00:00	0:00:00	0:00:00
Erickson, Elaine	0:20:18	0:47:47	0:22:57	0:48:35	0:00:00	0:00:00	0:00:00	0:00:00	0:40:20	0:52:31	0:47:56	0:50:40	0:00:00
Ettare, Antonina	0:21:43	0:51:07	0:00:00	0:00:00	0:28:52	0:51:33	0:00:00	0:00:00	0:00:00	0:00:00	0:49:56	0:52:47	0:00:00
Goldberg, Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Jernigan, Cedrick	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:04	0:49:33	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Low, Brian	0:18:43	0:44:03	0:20:17	0:42:56	0:00:00	0:00:00	0:32:33	0:43:31	0:33:15	0:43:18	0:41:16	0:43:37	0:00:00
McCormick, Jutta	0:19:33	0:46:01	0:00:00	0:00:00	0:28:03	0:50:05	0:35:35	0:47:34	0:00:00	0:00:00	0:44:02	0:46:33	0:00:00
McSwain, Karen	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:46	0:50:29	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Norlander, Becky	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Stewart, Ray	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Valles, Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:36:27	0:48:44	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Zades, Tom	0:21:19	0:50:10	0:00:00	0:00:00	0:26:29	0:47:17	0:36:33	0:48:52	0:35:14	0:45:53	0:00:00	0:00:00	0:00:00
E Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Powers, Howard	0:23:33	0:55:26	0:24:22	0:51:35	0:30:34	0:54:35	0:39:05	0:52:15	0:46:31	1:00:34	0:51:32	0:54:28	3:35:37
Andrakin, Mike	0:00:00	0:00:00	0:25:23	0:53:44	0:31:35	0:56:24	0:00:00	0:00:00	0:00:00	0:00:00	0:52:59	0:56:00	0:00:00
Bivens, Karin	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Brookman, Art	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Camp, Jim	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Cioll, Nick	0:23:13	0:54:39	0:26:21	0:55:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
DeMartinis, Stan	0:24:36	0:57:54	0:26:18	0:55:40	0:00:00	0:00:00	0:42:58	0:57:27	0:44:55	0:58:29	0:59:53	1:03:18	0:00:00
Douglas, Glen	0:24:04	0:56:39	0:00:00	0:00:00	0:00:00	0:00:00	0:42:25	0:56:42	0:43:44	0:56:57	0:51:06	0:54:01	0:00:00
Hiltner, Karl	0:00:00	0:00:00	0:00:00	0:00:00	0:28:03	0:50:05	0:00:00	0:00:00	0:00:00	0:00:00	0:48:25	0:51:11	0:00:00
Hurtado, Ruby	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kinsch, Terri	0:23:13	0:54:39	0:25:54	0:54:49	0:00:00	0:00:00	0:00:00	0:00:00	0:42:34	0:55:26	0:51:20	0:54:16	0:00:00
MacKinlay, Helen	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McCarten, Dave	0:23:21	0:54:57	0:24:15	0:51:20	0:29:14	0:52:12	0:00:00	0:00:00	0:00:00	0:00:00	0:54:55	0:58:03	0:00:00
Moon, Madelyn	0:23:29	0:55:16	0:26:27	0:55:59	0:00:00	0:00:00	0:41:34	0:55:34	0:40:52	0:53:13	0:53:51	0:56:55	0:00:00
Morrison, Marcia	0:00:00	0:00:00	0:26:46	0:56:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Pickens, John	0:00:00	0:00:00	0:00:00	0:00:00	0:30:44	0:54:53	0:38:05	0:50:55	0:40:28	0:52:41	0:49:52	0:52:43	0:00:00
Root, Betty	0:23:46	0:55:56	0:25:39	0:54:18	0:00:00	0:00:00	0:40:33	0:54:13	0:42:26	0:55:15	0:51:50	0:54:48	0:00:00
Vonderlinden, Gary	0:24:00	0:56:29	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:44:46	0:58:17	0:00:00	0:00:00	0:00:00
Voss, Grace	0:00:00	0:00:00	0:00:00	0:00:00	0:30:49	0:55:02	0:40:44	0:54:27	0:00:00	0:00:00	0:51:32	0:54:28	0:00:00
Williams, Walter	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00