



WVJS



VOL XXXI-#3 WEST VALLEY JOGGERS & STRIDERS Sept 2001

Saturday Workouts

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| 09/15/01 Triangle Run (4.76 miles) | 11/10/01 Short Six (5.74 miles) |
| 09/22/01 4 x 1.46M WVC Loop Relay | 11/17/01 8 x 0.66-Mile Tennis Court Loop Relay |
| 09/29/01 Doug/Sar/Frtvle (2.75 miles) | 11/24/01 Valle Vista (3.0 miles) |
| 10/06/01 116 x 300 Relay | 12/01/01 16 x 1600 Relay |
| 10/13/01 Farwell/Herriman (4.68 miles) | 12/08/01 Triangle Run (4.76 miles) |
| 10/20/01 136 x 200 Relay | 12/15/01 Doug/Sar/Frtvle (2.75 miles) |
| 10/27/01 112 x 600 Relay | 12/22/01 Farwell/Herriman (4.68 miles) |
| 11/03/01 Farwell (3.54 miles) | 12/29/01 All Courses Day |

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

- 09/30/01 Paso Robles 10K (3)
- 10/21/01 Humboldt Half Marath (1.5)
- 11/11/01 Clarksburg 30K (2)
- 12/02/01 Cal Intl Marathon (3)
- 12/09/01 Christmas Relays (1)

Racer of the Year

- Fastest Farwell Time
- Cumulative Saturday Races
- Fastest Marathon
- 10/28/01 Silicon Valley Half Marathon
- 11/04/01 Run For The Law 5K

We will add one more race in Sept/Nov, probably the Mt.View Trail Blazer 5K.

Other Popular Races

- 09/16/01 Ron's Wildlife 5K/10K
- 09/28/01 Palo Alto Moonlight 5K/10K
- 09/30/01 Bridge to Bridge 12K
- 09/30/01 Carousel to Coaster 10K
- 10/06/01 Alameda Fleet Week 5K/10K
- 10/07/01 Los Gatos Chiropractic 10K
- 10/14/01 Mt.View Trailblazer 5K/10K
- 10/27/01 Gilroy Halloween 5K/10K
- 10/28/01 Santa Cruz 5-Miler
- 11/17/01 Snta Crz Turkey Trot-5K/10K

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.

2001 PA/USATF Grand Prix

Open Men

Rich Hahn (735-8910) is in charge of this team. Presently, we are in 6th place.

Open Women

Becki Kriege (257-9056) is in charge of this team. Presently, we are in 7th place. Individually, Becki is in 13th place in the Short Race competition and in 22nd place in the Long Race competition.

40+ Men

Presently, we are in 2nd place, 7 1/2 points behind Hoys points in front of the Aggies. Our top dogs are Dan Sauers place, Bob Pickens in 12th place, Bob Ebert in 15th place Brian Davis in 16th place

40+ Women

Sue Francis (730-1944) and Antonina Ettare (279-6034) in charge of this team. Presently, we are tied for third place the Buffalo Chips. Individually, Marian Richard is in 5th and Sue Francis is in 13th place.

50+ Men

Dick Chimenti (247-5650) is in charge of this team. Presently, we are in third place. Dan Sauers, whom we have been using on our 40+ team, leads all individuals in this division. He is 35 points in front of Don Paul.

50+ Women

Ruby Hurtado (732-1018) is in charge of this team. Presently, we are in 4th place. Individually, Gail Campbell is in 17th place, Chris Hallen is in 19th place, and Georgia Riley is in 25th place.

60+ Men

Stan DeMartinis (867-7013) is in charge of this team. Presently, we are in second place, 1 1/2 points behind Tar Individually, Ralph Poole is in 2nd place, Joe Hurtado is in 3rd place, Ken Noel is in 8th place, Neal Chappell is in 9th place, Rostege is in 11th place, Norm Saucedo is in 13th place, MacKinlay is in 15th place, and Don Packwood is in 18th place.

70+ Men

Stan DeMartinis is in charge of this team. Presently, we are in first place. Individually, Eddie Reyna is in 2nd place, He Powers is in 3rd place, Jack Frieland is in 4th place, Valles and Carl Ellsworth are tied for 8th place, and Ed Jacques is in 10th place.

Annual Handicap Race - 9/8/01

An e-mail notice of this race has been sent to all club members who are on our e-mail listing. If you are not on our e-mail list and receive this bulletin prior to the race, here are the details. The race starts at 8AM on 9/8/01 in front of Rich and Judy Collins'

house (12564 Scully Ave in Saratoga). The race consists of 0.765M loops around the neighborhood for a total distance of 3.06 miles. The handicaps for all runners will be set at a meeting on 9/4/01.

Youth Notes

ST. JOSEPH CROSS COUNTRY INVITATIONAL

(3/24/01): McKayla Plank won the 7th-8th grade girls race, lowering her course record to 5:48 over the flat 1-mile course. Kevin Murphy ran a 6:13 to finish third in the 5th-6th grade boys race. And, Jack Bordononi won a thrilling duel-to-the-finish with a larger 2nd grader (Jack's in the first grade) in the 1st-2nd grade race. His time was 7:04.

Hershey City-Wide Meet at Silver Creek HS

(5/20/01): McKayla Plank won the 1600M in a PR time of 5:19.6; she also won the 800M in 2:29.4 and advanced to the NorCal State Meet in both events. Kevin Murphy won the Group II 400M in a PR 1:05.8; he placed 2nd in the 800M in 2:42.7 and also advanced to the State Meet in both events. Matt Grimes knocked over 40 seconds off his 1600M best with a PR of 6:00.6, finishing 4th.

Pacific Association Junior Olympics at Contra Costa College (6/22-24/01):

In Friday afternoon's 3000M, McKayla ran a very strategic race into vicious headwinds on the backstretch and worked up from last place to second, finishing in a time of 11:11.10. Top three from this meet advance to the Junior Olympics Nationals in Sacramento in late July. On Saturday, Kevin Murphy placed 6th in his age-group's 800M in 2:41.20. Mike Bordononi took a 9th in 2:06.55; his brother Matt placed 12th in an out-of-shape 2:18.28. On Sunday, McKayla placed 2nd in the 1500M, running 5:02.21 and thus advances to Nationals in two events.

Hershey NorCal State Meet at Los Gatos HS

(6/30/01): McKayla ran by herself after the second lap and ran 5:18.09 for 1600M, breaking the NorCal State Meet record of 5:19.31 set by Tiki Wilcox in 1987. Kevin Murphy finished 4th in

his 400 with a PR of 1:05.74. In the afternoon, Kevin came and placed 5th in the 800M with a time of 2:40.03. McKayla broke another state meet record in her 800M, but alas 2:20.92 PR was only good for second place. Unfortunately this went for naught as she was not selected to represent the Western Region at Hershey Nationals despite having the fastest time of the six state meet winners in the region (McKayla had been selected the last two years was apparently held against her).

USATF Junior Olympics Nationals at California State University, Sacramento (7/26-29/01):

Thursday morning's 3000M final, McKayla ran somewhat tentatively and just missed earning a medal, finishing 9th in time of 10:33.93. In Friday's 1500M preliminaries, she ran more aggressively, constantly challenging the leaders, finished 4th in the second of three heats, advancing to the final with a PR time of 4:47.93 (splits of 75-78-79-55). Of the 12 advancing to the final, 2nd through 12th covered a span of 1.94 seconds! In Sunday's final, despite a very tactical race the leaders for the first two laps, McKayla charged hard through the remainder to capture the 8th place medal, missing six just 0.16 seconds (79-79-75-54). Her time was a new PR of 4:47.90, which converts to something like a 5:08 1600M.

HAYWARD FIELD ALL-COMER @ UNIVERSITY OF OREGON (7/19/01):

800M Mike Bordononi 2:00.2 PR Matt Bordononi 2:10.3

HAYWARD FIELD TRACK CITY CLASSIC (7/21/01):

Kevin Murphy ran a 2:37.89 in the 800, and a 5:27.65 PR in the 1500. This is a big age-group meet held annually that draws a mini-nationals.)

LOS GATOS ALL-COMER SEASON BESTS :

100M: McKayla 14.6 Matt Grimes 15.2 PR
 200M: McKayla 30.7 Matt Grimes 31.9 PR
 400M: McKayla 63.3 Matt Grimes 1:11.8

800M: McKayla 2:18.7 PR Matt Grimes 2:48.5
 2-Mile: McKayla 11:21.0 PR
 5K: McKayla 18:23.1 PR

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.

Patricia Frank, after doing a great job of representing us in grand prix competition, has joined her hometown team -- The Santa Cruz Track Club. Scott Bang has also left us to join the offpack, a group of runners that train with the WVC coach.

Ray Russell has moved to the San Luis Obispo area. We will see him occasionally on Wednesday evenings as he still works the Silicon Valley during the week.

We haven't seen Jim Wurm at the Saturday workouts in several weeks. However, Rick Kananen recently spotted him hobbling across a parking lot into a hardware store with a splint on his ankle. When Rick asked him what happened, he said that he was running at Rancho and a tree root jumped out and tripped him. He not only fell but sprained his ankle so bad that he had to be transported out of the area in some sort of cart. Then, to

add insult to injury, he discovered that he had fallen into a patch of poison oak.

Missy Sudan got married in June. When she returned from her 3-week honeymoon, she discovered that she and many others had been laid off from her company. Fortunately, she soon landed a new job.

As can be seen from the Saturday workout results, Russ Kinsch, due to working out much harder, has been running better than he has done in several years.

Bob Pickens won two consecutive road race during June -- the Strawberry Festival 5K and the Holy City race.

Danny Moon, who has directed the Lockheed track team for several years and participated in corporate competition for many years, was inducted into the BACAA Hall of Fame during the National BACAA meet in Renton, Washington in July. He then responded with several good races, including a 1:37 600 leg in a relay. Joe Hurtado and Ralph Poole won their divisions in both the 5K and 10K. Betty Root gave so many free massages during the two-day meet that she injured her hands.

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://www.wvjs.org>

2001 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your 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). Listed below are all who scored in four or more races for 2001.

Elite Division

Dave Piazza (8)	188
Bob Pickens (7)	170
Jim Bordonni (8)	167
Jeff Rohrer (7)	145
Dan Sauers (4)	95
Brian Davis (4)	93
Scott Bang (4)	91

A Division

Joe Hurtado (8)	186
Becki Kriege (6)	144
Danny Moon (6)	138
Dick Chimenti (6)	131

Cecil Baumgartner (6)	122
McKayla Plank (5)	103
Todd Hayes (4)	94

B Division

Tom Warfel (8)	191
Ralph Poole (8)	188
Rich Hahn (8)	181
Sue Francis (8)	168
Dimtrios Stefanidis (7)	166
Kelly Emo (7)	137
Tim Rostege (5)	101
Rick Kananen (5)	100
Russ Kinsch (4)	93

Marian Richard (4)	88
Dan Duston (4)	70

C Division

Pauline Beatty (8)	182
Walt Van Zant (8)	178
Norm Saucedo (7)	170
Dave Norlander (6)	143
Jim Myers (6)	135
Dave McIntyre (4)	95

D Division

Tom Zades (8)	191
Don Packwood (7)	172



E Division			
Tim Riley (5)	110		
Dena Noble (5)	109	Chris Hallen (8)	193
John Pickens (5)	107	Georgia Riley (8)	188
Ken Napier (5)	106	Howard Powers (7)	146
Elaine Erickson (4)	95	Ed Reyna (6)	139
Mark Winitz (4)	92	Rich Collins (5)	124
		Antonina Ettare (5)	115
		Terri Kinsch (5)	106
		Dave McCarten (4)	84

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. Your point totals should be given to Tom Warfel. The scores for the first six months of 2001 are:

Runner	Miles	Sat Pts.	Total
Joe Hurtado	1428	500	1928
Tom Warfel	1448	480	1928
Jeff Rohrer	1424	160	1584
Rich Hahn	956	460	1416
Georgia Riley	754	440	1194
Jim Bordoni	761	320	1081
Dave Norlander	645	340	985
Walt Van Zant	600	360	960

SATURDAY WORKOUT RESULTS

5/19/01 - 12 x 600 Relay

Pl	Team	Start	Finish
1	Stefanidis/B.Pickens	5:45	29:10
2	Wong/Noel	1:15	29:26
3	J.Pickens/Francis	:15	29:33
4	R.Kinsch/Sudan	3:15	29:38

Pl	Team	Start	Finish
5	Beatty/Myers	1:15	29:39
6	Collins/Bronson	1:45	30:22
7	Powers/D.Moon	1:30	30:24
8	Ettare/Saucedo	:30	30:25

Pl	Team	Start	Finish
9	Baker/Bang	6:45	30:35
10	McPhail/Kananen	-0-	30:39
11	Hurtado/Russell	5:45	31:09
12	Napier/Norlander	1:15	32:01

Dick Barrett Trophy Winners - Dimitrios Stefanidis & Slim Pickens

Bob Pickens started in third place at the beginning of the last leg and, despite a fast last leg by Ken Noel, took the lead

half way through that leg on the way to a six second win. Bob had the best average of the day at 1:48+. Missy Sudan led the ladies with a 2:12+ average.

5/26/01 - Valle Vista - 3.0 Miles

1	Scott Bang	17:25	
2	Hank Lawson	17:38	
3	Ray Russell	18:12	
4	Mike Kriege	18:13	
5	Becki Kriege	18:17	
6	Danny Moon	18:33	
7	Greg Burke	18:47	
8	Todd Hayes	19:03	
9	Nick Butterfield	19:11	PR
10	Missy Sudan	19:17	
11	Dimitrios Stefanidis	19:20	PR
12	McKayla Plank	19:23	PR
13	Tom Warfel	19:36	
14	Ralph Poole	20:36	
15	Joe Hurtado	20:38	
16	Sue Francis	20:43	
17	Jake White	21:00	
18	Dave Norlander	21:22	

19	Rich Hahn	22:01	
20	Jim Myers	22:03	
21	Walt Van Zant	22:19	
22	Dave McIntyre	22:27	
23	Don Packwood	22:34	
24	Dan Duston	22:40	
25	Dena Noble	22:49	PR
26	Jim Wurm	22:52	
27	Rich Collins	23:18	
28	Chris Hallen	23:22	
29	Tom Zades	23:47	
30	Tim Riley	24:03	
31	Georgia Riley	24:12	
32	Kelly Emo	24:19	
33	Terri Kinsch	25:08	
34	Ken Napier	25:51	
35	Jutta McCormick	26:37	
35	Annette McPhail	26:37	

Dick Barrett Trophy Winner - Missy Sudan

Easy win for Scott. Good performance by Danny as he led the 50+ men. Missy Sudan took home the weekly trophy because she recorded the 8th best-ever

ime by a woman on this course. She now leaves for the East Coast to get married on 6/1. She will return after a 3-week honeymoon. Ralph Poole was loafing while getting ready for a 5K race on Monday but still recorded the #2 best by a 35+ runner. Dan Duston celebrated his 50th birthday by recording the #50 time by a 50/54 runner. Jim Wurm recorded the #53 50+ best. Chris Hallen improved her 50+ best by 33 seconds and Terri Kinsch improved her 50+ best by 105 seconds. Georgia improved her 55+ best by 26 seconds. Thanks to Ruby Hurtado and Stan DeMartinis for timing the workout.

5/2/01 - One Mile Runs on the Track
Heat #1 (6:45+)

1	Dave McIntyre	6:01.6
2	Helen Wong	6:50.7
3	Ken Napier	6:58.1
4	Antonina Ettare	7:08.4
5	Georgia Riley	7:11.9
6	Tim Riley	7:15.6
7	Fely Castillo	7:22.4
8	Howard Powers	7:25.4
9	Terri Kinsch	7:45.7
10	Nao Wei	7:46.2
11	Betty Root	8:36.0
12	Stan DeMartinis	9:16.0

As can be seen, this was not a close race. Dave ran laps of 80/92/99/90 in route to a 200 meter win. The real race was for second place. Ken Napier and Helen Wong ran neck and neck for nearly three laps before Helen pulled away with a 96-second last lap for the win. Stan ran his first Saturday race in many months, abandoning his timing duties to Ruby Hurtado.

Heat #2 (6:00-6:45)

1	Rich Hahn	5:56.6
2	Becki Kriege	6:00.1
3	Kristina Mathias	6:00.5
4	John Bronson	6:11.2
5	Dave Norlander	6:19.4
6	Don Packwood	6:22.1
7	Kelly Emo	6:26.1
8	Jutta McCormick	6:28.3
9	Rich Collins	6:29.0
10	Pauline Beatty	6:31.3
11	Jim Wurm	6:32.5

Becki and Kristina decided to run two miles this morning instead of one mile. They ran 90-second laps for the first three laps along with Rich before he sprinted away for the win. They then stepped up he pace to finish in 11:48 for their 8-lap

run. Most of the runners in this race ran conservatively. John Bronson ran splits of 3:10-3:01, Don Packwood ran splits of 3:21/3:01, and Pauline Beatty ran splits of 3:19/3:12.

Heat #3 (5:20-6:00)

1	Dave Piazza	5:47.1
2	Kevin Murphy	5:48.1
3	Marlon Menezes	5:48.6
4	Ralph Poole	5:49.0
5	Russ Kinsch	5:50.3
6	Tom Warfel	5:52.0
7	Norm Saucedo	5:57.9
8	Sue Francis	5:59.9
9	Joe Hurtado	6:01.3
10	Jake White	6:04.3
11	Ken Noel	6:17.3
12	Matt Grimes	6:19.4

This was a good race as only 17 seconds separated the first 10 finishers. Dave was running the race as a warmup for heat #4 and scored an easy win. Little Kevin earned half of the weekly trophy for knocking 13 seconds off his 2000 PR and beating all of the oldsters. This was another conservatively paced race as the tightly-packed field ran 3:00 for the first half mile before starting to accelerate the pace. The last lap was the fastest. Kevin ran 82, Marlon ran 81, Tom ran 84, Ralph ran 81, Russ ran 81, Jake staggered in with a 95, Joe finished with a 90, Sue finished with an 88, and Norm blazed to an 83 finish.

Heat #4 (Sub-5:20)

1	Bob Pickens	4:43.1
2	Scott Bang	4:49.2
3	Dave Piazza	5:05.9
4	Dimitrios Stefanidis	5:16.5
5	McKayla Plank	5:18.3
6	Danny Moon	5:25.0

Dick Barrett Trophy Winner - McKayla Plank and Kevin Murphy

This was the feature race of the morning. Bob and Scott opened with 69s before Bob began pulling away. Bob passed the half in 2:19 and the 1320 in 3:32 before finishing with a 71. Scott plunged to an 80 on his third lap but recovered with a 67 on his last lap. McKayla paced Danny while Dimitrios held onto their pace for three laps before pulling away to finish fourth. McKayla, after carrying Danny for as long as she could, ran a 77 on her last lap to record a PR. Now, can she knock off 18 more seconds when she becomes a high school freshman next year?

6/9/01 - Triangle Run - 4.76 Miles

1	Dave Piazza	27:57
2	Jeff Rohrer	28:44
3	Becki Kriege	29:40
4	Danny Moon	30:11
5	Dick Chimenti	30:20
6	Kristina Mathias	30:22
7	Ralph Poole	30:25 PR
8	Tom Warfel	31:04
9	Dimitrios Stefanidis	31:30
10	Russ Kinsch	31:44
11	Rich Hahn	32:02
12	Sue Francis	32:30
13	Cecil Baumgartner	32:31
14	Brian Styslinger	34:22
15	Jim Myers	34:36
16	Dave Norlander	36:06
17	John Bronson	36:22
18	Tom Zades	36:32
19	Dan Duston	37:05 PR
20	Rich Collins	37:22
21	Helen Wong	37:24
21	Joe Hurtado	37:24
23	Dena Noble	37:28 PR
24	Jim Wurm	38:08
25	Chris Hallen	38:34
26	Ken Napier	38:50
27	Georgia Riley	39:35
28	Howard Powers	41:02
29	Kelly Emo	41:23
29	Pauline Beatty	41:23
31	Bill Flodberg	45:18
32	Betty Root	45:43
33	Sam Lauser	47:23

Dick Barrett Trophy Winner - Dena Noble

Dave Piazza and Jeff Rohrer ran together until they reached Saratoga Ave, when Dave began to gradually pull away to a 47-second victory. Ralph Poole improved a good 65+ course record by nearly three minutes. Russ Kinsch ran his best time on this course in four years while knocking a minute off his 50+ best. Dena Noble's time put her #9 on the women's 40+ list and Chris Hallen's time put her #6 on the women's 50+ list. Howard improved his 75+ course record by a second.

6/16/01 - 16 x 400 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Wong/Kananen	3:45	28:10
2	Mathias/Plank	7:30	28:20
3	Stiller/Noel	6:00	28:34
4	Warfel/R.Kinsch	5:45	28:42
5	C.Lease/Noble	:15	28:57
6	D.Lease/Saucedo	6:00	29:00
7	Stefanidis/Bunker	8:00	29:15

8	T.Kinsch/Van Zant	-0-	29:22
9	DeMartinis/Zades	-0-	29:28
10	Hayes/D.Moon	9:00	29:34
<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
11	Root/Hallen	:45	29:35
12	M.Moon/Napier	-0-	29:43
13	Mi.Bordoni/J.Bordoni	10:15	29:47
14	J.Hurtado/Myers	6:45	29:53
15	N.Weil/J.Pickens	3:30	30:00
16	Francis/K.Murphy	6:45	30:03
17	Kriege/Baumgartner	8:30	30:08
18	Russell/Liniak	6:15	30:11
19	Tom Murphy/Powers	2:45	30:13
20	McCormick/Norlander	5:45	30:18
21	Butterfield/Burke	9:00	30:22
22	Beatty/McMahon	5:00	30:43

Dick Barrett Trophy Winner - Ken Noel

14 runners showed up this morning to run his workout, just a day before the Holy City race. All teams were rated to finish in 29:30. The Kananen team took advantage of a generous rating that was given to Rick Kananen to win the race. We gave the trophy to the Noel team because Ken Noel ran very well to lead his team to a 3rd place finish. The 63-year-old averaged in the low 80s for his eight runs. Norm Saucedo competed well to stay with Ken through six runs before he discovered that he had to run eight 400s rather than six. Fortunately, his team dropped only three places after the discovery. Damon and Cheryl Lease flew all of the way out from Vermont to run this relay. Damon will be crewing for Cecil Baumgartner in the Western States 100 next weekend. Mike Bordoni probably had the best splits for the day but we were not able to get the individual splits because we had only one helper - Bob Pickens - out of the 45 people who showed up this morning. The remainder were alleged runners.

5/23/01 - Douglas/Sara/Fruitvale - 2.75 Miles

1	Dave Piazza	15:34
2	Jim Bordoni	15:54
3	Chris Baker	17:14
4	Tom Warfel	17:33
5	Russ Kinsch	17:43
6	Rich Stiller	19:05
7	Rick Kananen	19:12
8	Dave Norlander	19:14
9	Jim Myers	19:32
10	Mike McMahon	19:59
11	Don Packwood	20:00
12	Tom Zades	20:32
13	Helen Wong	20:44
14	Jim Wurm	20:53

15	Ken Napier	21:31
16	Terri Kinsch	23:05
17	Paul Armstrong	23:43
18	Annette McPhail	24:14
19	Kelly Emo	24:23
20	Dave McCarten	25:44
21	Linda Legregni	27:03
22	Rich Collins	29:11

Dick Barrett Trophy Winner - Terri Kinsch

Dave Piazza began to gradually pull away from Jim Bordoni after about a half mile and went on to win by about 100 yards. Tom Warfel and Russ Kinsch battled it out for 50+ honors with Tom getting the nod. With the big cat missing - Ralph Poole -- Dave Norlander scored an easy win in the 60+ division. Mike McMahon edged Don Packwood to finish as the 2nd 60+ finisher. Helen Wong led the ladies but Terri Kinsch got the weekly trophy because she improved her 50+ PR by 103 seconds. Rick Kananen ran this course for the first time in 7 years, missing his 14:59 PR by a few seconds (or was that minutes). Jim Wurm ran the course for the first time in 15 years, missing his PR of 15:14 by 5 1/2 minutes.

6/30/01 - 18 x 0.33-Mile Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Strt</u>	<u>Finish</u>
1	McMahon/Mathias/Stauff	3:45	37:05
2	Salinas/Napier/Bronson	:15	37:12
3	Duston/Warfel/Sudan	4:15	39:10
4	M.Moon/Burke/Norlandr	-0-	39:18
5	VanZant/McCarten/Kana	-0-	39:59
6	Zades/R.Kinsch/Butterfid	4:30	40:16
7	DeMartinis/D.Moon/Sauc	-0-	40:28
8	G.Riley/S.Meyers/Rohr	3:15	40:45
9	Liniak/T.Riley/J.Myers	-0-	41:13

Dick Barrett Trophy Winner - Dan Duston

All teams were rated to finish in 39:30 this morning. The first two teams were given generous handicaps because runners were either new or said that they would run slow. Mark Stauffer started even with John Bronson on the last half lap and pulled away for the win. Dan Duston put his team into third place during his last leg (end of 8th loop) but Greg Burke blasted by Tom Warfel during the first half of the last lap with a blazing 1:35. But, Missy

Sudan came back with a 1:51 on the last half lap to give their team the third place finish and the weekly trophy. We did not get the splits for this relay but Mark Stauffer was probably the fastest for the men and Missy for the women.

7/7/01 - Farwell/Herriman - 4.68

Miles

1	Ray Russell	29:01
2	Becki Kriege	29:11
3	Todd Hayes	29:38
4	Danny Moon	29:48
5	Al Murray	30:14
6	Dick Chimenti	30:15
7	Chris Baker	30:50
8	Russ Kinsch	30:56
9	Rich Hahn	31:10
10	Sue Francis	31:32
11	Joe Hurtado	31:47
12	Rick Kananen	33:20
13	Mike McMahon	33:31
14	Kevin Murphy	34:07
15	Cecil Baumgartner	34:28
16	Dave Norlander	34:33
17	Bob Pickens	34:42
18	Robert Salinas	34:52
19	Tom Zades	34:56
20	Jim Myers	37:04
20	Pauline Beatty	37:04
22	Jim Wurm	37:11
23	Ken Napier	37:41
24	Jutta McCormick	38:10
24	Ken Noel	38:10
26	McKayla Plank	38:42
27	Sally Plank	38:42 PR
28	Dena Noble	39:02
29	Georgia Riley	39:12
30	Fely Castillo	40:46
31	Dave McCarten	41:08
32	Terri Kinsch	42:07
33	Betty Root	45:13
34	Linda Legregni	49:27
35	Antonina Ettare	43:12 *
35	Annette McPhail	43:12 *

*Time includes riding in Antonina's car for the first 300 yards.

Dick Barrett Trophy Winner - Sally Plank

Danny Moon grabbed the early lead and held it until he reached the Saratoga high school track on Herriman (Despite the fact that he lost some time while waiting at the stop signal at Saratoga and Hwy 9). Becki then took over the lead until she reached

Saratoga Ave. Ray Russell, who had been goofing off for most of the run, then caught Becki, ran with her for awhile, and finally gradually pulled away for the win. Todd Hayes, who completed the Western States 100-miler a couple of weeks ago, ran strongly to win 50+ honors over Janny. Sue Francis ran her best time on his course in nearly three years to lead the 40+ ladies. Joe Hurtado recorded the #8 time by a 60+ runner. Rick Kananen improved his 50+ best by 21 seconds. Pauline Beatty improved her 2001 best by one second. Her three runs on this course or 2001 have been 36:58, 37:04, and 37:04. How's that for consistency? Jim Nurm ran his best time on this course in 14 years (but he has only run it twice in 14 years). Jim claims that he lost a lot of time while waiting on his bike at the signal at Saratoga and Hwy 9. McKayla Plank raced her mom to a 1-minute improvement on her PR.

7/14/01 - One Mile on the Track

Heat #1 (6:30+)

1 Dan Duston	6:24.1
2 Tom Zades	6:28.5
3 Jim Wurm	6:29.5
4 Becki Kriege	6:30.1
5 Dena Noble	6:41.8
6 Tim Riley	6:55.0
7 Sally Plank	6:55.3
8 Tom Murphy	6:57.4
9 Sarah Meyers	6:58.9
10 Antonina Ettare	7:00.0
11 Ken Napier	7:03.4
12 Chris Hallen	7:20.5
13 Terri Kinsch	7:37.0
14 Betty Root	8:21.5
15 Madelyn Moon	8:23.5
16 Stan DeMartinis	9:16.5

Tom Zades went out with a fast opening lap of 92 to put himself in the lead by 15 yards. Dan Duston cut the lead to 5 yards as Tom reached the half in 3:11. He then cut the lead to 2 yards at the end of 3 laps, which was reached in 4:50. Finally, Dan kicked in with a 94 to easily win. Tim Riley improved on his previous mile run of this year by 20 seconds.

Heat #2 (5:30-6:30)

1 Dick Chimenti	5:37.6
2 Cecil Baumgartner	5:42.0
3 Steve Kurasch	5:45.9

4 Russ Kinsch	5:47.1
5 Becki Kriege	5:49.4
6 Rich Stiller	5:51.7
7 Rich Hahn	5:52.2
8 Tom Warfel	5:52.6
9 Sue Francis	5:57.5
10 Norm Saucedo	5:59.4
11 Dave McIntyre	5:59.8
12 Joe Hurtado	6:04.2
13 Dave Norlander	6:16.0
14 Robert Salinas	6:16.5
15 Don Packwood	6:23.0
16 Kevin Grimes	6:23.9
17 Walt Van Zant	6:29.2
18 Howard Powers	7:25.6

The opening lap of this race was run in only 89 before Cecil gunned it on the second lap to bring the pack through the half in 2:54. He held the lead until just before the end of the third lap, when Dick picked up the pace and then ran a last lap in 77 to score an easy win. Dave McIntyre was elated to crack the 6-minute barrier for the first time.

Heat #3 (Under 5:30)

1 Mike Bordoni	4:39.6
2 Sim Pickens	4:40.9
3 Mark Stauffer	4:47.2
4 Jim Bordoni	5:10.4
5 McKayla Plank	5:14.6
6 Danny Moon	5:15.6
7 Al Murray	5:29.8
8 Dimitr Stefanidis	5:30.6
9 McKenzie Plank	5:57.6

Mike, Slim, and Mark Stauffer ran very close to each other through laps of 69 and 2:19 before Mark began to slip back. Slim continued to press the pace as he and Mike came through 3 laps in 3:31. Mike stayed behind Slim until he came off the final turn, when he turned on his speed to get the win. McKayla, the 8th-grade phenom, knocked another 4 seconds off her PR. She opened with a 75 and a 77 to pass through the half mile in 2:32. She then held together with identical finishing laps of 81 to get her 5:14.

Dick Barrett Trophy Winner - Mike Bordoni

7/21/01 - 12 x 800 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Sudan/Salinas	8:15	44:31
2	McCormick/Ng	7:00	45:16
3	Murray/Hayes	12:00	45:19
4	Zades/Wurm	6:00	45:21
5	M.Plank/Hahn	11:00	45:27
6	Wong/Legregni	-0-	45:37

7 Warfel/R.Kinsch	10:15	45:41	
8 Norlander/Packwd	7:00	45:49	
9 Bordoni/Bordoni	15:00	46:00	
<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
10 Noel/Myers	9:15	46:27	
11 T.Riley/S.Plank	3:30	46:44	
12 J.Bordoni/Mathias	12:00	46:51	
13 Powers/Judge	-0-	47:01	

Dick Barrett Trophy Winners - Missy Sudan & Robert Salinas

Mike Bordoni probably had the fastest overall time for the guys at 15:02. McKayla probably led the ladies at 16:24. McKayla ran a 2:17.80 800 two days earlier.

7/28/01 - Farwell - 3.54 Miles

1 Dennis Kurtis	20:58	
2 Katy Spink	21:05	PR
3 Becki Kriege	21:24	
4 Floyd Gerhardt	21:36	PR
5 Danny Moon	22:13	
6 Tom Warfel	22:34	
7 Dick Chimenti	22:41	
8 Missy Sudan	22:57	
9 Russ Kinsch	22:57	
10 Joe Hurtado	23:29	
11 Cecil Baumgartner	23:35	
12 Sue Francis	23:45	
13 Rich Hahn	23:50	
14 Dimitr Stefanidis	23:52	
15 Ken Noel	24:05	
16 Rick Kananen	24:17	
17 Dave Norlander	24:50	
18 Robert Salinas	25:04	
19 Dave McIntyre	25:06	
20 Brian Low	25:09	
21 Tom Zades	25:53	
22 Don Packwood	26:04	
23 Ed Lock	26:29	
24 Jake White	26:58	
25 Helen Wong	27:21	
26 Chris Hinnant	27:22	
27 Tom Murphy	27:57	
28 John Pickens	28:20	
29 Pauline Beatty	28:27	
30 Dena Noble	28:40	
31 Georgia Riley	29:02	
32 Kelly Emo	29:21	
33 Fely Castillo	29:30	
34 Eddie Reyna	29:35	
35 Dave McCarten	30:22	
36 Paul Armstrong	30:48	
37 Betty Root	31:55	
38 Grace Voss	32:45	
39 Linda Legregni	34:03	

40 Stan DeMartinis 40:30

Dick Barrett Trophy Winner - Stan DeMartinis

There were a lot of interesting tidbits this morning. Dennis Kurtis, strayed off course near the Douglas double-gate area, but was still able to recover in time to score the win. He can be excused for getting lost in that even though he has been a club member for a little over 10 years this was the first time that he had won the course. However, Stan DeMartinis had no excuse. This was the 21st time that he had run the course but he still ambled all over the Shadow Oaks/Saratoga area before getting back on course. Stan will definitely be a candidate for the path finder award at our annual awards dinner. Grace Voss crossed Saratoga Ave on her way to run the Farwell-Herriman course before Betty was able to get her attention and get her back on course. Incidentally, this was Stan's first road run of the year as he has made a partial recovery from his hamstring injury. Katy Spink, who came close to winning, knocked six seconds off her PR. Floyd Gerhardt, who lost third place during the last mile, improved his PR by 23 seconds. Missy Sudan's time put her #13 on the all-time women's list. She helped Russ Kinsch improve his 50+ PR by 2+ minutes. Joe Hurtado's time moved him to #5 on the 60+ list. Ken Noel, three years into the 60/64 age category, improved his 50+ PR by 35 seconds while moving to #11 on that list. Dave McIntyre missed his PR by 3 seconds. Tom Warfel ran his best time on this course in a couple of years. Tom Zades was extremely happy to beat his time from last year for this course. Danny Moon missed his PW by 20 seconds. But, he was still happy remembering his Thursday night performance in the mile. He came within 10 or 20 yards of breaking 5:10 before falling due to a lactic acid tieup. He still was able to struggle to his feet and record a 5:13. Cecil Baumgartner did a great job of trimming the trees in the double-gate area early this morning so that we could run more than single file in that section. Norm Saucedo took a bad fall during his warmup and was unable to run the course. Madelyn Moon, Ruby Hurtado, and Stephanie Wei did an excellent timing and results tabulation job.

3/4/01 - 5K on the Track

Heat #1 (7:15AM)

1 Todd Hayes 19:12
2 Ralph Poole 19:53
3 Sue Francis 20:25

4 Ken Noel 20:54
5 Dick Chimenti 21:30
6 Walt VanZant 24:00 PW
7 Ken Napier 24:42
8 Howard Powers 25:26
9 Dave McCarten 26:18
10 Stan DeMartinis 32:41
Terri Kinsch DNF (6 laps)

We had perfect conditions for this race (no wind and low 60s). As can be seen, Todd ran to an easy win. Ralph bettered his 2000 track 5K by 8 seconds. Sue was very pleased to better her 2/01 5K by 39 seconds as she ran negative splits (10:15-10:10). Dick Chimenti loafed, saving himself for a race tomorrow.

Heat #2 (8:10AM)

1 Hank Lawson 17:17
2 Mike Bordoni 17:35
3 Becki Kriege 18:21
4 Mike Kriege 18:31
5 Al Murray 18:45
6 Danny Moon 18:57
7 Dimitr Stefanidis 19:24
8 Missy Sudan 19:26
9 Russ Kinsch 19:28
10 Joe Hurtado 19:50
11 Tom Warfel 19:51
12 Rich Hahn 20:01
13 Norm Saucedo 20:52
14 Dave McIntyre 21:44
15 Robert Salinas 21:52
16 Don Packwood 22:04
17 Dan Dustin 22:11
18 Brian Boyle 22:17
19 Tom Zades 22:20
20 Tim Riley 24:32
21 Sally Plank 24:36
22 Georgia Riley 24:55
23 Terri Kinsch 26:55
24 Linda Legregni 27:45

Dick Barrett Trophy Winner - Terri Kinsch

Hank Lawson of the Reebok Aggies dominated this run over the last mile. Mike Bordoni led through an opening mile of 5:23. Hank took the lead during the 8th lap and passed the 2-mile in 11:01 with Mike right on his tail. However, Mike then fell off the pace and Hank went on to win by about 100 meters. Meanwhile, back in the pack, Mike Kriege was 3rd at the mile mark in 5:36, six seconds in front of Danny and 11 seconds in front of Becki. Mike and Danny faded during the second and third miles as Becki, who ran a 5:20.3 mile on Thursday night, moved up to finish third. Dimitrios was very happy to crack

19:30 for a track 5K as he improved his time from last year by 68 seconds. He said that Missy and Russ helped him a lot toward the end of the run before he turned on his 57-second 400 meter speed to pass them. Russ ran his best track 5K since 1997. Joe Hurtado evened his 2001 track 5K record with Tom Warfel. Tom had beaten him by one place in February. Don Packwood had a very impressive performance with his 22:04, which was a 39-second improvement on his February time. Tom Zades improved on his 2000 best by 9 seconds. Sally Plank averaged 7:55 per mile for her super 5K run. Terri Kinsch took home the weekly trophy because she redeemed herself with this run. She had dropped out of the February 2001 run and she dropped out of the first heat this morning after 6 laps. When she learned that helping give out the finishing sticks would not negate the last DNF and would put her into the lead in the Brown Bag contest, she hopped into the second heat and ran well. Linda Legregni improved her 2001 best by 32 seconds.

8/11/01 - Short Six - 5.74 Miles

1 Slim Pickens 31:52 PR
2 Al Murray 37:19
3 Dick Chimenti 38:19
4 Tom Warfel 38:34
5 Rich Hahn 40:13
6 Mark Isaacson 40:34
7 Joe Hurtado 40:35
8 Dave Norlander 40:45
9 Danielle Zelinski 43:07
10 Rick Kananen 43:12
11 Tom Zades 43:23
12 Rich Stiller 47:36
12 Walt Van Zant 47:36
14 Ken Napier 48:19
15 John Pickens 48:27 PR
16 Eddie Reyna 49:01 PR
17 Howard Powers 52:03
18 Stan DeMartinis 66:15

Dick Barrett Trophy Winner - Bob Pickens

We had a small turnout for the running of the ever-popular and hilly Short Six course. Slim Pickens ran to an unassisted PR, knocking 59 seconds off his best, moving to #7 on the 40+ list, and #19 on the overall all-time list. Ken Napier expressed disappointment that Slim had missed Ken's PR by 3 seconds but was seen smiling as he drove home. Al Murray continued his comeback with a 2nd place finish. Joe Hurtado led the 60+ runners. Dave Norlander was the second 60+

inisher while running his best on this course in a little over two years. Danielle Zelinski unleashed a devastating kick to un down Rick Kananen at the end. Tom Zades ran his best time on this course in 12+ years (however, he did not run the course from 1989 until late 2000). He mproved his 55+ PR by 77 seconds. Rich Stiller was paced by Walt Van Zant to a 98-second improvement on his seasonal best. Eddie Reyna improved his #3 70+ best by 13 seconds. Stan DeMartinis led he contest for farthest over a runner's PR. He was 18 minutes over his PR, Ken Napier was 16 1/2 minutes over, Rich Stiller 15 1/2 minutes over, and Walt Van Zant was 14 minutes over. All four were pleased with their remarkable performances.

3/18/01 - 18 x 0.33-Mile Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Francis/S.Plank/T.Murphy	1:00	38:46
2	Warfel/Hinnant/Hurtado	5:45	39:26
3	D.Moon/Noel/Isaacson	7:15	39:40
4	Sudan/Poole/Norlander	5:45	39:46
5	R.Pickens/M.Moon/McPh-0-		39:56
6	J.Bordoni/Kananen/Baum	7:15	41:12
7	Kriege/Hahn/Saucedo	6:00	41:20
8	Myers/Wong/Ettare	1:45	41:28

Par for this relay was 40:15. The Murphy team took the lead midway through the run and then pulled away to an easy win.

8/25/01 - Valle Vista - 3.0 Miles

1	Bob Pickens	15:51	PR
2	Katy Spink	17:57	
3	Becki Kriege	18:05	
4	Danny Moon	18:22	
5	Dick Chimenti	18:52	
6	Missy Sudan	18:57	
7	Ralph Poole	19:02	
8	Jim Bordoni	19:24	
9	Tom Warfel	19:26	
10	Russ Kinsch	19:31	
11	Dimitrios Stefanidis	19:43	
12	Joe Hurtado	20:00	
13	Dave Norlander	20:06	
14	Norm Saucedo	20:14	
15	Dave McIntyre	20:27	PR
16	Tom Zades	21:52	
17	Kevin Murphy	22:17	
18	Helen Wong	22:22	
19	Don Packwood	22:53	
20	Tom Murphy	22:59	
21	John Pickens	23:03	PR
22	Pauline Beatty	23:08	
23	Walt Van Zant	23:29	
24	Dena Noble	23:46	
25	Ken Napier	23:51	
26	Eddie Reyna	24:10	PR
27	Howard Powers	25:25	
28	Kelly Emo	26:28	
28	Brian Low	26:28	
30	Linda Legregni	30:40	

There were many good performances this morning, making it difficult to determine who should be the trophy winner. Bob got the trophy for winning, running a 20-second PR while not being pressed, and moving to #6 on the 40+ list. Katy Spink of the Aggies led the ladies, finishing 8 seconds in front of Becki and 60 seconds in front of Missy, who knocked 20 seconds off her PR. Norm Saucedo improved his 65+ course record by 9 seconds. Unfortunately, he did it 72 seconds too late as Ralph Poole broke Norm's 65+ course record with a super time of 19:02. Russ Kinsch broke 20:00 for the first time in 3 1/2 years. Dave Norlander ran his best for this course in a little over two years. Dave McIntyre improved his PR by 45 seconds. Ken Napier improved his seasonal PR by two minutes. Eddie Reyna improved his PR by 63 seconds while moving to #4 on the 70+ list. Howard Powers broke Stan DeMartinis' 75+ record by 14 seconds. 58-year-old Dick Chimenti was very disappointed when he discovered after running his heart out that he was 14 seconds slower than Norm Saucedo's 60+ best.

Dick Barrett Trophy Winner - Slim Pickens

RACE RESULTS

5/6/01 - Devil Mountain 5K

Charles Lighty	17:15	2nd-45+
Art Mitchum	18:32	5th-45+
Gail Campbell	21:47	2nd-50+

5/6/01 - Devil Mountain 10K

Dan Anderson	35:52	2nd-45+
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5/12/01 - Lake Almaden 5K

Gail Campbell	20:36	
Gail was the 4th woman finisher overall and won the 40+ division.		

5/20/01 - San Carlos 5K

Rich Hahn	20:11	4th-30+
Kelly Emo	21:39	1st-30+
Don Packwood	30:xx	3rd-60+

Rich Stiller was also seen running parts of the course. Don Packwood missed a turn, running an extra mile but still got 3rd in his division. None of our runners would reveal the exact site of this race as this is one of the easiest races in which to place high in the area.

5/20/01 - Salinas Heart & Sole 5K

Gail Campbell	21:21	1st-50+
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5/28/01 - Zippy 5K - Men's Race

Bob Pickens	16:32	
Dan Sauers	16:42	1st-50+
Jim Angelopoulos	16:49	
Brian Davis	16:54	4th-45+
Jeff Cowling	17:19	

Dave Piazza	17:26	
Jeff Rohrer	17:52	
Neal Chappell	19:10	2nd-60+
Todd Hayes	19:30	
Ralph Poole	19:43	1st-65+
Bob Lilly	19:52	
Joe Hurtado	20:25	5th-60+
Rich Hahn	20:26	
Ken Noel	21:02	
Dave Norlander	21:26	
Norm Saucedo	21:32	3rd-65+
Walt Van Zant	23:42	
John Pickens	24:05	
Eddie Reyna	25:22	2nd-70+
Howard Powers	25:33	1st-75+

5/28/01 - Zippy 5K - Women's
Race

Sue Francis	20:32	5th-45+
Kathy Frank	21:12	1st-50+
Gail Campbell	21:44	3rd-50+
Jutta McCormick	22:42	2nd-60+
*		
Dena Noble	23:29	
Anna Luo	24:24	
Ruth Harris	25:04	
Grace Voss	26:49	5th-55+

* = Runs for WVTC

5/30/01 - Uvas Reservoir
Triathlon

Dan Duston	2:01	
Tim Riley	2:26	
Georgia Riley	2:30	2nd-55+

6/01 - Ruth Anderson 50-Miler

Cecil Baumgartner	7:12:25	3rd-40+
Todd Hayes	7:16:20	1st-50+

6/2/01 - Forest of Nisene Marks
Half Marathon

Tom Zades	1:57	2nd-55+
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6/9/01 - Los Gatos Maters
Classic Track Meet

Brian Davis won the 45+ division of the 1500M in 4:25 and Jim Bordoni was 2nd in this division with a time of 4:40.3.

6/10/01 - Strawberry Festival 5K

Bob Pickens	17:12	1st-40+
Kristina Mathias	19:43	1st-30 *
Kelly Emo	22:48	4th-30+
Jack Friedlander	32:25	2nd-70+
Joyce Friedlander	33:56	1st-60+

*Runs for Aggies

Bob won this race outright by over two minutes.

6/17/01 - 38th Annual Holy City
Race - 9.1 Miles

1 Bob Pickens	53:41	1st-40+
2 Jeff Rohrer	60:47	
3 Kiram Moorty	63:00	
4 Scott Zavack	63:14	
5 Todd Hayes	63:30	1st-50+
6 Dick Chimenti	65:51	
7 Tom Warfel	66:30	
8 Cecil Baumgartner	68:00	
9 Joe Hurtado	68:14	1st-60+
10 Sue Francis	68:30	1st-Wo
11 Rich Hahn	68:43	

12 Dave Norlander	72:44	
13 Rick Kananen	76:54	
14 Pauline Beatty	77:11	
15 Mike McMahon	77:26	
16 Tom Zades	80:29	
17 Bill Flodberg	80:36	
18 Chris Hallen	80:59	1st-50+
19 Jim Myers	80:59	
20 Dena Noble	82:08	
21 Walt Cole	83:20	
22 Bob Meyer	86:03	
23 Walt Van Zant	91:15	

On a warm morning Bob Pickens ran to the largest margin of victory in the 38 years that this race has been run -- 7 minutes. Sue Francis won the women's division for the 6th time. Her first win came way back in 1984.

6/21/01 - Oracle 5K

Dave Piazza	17:26	1st-40+
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6/23/01 - Shriner's 8K

Bob Pickens	26:27	4th-40+
Dan Sauers	27:28	2nd-50+
Brian Davis	27:37	4th-45+
Craig Whichard	29:05	
Becki Kriege	29:47	2nd-30+
Neal Chappell	30:52	2nd-60+
Joe Hurtado	33:23	5th-60+
Rich Hahn	33:25	
Ken Noel	34:02	
Elaine Erickson	38:01	
Carl Ellsworth	38:18	1st-70+
Dena Noble	39:01	
John Pickens	40:09	
Ed Reyna	40:34	3rd-70+
Bill Flodberg	43:10	

6/23/01 - Western States 100-Miler (Writeup by Dick Chimenti)

Cecil Baumgartner	26:23
Todd Hayes	26:39

Both of these guys are amazingly tough. I spent about 40 miles with Cecil on Saturday night into Sunday morning. His quads were shot when we started running together at the 60-mile mark and he had bad blisters already on his heels. He went those 40 miles without one negative word or complaint. He acknowledged problems when I asked direct questions but he never complained. At about mile 88, he had been through the worst patch I saw from him, mostly caused by some lower GI problems. Cecil's solution to this rough

patch was to pick it up and run really hard for about 2 miles in pitch darkness, hoping that the change of pace would shake things up a bit. He was successful and we essentially raced from mile 88 to the finish. The 2 miles from about 88 to the next aid station were the fastest miles Cecil ran in the last 40.

When we caught Todd at 93.5 miles, he wasn't looking too good. He was moving very gingerly down a hill and not enjoying himself. He got through one of the more technical stretches of the latter part of the course and then pulled himself back together to finish very strongly over the last 3/4 miles. I had estimated that he would be 30-60 minutes behind Cecil based on how he was moving when we saw him. He recovered extremely well over those last few uphill miles.

I told Cecil more than once that he showed me a great example of how a 100-miler should be run. I wouldn't want to tangle with either of them late in a 100.

6/24/01 - San Jose Intl Triathlon

Dan Duston	2:31:15
Tim Riley	3:05:01

This race consisted of a mile swim, a 40K bike ride, and a 10K run.

6/24/01 - Sacto Danskin Triathlon

Georgia Riley	1:44:45	1st-55+
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This race consisted of a half mile swim, a 12-mile bike ride, and a 5K run.

7/1/01 - Grand Prix Road Miles in Sacramento

Bob Pickens	4:38.1	
Brian Davis	4:43.9	
Dan Sauers	4:46.6	1st-50+
Scott Bang	4:49.4*	
Jeff Cowling	4:54.7	
Craig Whichard	4:59.1	
Jim Bordoni	5:02.4	
Danny Moon	5:10.3	
Art Mitchum	5:17.2	
Dimitrios Stefanidis	5:24.7	
Charles Grant	5:29.9	
Neal Chappell	5:35.2	2nd-60+
Ralph Poole	5:42.2	1st-65+

