

Track Workouts

1994—2014



Track Workouts

6:30pm

Track Workouts began on Thursday, April 21, 1994. The cost was \$4. The location started out at San Francisco State but re-located to Kezar Stadium in the fall of 1994. The time was 6:30 P.M. The day of the week was Thursday.

The whole concept of having weekly coached track workouts began in early 1994. Andy was an assistant coach at Lowell High School, attending podiatry school, and working part-time at Fleet Feet on Ocean Avenue. Members of the Dolphin South End (DSE) Running Club were looking for someone to coach track workouts so they approached Andy, and the concept was born. We wouldn't be here today if not for the efforts of Sandra Seiki, Ken Reed, and others.

We started out at SF State but when daylight savings time ended we moved to Kezar, because SF State did not have lights but Kezar did. We've been at Kezar every since. Over the years the track workouts have become a real fixture at Kezar Stadium. Sometimes Kezar is closed and we have to go for a run in the park or head to Strawberry Hill for hill repeats. Sometimes we move workouts to an alternate day to avoid a holiday. Even when Andy is out of town, a substitute coach runs the workout. Other groups have come and gone but we are always there.

Some basic tenets have not changed. Workouts rotate in a basic 4-week cycle: 1. Long, 2. Sprints, 3. Power, 4. Cut-back. Four striders are done before we start the workout. Andy still calls out times in his own personal counting system (seconds up to 99 seconds, then minutes and seconds starting with 1:40). Andy still tells the same corny jokes about 300 meters being the perfect physiological distance and the second to last interval is commonly referred to as the "penultimate one."

Those were the basic parameters and not much changed between 1994 and 2011. But from 2011 to 2013 there were several "monumental" changes to this otherwise static institution.

In the summer of 2011, Andy announced his first price increase. Beginning on July 1, 2011, prices would increase to \$5 for non-Pamakids and \$3 for Pamakids. On the June 30, 2011, the last day of the "old" prices, Andy allowed people to buy unlimited/no expiration date track workout credits at the "old" price. \$1,388 is collected that night. Frank bought 200 workouts and Tower bought 250.

In January of 2012, after numerous cancellations due to Kezar being closed or Andy having a Thursday conflict, the track workouts were moved to Tuesdays. On our new night we realize the track is quite crowded with Impala, West Valley, and Excelsior. But no Team in Training. After just a few weeks of meeting at our usual spot on the south side of the track at Kezar, but on Tuesday instead of Thursday, we decided that we would have more space to ourselves if we re-located and made our meeting spot the north side of the track at Kezar.

Hundreds of different people have attended workouts. And everyone's time is recorded for future reference. We have some traditional workouts like Christmas Relays, a yearly mile time trial, a yearly 2

mile time trial, and special “sharpening workouts” before big races like the Kaiser Permanente San Francisco Half Marathon.

Another aspect of track is the semi-regular post-workout dinner. Ploy II, Crepes on Cole, Kezar Pub, Eldo’s, Milano’s, Naan Curry, Pacific Catch, and other restaurants have been the location for post-workout re-fueling.

As a result of these workouts, other things have evolved. The K-Stars running club formed in 2002 and added a regular Saturday morning run. There’s a “spot run” that meets weekly in the Panhandle. In 2001 the Pamakid Runners Club began subsidizing the cost of the workouts for its members. Currently almost everyone who runs at track is a Pamakid member and participates in races for Pamakids. We’ve had a couple of running form clinics. Thanks to friendships formed at track we’ve had BBQ’s and parties (including t-shirt bingo and a scavenger hunt on New Year’s Eve), gone river rafting, traveled to races, and did other fun activities.

Perhaps the biggest social result of track came in 2000, when Malinda Walker first came to a track workout. Seven years later, she married the coach.

Since that time two other couples either met or at least furthered their relationship at track workouts and have gone on to get married. They are Leah Evans and Nathan Wong, and Yvonne Ou and Justin Mikecz.



Andy coaching at track workout at SF State in 1994.

A box full of old track workout results.



Thursday Night Timeline

- April 21, 1994 1st Thursday Night Track Workout. Among the attendees that night are Patrick Lee and Keith Johnson.
- Oct 1994 Workouts move from SF State to Kezar Stadium when daylight savings time ends because Kezar has lights.
- June 2001 The Pamakid Runners club begins to subsidize the track workouts. George Rehmet, John Spriggs, and Christine Jegan are the first Pamakids to attend track workouts.
- May 2002 Dave Parrish and Dave Hoatson begin Saturday morning runs that finish at Crepes on Cole. We decide to call the group the K-Stars and it encompasses Saturday morning runs and Thursday night track workouts. The K in K-Stars is for Kezar. It's unclear who came up with this name but if you ask her, Tara Hillier claims to have been the inventor. We even have a website: www.kstars.org.
- July 2003 We begin posting the workout results online. Over the years, Dave Parrish, Tomas Palermo, and Heather Johnson have taken turns posting results until the switch to a Google Doc in 2013.
- Feb 2008 The pre-workout stretching routine changes from static stretches to dynamic stretches.
- Summer 2011 The first price change. Prices go up to \$5 per workout for non-Pamakids and \$3 per workout for Pamakids.
- Jan 2012 Track workouts are moved to Tuesdays.
- Late Jan 2012 Meeting spot re-located to the north side of the track at Kezar.
- Jan 2013 Workout results begin to be posted to a shared Google Doc.

COACHED TRACK WORKOUTS

SPEEDWORK FOR ALL LEVELS OF RUNNERS

Coach: Andrew Chan - current Lowell High School Asst. Coach
- former UCLA Manager/Asst. Coach

Place: Cox Stadium Track, San Francisco State University,
19th Avenue & Holloway

When: Thursdays at 6:30 pm

Fees: \$15/ 4 sessions or \$4/session

Contents of Workout: Warm-up & Stretch
4 Striders
~3 miles of intervals
Cool-down

Cycle of Intervals: Week 1: Long repeats (over 400 meters)
Week 2: Sprint work (400 meters and less)
Week 3: Combination of long and short distances
Week 4: Cut-back week

Goals of Workouts: 1. Improve speed
2. Increase strength over the last half of a race
3. Improve pace

For more information, please contact either:

Andy Chan	334-7632
Ken Reed	586-3104

First Workout
Apr 21, 1994

Apr 21 Workout

①
11

- 2 - 1200's 10K Pace
- 2 - 800's 5K Pace
- 2 - 400's little faster

Projected
10K 5K

William	95	92	4:26 (88)	4:12 (89)	2:38 (79)	2:37 (78.5)	67	72
Herman	96		4:11 (85)	4:13 (84)	2:40 (80)	2:45 (82.5)	71	78
Wayne	86	86	4:11 (83)	4:13 (84)	2:41 (80.5)	2:51 (85.5)	73	79
Ren	85	92	4:26 (88)	4:28 (89)	2:46 (83)	2:57 (88.5)	72	77
Patrick	93	86	4:19 (86)	4:07 (82)	2:46 (83)	3:03 (91.5)	77	76
Keith	93	93	4:33 (91)	4:33 (91)	2:55 (87.5)	3:08 (94)		
							Cramps	
Ken	140	96	4:58 (139)	5:07 (142)	3:07 (133.5)	3:10 (135)	88	87
Judi	155	150	5:15 (145)	5:22 (147)	3:16 (138)	3:16 (138)	85	86
Sandra			5:15 (145)	5:22 (147)	3:16 (138)	3:23 (141.5)	90	94
Nancy	207		5:44 (154)	5:51 (157)	3:31 (145.5)	3:34 (147)	94	99
Harry	210		6:13 (204)	6:34 (211)	4:15 (207.5)	4:15 (207.5)	1:55	2:00

U / 2 pd

✓ = attended

TRACK WORKOUTS

9203

48

9232

48

NAME	Apr 21	Apr 28	May 5	May 12	May 19	May 26	June 2	June 9	COMMENTS
KEN REED	X	X	X	X			X \$14	X	+ 2 who
WM GALVIN	X	X	X	X	X	X	X	X	
JUDI FREDRICKSON	X	X	X	X	X	X	X	X	
HENRY ESCOBADILLO	X	X	X	X					57 Greenwood Rd 942- Daly City 94015 3657
HENRY BLACK	X	X	X	X	X	X	X	X	
KEITH JOHANSEN	X	X	X	X	X	X	X	X	
NANCY MAROCH	X	X	X	X	X	X	X	X	
SANDRA SEIKI	X	X	X	X	X	X	X	X	52 Baldwin Ln D.C. 94015 956- 8605
WAYNE FLYNN	X	X	X	X	X	X	X	X	
Patrick Lee	X	X	X	X	X	X	X	X	429 21st Ave SF 94111
Ron Dorsey \$14	X	X	X	X					
Jim Roe			X	X	X	X	X	X	
Norman Chung Linda			X	X	X	X	X	X	6/9 pd
Nick Federer			X	X	X	X	X	X	pd 15 - June 16 - 23 00 pd thru 7/7 82
Elaine Roe 9					X	X	X	X	1007 Arlington Lane D.C. 94104
Paula						X	X	X	
John Lang						X	X	X	
Sally Payne Priscilla Black						X \$14	X	X	282 Shoreline Ave +1 Pacifica 94044 +3

"TRACK WORKOUT?"

Andy Chan



Oh, I'm not *fast enough*." That is the most common response I get when I ask someone if they're interested in trying a track workout. Why is that? I think there is a common misconception that only serious runners who finish in the top 20 at races are *fast enough* to run intervals. Listen up: track workouts are for EVERYONE.

Yes, I agree that the William Galvins and David Moultons are fast enough to do track workouts but so are the Nick "I am so fast enough" Lederers, Ursula Bernharts and Priscilla Blacks. The truth of the matter is NO ONE IS TOO SLOW.

At Lowell the goal is always to improve upon your last race. Improve can mean run 5:00 miles instead of 5:10, or 9:50 miles instead of 10:00, or complete the entire course without walking or stopping to rest, or even not be so winded at the end of the race. All four examples given are worthy improvements and deserve equal merit. The bottom line is that no matter what your mile pace or what your goals in running, there is something to be gained from interval workouts.

Track workouts are not just to improve speed. You can improve your strength, sense of pacing, as well as your speed, depending on what type of interval workout you are doing.

In a speed-building workout you run short sprints like 300s, 200s and 100s with lots of rest in between so you can run them at high speed (whatever your high speed is). By calling upon your fast-twitch muscles during a workout, they won't say to you, "I don't think so, Buster!" when you call upon them in a race. Wouldn't it be nice to sprint by your old nemesis who always seems to be 1-2 seconds ahead of you in a race?

A strength workout might be 4-1200s at your 5K race pace with the same amount of rest as it took you to run the 1200. A workout like this will make you stronger overall, especially, say, in the middle third of your race when there's a tendency to slow down due to fatigue. Also, when you're stronger, you can run the same pace with less energy expenditure. That means you can run the same pace you normally do but now you can carry on a conversation while doing it. Meanwhile your poor running partner, gasping for air, is forced to listen to your story about the fishing trip and is unable to get a work in edgewise.

My favorite workouts, however, are speed play or

power workouts. These workouts simulate race conditions. They prompt you to shift gears and surge in the middle of the workout for a short distance just like you would in a race. For example, you might run three Power 1000s. The first 800 of the Power 1000 is run at 5K pace but after the first 800 you must "power up" and sprint as fast as you can for the last 200. After sprinting the 200, you should jog for 200 meters to recover, then immediately begin the next Power 1000. This workout teaches you to keep running at a high speed outside your comfort zone.

All of these workouts help you develop a sense of pace. One of the most common mistakes I see is a runner who runs 8:00 miles for both a 5K and a 10K. Since the runner can maintain 8:00 miles for 6.2 miles, shouldn't that same runner be able to run at a faster rate for the shorter distance of 3.1 miles?

The final benefits of interval workouts have nothing to do with your running speed. They include the feeling of satisfaction after conquering a tough workout, the sense of camaraderie shared with the other runners, and if you run your workouts on Thursdays at Kezar at 6:30 pm, you get to hang out with the Chan-Man!

So, those of you who are hesitant to try track workouts, why don't you give it a try sometime. If not with me, get a group together and try it out. You might be surprised how much fun it is and how much you can improve. You'll soon learn that you are *fast enough*.

Meet the Thursday Night Workout Group (circa 1998)

By Andy Chan

This is the first part of a series about the runners who workout at Kezar Stadium every Thursday evening at 6:30pm.

Patrick Lee (2nd from the right, making the “V” sign)

Age: 50 years old.

Occupation: Plumber.

Miles/Week: 25 miles.

Favorite running shoes: Nike.

DSE: Patrick has been with the DSE for 5 years. He attends virtually every Sunday race and is responsible for creating the decorative finish line that is used at all DSE races. Patrick has been coming to the Thursday night track workouts since the very first one back in April 1994.

Collin Lee (last person on the right)

Age: 45 years YOUNG.

Occupation: Auto Mechanic.

Miles/Week: 25 miles/week.

Favorite running shoes: Asics 125 is his kind of shoe.

DSE: Collin has been a DSE member for 4 years. He’s looking forward to the DSE 12 Hour Distance Classic.

Keith O. Johnson (4th from the left)

Age: 60 years old.

Occupation: Recording Engineer, Consultant.

Miles/Week: 15 miles/week.

Favorite running shoes: Asics 2010.

DSE: Keith is fond of the running community and competition that the DSE provides.

John Spriggs (5th from the left, hands on hips)

Age: 37 years old.

Occupation: Computer Network Administrator.

Miles/Week: 40-50 miles/week.

Favorite running shoes: Asics DS Trainers (always worn with black socks!!).

DSE: John started running with the DSE as a kid during the 1970’s running boom. After a few years of wandering around, he’s back for the next running boom.

George Rehmet (6th from the left and right....i.e. man in the middle in the sprinter’s crouch)

Age: 31 years old.

Occupation: Special Education Teacher.

Miles/Week: 45-55 miles/week.

Favorite running shoes: Saucony Stabilizer & Asics DS Trainer.

DSE: George joined DSE 3 years ago for the comraderie. He is the co-race director with Sally Buchanan for the 12 Hour Distance Classic on Sept. 20.

Varunee Moser (3rd from the left)

Age: 31 years old.

Occupation: In the finance world.

Miles/Week: 40-45 miles/week.

Favorite running shoes: New Balance 851 and Saucony Procyon.

DSE: Varunee joined the DSE to meet other runners.

Rene Tipton (first person on the left)

Age: 31 years old.

Occupation: Protein Chemist.

Miles/Week: 20 miles/week.

DSE: Rene joined DSE at the beginning of this year.

Mary Thorsby (not pictured)

Age: 34 years old.

Occupation: Freelance Writer.

Miles/Week: 22-25 miles/week.

Favorite running shoes: Nike.

DSE: Mary's first DSE race was the Roller Coaster race near Lake Street.

Andrea DeRoche (2nd from the left)

Age: 31 years old.

Occupation: Psychiatric Social Worker.

Miles/Week: 25 miles.

Favorite running shoes: some very worn Etonic Stable Airs.

DSE: Andrea needed some running partners and joined DSE after finding out about the club on the web.

The Unruh Family (Dad-Rocky, Daughter-Zoe, & Son-Zack, 5th, 4th, & 3rd from the right) -

The Unruh family joins the Thursday night group periodically. Son, Zack, and father, Rocky, ran at the Christmas Relays Track Workout last December. They placed 1st & 2nd in the Handicapped Start 1600 which helped their team to 1st place.

Grant Gaines (not pictured)

Age: 49 years old.

Occupation: Funeral Director.

Miles/Week: 30 miles/week.

Favorite running shoes: Nike and Saucony.

DSE: Grant joined the DSE to improve his running.

Brian Coughlin (not pictured)

Age: 56 years old.

Occupation: Teacher.

Miles/Week: 25-30 miles/week.

DSE: Brian joined the DSE one month ago after learning about the DSE on the internet.



First Pamakids Invoice

To: Pamakids

From: Andy Chan

RE: Thursday Night Track Workouts

Date: Oct 4, 2001

Workout attendees and date(s):

John Spriggs – 8 practices

6/21, 6/28, 7/5, 7/19, 8/16, 9/6, 9/13, 10/4

George Rehmet – 2 practices

9/6, 9/13

Christine Jegan – 1 practice

10/4

TOTAL – 11 practices @\$4 = \$44

The Price of Running

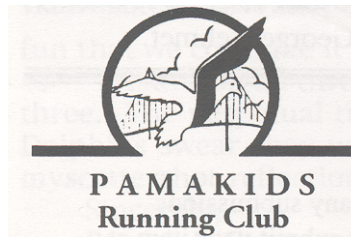
Muni ride to Kezar for practice.....\$1.25



Pamakids uniform.....\$35



Home Depot Half Marathon entry fee.....\$45



Having Chanman as your coach.....~~priceless~~

~~priceless~~
\$2 for Pamkids members

There are some things you can't buy....but coaching ISN'T one of them.

Kezar Stadium
Thursdays, 6:30pm
More info:
Andy Chan
415-334-7632 or
chanman@pol.net



All-Time Track Workout Roster (alphabetical)

Aaron	Carmen	Francisco	Jerry Flanagan
Adam Brink	Carol Zoltowski	Frank Alupay	Jerry Lee
Adam Lucas	Carrie Tsai	Fred Haber	Jessi England
Adrian Jue	Catrine Machi	Galen Carnicelli	Jessica Mason
Aidan Durgerian	Cedric Barre	Gary Brickley	Jim Roe
Alena Villari	Ceis Wildin	Gary Ellis	Jimi Smith
Alicia	Chemtai	Gene French	Joan
Alicia Liu	Chris Cranley	Geoff Davis	Joanna Luk
Alicia M	Christian Solem	Geoff Turner	Jocelyn Rodriguez
Allison	Christina	Geoffrey Valentine	Jodi Thirtyacre
Allison Friel	Christina Lay	George Durgerian	Jody McCown
Amy Clifford	Christine Jegan	George Rehmet	Joe Matthews
Amy H	Cindy Jimenez	Gina Adams	Joel
Anabel Marsh	Clarisa	Gino Giusti	John Gieng
Anders Ryerson	Clarissa Topacio	Greg Kaas	John Gregson
Andrea	Colin Alley	Greg Taleck	John M
Andrew Bloch	Colin Lee	Greg Walston	John Park
Andrew O'Driscoll	Dagny Dingman	Guy	John Santos
Andy	Dale	Harold Herringhi	John Spriggs
Andy Bupp	Dale Hogan	Heather	John Stolte
Andy L	Dan	Heather Johnson	John Street
Angel	Dan Costello	Henry Black	John Woods
Anna	Dan Dougherty	Herman Escajadillo	Joseph Bates
Anna Kurtz	Dan Dougherty	Holly	Joyce Warren
Anne Mason	Dan Rangenberg	Hutch	JT
Annekah	Dan Shore	Ilona Gugan	Judi Fredrickson
Anthony McGrath	Danielle B	Irene Wan	Judy
Antoine Hamelin	Danielle Hashem	Irving	Julia Chou
Anya Durgerian	Dave Hoatson	Ivan	Justin Mikecz
Aram Durgerian	Dave Parrish	Ivan	Karen McGarrah
Ari	David Kurtz	Jack	Karl
Arlene	David Mouton	Jack	Kate
Ashley Rodwick	David O'Connor	Jacob Gibson	Kate Belding
Asit Panwala	Deb	James	Kathleen
Austin	Deborah	James Carville	Kathleen Galligan
Ben Willis	Denis Glenn	Jane	Katy Yost
Ben Yee	Dianne Hutchings	Jane Stephens	Keith Johnson
Bernice Brucker	Drew Lindsay	Janet	Kelly Haston
Beth	Edward Caldwell	Janine	Kelly McCloskey
Bob	Eimear	Janne C	Ken Fong
Brent Daniels	Elaine Koga	Jarrett Moore	Ken Reed
Brian	Elizabeth Staub	Jason Wong	Kenley Gaffke
Brian Hutto	Ellen Fitzgerald	Jay	Kevin
Brian Miller	Emily Berger	Jeanie Jones	Kim Jones
Brian Patterson	Emily Hellmuth	Jeff	Kings
Brian Van Zander	Eric	Jeff Houston	Kristen Larsen
Brittany	Evelyn	Jeff Huizinga	Kristin Ikola
Cammie Dingwall	Felix Tong	Jeff R	Lara
Carlos	Fiona McCusker	Jenna Noe	Laura
Carlos Urrutia	Flaminius Ching	Jennifer	Laura Pripstein

All-Time Track Workout Roster (alphabetical)

Lauren Fairbanks	Monica Zhuang	Simon Novich
Laurent	Morgan Conlon	Siobhan
Leah Evans	Nadim Hegazi	Stella Hall
Lee Novich	Nakia Baird	Steve Holcombe
Lee Sher	Nancy Makuch	Steve Lloyd
Leland Wong	Nataline	Steve Perez
Leo Rosales	Nathan Wong	Steven Pitsenbarger
Liam Thirtyacre	Nick Lederer	Sunder
Lina	Nicola	Susan Beck
Linda Heudenreich	Nini Benbouzid	Susan Chin
Lisa	Noeleen Moore	Tan Nguyen
Long Doan	Norman Ching	Tara Hillier
Lori	Olga Tsyvinsky	Taylor Sitler
Louise Stephens	Pam	Ted Kinch
Lucas Chapin	Patrick Lee	Thang Ta
Lucy Payne	Patrick Reagan	Theo Jones
Lucy Wing	Paul Zager	Thom Fox
Lydia	Pauline	Thomas Chuang
Mai	Peter	Tiffani
Malinda Walker	Peter Elliman	Tim Comay
Marcia Martin	Peter Hoskow	Tina Young
Marian Lyons	Petrina	Tom
Marie Carlotti	Priscilla Black	Tom Bevans
Marilyn Stubblebine	Promethius Ching	Tomas Palermo
Mark A	Rachel S	Trevor Marshall
Mark Hermano	Raissa Trend	Tyler
Mark Huffman	Ray Piva	Ursula Bernhardt
Markham Miller	Raymond Lee	Varunee
Marlyss Bird	Raymond Yu	Vicki
Martha Abbene	Rene Tipton	Vicki Hart
Mary Thorsby	Renee Dominguez	Virginia Rosales
Maryanne Cattaneo	Richard Lee	Wayne Plymanle
Matt Herzog	Robert	Whitney Stephenson
Matthew Kaea	Rocky Unruh	William Dai
Megan Guttman	Ron Day	William Galvin
Megan Nguyen	Ron Dorey	William Stephens
Megan Noonan	Ron Hess	Xiaoyin Guo
Melissa Cheung	Rosemarie MacGuinness	Yong
Merick Dang	Rowena	Yvonne Ou
Michael	Roxanne Ramirez	Zack Hedling
Michelle Gallagher	Roy Clarke	Zack Unruh
Mickey	Ryan Pletzke	Zhao
Mike Axinn	Sandra Seiki	Zoe Unruh
Mike D	Sara Saba	
Mike D	Sarah	
Mike Harper	Sarah Goins	
Mitchell	Scott Benbow	
MM	Sergio	
Monica Fernandez	Sharon	
Monica Trejo	Sheila	

Since not everyone's last name is recorded and memories get hazy, this is a best guess for an all-time roster of track workout attendees amongst people who came at least 3 times. Total on this list is 343.

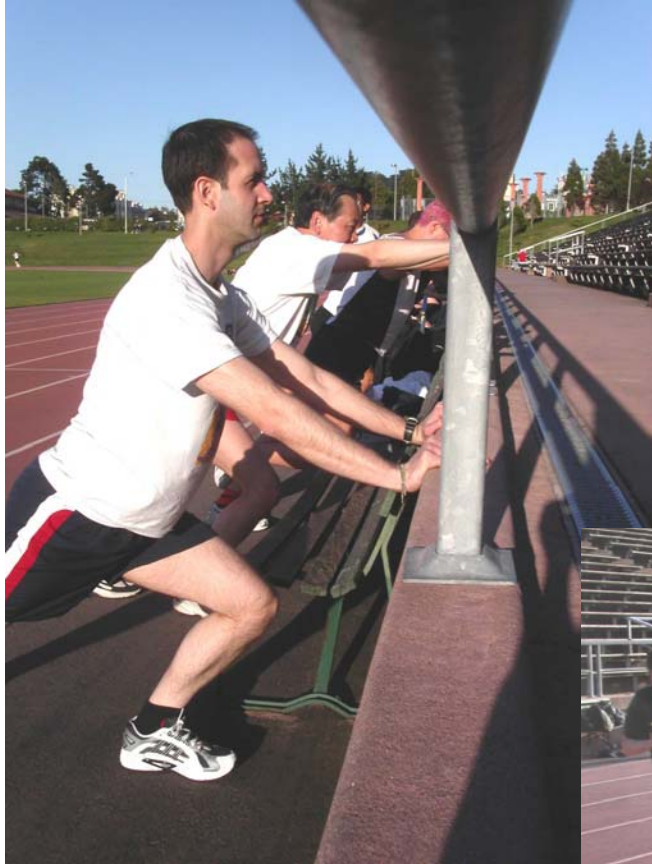
All-Time Track Workout Roster (in more or less chronological order)

Ken Reed	Judy	Kate	Paul Zager
William Galvin	Joan	Yong	David O'Connor
Judi Fredrickson	Richard Lee	Lucy Wing	Jeff R
Herman Escajadillo	Andy	Whitney Stephenson	Nathan Wong
Henry Black	John Gregson	Sarah	Zack Hedling
Keith Johnson	JT	Heather	Dagny Dingman
Nancy Makuch	Lori	Tiffani	Leah Evans
Sandra Seiki	Laura	Clarisa	Heather Johnson
Wayne Plymanle	Rene Tipton	Kristen Larsen	Petrina
Patrick Lee	George Rehmet	Adam Brink	Kings
Ron Dorey	Leland Wong	Malinda Walker	John Street
Jim Roe	Renee Dominguez	Amy H	Janet
Norman Ching	Marcia Martin	Robert	Bob
Linda Heudenreich	Ivan	Nicola	Mike Harper
Nick Lederer	Ron Hess	Sharon	Arlene
Elaine Koga	Rocky Unruh	John Gieng	Jeff Huizinga
Lucy Payne	Zoe Unruh	Brittany	Mike D
Priscilla Black	Zack Unruh	Dave Hoatson	Kevin
Marian Lyons	Varunee	Christine Jegan	Mai
Flaminius Ching	Mary Thorsby	Vicki	Galen Carnicelli
Colin Lee	Andrea	Rowena	Andy Bupp
Patrick Reagan	Brian	James	Monica Zhuang
Ceis Wildin	Irving	Cedric Barre	Ashley Rodwick
Vicki Hart	Martha Abbene	Tara Hillier	Sara Saba
Raymond Lee	Laura Pripstein	Andrew Bloch	Denis Glenn
Ursula Bernhardt	Susan Beck	Pam	Cammie Dingwall
Marilyn Stubblebine	Christina	Lisa	Andy L
David Mouton	Jack	Beth	Jeanie Jones
Carol Zoltowski	Jennifer	Deborah	Asit Panwala
Jeff Houston	Peter Elliman	Monica Fernandez	Chris Cranley
Promethius Ching	Nataline	Amy Clifford	Ray Piva
Andrew O'Driscoll	John Stolte	Sheila	Francisco
Ken Fong	Theo Jones	Eric	Brian Hutto
Kate Belding	MM	Eimear	Adam Lucas
Harold Herringhi	Jody McCown	Raymond Yu	Aaron
Mitchell	Annekah	Antoine Hamelin	Ari
Jane	Jack	Laurent	Tom
Fred Haber	Siobhan	Jeff	Brent Daniels
Jason Wong	Anna	Janne C	Adrian Jue
Gary Ellis	Ron Day	Mickey	Lara
Anabel Marsh	Lina	Mike D	Danielle B
Bernice Brucker	Thom Fox	Tomas Palermo	David Kurtz
Tina Young	Alena Villari	Hutch	Tom Bevans
Kathleen Galligan	Jenna Noe	Michael	Carlos
Joyce Warren	Jerry Lee	Allison	Rachel S
Dianne Hutchings	Holly	Dale	Karl
John Spriggs	Jay	Frank Alupay	Sunder
Kristin Ikola	Deb	Pauline	Michelle Gallagher
Kim Jones	Lydia	John Santos	Ivan
Dan Shore	Dave Parrish	Guy	Trevor Marshall

All-Time Track Workout Roster (in more or less chronological order)

Gino Giusti	Lee Novich	Ben Yee
Dan	Gary Brickley	Carrie Tsai
Zhao	Clarissa Topacio	Christian Solem
Mark A	Leo Rosales	Taylor Sitler
Ellen Fitzgerald	Virginia Rosales	Ted Kinch
Cindy Jimenez	Jimi Smith	Gene French
Jocelyn Rodriguez	Fiona McCusker	Carmen
Anna Kurtz	George Durgerian	Jacob Gibson
Tan Nguyen	Steve Lloyd	Gina Adams
Long Doan	Jarrett Moore	Colin Alley
Steve Holcombe	Jodi Thirtyacre	Nadim Hegazi
Marlyss Bird	Liam Thirtyacre	Emily Berger
Markham Miller	Tyler	William Stephens
John Park	Peter Hoskow	Susan Chin
Joel	Xiaoyin Guo	Scott Benbow
Anders Ryerson	Carlos Urrutia	Danielle Hashem
Dale Hogan	Nakia Baird	Irene Wan
Megan Noonan	Yvonne Ou	Greg Kaas
Emily Hellmuth	Lauren Fairbanks	Karen McGarrah
Allison Friel	Joanna Luk	Alicia Liu
Anne Mason	Tim Comay	Ben Willis
Simon Novich	Melissa Cheung	Matt Herzog
Kelly Haston	Louise Stephens	Alicia M
Lee Sher	Jane Stephens	Kathleen
Chemtai	Thang Ta	Lucas Chapin
Sergio	Steven Pitsenbarger	Joseph Bates
Geoff Turner	Raissa Trend	Ryan Pletzke
Megan Nguyen	Morgan Conlon	Julia Chou
Merick Dang	Kelly McCloskey	Nini Benbouzid
Jessica Mason	Mike Axinn	Dan Dougherty
Ilona Gugan	Brian Patterson	Catrine Machi
Kenley Gaffke	Janine	Evelyn
Geoff Davis	Edward Caldwell	Peter
Joe Matthews	Alicia	Matthew Kaea
Christina Lay	Dan Costello	Elizabeth Staub
Mark Huffman	Anthony McGrath	John M
Stella Hall	Geoffrey Valentine	Noeleen Moore
James Carville	Steve Perez	Dan Dougherty
Justin Mikecz	Angel	William Dai
Megan Guttman	Drew Lindsay	Maryanne Cattaneo
Dan Rangenberg	Katy Yost	Monica Trejo
Thomas Chuang	Anya Durgerian	Rosemarie MacGuinness
Brian Van Zander	Aidan Durgerian	Jessi England
Marie Carlotti	Aram Durgerian	
Greg Taleck	Sarah Goins	Since not everyone's last name is recorded
John Woods	Jerry Flanagan	and memories get hazy, this is a best guess
Mark Hermano	Roxanne Ramirez	for an all-time roster of track workout
Brian Miller	Felix Tong	attendees amongst people who came at
Olga Tsyvinsky	Greg Walston	least 3 times. Total on this list is 343.
Roy Clarke	Austin	Names on this list in order of first time attending track.

A Typical Thursday Night

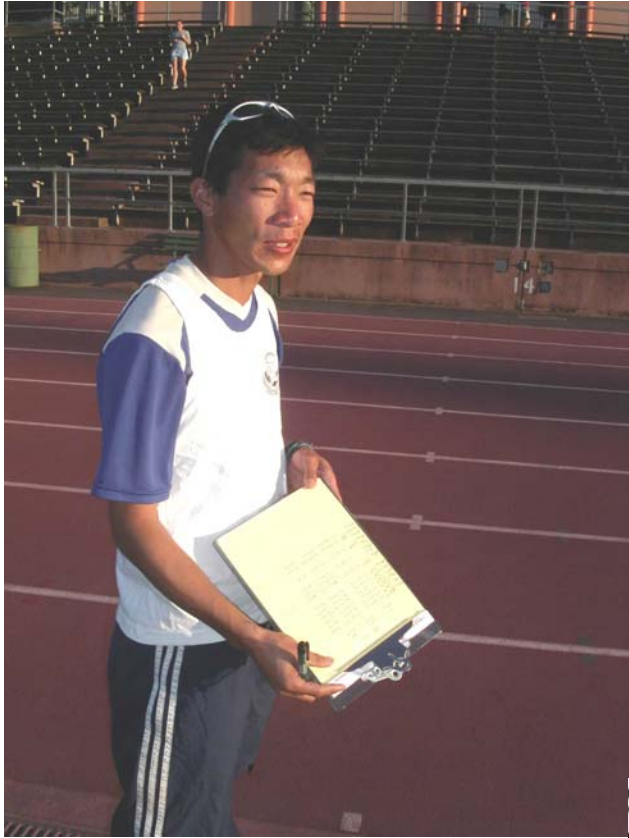


We start with stretching



Then it's intervals—
SET...GO!!





The coach records all the times

We might finish with some relay races



But no matter what,
you're sure to be
tired by the end

At Practice Through The Years



1998

1999



2000

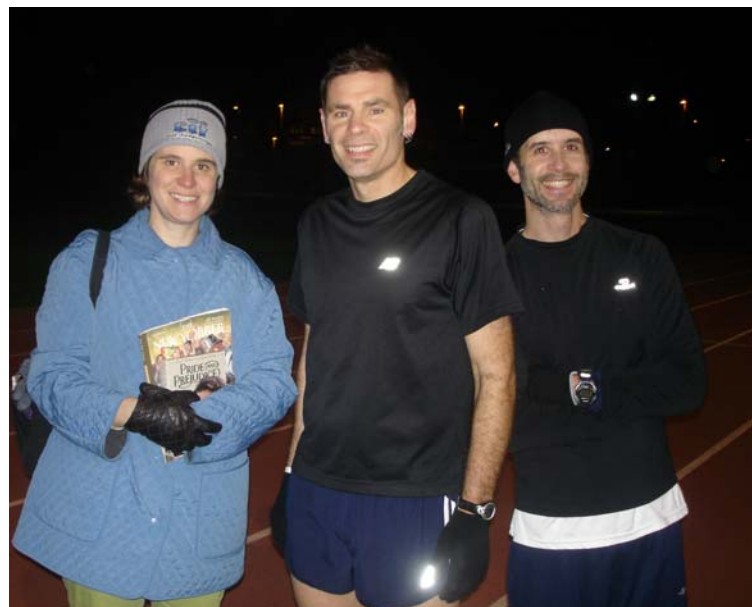


2002

2004



2003



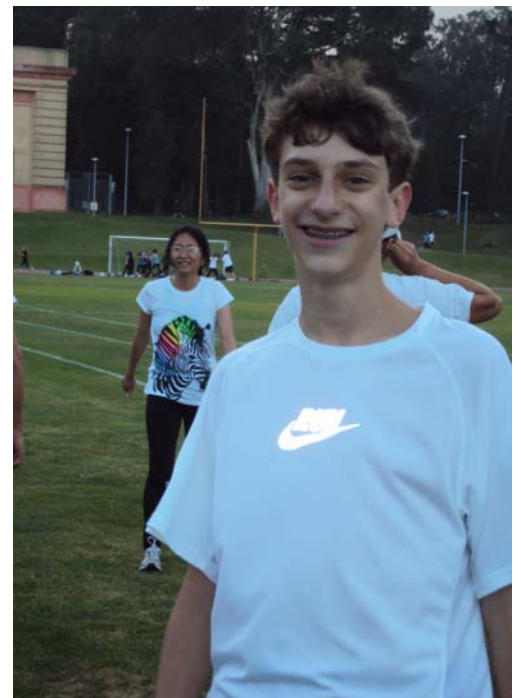
2006



Can you spot the future Olympian?

2006

2010



The Olympian comes for a visit for a photo-op with our compression socks.

Married Couples—Met at the track



Malinda Walker & Andy Chan
2007

Justin Mikecz & Yvonne Ou
2013



Leah Evans & Nathan Wong
2013



Christmas Relay Workouts

3rd Annual Christmas Relays Track Workout (1996)

By Andy Chan

17 runners turned out for the 3rd annual Christmas Relays Track Workout at Kezar Stadium on December 19, 1996. Members of the Lowell cross country team (past and present) joined forces with the Thursday night track workout group for some spirited competition. In the Handicapped 1600 (modeled after the Double Dipsea), Team W led by Stephanie Fong's 1st place finish brought home 1st place. Dan Shore and Gary Ellis turned in the fastest 1600 splits of 4:47 and 4:57, with Raymond Yu running a PR of 5:00. In the 2nd event, the 4X800 Relay, Team X began to assert its power, with Thang Ta high stepping his way down the final straightaway for an easy victory. The 3rd event, the Distance Medley, saw Team Y finally get on the board with a 3rd place finish. With Team X leading Team Y 12-11, it all came down to the 4X400 Relay. Despite a 1:00 leg by Tan Nguyen, Team X, bolstered by consistent splits by Patrick Lee (1:07), Thang Ta (1:01), Gary Ellis (1:07), and Long Doan (1:06), came away with a 10 second win over Team Y and the right to call themselves the Christmas Relay Champions. Congratulations!!

Many thanks to all who attended and to John Gieng for videotaping the proceedings so that I could go back to get the times later. Hope to see more people out at the Thursday workouts soon.

Team W

Dan Shore
Stephanie Fong
Susan Chou
Tan Nguyen

Team X

Gary Ellis
Patrick Lee
Thang Ta
Long Doan

Team Y

Jerry Lee
Jeff Houston
Jason Wong
Raymond Yu
alt - Kim Jones

Team Z

John Spriggs
Collin Lee
Harold Heringhi
Ritchie Jong

Event #1 - Handicapped 1600

Pl.	Name	Finish Time	Handicap	Actual 1600 Time
1.	Stephanie Fong	6:24	0:00	6:24
2.	Raymond Yu	6:30	1:30	5:00
3.	Thang Ta	6:35	1:30	5:05
4.	Susan Chou	6:38	1:10	5:28
5.	Ritchie Jong	6:43	1:30	5:13
6.	John Spriggs	6:45	1:30	5:15
7.	Dan Shore	6:47	2:00	4:47
8.	Long Doan	6:49	1:00	5:49
9.	Collin Lee	6:51	1:00	5:51
10.	Patrick Lee	6:52	0:45	6:07
11.	Jerry Lee	6:56	1:50	5:06
12.	Gary Ellis	6:57	2:00	4:57
13.	Harold Heringhi	7:02	0:30	6:32
14.	Jeff Houston	7:07	0:30	6:37
15.	Jason Wong	7:23	1:00	6:23
16.	Tan Nguyen	7:33	1:30	6:03

1.	Team W	1	4	7	16	=28
2.	Team X	3	8	10	12	=33
	Team Z	5	6	9	13	=33
4.	Team Y	2	11	14	15	=42

Event #2 - 4X800 Relay (no times)

1st - Team X

Patrick
Gary
Long
Thang

2nd - Team W

Tan
Stephanie
Susan
Dan

3rd - Team Z

Ritchie
Harold
Collin
John

4th - Team Y

Jeff
Raymond
Jerry
Jason

Event #3 - Distance Medley Relay (1200-400-800-1600)

1st - Team X

Thang 4:07
Patrick 1:10
Long 2:43
Gary 5:06
13:06

2nd - Team W

Tan 4:15
Stephanie 1:22
Susan 2:42
Dan 4:57
13:16

3rd - Team Y

Jerry 4:00
Jason 1:11
Jeff 2:57
Raymond 5:31
13:39

4th - Team Z

Collin 4:38
Harold 1:27
Ritchie 2:34
John 5:26
14:05

Event #4 - 4X400 Relay

1st - Team X

Patrick 1:07
Thang 1:01
Gary 1:07
Long 1:06
4:21

2nd - Team W

Tan 1:00
Stephanie 1:20
Susan 1:10
Dan 1:01
4:31

3rd - Team Z

Collin 1:07
Harold 1:13
John 1:06
Ritchie 1:07
4:43

4th - Team Y

Kim 1:22
Raymond 1:04
Jeff 1:18
Jerry 1:18
5:02

Final Standings (1st-5 pts, 2nd-3 pts, 3rd-1 pt, 4th-0 pts)

	<u>Team W</u>	<u>Team X</u>	<u>Team Y</u>	<u>Team Z</u>
Handicapped 1600	5	2	0	2
4X800 Relay	3/8	5/7	0/0	1/3
Distance Medley Relay	3/11	5/12	1/1	0/3
4X400 Relay	3/14	5/17	0/1	1/4
	2 nd	1 st	4 th	3 rd

4th Annual Christmas Relays Track Workout (1997)

By Andy Chan

23 brave runners and a handful of volunteers turned out on a cold Thursday evening for the 4th annual Christmas Relays Track Workout at Kezar Stadium on December 18, 1997. Members of the Lowell cross country team (past and present) joined forces with the Thursday night track workout group and some of the top Excelsior Club runners for some spirited competition. In the Handicapped 1600 (modeled after the Double Dipsea), Team A led by a 1-2 son-father finish by Zack and Rocky Unruh brought home 1st place. Fast 1600 splits were turned in by Chris Phipps, Dan Shore, and Ian Shapiro (4:50, 4:51, & 4:52!!). In the Distance Medley Relay, Team E (a team of late arrivals and lazy Lowell alumni) joined the fun but no one could beat Team D. An exhausted and out of shape Team E then traded John Spriggs to Team C for a candy cane and some water. John was so happy to be away from Team E that he led Team C to victory in the 4X800 Relay. With Team D leading Team A 11-9, it all came down to the 4X400 Relay. Team A recruited fresh legs in Raymond "Tower" Yu and despite a scare from the never say die Team E (which included Thang running the 1st and 3rd legs, your favorite coach running the 2nd leg, and Tower doubling back to run the anchor leg) won in impressive style. Congratulations to Team A, the 1997 Christmas Relay Champions!!

Team A

Chris Phipps
Ian Shapiro
Rocky Unruh
Zach Unruh
alt - Raymond Yu

Team B

Dan Shore
David Loutzenheiser
Collin Lee
Harold Heringhi

Team C

Chris
Ron Hess
John Gieng
Jim Misener
alt - John Spriggs

Team D

Hans
Tyler Abbott
Patrick Lee
Keith Johnson

Team E

Thang Ta
Tan Nguyen
Andy Chan
Long Doan
Andy Chan
*John Spriggs
*Raymond Yu

Event #1 - Handicapped 1600

Pl.	Name	Finish Time	Handicap	Actual 1600 Time	
1.	Zack Unruh - A	6:57	0:00	6:57	
2.	Rocky Unruh - A	7:00	0:15	6:45	1. Team A 1 2 4 9 =16
3.	Patrick Lee - D	7:36	1:15	6:21	2. Team D 3 6 8 12 =29
4.	Ian Shapiro - A	7:37	2:45	4:52	3. Team B 5 10 14 15 =44
5.	Harold Heringhi - B	7:49	1:15	6:34	4. Team C 7 11 13 16 =47
6.	Hans - D	7:51	2:55	4:56	
7.	Jim Misener - C	7:52	2:25	5:27	
8.	Keith Johnson - D	7:53	1:45	6:08	
9.	Chris Phipps - A	7:55	3:05	4:50	
10.	Dan Shore - B	7:56	3:05	4:51	
11.	Chris - C	7:57	2:55	5:02	non-scoring: Thang Ta - 5:32
12.	Tyler Abbott - D	7:58	2:45	5:13	
13.	John Gieng - C	7:58	2:15	5:43	
14.	David Loutzenheiser - B	8:08	2:35	5:33	
15.	Collin Lee - B	8:11	2:15	5:56	
16.	Ron Hess - C	8:15	2:35	5:40	

Event #2 - Distance Medley Relay (1200-400-800-1600)

<u>1st - Team D</u>		<u>2nd - Team A</u>		<u>3rd - Team B</u>		<u>4th - Team E</u>		<u>5th - Team C</u>	
Tyler	3:51	Chris P.	3:38	David	4:00	John S.	3:56	Jim	4:14
Patrick	1:12	Zack	1:25	Harold	1:21	Tan	0:58	Ron	1:08
Keith	2:49	Rocky	2:57	Collin	2:45	Tower	2:22	John G.	2:43
Hans	<u>4:55</u>	Ian	<u>4:52</u>	Dan	<u>4:52</u>	Long	<u>5:57</u>	Chris	<u>5:14</u>
	12:47		12:52		12:58		13:13		13:19

Event #3 - 4X800 Relay

<u>1st - Team C</u>		<u>2nd - Team D</u>		<u>3rd - Team B</u>		<u>4th - Team A</u>	
John S.	2:33	Patrick	2:49	Collin	2:48	Zack	3:22
Ron	2:43	Keith	2:58	Harold	3:08	Rocky	3:10
John G.	2:50	Tyler	2:28	Dan	2:22	Chris P.	2:25
Chris	<u>2:21</u>	Hans	<u>2:23</u>	David	<u>2:31</u>	Ian	<u>2:18</u>
	10:27		10:38		10:49		11:15

Event #4 - 4X400 Relay

<u>1st - Team A</u>		<u>2nd - Team C</u>		<u>3rd - Team B</u>		<u>4th - Team D</u>		<u>5th - Team E</u>	
Raymond	1:02	John S.	1:07	Dan	1:03	Patrick	1:11	Thang	1:26
Rocky	1:22	Ron	1:09	Harold	1:20	Keith	1:20	Andy	1:03
Chris	1:02	John G.	1:14	Collin	1:11	Tyler	1:07	Thang	1:14
Ian	<u>1:02</u>	Chris	<u>1:01</u>	David	<u>1:05</u>	Hans	<u>1:04</u>	Raymond	<u>1:10</u>
	4:28		4:31		4:39		4:42		4:53

Final Standings (1st-5 pts, 2nd-3 pts, 3rd-1 pt, 4th-0 pts, 5th-0pts)

	<u>Team A</u>	<u>Team D</u>	<u>Team C</u>	<u>Team B</u>	<u>Team E</u>
Handicapped 1600	5	3	0	1	
Distance Medley	3/ 8	5/ 8	0/ 0	1/ 2	0
4X800 Relay	0/ 8	3/ 11	5/ 5	1/ 3	
4X400 Relay	5/ 13	0/ 11	3/ 8	1/ 4	0
	1st	2nd	3rd	4th	

5th Annual Christmas Relays Track Workout (1998)

By Andy Chan

The day before the arctic freeze hit the Bay Area, 12 runners turned out for the 5th annual Christmas Relays Track Workout at Kezar Stadium on December 17, 1998. In honor of San Francisco's excellent MUNI system the teams were Team J, K, and L. Hopefully these teams could run faster than the MUNI buses. In the Handicapped 1600 (modeled after the Double Dipsea), Tommy took 1st for Team L but Team K, with Harold, Keith, and John placing 2nd-4th-6th, won this event. John had the fastest 1600 split with a 5:17. In the Distance Medley Relay, Team J, with Patrick, Martha, and Irvin running the first 3 legs had a 15 second lead on Team K. But John was a man possessed, closing the gap on Ron. The two were even with a lap to go and John was able to pull away and win the event for Team K with another 5:17 split. The next event, the 4X800 Relay, saw all three teams take turns with the lead. Andrew's lead off 2:58 gave Team L the early lead but a fast 2:42 by Patrick brought Team J back into the picture. Still, as Martha handed the baton to John, Team K had a 3 second lead. The question was could Ron turn the tables on John this time. Ron was not going to go down without a fight and immediately caught and passed John. But John was patient and with 200 meters to go, to the screaming cheers of "Assassin", John started sprinting and killed off the competition. With wins in the first 3 events, Team K clinched the overall title. But 2nd place honors were still up for grabs heading into the always exciting 4X400. Ron had a 4 second lead on John and one second behind that was the SHC track star Tommy for Team L. In impressive fashion, Tommy "swooped" everyone, running a 1:03 anchor leg. Team L and J ended up in a tie for 2nd place. After the event, we all dined at Villa Romano on Irving Street. Congratulations to Team K (Keith, Harold, Martha, and John), the 1998 Christmas Relay Champions!!

Team J

Patrick Lee
Mary Thorsby
Irvin Taputuarai
Ron Hess

Team K

Keith Johnson
Harold Heringhi
Martha Abbene
John Spriggs

Team L

Laura Pripstein
Andrew O'Driscoll
Susan Beck
Tommy Lee

Event #1 - Handicapped 1600

Pl.	Name	Finish Time	Handicap	Actual 1600 Time	
1.	Tommy Lee - L	6:39	0:40	5:59	
2.	Harold Heringhi - K	6:41	0:15	6:26	1. Team K 2 4 6 9 =21
3.	Patrick Lee - J	6:44	0:40	6:04	2. Team L 1 5 10 11 =27
4.	Keith Johnson - K	6:45	0:40	6:05	3. Team J 3 7 8 12 =30
5.	Laura Pripstein- L	6:46	0:15	6:31	
6.	John Spriggs - K	6:47	1:30	5:17	
7.	Irvin Taputuarai - J	6:53	0:00	6:53	
8.	Ron Hess - J	~6:57	1:30	~5:27	
9.	Martha Abbene - K	7:02	0:00	7:02	
10.	Andrew O'Driscoll - L	7:12	1:30	5:42	
11.	Susan Beck - L	~7:40	0:00	~7:40	
12.	Mary Thorsby - J	7:55	0:15	7:40	

Event #2 - Distance Medley Relay (1200-400-800-1600)

<u>1st - Team K</u>		<u>2nd - Team J</u>		<u>3rd - Team L</u>	
Keith	4:36	Patrick	4:28	Laura	4:53
Harold	1:21	Mary	1:22	Andrew	1:09
Martha	3:20	Irvin	3:12	Susan	3:30
John	<u>5:17</u>	Ron	<u>5:34</u>	Tommy	<u>5:56</u>
	14:34		14:36		15:28

Event #3 - 4X800 Relay

<u>1st - Team K</u>		<u>2nd - Team J</u>		<u>3rd - Team L</u>	
Harold	3:04	Irvin	3:23	Andrew	2:58
Keith	2:55	Mary	3:19	Susan	3:36
Martha	3:22	Patrick	2:42	Laura	3:07
John	<u>2:38</u>	Ron	<u>2:36</u>	Tommy	<u>2:31</u>
	11:59		12:00		12:12

Event #4 - 4X400 Relay

<u>1st - Team L</u>		<u>2nd - Team J</u>		<u>3rd - Team L</u>	
Andrew	1:07	Irvin	1:22	Harold	1:21
Laura	1:25	Mary	1:26	Keith	1:13
Susan	1:33	Patrick	1:12	Martha	1:30
Tommy	<u>1:03</u>	Ron	<u>1:09</u>	John	<u>1:10</u>
	5:08		5:09		5:14

Final Standings (1st-5 pts, 2nd-3 pts, 3rd-1 pt)

	<u>Team J</u>	<u>Team K</u>	<u>Team L</u>
Handicapped 1600	1	5	3
Distance Medley	3/ 4	5/ 10	1/ 4
4X800 Relay	3/ 7	5/ 15	1/ 5
4X400 Relay	3/ 10	1/ 16	5/ 10
	2nd tie	1st	2nd tie

6th Annual Christmas Relays Track Workout (1999)

By Andy Chan

Two days before Christmas, 12 runners turned out for the 6th annual Christmas Relays Track Workout at Kezar Stadium. There were 3 teams of 4 runners each. The events were a little different this year. The first race was the Devil-Take-The-Hindmost-Mile. In this event, each of the 4 members of the team started the race at a different stagger. After 200, 400, 600, 800, 1000, and 1200 meters whoever was in last place at the time was removed from the race. This event definitely required some strategy. In the end, out of the group of 12 that started the race, only 6 survived. The surviving six, who scored points for their teams were Raymond "Tower" Yu, George Rehmet, Susan Chou, John Gieng, Martha Abbene, and Jenna Noe. Team G with Tower 1st and John 4th took the team lead. The 2nd event was the more traditional Distance Medley Relay. Thanks to strong early legs from John Spiggs (3:58 for 1200), John Gieng (75 for 400) and Keith Johnson (2:46 for 800), Tower took the baton on the anchor (1600) leg with a commanding 31 second lead. But Ian Shapiro was looming for Team E. After one lap the lead was down to 25 seconds and then 17 seconds. With one lap to go Ian and Tower (former teammates at Lowell High School) were separated by only 9 seconds. Ian's last lap was run in 66 but Tower managed a 74 last lap to hold on to the win for Team G, 13:08-13:09. Ian's split was 4:39. Tower's 5:09. The 3rd event was a 3200 meter (8 lap) relay. Teams could use their runners in any combination they chose as long as all 4 runners ran at least one leg and the minimum leg distance was 400 meters. Team F came up with the best strategy. Stud runner Chris Phipps would run the 1st, 3rd, 5th and 8th legs. Susan would take legs 2 and 7 with Harold "Gooooo!" Herringhi running 4th and Jenna 6th. It was the most exciting race in Christmas Relay history with 6 lead changes (each team held the lead on at least 2 different occasions) and all 3 teams' anchor runner took the baton within 2 seconds of each other. George gallantly stayed with the leaders for 200 meters before falling back for 3rd for Team E. A weary Chris, running his 4th leg of this event, ran his fastest leg with a 64 but it was not enough as Tower mustered a 64 as well for a one second victory for Team G. Chris' 4 legs were 66, 68, 68 and 64. The last race was the 4X400. With Martha not feeling well, Team E was forced to run Ian twice in this race. Jeff Houston kept team E close with an opening leg of 89. Then Ian, George and Ian again brought the team from last to first to win the 4X4. The Final standings had Team G winning with 36 points, Team E 2nd with 28 points and Team F in 3rd with 20 points. Congratulations to this year's Christmas Relay Champions, Team G (John Spiggs, John Gieng, Keith Johnson and Raymond Yu)

Team E

Ian Shapiro
George Rehmet
Martha Abbene
Jeff Houston

Team F

Chris Phipps
Susan Chou
Harold Herringhi
Jenna Noe

Team G

John Spriggs
Raymond "Tower" Yu
Keith Johnson
John Gieng

Event #1 – Devil-Take-The-Hindmost Mile

Pl.	Name	Finish Time	Distance Run				
1.	Raymond Yu - G	4:55	1500				
2.	George Rehmet - E	4:59	1500	1.	Team G	6	3 =9
3.	Susan Chou - F	5:04	1500	2.	Team E	5	2 =7
4.	John Gieng - G	5:12	1300	3.	Team F	4	1 =5
5.	Martha Abbene - E	5:26	1300				
6.	Jenna Noe - F	5:31	1300				

Elimination Order: John S, Chris, Ian, Harold, Jeff, Keith

Event #2 - Distance Medley Relay (1200-400-800-1600)

<u>1st - Team G</u>		<u>2nd - Team E</u>		<u>3rd - Team F</u>	
John S	3:58	George	3:57	Susan	4:16
John G	1:15	Jeff	1:22	Jenna	1:31
Keith	2:46	Martha	3:11	Harold	3:08
Tower	<u>5:09</u>	Ian	<u>4:39</u>	Chris	<u>4:51</u>
	13:08		13:09		13:46

Event #3 - 3200 Relay

<u>1st - Team G</u>		<u>2nd - Team F</u>		<u>3rd - Team E</u>	
John S	1:08	Chris	1:06	<i>George</i>	<i>1:02</i>
John G	1:25	<i>Susan</i>	<i>1:15</i>	Martha	1:26
Keith	1:14	<i>Chris</i>	<i>1:08</i>	Jeff	1:25
<i>Tower</i>	<i>1:05</i>	Harold	1:25	Ian	1:07
John S	1:11	<i>Chris</i>	<i>1:08</i>	George	1:18
John G	1:29	Jenna	1:31	<i>Ian</i>	<i>1:02</i>
<i>Keith</i>	<i>1:18</i>	Susan	1:18	Martha	1:32
<i>Tower</i>	<i>1:04</i>	Chris	<u>1:04</u>	George	<u>1:13</u>
	9:54		9:55		10:05

italics indicates who had the lead at that point in the race

Event #4 - 4X400 Relay

<u>1st - Team E</u>		<u>2nd - Team G</u>		<u>3rd - Team F</u>	
Jeff	1:29	John S	1:12	Harold	1:21
Ian	1:03	John G	1:33	Jenna	1:33
George	1:08	Keith	1:20	Susan	1:26
Ian	<u>1:09</u>	Tower	<u>1:14</u>	Chris	<u>1:12</u>
	4:48		5:19		5:32

Final Standings

	<u>Team G</u>	<u>Team E</u>	<u>Team F</u>
Devil-Take-The-Hindmost Mile	9	7	5
Distance Medley Relay	10/ 19	7/ 14	4/ 9
3200 Relay	10/ 29	4/ 18	7/ 16
4X400 Relay	7/ 36	10/ 28	4/ 20
	1st	2nd	3rd

7th Annual Christmas Relays Track Workout (2000)

By Andy Chan

A good mix of runners turned out for the 7th annual Christmas Relays Track Workout at Kezar Stadium on December 21, 2000. There were the regulars like George, Malinda and Whitney...the once a year-ers like Chris and Harold and the tounge-uns like Siobhan (Convent of Sacred Heart) and Lowell cross country and track alumni John, Tower and Tan. In the Handicapped 1600 (modeled after the Double Dipsea), Katherine won it for Team E with a 5:20 mile. Team E teammate Whitney hung on from the start-first position to take 2nd. The 1-2 finish bolstered Team E to the win. Chris and Raymundo had the fastest 1600 splits with 4:56 and 5:02, respectively. In the 4X100, run in lanes this year, Raymundo and Tower battled down the final stretch with Team E taking the win in 57 seconds. Saving precious energy for later events, George jogged home for Team F. In the Distance Medley Relay, it was very close after the 1200-400-800 legs with all 3 teams within striking range of each other. With 2 laps to go the spread between 1st and 3rd was just 11 seconds but then Chris pulled away giving Team D the win. It all came down to the 3200 Relay, with all 3 teams with a chance to win the overall title. Strong early legs from Team E's Raymundo (60) and Mike (67) gave them the early lead but Team D's strategy of running Chris and Tower until they drop worked in the end as they eased to the win. Congratulations to Team D (Chris, Tower, John and Malinda), the 2000 Christmas Relay Champions!!

Team D

Chris
Tower
John
Malinda

Team E

Raymundo
Mike
Whitney
Katherine/Tan

Team F

George
David
Siobhan
Harold

Event #1 - Handicapped 1600

Pl.	Name	Finish Time	Handicap	Actual 1600 Time					
1.	Katherine - E	6:15	0:55	5:20					
2.	Whitney - E	6:22	0:00	6:22	1.	Team E	1	2	8 12 =23
3.	Siobhan - F	6:28	0:30	5:58	2.	Team F	3	5	7 11 =26
4.	Tower - D	6:35	1:20	5:15	3.	Team D	4	6	9 10 =29
5.	George - F	6:39	1:25	5:14					
6.	Malinda - D	6:40	0:15	6:25					
7.	David - F	6:41	1:15	5:26					
8.	Raymundo - E	6:42	1:40	5:02					
9.	John - D	6:45	0:45	6:00					
10.	Chris - D	6:46	1:50	4:56					
11.	Harold - F	6:50	0:00	6:50					
12.	Mike - E	~7:00	1:25	~5:35					

Event #2 - 4X100 Relay

1st - Team E - :57
anchor-Raymundo

2nd - Team D - :58
anchor-Tower

3rd - Team F - 1:16
anchor-George

Event #3 - Distance Medley Relay (1200-400-800-1600)

<u>1st - Team D</u>		<u>2nd - Team F</u>		<u>3rd - Team E</u>	
Tower	3:57	David	4:00	Mike	4:21
Malinda	1:20	Harold	1:27	Whitney	1:20
John	3:01	Siobhan	2:46	Raymundo	2:19
Chris	<u>5:05</u>	George	<u>5:57</u>	Tan	<u>6:51</u>
	13:23		14:10		14:51

Event #4 - 3200 Relay

<u>1st - Team D</u>		<u>2nd - Team F</u>		<u>3rd - Team E</u>	
Tower	1:03	George	1:01	Raymundo	1:00
Chris	1:06	David	1:09	Mike	1:17
Malinda	1:16	Harold	1:27	Whitney	1:20
Tower	1:16	George	1:10	Tan	1:23
Chris	1:08	David	1:12	Raymundo	1:08
John	1:17	Siobhan	1:19	Mike	1:14
Tower	1:17	George	1:15	Whitney	1:28
Chris	<u>1:11</u>	David	<u>1:12</u>	Tan	<u>1:23</u>
	9:34		9:45		10:03

Final Standings (1st-5 pts, 2nd-3 pts, 3rd-1 pt)

	<u>Team D</u>	<u>Team E</u>	<u>Team F</u>
Handicapped 1600	1	5	3
4X100 Relay	3/ 4	5/ 10	1/ 4
Distance Medley Relay	5/ 9	1/ 11	3/ 7
3200 Relay	5/ 14	1/ 12	3/ 10
	1st	2nd	3rd



8th Annual Christmas Relays Track Workout (2001)

By Andy Chan



It was raining all day on Thur, Dec 20th. Would the Reindeer Relays take place? Even though it never rains on Thur evenings from 6:30-7:30pm, I brought a canopy to give the runners cover from the weather, just in case. Good thing, too. After some lively debate with some rugby players over the use of the otherwise desolate Kezar Stadium, we began the event. 4 teams (named after reindeer Prancer, Donner, Comet and Blitzen) with 4 members on each team would compete for fabulous prizes and glory. In the Handicapped Mile (1600 meters), runners started with various headstarts with the team result based on the finishing place of each team's top 3 runners. The Comets packed together nicely with George, Dave H and Tara placing 3rd-7th-8th but it was front running from Cal Tech runners Ian (a 4:46 1600) and an under-rated Andrew plus annual relay attendee Harold that gave the Donners the victory in this event. Then came the lone sprinter's event, the 4X200, where Patrick showed his footspeed (sans harmonica) to lead the Comets to victory. After that mother nature turned on us and it began to rain...or should I say pour. During the Distance Medley Relay, runners would stay under the canopy for shelter before racing out to the relay exchange zone, taking the baton, running their leg and then after handing off the baton, hustling back under cover. Realizing that it was impossible to write times on wet papers, even the coach sought shelter as the Donners claimed the win. After 3 events it was a tight battle with the Donners and Comets tied with 11 points, the Prancers with 4 and the Blitzen with 1 point. The final event was the 8 lap + 1 Relay. Teams had to move the baton around the track 8 times with each team member running at least one lap. On the 9th lap, all 4 team members had to run the lap together. As an added twist, points were awarded to the team leading after each lap, with 4 points for winning the race overall. With 12 points up for grab in the final event, all of the teams still had a mathematical chance to take 1st. "We've got them right where we want them now," said Dave P, explaining the last place Blitzen's strategy to come from 10 points behind in the last event. The Donners went out and dominated the race as Ian and Andrew helped build what became an insurmountable lead. It got close on lap 4 when Keith made a charge at Christine but in the end the Donners won each lap and claimed all 12 points. Congratulations to the Donners, the 2001 Christmas Relay Champions!!

The Prancers – Chris Phipps, James Richard, Keith Johnson, Nancy Kiyota
The Donners – Ian Shapiro, Andrew Bloch, Christine Jegan, Harold Herringi
The Comets – George Rehmet, Dave Hoatson, Tara Hillier, Patrick Lee
The Blitzen – David Moulton, Dave Parrish, Colin Lee, Malinda Walker



Event #1 - Handicapped 1600

Pl.	Name	Finish Time	Handicap	Actual 1600 Time	
1.	Ian - D	5:56	1:10	4:46	
2.	Chris - P	6:07	1:10	4:57	1. Donners 1 4 11 (12) =16
3.	George - C	6:15	0:50	5:25	2. Comets 3 7 8 (14) =18
4.	Andrew - D	6:17	0:40	5:37	3. Prancers 2 9 10 (15) =21
5.	David M - B	6:21	0:45	5:36	4. Blitzen 5 6 13 =24
6.	Dave P - B	6:34	0:45	5:49	
7.	Dave H - C	6:37	0:45	5:52	
8.	Tara - C	6:37	0:20	6:17	NOTE: Colin DNR due to injury (his team strategically decided to save him for the other events)
9.	Nancy - P	6:41	0:15	6:26	
10.	Keith - P	6:43	0:25	6:18	
11.	Harold - D	6:45	0:00	6:45	
12.	Christine - D	6:48	0:20	6:28	
13.	Malinda - B	6:49	0:05	6:44	
14.	Patrick - C	6:57	0:10	6:47	
15.	James - P	7:06	0:30	6:36	

Event #2 - 4X200 Relay

1st - Comets – 2:04 anchor-Patrick 2nd - Prancers – 2:06 anchor-Chris 3rd - Donners – 2:13 anchor-Ian 4th - Blitzen – 2:15 anchor - David M

Event #3 - Distance Medley Relay (1200-400-800-1600)

1st - Donners Andrew-Harold-Christine-Ian 2nd - Comets Dave H-Patrick-Tara-George 3rd - Blitzen Dave P-Colin-Malinda-David M 4th - Prancers James-Nancy-Keith-Chris

Event #4 – 8 Lap Relay + 1 (1 point awarded to the team leading after laps 1-8, 4 points for lap 9)

Lap	Leader	Team	Lap	Leader	Team
1	Ian	Donners	6	Harold	Donners
2	Andrew	Donners	7	Andrew	Donners
3	Ian	Donners	8	Ian	Donners
4	Christine	Donners	9	The Donners (Donners –11:10; Prancers –11:25; Comets –11:53; Blitzen –12:37)	
5	Ian	Donners			

Final Standings (1st-5 pts, 2nd-3 pts, 3rd-1 pt; Event 4: points awarded for winning each lap)

	Donners	Comets	Prancers	Blitzen
Handicapped 1600	5	3	1	0
4X200 Relay	1/ 6	5/ 8	3/ 4	0/ 0
Distance Medley Relay	5/ 11	3/ 11	0/ 4	1/ 1
8Lap Relay + 1	12/ 23	0/ 11	0/ 4	0/ 1
	1 st	2 nd	3 rd	4 th



9th Annual Christmas Relays Track Workout (2002)

By Andy Chan



Thur, Dec 19th was the 9th annual Christmas Relays Track Workout. The weather, which inspired the team names, the Rain, the Thunder and the Lightning, was pretty nice to us. The noon-time downpour gave way to bitter cold but mostly dry conditions for the event. In the Handicapped Start 800 meters, runners started with various headstarts with the team result based on the finishing place of each team member. It was one of the closest races we've ever had. Malinda got the biggest head start and she fought to the very finish. And what a finish it was with the first 9 finishers (3/4 of the field) all coming in within 6 seconds. The Thunder led by 1st-4th-5th finishes by Antoine, David M and Keith were victorious. Next came the Sprint Medley Relay. The first leg was a 400 and it was some spirited competition, with Andrew, Tara and Dave P neck and neck the whole way and finishing virtually together in 66-67. Fast 200's in the middle of the relay by Laurent and Jim proved to be what the Lightning needed for the win. After the first three legs of the Distance Medley Relay all 3 teams were together, meaning Tower, Cedric and David M started their 1600 legs together. In the end Cedric used a 69 second last lap on his way to a 5:21 split to give the Rain the win. After 3 events, all 3 teams had won one event each. The next event was something new. It was the 400-200-300-500-100 Relay. You had to run those distances in that order. And the final caveat was the same person who ran the 300 leg also had to run the 100 leg. Who would be the lucky one to run two legs? For the Lightning it was Laurent and he held off a fast charging Tara for the win. The final event was the 5 lap Relay. Teams had to move the baton around the track 5 times, the first lap the whole team would run together. Then each team member would take a lap on their own. Points would be awarded to the team leading after each lap. It was an interesting first lap as teams strategized and decided to pace off of Malinda, who then kicked it in to win the lap for the Rain. After that, behind Tower's 74 and Dave P's 73 on the 2nd and 3rd legs, the Lightning built an insurmountable lead. The final team scores were: Lightning – 24, Thunder – 12, and Rain – 9. Congratulations to the Lightning, the 2002 Christmas Relay Champions!!

The Rain – Cedric Barre, Andrew Bloch, Christine Jegan, Malinda Walker
The Thunder – David Moulton, Antoine Hamelin, Tara Hillier, Keith Johnson
The Lightning – Raymond (Tower) Yu, Dave Parrish, Jim Misener, Laurent



Event #1 - Handicapped Start 800

Pl.	Name	Finish Time	Handicap	Actual 800 Time
1.	Antoine - Thunder	3:13	:25	2:48
2.	Dave P - Lightning	3:14	:40	2:34
3.	Malinda - Rain	3:14	:00	3:14
4.	David M - Thunder	3:15	:45	2:30
5.	Keith - Thunder	3:16	:25	2:51
6.	Cedric - Rain	3:16	:50	2:26
7.	Tower - Lightning	3:17	:50	2:27
8.	Andrew - Rain	3:17	:45	2:32
9.	Laurent - Lightning	3:19	:10	3:09
10.	Jim - Lightning	3:33	:35	2:58
11.	Tara - Thunder	3:45	:40	3:05
12.	Christine - Rain	3:48	:35	3:13

1.	Thunder	1	4	5	11	=21
2.	Lightning	2	7	9	10	=28
3.	Rain	3	6	8	12	=29

Event #2 – Sprint Medley Relay (400-200-200-400)

	1 st - Lightning – 3:18	2 nd – Thunder – 3:21	3 rd - Rain – 3:25
400	Dave P 1:07	Tara 1:06	Andrew 1:07
200	Laurent :34	Keith :37	Malinda :42
200	Jim :34	Antoine :28	Christine :36
400	Tower 1:03	David M 1:10	Cedric 1:00

Event #3 - Distance Medley Relay (1200-400-800-1600)

	1 st - Rain – 14:03	2 nd – Lightning – 14:05	3 rd – Thunder – 14:21
1200	Andrew 4:21	Dave P 4:28	Antoine 4:48
400	Malinda 1:26	Laurent 1:18	Keith 1:17
800	Christine 2:55	Jim 2:55	Tara 2:36
1600	Cedric 5:21	Tower 5:24	David M 5:45

Event #4 - 400-200-300-500-100

	1 st - Lightning – 4:18	2 nd – Thunder – 4:22	3 rd – Rain – 4:41
300/100 leg	Laurent	Tara	Andrew

Event #5 – 5 Lap Relay + 1 (1 point awarded to the team leading after laps 1-4, 5 points for lap 5)

	1 st – Lightning – 6:49	2 nd – Thunder – 7:05	3 rd – Rain – 7:23
lap 1	everyone 1:27	everyone 1:26	everyone 1:25
lap 2	Tower 1:14	Tara 1:37	Andrew 1:25
lap 3	Dave P 1:13	David M 1:17	Christine 1:28
lap 4	Jim 1:22	Keith 1:25	Malinda 1:44
lap 5	Laurent 1:33	Antoine 1:20	Andrew 1:21

Final Standings (1st-5 pts, 2nd-3 pts, 3rd-1 pt; Event 5: points awarded for winning each lap)

	Lightning	Thunder	Rain
Handicapped Start 800	3	5	1
Sprint Medley Relay	5/ 8	3/ 8	1/ 2
Distance Medley Relay	3/ 11	1/ 9	5/ 7
400-200-300-500-100	5/ 16	3/ 12	1/ 8
5 Lap Relay	8/ 24	0/ 12	1/ 9



10th Annual Christmas Relays Track Workout (2003)

By Andy Chan



Thur, Dec 18th was the 10th annual Christmas Relays Track Workout. A record 20 runners showed up for the event –the usual Thursday night K-Stars as well as members of the Hoy’s Excelsior team, a Marathon Olympics Trials qualifier and a few first timers. A good time was had by all. In the Handicapped Start 1200 meters, runners started with various headstarts with the team result based on the finishing place of each team member. Steve “7:00 my A**” easily won the race for Team E but a tight pack by Team B (2nd-7th-11th-13th) gave Team B the win. Next came the Sprint Medley Relay. This year the legs were some rather unusual distances: 500-300-500-300. It made for some interesting running. Team E was victorious, covering the relay (which was 1 mile total distance) in 4:37. Team E was dominating again in the Distance Medley Relay. Tomas’ strong 800 leg gave Tower a huge lead when he took over for the anchor leg. Cedric (5:19) and Eric (5:16) gave chase but could not catch Team E. The new scoring system that awarded points to every team kept the standings close. All 5 teams were separated by just 10 points heading into the last event, the 10 Lap Relay. Bonus “prems” were awarded to the teams leading after lap 1 and lap 3 of the 10 Lap Relay..which made for some spirited and interesting competition. Cedric and Tower waged a fierce battle on lap 1, with Cedric earning the 6 bonus points for Team C with a :60 400 leg, just ahead of Tower’s :61. The Lap 3 prem went to Chris and Team A. Thanks to the prems, Team C was now the leader with 28 points, with Team E at 27, Team A at 25 and Team B at 23. But over the final few laps, Team E exerted their strength and came away with the win to clinch the overall championship. But not to worry as there were medals for the top 3 teams and plenty of gingerbread cookies and chocolate to go around to everyone.

Team A – Chris, John, Frank, Judy
Team B – Brian, Neal, Pauline, “Little” John
Team C – Cedric, Ralph, Christine, Arnold
Team D – Eric, Katy, Keith, Malinda
Team E – Tower, Tomas, Steve, Patrick

Event #1 - Handicapped Start 1200

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Team Scoring</u>
1.	Steve	E	Team B - 2, 7, 11, 13 = 33
2.	Neal	B	Team A - 3, 6, 9, 20 = 38
3.	Frank	A	Team E - 1, 10, 14, 15 = 40
4.	Katy	D	Team C - 5, 8, 16, 19 = 48
5.	Ralph	C	Team D - 4, 12, 17, 18 = 51
6.	John	A	
7.	Brian	B	
8.	Cedric	C	
9.	Chris	A	
10.	Tower	E	
11.	Little John	B	
12.	Eric	D	
13.	Pauline	B	
14.	Patrick	E	
15.	Tomas	E	
16.	Christine	C	
17.	Keith	D	
18.	Malinda	D	
19.	Arnold	C	
20.	Judy	A	



Event #2 – Sprint Medley Relay (500-300-500-300)

1. Team E – 4:37
2. Team C – 4:49
3. Team B – 4:54
4. Team A – 4:55
5. Team D – 5:03

Event #3 - Distance Medley Relay (1200-400-800-1600)

	<u>1st – Team E – 13:50</u>	<u>2nd – Team C – 13:56</u>	<u>3rd – Team D – 14:08</u>	<u>4th – Team B – 14:35</u>	<u>5th – Team A – 15:10</u>
1200	Steve 3:56	Ralph 4:07	Katy 4:06	Neal 4:21	John 4:31
400	Patrick 1:18	Arnold 1:30	Malinda 1:32	Little John 1:34	Judy 1:53
800	Tomas 2:32	Christine 3:00	Keith 3:14	Pauline 3:15	Frank 3:09
1600	Tower 6:04	Cedric 5:19	Eric 5:16	Brian 5:25	Chris 5:37

Event #4 – 10 Lap Relay (with bonus prems awarded to the team leading after laps 1 and 3)

1. Team E – 12:04 **bonus for winning lap 3
2. Team B – 12:20
3. Team A – 12:35
4. Team C – 13:26 *bonus for winning lap 1 (Cedric - :60)
5. Team D – 14:22

Final Standings (1st-10 pts, 2nd-8 pts, 3rd-7 pt, 4th-6 pts, 5th-5pts; Event 4: 6 point bonuses for winning lap1 and lap 3)

	<u>Team A</u>	<u>Team B</u>	<u>Team C</u>	<u>Team D</u>	<u>Team E</u>
Handicapped Start 1200	8	10	6	5	7
Sprint Medley Relay	6 / 14	7 / 17	8 / 14	5 / 10	10 / 17
Distance Medley Relay	5 / 19	6 / 23	8 / 22	7 / 17	10 / 27
10 Lap Relay Bonuses	6 / 25		6 / 28		
10 Lap Relay	7 / 32	8 / 31	6 / 34	5 / 22	10 / 37
	3 rd	4 th	2 nd	5 th	1 st



11th Annual Christmas Relays Track Workout (2004)

By Andy Chan



The 11th annual Christmas Relays Track Workout took place just 2 days before Christmas on December 23rd. A small group of 9 runners divided into 3 teams of 3 (plus a late arriving Patrick). In the Handicapped Start 1600 meters, runners started with various headstarts with the team result based on the finishing place of each team member. Keith "Sciatica" Johnson and Steve "Seeded too low for the 2nd year in a row" Woo placed 1-2 for Team Snow giving them the win. Keith was first across the finish line and Steve ran the fastest 1600 split at 5:14. Bonus prizes were awarded to David (5:49/5:50) and Tomas (5:37/5:35) for running the closest to their seeded time. Next came the 1200 Medley Relay. Teams had their choice to break the race into a 400-200-400-200 or 400-400-400. The Snow won again, with Frank leading off (400) and anchoring (200). John Spriggs did the same for the 2nd place Sleet team. Team Fog took a more diplomatic approach with every team member running a 400. That strategy netted them 3rd place. The 3X800 Relay was the closest race of the night. Each runner had to run an 800. 5 people ran under 2:40. Frank overtook John Spriggs early in the last leg. But it was an amazing 2:23 anchor leg by out-of-towner Chad (the cross country coach at Ukiah HS) that caught everyone's attention. In the end the 3 teams were separated by just 6 seconds. The final event was the 8 Lap Relay. Teams had to decide who would run 3 legs and who would run 2 legs, as well as the most strategic order. A stopwatch malfunction caused the first 2 runners of each team to get no time. But all other runners got their 400 times recorded. The last lap proved exciting again as Chad took the baton 6 seconds behind Frank and still made a race of it. Frank ran 69 while Chad clocked a 65! Frank's fast anchor leg assured Team Snow of a clean sweep of the competition, taking 1st place in all 4 events. Team Fog and Team Sleet went back and forth and eventually settled for a 2nd place tie.

Snow Team – Frank, Steve, Keith
Fog Team – Chad, David, Christine
Sleet Team – Tomas, John Spriggs, John Santos

Event #1 - Handicapped Start 1600

Pl.	Name	Finish Time	Handicap	Actual 1600 Time
1.	Keith – Snow	6:59	0:00	6:59
2.	Steve – Snow	7:04	1:50	5:14
3.	Chad - Fog	7:21	2:00	5:21
4.	Christine - Fog	7:24	0:45	6:39
5.	John Santos - Sleet	7:25	0:45	6:40
6.	David – Fog	7:29	1:40	5:49
7.	Tomas - Sleet	7:32	1:55	5:37
8.	John Spriggs - Sleet	7:42	1:55	5:47
9.	Frank - Snow	7:55	2:00	5:55
	Patrick – unattached			7:22

1.	Snow	1	2	9	=12
2.	Fog	3	4	6	=13
3.	Sleet	5	7	8	=20

Event #2 – 1200 Medley Relay (400-200-400-200 or 400-400-400)

	1 st – Snow – 3:19	2 nd – Sleet – 3:30	3 rd – Fog – 3:38	Patrick 400 – 1:26
400	Frank 1:04	John Spriggs 1:13	400 Christine 1:23	
200	Keith 0:36	John Santos 0:33	400 David 1:10	
400	Steve 1:05	Tomas 1:08	400 Chad 1:05	
200	Frank 0:34	John Spriggs 0:36		

Event #3 – 3 X 800 Relay

	1 st – Snow – 8:18	2 nd – Sleet – 8:21	3 rd – Fog – 8:24	Patrick 800 – 3:14
Keith	3:14	John Santos 3:07	Christine 3:10	
Steve	2:32	Tomas 2:36	David 2:51	
Frank	2:32	John Spriggs 2:38	Chad 2:23	

Event #4 – 8 Lap Relay

	1 st – Snow	2 nd – Fog	3 rd – Sleet	Patrick 400's -
lap 1	Steve -	David -	John Santos -	1:29, 1:29
lap 2	Frank -	Chad -	Tomas -	
lap 3	Keith 1:21	Christine 1:30	John Spriggs 1:20	
lap 4	Steve 1:12	David 1:18	John Santos 1:31	
lap 5	Frank 1:21	Chad 1:09	Tomas 1:16	
lap 6	Keith 1:33	Christine 1:27	John Spriggs 1:21	
lap 7	Steve 1:11	David 1:19	Tomas 1:17	
lap 8	Frank 1:09	Chad 1:05	John Spriggs 1:22	

Final Standings (1st-10 pts, 2nd-8 pts, 3rd-7 pt)

	Snow	Fog	Sleet
Handicapped Start 1600	10	8	7
1200 Medley Relay	10 / 20	7 / 15	8 / 15
3 X 800 Relay	10 / 30	7 / 22	8 / 23
8 Lap Relay	10 / 40	8 / 30	7 / 30
	1st	2nd tie	2nd tie

12th Annual Christmas Relays Track Workout (2005)

Handicap 1600

Name	Team	start time	400	800	1200	final	Place	Actual Time
Kevin	C	:40	2:00	3:22	4:47	6:11	1	5:31
Andy	A	1:20	2:38	3:55	5:12	6:26	2	5:06
Steve	B	1:20	2:38	4:01	5:14	6:38	3	5:18
Galen	B	:45	2:13	3:42	5:11	6:40	4	5:55
Mike	C	:30	1:59	3:38	5:18	6:41	5	6:11
Tomas	B	1:05	2:28	3:54	5:14	6:42	6	5:37
Monica	A	:20	1:45	3:18	4:57	6:44	7	6:24
Dave H	A	1:00	2:27	3:55	5:14	6:45	8	5:45
Zach	C	1:15	2:36	4:02	5:28	6:46	9	5:31
Keith	B	0	1:35	3:20	5:06	6:46	10	6:46
Nathan	C	1:10	2:35	4:02	5:29	6:56	11	5:46
Frank	A	1:00	2:27	3:55	5:24	7:06	12	6:06
Lisa	Unattached	0	2:27	5:05				

A 2,7,8,12 = 29 3rd
 B 3,4,6,10 = 23 1st
 C 1,5,9,11 = 26 2nd

4X200

Team - C			Team - B			Team - A		
Nathan	1:56	1st	Keith	2:07	3rd	Frank	2:06	2nd

Distance Medley Relay (1200-400-800-1600)

Team - C						
John	1:17	2:45	4:14			4:14
Kevin	5:19					1:05
Nathan	6:34	7:49				2:30
Zach	9:06	10:33	12:00	13:27	1st	5:38

Team - A						
Andy	1:16	2:38	3:52			3:52
Monica	5:18					1:25
Frank	6:33	8:00				2:48
Dave H	9:28	10:57	12:23	13:49	2nd	5:49

Team - B						
Steve	1:17	2:39	3:58			3:58
Keith	5:23					1:25
Galen	6:43	8:11				2:48
Tomas	9:36	11:05	12:34	13:59	3rd	5:48

Unattached				
Lisa	1:58		2:05	

4X400

Team - C (:04 handicap start)				Team - B			
Nathan	1:10		1:06	Galen	1:14		1:14
John	2:23		1:13	Keith	2:40		1:26
Kevin	3:29		1:06	Steve	3:46		1:06
Zach	4:35	1st	1:06	Tomas	4:54	3rd	1:08

Team - A				Unattached	
Andy	1:06		1:06	Lisa	2:04
Frank	2:14		1:08		
Monica	3:40		1:26		
Dave H	4:53	2nd	1:13		

13th Annual Christmas Relays Track Workout (2006)

Handicap 1600

Name	Team	start time	400	800	1200	final	Place	Actual Time
Gaylord	B	:40					1	
Carlos	B	1:45					2	
Rachel	C	:50					3	
Brian	A	1:30					4	
Keith	C	:10					5	
Tomas	D	1:45					6	
Jon Amt	C	1:55					7	
Ashley	A	1:20					8	
Galen	D	1:30					9	
Tom	A	1:30					10	
Denis	C	1:45					11	
John Spriggs	A	1:55					n/a	
Jeff	B	1:45					12	
Danielle	B	1:10					13	
Adam	B	1:55					n/a	
Heather	D	:20					14	
John Santos	A	0:00					15	
Frank	D	1:45					16	

A	4, 8, 10, 15	37	3rd
B	1,2,12, 13	28	2nd
C	3, 5, 7, 11	26	1st
D	6, 9, 14, 16	45	4th

400-200-200-400

Team	Anchor	Place		
Team A	Brian	1st	Brian, Tom, Ashley, John Santos	alt: John Spriggs
Team C	Jon	2nd	Jon Amt, Denis, Rachel, Keith	
Team B	Carlos	3rd	Carlos, Jeff, Danielle, Gaylord	alt: Adam
Team D	Frank	4th	Tomas, Frank, Galen, Heather	

Distance Medley Relay (800-800-800-800-400-400-400-400)

Team	Time	Place
Team B	16:51	1st
Team C	17:27	2nd
Team D	17:38	3rd
Team A	17:43	4th

5 Lap Relay

Team	Time	Place
Team A	6:36	1st
Team B	6:38	2nd
Team C	7:01	3rd
Team D	7:10	4th

Scoring

Team	Hcp 1600	SMR	DMR	5 Lap	TOTAL
Team A	3rd-7pts	1st-10pts	4th-6pts	1st-10pts	33
Team B	2nd-8pts	3rd-7pts	1st-10pts	2nd-8pts	33
Team C	1st-10pts	2nd-8pts	2nd-8pts	3rd-7pts	33
Team D	4th-6pts	4th-6pts	3rd-7pts	4th-6pts	25

14th Annual Christmas Relays Track Workout (2007)

Handicap 1600

Name	Team	start time	400	800	1200	final	Place	Actual Time	Mile Rank
John G	B	0:00	1:19	2:47	4:17	5:45	1	5:45	6
Frank	D	0:20	1:40	3:05	4:35	5:58	2	5:38	5
Tan	C	0:00	1:23	2:54	4:28	6:02	3	6:02	13
Curtis	A	0:20	1:40	3:05	4:39	6:10	4	5:50	8
Cindy	D	0:00	1:22	3:01	4:41	6:18	5	6:18	15
Adrian	C	0:20	1:41	3:08	4:44	6:20	6	6:00	12
Leah	A	0:40	2:05	3:36	5:05	6:28	7	5:48	7
Jeff	B	1:00	2:22	3:45	5:10	6:29	8	5:29	1
Jocelyn	unat.	0:40	2:04	3:33	5:04	6:32	9	5:52	10
Monica	B	0:40	2:05	3:36	5:06	6:32	10	5:52	9
Denis	C	1:00	2:23	3:49	5:16	6:33	11	5:33	2
Sara	D	0:40	2:05	3:37	5:07	6:34	12	5:54	11
Adam	A	1:00	2:24	3:49	5:13	6:35	13	5:35	3
John S	D	1:00	2:22	3:47	5:12	6:35	14	5:35	4
Amy	A	0:00	1:28	3:12	5:02	6:48	15	6:48	17
Mark	C	0:40	2:03	3:36		6:49	16	6:09	14
Patrick	B	0:20	1:51	3:33	5:17	7:04	17	6:44	16

Team D	2, 5, 12, 14	33	1st
Team B	1, 8, 10, 17	36	2nd (beats Team C on faster 1st runner tie breaker)
Team C	3, 6, 11, 16	36	3rd
Team A	4, 7, 13, 15	39	4th

4X600 Relay

1st	2nd	3rd	4th
Team D - 7:55	Team C - 7:57	Team B - 7:59	Team A - 8:25
John S 1:59	Tan 1:55	Patrick 2:10	Curtis 2:01
Cindy 2:13	Adrian 1:59	John G 1:53	Amy 2:19
Sara 2:01	Mark 2:06	Monica 2:02	Adam 2:06
Frank 1:42	Denis 1:57	Jeff 1:54	Leah 1:59

also, Jocelyn-1:59

Distance Medley Relay (1200-400-800-1600)

1st	2nd	3rd	4th
Team A - 14:13	Team D - 14:16	Team B - 14:31	Team C - 14:32
Curtis 4:31	Sara 4:26	John G 4:26	Mark 4:49
Amy 1:25	Cindy 1:21	Patrick 1:14	Tan 1:06
Leah 2:33	Frank 2:43	Monica 2:59	Adrian 2:41
Adam 5:44	John S 5:46	Jeff 5:52	Denis 5:56

also, Jocelyn-2:47 (800)

5 Lap Relay

1st	2nd	3rd	4th
Team C - 6:31	Team B - 6:38	Team A - 6:39	Team D - 6:42
1:32	1:28	1:33	1:32
Adrian 1:18	John G 1:20	Curtis 1:21	Cindy 1:32
Tan 1:11	Monica 1:21	Adam 1:14	Sara 1:16
Mark 1:19	Patrick 1:17	Amy 1:24	Frank 1:09
Denis 1:11	Jeff 1:12	Leah 1:07	John S 1:13

also, Jocelyn-1:13

Scoring

Team	Hcp 1600	4X600	DMR	5 lap relay	TOTAL	
Team D	1st-5 pts	1st-5 pts	2nd-3 pts	4th-0 pts	13	1st
Team C	3rd-1 pt	2nd-3 pts	4th-0 pts	1st-5 pts	9	2nd
Team B	2nd-3 pts	3rd-1 pt	3rd-1 pt	2nd-3 pts	8	3rd
Team A	4th-0 pts	4th-0 pts	1st-5 pts	3rd-1 pt	6	4th

15th Annual Christmas Relays Track Workout (2008)

5 Minute Run

<u>Name</u>	<u>Team</u>	<u>Name</u>	<u>Team</u>	<u>Team</u>	<u>Places</u>	<u>Score</u>	<u>Place</u>
1. Gino	A	11. Long	E	Team C	3 6 8 20	37	1st
2. Denis	D	12. Jessie	A	Team A	1 9 12 16	38	2nd
3. Frank	C	13. Anne M	E	Team B	4 7 14 18	43	3rd
4. John S	B	14. Marlyss	B	Team D	2 10 15 17	44	4th
5. Tomas	E	15. Kelly	D	Team E	5 11 13 19	48	5th
6. Simon	C	16. Malinda	A				
7. Monica Z	B	17. John Santos	D				
8. John G	C	18. Keith	B				
9. Geoff	A	19. Megan	E				
10. Merrick	D	20. Monica F	C				

8X200 Relay

	<u>TIME</u>
1. Team D	4:32
2. Team C	4:45
3. Team E	4:52
4. Team A	4:53
5. Team B	4:56

Distance Medley Relay

	<u>TIME</u>	<u>1200 Leg</u>	<u>400 Leg</u>	<u>800 Leg</u>	<u>1600 Leg</u>
1. Team B	14:55	Monica Z 4:35	Keith 1:27	Marlyss 3:09	John S 5:44
2. Team C	14:56	John G 4:46	Monica F 1:38	Frank 2:35	Simon 5:57
3. Team A	15:32	Geoff 4:43	Malinda 1:35	Jessie 3:10	Gino 6:04
4. Team D	15:33	Merrick 4:56	John Santos 1:20	Kelly 3:17	Denis 6:00
5. Team E	16:00	Anne M 4:44	Megan 1:34	Long 4:03	Tomas 5:39

8X400 Relay

	<u>Team E-1st*</u>	<u>Team D-2nd</u>	<u>Team B - 3rd</u>	<u>Team C - 4th</u>	<u>Team A - 5th</u>
Leg 1	Tomas 1:14	Kelly 1:28	Monica Z 1:15	Frank 1:06	Geoff 1:17
Leg 2	Anne M 1:27	Merrick 1:17	John S 1:18	Monica F 1:36	Malinda 1:45
Leg 3	Anne M 1:39	3:06	Denis 1:13	Marlyss 1:30	John G 1:16
Leg 4	Megan 1:37	John Santos 1:22	Keith 1:28	Simon 1:21	Geoff 1:24
Leg 5	Megan 1:53	3:30	Kelly 1:30	John S 1:23	John G 1:24
Leg 6	Tomas 1:21	Merrick 1:19	Monica Z 1:18	Monica F 1:42	Malinda 1:43
Leg 7	Tomas 1:22	2:43	Denis 1:14	Marlyss 1:29	Simon 1:23
Leg 8	n/a	John Santos 1:27	John S 1:24	Frank 1:43	Jessie 1:27
TIME	10:33		10:50	11:05	11:31

*Ran 7 laps due to missing one runner

FINAL STANDINGS (1st-10, 2nd-7, 3rd-5, 4th-3, 5th-1)

	<u>5 Minute Run</u>	<u>4X200 Relay</u>	<u>Distance Medley Relay</u>	<u>8X400 - Lap 1 winner</u>	<u>8X400</u>	<u>TOTAL</u>
1. Team C	10	7	7	5	3	32
2. Team D	3	10	3	0	7	23
3. Team B	5	1	10	0	5	21
4. Team E	1	5	1	0	10	17
5. Team A	7	3	5	0	1	16

Dec 17, 2009 - Christmas Relays

6 Minute Run

<u>Name</u>	<u>Team</u>	<u>Name</u>	<u>Team</u>	<u>Team</u>	<u>Places</u>	<u>Score</u>	<u>Place</u>
1. Justin	A	11. John G	A	Team B	2 5	10 19	36 1st
2. Kenley	B	12. Danielle	C	Team E	3 4	14 17	38 2nd
3. Denis	E	13. Anders	A	Team C	6 9	12 16	43 3rd
4. Jeff	E	14. Brian VZ	E	Team A	1 11	13 20	45 4th
5. Frank	B	15. Anne M	D	Team D	7 8	15 18	48 5th
6. Simon	C	16. John Santos	C				
7. Tomas	D	17. Malinda	E				
8. Greg	D	18. Patrick	D				
9. John Sp	C	19. Keith	B				
10. Dave P	B	20. Monica F	A				

4X300 Relay

	<u>TIME</u>
1. Team B	3:20
2. Team C	3:28
3. Team A	3:30
4. Team E	3:31
5. Team D	3:35

4X100 Relay

	<u>TIME</u>
1. Team B	63.2
2. Team E	63.6
3. Team C	64.1
4. Team A	64.5
5. Team D	66.1

Distance Medley Relay

	<u>Team C - 1st</u>	<u>Team B - 2nd</u>	<u>Team A - 3rd</u>	<u>Team E - 4th</u>	<u>Team D - 5th</u>
1200	John Sp 4:13	Dave P 4:10	Anders 4:30	Denis 4:06	Tomas 4:09
400	John Sa 1:03	Keith 1:26	Monica F 1:35	Malinda 1:25	Patrick 1:18
800	Danielle 2:47	Frank 2:49	John G 2:54	Brian VZ 2:49	Anne M 3:01
1600	Simon 5:29	Kenley 5:17	Justin 4:50	Jeff 5:32	Greg 6:02
	13:32	13:42	13:49	13:52	14:30

4X400 Relay

	<u>Team B-1st</u>	<u>Team D-2nd</u>	<u>Team C - 3rd</u>	<u>Team E - 4th</u>	<u>Team A - 5th</u>
Leg 1	Frank 1:08	Tomas 1:09	John San 1:13	Malinda 1:25	Justin 1:03
Leg 2	Kenley 1:06	Patrick 1:16	John Sp 1:16	Jeff 1:14	Monica F 1:32
Leg 3	Dave P 1:13	Anne M 1:23	Danielle 1:15	Brian VZ 1:12	Anders 1:13
Leg 4	Keith 1:25	Greg 1:05	Simon 1:11	Denis 1:05	John G 1:12
TIME	4:52	4:53	4:55	4:56	5:00
	<i>1st after lap 2 & 3 (+1 & +1)</i>		<i>-1 for 3rd to last</i>	<i>-3 for 2nd to last</i>	<i>1st after lap 1 (+5) - 5 for last</i>

FINAL STANDINGS (1st-10, 2nd-7, 3rd-5, 4th-3, 5th-1; except special scoring for 4X4)

	<u>6 Minute Run</u>	<u>4X300 Relay</u>	<u>Distance Medley Relay</u>	<u>4X100 Relay</u>	<u>4X400</u>	<u>TOTAL</u>
1. Team B	10	10	7	10	2	39
2. Team C	5	7	10	5	-1	26
3. Team E	7	3	3	7	-3	17
4. Team A	3	5	5	3	+5 - 5	16
5. Team D	1	1	1	1		4

Dec 16, 2010 - Christmas Relays

6 Minute Run - Individual Finishes

<u>Name</u>	<u>Team</u>	<u>Name</u>	<u>Team</u>	<u>Name</u>	<u>Team</u>	<u>Name</u>	<u>Team</u>
1. Justin	A	10. John S	H	19. Anna K	E	28. Fiona	G
2. Steve L	B	11. Nakia	F	20. Joanna	I	29. Patrick	F
3. Kenley	E	12. Paul	G	21. Mark Huff.	D	30. John Santos	C
4. Steve H	C	13. George	F	22. Danielle	H	31. Melissa	B
5. Simon	I	14. Tomas	I	23. Ashley	G	32. Irene	H
6. Tim	B	15. Yvonne	E	24. Anders	C	33. Olga	A
7. Jeff	D	16. Zack	H	25. Brian VZ	B	34. Elaine	E
8. Mason	F	17. Merrick	A	26. Asit	A	35. Emilie	D
9. Denis	G	18. John G	D	27. Malinda	I	36. Megan N	C

6 Minute Run - Team Scores

<u>Place</u>	<u>Team</u>	<u>Places:</u>				<u>Score</u>
1.	Team F	8	11	13	29	61
2.	Team B	2	6	25	31	64
3.	Team I	5	14	20	27	66
4.	Team E	3	15	19	34	71
5.	Team G	9	12	23	28	72
6.	Team A	1	17	26	33	77
7.	Team H	10	16	22	32	80
8.	Team D	7	18	21	35	81
9.	Team C	4	24	30	36	94

Sprint Medley Relay

1. Team F
2. Team A
3. Team B
4. Team G
5. Team H
6. Team I
7. Team E
8. Team D
9. Team C

4X300 Relay

1. Team B
2. Team F
3. Team H
4. Team G
5. Team E
6. Team I
7. Team A
8. Team C
9. Team D

Distance Medley Relay

1. Team I
2. Team B
3. Team G
4. Team F
5. Team E
6. Team H
7. Team A
8. Team D
9. Team C

8 X :40 Relay

1. Team B
2. Team A
- 3t. Team F
- 3t. Team H
5. Team I
6. Team G
7. Team D
8. Team E
9. Team C

FINAL STANDINGS (1st-18, 2nd-15, 3rd-13, 4th-11, 5th-9; 6th-7; 7th-5; 8th-4; 9th-3)

	6 Minute Run	Sprint Medley Relay	4X300 Relay	Distance Medley Relay	8 X :40 Relay	TOTAL				
1. Team B	15	13	18	15	18	79	Steve L	Tim	Brian VZ	Melissa
2. Team F	18	18	15	11	12	74	Mason	Nakia	George	Patrick
3. Team I	13	7	7	18	9	54	Simon	Tomas	Joanna	Malinda
4. Team G	9	11	11	13	7	51	Denis	Paul	Ashley	Fiona
5. Team A	7	15	5	5	15	47	Justin	Merrick	Asit	Olga alt: Jessie
6. Team H	5	9	13	7	12	46	John S	Zack	Danielle	Irene
7. Team E	11	5	9	9	4	34	Kenley	Yvonne	Anna K	Elaine
8. Team D	4	4	3	4	5	20	Jeff	John G	Mark Huff.	Emilie
9. Team C	3	3	4	3	3	16	Steve H	Anders	John Santos	Megan N

gold for the event
 silver for the event
 bronze for the event

OVERALL: Team B wins the gold
 Team F wins the silver
 Team C wins the lump of coal

Dec 22, 2011 - Christmas Relays

4X800 Relay

	<u>Team D - 1st</u>		<u>Team F - 2nd</u>		<u>Team C - 3rd</u>		<u>Team B - 4th</u>
Leg 1	Denis 2:29		Eduardo 2:33		John G 2:30		Thang 2:32
Leg 2	Nakia 2:29		Roxanne 2:54		Malinda 3:13		Kenley 2:28
Leg 3	Wing 3:00		Greg 2:36		Jackie 2:47		Keith 3:39
Leg 4	George 2:51		Louise 2:55		Tower 2:45		Dave P 2:39
TIME	10:49		10:58		11:15		11:18

	<u>Team E - 5th</u>		<u>Team A - 6th</u>		<u>Team G - 7th</u>
Leg 1	Jerry 2:33		Steven Pits. 2:27		John S 2:44
Leg 2	Patrick 3:09		Sarah 4:00		Kali 4:24
Leg 3	Anne M 3:06		Erin 2:47		Danielle 2:45
Leg 4	Tomas 2:41		Tim 2:30		Mike A 2:28
TIME	11:29		11:44		12:21

Distance Medley Relay

	<u>Team D - 1st</u>		<u>Team G - 2nd</u>		<u>Team F - 3rd</u>		<u>Team A - 4th</u>
1200	Denis 4:05		John S 4:03		Eduardo 4:04		Steven Pits. 4:11
400	Wing 1:21		Kali 1:21*		Roxanne 1:22		Sarah 1:34*
800	George 2:43		Mike A 2:31		Louise 2:57		Erin 2:46
1600	Nakia 5:28		Danielle 5:43		Greg 5:31		Tim 5:25
	13:37		13:38		13:54		13:56

	<u>Team B - 5th</u>		<u>Team E - 6th</u>		<u>Team C - 7th</u>
1200	Kenley 4:02		Tomas 4:06		John G 4:23
400	Keith 1:28		Patrick 1:21		Malinda 1:33
800	Kenley 2:41		Anne M 3:05		Jackie 2:47
1600	Dave P 5:53		Jerry 6:01		Tower 6:36
	14:04		14:33		15:19

4X400 Relay

1st place after 1st lap (3 points) -	Tomas, Team E
1st place after 2nd lap (5 points) -	Tower, Team C
1st place after 3rd lap (1 point)	Malinda, Team C
1st place Final (3 points) -	Dave P, Team B
2nd place Final (1 point) -	Tim, Team A
2nd to last place Final (-3 points) -	John G, Team C
Last place Final (-5 points) -	John S, Team G

6 Minute Run - Individual Finishes

1. Tower C	8. Steven Pits. A	15. Erin A	22. Patrick E
2. Kenley B	9. Denis D	16. Jackie C	23. Roxanne F
3. John S G	10. George D	17. Louise F	24. John G C
4. Tim A	11. Greg F	18. Wing D	25. Thang B
5. Eduardo F	12. Danielle G	19. Dave P B	26. Keith B
6. Tomas E	13. Jerry E	20. Malinda C	27. Kali G
7. Nakia D	14. Mike A G	21. Anne M E	28. Sarah A

6 Minute Run - Team Scores

Place	Team	Places:				Score
1.	Team D	7	9	10	(18)	26
2.	Team A	4	8	15	(28)	27
3.	Team G	3	12	14	(27)	29
4.	Team F	5	11	17	(23)	33
5.	Team C	1	16	20	(24)	37
6.	Team E	6	13	21	(22)	40
7.	Team B	2	19	25	(26)	46

FINAL STANDINGS (1st-14, 2nd-11, 3rd-9, 4th-7, 5th-5; 6th-4; 7th-3;)

	4 X 800 Meter Relay	Distance Medley Relay	4X400 (plusses)	4X400 (minuses)	6 Minute Run	TOTAL				
1. Team D	14	14	0	0	14	42	Nakia	Wing	George	Denis
2. Team F	11	9	0	0	7	27	Greg	Roxanne	Louise	Eduardo
3. Team A	4	7	1	0	11	23	Tim	Sarah	Erin	Steven Pitsenbarger
4. Team C	9	3	6	-3	5	20	Tower	Malinda	Jackie	John G
5. Team G	3	11	0	-5	9	18	John S	Kali	Danielle	Mike A
6. Team B	7	5	3	0	3	18	Kenley	Keith	Dave P	Thang
7. Team E	5	4	3	0	4	16	Jerry F	Patrick	Anne M	Tomas

Dec 18, 2012 - Christmas Relays

6 Minute Run - Individual Finishes

1. Jarrett	A	6. Nilam	E	11. Joanna	D	16. Lee	E
2. Justin	B	7. Tomas	D	12. Louise	B	17. Theo	B
3. Drew	D	8. Monica	A	13. John G	C	18. Karen	E
4. Denis	E	9. Danielle	B	14. Erin	D	19. Keith	C
5. Kenley	C	10. Paul	C	15. Sam	A	20. Marcia	A

6 Minute Run - Team Scores

Place	Team	Places:				Score
1.	Team D	3	7	11	14	35
2.	Team B	2	9	12	18	41
3.	Team A	1	8	15	20	44
4.	Team E	4	6	16	18	44
5.	Team C	5	10	13	19	47

6 Lap Relay

	Team E - 1st		Team B - 2nd		Team C - 3rd		Team D - 4th		Team A - 5th	
800	Denis	2:31	Danielle	2:45	Kenley	2:34	Erin	3:07	Jarrett	2:06
200	Karen		Theo		Keith		Joanna		Marcia	
200	Lee		Louise		John G		Drew		Monica	
400	Nilam	1:00	Justin	1:04	Paul	1:12	Tomas	1:18	Sam	1:12
200	Lee		Louise		John G		Drew		Monica	
200	Karen		Theo		Keith		Joanna		Marcia	
400	Nilam	1:08	Justin	1:03	Paul	1:13	Tomas	1:18	Sam	2:06
TIME		7:22		7:33		7:34		7:58		8:24

Distance Medley Relay

	Team B - 1st		Team D - 2nd		Team C - 3rd		Team E - 4th		Team A - 5th	
1200	Danielle	4:21	Tomas	4:24	John G	4:29	Nilam	4:17	Monica	4:28
400	Theo	1:36	Erin	1:28	Keith	1:33	Karen	1:40	Marcia	2:21
800	Louise	2:48	Joanna	2:55	Paul	2:41	Lee	3:29	Sam/Yvonne	2:16/1:21
1600	Justin	5:10	Drew	5:27	Kenley	5:33	Denis	5:35	Jarrett	4:54
TIME		13:55		14:14		14:16		15:01		15:20

4X400 Relay

	Team D - 1st		Team C - 2nd		Team B - 3rd		Team E - 4th		Team A - 5th	
Leg 1	Tomas	1:14	John G	1:17	Louise	1:18	Lee	1:30	Monica	1:17
Leg 2	Erin	1:26	Keith	1:28	Theo	1:33	Karen	1:40	Marcia	2:18
Leg 3	Joanna	1:16	Kenley	1:12	Danielle	1:15	Denis	1:08	Sam	1:26
Leg 4	Drew	1:04	Paul	1:05	Justin	1:02	Nilam	1:04	Jarrett	1:03
TIME		5:00		5:02		5:08		5:14		6:04

FINAL STANDINGS (1st-10, 2nd-7, 3rd-5, 4th-3, 5th-2)

	6 Minute Run	6 Lap Relay	Distance Medley Relay	4X400 (plusses)	TOTAL
1. Team D	10	3	7	10	30
2. Team B	7	7	10	5	29
3. Team E	3	10	3	3	19
4. Team C	2	5	5	7	19
5. Team A	5	2	2	2	11

Team Members:

Drew	Tomas	Joanna	Erin
Justin	Danielle	Louise	Theo
Nilam	Denis	Lee	Karen
Kenley	Paul	John G	Keith
Jarrett	Monica	Sam	Marcia

Dec 18, 2013 - Christmas Relays

4X800 Relay

	<u>Team D - 1st</u>	<u>Team B - 2nd</u>	<u>Team C - 3rd</u>	<u>Team E - 4th</u>	<u>Team A - 5th</u>
Leg 1	Danielle B 2:44	Monica Z 2:42	John S 2:43	Patrick 3:11	Keith 3:54
Leg 2	Lee 3:15	Simon 2:20	George D 3:01	Tower 2:47	Justin 2:21
Leg 3	Frank 2:41	Jane 3:32	Catrine 3:22	Ryan 2:35	Louise 3:03
Leg 4	Drew 2:30	Yvonne 2:47	Matt 2:19	Anya 3:06	Aram 2:22
TIME	11:10	11:21	11:25	11:39	11:40

7 Lap Relay

	<u>Team B - 1st</u>	<u>Team E - 2nd</u>	<u>Team A - 3rd</u>	<u>Team D - 4th</u>	<u>Team C - 5th</u>
600	Monica Z 1:59	Tower 1:41	Justin 1:38	Danielle B 2:00	John S 1:58
200	Jane 0:33	Patrick 0:37	Keith 0:39	Lee 0:37	George D 0:33
200	Yvonne 0:34	Anya 0:38	Aram 0:29	Frank 0:27	Catrine 0:38
1000	Simon 2:56	Ryan 3:20	Louise 3:41	Drew 3:13	Matt 3:14
200	Jane 0:37	Patrick 0:38	Keith 0:41	Lee 0:37	George D 0:36
200	Yvonne 0:35	Anya 0:39	Aram 0:32	Frank 0:41	Catrine 0:39
400	Monica Z 1:20	Tower 1:07	Justin 1:01	Danielle B 1:18	John S 1:25
TIME	8:34	8:40	8:41	8:53	9:03

4X400 Relay

	<u>Team B - 1st (3pts)</u>	<u>Team A - 2nd (1pt)</u>	<u>Team D - 3rd (0 pt)</u>	<u>Team C - 4th (-3 pts)</u>	<u>Team E - 5th (-5 pts)</u>
Leg 1	Simon 0:58	Justin 1:04	Frank 1:20	Matt 1:00	Patrick 1:25
Leg 2	Monica Z 1:19	Louise 1:15	Drew 1:06	Catrine 1:28	Ryan 1:10
Leg 3	Yvonne 1:20	Keith 1:38	Danielle B 1:17	George D 1:29	Anya 1:30
Leg 4	Jane 1:29	Aram 1:12	Lee 1:27	John S 1:15	Tower 1:49
TIME	5:06	5:09	5:10	5:12	5:54

+3, +5, +1 for winning laps 1, 2 & 3

6 Minute Run - Individual Finishes

1. Simon	B	6. Tower	E	11. Louise	A	16. Anya	E
2. Matt	C	7t. Danielle B	D	12. Lee	D	17. Patrick	E
3. Drew	D	7t. John S	C	13. Jane	B	18. Keith	A
4. Justin	A	9t. Monica Z	B	14. George D	C	19. Frank	D
5. Ryan	E	9t. Yvonne	B	15. Catrine	C	20. Aram	A

6 Minute Run - Team Scores

Place	Team	Places:				Score
1.	Team B	1	9	9	13	32
2.	Team C	2	7	14	15	38
3.	Team D	3	7	12	19	41
4.	Team E	5	6	16	17	44
5.	Team A	4	11	18	20	53

FINAL STANDINGS (1st-10, 2nd-7, 3rd-5, 4th-3, 5th-2)

	4X800	7 Lap Relay	4X400 pluses	4X400 (minuses)	6 Minute Run	TOTAL
1. Team B	7	10	12	0	10	39
2. Team D	10	3	0	0	5	18
3. Team C	5	2	0	-3	7	11
4. Team A	2	5	1	0	2	10
5. Team E	3	7	0	-5	3	8

Team Members:

Jane	Monica Z	Simon	Yvonne
Danielle B	Drew	Frank	Lee
Catrine	George D	John S	Matt
Aram	Justin	Keith	Louise
Anya	Patrick	Ryan	Tower



1995



1997



1998



1999



2000



2001



2002

2003



2004



2005



2006



2007



2008



2009



2010

2011



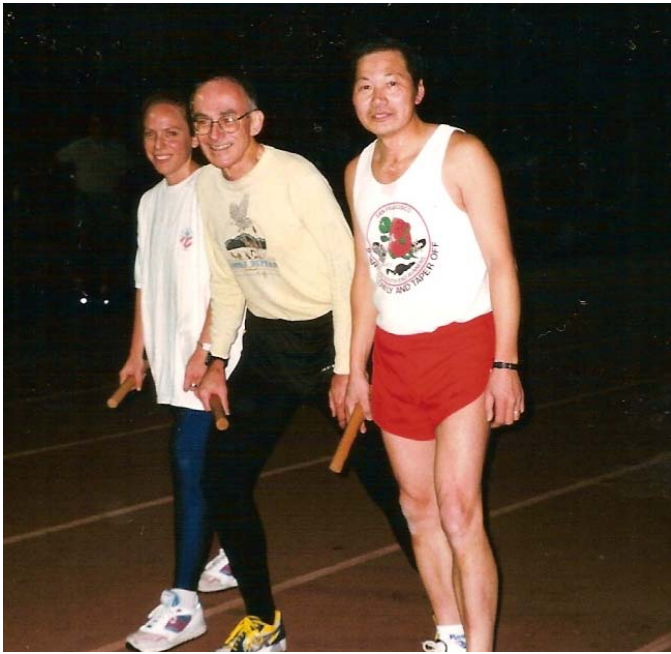
2012



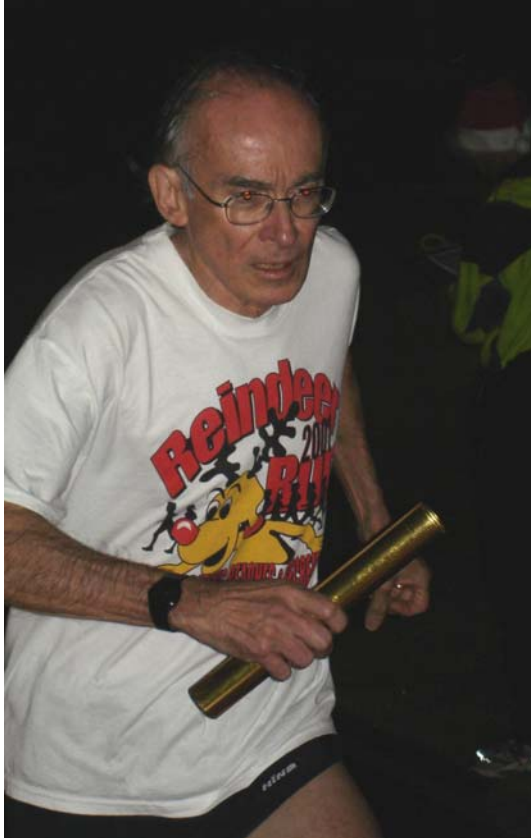
2013



Christmas Relays Action



It's all about moving the baton





Awards









1 Mile Time Trial

Track Workout Mile Time Trial Results, 2005-2013

2005 Mile Time Trial Results (June 30)

1. Zack	5:00.9
2. Nathan	5:03.1
3. Tomas	5:18.8
4. Frank	5:25.3
5. Jeff	5:27.4
6. Mike Kim	5:31.5
7. Ferris	5:56.9
8. Mike H	5:58.0
9. Patrick	6:28.5
10. Keith	6:35.8
11. Malinda	7:30.8

2006 Mile Time Trial Results (Aug 17)

1. Andy B	4:50.2
2. Matthew	5:05.7
3. Pete	5:10.4
4. Tomas	5:15.9
5. Nathan	5:25.4
6. Adam	5:27.7
7. Francisco	5:35.6
8. Brent	5:37.3
9. Frank	5:44.8
10. Chris M	6:03.9
11. Asit	6:30.5
12. Lara	6:37.9
13. Keith	6:51.9
14. Malinda	7:01.8
15. Erin	7:37.5
16. Raymond	7:43.6

2007 Mile Time Trial Results (Sept 13)

1. Zack	5:14.1
2. Gino	5:15.9
3. Jeff	5:18.6
4. Denis	5:19.1
5. John S	5:31.6
6. Frank	5:46.8
7. Nathan	5:48.8
8. Brian	5:50.7
9. Sara	5:52.1
10. Dan	5:54.9
11. Danielle B	6:00.1
12. Patrick	6:15.1
13. Asit	6:21.7
14. Keith	7:00.7
15. Malinda	7:19.6

2008 Mile Time Trial Results (June 19)

1. Frank	5:14.1
2. David	5:16.4
3. Nathan	5:26.7
4. Denis	5:28.0
5. Tomas	5:28.2
6. John G	5:32.6
7. Leah	5:37.6
8. Markham	5:40.9
9. Dale	5:42.7
10. John S	5:47.2
11. Danielle B	5:47.7
12. Anders	5:52.3
13. Sara S	6:00.5
14. Sara C	6:10.2
15. Asit	6:26.6
16. Patrick	6:31.9
17. Joel	6:34.5
18. Chrstine	6:43.5
19. Emily	6:51.6
20. Malinda	7:35.3

2009 1600 Time Trial Results (Aug 6)

1. Justin	4:42.7
2. Diment	4:55.7
3. Gino	5:02.3
4. Frank	5:09.5
5. Kenley	5:10.5
6. Zack	5:17.0
7. Tomas	5:18.0
8. Denis	5:18.5
9. Tom	5:21.9
10. John S	5:29.3
11. Shawn	5:47.2
12. Monica Z	5:52.3
13. Brian H	5:54.3
14. Mark	5:56.8
15. Asit	6:02.2
16. Brian VZ	6:04.4
17. Stella	6:09.5
18. Jessie	6:14.9
19. Anne M	6:15.6
20. Ilona	6:23.7
21. Patrick	6:42.0
22. Malinda	6:49.8

2010 1600 Time Trial Results (Sept 2)

1. Justin	4:40.2
2. Steve L	4:50.5
3. Gino	5:09.9
4. Simon	5:12.0
5. Denis	5:15.1
6. Peter	5:23.3
7. Tomas	5:29.2
8. Carlos	5:31.2
9t. Frank	5:36.0
9t. Mark Her.	5:36.0
11. Nakia	5:38.6
12. Yvonne	5:40.2
13. Danielle B	5:40.8
14. Dave P	5:41.4
15. John S	5:55.3
16. Brian VZ	6:09.6
17. Malinda	6:24.5
18. Fiona	6:26.3
19. George D	6:58.5
20. Xiaoyin	7:11.3
21. Angie	7:59.9

on own: Adam, 5:39.0
on own: Kenley, 5:12.9

2011 Mile Time Trial Results (July 12)

1. Justin	4:44.2
2. Steve L	4:56.1
3. Tower	5:01.2
4. Geoffrey V	5:02.0
5. Greg	5:03.7
6. Kenley	5:07.1
7. Adam	5:17.3
8. Nakia	5:22.2
9. Jeff	5:24.9
10. Dave P	5:25.5
11. Tomas	5:26.4
12. Chris C	5:27.5
13. Danielle B	5:35.4
14. Mike A	5:40.9
15. Ashley	5:55.7
16. Louise	6:01.0
17. Mark Huff.	6:08.3
18t. Asit	6:24.6
18t. Brian P	6:24.6
20. Patrick	6:27.5
21. Malinda	6:34.9
22. Raissa	7:14.2

2012 Mile Time Trial Results (July 10)

1. Justin	4:38.9	32
2. Tim	4:57.1	28
3. Carlos	5:00.3	41
4. Greg T	5:10.0	36
5. Simon	5:10.6	16
6. Kenley	5:11.8	34
7. Denis	5:12.4	42
8. Steve H	5:17.0	29
9. Drew	5:19.0	35
10. Tan	5:23.8	33
11. Mike A	5:24.3	52
12. Steven Pits.	5:30.6	44
13. Danielle B	5:39.5	29
14. John G	5:49.3	33
15. Galen	5:51.9	43
16. Felix	5:53.5	33
17. Paul	5:57.6	55
18. Ted	6:08.9	29
19. Thang	6:09.7	33
20. Mark Huff.	6:15.3	54
21. Michael G	6:15.6	52
22. Louise	6:16.1	46
23. Asit	6:20.3	38
24. Gene	6:31.8	65
25. Patrick	6:37.1	64
26. Anne M	6:37.6	46
27. Malinda	6:45.0	42
28. Ken A	6:56.6	43
29. Alicia	7:06.8	40
30. Theo	7:09.6	73
31. Kelly H	7:10.0	41
32. Lee	7:48.9	58
33. Keith	7:53.5	74
34. Sarah	8:10.4	29

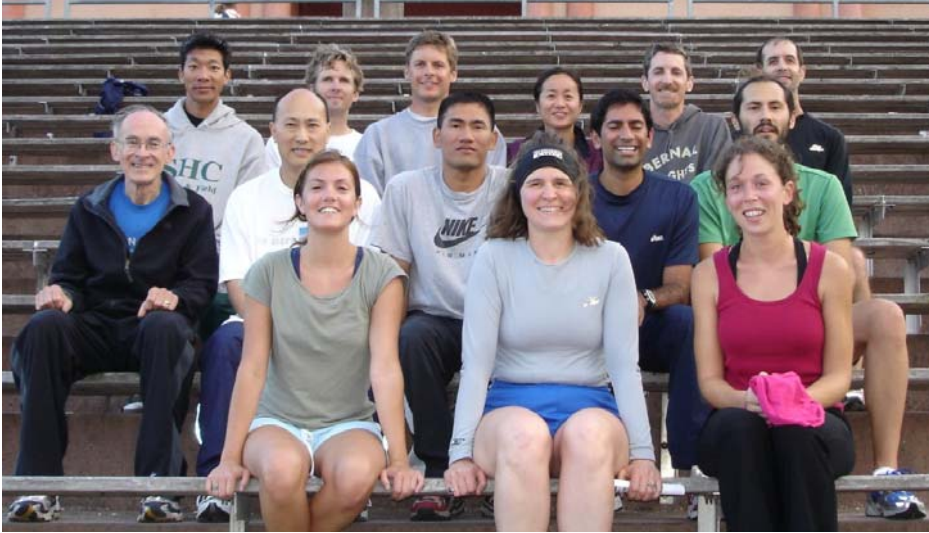
2013 Mile Time Trial Results (July 9)

1. Justin	4:42.3	33
2. Denis	5:05.3	43
3. Lucas	5:10.1	
4. Drew	5:10.6	36
5. Adam	5:12.4	
6. Mike A	5:12.8	53
7. Matt H	5:20.4	
8. Zack	5:21.6	
9. Tomas	5:31.2	
10. Joseph	5:35.3	
11. Danielle B	5:42.8	30
12. Ryan	5:50.9	
13. Jacob	5:54.6	
14. Danielle H	6:43.6	
15. Patrick	6:51.8	65
16. Malinda	7:05.3	43
17. Lee	7:17.7	59
18. Alicia L	7:18.1	
19. Theo	7:35.9	74
20. Emily	7:36.3	
21. Sarah	8:12.6	30

Track Workout Mile Time Trial Results, 2005-2013

	2005	2006	2007	2008	2009	2010	2011	2012	2013
	mile	mile	mile	mile	1600m	1600m	mile	mile	mile
Adam		5:27.7				5:39.0*	5:17.3		5:12.4
Alicia								7:06.8	
Alicia L									7:18.1
Anders				5:52.3					
Andy B		4:50.2							
Angie						7:59.9			
Anne M					6:15.6			6:37.6	
Ashley							5:55.7		
Asit		6:30.5	6:21.7	6:26.6	6:02.2		6:24.6	6:20.3	
Brent		5:37.3							
Brian			5:50.7						
Brian H					5:54.3				
Brian P							6:24.6		
Brian VZ					6:04.4	6:09.6			
Carlos						5:31.2		5:00.3	
Chris C							5:27.5		
Chris M		6:03.9							
Chrstine				6:43.5					
Dale				5:42.7					
Dan			5:54.9						
Danielle B			6:00.1	5:47.7		5:40.8	5:35.4	5:39.5	5:42.8
Danielle H									6:43.6
Dave P						5:41.4	5:25.5		
David O'C				5:16.4					
Denis			5:19.1	5:28.0	5:18.5	5:15.1		5:12.4	5:05.3
Diment					4:55.7				
Drew								5:19.0	5:10.6
Emily				6:51.6					
Emily B									7:36.3
Erin		7:37.5							
Felix								5:53.5	
Ferris	5:56.9								
Fiona						6:26.3			
Francisco		5:35.6							
Frank	5:25.3	5:44.8	5:46.8	5:14.1	5:09.5	5:36.0			
Galen								5:51.9	
Gene								6:31.8	
Geoffrey V							5:02.0		
George D						6:58.5			
Gino			5:15.9		5:02.3	5:09.9			
Greg T							5:03.7	5:10.0	
Ilona					6:23.7				
Jacob									5:54.6
Jeff H	5:27.4		5:18.6				5:24.9		
Jessie					6:14.9				
Joel				6:34.5					
John G				5:32.6				5:49.3	
John S			5:31.6	5:47.2	5:29.3	5:55.3			
Joseph									5:35.3
Justin					4:42.7	4:40.2	4:44.2	4:38.9	4:42.3
Keith	6:35.8	6:51.9	7:00.7					7:53.5	
Kelly H								7:10.0	
Ken A								6:56.6	
Kenley					5:10.5	5:12.9*	5:07.1	5:11.8	
Lara		6:37.9							
Leah				5:37.6					
Lee								7:48.9	7:17.7
Louise							6:01.0	6:16.1	
Lucas									5:10.1
Malinda	7:30.8	7:01.8	7:19.6	7:35.3	6:49.8	6:24.5	6:34.9	6:45.0	7:05.3
Mark Her.						5:36.0			
Mark Huff.					5:56.8		6:08.3	6:15.3	
Markham				5:40.9					
Matt H									5:20.4
Matthew		5:05.7							
Michael G								6:15.6	
Mike A							5:40.9	5:24.3	5:12.8
Mike H	5:58.0								
Mike Kim	5:31.5								
Monica Z					5:52.3				
Nakia						5:38.6	5:22.2		
Nathan	5:03.1	5:25.4	5:48.8	5:26.7					
Patrick	6:28.5		6:15.1	6:31.9	6:42.0		6:27.5	6:37.1	6:51.8
Paul								5:57.6	
Pete		5:10.4							
Peter H						5:23.3			
Raissa							7:14.2		
Raymond		7:43.6							
Ryan									5:50.9
Sara C				6:10.2					
Sara S			5:52.1	6:00.5					
Sarah								8:10.4	8:12.6
Shawn					5:47.2				
Simon						5:12.0		5:10.6	
Stella					6:09.5				
Steve H								5:17.0	
Steve L						4:50.5	4:56.1		
Steven Pits.								5:30.6	
Tan								5:23.8	
Ted								6:08.9	
Thang								6:09.7	
Theo								7:09.6	7:35.9
Tim								4:57.1	
Tom					5:21.9				
Tomas	5:18.8	5:15.9		5:28.2	5:18.0	5:29.2	5:26.4		5:31.2
Tower							5:01.2		
Xiaoyin						7:11.3			
Yvonne						5:40.2			
Zack	5:00.9		5:14.1		5:17.0				5:21.6

1 Mile Time Trials



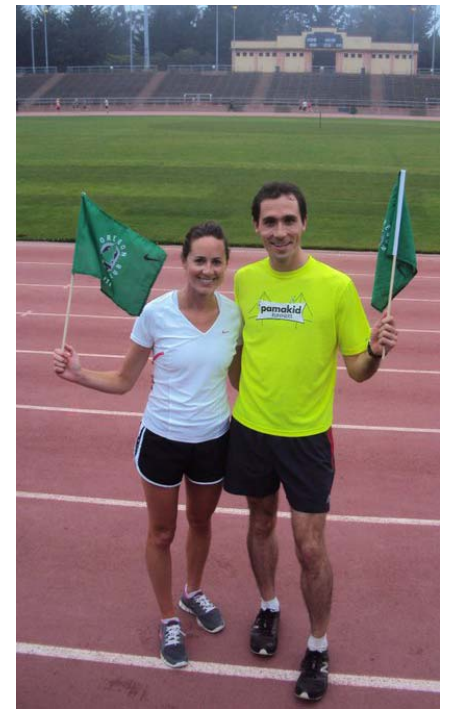
2006

2009



2010 Start





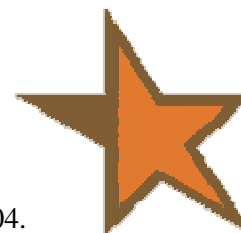
2011 and top finishers, Danielle & Justin

2013



1 Mile Handouts

K-Star Mile Mania Trivia



The 4 minute mile

1st – Roger Bannister, 3:59.4 – May 4, 1954

According to Track & Field News, 263 Americans have broken 4:00 as of the end of 2004.

World Records

Since that fateful day back in 1954 when Bannister set the World Record with the 1st sub-4, this is how the record has progressed:

3:59.4	<u>Roger Bannister</u> (GBR)	<u>6 May, 1954</u>	Oxford
3:58.0	<u>John Landy</u> (AUS)	<u>21 June, 1954</u>	Turku
3:57.2	<u>Derek Ibbotson</u> (GBR)	<u>19 July, 1957</u>	London
3:54.5	<u>Herb Elliott</u> (AUS)	<u>6 August, 1958</u>	Dublin
3:54.4	<u>Peter Snell</u> (NZL)	<u>27 January, 1962</u>	Wanganui
3:54.1	<u>Peter Snell</u> (NZL)	<u>17 November, 1964</u>	Auckland
3:53.6	<u>Michel Jazy</u> (FRA)	<u>9 June, 1965</u>	Rennes
3:51.3	<u>Jim Ryun</u> (USA)	<u>17 July, 1966</u>	Berkeley, Cal.
3:51.1	<u>Jim Ryun</u> (USA)	<u>23 June, 1967</u>	Bakersfield, Cal.
3:51.0	<u>Filbert Bayi</u> (TAN)	<u>17 May, 1975</u>	Kingston
3:49.4	<u>John Walker</u> (NZL)	<u>12 August, 1975</u>	Göteborg
3:48.95	<u>Sebastian Coe</u> (GBR)	<u>17 July, 1979</u>	Oslo
3:48.8	<u>Steve Ovett</u> (GBR)	<u>1 July, 1980</u>	Oslo
3:48.53	<u>Sebastian Coe</u> (GBR)	<u>19 August, 1981</u>	Zürich
3:48.40	<u>Steve Ovett</u> (GBR)	<u>26 August, 1981</u>	Koblenz
3:47.33	<u>Sebastian Coe</u> (GBR)	<u>28 August, 1981</u>	Bruxelles
3:46.32	<u>Steve Cram</u> (GBR)	<u>27 July, 1985</u>	Oslo
3:44.39	<u>Noureddine Morceli</u> (ALG)	<u>5 September, 1993</u>	Rieti
3:43.13	<u>Hicham El Guerrouj</u> (MOR)	<u>7 July, 1999</u>	Rome



Hicham El Guerrouj

Men's – Hicham El Guerrouj (MAR), 3:43.13 – July 7, 1999

Women's – Svetlana Masterkova (RUS), 4:12.56 – Aug 14, 1996

American Records

Men's – Steve Scott, 3:47.69 – July 7, 1982

Women's – Mary Slaney, 4:16.71 - Aug 21 ,1985



Svetlana Masterkova

American Masters - Men

40-44	4:09.61	Tony Young	WA (40)	Shoreline, WA	6/8/02
45-49	4:18.83	Ken Sparks	OH (45)		4/24/90
50-54	4:25.04	Nolan Shaheed	CA (52)		6/23/01
55-59	4:45.6	Victor Heckler	IL (55)		8/17/97
60-64	4:58.2	James Sutton	PA (60)		8/17/91
65-69	5:22	Monty Montgomery	CA (65)		4/8/72
70-74	5:37.8	Charles Rose	NC (70)	Nashville, TN	7/12/03
75-79	5:57.2	Scotty Carter	MA (75)		7/12/92
80-84	7:51.9	Henry Sypniewski	NY (81)	Rochester, NY	6/15/00
85-89	9:56.93	Bill Benson	NY (85)	Springfield, MA	7/24/04
90-94	13:43.6	Herb Kirk	MT (90)		8/18/86
95-99	14:48.2	Herb Kirk	MT (95)		10/6/90

American Masters - Women

40-44	4:54.0	Laurie Binder	CA (43)		8/8/91
45-49	5:07.76	Jeanne Lasee-Johnson	CA (45)	San Francisco, CA	9/14/02
50-54	5:15.55	Kathryn Martin	NY (50)	Alexandria, VA	9/1/02
55-59	5:46.8	Shirley Matson	CA (56)	Durban (South Africa)	7/26/97
60-64	5:57.39	Marie Michelsohn	NY (60)	Alexandria, VA	9/1/02
65-69	6:32.47	Jeanne Daprano	GA (65)	Raleigh, NC	5/4/02
70-74	7:26.0	Pat Dixon	OR (70)		6/24/89
80-84	9:00.52	Gerry Davidson	CA (80)	Irvine, CA	5/27/01

2005

Current Men's World Leader for 2005 – Alex Kipchirchir (KEN), 3:50.91

Current Women's World Leader for 2005 – Yelena Kanales (RUS), 4:28.29

Sacred Heart Cathedral Preparatory Track & Field 1600 Times, 1999-2005

Boys			Girls		
Don Sebastian	4:35.06	2002	Shannon Rowbury	4:51.0	2002
Nick Cannata-Bowman	4:37.51	2005	Michelle Gallagher	4:57.13	2003
Steve Pacatte	4:42.8	2001	Melanie Scannell	5:24	2004
Misha Osipov	4:43r	2004	Francesca Cannata-Bowman	5:26.0r	2003
Ethan Wicklund	4:46.31	2005	Brittany Hall	5:28.3	1999

Juniors/High School

Men's Junior – Jim Ryun (Univ of Kansas), 3:51.3 – July 17, 1966

Women's Junior – Polly Plumer (University HS, Irvine), 4:35.24 – May 16, 1982

Boys High School – Alan Webb, 3:53.43 – May 27, 2001

Girls High School – Sarah Bowman, 4:36.95 – June 18, 2005

Andy High School – 4:43, 1989

NOTES:

- By definition a “junior” athlete is someone who has not yet reached their 20th birthday.
- Ryun ran his 3:51.2 as a 19 year old freshman at the University of Kansas.
- Webb ran his 3:53.43 at the end of his senior year at South Lakes HS.
- Plumer ran her 4:35.24 as a high school senior but is not credited with the HS record because the race she ran it in included college and open athletes.
- Bowman, therefore, gets the high school record because her 4:36.95 was run against all HS competition. In that same race, Brie Felnagle ran a 4:39.71 (#3 HS-only race) to place 2nd.

It's a small world

- Polly Plumer was coached in HS by Bob Messina. Bob is the coach Andy was team manager for at UCLA.
- Plumer is now Polly Plumer St Geme of the St Geme family that puts on the Jamba Juice 5K BananaMan Chase & Whole Foods Market® Young Champions Races (this is the race that has produced all the mile stadium records at Kezar.
- Polly's sister, Patti Sue Plumer went on to great fame as an Olympic runner.
- Polly's sister-in-law is Ceci (Hopp) St Geme. Ceci Hopp had a PR of 4:42.6 for the mile when she was in high school and went on to be an All-American runner for Stanford in the 1980's (teammate of Patti Sue Plumer).
- Ceci is also mother of six, with the oldest being Anne St Geme, a junior in high school. Anne recently won the California State Meet in the 1600 at 4:50.40 and anchored Corona Del Mar's distance medley relay team to the win at the Nike Outdoor Nationals with a 4:49 1600 meter leg.
- There's been talk of Ceci training and racing competitively again as a master. A Runners' World interview quoted her as saying she thinks she can get into the mid-16:00's for 5K.



K-Star Mile Mania Trivia, Vol. 2

Thur night track photos (from Steve Woo) taken Jan 2006 (not last year's mile)



2005 K-Star Mile Time Trial Results

1. Zach 5:00.9
2. Nathan 5:03.1
3. Tomas 5:18.8
4. Frank 5:25.3
5. Jeff 5:27.4
6. Mike Kim 5:31.5
7. Ferris 5:56.9
8. Mike H 5:58.0
9. Patrick 6:28.5
10. Keith 6:35.8
11. Malinda 7:30.8



Women's Mile World Record

Did You Know?

While Roger Bannister got the attention for his sub-4, on May 29, 1954 just 23 days after Bannister's feat another English runner did something historical and noteworthy. Running at the then home of Birmingham's Birchfield Harriers, during the Midland Counties Women's Athletics Championships, Diane Leather recorded the first sub-5 minute mile by a woman, running 4:59.6. At the time the mile was not a recognized women's event, so her mark was not ratified as a world record, but simply "world's best". Leather, who had more spectators at her race than Bannister had at Iffley Road, won by over 100 meters (i.e. had no pace setters). She only took up running two years earlier after watching the Helsinki Olympics. Did I mention she was on a double, having run the 800 in record setting time just 45 minutes before the mile? She would go on to run a lifetime best of 4:45 for the mile.

Diane Leather



Women's Mile World Record Progression

Last year we listed the progression of the men's mile world record starting with Bannister's historic 1st sub-4. Here's the women's progression since 1967 (the first year the mile was recognized as an official women's event and they started keep track of these things).



4.37,0	Anne Smith	GBR	06/03/67	London
4.36,8	Maria Gommers	NED	06/14/69	Leicester
4.35,3	Ellen Tittel	FRG	08/20/71	Sittard
4.34,9	Glenda Reiser	CAN	07/06/73	Victoria
4.29,5	Paola Cacchi	ITA	08/08/73	Viareggio
4.23,8	Natalya Marasescu	ROM	05/21/77	Bucuresti
4.22,09	Natalya Marasescu	ROM	01/27/79	Auckland
4.21,68	Mary Decker	USA	01/26/80	Auckland
4.20,89	Tatyana Veselkova	SOV	09/12/81	Bologna
4.18,08	Mary Decker-Tabb	USA	07/09/82	Paris
4.17,44	Maricica Puica	ROM	09/16/82	Rieti
4.16,71	Mary Decker	USA	08/21/85	Zürich
4.15,61	Paula Ivan	ROM	07/10/89	Nice
4.12,56	Svetlana Masterkova	RUS	08/14/96	Zürich

Mary Decker (#373) shown here in a famous 1984 Olympic 3000 meter race against her rival Zola Budd (#151). Later in the race Decker and Budd would clip heels and Decker, the pre-race favorite, fell and did not finish the race. There's a famous picture of her in tears on the infield. Decker's running career ended in 1996 amid controversy. She failed a drug test because her testosterone/epitestosterone ratio was too high.

General Mile Trivia

- One mile is equal to 1609.344 meters (so slightly more than 4 laps of a standard (Kezar) 400m track).
- The word "mile" comes from the Latin "mille," meaning thousand. A mile was 1,000 Roman strides, a stride being two paces.
- The current world record in the mile is 3:43.13, set by Hicham El Guerrouj of Morocco on July 7, 1999. The current women's record is 4:12.56 by Svetlana Masterkova of Russia, set on August 14, 1996.
- The first American to break four minutes was the University of California's Don Bowden, who ran 3:58.7 on June 1, 1957.
- The oldest person to go under 4 minutes was Eamonn Coghlan of Ireland, with a 3:58.15 at age 41.
- The oldest under 5 minutes was Derek Turnbull of New Zealand, with a 4:56.4 at age 65.
- The oldest under 6 minutes was Scotty Carter of Massachusetts with a 5:57.2 at age 75.
- The oldest under 7 minutes was Harold Chapson of Hawaii with a 6:43.3 at age 80.
- A two-year study of more than four million high school students during the early 1980s found that the average boy took 7:40 to run a mile. The average girl took 9:51.
- The world record for the mile by a race horse is 1:32.1.
- On a scientifically-based table of comparative performance, a 4:00.00 mile is equal in effort to a 2:12:30 marathon. The current WR of 3:43.13 equates to a 2:03:10 marathon.

The Metric Mile

- At the national and international level, in college and in some states in high school, they run the 1500 meters, which is often called the "metric mile."
- A 3:42.43 for 1500 meters is the equivalent of a 4:00.00 mile.
- The current 1500m record of 3:26.00 by El Guerrouj equates to a 3:42.27 mile.
- Qu Yunxia's women's 1500m world record of 3:50.46 equates to a 4:08.66 mile.

Women's 100X1 Mile Relay

- In 1995 and 1997 world records were set in the SF Bay Area for the Women's 100X1 Mile Relay (100 different women, each running 1 mile). In 1995 the DSE Runners Club ran 10:15:29. In 1997, AC's Athletics Club ran 9:38:39. Why did this factoid make this sheet? The coach of those teams was some guy named Andy Chan.
- Women's 100X1 Mile Relay Progression
 - ✓ 1977 - DSE Runners Club, 10:47 (6:28)
 - ✓ 1994 – Syracuse Chargers, 10:33:38 (6:20)
 - ✓ **1995 – DSE Runners Club, 10:15:29 (6:09)**
 - ✓ 1996 – Syracuse Chargers, 10:14:16 (6:08)
 - ✓ 1996 – Houston Area Road Runners Association, 9:49:08 (5:53)
 - ✓ **1997 – AC's Athletics Club, 9:38:39 (5:47)**
 - ✓ 1999 – Canadian Women's Milers Club, 9:23:39 (5:38)



Left: 1997 World Record.
Above: 1995 anchor
runner crosses the line.



K-Star Mile Trivia, Vol. 3

The 5 people who ran the mile time trial in both 2005 & 2006

2006 K-Star Mile Time Trial Results

1. Andy B 4:50.2
2. Matthew 5:05.7
3. Pete 5:10.4
4. Tomas 5:15.9
5. Nathan 5:25.4
6. Adam 5:27.7
7. Francisco 5:35.6
8. Brent 5:37.3
9. Frank 5:44.8
10. Chris M 6:03.9
11. Asit 6:30.5
12. Lara 6:37.9
13. Keith 6:51.9
14. Malinda 7:01.8
15. Erin 7:37.5
16. Raymond 7:43.6



Tomas, 3rd-5:18 & 4th-5:15



Ageless wonder, Keith

2005 K-Star Mile Time Trial Results

1. Zach 5:00.9
2. Nathan 5:03.1
3. Tomas 5:18.8
4. Frank 5:25.3
5. Jeff 5:27.4
6. Mike K 5:31.5
7. Ferris 5:56.9
8. Mike H 5:58.0
9. Patrick 6:28.5
10. Keith 6:35.8
11. Malinda 7:30.8



A young looking, Nathan



Malinda, the only women to run both years. I wonder why?



Frank, before...I mean after the mile.

Alan Webb – American Record in the Mile (3:46.91)

Stat Box

Time – 3:46.91

Place – Brasschatt, Belgium

Date – July 21, 2007

Splits – 56.1, 57.4, 56.8, 56.2

Alan Webb broke the long-standing American Record in the mile on July 21, 2007. His time of 3:46.91 was well under Steve Scott's mark of 3:47.69, set in Oslo in 1982.

Prior to this race, Webb's mile PR was 3:48.92 (2005). Earlier in July

in Paris, Webb ran 3:30.54 for the 1500 (fastest 1500 time in the world in 2007 at that point), which converts to a sub-3:48 mile. In Belgium, Webb had pace setters to help him get the record and become the 8th fastest miler in the history of the world.



Previous American Record:

Steve Scott – 3:47.69 (1982 – Oslo)

Record stood for 25 years

Current World Record:

Hicham El Guerrouj (MOR) – 3:43.13

1999

The Big Three American Milers



Left-Jim Ryun; Middle-Steve Scott; Right-Alan Webb

Webb, you will recall, has had his name mentioned in the same breath as Jim Ryun before. It was Ryun's high school mile record that Webb broke when he ran 3:53.43 at the Prefontaine Classic in 2001. Now that Webb has claimed two of the US's most storied records from two of the US's most famed distance runners (Ryun and Scott), it is time to consider, where Webb ranks in American distance running history.

Championship Racing

In my opinion, fast times are nice but a runner's place in American distance running history is really determined by how well you can race at a championship meet like the Olympics or World Championships (that's why you may or may not know who Steve Holman is). It's about racing not time trial-ing. When Webb left the University of Michigan after his freshman year of college to turn pro and go back to his high school coach, I was often asked if it was a good idea or not. My answer then was, we won't know until 2007 in Osaka or 2008 in Beijing or maybe even 2012. Clearly that is what Webb was focused on and he was willing to sacrifice short term college glory to obtain his goal of "championship success". At the 2005 World Championships, his tactics were questioned because he surged to a big lead with 700 meters to go and then faded to 9th. This past week at the 2007 World Championships, Webb came into the meet as the world leader for the year. He appeared confident and based on his American record in the mile, a couple decisive victories over Bernard Lagat, and some fast times in the 800 & 1500, he was considered one of the favorites. He seemed intent on being up front to force an honest (decently fast) pace. Watching the race, I don't think he went out too fast. And when 18 year old Kiprop of Kenya took the lead on the 3rd lap, things seemed perfect for Webb. But when it came time to drop the hammer, time to throw tactics aside and run all out for a medal, Webb did not have the same gear to go to as the others in the race. He didn't fall off badly. But at the world class level, you have to be able to put it into a certain gear to be successful. Whether it was peaking at the wrong time, over-confidence, poor tactics, the prelims tiring his legs out (you must run two qualifying races and then the final in five days), or still his youth, the fact of the matter is he was a disappointing 8th. Lagat, who earlier this year lost to Webb twice, became America's first 1500 World Champion since 1908. And the jury still remains out on Webb. Can he develop into a championship racer to go along with his fast times?

(Masters) Mile Trivia, Vol. 4 – June 19, 2008

Happy 40th Birthday, Tomas!

On June 19, 1968, Tomas Palermo was born.

On June 19, 2008, Tomas Palermo will run his first timed mile as a master's runner.

Tomas' Recent Mile History

2005 (37 years old) – 5:18.8

2006 (38 years old) – 5:15.9

2007 (39 years old) – DNR (saving it for 2008??)

2008 (40 years old) - ???



The many sides to Tomas.

Left: DJ Tomas can MC an event.

Above Left: Runner Tomas at the Zippy 5K.

Above Right: SHC Coach Tomas.

American Masters Records - Men

40-44	4:04.98	Jim Sorensen (40)	Lisle, IL	2007-Jul-06
45-49	4:18.83	Ken Sparks (45)		1990-Apr-24
50-54	4:25:04	Nolan Shaheed (52)		2001-Jun-23
55-59	4:42.7	Nolan Shaheed (57)	Canby, OR	2007-May-12
60-64	4:58.2	James Sutton (60)		1991-Aug-17
65-69	5:12.21	Frank Condon (65)	Los Angeles, CA	2007-Jul-21
70-74	5:37.8	Charles Rose (70)	Nashville, TN	2003-Jul-12
75-79	5:57.2	Scotty Carter (75)		1992-Jul-12
80-84	7:36.55	John Hosner (81)	Durham, NC	2006-May-06
80-84	7:13.25 (p)	Joseph King (81)	Los Gatos, CA	2008-Feb-23
85-89	9:18.43	Bill Benson (85)	Durham, NC	2005-May-07
90-94	10:54.62	Bill Lauderback (90)	Bend, OR	2007-Jun-02
95-99	14:48.2	Herb Kirk (95)		1990-Oct-06

TOMAS JOINS LASSE VIREN

Lasse Viren of Finland, who won gold medals in the 5,000 and 10,000-meter runs at both the Munich Olympic Games of 1972 and the Montreal Games of 1976, celebrated his 40th birthday on July 22, 1989 by competing in the Masters Mile at Columbia University's Wien Stadium as part of the New York Track and Field Games.

(Women's Metric) Mile Trivia, Vol. 5

The Metric Mile. In international competition, they run the 1500 meters. This is considered the metric mile. It's 3 ¾ laps around a standard 400 meter track. Although less sexy than "the mile" and not as easy to track lap splits as the 1600 meters, it is the race in which athletes compete so we should get used to this distance.

Since we have somewhat of a connection to the 2-time USA Champion at 1500 meters (Shannon Rowbury), I thought I would give some historical information on the Women's 1500 at the World Championships and Olympic Games. Below is a list of gold medalists and top US finishers in the 1500.

Olympic Games			World Championships		
<u>1972</u>	<u>Munich</u>		<u>1983</u>	<u>Helsinki</u>	
1.	Lyudmila Bragina, URS	4:01.38	1.	Mary Decker, USA	4:00.90
top US	8. Jan Merrill	4:08.54	top US	see above	
<u>1976</u>	<u>Montreal</u>		<u>1987</u>	<u>Rome</u>	
1.	Tatyana Kazankina, URS	4:05.48	1.	Tatyana Samolenko, URS	3:58.56
top US	no one in top 8		top US	7. Diane Richburg	4:01.79
<u>1980</u>	<u>Moscow</u>		<u>1991</u>	<u>Tokyo</u>	
1.	Tatyana Kazankina, URS	3:56.56	1.	Hassiba Boulmerka, ALG	4:02.21
top US	boycott		top US	12. PattiSue Plumer	4:06.80
<u>1984</u>	<u>Los Angeles</u>		<u>1993</u>	<u>Stuttgart</u>	
1.	Gabriella Dorio, ITA	4:03.25	1.	Liu Dong, CHN	4:00.50
top US	8. Ruth Wysocki	4:08.92	top US	no one in final	
<u>1988</u>	<u>Seoul</u>		<u>1995</u>	<u>Gothenburg</u>	
1.	Paula Ivan, ROM	3:53.96	1.	Hassiba Boulmerka, ALG	4:02.42
top US	8. Mary Decker Slaney	4:02.49	top US	7. Ruth Wysocki	4:07.08
<u>1992</u>	<u>Barcelona</u>		<u>1997</u>	<u>Athens</u>	
1.	Hassiba Boulmerka, ALG	3:55.30	1.	Carla Sacramento, POR	4:04.24
top US	no one in top 8		top US	2. Regina Jacobs	4:04.63
<u>1996</u>	<u>Atlanta</u>		<u>1999</u>	<u>Seville</u>	
1.	Svetlana Masterkova, RUS	4:00.83	1.	Svetlana Masterkova, RUS	3:59.53
top US	no one in top 8		top US	2. Regina Jacobs	4:00.35
<u>2000</u>	<u>Sydney</u>		<u>2001</u>	<u>Edmonton</u>	
1.	Nouria Merah-Benida, ALG	4:05.10	1.	Gabriela Szabo, ROU	4:00.57
top US	8. Marla Runyan	4:08.30	top US	no one in final	
<u>2004</u>	<u>Athens</u>		<u>2003</u>	<u>Paris</u>	
1.	Kelly Holmes, GBR	3:57.90	1.	Tatyana Tomashova, RUS	3:58.52
top US	no one in final		top US	no one in final	
<u>2008</u>	<u>Beijing</u>		<u>2005</u>	<u>Helsinki</u>	
1.	Nancy Jebet Lagat, KEN	4:00.23	1.	Tatyana Tomashova, RUS	4:00.35
top US	7. Shannon Rowbury	4:03.58	top US	no one in final	
			<u>2007</u>	<u>Osaka</u>	
			1.	Maryam Yusuf Jamal, BRN	3:58.75
			top US	no one in final	

NOTES:

- Women did not start to run the 1500 until 1972 in Munich. At the 1968 Olympics, the 800 meters was the longest race a woman could enter in the Olympics. The World Championships began in 1983.
- The US has had four women place 8th at the Olympics. Shannon's 7th place finish in Beijing is the highest finish by a US woman at the Olympics in the 1500.
- The US may not have a storied history in the 1500 at the Olympics, but love them or question their possible performance enhancing drug use, officially Mary Decker Slaney is a World Champion and Regina Jacobs is a 2-time World silver medalist.
- Notice that Ruth Wysocki went 11 years between her 8th at the '84 Olympics and her 7th at the '95 World Champs.

On the back of this sheet is a scouting sheet for the 2009 World Championships Women's 1500 Meters. All sorts of data on the top current 1500 meter runners around the world.

2009 World Championships Women's 1500 Meter Scouting - updated 8/6/2009

	Personal Record (1/1/08-7/31/09)	2009 Season Best	2008 Season Best NGB Trials	800 PR	108 Olympics Beijing	107 World Champs Osaka	105 World Champs Helsinki	104 Olympics Athens
A Standard 4:06.00	BRN	3:56.18 (06)	3:56.55	3:59.84	1:57.80	1st	5th	
	RUS	3:58.38	3:58.38	4:02.02	1:57.86	11th	8th	
	ETH	3:58.79	3:58.79	4:00.44	2:07.05 (03)	6th heats	10th 5000	
	RUS	3:57.73 (05)	3:59.66	4:04.19	2:35.66 (03)	8th heats	10th heats	4th
	USA	3:59.98	3:59.98	4:04.88	2:40.06	8th heats	10th heats	
	KEN	4:00.23	4:00.23	4:00.23	2:41.30 (00)	1st	11th heats	7th semis
	USA	4:00.33	4:00.33	4:00.33	1:40.50.07	7th		
	RUS	4:00.86	4:00.86	4:08.16	3:40.00.86	1:58.06 (04)		
	MAR	4:00.95	4:00.95				5th	
	USA	4:01.44	4:01.44	4:06.26	3:40.07.70	10th steeple		
	UKR	4:00.04 (06)	4:01.61	4:05.63	1:59.15 (98)	2nd	3rd	
	UKR	4:01.78	4:01.78	4:01.78	2:02.31	11th	11th	6th semis
	GBR	4:02.10	4:02.10	4:02.10	2:02.90	4th	10th semis	
	SLO	4:02.13	4:02.13	4:07.80	2:02.47 (03)	6th heats	11th semis	
	POL	4:02.30	4:02.30	4:04.46	1:40.07.38	8th heats	6th heats	
	AUS	4:00.93 (06)	4:02.44	4:11.62	2:02.81 (99)	5th heats	7th semis	11th heats
	ETH	4:02.98	4:02.98	4:02.98	4:10.14	6th heats	6th	10th
ESP	3:59.51 (05)	4:03.19	4:04.82	4:03.19	1:41.18.69	2:01.35	8th heats	
MAR	4:03.23	4:03.23	4:06.37	4:03.23	12th	6th heats	8th heats	
FRA	4:00.49 (05)	4:03.43	n/a	1:59.75 (05)				
GBR	4:03.48	4:03.48	4:05.83	2:40.09.55	6th heats	12th heats	9th semis	
ESP	4:03.37 (06)	4:03.63	4:04.75	2:41.18.98	2:00.35	12th heats	9th semis	
MAR	4:03.74	4:03.74	4:05.36	2:06.16 (04)	10th	9th heats		
MAR	4:04.12	4:04.12	4:04.12	2:04.54				
ROU	4:02.90 (02)	4:04.31	4:04.31	1:59.43 (04)			11th heats	
ROU	4:04.36	4:04.36	4:06.84	2:06.02				
ESP	4:04.25 (02)	4:04.44	4:06.74	4:04.44	4:30.20.64	12th	10th semis	
KEN	4:04.59	4:04.59	4:04.59	1:41.12.05	9th heats	10th	6th	
POL	3:59.22 (00)	4:04.83	4:05.86	1:59.97 (99)	10th heats			
GBR	4:05.06	4:05.06	4:07.74	1:40.09.18	2:01.87			
UKR	4:05.13	4:05.13	4:06.56	2:03.65	9th			
NAM	4:05.30	4:05.30	4:05.30	1:59.15	7th heats	8th, 8th semis 800	5th semis 800	
AGNES SAMARIA ?				1:59.46 (03)			12th heats	
Judit Varga		4:05.60	4:05.60	2:01.11	10th heats			
Meskerem Assefa Legesse		4:05.67	4:05.67	2:02.24				
Susan Kujiken		4:05.86	4:05.86					
Liu Qing		4:06.14	4:06.14	1:59.74 (05)	9th heats	6th heats 800		
Alemitu Bekele		4:06.32	4:06.32					
Tetiana Petlyuk		4:06.51	4:06.51	1:58.67	4th semis 800	6th semis 800	3rd semis 800	
Rene Kalmer		4:06.71	4:06.71	2:03.51 (00)	7th heats			
Lisa Corrigan		4:06.97	4:06.97	2:01.59	9th heats	12th semis		
Jennifer Barringer - running 3000 steeple	USA	3:59.90	3:59.90	4:11.36	n/a	7th heats steeple		
Gulnar Galkina - probably 3000 steeple	RUS	4:01.29 (04)	4:02.34	4:03.31	2:00.29	1st steeple, 12th 5000	6th 5000	
Viola Kibiwit - not selected by KEN	KEN	4:02.10	4:02.70	4:04.17	6:41.17.03	5th heats		
Dolores Checa - probably running 5 or 10	ESP	4:02.77	4:02.77	4:02.77	2:08.32 (04)	11th semis		
Hannah England - not selected by GBR	GBR	4:04.29	4:04.29	4:06.19	3:40.09.93	13th heats 5000		
Yuliya Zariucneva - not RUS top 3	RUS	4:04.59	4:04.59	n/a	9:23 steeple			
Marta Dominguez - probably 3000 steeple	ESP	4:04.84	4:04.84	4:07.77	2:06.1 (95)	2nd heats steeple	14th 5000	
Elisa Cusma Piccione - racing 800 only?	ITA	4:04.98	4:04.98	4:13.68	1:59.99	5th semis 800	7th heats 800	
Erin Donohue - not USA top 3	USA	4:05.21	4:05.21	4:07.65	4:40.8.96	4th semis 800		
Sarah Bowman - not USA top 3	USA	4:05.67	4:05.67	4:07.50	11:41.16	8th heats	9th semis	
Natalya Popkova - not RUS top 3	RUS	4:05.86	4:05.86	4:10.57	n/a	10th heats	8th heats	
Wioletta Janowska - not selected by POL	POL	4:03.09 (04)	4:06.21	4:06.21	2:06.86	10th heats	11th semis	
Anna Jakubczak - not selected by POL	POL	4:00.15 (04)	4:06.94	4:07.00	2:00.78 (99)	7th heats	7th	
Susan Scott - not GBR top 3	GBR	4:07.00	4:07.00	4:06.94	1:59.02	4th heats	8th semis 800	
Treniere Clement - not USA top 3	USA	4:03.32 (06)	4:07.91	4:11.87	5:40.9.10	9th semis	12th heats	
Daniela Jordanova	BUL	3:59.10 (04)		2:03.02 (01)		4th	9th heats	
Yuliya Fomenko - suspended drugs	RUS	3:55.68 (06)	4:00.57	4:00.57	1:57.07	7th	DQ in Final	
Yelena Soboleva - suspended drugs	RUS	3:56.43 (06)	3:56.59	3:56.59	1:54.85	2nd	4th	
Tatyana Tomashova - suspended drugs	RUS	3:56.91 (06)	3:59.42	3:59.42	2:02.49 (03)	1st	1st	
Liliana Popescu - suspended drugs	ROU	4:00.35	4:00.35	4:00.35	1:59.34	5th semis 800	2nd	

Mile (and US Distance) Trivia, Vol. 6 - September 2, 2010

Thursday Night Mile Time Trial Results, 2005-2009

	<u>2005</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>
Adam		5:27.7			
Anders				5:52.3	
Andy B		4:50.2			
Anne M					6:15.6
Asit		6:30.5	6:21.7	6:26.6	6:02.2
Brent		5:37.3			
Brian			5:50.7		
Brian H					5:54.3
Brian VZ					6:04.4
Chris M		6:03.9			
Chrstine				6:43.5	
Dale				5:42.7	
Dan			5:54.9		
Danielle			6:00.1	5:47.7	
David O'C				5:16.4	
Denis			5:19.1	5:28.0	5:18.5
Diment					4:55.7
Emily				6:51.6	
Erin		7:37.5			
Ferris	5:56.9				
Francisco		5:35.6			
Frank	5:25.3	5:44.8	5:46.8	5:14.1	5:09.5
Gino			5:15.9		5:02.3
Gino					
Ilona					6:23.7
Jeff H	5:27.4		5:18.6		
Jessie					6:14.9
Joel				6:34.5	
John G				5:32.6	
John S			5:31.6	5:47.2	5:29.3
Justin					4:42.7
Keith	6:35.8	6:51.9	7:00.7		
Kenley					5:10.5
Lara		6:37.9			
Leah				5:37.6	
Malinda	7:30.8	7:01.8	7:19.6	7:35.3	6:49.8
Mark					5:56.8
Markham				5:40.9	
Matthew		5:05.7			
Mike H	5:58.0				
Mike Kim	5:31.5				
Monica Z					5:52.3
Nathan	5:03.1	5:25.4	5:48.8	5:26.7	
Patrick	6:28.5		6:15.1	6:31.9	6:42.0
Pete		5:10.4			
Raymond		7:43.6			
Sara C				6:10.2	
Sara S			5:52.1	6:00.5	
Shawn					5:47.2
Stella					6:09.5
Tom					5:21.9
Tomas	5:18.8	5:15.9		5:28.2	5:18.0
Zack	5:00.9		5:14.1		5:17.0

Top 10 Distance Marks in US History

2009 American Records



Barringer - 3000 SC



Ritzenhein - 5000

2010 American Records



Huddle - 5000



Lagat - 5000



Solinsky-10,000

800 Meters

MEN

1.	Johnny Gray	1:42.60	1985
2.	Mark Everett	1:43.20	1997
3.	David Mack	1:43.35	1985
4.	Rich Kenah	1:43.38	1997
5.	Rick Wohlhuter	1:43.5+	1974
6.	Earl Jones	1:43.62	1986
7.	Khadevis Robinson	1:43.68	2006
8.	Nick Symmonds	1:43.76	2010
9.	Alan Webb	1:43.84	2007
10.	John Marshall	1:43.92	1984

WOMEN

1.	Jearl Miles Clark	1:56.40	1999
2.	Mary Decker Slaney	1:56.90	1985
3.	Kim Gallagher	1:56.91	1988
4.	Meredith Valmon	1:57.04	1996
5.	Alysia Johnson	1:57.34	2010
6.	Delisa Floyd	1:57.80	1988
7.	Julie Jenkins	1:57.82	1990
8t.	Joetta Clark	1:57.84	1998
8t.	Maggie Vessey	1:57.84	2009
10.	Nicole Teter	1:57.97	2002

1500 Meters

MEN

1.	Bernard Lagat	3:29.30	2005
2.	Sydnee Maree	3:29.77	1985
3.	Alan Webb	3:30.54	2007
4.	Andrew Wheating	3:30.90	2010
5.	Jim Spivey	3:31.01	1988
6.	Steve Holman	3:31.52	1997
7.	Steve Scott	3:31.76	1985
8.	David Krummenacker	3:31.93	2002
9.	Lopez Lomong	3:32.20	2010
10.	Leo Manzano	3:32.37	2010

WOMEN

1.	Mary Decker Slaney	3:57.12	1983
2.	Suzy Favor Hamilton	3:57.40	2000
3.	Anna Pierce	3:59.38	2009
4.	Christin Wurth-Thomas	3:59.59	2010
5.	Jennifer Barringer	3:59.90	2009
6.	Ruth Wysocki	4:00.18	1984
7.	Shannon Rowbury	4:00.33	2008
8.	Regina Jacobs	4:00.35	1999
9.	Diana Richburg	4:01.79	1987
10.	Morgan Uceny	4:02.40	2010

5000 Meters

MEN

1.	Bernard Lagat	12:54.12	2010
2.	Chris Solinsky	12:55.53	2010
3.	Dathan Ritzenhein	12:56.27	2009
4.	Bob Kennedy	12:58.21	1996
5.	Matt Tegenkamp	12:58.56	2009
6.	Sydney Maree	13:01.15	1985
7.	Galen Rupp	13:07.35	2010
8.	Adam Goucher	13:10.00	2006
9.	Alan Webb	13:10.86	2005
10t.	Meb Keflezighi	13:11.77	2000
10t.	Tim Broe	13:11.77	2005

WOMEN

1.	Molly Huddle	14:44.76	2010
2.	Shalane Flanagan	14:44.80	2007
3.	Regina Jacobs	14:45.35	2000
4.	Deena Kastor	14:51.62	2000
5.	Jen Rhines	14:54.29	2008
6.	Kara Goucher	14:55.02	2007
7.	Lisa Koll	14:55.74	2010
8.	Amy Rudolph	14:56.04	1996
9.	Annette Peters	14:56.07	1993
10.	Amy Yoder Begley	14:56.72	2010

10,000 Meters

MEN

1.	Chris Solinsky	26:59.60	2010
2.	Galen Rupp	27:10.74	2010
3.	Meb Keflezighi	27:13.98	2001
4.	Abdi Abdirahman	27:16.99	2008
5.	Mark Nenow	27:20.56	1986
6.	Dathan Ritzenhein	27:22.28	2009
7.	Alberto Salazar	27:25.61	1982
8.	Craig Virgin	27:29.16	1980
9.	Todd Williams	27:31.34	1995
10.	Tim Nelson	27:31.56	2010

WOMEN

1.	Shalane Flanagan	30:22.22	2008
2.	Deena Kastor	30:50.32	2002
3.	Kara Goucher	30:55.16	2008
4.	Amy Yoder Begley	31:13.78	2009
5.	Jen Rhines	31:17.31	2007
6.	Lisa Koll	31:18.07	2010
7.	Amy Rudolph	31:18.96	1999
8.	Lynn Jennings	31:19.89	1992
9.	Katie McGregor	31:21.20	2005
10.	Elva Dwyer	31:21.92	1999

3000 Steeplechase

MEN

1.	Daniel Lincoln	8:08.82	2006
2.	Henry Marsh	8:09.17	1985
3.	Mark Croghan	8:09.76	1993
4.	Brian Diemer	8:13.16	1984
5.	Dan Huling	8:13.29	2010
6.	Marc Davis	8:14.26	1993
7.	Tim Broe	8:14.82	2001
8.	Steve Slattery	8:15.69	2007
9.	Pascal Dobert	8:15.77	2000
10.	Ivan Huff	8:16.59	1986

WOMEN

1.	Jennifer Barringer	9:12.50	2009
2.	Anna Pierce	9:22.76	2008
3.	Lisa Aguilera	9:24.84	2010
4.	Briana Shook	9:29.32	2004
5.	Lindsey Anderson	9:30.75	2008
6.	Bridget Franek	9:32.25	2010
7.	Ann Gaffigan	9:39.35	2004
8.	Nicole Bush	9:39.38	2009
9.	Carrie Messner	9:39.68	2005
10.	Elizabeth Jackson	9:39.78	2005

Thursday Night Mile Time Trial Results, 2005-2010

2005 Mile Time Trial Results (June 30)

1. Zach	5:00.9
2. Nathan	5:03.1
3. Tomas	5:18.8
4. Frank	5:25.3
5. Jeff	5:27.4
6. Mike Kim	5:31.5
7. Ferris	5:56.9
8. Mike H	5:58.0
9. Patrick	6:28.5
10. Keith	6:35.8
11. Malinda	7:30.8

2006 Mile Time Trial Results (Aug 17)

1. Andy B	4:50.2
2. Matthew	5:05.7
3. Pete	5:10.4
4. Tomas	5:15.9
5. Nathan	5:25.4
6. Adam	5:27.7
7. Francisco	5:35.6
8. Brent	5:37.3
9. Frank	5:44.8
10. Chris M	6:03.9
11. Asit	6:30.5
12. Lara	6:37.9
13. Keith	6:51.9
14. Malinda	7:01.8
15. Erin	7:37.5
16. Raymond	7:43.6

2007 Mile Time Trial Results (Sept 13)

1. Zach	5:14.1
2. Gino	5:15.9
3. Jeff	5:18.6
4. Denis	5:19.1
5. John S	5:31.6
6. Frank	5:46.8
7. Nathan	5:48.8
8. Brian	5:50.7
9. Sara	5:52.1
10. Dan	5:54.9
11. Danielle	6:00.1
12. Patrick	6:15.1
13. Asit	6:21.7
14. Keith	7:00.7
15. Malinda	7:19.6

2008 Mile Time Trial Results (June 19)

1. Frank	5:14.1
2. David	5:16.4
3. Nathan	5:26.7
4. Denis	5:28.0
5. Tomas	5:28.2
6. John G	5:32.6
7. Leah	5:37.6
8. Markham	5:40.9
9. Dale	5:42.7
10. John S	5:47.2
11. Danielle	5:47.7
12. Anders	5:52.3
13. Sara S	6:00.5
14. Sara C	6:10.2
15. Asit	6:26.6
16. Patrick	6:31.9
17. Joel	6:34.5
18. Chrstine	6:43.5
19. Emily	6:51.6
20. Malinda	7:35.3

2009 1600 Time Trial Results (Aug 6)

1. Justin	4:42.7
2. Diment	4:55.7
3. Gino	5:02.3
4. Frank	5:09.5
5. Kenley	5:10.5
6. Zach	5:17.0
7. Tomas	5:18.0
8. Denis	5:18.5
9. Tom	5:21.9
10. John S	5:29.3
11. Shawn	5:47.2
12. Monica Z	5:52.3
13. Brian H	5:54.3
14. Mark	5:56.8
15. Asit	6:02.2
16. Brian VZ	6:04.4
17. Stella	6:09.5
18. Jessie	6:14.9
19. Anne M	6:15.6
20. Ilona	6:23.7
21. Patrick	6:42.0
22. Malinda	6:49.8

2010 1600 Time Trial Results (Sept 2)

1. Justin	4:40.2
2. Steve L	4:50.5
3. Gino	5:09.9
4. Simon	5:12.0
5. Denis	5:15.1
6. Peter	5:23.3
7. Tomas	5:29.2
8. Carlos	5:31.2
9t. Frank	5:36.0
9t. Mark Her.	5:36.0
11. Nakia	5:38.6
12. Yvonne	5:40.2
13. Danielle	5:40.8
14. Dave P	5:41.4
15. John S	5:55.3
16. Brian VZ	6:09.6
17. Malinda	6:24.5
18. Fiona	6:26.3
19. George D	6:58.5
20. Xiaoyin	7:11.3
21. Angie	7:59.9

on own: Adam, 5:39.0

on own: Kenley, 5:12.9

Will Anybody Force The 1500 Pace?

by Sieg Lindstrom

The USATF men's 1500 should go off as one of the most competitive and unpredictable events on offer at Hayward. But if history is any guide, the pace will be predictably "tactical." Odd if considered in light of the upswinging standard of U.S. running in the event in recent years but more understandable when the realities of racing for place come into play.

In the last 30 years, just three USATF finals—Steve Scott's 3:34.92 in '82, Gabe Jennings' 3:35.90 in '00 and Alan Webb's 3:34.82 in his mile American Record year of '07—have come in at sub-3:36.

Webb also left the '04 OT field more than 15 meters behind with a bold attack just 700 meters into that final, which ended up at 3:36.13.

"We should be setting the bar at winning an Olympic gold medal," says Vin Lananna, coach of '10's fastest American, Andrew Wheating.

"Good athletes, good advisors, good training partners, and good competitive opportunities will take us to the Olympic and World Championship finals. All of those factors and a little luck will get the Americans on the podium."

For this summer's metric mile action, Lananna envisions an elevated bar also.

"I believe that they will see three Americans in the final and someone on the podium," he says. "I am very encouraged by our work ethic and optimism. This is a great time for American distance running."

The '09 Kenyan Trials went to Olympic champion Asbel Kiprop in 3:32.82—at altitude. Is it conceivable we'll see a similar outcome in Eugene, where four 1500 men with PRs in the 3:32s or faster should be in the final?

Not likely.

"At this stage in the game it's going to be a tactical race," analyzes Leonel Manzano (see p. 20), who has placed 2nd at the meet the last four years. "I mean it always

is. Unless there's a guy who's willing to sacrifice himself, I really don't think that it's going to go out very fast.

"It's a championship race, which is totally different from any other race that there is. Championship races always go out slow. It's just something that you already know from

The final in Indianapolis in '07 presented a different competitive picture from today's. Webb and Bernard Lagat (running in his first USATF 1500 final) stood out enough from the pack on PRs and competitive record to justify the gamble, "If I forge an honest pace, there are not three others who can beat me."

Even then, Lagat, although he was a two-time Olympic medalist, came up short against Manzano's 55-flat last lap. He placed 3rd in 3:35.55. His legs weren't totally fresh.

He had won the 5K two nights earlier, and he would win both events two months later at the World Championships. His gamble had worked. Fourth-placer Chris Lukezic trailed in 10 meters back.

Webb's face told the tale. Smiling, he wept at the same time. Putting yourself out there with 11 fit milers behind you means racing into an emotional minefield, facing a yawning abyss.

This year, the formchart says there is too much parity. Who'd roll the dice?

While the shortened World Championships qualifying period for '11 and tightened Daegu A-standard, 3:35.00, have added pressure to run fast and no American had the A-mark at press time, finishers in the USATF top 4 will be given through August 8

to chase the time (see p. 12).

Then there are Eugene conditions. The 1500 final will go off at 3:15 in the afternoon. That's similar scheduling to the finals at the '08 Olympic Trials and '09 Nationals. For both of those races, particularly '09, wind kicked the runners in the teeth each time they hit the backstretch.

In the '08 competition, after which no standard-chasing was allowed under an edict of the USOC, Jennings, the winning Trials gambler 8 years earlier, pushed early against the wind in pursuit of the mark. Then he faded, to 12th in 3:47.92, as Lagat, Manzano and Lopez Lomong scooped up the team berths with times of 3:40.37, 3:40.90 and 3:41.00.

So it was then. So it's likely to be now. But never say never.



The '07 version of Webb was rewarded for his bold frontrunning

KIRBY LEE/IMAGE OF SPORT

experience.

"Unless something changes, unless there's a guy—and I'm not going to say it's going to be me; it could be anybody—that's willing to go through 1:54–1:55 through the 800 and just try to hold on to the finish... That would change things, but it's a championship race."

Manzano is right. Championship races, especially championships that are also qualifiers to the World Champs and Olympics, always come with a calculation for every competitor who has a real shot: "How soon can I move and still feel confident I can hold on to finish in the top 3?"

Webb's surge at the '04 Trials and Jennings' with 500 to run were rare examples at U.S. Nationals of athletes taking a hard chomp at the apple early.

2011-
3:47.63

The Last 10 Winning Times

2010	— 3:50.83
2009	— 3:41.68
2008	— 3:40.37
2007	— 3:34.82
2006	— 3:39.29
2005	— 3:41.97
2004	— 3:36.13
2003	— 3:44.00
2002	— 3:40.90
2001	— 3:37.63

Thursday Night Mile Time Trial Results, 2005-2011

2005 Mile Time Trial Results (June 30)

1. Zach	5:00.9
2. Nathan	5:03.1
3. Tomas	5:18.8
4. Frank	5:25.3
5. Jeff	5:27.4
6. Mike Kim	5:31.5
7. Ferris	5:56.9
8. Mike H	5:58.0
9. Patrick	6:28.5
10. Keith	6:35.8
11. Malinda	7:30.8

2006 Mile Time Trial Results (Aug 17)

1. Andy B	4:50.2
2. Matthew	5:05.7
3. Pete	5:10.4
4. Tomas	5:15.9
5. Nathan	5:25.4
6. Adam	5:27.7
7. Francisco	5:35.6
8. Brent	5:37.3
9. Frank	5:44.8
10. Chris M	6:03.9
11. Asit	6:30.5
12. Lara	6:37.9
13. Keith	6:51.9
14. Malinda	7:01.8
15. Erin	7:37.5
16. Raymond	7:43.6

2007 Mile Time Trial Results (Sept 13)

1. Zach	5:14.1
2. Gino	5:15.9
3. Jeff	5:18.6
4. Denis	5:19.1
5. John S	5:31.6
6. Frank	5:46.8
7. Nathan	5:48.8
8. Brian	5:50.7
9. Sara	5:52.1
10. Dan	5:54.9
11. Danielle	6:00.1
12. Patrick	6:15.1
13. Asit	6:21.7
14. Keith	7:00.7
15. Malinda	7:19.6

2008 Mile Time Trial Results (June 19)

1. Frank	5:14.1
2. David	5:16.4
3. Nathan	5:26.7
4. Denis	5:28.0
5. Tomas	5:28.2
6. John G	5:32.6
7. Leah	5:37.6
8. Markham	5:40.9
9. Dale	5:42.7
10. John S	5:47.2
11. Danielle	5:47.7
12. Anders	5:52.3
13. Sara S	6:00.5
14. Sara C	6:10.2
15. Asit	6:26.6
16. Patrick	6:31.9
17. Joel	6:34.5
18. Chrstine	6:43.5
19. Emily	6:51.6
20. Malinda	7:35.3

2009 1600 Time Trial Results (Aug 6)

1. Justin	4:42.7
2. Diment	4:55.7
3. Gino	5:02.3
4. Frank	5:09.5
5. Kenley	5:10.5
6. Zach	5:17.0
7. Tomas	5:18.0
8. Denis	5:18.5
9. Tom	5:21.9
10. John S	5:29.3
11. Shawn	5:47.2
12. Monica Z	5:52.3
13. Brian H	5:54.3
14. Mark	5:56.8
15. Asit	6:02.2
16. Brian VZ	6:04.4
17. Stella	6:09.5
18. Jessie	6:14.9
19. Anne M	6:15.6
20. Ilona	6:23.7
21. Patrick	6:42.0
22. Malinda	6:49.8

2010 1600 Time Trial Results (Sept 2)

1. Justin	4:40.2
2. Steve L	4:50.5
3. Gino	5:09.9
4. Simon	5:12.0
5. Denis	5:15.1
6. Peter	5:23.3
7. Tomas	5:29.2
8. Carlos	5:31.2
9t. Frank	5:36.0
9t. Mark Her.	5:36.0
11. Nakia	5:38.6
12. Yvonne	5:40.2
13. Danielle	5:40.8
14. Dave P	5:41.4
15. John S	5:55.3
16. Brian VZ	6:09.6
17. Malinda	6:24.5
18. Fiona	6:26.3
19. George D	6:58.5
20. Xiaoyin	7:11.3
21. Angie	7:59.9
on own: Adam,	5:39.0
on own: Kenley,	5:12.9

2011 Mile Time Trial Results (July 12)

1. Justin	4:44.2
2. Steve L	4:56.1
3. Tower	5:01.2
4. Geoffrey V	5:02.0
5. Greg	5:03.7
6. Kenley	5:07.1
7. Adam	5:17.3
8. Nakia	5:22.2
9. Jeff	5:24.9
10. Dave P	5:25.5
11. Tomas	5:26.4
12. Chris C	5:27.5
13. Danielle	5:35.4
14. Mike A	5:40.9
15. Ashley	5:55.7
16. Louise	6:01.0
17. Mark Huff.	6:08.3
18t. Asit	6:24.6
18t. Brian P	6:24.6
20. Patrick	6:27.5
21. Malinda	6:34.9
22. Raissa	7:14.2

2012 U.S. Track & Field Olympic Team

100	Justin Gatlin	Tyson Gay	Ryan Bailey
200	Wallace Spearmon	Maurice Mitchell	Isiah Young
400	LaShawn Merritt	Tony McQuay	Bryshon Nellum
800	Nick Symmonds	Khadevis Robinson	Duane Solomon
1500	Leonel Manzano	Matthew Centrowitz	Andrew Wheating
Steeple	Evan Jager	Donn Cabral	Kyle Alcorn
5000	Galen Rupp	Bernard Lagat	Lopez Lomong
10,000	Galen Rupp	Matt Tegenkamp	Dathan Ritzenhein
110H	Aries Merritt	Jason Richardson	Jeff Porter
400H	Michael Tinsley	Angelo Taylor	Kerron Clement
Mar	Meb Keflezighi	Ryan Hall	Abdi Abdirahman
20W	Trevor Barron	_____	_____
50W	John Nunn	_____	_____
HJ	Jamie Nieto	Erik Kynard	Jesse Williams
PV	Brad Walker	Jeremy Scott	Derek Miles
LJ	Marquise Goodwin	Will Claye	George Kitchens
TJ	Christian Taylor	Will Claye	_____
SP	Reese Hoffa	Ryan Whiting	Christian Cantwell
DT	Lance Brooks	Jarred Rome	Jason Young
HT	Kibwé Johnson	A.G. Kruger	_____
JT	Craig Kinsley	Sean Furey	Cyrus Hostetler
Dec	Ashton Eaton	Trey Hardee	_____

100	Carmelita Jeter		Allyson Felix
200	Allyson Felix	Carmelita Jeter	Sanya Richards-Ross
400	Sanya Richards-Ross	DeeDee Trotter	Francena McCorory
800	Alysia Montaño	Geena Gall	Alice Schmidt
1500	Morgan Uceny	Shannon Rowbury	Jenny Simpson
Steeple	Emma Coburn	Bridget Franek	Shalaya Kipp
5000	Julie Culley	Molly Huddle	Kim Conley
10,000	Amy Hastings	Lisa Uhl	Janet Cherobon-Bawcom
100H	Dawn Harper	Kellie Wells	Lolo Jones
400H	Lashinda Demus	Georganne Moline	T'Erea Brown
Mar	Shalane Flanagan	Desiree Davila	Kara Goucher
20W	Maria Michta	_____	_____
HJ	Chaunté Lowe	Brigetta Barrett	Amy Acuff
PV	Jenn Suhr	Becky Holliday	Lacy Janson
LJ	Brittney Reese	Chelsea Hayes	Janay DeLoach
TJ	Amanda Smock	_____	_____
SP	Jillian Camarena-Williams	Michelle Carter	Tia Brooks
DT	Stephanie Brown Trafton	Aretha Thurmond	Gia Lewis-Smallwood
HT	Amber Campbell	Amanda Bingson	Jessica Cosby
JT	Brittany Borman	Kara Patterson	Rachel Yurkovich
Hept	Hyleas Fountain	Sharon Day	Chantae McMillan

Track Workout Mile Time Trial Results, 2005-2012

2005 Mile Time Trial Results (June 30)

1. Zach	5:00.9
2. Nathan	5:03.1
3. Tomas	5:18.8
4. Frank	5:25.3
5. Jeff	5:27.4
6. Mike Kim	5:31.5
7. Ferris	5:56.9
8. Mike H	5:58.0
9. Patrick	6:28.5
10. Keith	6:35.8
11. Malinda	7:30.8

2006 Mile Time Trial Results (Aug 17)

1. Andy B	4:50.2
2. Matthew	5:05.7
3. Pete	5:10.4
4. Tomas	5:15.9
5. Nathan	5:25.4
6. Adam	5:27.7
7. Francisco	5:35.6
8. Brent	5:37.3
9. Frank	5:44.8
10. Chris M	6:03.9
11. Asit	6:30.5
12. Lara	6:37.9
13. Keith	6:51.9
14. Malinda	7:01.8
15. Erin	7:37.5
16. Raymond	7:43.6

2007 Mile Time Trial Results (Sept 13)

1. Zach	5:14.1
2. Gino	5:15.9
3. Jeff	5:18.6
4. Denis	5:19.1
5. John S	5:31.6
6. Frank	5:46.8
7. Nathan	5:48.8
8. Brian	5:50.7
9. Sara	5:52.1
10. Dan	5:54.9
11. Danielle	6:00.1
12. Patrick	6:15.1
13. Asit	6:21.7
14. Keith	7:00.7
15. Malinda	7:19.6

2008 Mile Time Trial Results (June 19)

1. Frank	5:14.1
2. David	5:16.4
3. Nathan	5:26.7
4. Denis	5:28.0
5. Tomas	5:28.2
6. John G	5:32.6
7. Leah	5:37.6
8. Markham	5:40.9
9. Dale	5:42.7
10. John S	5:47.2
11. Danielle	5:47.7
12. Anders	5:52.3
13. Sara S	6:00.5
14. Sara C	6:10.2
15. Asit	6:26.6
16. Patrick	6:31.9
17. Joel	6:34.5
18. Chrstine	6:43.5
19. Emily	6:51.6
20. Malinda	7:35.3

2009 1600 Time Trial Results (Aug 6)

1. Justin	4:42.7
2. Diment	4:55.7
3. Gino	5:02.3
4. Frank	5:09.5
5. Kenley	5:10.5
6. Zach	5:17.0
7. Tomas	5:18.0
8. Denis	5:18.5
9. Tom	5:21.9
10. John S	5:29.3
11. Shawn	5:47.2
12. Monica Z	5:52.3
13. Brian H	5:54.3
14. Mark	5:56.8
15. Asit	6:02.2
16. Brian VZ	6:04.4
17. Stella	6:09.5
18. Jessie	6:14.9
19. Anne M	6:15.6
20. Ilona	6:23.7
21. Patrick	6:42.0
22. Malinda	6:49.8

2010 1600 Time Trial Results (Sept 2)

1. Justin	4:40.2
2. Steve L	4:50.5
3. Gino	5:09.9
4. Simon	5:12.0
5. Denis	5:15.1
6. Peter	5:23.3
7. Tomas	5:29.2
8. Carlos	5:31.2
9t. Frank	5:36.0
9t. Mark Her.	5:36.0
11. Nakia	5:38.6
12. Yvonne	5:40.2
13. Danielle	5:40.8
14. Dave P	5:41.4
15. John S	5:55.3
16. Brian VZ	6:09.6
17. Malinda	6:24.5
18. Fiona	6:26.3
19. George D	6:58.5
20. Xiaoyin	7:11.3
21. Angie	7:59.9
on own: Adam,	5:39.0
on own: Kenley,	5:12.9

2011 Mile Time Trial Results (July 12)

1. Justin	4:44.2
2. Steve L	4:56.1
3. Tower	5:01.2
4. Geoffrey V	5:02.0
5. Greg	5:03.7
6. Kenley	5:07.1
7. Adam	5:17.3
8. Nakia	5:22.2
9. Jeff	5:24.9
10. Dave P	5:25.5
11. Tomas	5:26.4
12. Chris C	5:27.5
13. Danielle	5:35.4
14. Mike A	5:40.9
15. Ashley	5:55.7
16. Louise	6:01.0
17. Mark Huff.	6:08.3
18t. Asit	6:24.6
18t. Brian P	6:24.6
20. Patrick	6:27.5
21. Malinda	6:34.9
22. Raissa	7:14.2

2012 Mile Time Trial Results (July 10)

1. Justin	4:38.9	32
2. Tim	4:57.1	28
3. Carlos	5:00.3	41
4. Greg T	5:10.0	36
5. Simon	5:10.6	16
6. Kenley	5:11.8	34
7. Denis	5:12.4	42
8. Steve H	5:17.0	29
9. Drew	5:19.0	35
10. Tan	5:23.8	33
11. Mike A	5:24.3	52
12. Steven Pits.	5:30.6	44
13. Danielle	5:39.5	29
14. John G	5:49.3	33
15. Galen	5:51.9	43
16. Felix	5:53.5	33
17. Paul	5:57.6	55
18. Ted	6:08.9	29
19. Thang	6:09.7	33
20. Mark Huff.	6:15.3	54
21. Michael G	6:15.6	52
22. Louise	6:16.1	46
23. Asit	6:20.3	38
24. Gene	6:31.8	65
25. Patrick	6:37.1	64
26. Anne M	6:37.6	46
27. Malinda	6:45.0	42
28. Ken A	6:56.6	43
29. Alicia	7:06.8	40
30. Theo	7:09.6	73
31. Kelly H	7:10.0	41
32. Lee	7:48.9	58
33. Keith	7:53.5	74
34. Sarah	8:10.4	29

The Mile of the Century

Pre-race info from: <http://www.runblogger.com/2009/07/perfect-mile-roger-bannister-john-landy.html#IWdFYfMMTfgXVED9.99>

The final of the one-mile race at the Empire Games in Vancouver, Canada on Aug. 7, 1954 might just be the greatest running race of all time. The race featured two of the titans of middle-distance running, Roger Bannister of England, and John Landy of Australia. Both of these men were world famous runners, both were at the peak of their respective careers, and both had, within the previous six months, broken the 4-minute mile time barrier that many at that time thought was impenetrable (they were the first two runners in history to do it). This latter fact is in part what made this race so compelling.

Without a doubt, Roger Bannister is best known for running the first sub 4-minute mile (he did so on May 6, 1954 in Oxford, England. Few people realize, however, that Bannister's record stood for less than 2 months - it was broken (by over a full second) by John Landy in June of that same year. Some said Landy's feat was all the more impressive since he accomplished the time in a genuine race (in Finland) without the aid of dedicated pacers. Imagine, then, a situation where the two most famous runners of their day, and the first two men to run a sub 4-minute mile, were able to face each other down on the track. This is exactly what happened in August of that same year at the Empire Games in Vancouver.

More than anything else, the one-mile final of the 1954 Empire Games was a race about strategy. Roger Bannister and John Landy were both fast, of that there is no doubt, but they both approached races with different styles. Landy was a front-runner - he blazed through the initial miles with the hope of blowing away his opponents before they knew what hit them. Bannister, on the other hand, was a kicker. He preferred to hold tight to the leader, and then blast past them in the final leg with his deadly-fast kick.

Race description from: http://www.racingpast.ca/john_contents.php?id=136

As part of their "Help-Landy" plan, Kiwis Halberg and Baillie set off at a brisk pace. But after 220, Landy felt that their pace was not fast enough. By the crown of the bend he was in the lead, and at 440 he had a lead of 5 yards. Bannister who had stayed in the pack for most of the first lap, moved up to second in the straight before the end of the first lap. For the next 220, the five-yard gap stayed unchanged, but then Landy poured it on to double his lead. It stretched to as much as 12-13 yards, but Bannister had it back to ten at the halfway mark.

But he had lost contact with Landy. "This was the moment when my confidence wavered," Bannister wrote later (*First Four Minutes*, p.214). Since Landy was not slowing and since he felt he had to be at Landy's shoulder in the early part of lap 4, Bannister decided to abandon his schedule and try to catch Landy: "I quickened my stride, trying at the same time to keep relaxed." (*FFM*, 214) He soon made up ground and regained reasonable contact, though 5 yards back. "I was almost hypnotized by his easy shuffling stride—the most clipped and economical I have ever seen. I tried to imagine myself attached to him by some invisible cord. With each stride I drew the cord tighter and reduced his lead." (*FFM*, p.214)

Landy had not slowed, running his third lap in 60.2, but Bannister had run an amazing 59.3. Usually the third lap of a Mile is the slowest, so Bannister's 59.3 must have demanded considerable effort. He was close to Landy as the bell rang (2:58.4 to 2:59.0). But the Australian was able to answer; he accelerated along the back straight, opening up a 3-4 yard gap. Both runners were under 30.0 for the penultimate 220. Bannister knew that if Landy didn't slacken, he would be defeated: "As we entered the last bend, I tried to convince myself that he was tiring." (*FFM*, p.215)

Round the last bend, Bannister closed on the straining Aussie. Coming into the straight, Landy thought he had broken Bannister and looked back to the left at the very moment Bannister came by on his right. "I flung myself past Landy," Bannister wrote. "As I did so I saw him glance inwards over his opposite shoulder. This tiny act of his held great significance and gave me confidence." (*FFM*, p.215-6) Bannister was finally in the lead with 70 to go after a little resistance from Landy. Bannister knew he was slowing himself, but he had broken his rival and needed only to hold on. Hitting the tape in 3:58.8, he collapsed into the arms of an official. Landy was only 0.8 behind him.



2 Mile Time Trial

Thursday Night 3200 Meter (2 mile) Time Trial Results, 2011

2011 3200 meter Time Trial Results (Aug 11)

		<u>1st mile</u>	<u>2nd mile</u>
1. Anthony	10:44.5	5:22	5:23
2. Simon	10:50.9	5:30	5:21
3. Adam	10:54.2	5:30	5:24
4. Kenley	11:06.2	5:37	5:29
5. Greg	11:23.0	5:38	5:45
6. Jeff	11:25.7	5:48	5:38
7. Tower	11:28.4	5:45	5:43
8. Dave P	11:42.0	5:42	6:00
9. Tomas	11:51.3	5:55	5:56
10. Danielle	11:58.8	5:57	6:02
11. Dan (7 laps)	12:35	6:38	
12. Louise	12:44.5	6:31	6:14
13. Frank	13:27.8	6:47	6:41
14. Mark Huff.	13:45.4	6:32	7:13
15. Anne M	13:56.6	6:55	7:02
16. Patrick	14:05.9	7:00	7:06
17. Malinda	14:06.0	6:54	7:12
18. Vivian	14:37.0	6:56	7:41

Thursday Night 3200 Meter (2 mile) Time Trial Results, 2012

2012 3200 meter Time Trial Results (Aug 14)

	<u>time</u>	<u>age</u>
1. Justin	10:03.9	32
2. Anthony	10:34.1	45
3. Kenley	11:07.2	34
4. Gino	11:16.6	26
5. Drew	11:38.3	35
6. Mike A	11:39.5	52
7. Danielle	11:44.2	29
8. Tomas	11:52.5	44
9. Denis	11:58	42
10. Taylor	12:06.6	36
11. Felix	12:33.9	33
12. Paul	12:34.6	55
13. Ted	13:00.7	29
14. Kelly M	13:02.1	29
15. Louise	13:27.4	46
16. John G	13:32.5	33
17. Asit	13:55.0	38
18. Malinda	15:02.3	42
19. Patrick	15:18.7	64
20. Keith	17:24.2	74

3200 Meter (2 mile) Time Trial Results, 2013

2013 3200 meter Time Trial Results (Aug 6)

	<u>time</u>	<u>2012 time</u>	<u>2011 time</u>
1. Justin	10:12.2	10:03.9	
2. Simon	10:37.8		10:50.9
3. Adam	11:06.0		10:54.2
4. Denis	11:08.5	11:58	
5. Drew	11:09.8	11:38.3	
6. Matt	11:16.2		
7. Tomas	11:45.2	11:52.5	11:51.3
8. Danielle B	11:57.7	11:44.2	11:58.8
9. Ben	12:00.1		
10. Ryan	12:05.3		
11. John S	12:34.5		
12. John G	12:37.4	13:32.5	
13. Joanna	12:37.7		
14. Yvonne	12:50.3		
15. Jacob	12:51.9		
16. Kelly	12:54.0	13:02.1	
17. Ashley	13:10.6		
18. Louise	13:29.6	13:27.4	12:44.5
19. Mark Huff.	13:49.5		13:45.4
20. Sdesiree	14:00.1		
21. Danielle H	14:17.5		
22. Patrick	15:00.5	15:18.7	14:05.9
23. Alicia L	15:20.6		
24. Julia	17:07.1		
25. Sarah	17:09.4		
26. Keith	18:14.6	17:24.2	

3200 meter (2 mile) Time Trial Results

	<u>2013</u>	<u>2012</u>	<u>2011</u>				
Adam	11:06.0		10:54.2				
Alicia L	15:20.6						
Anne M			13:56.6				
Anthony		10:34.1	10:44.5				
Ashley	13:10.6						
Asit		13:55.0					
Ben	12:00.1						
Dan (7 laps)			12:35				
Danielle B	11:57.7	11:44.2	11:58.8				
Danielle H	14:17.5						
Dave P			11:42.0				
Denis	11:08.5	11:58					
Desiree	14:00.1						
Drew	11:09.8	11:38.3					
Felix		12:33.9					
Frank			13:27.8				
Gino		11:16.6					
Greg			11:23.0				
Jacob	12:51.9						
Jeff			11:25.7				
Joanna	12:37.7						
John G	12:37.4	13:32.5					
John S	12:34.5						
Julia	17:07.1						
Justin	10:12.2	10:03.9					
Keith	18:14.6	17:24.2					
Kelly M	12:54.0	13:02.1					
Kenley		11:07.2	11:06.2				
Louise	13:29.6	13:27.4	12:44.5				
Malinda		15:02.3	14:06.0				
Mark Huff.	13:49.5		13:45.4				
Matt	11:16.2						
Mike A		11:39.5					
Patrick	15:00.5	15:18.7	14:05.9				
Paul		12:34.6					
Ryan	12:05.3						
Sarah	17:09.4						
Simon	10:37.8		10:50.9				
Taylor		12:06.6					
Ted		13:00.7					
Tomas	11:45.2	11:52.5	11:51.3				
Tower			11:28.4				
Vivian			14:37.0				
Yvonne	12:50.3						

Other Special Workouts

Thursday Night Workout Group Reaches 5 Year Anniversary

By Andy Chan

Come out to the DSE Track Workout on April 22, as we celebrate our 5 year anniversary. It's been 5 years already!! That's about 250 workouts!! And Patrick Lee has missed only 3 or 4 of them.

People like Patrick, Colin Lee, and Keith Johnson have been there from the beginning, back when we had the workouts at SF State. Other DSErs like Henry & Priscilla Black, Ron Dorey, Norman Ching, Nick Lederer, Harold Herringhi, Marian Lyons, Fred Haber, and Jeff Houston have joined us at one time or another. William Gavin and John Spriggs have been regular attendees. Nowadays we have new regulars like Martha Abbene, Ron Hess, and Mary Thorsby. But where are the ones who got this whole thing started back in the spring of 1994? Ken Reed? Sandra Seiki?

I would love to see a lot of ol' familiar faces on April 22. Come on out and tell me what you've been up to and how your running/life has been going. We'll celebrate 5 years with a relay-style workout much like the Christmas Workout and then we'll go out for dinner afterwards.

Hope to see everyone out there.

Attendees at the 1st DSE Track Workout April 21, 1994

Ken Reed
William Gavin
Judi Fredrickson
Herman Estajadillo
Henry Black
Keith Johnson
Nancy Makuch
Sandra Seiki
Wayne Plymale
Patrick Lee
Ron Dorey

5th Anniversary DSE Track Workout

By Andy Chan

April 22, 1999 marked the 5 year anniversary for the DSE Thursday Night Track Workouts. To celebrate the occasion, instead of the usual intervals, Coach Andy Chan conducted a mile race and then some relays. 12 runners showed up for the workout/relays while others came to watch (and to go eat afterwards). There was Patrick Lee and Collin Lee who have been attending workouts regularly since the first one back in 1994. And then there was Annekah Fataar who was attending her very first workout and Jody McCown attending just her 3rd. Jeff "Running Log" Houston reported that this was his 78th Chan-Man Workout. On the sidelines leading the cheers were injured runners Keith Johnson (a regular since the beginning) and DSE Volunteer Coordinator Sue Beck.

In the Mile, George Rehmet, fresh off his first sub-3 hour marathon led the way in 5:13. John "Sorry, I'm late. Guess I won't warm-up." Spriggs was 2nd in 5:22. After that, it was time for the team competition...the relays. In the Distance Medley Relay, John Stolte led after the 1200 for Team I but a 2:58 800 leg from Theo Jones pulled Team G into the lead where they stayed. Next was the Sprint Medley Relay. It was close after the first 3 legs but George put on the after burners and ran a 61 second 400 to lead Team G to another victory. After some practice on the "blind baton pass" everyone was ready for the 4X100 Relay. Newcomer Aneekah, led off for Team G and they never looked back, winning in 1:02.4. Congratulations to Team G, the 5 year Anniversary Champions!!

After the event, we dined at Villa Romano on Irving Street where the group surprised Andy with a cake in the shape of a running shoe. Here's to 5 more years!!!

Team G

Aneekah Fataar
George Rehmet
Patrick Lee
Theo Jones

Team H

Collin Lee
Jody McCown
John Spriggs
Martha Abbene

Team I

Jeff Houston
John Stolte
Mary Thorsby
William Galvin

Event #1 – Mile (non-scoring)

<u>Pl.</u>	<u>Name</u>	<u>Time</u>
1.	George Rehmet	5:13
2.	John Spriggs	5:22
3.	John Stolte	5:38
4.	Collin Lee	5:49
5.	Patrick Lee	5:59
6.	Theo Jones	6:31
7.	Martha Abbene	6:57
8.	Jeff Houston	7:16
9.	Mary Thorsby	7:28
10.	Jody McCown	8:14
11.	Aneekah Fataar	8:19
12.	William Galvin	DNF

Event #2 - Distance Medley Relay (1200-400-800-1600)

<u>1st - Team G</u>	<u>2nd - Team I</u>	<u>3rd - Team H</u>
Patrick 4:15	John St. 4:12	Collin 4:16
Annekah 1:25	Mary 1:23	Jody 1:28
Theo 2:58	Jeff 3:08	Martha 3:22
George <u>5:32</u>	William <u>5:38</u>	John Sp. <u>5:24</u>
14:10	14:21	14:30

Event #3 – Sprint Medley Relay (100-100-200-400)

<u>1st - Team G</u>	<u>2nd - Team I</u>	<u>3rd - Team H</u>
Annekah	Mary	Jody
Theo	Jeff	Martha
Patrick	John St.	John Sp.
George <u>1:01</u>	William <u>1:05</u>	Collin <u>1:08</u>
2:05	2:10	2:13

Event #4 - 4X100 Relay

<u>1st - Team G</u>	<u>2nd - Team I</u>	<u>3rd - Team H</u>
1:02.4	1:04.6	1:06.8

Final Standings (1st-5 pts, 2nd-3 pts, 3rd-1 pt)

	<u>Team G</u>	<u>Team H</u>	<u>Team I</u>
Distance Medley Relay	5	1	3
Sprint Medley Relay	5/ 10	1/ 2	3/ 6
4X100 Relay	5/ 15	1/ 3	3/ 9
	1st	3rd	2nd

5th Anniversary Workout & Dinner



6th Anniversary Track Workout (Apr 27, 2000)

By Andy Chan

Team A

Colin Lee
 Kristen Larsen
 Jeff Houston
 Sarah

Team B

Fred Haber
 Susan Beck
 William Galvin
 Tiffani

Event #1 – Devil-Take-The-Hindmost Mile

<u>Pl.</u>	<u>Name</u>	<u>Finish Time</u>	<u>Distance Run</u>
1.	Fred Haber - B	5:33	1500
2.	Kristen Larsen - A	5:34	1400
3.	Jeff Houston - A	5:44	1300
4.	Colin Lee - A	5:47	1500
5.	Tiffani - B	5:51	1300

1. Team A 4 + 3 + 2 = 9
 2. Team B 5 + 1 = 6

Elimination Order: Sarah, William, Susan

Event #2 - 3200 Relay

<u>1st - Team B</u>		<u>2nd - Team A</u>	
Tiffani	1:33	Colin	1:20
Susan	1:27	Sarah	1:41
Fred	1:17	Kristen	1:24
William	1:13	Jeff	1:31
Tiffani	1:33	Colin	1:16
Susan	1:30	Kristen	1:18
Fred	1:21	Jeff	1:42
William	<u>1:17</u>	Colin	<u>1:39</u>
	11:11		12:01

Event #3 - Sprint Medley Relay (400-200-200-800)

<u>1st - Team B</u>		<u>2nd - Team A</u>	
400-Susan	1:29	400-Kristen	1:28
200-Tiffani	:40	200-Sarah	:44
200-William	:34	200-Jeff	:41
800-Fred	<u>2:54</u>	800-Colin	<u>2:45</u>
	5:37		5:38

Event #4 - 4X100 Relay

<u>1st - Team B</u>		<u>2nd - Team A</u>	
William		Sarah	
Tiffani		Kristen	
Susan		Jeff	
Fred		Colin	
	1:09.3		1:15.1

Final Standings

	<u>Team B</u>	<u>Team A</u>
Devil-Take-The-Hindmost Mile	0	5
3200 Relay	5 / 5	0 / 5
Sprint Medley Relay	5 / 10	0 / 5
4X100 Relay	5 / 15	0 / 5
	1st	2nd

Apr 22

10K 5K faster
 2x12 2x8 2x4

Frank 83 80 77 246 246 409	82 244 405	92 324 503	84 240	82 252	70	80
Thomas 84 81 78 248 248 412	83 247 413	86 255 420	82 244	82 246	75	73
Dave P 85 82 79 250 244 415	82 244 406	85 253 420	82 243	82 246	71	73
John 86 83 80 252 246 418	84 251 419	86 254 422	83 254	87 259	77	81
Dave H 87 84 81 254 248 421	82 244 406	86 255 426	84 253	86 253	77	78
George 88 85 82 256 250 424	85 252 417	86 253 418	82 244	82 245	73	77
Peter 90 87 84 300 274 430	86 301 430	88 259 429	84 254	88 257	78	81
Hickey		142 327 514	141 330	140 331	95	94
Cheryl	93 317 502	99 324 510	98 319	98 318	89	91
James						
Patrick 142 99 96 324 318 506	95 320 508	98 322 505	95 317	96 314	88	86
Whitney						
John Santos 146 143 140 332 326 518	145 335 517	148 337 526	142 323	144 324	89	89
Joanne	150 344 546	158 406 -	153 352	158 -	144	143

10th Anniversary Workout & Dinner



10-year Runner,
Patrick Lee, with
the 10-year
Coach



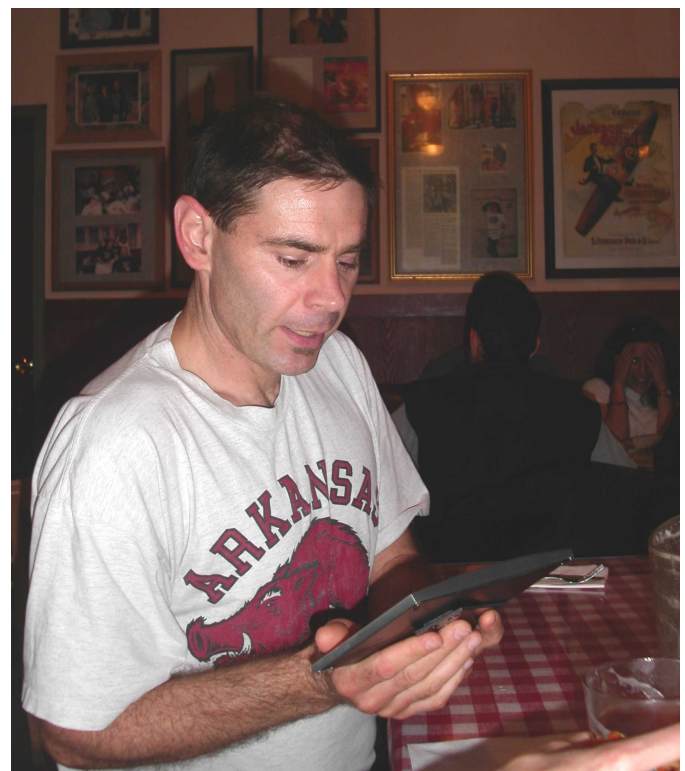


Dinner at Milano's

Cake



And an Award



Date:

Thursday, April 9, 2009

Workout:

Special Event: 15th Anniversary workout

* 2x1500

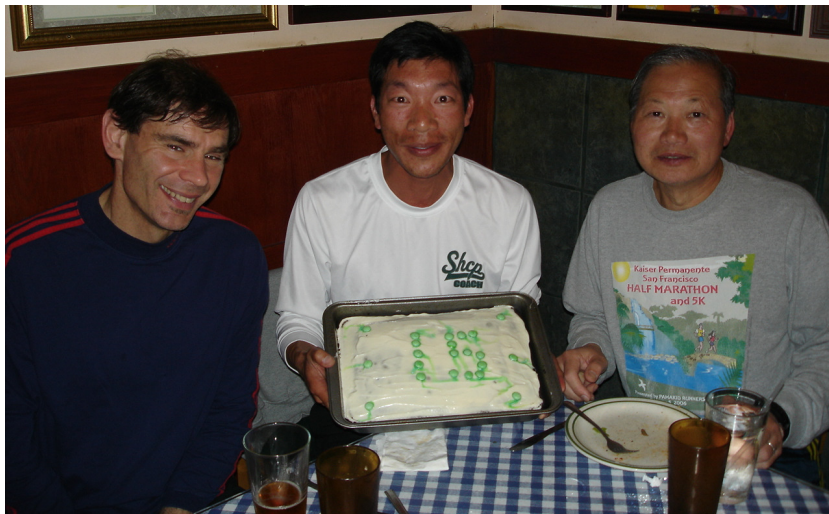
* 4x150 accelerations

Adrian	5:53	5:48
Ashley	5:47	5:36
Brian	6:05	5:53
Christina	6:27	6:11
Dale	5:30	5:32
Danielle	5:49	5:38
Dave H	5:47	5:52
Denis	5:20	5:13
Frank	6:00	5:48
George	5:35	5:28
Gino	5:00	4:52
Heather	6:34	6:37
Ilona	6:32	6:23
John P	5:20	5:12
John S	5:20	5:15
Kelly	6:34	6:36
Kenley	5:11	4:51
Lee	?	7:29
Malinda	DNF	X
Mark	6:12	6:06
Patrick	6:43	6:32
Simon	5:38	6:02
Tom	5:34	5:25
Tomas	5:21	5:14
Zack	5:30	5:12

Here's to 15 more years,

- Andy

15th Anniversary Workout & Dinner



15-year runners,
Patrick Lee &
John Spriggs
with the Coach



A toast at the track



Dinner at Milano's



Oct 31, 2002 - Halloween Workout Relays

Handicap Mile

Name	Team	start time	400	800	1200	final	Place
HANDICAPPED START							
Patrick	Ghosts	:20	1:54	3:38	5:25	6:59	1
Christine	Ghosts	:30	2:08	3:47	5:26	7:00	2
Tower	Ghosts	2:15	3:25	4:45	6:06	7:27	3
Thomas	Goblins	1:40	3:07	4:41	6:16	7:40	4
John	Goblins	2:10	3:26	4:52	6:19	7:42	5
Dave P	Ghosts	2:00	3:27	4:57	6:26	7:46	6
Monica	Goblins	0	1:49	3:48	5:51	7:47	7
Dave H	Goblins	2:05	3:36	5:07	6:32	7:57	8
ACTUAL TIMES							
Tower	Ghosts		1:10	2:30	3:51	5:12	1
John	Goblins		1:16	2:42	4:09	5:32	2
Dave H	Goblins		1:31	3:02	4:27	5:52	3
Thomas	Goblins		1:27	3:01	4:36	6:00	4
Christine	Ghosts		1:38	3:17	4:56	6:30	5
Patrick	Ghosts		1:34	3:18	5:05	6:39	6
Dave P	Ghosts		1:27	2:57	4:26	6:46	7
Monica	Goblins		1:49	3:48	5:51	7:47	8

Goblins 4, 5, 7, 8 = 24 Ghosts 1, 2, 3, 6 = 12

Sprint Medley Relay (200-200-400-800)

Team - Ghosts

Patrick	:34				:34
Christine	1:12				:38
Dave P	2:26				1:14
Tower	3:41	5:04			2:38

Team - Goblins

Thomas	:31				:31
Monica	1:13				:42
Dave H	2:28				1:15
John	3:45	5:07			2:39

8 Lap Relay

Team - Ghosts

1. Tower	1:07	67
2. Christine & Patrick	2:25	78
3. Dave P	3:42	77
4. Tower	4:50	68
5. Patrick & Christine	6:08	78
6. Dave P	7:28	80
7. Tower	8:29	61
8. Christine & Patrick	9:44	75

Team - Goblins

1. Thomas & Dave H	1:12	72
2. Monica & John	2:30	78
3. Thomas & Dave H	3:44	74
4. Monica & John	5:05	81
5. Thomas	6:21	76
6. Dave H	7:40	79
7. Monica	9:20	1:40
8. John	10:33	73

Feb 14, 2002 - Valentines Relays

Handicap Distance Race

	<u>1600</u>	<u>1400</u>	<u>1200</u>	<u>Pace</u>
1. Patrick A			4:53	1:37
2. Tara D		5:13		1:29
Malinda			5:15	1:45
3. Pam B			5:17	1:45
4. Jay C			5:19	1:46
5. Keith D		5:27		1:33
6. Cedric B	5:36			1:24
7. Dave H A	5:45			1:26
8. Dave P C	5:49			1:27

Team D = 2 + 5 = 7
 Team A = 1 + 7 = 8
 Team B = 3 + 6 = 9
 Team C = 4 + 8 = 12

500-400-300-200-100 Relay

1. Cedric/Pam (B)	4:45
2. Tara/Keith (D)	4:46
3. John/Christine (E)	4:51
4. Dave H/Patrick (A)	5:08
5. Dave P/Jay (C)	5:09

Power 500 Relay

- Dave P/Jay (C)
- Cedric/Pam (B)
- Tara/Keith (D)
- Dave H/Patrick (A)
- John/Christine (E)

2X1200 Relay

<u>Runner 1</u>	<u>Lap 1</u>	<u>Lap 2</u>	<u>Lap 3</u>		<u>Runner 2</u>	<u>Lap 1</u>	<u>Lap 2</u>	<u>Lap 3</u>		<u>TOTAL</u>
1. Patrick (A)	1:29	1:40	1:39	4:48	Dave H	1:30	1:32	1:24	4:26	9:14
2. Christine (E)	1:34	1:38	1:39	4:51	John	1:18	1:23	1:19	4:00	8:51 (+:35 hcp=9:26)
3. Tara (D)	1:26	1:37	1:37	4:40	Keith	1:36	1:47	1:37	5:00	9:40
4. Pam (B)	1:46	2:01	2:06	5:53	Cedric	1:42	1:39	1:33	4:54	10:47
5. Jay (C)	1:44	2:03	2:22	6:09	Dave P	1:32	1:41	1:37	4:50	10:59
Malinda	1:41	1:56	1:56	5:33						

Relay 300's

	<u>Hcp</u>	<u>Finish Time</u>	<u>Actual Time</u>
1. Dave P/Jay (C)	:00	4:07	4:07
2. Cedric/Pam (B)	:15	4:21	4:06
3. Tara/Keith (D)	:35	4:30	3:55
4. John/Christine (E)	:40	4:38	3:58
5. Dave H/Patrick (A)	:50	4:48	3:58

FINAL STANDINGS

	<u>Hcp Distance</u>	<u>5-4-3-2-1 Relay</u>	<u>Power 500 Relay</u>	<u>2X1200</u>	<u>Relay 300's</u>	<u>TOTAL</u>	
1. Cedric/Pam (B)	3	7	5	1	5	21**	**win tie breaker with 1-1st, 2-2nd's
2. Tara/Keith (D)	7	5	3	3	3	21	
3. Dave P/Jay (C)	1		7		7	15	
4. Dave H/Patrick (A)	5	1	1	7		14	
5. John/Christine (E)		3		5	1	9	

2002 Valentine's Day Workout & Dinner



Tara and Keith were
the champs



Feb 14, 2008 - Valentines Relays

Handicap Distance Race

	<u>1600</u>	<u>1550</u>	<u>1400</u>	<u>1300</u>	<u>1200</u>	<u>Pace</u>	<u>Team</u>	<u>Places</u>	<u>Score</u>	<u>Place</u>
1. Chris				4:52		1:29	Ellen/Patrick	2 3	5	1st
2. Ellen			5:15			1:30	Chris/George	1 8	9	2nd
3. Patrick				5:17		1:37	Malinda/Frank	10 4	14	3rd (faster fastest)
4. Frank	5:18					1:19	Amy/John G	5 9	14	4th
5. Amy				5:22		1:39	Annie/Adam	17 6	23	5th
6. Adam	5:26					1:21	Karen/Denis	18 7	25	6th (faster fastest)
7. Denis		5:28				1:24	Leah/Keith	13 12	25	7th
8. George		5:34				1:26	Monica F/John S	15 11	26	8th
9. John G		5:34				1:26	Emily/Zack	16 14	30	9th
10. Malinda					5:35	1:51				
11. John S	5:39					1:24				
12. Keith				5:39		1:44				
13. Leah		5:42				1:28				
14. Zack		5:47				1:29				
15. Monica F					5:51	1:57				
16. Emily					6:09	2:03				
17. Annie					6:10	2:03				
18. Karen					6:11	2:03				

500-400-300-200-100 (1500 Meter) Relay

1. Chris/George	4:35	4. Ellen/Patrick	4:53	7. Annie/Adam	5:21
2. Amy/John G	4:50	5. Karen/Denis	5:09	8. Monica F/John S	5:22
3. Leah/Keith	4:53	6. Emily/Zack	5:13	9. Malinda/Frank	6:15

Power 500 Relay

1. Malinda/Frank	1:19	4. Leah/Keith	1:25	7. Ellen/Patrick	1:35
2. Chris/George	1:23	5. Emily/Zack	1:28	8. Annie/Adam	1:35
3. Karen/Denis	1:24	6. Amy/John G	1:29	9. Monica F/John S	1:52

2X1200 Relay

	<u>Finish</u>	<u>Hcp</u>	<u>Runner1</u>	<u>1200 #1</u>	<u>Runner2</u>	<u>1200 #2</u>	<u>Actual Time</u>	
1. Chris/George	9:46	0:55	George	4:24	Chris	4:27	8:51	1
2. Ellen/Patrick	9:58	0:40	Patrick	4:53	Ellen	4:25	9:18	2
3. Emily/Zack	10:21	0:00	Emily	6:05	Zack	4:16	10:21	8
4. Amy/John G	10:25	0:55	Amy	4:55	John G	4:35	9:30	3
5. Annie/Adam	10:30	0:25	Adam	4:14	Annie	5:51	10:05	5
6. Malinda/Frank	10:36	0:25	Malinda	5:53	Frank	4:18	10:11	6
7. Monica F/John S	10:37	0:25	Monica F	5:56	John S	4:16	10:12	7
8. Leah/Keith	10:41	0:55	Keith	5:29	Leah	4:17	9:46	4
9. Karen/Denis	11:34	0:00	Karen	7:10	Denis	4:24	11:34	9

Relay 300's

	<u>Finish</u>	<u>Hcp</u>	<u>Actual Time</u>	
1. Chris/George	4:10	0:26	3:44	1
2. Emily/Zack	4:14	0:00	4:14	5
3. Karen/Denis	4:22	0:00	4:22	6
4. Amy/John G	4:23	0:26	3:57	3
5. Leah/Keith	4:23	0:26	3:57	2
6. Ellen/Patrick	4:24	0:19	4:05	4
7. Annie/Adam	4:43	0:12	4:31	7
8. Monica F/John S	4:46	0:12	4:34	8
9. Malinda/Frank	5:28	0:12	5:16	9

FINAL STANDINGS (1st-10, 2nd-8, 3rd-6, 4th-4, 5th-2, 6th-1)

	<u>Hcp Distance</u>	<u>5-4-3-2-1 Relay</u>	<u>Power 500 Relay</u>	<u>2X1200</u>	<u>Relay 300's</u>	<u>TOTAL</u>
1. Chris/George	8	10	8	10	10	46
2. Ellen/Patrick	10	4	0	8	1	23
3. Amy/John G	4	8	1	4	4	21
4t. Emily/Zack	0	1	2	6	8	17
4t. Malinda/Frank	6	0	10	1	0	17
6. Karen/Denis	1	2	6	0	6	15
7. Leah/Keith	0	6	4	0	2	12
8. Annie/Adam	2	0	0	2	0	4
9. Monica F/John S	0	0	0	0	0	0



Feb 14, 2012 - Valentines Relays

Handicap Distance Race

	<u>1600</u>	<u>1550</u>	<u>1500</u>	<u>1400</u>	<u>1300</u>	<u>Pace</u>	<u>Team</u>	<u>Places</u>	<u>Score</u>	<u>Place</u>	
1. Tim	5:24					1:21	Steve-Malinda	2	4	6	1st
2. Steve Pits.		5:26				1:24	Tim-Melissa	1	7	8	2nd
3. Danielle			5:27			1:27	Danielle-Patrick	3	11	14	3rd
4. Malinda					5:31	1:41	Austin-Tan	9	6	15	4th
5. Greg W		5:30				1:25	Greg-Theo	5	12	17	5th
6. Tan			5:34			1:29	Anne-Mark	8	10	18	6th
7. Melissa					5:36	1:43	Keith	13			
8. Anne M				5:54		1:41					
9. Austin					5:56	1:49					
10. Mark Huff.			6:03			1:36					
11. Patrick				6:05		1:44					
12. Theo					6:17	1:56					
13. Keith					6:38	2:02					

500-400-300-200-100 (1500 Meter) Relay

	<u>500</u>		<u>400</u>		<u>300</u>		<u>200</u>		<u>100</u>	<u>FINAL</u>
1. Tan	1:28	Austin	1:30	Tan	0:52	Austin	-	Tan		4:53
2. Tim	1:32	Melissa	1:27	Tim	0:52	Melissa		Tim		4:55
3. Danielle	1:40	Patrick	1:25	Danielle	0:57	Patrick		Danielle		5:01
4. Steve	1:36	Malinda	1:30	Steve	0:55	Malinda		Steve		5:04
5. Mark	1:47	Anne	1:28	Mark	1:01	Anne		Mark		5:19
6. Greg	1:38	Theo/Keith	T-1:42, K-1:33	Greg	0:56	Theo/Keith		Greg		5:25

Power 1000 Relay

	<u>400</u>		<u>800</u>		<u>1000</u>	<u>FINAL</u>
1. Tim	1:15	Tim	2:37	Melissa	0:41	3:18
2. Austin	1:29	Tan		Tan		3:27
3. Danielle	1:23	Danielle	2:49	Patrick		Tan's 600 - 1:58
4. Anne	1:26	Mark	2:54	Mark		Mark's first 400 of 600 - 1:28
5. Greg	1:26	Greg		Theo/Keith		
6. Steve	1:23	Steve	2:53	Malinda		

Relay 300's

	<u>Finish</u>	<u>Hcp</u>	<u>Actual Time</u>		<u>400</u>	<u>800</u>	<u>1200</u>
1. Steve-Malinda	4:10	0:00	4:10	3	1:28	2:49	4:10
2. Danielle-Patrick	4:13	0:11	4:02	1	1:29	2:49	4:13
3. Anne-Mark	4:15	0:00	4:15	4	1:22	2:51	4:15
4. Greg-Theo/Keith	4:24	0:00	4:24	5	1:22	2:51	4:24
5. Tim-Melissa	4:26	0:22	4:04	2	1:44	3:08	4:26
6. Austin-Tan	4:44	0:11	4:33	6	3:10	4:44	

FINAL STANDINGS (1st-10, 2nd-8, 3rd-6, 4th-4, 5th-2, 6th-1)

	<u>Hcp Distance</u>	<u>5-4-3-2-1 Relay</u>	<u>Power 1000 Relay</u>	<u>Relay 300's</u>	<u>TOTAL</u>
1. Tim-Melissa	8	8	10	2	28
2. Danielle-Patrick	6	6	6	8	26
3. Steve-Malinda	10	4	1	10	25
4. Austin-Tan	4	10	8	1	23
5. Anne-Mark	1	2	4	6	13
6. Greg-Theo/Keith	2	1	2	4	9



Post-Workout Re-Fueling—Crepes on Cole



Ploy II—we don't only go to Crepes on Cole



Post-Workout 40th Birthday Parties

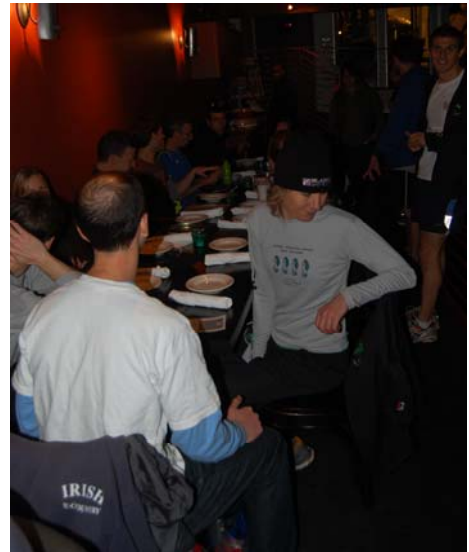


June 20, 2008—Post-workout we took a field trip that included a cable car ride to La Trappe Café to celebrate Tomas Palermo's entry into the Masters Age Division.



December 16, 2010—Post-workout we celebrated the much anticipated 4-0 for the Coach!

Tomas gave a quiz on some of Andy's quirky qualities.



Andy Chan Pub Quiz Questions

Instructions for Andy (read aloud):

1. Please read these questions in the 3rd Person ("When did Andy do such and such...")
2. Give additional clever or sarcastic hints when applicable. (In other words, be yourself)
3. Announce the question # first, groups write their answer next to the question number on their answer sheet
4. If it's loud, Andy may repeat the question.
5. Andy's wife may give hints and side comments.
6. Give teams enough time, but not too much time between questions. (A little more than 1-to-1 rest)
7. At the conclusion ask teams if they want any question repeated.
8. Prizes for top 3 teams.

1. What men's racing team did Andy run for before the Pamakids? Was it Aggies, Transport, Hoy's Excelsior or Buffalo Chips?

A: Hoy's Excelsior

2. A K-Stars interval track workout consisting of an 800, 6x300 and another 800 is what type of workout? Power, Speed, Cut-Back, Distance?

A: Cut-Back

3. Andy and Malinda performed a choreographed dance routine to what Beatles song at their wedding reception? (no hints!)

A: "When I'm 64."

4. True or False: Andy has run sub-1:22 in the half marathon?

A: True, San Diego Half, 2001

5. What full entry name does Andy use for races that he is running not competitively or just as a workout?

A: Andrew Chan

6. This NASA mission was the first to land on the moon during Andy's lifetime. Hint: It took place in the 1970s.

- A. Apollo 8
- B. Apollo 13
- C. Apollo 14
- D. Han Solo captaining the Millennium Falcon

A: B – Apollo 14, Feb 5th 1971

7. Name the 8 United States Presidents Andy seen take office and which one is the first Presidential election year or President he was eligible to vote?

A: Nixon, Ford, Carter, Reagan, Bush, Clinton, Bush, Obama (eligible to vote in 1992, George HW Bush V. Clinton election)

8. When Andy was 7, this sports movie won the Oscar for best movie in 1977

A: Rocky

9. Andy graduated from high school in 1989. Which of the following events also took place that year?

- A. The Berlin wall came down
- B. New Coke was introduced
- C. U2 :*Joshua Tree*" album was released
- D. Nelson Mandela released from prison in South Africa

A: A – Berlin wall came down November 9, 1989

10. Steve Prefontaine, honored at the Prefontaine classic in Eugene was born in which Oregon town?

- A. Oregon City – Home of fellow Olympian Tonya Harding
- B. Corvallis – Home of the Pre's school rival the Oregon State Beavers
- C. Coos Bay – the original "Bay Area"

A: C - Coos Bay

11. When Andy was 26, this athlete won the 400 and 200 meter 1996 Olympic Gold Medal. Was it:

- A. Carl Lewis
- B. Michael Johnson
- C. Michael Marsh
- D. Shawn Crawford

A: B – Michael Johnson

12. Kezar Stadium, named for Mary Kezar, dedicated on May 2, 1925 featured a two-mile footrace between **Ville Ritola and **Paavo Nurmi** of **Finland**, two of the greatest runners of their day. Which teams have also called Kezar home. [Note: More than one answer may be correct.]**

- A. K-Stars
- B. Oakland Raiders
- C. San Francisco 49ers
- D. [Sacred Heart Cathedral Preparatory](#)

A: All of the above

13. Name two Olympic Marathon Trials qualifiers that Andy has coached or worked with. (Andy – provide hints for this one)

A: Michelle Gallagher - coach, Meb Keflezighi - manager at UCLA, Chris Lundstrom - co-coach at SHC

14. Where was the first Thursday night track workout held? Also, besides Andy, name one current Thursday night runner who was present at that first workout.

A. San Francisco State University Track, Patrick Lee or Keith Johnson

15. When he shows up to race, what direction does Andy, never, ever do warm-up strides? Is it toward the finish line or away from the finish line?

A: Towards the finish line.

16. We all know Andy loves musical theater. Which musical has Andy actually participated in?

Cabaret
The Lion King
Chicago
American Idiot

A: SHCP's production of Chicago.

17. Name a relay event that Andy has participated in that did not involve running, biking or swimming? (Andy – provide a hint for this one)

A: Eppie's Great Race, Andy and Malinda team kayak.

Tie Breaker OR Bonus question (read this after main round has been tallied):

When the Thursday night track workouts first started under the auspices of the DSE what was the nickname for the group? Hint: it was immortalized in a slogan on the back of a singlet. A: The Chan Clan. And the slogan was "Abandon your plan, here comes the Chan Clan."

Bra Practice

May 21, 2013

Andy and Malinda were raising money for breast cancer through Bras for a Cause. Yvonne and Justin, while making a donation decided to make ask a funny question in the donor message section: "How much does the team have to donate to get you to coach track in a bra one night?" Next thing you know, a goal (\$1500) was set and donations started pouring in. As you can see from the pictures, the goal was met!



Andy with the shenanigan experts,
Yvonne and Justin

Kezar was closed so the bra practice
was at Strawberry Hill



Malinda and Sarah donned their bras
for the workout, too.

