

BUFFALO ENQUIRER



Special points of interest:

- Meet your new Chips Board Members
- Chips roll out new race incentive program
- Members celebrate running accomplishments
- Q&A's with Chip 32nd CIM Finishers
- Manny Loverde runs 80 laps to celebrate his 80th Birthday
- Chips call on members to challenge record holders

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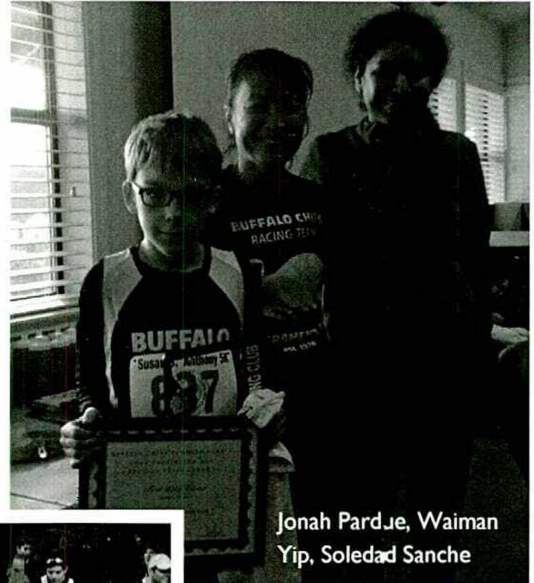
SPRING 2015

2015 Prediction Run and Board Election

The Chips kicked off the new year with their annual Prediction Run and Board Election on January 10, 2015. There was a great turn out and, as always whenever a potluck is in order, a massive amount of delicious food! "Predicted" 5K times were recorded upon sign-up, watches were put into a basket, and Chips lined up along the American River Parkway to see how close they could get to their estimated 5K time.

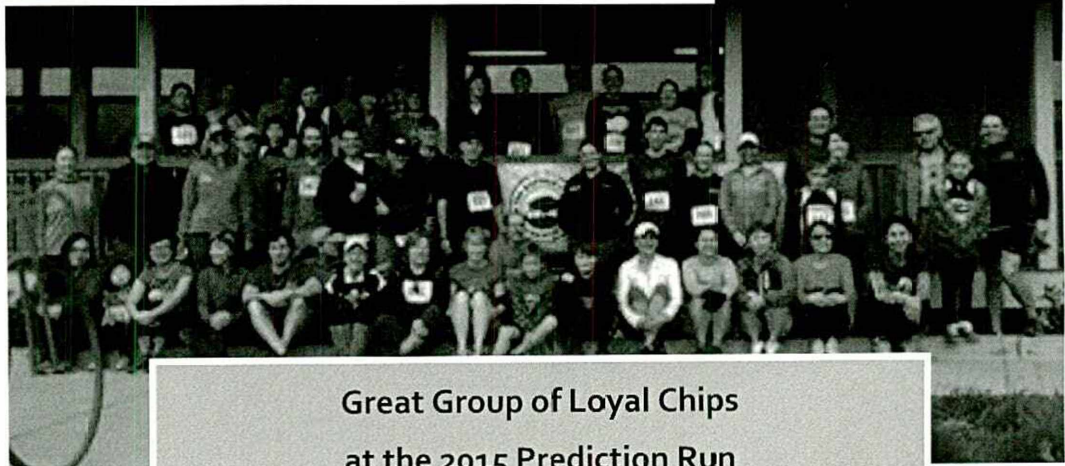
Jonah Pardue was the Prediction Run winner, with only ONE second over his predicted time! What a feat, Congratulations Jonah!

The 2015 Board was also voted in. To meet your new board, please turn to page 3.



Jonah Pardue, Waiman Yip, Soledad Sanche

Photos courtesy of Nuria Duran



Great Group of Loyal Chips
at the 2015 Prediction Run

Photos by Keith Patrick Smith

Message to the Herd

The Chips have a long standing tradition of being open to all athletes. We welcome beginning and experienced runners, walkers, and non-racers as well as hard core competitors. It's been that way going back to when I joined the Chips in 1990. There is no doubt that in the very early days of the club it was a little different. There was a period, for example, when the club was known for it's elite women's team. And my guess is a higher percent of the club members raced in past years and often as a team. Today no one would refer to the Chips as exclusively elite, but in 2015 we are very much a team.

Currently many Chips participate in racing on a regular basis. We have runners that place high in their age groups, a few actually win a race or two. Looking over the results of last year's RunSac series, the Chips had 11 runners in the top 50, including overall winner Janice Kesterson. Of course we have runners that race with little expectation of getting an award. They race because they love the excitement and challenge that racing has to offer. These Chips deserve appreciation and recognition. Every time they put on their singlet and race as a Chip they represent the team.

Being part of a team offers some special rewards known only too well by those that have experienced it first hand. Any member of a high school cross country team knows that feeling well. Putting on the team jersey for the first time, cheering on your team mates until the last member crosses the line, that is what you never forget. The camaraderie is rewarding.

It's been said of the Chips that when we race, we race well, and when we race as part of a Chip team we score well. The Buzz Oates RunSac series brought back the team competition this year. Besides the significant individual prize money, the top 5 men and women on a team can compete with other clubs toward \$500 in team prize money. As a Chip member you are part of that competition since we are a registered team.

The same goes for PA-USATF races. They offer individual and team prize money for their Grand Prix road and cross country series. We can earn team age group cash awards when we run in these events. Runners must be current PA-USATF members and note their team/club as Chips #104 with USATF. These are very competitive, but also fun events. I believe by promoting more Chip participation in team racing, both our club and our members will experience the benefits.

The club is rolling out an incentive program geared toward encouraging more individual and team participation in racing as a Chip and PA-USATF member. Details will be available very soon. I encourage you to participate in the program. You might try a race you've never done before, maybe an ultra or cross country race.

Maintaining Buffalo Chip traditions and meeting current needs of our members is a real challenge. For the Chips to grow and thrive as a force in our community, we have to provide a structure and atmosphere that pulls in new members and gives current members reasons to stay. I believe we do both. One thing I ask is that each member do his and her part by keeping their membership current and telling your friends about us.

Arnold Utterback
High Dunger

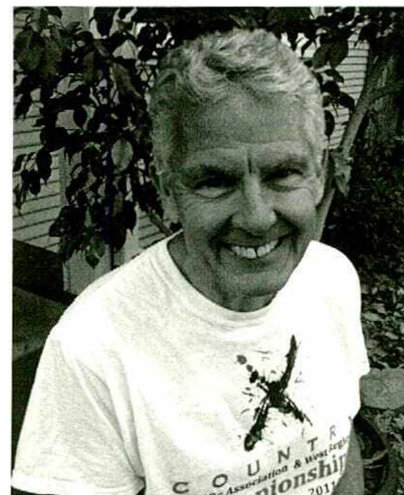


Photo courtesy of Mary Utterback

Meet Your New Board Members

Bruce Falzarano: Member-At-Large

Bruce has been a runner for as long as he can remember, starting somewhere around the 6th or 7th grade. He has run a wide variety of race distances, from 5K's all the way to 100 mile trail Ultras. Running has been his lifelong passion and he finds camaraderie in the company of fellow runners. He says that joining the Buffalo Chips and participating in team workouts has been incredibly helpful for performance improvement, but mostly enjoyable for the friendships that have

developed through the Club. Since moving to Sacramento in 1980, he has been active in the local running community. He completed his first marathon at CIM in 1987, his first Boston in 2007, and his first Western States 100-miler in 2011. Found mostly on trails in the mountains these days, he still enjoys running a few street marathons each year, and last December became a 15-time CIM finisher.



Waiman Yip: Volunteer Coordinator

I grew up in Los Angeles and moved to Sacramento in 1985 after I graduated from Berkeley. I'm a civil engineer and have worked for the Department of Water Resources for nearly 30 years in various capacities. I started running in 1989 when my office moved downtown and I have been a member of the Chips on and off since. Highlights of my running career include winning in the Mother-Daughter category with my daughter Jillian at some 5K's (starting when she

was younger and I was faster) and of course running Boston

Having run in and around Sacramento for 25+ years, I love all facets of our running community. I applaud not only the racers that put in the hard work to get to the start line, but all the runners behind the scenes making things happen. I look forward to serving as the Volunteer Coordinator and helping where I can. While noon-time runs out to Discovery Park are my sta-

ple, one of my favorite things to do is running tours when I'm out of town, whether it's New York City, Ireland, or Costa Rica.



Aylin Mentesh: Enquirer Editor

Aylin hated running so much she avoided it for 25 years until one day she decided to just do it. She trained for her first 5K and hated that too. Against her will a friend dragged her to a torturous hill work out on Pennsylvania Ave. She hated every minute of it, but joined anyway because the people were so dang nice and their positivity inspiring. With the support and comradery of her fellow Chips, she eventually learned to love running – com-

pleting her first half marathon in 2013 and her first marathon in 2014 (CIM). She now lives for the kind of group therapy that can only occur on a long slow Sunday morning run.

As your Newsletter Editor, Aylin welcomes and encourages your ideas, input, and stories!

She can be reached at aylin.mentesh@gmail.com



2015 BUFFALO CHIPS BOARD MEMBERS

- * Arnold Utterback
High Dunger
- * Steve Davis
Vice High Dunger
- * Tony Smith
Treasurer
- * Teddy Morris
Scribe
- * Abe Underwood
Historian
- * Aylin Mentesh
Enquirer Editor
- * Laura Matz
Webmaster
- * Maggie Ward
Social Coordinator
- * Carol Parise
Race Director / Member-At-Large
- * Waiman Yip
Volunteer Coordinator
- * Bruce Falzarano
Member-At-Large
- * Genevieve Clavier
Race Director / Member-At-Large
- * Jennifer Rousseve
Member-At-Large
- * John Feeney
Member-At-Large
- * Nuria Duran
Member-At-Large

YOUTH CHIPS DIRECTOR

- * Linda Frazier

Contact information for Board members and meeting minutes are found on our Website:

www.buffalochips.cc

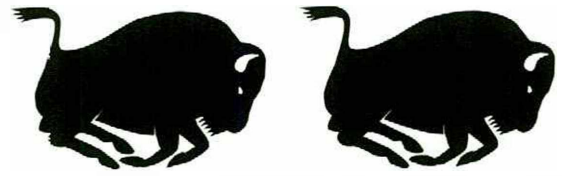
Membership Corner

Welcome New Chip Members!

- * Anna Chrissanthis
- * Andrew Glidewell
- * Bob Sharman
- * Brian Marks
- * Cindy Quinones
- * Craig Ritchie
- * Damon Chamberlain
- * Darren Morgan
- * David Wilkinson
- * Jason Martins
- * Kelly Haarmeyer
- * Kevin Kamai
- * Lani Fraizer
- * Laura Kulisk
- * Lee Mark
- * Lisa Picarello
- * Paul Hamiltor
- * Peter Hewitt
- * Ray Yamamoto
- * Ray Sanchez
- * Rebecca Gleason
- * Robert Seldner
- * Tenaya Brusig
- * Tristan Brusig
- * Tom McGee
- * Xin Xiao

*A big round
of applause
to our newest
Lifetime
Members!*

- * Barbara Rinker
- * Cherie and Louie Alvarez
- * Ernest Takahashi
- * Les Axelrod



Buffalo Chips General Store Open

Look for the Chips general store again in 2015! Chips apparel will be sold from the Chips tent at local runs and on the first Tuesday night work out of each month. Chips apparel may also be purchased on the Chips Website at:

<http://www.buffalochips.com/online-store/>

Chips singlet's: \$25 men's, women's and \$20 youth sizes
 Logo t-shirts: \$12 adult sizes, youth large
Gray, white, turquoise, maroon, light blue, black, black tie-dye, gold tie-dye
 Sweatshirts with hood: \$35, adult sizes



Logo T-Shirt



Hooded Sweatshirt

Need more information?
 Contact Maggie Ward at:

mmward1981@comcast.net

Show your Chips pride
 while running
 and working out!

Chip
 Singlet



Membership Corner

Announcing the New 2015 Chip Race Incentive Program

The purpose:

- * To have more individual and team Chips participating in both PA-USATF series and Buzz Oates RunSac series races.
- * Promote the club by being more visible.
- * Earn team award money for the club.

The rules:

- * Be a current Chip member.
- * Be a current PA-USATF member with your club/team identified as Chips #104. (very important, if you don't indicate your team with USATF, you will be considered unattached, and not qualify for the program)
- * Run a total of any 5 races from the list of 20 incentive race choices, which is a mix of road, x-country and trail races.
- * Wear a Chip singlet.

Once you have completed 5 races, verified, you will get free entry in a Chip race of your choice, good for 12 month after date earned. Send your results to Kynan Matz:

kynan.matz@gmail.com

Award races - choose from the following:

- * Jed Smith Ultra (any race)
- * Susan B Anthony women's 5k
- * Buffalo Stampede
- * Willow Hills X-C Open

Official Incentive Race List:

- * 04/07/15 Jed Smith 50K Pacific Association (PA)
- * 2/14/15 Run for Justice Valentine 5 miler (Buzz Oates RunSac series race #1)
- * 3/7/15 Way Too Cool 50k
- * 3/14/15 Shamrock'n 1/2 Marathon (Buzz Oates RunSac series race #2)
- * 4/4/15 American River 50M PA
- * 4/12/15 Sac Town 10 miler (PA-USATF event) PA
- * 4/26/15 Capital City Classic 12K - Sacramento
- * 5/2/15 Parkway Half Marathon (Buzz Oates RunSac series # 4)
- * 5/3/15 Avenue of the Giants /
- * 5/31/15 Buzz Oates No Excuses 5K (RunSac series race #6)
- * 7/12/15 Miracle Mile - San Rafael PA
- * 7/25/15 Fab 40 5K (RunSac series #7)
- * 9/5/15 Sacramento - Rebel Ancel Hoffman PA XC
- * 10/4/15 Urban Cow Half Marathon
- * 10/10/15 Folsom - Willow Hills PA XC
- * 10/10/15 Dick Collins Firetrails 50M PA
- * 11/8/15 Clarksburg Country Run Half Marathon -Clarksburg PA
- * 11/15/15 Golden Gate Park Championship PA XC
- * 12/6/15 California International Marathon - Sacramento PA
- * 12/12/15 National USATF Cross Country Championships Golden Gate Park PA XC

For more information contact:

- * Kynan Matz: kynan.matz@gmail.com
- * Laura Matz: laura.matz86@gmail.com
- * Bruce Falzarano: bruce.falzarano@hp.com

Join Our Chips Google Group!

Would you like to be even more active and current with the Chips?

You are invited to join the Buffalo Chips on Google Groups! Google Groups is an online forum intended to connect Chips for runs and other fun stuff.

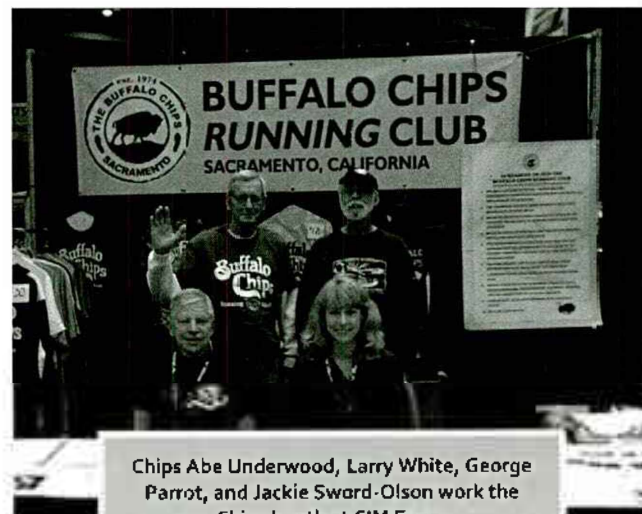
To join just send a blank email to:

buffalo-chips-running-club+subscribe@googlegroups.com

To access the Google Group once you've joined, go to:

<https://groups.google.com>

Once you've joined you can opt-in for email notifications of discussion posts so you don't miss anything!



Chips Abe Underwood, Larry White, George Parrot, and Jackie Sward-Olson work the Chips booth at CIM Expo.

Photo courtesy of Jennifer Rousseve.

Youth Chips Attend 2014 AAU National XC Championships

By Coach Linda Frazier

On December 6, 15 youth Chips braved the cold to run on one of the prettiest dedicated XC courses in the nation. Rim Rock Farm in Lawrence, Kansas is home to statues of some of the best University of Kansas runners, including Billy Mills. The course is complete with a covered bridge, hills and a lake or two. In spite of pouring rain the days before the race, the course was in good condition for the several hundred young runners who competed.

Results: Nearly every single athlete had a PR at the National Race! Many of our athletes were on the medal stand for being in the top 25 athletes in their age.

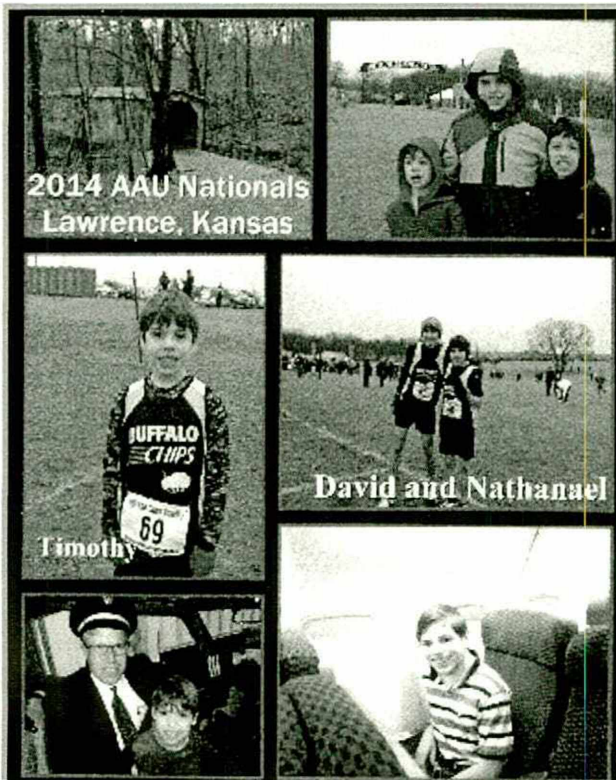
David Duncan (18) took 19th, his highest place ever. Nathanael Thomasson (15) had a greater than 1 minute PR. Ava Nkad (14) was 10th. Ariana Barrett (13) was in the top half of her age group. Seamus Caslin (13) had a PR. Natalie (11) had a greater than 30 second PR and was 16th. Luke Thomasson (10) had a PR and his brother Luke (8) medaled. William McCoy (9) took FIRST among 9 year olds and took SECOND in the 9-10 race!

Our 11/12 boys team had a great day too. Although all the runners on this team are only 11, they took 5th as a team and were only 16 points behind 3rd and 4th places. Peter Huerta was 9th, Charlie Hamilton was 12th, Jack Carpenter was 18th, and Anders Gundersen was 25th. Alex Benham and Jonah Pardue rounded out the team and each had a PR of more than one minute.

We wrapped up our Cross-Country season with an indoor swim party in mid-January and look forward to Track and Road Racing season from late February to July. New athletes ages 6-17 are always welcome. Our website is www.eteamz.com/buffalochips and Coach Linda Frazier can be reached at linda@frazier-email.com



Photo by Jerome Kabele



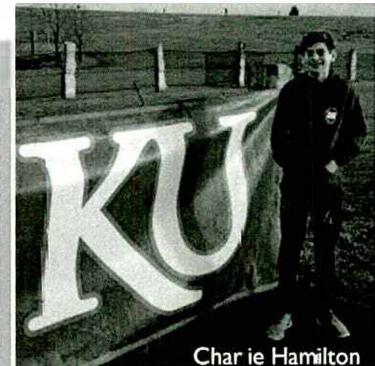
Thank you so much for sponsoring me so that I could go to nationals in Lawrence, Kansas. One of the first exciting events was flying in on an airplane, since it has been a long time since the last time I flew. Rim Rock Farms is a beautiful XC course with beautiful rolling hills, ponds, and covered bridges. I was very excited that this race I got a few personal records!! I was very glad to go to nationals which was a great experience for me that I will never forget.

Sincerely,
Nathanael Thomasson (15)

Youth Chips Thank Board for XC Championship Scholarships

Dear Buffalo Chips,
 Thank you for supporting me for my trip to the
 AAU Cross Country Championships. Without you
 I could not have gone and for that I'm
 grateful.
 Thank you,

A. J. Gundersen



Charlie Hamilton

Dear Chips Board,
 Thank you for giving me the generous travel grant
 to help me go to the AAU Cross Country National
 Championships in Kansas. I had a great race and
 enjoyed the trip with the Youth Chips, who is very much
 like a second family to me. Thank you again!

Family
Dustin Wetzel



AAU USA

From Timothy Thomason
- age 8

December 2014

I was nervous and excited
 to go to the nationals in
 Kansas. I enjoyed the airplane ride
 but when I landed in Kansas it was a nice
 surprise on the farm, but it was
 also cold. I ran as hard as I
 could on the day of my race. 😊

Thank you for your gift:
 From
Luke Thomasson

December 2014

- age 10

Thank you for
 sponsoring me to go
 to Kansas. This was
 my first time flying on
 a jet plane. My race was
 great! I got 26th place.
 I am thankful that I got
 to go to Nationals.

Member Accomplishments

Chiemi Yamamoto Shares Her First Marathon Experience

By Chiemi Yamamoto



Honolulu Marathon
13 December 2014

My first marathon experience was fantastic! When my friend, Janice who is originally from Hawaii asked me to run Honolulu Marathon with her only 3 weeks before the race date, my reaction was "No way!! I'm a rookie runner, I barely finished my half marathon, I need more time to train!" Somehow she convinced me and before you know it I was holding huge macha mochi shaved ice at Simizu store in Kalihi, Honolulu. Aloha! The Honolulu Marathon was beautiful and well

supported. 90% of runners and spectators were Japanese. I loved hearing, "ganbatte," meaning "you can do it!" in Japanese everywhere during the marathon. I thought because of that 26.2 miles felt much easier than expected. Take aways from my first marathon experience:

1. Step outside of your comfort zone
2. You are much stronger than you think
3. Listen to your friend Mahalo Hawaii!!

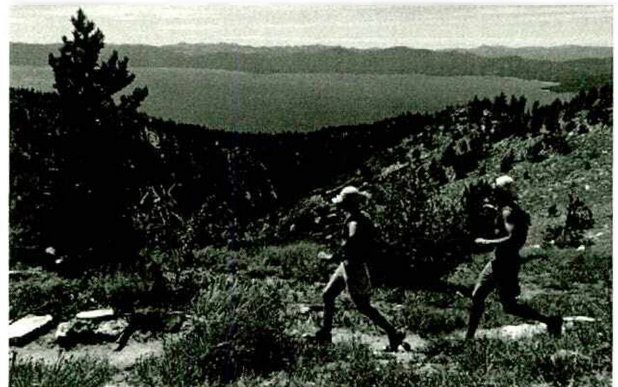


Laura Matz Conquers the 100 Miler

By Laura Matz



I had a pretty good running streak last spring. I took an hour and eight minutes off my 100k PR, 50 mile PR, my trail marathon PR and my 50k PR each. I was also first woman and female course record holder for the Mokelumne 50k (it's a small race, I'm not super fast). But I think the thing I am most proud of is finishing my first 100 miler with my husband by my side. It was a tough last 50 miles, but he was there to lean on, which made it all the more special!



Melissa Simonds-Williams Sets Multiple PR's

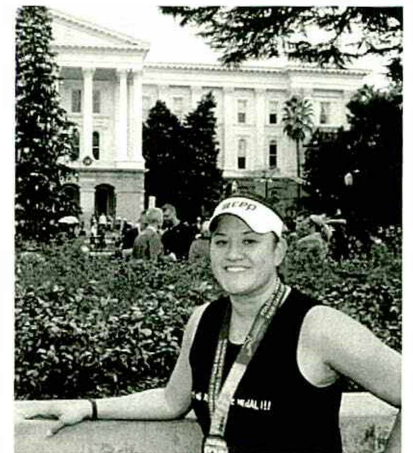
By Melissa Simonds-Williams

Looking back at the 2014 season, I have realized what a success it truly was for me. At the start of the season I managed to fill my schedule with roughly one race per month leading up to my goal race, the California International Marathon. However, it was the two PRs I achieved leading up to CIM that gave me the drive to push for a PR at CIM as well.

In the month of October I ran back to back half marathons-

Nike Women's Half Marathon followed by the Rock 'n' Roll Halloween Half Marathon in Los Angeles as a member of Team ASPCA. I earned my first PR of the season at the Nike Women's Half Marathon by shaving a total of 6:00 minutes off my best time for that distance. Then, the following weekend I PR'd once again at the Rock 'n' Roll Halloween Half Marathon ending the season with a new personal best of 2:25!

My confidence was up at this point and I knew that if I had done this well two months out from CIM, I could finish 26.2 just as strong and earn another PR. Sure enough, I PR'd at CIM beating my best time by 12:00 minutes. Although I didn't finish sub-5:00 (which was a bit ambitious), I was pleased with my performance in 2014!



CIM 2014 Finish Line

Member Accomplishments

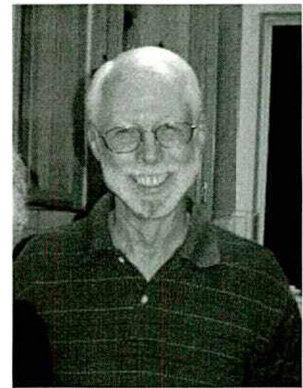
First Place in Hawaii

By Larry White

For the sixth year we arose at o'dark thirty and headed for Lahaina. Apparently, so did everyone else with the parking lot being nearly full when we arrived. The early marathon start is 4:30 and we passed quite a few runners on the way. Soon enough, Linda's bus arrived and she left for the 15k start line. I briefly considered not running but, oh well, what can you do. My first race in a year with no fast runs and no speed work. Ok, you fast folks laugh but if I get under ten minute pace, I am happy. The Maui course counts the miles down starting at 3.1, then 2, and finally 1 mile to go. I could see a little gray head off in the distance and thought I would

try to catch him. I didn't succeed but I ran the last mile in 9:37 and was thrilled to discover I won my age group. Yea! Next year, I will go all out and try for a 9:36 last mile. Haha.

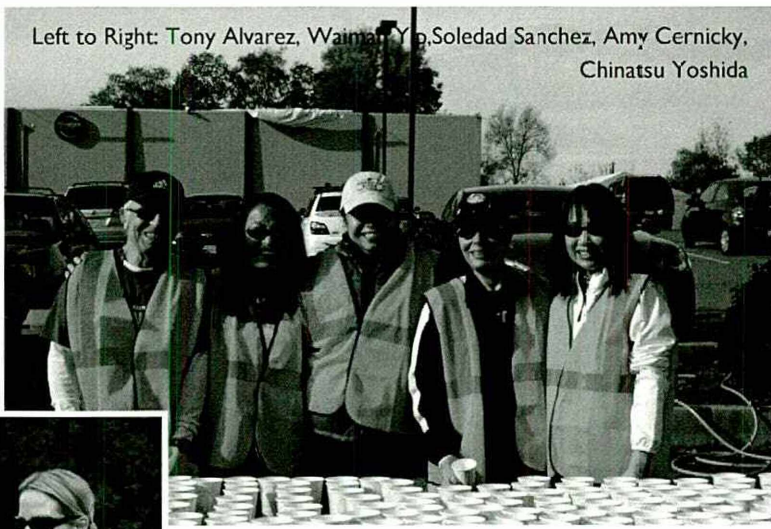
Aloha.



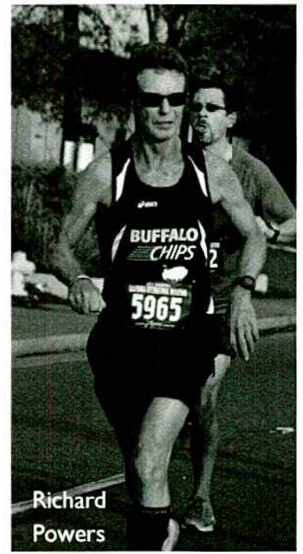
2014 California International Marathon In Action



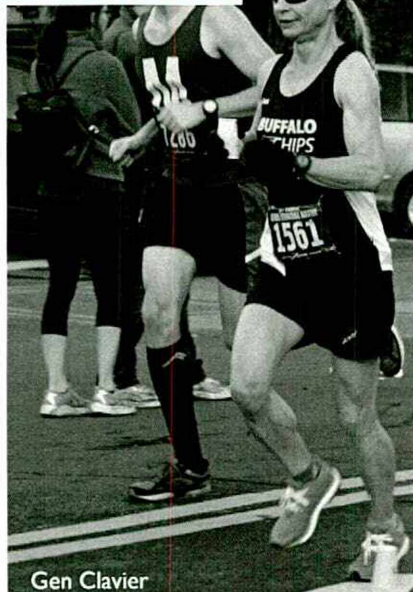
Chris Enfante



Left to Right: Tony Alvarez, Waiman Yip, Soledad Sanchez, Amy Cernicky, Chinatsu Yoshida



Richard Powers



Gen Clavier



Janet Daggise



Aylin Mentesh

2014 California International Marathon In Action

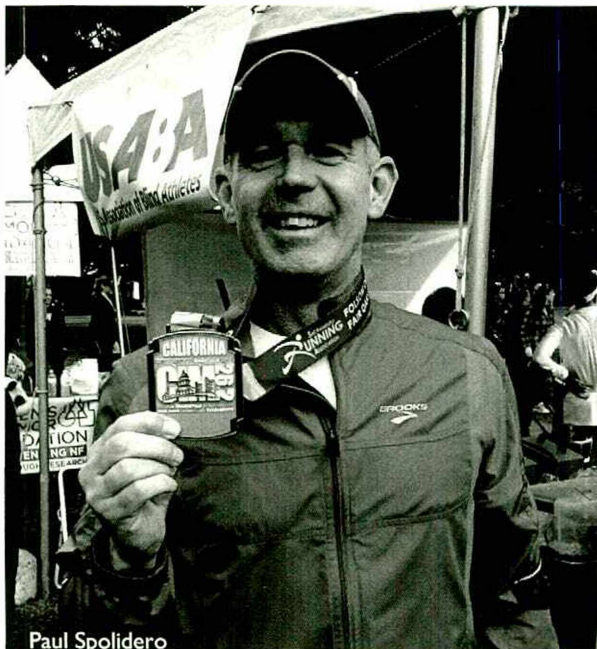
First Time Marathoner Race Day Recap

By Jackie Sword-Olson

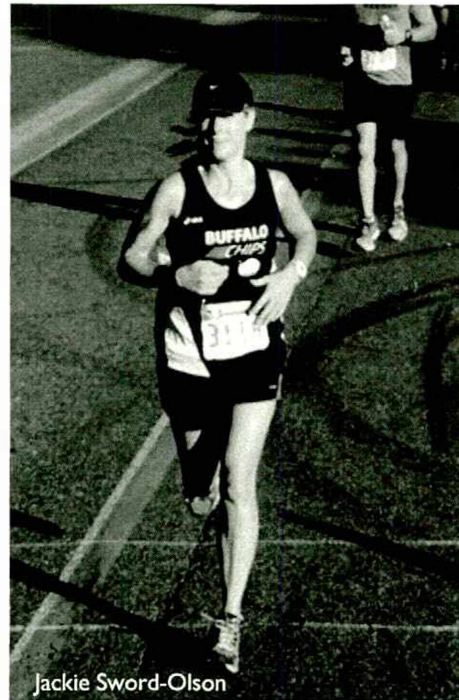
- * **The Start:** Chip's Party bus really made for an easier start, and zillions of port-o-potties.
- * Feeling terrific through Fair Oaks Village, I was on track with fueling, energy level, and my feet and legs were handling all those rolling hills that I fretted over!
- * It was fun to hear all those "Go Buffalo Chips!" cheers and to see Fabio cheering me on while he waited in the relay coral and Mario cheering me at Sac State.
- * **Mile 14,** I spotted my friend Pam and her husband, holding up signs they made for me! "Way to Go Girl!" and "Go Jackie 2014." It was great.
- * **Mile 15,** I hit the Chips aid station, Doug made sure to hand me my special fuel, and everyone was so supportive.
- * Rounding the corner at Oak Avenue, I saw my neighbors and waved and cheered back as they cheered me on. "Hi Neighbors!!" I was really enjoying the time and still feeling good!
- * **SCREEEEEECH!**
- * I started looking for mile 20, thinking "Just get past 20 and then you can pick up the pace" (very funny). By **mile 20,** I was feeling really, really tired legs, and getting stressed because my pace was going down the tubes and out of control. The nonexistent hills were there! Not fun.
- * At **mile 24,** an amazing experience happened. The marathon turned into one BEING, as if all the runners became

one creature flowing. When anyone stopped, someone picked them up and cheered them on to keep going.

- * As I struggled along, I saw Teresa McCourt and Mona again **at mile 25.** Mona coached me to the finish, telling me to pump my arms and breathe. Forget my legs, just use my arms and breathe. Boy did that give me strength! I just wish I would have done that sooner.
- * **Bitter:** My BQ time is 4:00 and I crossed at 4:01:02. Oh well, my finish time shouldn't matter because I said to myself at mile 25 I'd never run another marathon, right?
- * **Sweet!!!** Crossing the finish of my first marathon, yippee, such a great feeling of accomplishment!!
- * **Day After:** "I have to do that again." Crazy!!



Paul Spolidero



Jackie Sword-Olson

From CIM to Boston

By Paul Spolidero

After running CIM in the arctic temps last year, I was happy to step off the Chips bus and not need the four layers and trash bag I ran in last year. Last year was my first marathon and with advice from the more experienced Chips I was pretty well prepared for it. This year, my second marathon, I was better prepared and it paid off, I improved my time by 30 minutes. To those chips that Qualified for Boston, Good Job! See you at Boston in 2017.

2014 California International Marathon In Action

CIM in 3 Installments over 90 days

By David Pai

1st Installment:

- * September
 - * Sam, alarm rings. Darn it! Tired!
 - * Gotta meet the guys at Estates....Really?!

* 2nd Installment:

- * October
 - * Same Time.
 - * Added Gear: Headlamp, Gloves, Gen UCAN...Getting cold.

* 3rd Installment:

- * November
 - * Training...ongoing.
 - * Getting Anxious about CIM.
 - * "Let's Get it On and Over With!"
- * December
 - * CIM...Perfect Day, Good Race.

* January:

- * Sam, alarm rings...hmmm.. What do I do now?
- * I miss the "Sunrise Crew."
- * I miss the Conversations, the Education, the Bond.
- * I miss the Journey that the CIM brought.
- * I really enjoyed the Training Period.
- * CIM was the Cherry on Top with Family at the Finish and Noah saying, "What took you sooo long?"

Thank you Buffalo Chips couldn't have done it without the Herd! Special thanks to the Sunrise Crew Estates and Pocket!

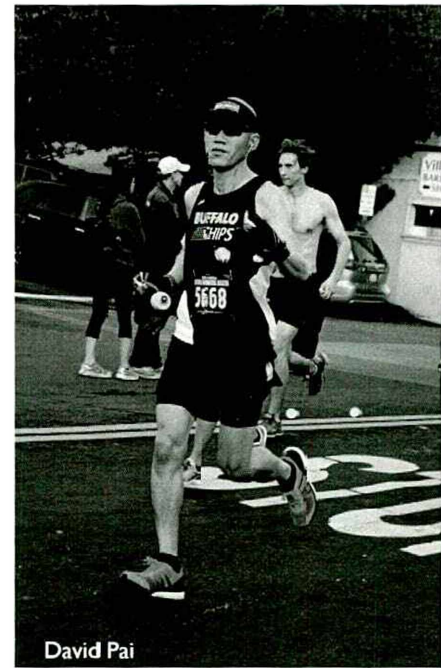


Photo courtesy of Abe Underwood

CIM 2014

By Rachelle Barbour

The start at CIM is always a bit of a surreal experience: the mile-long line of portapotties, the thousands of runners milling around in the twilight, the eternal uncertainty of how the weather will turn out on any given year. But nothing tops getting to the CIM start in the Chips party bus. I always imagine that the driver has just finished dropping off the final members of a debauched bachelorette party, leaving him just enough time to clean the bus out and get downtown to pick us up at 4:30. As day follows night, a group of exhausted marathoners supplants a group of exhausted partiers. Are we nauseous? Yes. Are we bleary-eyed? Yes. But instead of downing Goldschlager and Korbel, we're sipping Nuun and Gatorade. If we're lucky, the driver plays some music and uses the party lights. The stripper pole comes in handy for quad stretches. Best of all, we get to ride up together, enjoying the camaraderie and support before we run all the way back downtown.

CIM 2014 dawned clear and temperate. It

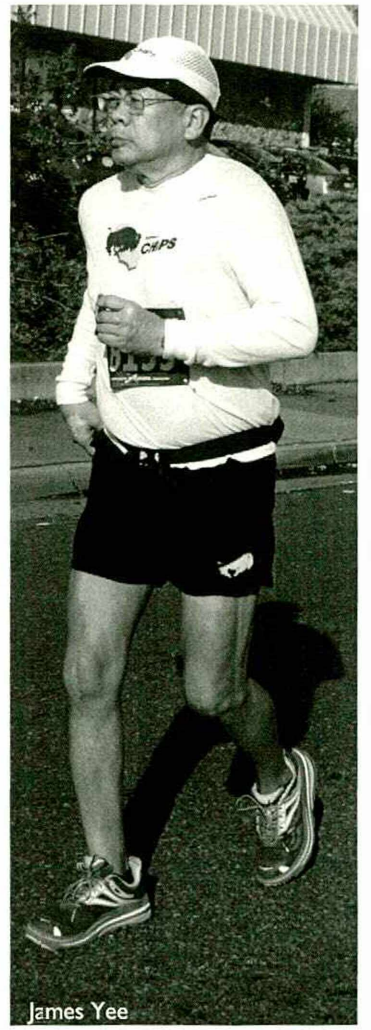
lacked the drenching rain and intense winds of 2012, and the bitter cold of 2013. It was perfect running weather. Many Chips got PRs and BQs. I got a new personal best: I passed my husband Rich and got to cheer him at the finish line. Let's skip quickly through 24 miles: Nice downhills, great race support, an amazing Chips aid station, funny signs (My favorite: "If this race was easy it would be your mother.") As I ran through East Sac, looking forward to seeing my kids in Midtown, I passed by some friends: "Rich is right ahead of you!" I figured they were just trying to motivate me. Right ahead? I was sure that he was a couple of miles ahead – that might be "right ahead" in a race that long. But no, in a couple more blocks, I saw a familiar Buffalo Chip running ahead of me. I tried to do the right thing – I really did. I encouraged him: "Come on! Let's run in together!" I tried to slow down and check in on him. He told me to keep on going, so I did.

The kids were hanging out a half mile later along L Street. They were a block further

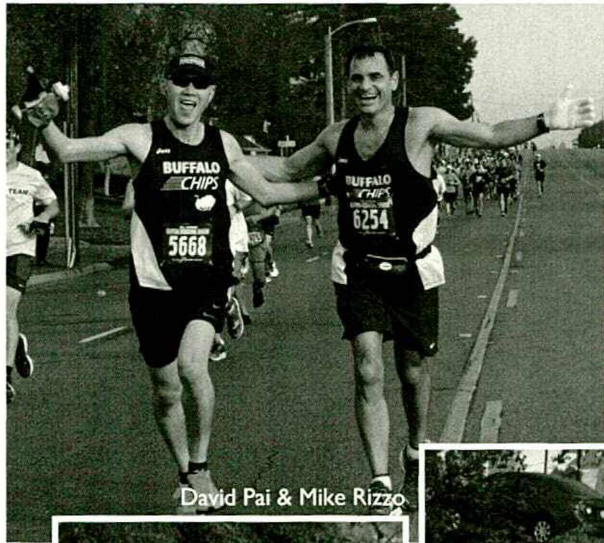
than I expected. They had to move when a runner barfed in front of them. Twice. Although they were traumatized by that experience, they were still observant: "Where's dad?" they yelled to me. They were shocked to hear he was behind me. They thought they'd missed him. Or that he'd passed out.

So CIM 2014 wasn't a PR for either of us, but it was really fun (as it always is). I really appreciate all the volunteers, except for that lady who gave me the stink eye when I waited for Rich at the finish line. There is something about a hometown race. We've run them everywhere, but nowhere else do we get to see so many friends and loved ones, and run right through the streets we travel every day. And nowhere else do we get to go straight to the Chips tent after a marathon, enjoy a beer, and enjoy everyone's race stories. Congrats to all the Chips who participated: runners, volunteers, and support crew. See you at CIM 2015

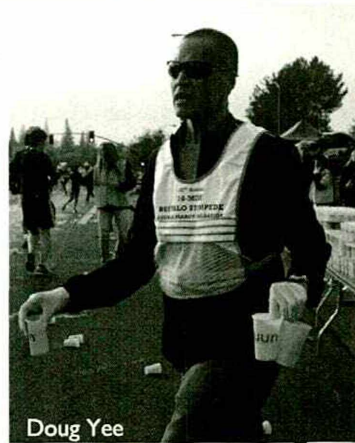
2014 California International Marathon In Action



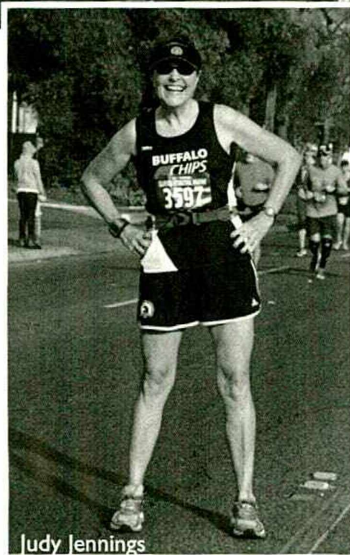
James Yee



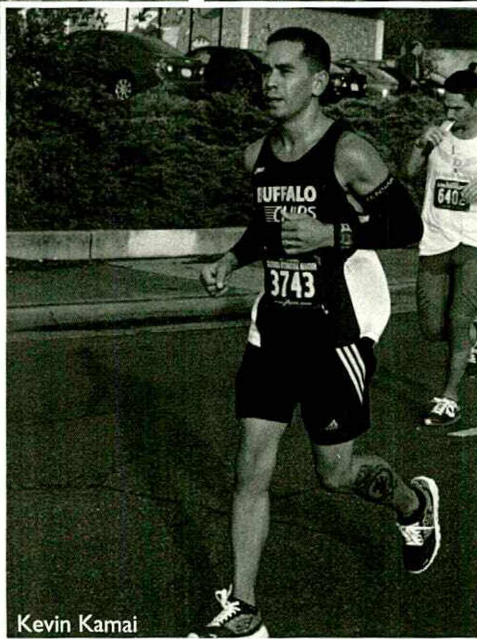
David Pai & Mike Rizzo



Doug Yee



Judy Jennings



Kevin Kamai



Rachae McMichael

2014 California International Marathon In Action



CIM Honor Roll: 5 Chips Finish ALL 32 CIMs

Starting with its inaugural race in 1983, twelve loyal runners have completed all 32 California International Marathons hosted by the Sacramento Running Association. It's with great admiration to announce that out of those twelve runners, five are also loyal Chip members: Steven Polansky, Michael Sullivan, Denis Zilaff, Ernest Takahashi, and Bill Roehr! The Enquirer asked our 32nd finishers to share their experiences and insight learned over the last 32 years.

Steven Polansky

Why did you choose to run CIM and why have you continued to run CIM each year?

I ran my first marathon in 1980 and I was just getting into my prime when the first CIM in 1983 was created. I enjoyed the course and the camaraderie so much that I volunteered to be on the Board the next year. I have been on the Board that puts on the race every year since, including two stints at being President of what was then called SLDRA (Sacramento Long Distance Running Association) and is now called SRA (Sacramento Running Association). When the CIM was conceived, there were very little opportunities for longer races in the greater Sacramento area and SLDRA and the CIM were created to fill that void.

In the past 32 years, what has been your favorite moment or experience while running CIM?

Although I have run Boston a total of three times, two of those runs were charity based. I actually qualified for Boston at age 60 and it was an incredible moment for me, the proverbial middle of the pack slogger. That was in 2005.

What has been the most challenging about running CIM?

After I started to view my consecutive CIMs as a streak, every year I started to have what Denis Zilaff calls "phantom pains" before every CIM. Worrying every year whether some calamity would prevent me from running was stressful knowing full well that nothing in life is forever

and also fully knowing that Tim Tweitmeyer would be the last one (of us now 12 streakers) to be standing! Tim is an animal!

When you're hurting, what inspires you to keep going?

When I'm hurting what inspires me? Clearly the disabled athletes that battle pain and life altering medical problems every day. More recently, the blind runners that have been enjoying the CIM in increasing numbers. Whenever I start whining about this hamstring or that sore back. I think of those men and women and try to suck it up. That being said, after 36 years of running marathons, now at age 68, I know I can only push my body so far and that does get frustrating. But what a blessing to still be running late into my 60's.

How has CIM evolved? What's different from previous years?

In 1983 we had 2000 runners. Now we have 9000 registered marathon runners, 2000 marafun kids and 1000 relay teams. The course has not changed one inch and continues to be beautiful. Early year financial problems disappeared and now any money raised by the race goes directly back to the community in our youth fitness program, the American River Parkway, the Sacramento Running Hall of Fame and to support local elite runners. We are also contributors to Shriner's Children's Hospital and UCD Children's Hospital.

Will we be seeing you cross the finish

line at the 33rd CIM?

G-d willing, you will see me at number 33. I used to think that I would stop at 25 and go out of a "high" but the draw of the race was too strong for me.

Any tips for CIM marathoners?

"Enjoy the ride". We are all too goal oriented and forget to take every day and moment in as special. Soak in the wonderful scenery of our community, enjoy the fast and comfortable course, embrace the journey, be thankful that you are one of the tiny fraction of Americans who have the ability to run the distance. Finally, give back to the community in any way you can.

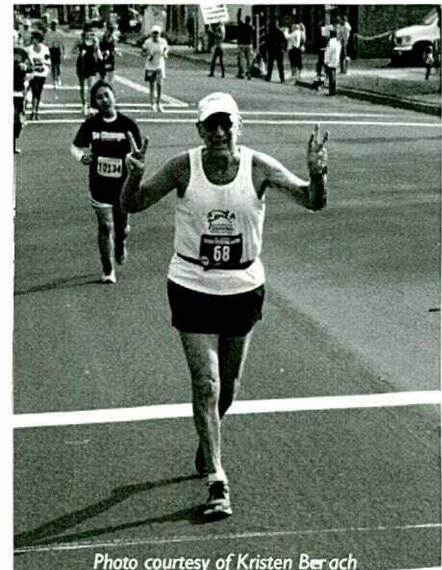


Photo courtesy of Kristen Berach

2014 California International Marathon In Action

Denis Zilaff



Photo courtesy of Kristen Benach

Why did you choose to run CIM and why have you continued to run CIM each year?

I chose to run CIM in 1983 because I had just started to run with friends to get in shape and we heard about this inaugural run in Sacramento and wondered if it would be possible to train and run a marathon. We barely knew a thing about marathons and had no clue as to what needed to be done to train for one. In the early 80's very few people had run a marathon, "They were for real runners" and we did not even know anyone to ask for advice. Back then there were no training programs like they have today and most of it was trial and error. Runner's World had articles but they were entitled things like "How to break the 2:30 marathon barrier" and other delusional goals. Back then the belief was that you should not drink or eat anything during the marathon since it would cause GI issues, they had not even invented gels, bars or electrolyte drinks. My time that first year was 4:04 which is probably the reason I continued to run every CIM.

After that first CIM, I wanted to break four hours for the marathon. Since I just missed it the first year, having bonked badly at mile 22, I decided to train harder the next year and break that barrier. The next year I ran the San Francisco marathon and completely fell apart at mile 21 even though I had trained hard. I still hadn't broken four

hours so I signed up for my second CIM. Again, I bonked and missed four hours by less than a minute. Now I was really determined to train harder for the third CIM when I met some guys who were running ultras. They got me to sign up for a 50K even though I was having trouble with a marathons – they said it would be easier than a marathon. To my surprise at five miles (and about every five miles after that) they had an aid station filled with food and drink. They told me to eat and drink even though I had heard that you should never to eat or drink during a run. They laughed at the thought, so I ate my way through the run and ran the 50K at a much faster than the pace at any of the previous marathons. My third CIM I set a PR by more than 30 minutes while taking in food and water. So now I was on my way to running CIM every year.

In the past 32 years, what has been your favorite moment or experience while running CIM?

I love running with other people and the number of new people I have met while training for and running CIM have made for great memories. The experiences and stories I have heard during the many years of CIM have been inspirational. I have run with people who have lost loved ones and are running in their memory. I have run with young, old, handicapped and with long-time friends. They are all fabulous memories.

What has been the most challenging about running CIM?

Nothing really, it has all been good. I just feel blessed to be able to continue to run. Of course as you age, times slow and everything hurts but that is all part of the life experience.

When you're hurting, what inspires you to keep going?

All the people who, for whatever reason, cannot run at all. Every year before the marathon a group from the Sacramento Running Association visit medically fragile children at the Children's Hospital and they inspire me. The pain and hurt they go through is exponentially more than anything a runner goes through in a mara-

thon. So I guess the answer to "What inspires me to keep going" is the fact that I can keep going and that is something you should never take for granted.

How has CIM evolved? What's different from previous years?

There are many more people running marathons today then 30+ years ago and that is true of the CIM. I think just over 1,000 ran the first one in 1983 and today the course is limited to 9,000 runners. The amount of information available to runners has exploded and the number of quality training programs available to runners is something that never existed in the past. Now there is research and products for every aspect of running and the Sacramento Running Association (SRA) who puts on the CIM is at the forefront of that research and training. The main difference comes from the quality of the organization that produces such an incredible race.

Will we be seeing you cross the finish line at the 33rd CIM?

God willing you will see me crossing the finish line at age 79 which would be my 50th CIM. Hey a person has to set goals for themselves.

Any tips for CIM marathoners?

Yes, have fun and enjoy every aspect of the training and the marathon. Running with friends is what it is all about anyway. As for specific tips, I would tell you that it is much easier to run with a training group than by yourself so find a group and get running. Also, marathons are much easier if you run a negative split (meaning you run the second half faster than the first). Use all the perks that the CIM gives you. No other marathon provides better pacers, Porta Potties (26:1 ratio vs. an industry standard of 76:1), buses to the start that let you to stay on them warm and rested until just before the start of the race and a limited race field which allows for relatively free-running from the start. Once you have run the monster marathons you will know what I am talking about and how lucky we are to have a perfectly-run, world class marathon in our back yard.

2014 California International Marathon In Action

Ernie Takahashi

Why did you choose to run CIM and why have you continued to run CIM each year?

I chose to run CIM because it was local and I knew the weather would be cool and not "hot" like the old Sacramento Marathon in October. It was touted as an "International" marathon so it was going to have a world class field of runners. The first CIM was satisfactory so I decided to keep running them. Now I have to keep running because it is free for us 12 "Streakers" and I don't want to be the next runner to drop out.

In the past 32 years, what has been your favorite moment or experience while running CIM?

One of my favorite moments was at the end of the 25th CIM. After I crossed the finish line, my name was announced and I was surprised to see Chip Cynici Calvin run up to me and hand me a CIM jacket that was embroidered with the words: 25th time CIM Finisher. What a pleasant surprise.

What has been the most challenging about running CIM?

The most challenging experience has been the weather. We have had severe rain,

wind, and cold weather in 3 or 4 CIMs over the last 32 years.

When you're hurting, what inspires you to keep going?

When I'm hurting, I just keep telling myself to not be the next "Streaker" to drop out. That almost happened in the 31st CIM when I ran with a foot injury

How has CIM evolved? What's different from previous years?

The CIM is truly a world class marathon. Every year the number of entrants has increased and a relay race was added several years ago. You cannot find a better organized marathon with great volunteers, a well attended two day runners expo, and an exciting kids race. But I hope the CIM does not get any bigger so it can maintain its small town and local flavor. Where else can we run have family and friends cheer for us along the way.

Will we be seeing you cross the finish line at the 33rd CIM?

I plan to enter the 33rd CIM as soon as the race registration opens and hope to cross the finish line with two other Chip Streakers: Denis Zilaff and Steve Polansky.

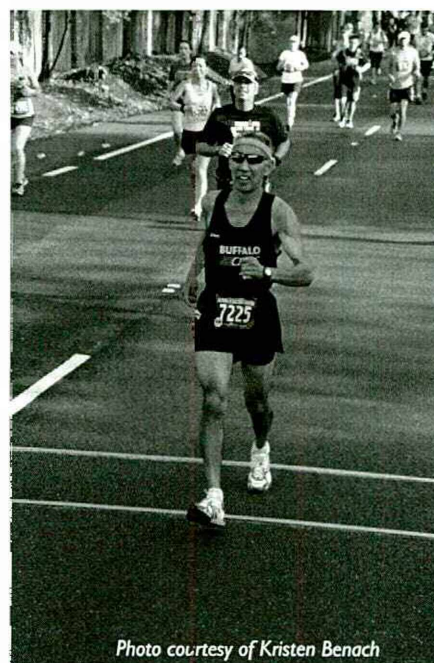
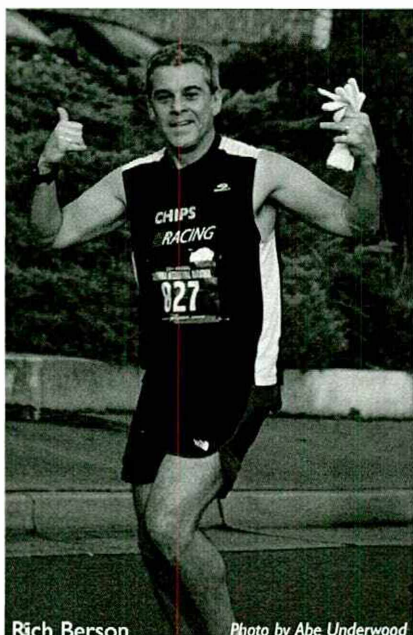


Photo courtesy of Kristen Benach

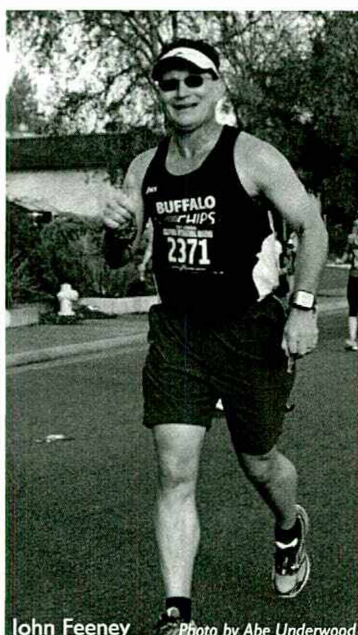
Any tips for CIM marathoners?

My tip for CIM marathoners is to sign up early and be committed to training with the Chips. We have dedicated coaches and we are a friendly group that welcome all runners regardless of how fast you run. Long runs are more fun with a group! **Go Chips and remember to run with your Chips singlet!**



Rich Berson

Photo by Abe Underwood



John Feeney

Photo by Abe Underwood



Photo by Abe Underwood



Bob Sharman

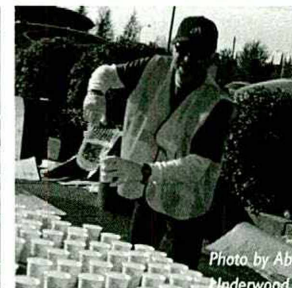


Photo by Abe Underwood

2014 Annual Buffalo Bash and Awards Ceremony

Congratulations Award Winners!

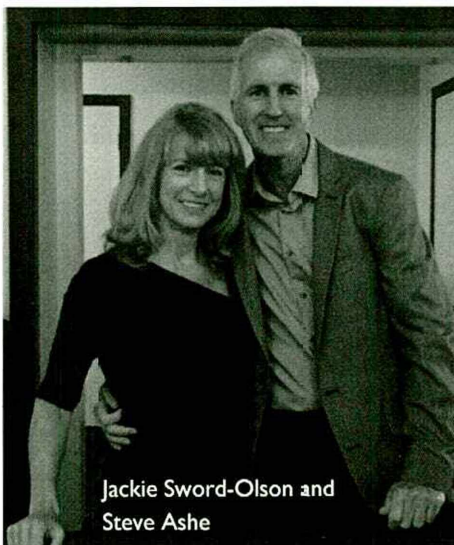
- * Runner of the Year – Chris Malenab
- * Ultra Runner of the Year – Laura Matz
- * Masters (40-95) Runner of the year – Carolyn Slavich
- * Outstanding Single Performance – Mike Rizzo
- * Rookie of the Year – Aylin Mentesh
- * Outstanding Improvement Runner of the Year – Diane Falzarano
- * Best Game (Race) Face, with photo – Allyson Thomas Conwell
- * Chris Iwahashi Inspiration Award – Genevieve Clavier
- * George Parrott Contribution Award – Arnold Utterback
- * Outstanding Volunteer/s:
 - * Mario Sanchez
 - * Nuria Duran
 - * Maggie Ward
 - * Mike Villierme
 - * Gen Clavier
 - * Carol Parise
 - * Eddie Schmidt
 - * Steve Ashe
 - * Arnold Utterback
 - * Steve Davis
 - * Jennifer Rousseve
 - * Teddy Morris
 - * Dennis Scott
 - * Veronica Schmidt



Carol Parise, Severine Winter, Charsey Porse



Bruce and Diane Falzarano



Jackie Sword-Olson and Steve Ashe



Allyson Thomas Conwell and Jackson Conwell



Serra Mentessi and Jennifer Harwood



2014 Outstanding Volunteer Recipients!

Teddy Moris, Steve Davis, Mario Sanchez, Arnold Utterback, Nuria Duran, Maggie Ward, Gen Clavier, Mike Villierme, Eddie Schmidt, Veronica Schmidt, Steve Ashe, Carol Parise

2014 Annual Buffalo Bash and Awards Ceremony

By Nuria Duran



Theresa Ostler, Steve Davis, Peter Hewitt, Judy Jennings, Kevin Jennings, George Parrot

Our 37th Annual Buffalo Chips Bash was another (it just "keeps getting better!") successful event, with incredible guest, Kim Conley, our very own local Olympian (who keeps surprising us with her amazing race results)! We learned that one of her best mantras is "courage" and that sometimes we just push it a little bit harder for the people that support us, such as our coaches, family and friends. We had great food, perfect weather and great awards that displayed the energy and spirit that our running club. Yes, the sweets were good too!



Heather Bracken



Kim Conley

The Bash was another tremendous tribute to our volunteers, our runners, our family members, to the sport and to our founder Abe Underwood. Your time donated to the club and your generous donations to the raffles made the Bash possible. The club continues to work its *magic* supporting not just our hobby, but the children and schools that benefit from your great contributions.

Outstanding Volunteer recipients were awarded free entry to the Buffalo Stampede (10 Miler run) on August, 30, 2015. Start training!



Linda Hall

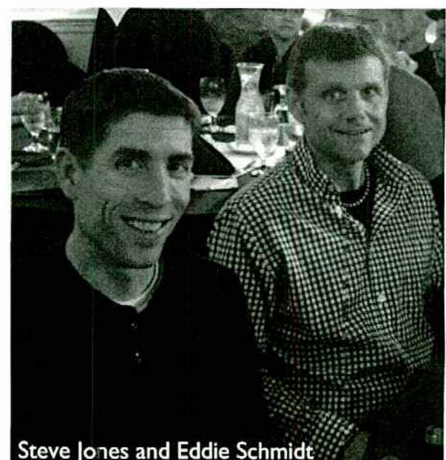
Our CIMer's this year had a great success, from finishing their first marathon ever to qualifying for Boston, setting a PR, or just having fun for 26.2 miles!

We want to thank all of our sponsors and all the attendees for coming and supporting the club! Save the date for next year's Bash on Saturday, Dec 5, 2015. It will sure to be another Buffalo Chips blast!

Looking forward to see you more on our Tuesday workouts, on the trails and on the road. Go Chips!!



Jenny Takanashi, Ernie Takanashi, John Feeney, Mario Sanchez, Chris Corwell



Steve Jones and Eddie Schmidt

Photos by Nuria Duran

Manny Loverde Celebrates 80th Birthday with 80 "Laps"

By Nicolle Goldman

Manny Loverde was joined by family and friends from Buffalo Chips, Sierra Race Walkers, Harey Tortuga, and Fleet Feet as he celebrated his 80th birthday with a 20 mile workout on Saturday, December 20. Why 20 miles? Because Manny was planning to do 80 laps on the American River College (ARC) track for his 80th, but then changed the location to Howe Park in Sacramento. So, 80 laps at ARC = 20 laps around the one-mile loop at Howe Park.

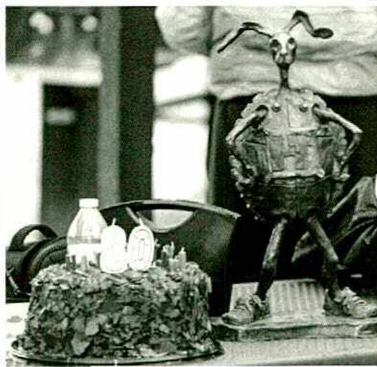
The covered Start/Finish Area provided supporters with coffee and snacks starting at 7am. A pair of large display

boards showcased Manny's accomplishments from his athletic performances. On display were a colorful assemblage of almost 50 medals and 40 other plaques and awards; from distances including half marathons, marathons, and 50K races. The display included his racing jersey and gold and bronze medals from representing Team USA at the World Masters Championships in 2011.

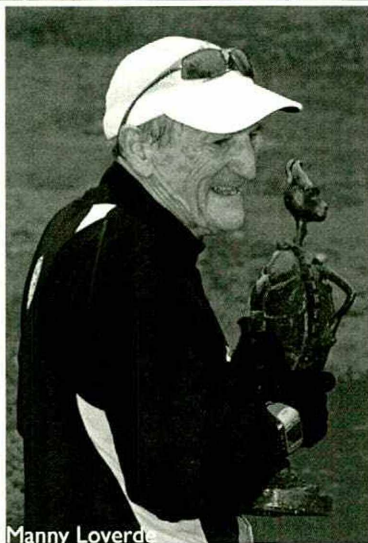
The weather was cool and moist (but not raining). A group of almost 20 runners, racewalkers, and cyclists joined Manny for various distances during his workout. Volunteers used a white-board

to count the laps, and a timing clock helped track the elapsed time and lap splits. The group was noticeable not only for its size and camaraderie, but also for the runner in the Harey Tortuga costume.

When Manny finished his workout on target around noon, he was presented with the Harey Tortuga trophy sculpture and joined by his wife, daughter, grandchildren, and great-grandchildren -- some from as far away as Argentina. They joined Manny's friends in sharing many happy sweaty hugs and congratulations as they enjoyed pizza and birthday cake (chocolate!).

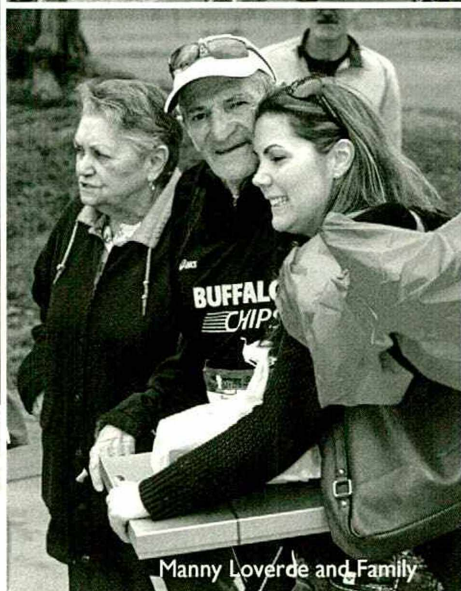


Arnold Utterback, Gen Clavier, Manny Loverde, Rich Hanna, John, Mike Rizzo, Bill Goodwin, Doug Yee

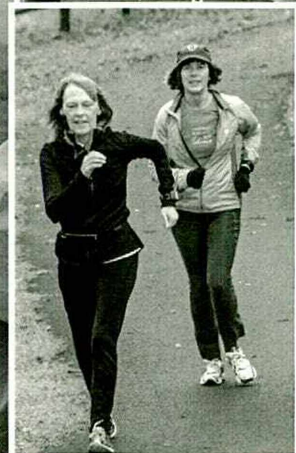


Manny Loverde

Photos courtesy of John Twilling



Manny Loverde and Family



Above: Karen Stoyanowski & Nicolle Goldman

Is There Life Outside of Running? Fun and Games in Nepal

By Tony Smith

For the last ten years or so my aging legs have denied me the thrill of running; I can now barely manage a 5k footrace. But I can still hike and backpack, and because my childhood heroes included the original conquerors of Mount Everest I jumped at the chance to join a group trek to Everest Base Camp this past November.

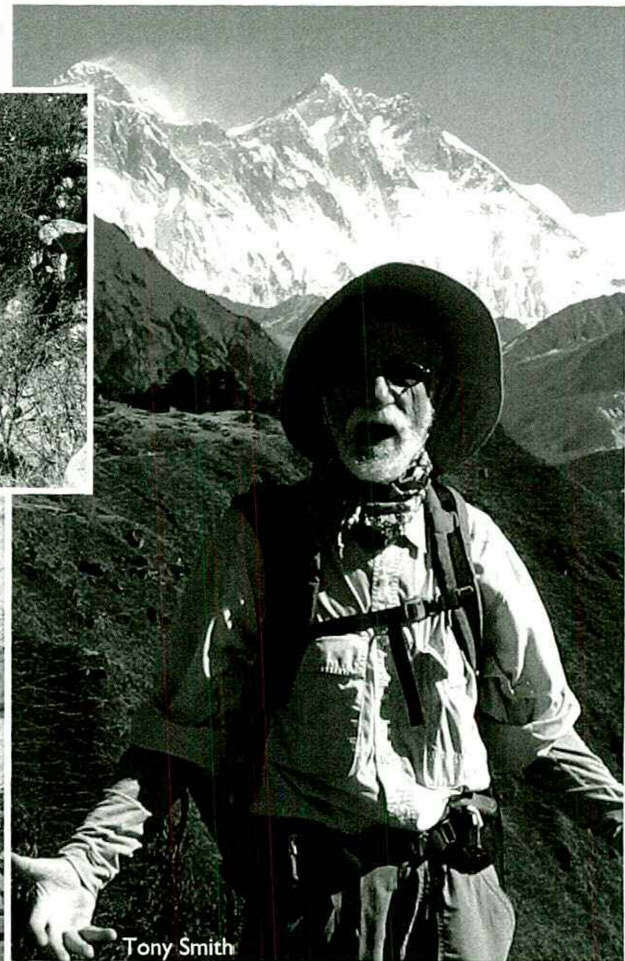
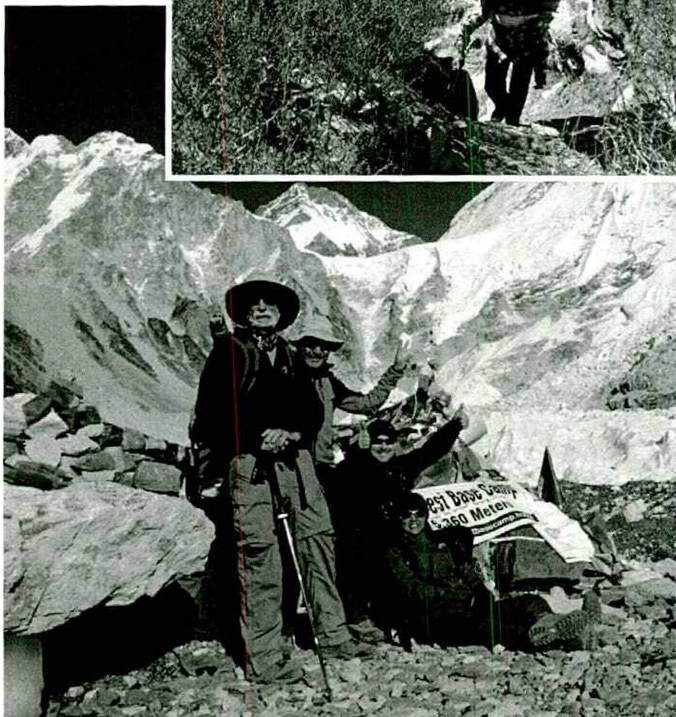
It was a fun, but tough hike through forests, along paths overlooking the Dudh Khosi River, across a dozen suspension bridges and then above the timber line gazing up through the thin air at the snowy peaks. Nights were spent at guest houses and after eight days on the trail we plodded into our destination, definitely out of breath. Base camp is the last place before the real climbers begin, with crampons, ice axes, ropes and ladders; but for us, it was the turn-around point. Sixteen members of the local Sherpa ethnic group died just beyond base camp earlier in the year while

setting up a pathway through the crevasses of the Khumbu glacier icefall. For one in our party the turn-around came early with a helicopter ride off the mountain due to Acute Mountain Sickness. My personal trial was a flirtation with sleep apnea, which started the night after Base Camp and persisted for three nights: disconcerting to put it mildly. The elevation of almost 18,000 feet takes its toll.

The total trip was maybe 80 miles. The advantage of being a runner is that when one has covered 50 miles in less than half a day, the challenge of this trek is not insuperable: one foot in front of the other and breathing hard is par for the course. And while there were times when I really wanted off the mountain (see above re: sleep apnea) and a helicopter ride seemed like a great idea, runners aren't quitters.

The views of the icy peaks and knife-edge

ridges were spectacular, and one could sense the various perils. But what left lasting impressions were the porters we would pass on the trail. These Sherpas carried loads of over 100 pounds up the rocky, steep, and slippery paths, to and from the road-less villages and guest houses. Their technique was to carry the load on their lower back, leaning forward at maybe a 45-degree angle, with a strap from the load running over their heads. Some were 50 years old or more and certainly had the technique figured out. We trekkers and these porters had to share the trail with the mule and yak trains that also carried supplies. There can be no tougher life than being in competition for one's livelihood with real beasts of burden. Yes, we have it made, here at home...



RACE RESULTS

Run Rocklin 5k

1 April 2014, Rocklin, CA

Tony Smith 70 - 29:46 1st M70-74

Run for Safe Haven 5K

25 October 2014, Sacramento, CA

John Nichols 49 - 19:34 2nd M40-49 6:18/M
Jennifer Harwood 44 - 23:08 1st F40-49 7:27/M
Erenest Takahashi 69 - 23:35 2nd M60-69 7:32/M
Theresa Roberts 65 - 33:52 2nd F60-69 10:54/M**Halloween IV Hill Climb**

25 October 2014, Virtual Race

Laura Matz 11,105 ft elevation 23.6 m K2
Annette Menonides 10,266 22.7 m K2
Kynan Matz 9,977 21.8 m K2**Aggies XC Open 4.2 M**

25 October 2014, Martinez, CA

John Blue 51 - 26:43 Racing for RC Rebels
Fred Martin 70 - 32:16
Bob Seldner 74 - 35:20
Joel Contreras 70 - 38:44**That Dam Run 1/2 Marathon**

26 October 2014, Cool, California

Dilyn Radakovitz 67 - 2:38:43 1st F60-69
Marion Finley 63 - 3:04:56**Apple Hill Harvest Run 3.4M**

2 November 2014, Camino, CA

Peter Huerta 11 - 22:02 1st M1-12 6:18/M
Hanna Wirth 11 - 24:09 3rd F1-12 6:54/M
Theo Wirth 50 - 24:10 3rd M50-59 6:55/M
Janice Kesterson 61 - 1:03:40 1st F60-69 7:29/M
Christina Simpson 32 - 1:11:47 8:27/M
Ralph Venturino 52 - 1:12:50 8:34/M
Steve Polansky 68 - 1:26:08 10:08/M
Judy Shipman 73 - 1:33:52 11:02/M**TCS New York City Marathon**

1 November 2014, New York, New York

Chris Malenab 34 - 3:09:01 7:13/M

Rio Del Lago 100 Miler

8 November 2014, Granite Bay, CA

Ray Sanchez 47 - 18:01 3rd overall/1st M40-45
Deirdre Greenholz 45 - 30:05**Clarksburg Country Run 10K**

09 November 2014, Clarksburg, CA

Andy Hitchings 50 - 43:10 3rd M50-59 6:57/M
Hanna Wirth 11 - 44:27 1st F 7:09/M
Chris Delgado 55 - 56:21 9:05/M
Claudia Wirth 45 - 59:15 3rd F40-49 9:32/M
Linda Hall 71 - 1:11:38 2nd F70-79 11:35/M**Clarksburg Country Run 1/2 Marathon—PA-USATF Race**

09 November 2014, Clarksburg, CA

Ed Randolph 45 - 1:19:04 3rd M40-45 6:02/M
(Competing for WVTC)
Jenny Hitchings 51 - 1:22:51 1st F50-54 6:19/M
(Competing for SRA Elite)
Dan Weintraub 54 - 1:26:24 6:35/M
John Blue 51 - 1:29:05 6:48/M (Competing for Rebels)
Richard Powers 62 - 1:32:31 2nd M60-64 7:04/MRachel McMichael 33 - 1:35:18 7:17/M
Gen Clavier 51 - 1:35:37 2nd F50-54 7:18/M
Dennis Early 58 - 1:37:26 7:26/M
Fabio Sartori 43 - 1:38:24 7:31/M
Bryan Dove 39 - 1:38:47 7:33/M
Chris Enfante 62 - 1:40:34 7:40/M
Rena Lantz 53 - 1:43:36 7:55/M (Competing for Fleet Feet Ultra Trail)
Theresa McCourt 55 - 1:43:36 2nd F55-59 7:55/M
Kevin Twombly 59 - 1:49:09 8:20/M
Ernest Takahashi 69 - 1:49:47 3rd M65-69 8:22/M
Mario Sanchez 62 - 1:55:27 8:50/M
Jackie Sword-Olson 50 - 1:57:17 8:58/M
Waiman Yip 52 - 1:57:21 8:59/M
Bettie Powers 64 - 2:02:48 9:24/M
Chiemi Yamamoto 53 - 2:20:10 10:43/M
Jon Thomas 67 - 2:23:28 10:58/M
James Yee 64 - 2:30:35 11:33/M
Joel Contreras 70 - 2:31:19 11:33/M
Ron Peck 72 - 2:32:31 11:40/M**Clarksburg Country Run 20 Miler**

09 November 2014, Clarksburg, CA

Allyson Conwell 34 - 2:41:45 8:05/M
John Feeney 55 - 2:49:04 8:27/M
Eddie Schmidt 50 - 2:58:26 8:55/M
Theo Wirth 50 - 3:00:17 9:00/M
Jennifer Harwood 50 - 3:04:26 9:13/M
Steve Polanski 68 - 3:29:23 10:28/M
Dilyn Radakovitz 67 - 3:37:27 10:52/M
Anne Novak 59 - 4:18:15 12:54/M
Aylin Mentesh 27 - 4:28:54 13:26/M PR
Barb Elia 70 - 5:08:43 2nd F70-79 15:26/M**PA XC Championship**

16 November 2014, GGP San Francisco, CA

John Blue 51 - 41:13 (competing for River City Rebels)
Arnold Utterback 68 - 49:11
Kevin Twombly 49 - 49:44
Don Hagen 66 - 57:52
Dennis Scott 66 - 1:03:42
Joe Domagalski 63 - 1:05:02**Davis Turkey Trot 5K**

22 November 2014, Davis, CA

Linda Hall 71 - 34:39 3rd F70-74 11:10/M

Davis Turkey Trot 10K

22 November 2014, Davis, CA

Peggy Lehman 64 - 55:04 2nd F60-64 8:52/M
Stephanie Pappas 56 - 55:37 2nd F55-59 8:58/M**Davis Turkey Trot 1/2 Marathon**

22 November 2014, Davis, CA

Bob Fredenburg 62 - 1:50:40 8:26/M
Jennifer Harwood 44 - 1:56:03 8:51/M
Melissa Simonds-Wilson 32 - 2:38:44 12:07/M
Aylin Mentesh 27 - 2:38:45 12:07/M PR**MandaRun 1/2 Marathon**

23 November 2014, Loomis, CA

Fabio Sartori 43 - 1:35:22 7:16/M
Dilyn Radakovitz 67 - 2:06:04 2nd F50-69 9:37/M**Run to Feed The Hungry 5K**

27 November 2014, Sacramento, CA

Mike Rizzo 49 - 19:19 6:13/M PR
Steve Davis 50 - 19:41 2nd M50-54 6:21/M
Susan Frazier 20 - 20:06 3rd F19-24 6:29/M
Taylor Christensen 15 - 20:39 6:39/MJohn Feeney 55 - 20:45 6:41/M
Gen Clavier 51 - 21:03 3rd F50-54 6:47/M PR
Nancy Park 49 - 25:20 8:10/M
Chinatsu Yoshida 53 - 28:44 9:15/M
Carolyn Slavich 73 - 29:33 1st F70-74 9:31/M
Dennis Scott 66 - 28:53 9:18/M
Marion Finley 63 - 30:11 9:43/M
Iven Sanderson 8 - 1:07:42**Run to Feed The Hungry 10K**

27 November 2014, Sacramento, CA

David Sanderson 38 - 37:05 2nd M35-39 5:59/M
Chris Malenab 34 - 40:42 6:33/M
Dennis Early 58 - 42:40 3rd M55-59 6:52/M
John Nichols 49 - 42:41 6:53/M
Michelle Harris 42 - 45:44 7:26/M
Chris Enfante 63 - 45:47 2nd M60-64 7:23/M
Linda Frazier 56 - 47:55 7:43/M
Rena Lantz 53 - 47:57 3rd F50-54 7:44/M
Soledad Sanchez 33 - 49:06 7:54/M
Jennifer Harwood 44 - 49:17 7:56/M
Claire Falzarano 20 - 55:14 8:54/M
Diane Falzarano 56 - 55:26 8:56/M
Bruce Falzarano 56 - 55:57 9:01/M
Ray Yamamoto 50 - 56:03 9:02/M
John Howard 56 - 56:07 9:02/M
Susan Howard 56 - 56:11 9:03/M
John Caselli 62 - 57:20 9:14/M
Denis Zilaff 62 - 57:17 9:14/M
Steve Polanski 68 - 58:32 9:26/M
Chiemi Yamamoto 53 - 59:17 9:33/M
Sarah Sanderson 13 - 1:03:41 10:21/M
Linda Hall 71 - 1:14:06 3rd F70-74 11:56/M
Fred Kaiser 62 - 1:15:08 12:06/M**Folsom Turkey Trot 10K**

27 November 2014, Folsom, CA

Judy Jennings 62 - 56:29 2nd F60-69 9:06/M
Ron Peck 72 - 1:03:53 3rd M70+ 10:18/M
Heidi Poquinot 54 - 1:18:44 12:41/M**Roseville Turkey Trot 5K**

27 November 2014, Roseville, CA

Hanna Wirth 11 - 20:08 2nd F10-14 6:30/M
Theo Wirth 50 - 20:26 2nd M50-59 6:35/M**The North Face 50 Miler**

6 December 2014, Sausalito, CA

Austin Johnson 36 - 7:01:52 8:27/M 5th M35-39

California International Marathon

7 December 2014, Sacramento CA

Ed Randolph 2:47:17 (racing with WVTC)
Jenny Hitchings 2:54:24 1st F50-54 (racing for SRA Elite)
Elliot Block 3:03:33 BQ
Chris Malenab 3:04:06 PR BQ
Dan Weintraub 3:05:01 BQ
David Pai 3:13:11 BQ PR
Kevin Kamai 3:13:15
Mike Rizzo 3:14:10 BQ PR
Richard Powers 3:14:37 BQ 4th M60-64
Ken Bogdan 3:14:43 PR BQ
Rachel McMichael 3:18:32 PR BQ
Peter Hewitt 3:21:30 BQ
Gen Clavier 3:22:48 PR BQ PR
Jamey Nyc 3:22:48
Steve Davis 3:23:10 BQ
Javier Burga 3:24:19
Ray Sanchez 3:25:26 Teddy Morris 3:27:48 BQ
Teddy Morris 3:27:48 BQ

RACE RESULTS

Dennis Early 3:28:53 BQ
 Brian Marks 3:31:48 PR
 John Feeney 3:32:35 BQ PR
 Bob Sharman 3:33:50 BQ
 Bruce Fatzarano 3:33:54 BQ
 Chris Enfante 3:39:15 BQ
 Rena Lantz 3:39:16 BQ
 Steve Ashe 3:46:18

Eddie Schmidt 3:48:28
 Bridgette Holzapple 3:52:32 BQ
 Wendy Bogdan 3:54:50 BQ
 Rachell Barbour 3:55:00
 Jane St. Croix 3:56:03
 Rich Berson 3:57:17
 John Nichols 3:57:44
 Grant Carboni 3:59:52
 Jackie Sword-Olson 4:01:02 PR
 Theresa Mc Court 4:01:02 BQ
 Paul Spolidoro 4:06:56

Jennifer Harwood 4:11:53 PR
 Bob Tabler 4:12:48
 Judy Jennings 4:23:00 BQ
 Gabel Gloria 4:24:57
 Bill Pequeno 4:30:08
 Deirdre Greenholz 4:30:22
 Mike Sullivan 4:34:59 (32nd finish!)
 Denis Zilaff 4:37:08 (32nd finish!)
 Dilyn Radakowitz 4:39:13
 Ernest Takahashi 4:41:45 (32nd finish!)
 John Caselli 4:44:42
 Jay Gleason 4:49:32
 Steve Polanski 4:50:44 (32nd finish!)
 Linda McFadden 5:15:58
 Melissa Simonds-Williams 5:22:30
 Carolyn Slavich 5:28:05
 Bill Roehr 5:40:41 (32nd finish!)
 Anne Novak 5:43:43
 Victoria Tacherra 5:46:20
 Aylin Mentesh 6:26:29 PR

Jingle Bells Run 5K
 13 December 2014; Sacramento, CA
 Gabel Gloria 58 - 25:47 2nd M55-59

Run for Compassion 12K
 13 December 2014; Rocklin, CA

Manuel Loverde 79 - 1:18:34 1st M75-79
 Jennifer Rousseve 63 - 1:38:08 2nd F60-64

Honolulu Marathon
 13 December 2015; Honolulu, HI

Chiemi Yamamoto 5:17:02 PR

Santa Run 5K
 20 December 2014; Sacramento, CA

Chris Malenab 34 - 18:40 PR 3rd M30-39 6:01/M
 Jennifer Harwood 44 - 21:11 6:50/M

Woodside Trail Run 50k
 28 December 2014; Woodside, CA

Annette Menonides 44 - 6:20:27
 Deirdre Greenholz 45 - 6:29:17

Woodside Trail Run 35k
 28 December 2014; Woodside, CA

James Yee 65 - 5:57:57

Resolution Run 10K
 1 January 2015; Auburn, CA

Susan Frazier 20 - 55:44 2nd F19-29

Resolution Run 10 Miler
 1 January 2015; Auburn, CA

Theo Wirth 50 - 1:23:31 2nd M50-55
 Candice Furlong 64 - 1:55:51 1st F50-69
 Dilyn Radakowitz 68 - 1:57:11 3rd F60-69
 Marion Finley 63 - 2:00:36
 Heather Bracken 66 - 2:20:15

Resolution Run 5K
 3 January 2015; Sacramento, CA

Kevin Kamai 36 - 18:50 2nd overall
 Ralph Venturino 52 - 23:42
 Stephanie Papas 56 28:11
 Chris Wellins 63 - 30:55
 Linda Hall 71 - 37:36

Lou Gehrig Run
 10 January 2015; Roseville, CA

5K Chris Malenab 34 - 20:26
 10K Rob Peck 72 - 1:04:40

Charleston Half Marathon
 17 January 2015; Charleston, SC

Kendra Bridges 30 - 1:54:37 (13.4 mile course)

Steep Ravine Trail Run 50K
 17 January 2015; Stinson Beach, CA

Ray Sanchez 47 - 5:31:51 2nd Overall

Maui Oceanfront
 18 January 2015; Lahaina, HI

15K - Linda Hall 71 - 2:04:41 2nd F70-74 13:23/M
 5K - Larry White 70 - 34:40 1st M70-74 11:10/M

Carlsbad Half Marathon
 18 January 2015; Carlsbad, CA

Melissa Simonds-Williams 33 - 2:34:38 11:48/M

Super Sunday Run 5k (2.9 mile)
 1 February 2015; Sacramento, CA

Christina Simpson 33 - 20:00 3rd F30-34 6:54/M
 Ramona Scholz 53 - 26:18 3rd F50-54 9:04/M
 Carolyn Slavich 73 - 27:02 1st F70-74 9:20/M
 Brian Marks 38 - 29:18 10:07/M
 Quinten Marks 7 - 29:22 10:08/M
 Grace Pai 41 - 36:30
 Naomi Pai 8 - 36:28
 David Pai 41 - 38:30
 Noah Pai 6 - 38:31

Super Sunday Run 10k
 1 February 2015; Sacramento, CA

Jenny Hitchings 51 - 37:07 1st F50-54 5:59/M
 Andy Hitchings 50 - 41:29 1st M50-54 6:41/M
 Rachel Mc Michael 33 - 41:32 1st F30-34 6:41/M
 Chris Malenab 35 - 41:48 2nd M35-39 6:44/M
 Jamey Nye 41 - 42:39 6:52/M
 Fabio Sartori 44 - 43:09 6:57/M
 Nuria Duran 40 - 44:04 3rd F40-44 7:06/M PR
 Allyson Thomas Conwell 34 - 44:42 7:12/M
 Bob Sharman 59 - 44:56 3rd M55-59 7:14/M
 Jennifer Harwood 44 - 48:09 7:45/M
 Jay Gleason 57 - 50:02 8:23/M
 Christina Applegate 51 - 50:13 8:05/M
 Bettie Powers 64 - 52:44 1st F60-64 8:30/M
 Ray Yamamoto 52 - 54:56 8:51/M
 Dilyn Radakowitz 68 - 59:31 1st F65-69
 Chiemi Yamamoto 53 - 59:53 9:39/M

Steve Polansk 68 - 1:00:20 9:43/M
 Ron Peck 73 - 1:03:25 3rd M70-74 10:13/M
 Christine Wellins 63 - 1:04:06 10:19/M
 Judy Shipman 73 - 1:05:31 3rd F70-74
 Heather Bracken 66 - 1:05:39 2nd F65-69
 Cynei Calvi 68 - 1:11:34 11:34/M
 Cheri Alvarez 52 - 1:26:01 13:51/M
 Ann Novak 55 - 1:26:02 13:51/M

Jed Smith 1/2 Marathon
 7 February 2015; Sacramento, CA

Jenny Hitchings 51 - 1:24:54 1st Overall CR 6:29/M
 Mike Rizzo 49 - 1:32:07 1st M40-49 7:04/M
 Rachel McMichael 33 - 1:35:56 2nd F30-39 7:19/M
 Gen Clavier 51 - 1:37:00 2nd F50-59 7:24/M

Christine Mellick 47 - 1:41:12 2nd F40-49 7:44/M
 Monty Schacht 63 - 2:31:18 2nd M60-69 11:33/M

Jed Smith 30K
 7 February 2015; Sacramento, CA

Kevin Kamai 36 - 2:06:19 3rd M30-39 6:47/M
 Jamey Nye 41 - 2:12:01 2nd M40-49 7:06/M
 Mark Lantz 49 - 2:13:01 3rd M40-49 7:09/M
 Fabio Sartori 44 - 2:29:10 8:01/M
 Dennis Early 58 - 2:31:37 2nd M50-59 8:05/M
 Theo Wirth 50 - 2:38:01 3rd M 50-59 8:30/M
 Rachell Barbour 43 - 2:46:48 2nd F40-49 8:58/M
 Charley Jones 43 - 3:03:08 9:51/M
 Leslie Carboni 41 - 3:25:33 3rd F40-49 11:22/M
 Diane Vlach 46 - 4:30:09 14:31/M
 Cherie Alvarez 52 - 4:50:06 15:36/M
 Anne Nocak 59 - 4:50:06 15:36/M

Jed Smith 50K
 7 February 2015; Sacramento, CA

David Sanderson 38 - 3:54:29 7:32/M
 Laura Matz 28 - 4:55:57 1st F 29 and under 8:31/M
 Kynan Matz 30 - 4:55:57 9:31/M
 Deirdre Greenholz 45 - 5:18:34 10:15/M
 Bill Hambrick 60 - 5:31:39 3rd M60-69 10:46/M
 Jennifer Harwood 44 - 5:31:53 10:40/M
 John Feeney 55 - 5:39:39 10:55/M
 Bob Tabler 55 - 5:42:14 11:00/M
 Annette Menonides 54:37 11:03/M
 Linda McFadden 52 6:05:12 3rd F50-59 11:43/M
 Ernest Takahashi 69 - 6:33:01 12:38/M
 Manny Loverde 80 - 6:42:45 1st M70+ 12:47/M
 Barb Eia 70 - 8:35:09 1st F70+ 16:34/M

Jed Smith 50 Miler
 7 February 2015; Sacramento, CA

Bev Anderson-Abs 50 - 6:18:38 1st Overall 7:34/M

Davis Stampede 5K
 8 February 2015; Davis, CA

Luka Barbour-Berson 9 23:56 1st M1-9 7:42/M
 Linda Hall 71 - 36:05 1st F70-74 11:35/M

Davis Stampede 10K
 8 February 2015; Davis, CA

David Fai 41 - 4:15 3rd M40-44 6:41/M
 Quir Enfante 63 - 47:13 2nd M60-64 7:36/M

Davis Stampede 1/2 Marathon
 8 February 2015; Davis, CA

Kevin Kamai 36 - 1:31:36 7:01/M
 Rich Berson 45 - 1:46:26 8:06/M
 Gabel Gloria 58 - 2:08:58 9:50/M
 Heather Bracken 66 - 2:40:19 2nd F65-69 12:47/M

BUFFALO CHIP RECORD HOLDERS

We have resurrected the Chip's club records. Many of the categories are unfilled. If you feel you have a record from one of your races, please submit, along with date and location of event to buffalochipsclub@gmail.com for verification.

Open Men 00-39

Distance	Time	Record Holder	Where	Comments
-	6 Days	-	-	No Record Received
-	48 Hr	-	-	No Record Received
165.3 Mi	24 Hr	Rae Clark	USATF Nat Champs 1990	American Record (former)
98 Mi	12 Hr	Rae Clark	-	-
-	1 Hr-	-	-	No Record Received
100 Mi	12:12:19	Rae Clark	USATF Nat Champs 1989	American Record (former)
100 Km	6:41:40	Tom Johnson	100K Ultra Champs 1994	-
50 Mi	5:28:32*	Rae Clark	USATF Nat Champs 1988	-
50 Km	3:02:33	Dennis Rinde	Jed Smith 1993	-
Marathon	2:17:51	Rich Hanna	CIM 1993	-
30 Km	-	-	-	No Record Received
Half Marathon	1:06:32	Ben Ayers	Humboldt Redwoods 1995	-
10 Mi	50:43:00	Craig Moore	Cal 10	-
10 Km	30:52:00	John Sup	Davis Track Meet 1991	-
8 Km/5 Mi	24:31:00	John Sup	Fujitsu 8K 1990	-
5 Km	27:00	Reggie Williams	Cal State Track Meet	-
1 Mi	04:36.2	Jeff Adams	Fleet Feet Mile 1996	-
1500 m	04:07.6	Randy Sturgeon	-	-
800 m	02:00.6	Daryl Katcher	Trojan Masters 1990	-
400 m	-	-	-	No Record Received
200 m	-	-	-	No Record Received
100 m	13.4	Greg Hodson	Los Gatos A-C Meet 1996	-

Open Women 00-39

Distance	Time	Record Holder	Where	Comments
-	6 Days	-	-	No Record Received
-	48 Hr	-	-	No Record Received
-	24 Hr	-	-	No Record Received
-	12 Hr	-	-	No Record Received
-	1 Hr	-	-	No Record Received
100 Mi	21:12:24	Pattie Teale	Vermont 1991	-
100 Km	-	-	-	No Record Received
50 Km	3:35:06	Jennifer Devine	Jed Smith 1999	-
Marathon	2:37:01	Eileen Taylor	Chicago Marathon 1982	-
30 Km	1:53:51	Jeannie Urness	Clarksburg 1992	-
Half Marathon	1:13	Robyn Root	Phila. Dist. Classic 1987	-
10 Mi	54:50:00	Kathy Pfiefer	Trevira Twosome 1988	-

* Time estimated from longer distance

BUFFALO CHIP RECORD HOLDERS

Open Women 00-39, Cont.

Distance	Time	Record Holder	Where	Comments
10 Km	32:59:00	Kathy Pfiefer	Mt. Sac Relays 1988	
8 Km/5 Mi	26:27:00	Robyn Root	Bastille Day 8K	
5 Km	16:27	Robyn Root	Susan B. Anthony 5K	
1 Mi	05:12.0	Meg Svoboda	Fleet Feet Mile 1996	
1500 m	4:50	Theresa McCourt	A-C Meet 1992	
800 m	2:22	Theresa McCourt	West Masters Hayward 1992	
400 m	72.27	Melanee Baskerville	Cordova A-C Meet 1997	
200 m	31.32	Melanee Baskerville	Cordova A-C Meet 1997	
100 m	-	-	-	No Record Received

Masters Men 40-49

Distance	Time	Record Holder	Where	Comments
	6 Days	-	-	No Record Received
213.7 Mi	48 Hr	Jeff Hagen	Gibson Ranch 48 Hr 1993	
125 Mi	24 Hr	Eric Ianacone	Gibson Ranch 24 Hr 1994	
76 mi, 1044 yd	12 Hr	Eric Ianacone	Bay Area UR 12 Hr 1994	
	1 Hr	-	-	No Record Received
100 Mi	15:49:51	Abe Underwood	AAU 100 Miler 1973	
100 Km	7:15:18	Rae Clark	Ruth Anderson 1992	
50 Mi	5:51:21	Rae Clark	Helen Kein 1995	
50 Km	4:03:49	Eric Ianacone	Jeff Smith 1997	
Marathon	2:26:27	Jim Milton	CIM 1991	
30 Km	1:43:18	Jim Milton	Clarksburg 1992	
Half Marathon	1:10:01	Jim Milton	Humboldt 1991	
10 Mi	53:31:00	Jim Milton	Woodland 10 1992	
10 Km	31:08:00	Jim Milton	SJ Mercury News 1992	
8 Km/5 Mi	25:26:00	Jim Milton	Fuitsu 8K 1992	
5 Km	15:12	Jim Milton	Davis Turkey Trot 1992	
1 Mi	04:48.5	Steve Hall	Fleet Feet Mile 1999	
1500 m	4:11	Jim Milton	1992	
800 m	01:58.4	Daryl Katcher	TAC Nat Masters 1990	
400 m	56.22	David Kalb	Hornet Spring Classic 1999	
200 m	25.28	David Kalb	Cordova A-C Meet 2000	
100 m	12.5	David Kalb	Cordova A-C Meet 2000	

Masters Women 40-49

Distance	Time	Record Holder	Where	Comments
	6 Days	-	-	No Record Received

BUFFALO CHIP RECORD HOLDERS

Masters Women 40-49, Cont

Distance	Time	Record Holder	Where	Comments
146.5 Mi	48 Hr	Jan Levet	Gibson Ranch 1995	
116 Mi	24 Hr	Jan Levet	USATF NC 1992	
68.25 Mi	12 Hr	Jan Levet	Run for Sight, Sonoma 1992	
	1 Hr	-	-	No Record Received
100 Mi	19:29:29*	Jan Levet	USATF NC 1992	
100 Km	9:26:25	Christine Flaherty	Ruth Anderson 100K 1992	
50 Mi	6:58	Joan Reiss	Jed Smith 1987	
50 Km	3:56:29	Christine Iwahashi	Jed Smith 1999	
Marathon	2:43:46	Sharlet Gilbert	Boston Marathon 1994	
30 Km	-	-	-	No Record Received
Half Marathon	1:17:37	Kathy Ward	Las Vegas 1997	
10 Mi	59:56:00	Kathy Ward	Cal 10 1996	
10 Km	36:36:00	Kathy Ward	SJ Mery News 1997	
8 Km/5 Mi	31:32:00	Joan Reiss		
5 Km	17:34	Kathy Ward	Davis Turkey Trot 1995	
1 Mi	5:15:55	Dee Dee Grafius	Fleet Feet Mile 1997 Masters TM Los Gatos 1995	
1500 m	5:01	Kathy Ward		
800 m	2:18:07	Dee Dee Grafius		American Record (former)
400 m	63.13	Dee Dee Grafius	Cordova A-C Meet 1997	
200 m	-	-	-	No Record Received
100 m	-	-	-	No Record Received

Senior Men 50-59

Distance	Time	Record Holder	Where	Comments
	6 Day	-	-	No Record Received
216.4	48 HR	Jeff Hagen	Texas A&M	American Record (former)
131	24 Hr	Jeff Hagen	Pacific Rim Run 1998	
	12 Hr	-	-	No Record Received
	1 Hr	-	-	No Record Received
100 Mi	17:59:03*	Jeff Hagen	Megan's 24 Hr Run 1998	
100 Km	9:13:28	Eric Ianacone	Ruth Anderson 100K 1998	
50 Mi	6:22:25	Paul Reese		
50 Km	4:07:29	Eric Ianacone	Jed Smith 1999	
Marathon	2:35:48	Jim O'Neil	Burlingame 1977	
30 Km	-	-	-	No Record Received
Half Marathon	1:17:30*	Jim O'Neil	Burlingame 1977	
10 Mi	55:02:00	Jim O'Neil	Sacramento 10 Miler 1979	
10 Km	33:30:00	Jim O'Neil	US Masters OR 1976	

BUFFALO CHIP RECORD HOLDERS

Senior Men 50-59, Cont.

Distance	Time	Record Holder	Where	Comments
8 Km/5 Mi	26:33:00	Jim O'Neil	Lake Merced Masters 1976	
5 Km	16:14	Jim O'Neil	US Masters OR 1976	
1 Mi	5:06	Greg Jewett	Capitol Mile 2000	
1500 m	04:53.1	Don Martin		
800 m	02:23.1	Matt Duncan	Nat Masters Champs 1999	
400 m	01:04.0	Ben La Sala	Los Gatos Meet 1996	
400 m	-	-	-	No Record Received
200 m	-	-	-	No Record Received
100 m	-	-	-	No Record Received

Senior Women 50-59

Distance	Time	Record Holder	Where	Comments
-	6 Day	-	-	No Record Received
-	48 Hr	-	-	No Record Received
-	24 Hr	-	-	No Record Received
-	12 Hr	-	-	No Record Received
-	1 Hr	-	-	No Record Received
100 Mi	23:44	Joan Reiss	Western States 1988	
100 Km	10:25:06	Barbara Elia	Helen Klein 100K 1995	
50 Mi	8:35	Joan Reiss	American River 50	
50 Km	4:10	Dee Dee Grafius	Jed Smith 2003	American Record (former)
Marathon	3:06:48	Barbara Miller	CIM 1996	
30 Km	2:14:34	Dee Dee Grafius	Clarksburg 1999	
Half Marathon	-	-	-	No Record Received
10 Mi	1:06:23	Dee Dee Grafius	Cal 10 2000	
10 Km	40:02:00	Dee Dee Grafius	Zoo Zoom 1999	
8 Km	31:40:00	Dee Dee Grafius	Stanford 50 Plus 2000	
5 Mi	-	-	-	No Record Received
5 Km	18:58	Dee Dee Grafius	Davis Stampede 2000	
1 Mi	6:26	Cynci Calvin	Fleet Feet Mile 1996	
1500 m	4:52	Dee Dee Grafius	Woody Wilson UCD 1999	
800 m	2:22	Dee Dee Grafius	Woody Wilson 1999	American Record W50-54
400 m	-	-	-	No Record Received
200 m	-	-	-	No Record Received

Super Senior Men 60-69

Distance	Time	Record Holder	Where	Comments
	6 Day	-	-	No Record Received
	48 Hr	-	-	No Record Received
	24 Hr	-	-	No Record Received

BUFFALO CHIP RECORD HOLDERS

Super Senior Men 60-69

Distance	Time	Record Holder	Where	Comments
52.78 Mi	12 Hr	George Billingsley	-	American Record
	1 Hr	-	-	No Record Received
100 Mi	26:17:00	Lee Rhodes	Western States 1994	
100 Km	-	-	-	No Record Received
50 Mi	7:16:29	Paul Reese	-	
50 Km	-	-	-	No Record Received
Marathon	3:02:22	Paul Reese		
30 Km	2:05:49	Carl Ellsworth	Clarksburg 1991	
Half Marathon	1:24:48	Carl Ellsworth	Humboldt Redwoods 1991	
10 Mi	1:03:58	Carl Ellsworth	Buffalo Stampede 1991	
10 Km	38:26:00	Carl Ellsworth	Tandem Up & Running	
8 Km/5 Mi	31:08:00	Carl Ellsworth	Pear Fair 1991	
5 Km	17:53	Paul Reese		
1 Mi	5:44	Carl Ellsworth	Sonora	
1500 m	5:12	Carl Ellsworth	NorCal Masters 1993	
800 m	2:34	Carl Ellsworth	CA Senior Olympics 1993	
400 m	-	-	-	No Record Received
200 m	-	-	-	No Record Received
100 m	-	-	-	No Record Received

Super Seniors Women 60-69

Distance	Time	Record Holder	Where	Comments
373 Mi	6 Day	Helen Klein		Age Group World Record
130.48 Mi	48 Hr	Helen Klein		American Best (former)
109.5 Mi	24 Hr	Helen Klein	Redwood Empire 1991	World Record (former)
60.5 Mi	12 Hr	Helen Klein		American Record (former)
	1 Hr	-	-	No Record Received
100 Mi	23:29:34	Helen Klein		
100 Km	12:09:17	Helen Klein		American Record
50 Mi	9:01:37	Helen Klein	Jed Smith 1984	
50 Km	4:39:46	Myra Rhodes	Jed Smith 1993	American Best
Marathon	3:11:57	Barbara Miller	Boston 2000	World Best
30 Km	2:17:10	Barbara Miller	Clarksburg 1999	American Record pending
Half Marathon	1:29:49	Barbara Miller	Humboldt Redwoods 1999	American Record pending
10 Mi	1:08:45	Barbara Miller	Buffalo Stampede 1999	American Record pending
10 Km	41:37:00	Barbara Miller	Pacific Sun 2000	
8Km/5 Mi	33:22:00	Barbara Miller	50 Plus 8K 2000	
5 Km	20:12	Barbara Miller	Zippy 5K 2000	
1 Mi	06:41.4		Fleet Feet Mile 1996	
1500 m	6:17:00 *	Joan Reiss		

* *No records received yet for Veteran Men and Women 70+

Chips Earned Singlet Awards Standards

Any Chip meeting the criteria in any single performance qualifies for a FREE club racing singlet. The performance must have been in a scheduled event with published results. You must SUBMIT your request for this award and document your performance (when, where, how fast with supporting published results) to the Awards Chair. Only ONE singlet can be earned every TWO years. The Awards Chair and Board may disallow any performance if the course distance or results are questionable. To score as a Chip in PA-USATF Grand Prix events you must be a current PA member, and your team/club must be marked Chips #104 (otherwise you will be considered "unattached"). If in doubt, check on line pausatf.org or call Heike at 916-983-4715.

WOMEN		Age:																	
Distance	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	
1500m	6:33	5:41	5:17	5:10	5:10	5:12	5:20	5:35	5:55	6:18	6:39	7:15	7:50	8:32	9:22	10:25	12:25	31:19	
1 mi	7:05	6:09	5:43	5:35	5:35	5:37	5:46	6:02	6:24	6:49	7:12	7:50	8:29	9:13	10:07	11:16	13:27	33:43	
5K	25:01	21:43	20:09	19:44	19:44	19:47	20:04	20:40	21:36	22:55	24:28	26:15	28:17	30:41	33:32	37:20	44:44	1:00:59	
5mile	40:55	35:29	32:57	32:16	32:16	32:20	32:49	33:47	35:19	37:28	40:00	42:55	46:16	50:11	54:49	1:01:03	1:13:09	1:39:43	
10K	51:21	44:32	41:19	40:27	40:27	40:32	41:08	42:21	44:15	46:59	50:09	53:47	57:59	1:02:53	1:08:44	1:16:31	1:31:41	2:04:59	
10 mi	1:27:56	1:14:32	1:08:01	1:06:51	1:06:15	1:06:54	1:07:24	1:09:21	1:12:29	1:16:56	1:22:08	1:28:05	1:34:59	1:43:01	1:52:33	2:05:19	2:30:11	3:24:43	
13.1 mi	2:00:16	1:40:16	1:30:28	1:27:47	1:27:47	1:28:00	1:29:17	1:31:55	1:36:03	1:41:57	1:48:51	1:56:44	2:05:51	2:16:31	2:29:09	2:46:04	3:19:00	4:31:15	
30K	2:59:11	2:26:52	2:10:56	2:06:35	2:06:35	2:06:57	2:09:17	2:13:59	2:21:28	2:30:39	2:41:05	2:53:05	3:07:01	3:23:24	3:43:03	4:14:51	5:15:20	7:29:59	
Marathon	4:19:56	3:31:09	3:07:07	3:00:33	3:00:33	3:01:15	3:05:32	3:14:19	3:26:25	3:40:08	3:55:48	4:13:52	4:34:56	4:59:49	5:32:35	6:28:17	8:11:11	12:00:12	
50K	5:14:11	4:15:12	3:46:08	3:38:13	3:38:13	3:39:03	3:44:13	3:54:51	4:09:29	4:26:04	4:45:00	5:06:51	5:32:19	6:02:23	6:41:57	7:49:17	9:53:39	14:30:27	
50m (flat)	10:55:37	8:52:34	7:51:54	7:35:23	7:35:23	7:37:08	7:47:55	8:10:05	8:40:37	9:15:12	9:54:43	10:40:18	11:33:26	12:36:12	13:58:48	16:19:20	20:38:48	30:16:28	
50m (trail)	11:50:15	9:36:57	8:31:13	8:13:20	8:13:20	8:15:13	8:26:55	8:50:55	9:24:00	10:01:28	10:44:17	11:33:40	12:31:13	13:39:13	15:08:42	17:40:57	22:22:02	32:47:50	
100m (trail)	33:27:15	27:10:29	24:04:48	23:14:14	23:14:14	23:19:33	23:52:38	25:00:27	26:33:57	28:19:52	30:20:52	32:40:23	35:23:05	38:35:13	42:48:07	49:58:20	63:12:47	92:41:21	

MFN		Age:																	
Distance	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94*	
1300m	6:18	5:16	4:47	4:35	4:34	4:37	4:44	4:55	5:06	5:19	5:32	5:47	6:03	6:25	6:58	7:51	9:16	11:47	
1 mi	6:49	5:42	5:11	4:57	4:57	4:59	5:07	5:19	5:31	5:45	6:00	6:16	6:33	6:56	7:33	8:30	10:07	12:45	
5K	23:44	19:49	18:00	17:12	17:12	17:20	17:48	18:28	19:12	19:59	20:51	21:45	22:47	24:07	26:13	29:32	34:52	44:19	
5mile	39:15	32:48	29:47	28:28	28:27	28:40	29:27	30:33	31:45	33:03	34:28	36:00	37:40	39:52	43:23	48:49	57:40	1:13:17	
10K	49:23	41:16	37:29	35:49	35:48	36:05	37:03	38:27	39:57	41:36	43:23	45:19	47:25	50:11	54:36	1:01:28	1:12:35	1:32:15	
10 mi	1:21:56	1:08:21	1:02:01	59:12	59:11	59:19	1:00:37	1:02:59	1:05:33	1:08:20	1:11:23	1:14:43	1:18:20	1:22:43	1:29:43	1:40:45	1:58:47	2:30:53	
13.1 mi	1:51:00	1:31:56	1:23:00	1:19:00	1:18:57	1:18:59	1:20:24	1:23:35	1:27:03	1:30:49	1:34:56	1:39:27	1:44:25	1:50:11	1:59:13	2:13:43	2:37:28	3:19:53	
30K	2:44:20	2:15:07	2:01:21	1:55:09	1:55:05	1:55:05	1:56:19	2:00:52	2:06:01	2:11:39	2:17:45	2:24:56	2:31:56	2:40:23	2:53:23	3:14:15	3:48:35	4:49:59	
Marathon	3:58:48	3:15:57	2:55:47	2:46:39	2:46:33	2:46:33	2:47:13	2:53:31	3:01:05	3:09:20	3:18:23	3:28:20	3:39:20	3:51:48	4:10:41	4:40:57	5:30:40	6:59:25	
50K	4:49:17	3:57:23	3:32:57	3:21:53	3:21:47	3:21:47	3:22:35	3:30:12	3:39:23	3:49:23	4:00:20	4:12:23	4:25:43	4:40:49	5:03:41	5:40:23	6:40:36	8:28:08	
50m (flat)	9:51:08	8:05:05	7:15:09	6:52:31	6:52:18	6:52:18	6:53:58	7:09:32	7:28:15	7:48:42	8:11:05	8:35:43	9:02:57	9:33:51	10:20:34	11:35:32	13:38:34	17:18:18	
50m (trail)	10:40:23	8:45:30	7:51:25	7:26:53	7:26:40	7:26:40	7:28:28	7:45:20	8:05:37	8:27:45	8:52:00	9:18:42	9:48:12	10:21:40	11:12:17	12:33:30	14:46:47	18:44:50	
100m (trail)	33:03:47	27:07:51	24:20:21	23:04:22	23:03:41	23:03:41	23:09:14	24:01:30	25:04:20	26:12:55	27:28:01	28:50:42	30:22:05	32:05:48	34:42:36	38:54:08	45:47:03	58:04:29	

*Men 95-99 1500m - 17:07; 1mi - 18:31; 5K - 1:04:24; 5mi - 1:46:29; 10K - 2:14:01; 10mi - 3:39:35; 13.1mi - 4:51:01; 30K - 7:02:03; Marathon - 10:10:05; 50K - 12:19:07; 50m(flat) - 25:10:17; 50m(tr) - 27:16:08; 100m(tr) - 84:28:26

Run with the Herd

**THE BUFFALO CHIPS
RUNNING CLUB**

P.O. BOX 19908
Sacramento, CA 95819-0908

Email:
buffalochipsclub@gmail.com

**We're on the Web!
Buffalochips.com**

Spring Pizza Party Celebration!

Yes, it's time again to celebrate the coming of spring!
Join your fellow Chips at Extreme
Pizza on Tuesday March 24th at 7:00.

Even if you're not a Tuesday night
runner come join in the fun!
We buy the pizza and soft drinks,
you bring the appetite! See you there!

Extreme Pizza
1140 Exposition Blvd
Sacramento, CA 95815



BUFFALO ENQUIRER



Volume 41, Issue 197

SUMMER 2015

Special points of interest:

- Brian Wieland shares his Ultra Journey through 50WTC and AR50 (p.10)
- Running tips from Pikes Peak Road Runner—Micah Ward (p.16)
- Jen Novak completes her first 5K (p.8)
- Coverage of Jed Smith (p.6)
- Chips take on Boston Marathon (p. 13)

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Susan B. Anthony	3
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Congrats to our Record Smashers!

Having resurrected the Chip's club records, we are excited to announce our new record holders!

- ◇ Arnold Utterback 60+ Men's 2K Steeplechase.
- ◇ Barbara Ashe Women's 60+ 100 Mile.
- ◇ Dennis Scott 60+ Men's 100 Meter Dash.
- ◇ Jenny Hitchings Women's 50+ Marathon, Half Marathon, 10 Miler and 10K .

To check out all the record holders, visit our website at www.buffalochips.com! If you feel you have a record from one of your races, please submit, along with date and location of event to buffalochipsclub@gmail.com for verification.

John Feeney Earns Chip Singlet!! See page 22 for qualifying race times!

WANTED!

Buffalo Chips have the following Job Opportunities:

Please inquire at buffalochipsclub@gmail.com

Public Relations position:

Plan and direct public relations programs designed to create and maintain a favorable public image for the Buffalo Chips Running Club. Responsible for writing, editing, coordinating and publishing communications to support the goals of the club, increase visibility of the club, and support membership. This is a volunteer position, with unlimited rewards in personal gratification knowing one has helped grow and sustain our volunteer, non-profit, 40 year old running club.

Message to the Herd

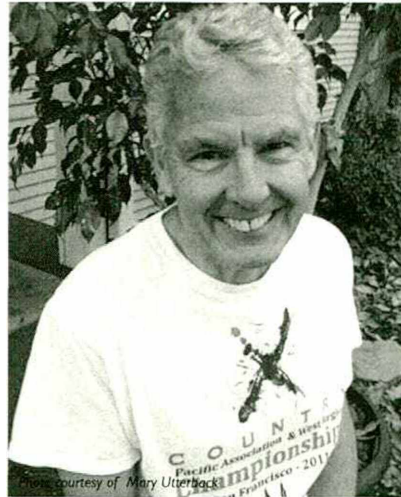
2015 BUFFALO CHIPS BOARD MEMBERS

- * Arnold Utterback
High Dunger
- * Steve Davis
Vice High Dunger
- * Tony Smith
Treasurer
- * Teddy Morris
Scribe
- * Abe Underwood
Historian
- * Aylin Mentesh
Enquirer Editor
- * Maggie Ward
Social Coordinator
- * Carol Parise
Race Director / Member-At-Large
- * Waiman Yip
Volunteer Coordinator
- * Bruce Falzarano
Member-At-Large
- * Genevieve Clavier
Race Director / Member-At-Large
- * Jennifer Rousseve
Member-At-Large
- * John Feeney
Member-At-Large
- * Nuria Duran
Member-At-Large

YOUTH CHIPS DIRECTOR

- * Linda Frazier

Contact information for Board members and meeting minutes are found on our Website:
www.buffalochips.com



The 4th of July was celebrated this past weekend. The Chips did their part and continued our tradition, by hosting one of it's best 5 Milers in recent memory.

The 4th of July race is one of the oldest in the area and is unique in that it's free for the runners. Offering a no entry fee race to the community is our way of giving back to running (and the community) which has given so much to us. However, the truth is nothing is actually free. There are costs to put on a race, permit fees, police overtime, and portopot rentals just to mention a few.

The community stepped up, and thanks to funding from our sponsoring partners the Sacramento Running Association, the River City Rebels Running Club, SacFit and Council Member Jeff Harris, the Chips were able put on the best "free" 5 Miler on the 4th of July that I know of.

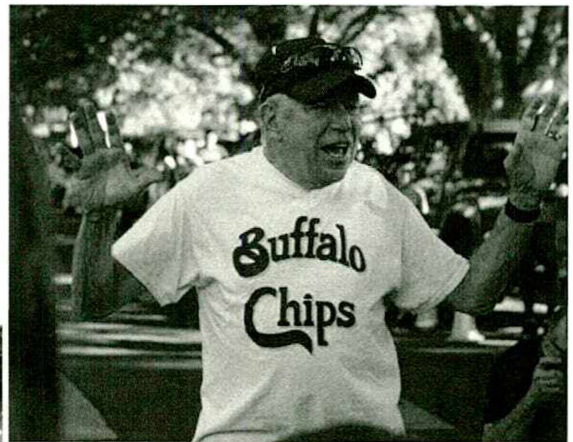
The added touch of having donation boxes at this year's event for W.E.A.V.E (Women Escaping A Violent Environment) and the American River Parkway Foundation was a success and gave participating runners an opportunity to donate to very worth-while organizations.

The Chips strive to bring our great running community together and share the experience of running and racing cost free, at least once a year, the 4th of July! You can be proud of your club!

Go Chips!

Arnold
High Dunger

George Parrot, Race Director
giving prerace instructions.



Over 700 runners rallied around the start line to kick off 4th of July, Chip's style.

Photos by Abe Underwood

Celebrating 39 years of Susan B. Anthony Women's 5K

On August 8, the Buffalo Chips will host the 39th edition of the Susan B. Anthony Women's 5K at Glenn Hall Park. Named after the woman who was the force behind the fight to allow women the right to vote, the Susan B. 5k was designed to provide women a race where it is "all about her." In addition to the Women's 5K, the Elizabeth Cady Stanton (Susan B.'s partner in crime in the voting rights fight) Kid's 1/2 Miler is one of the few free kids races around.

I confess that I was not a fan of all womens races when I first directed this race in 2004. It seemed almost condescending to think that women were so frail and insecure that they weren't able to run with the boys. Then it dawned on me that it wasn't about not wanting to have men in the race, it was about women having their own race. In a women's only race, rather than being "the first overall women," the winner is just "the winner." This rarely happens except in college and professional track and cross country.

In many triathlons, your age is written on your calf so that you know who you are catching on the bike and in the run. Running down someone in your age group provides a little extra incentive to dig just a little deeper. In a women's

only race, there are no excuses to not dig a bit deeper to try and catch that women ahead.

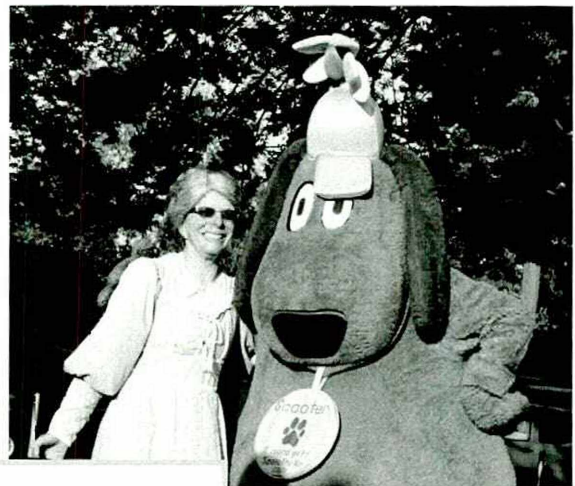
Once I changed my tune on my view of women's only races, I realized that one of the perks is being able to have a race shirt that is designed for women. Given how many boxy tops that many of us have acquired from road races over the years, having shirts that actually fit is pretty nice. In addition, it's easier to acquire swag from companies because they know that women tend to do most of the shopping in the house so they want women to see and use their products.

The other great thing about an all womens race is that it confirms that the men of the Buffalo Chips are amazing bunch. Even though they can't toe the line, they make up the majority of the race day volunteers and have been called on to do everything from convincing angry neighbors that having 500 women run by their house is a good thing, to making last ditch runs to the store for flowers and ice, and everything in between.

This year's Susan B will have a similar ambiance as in the past 11 years. I recently discovered that social media is kind of important these days so you can check out the Susan B. Anthony Facebook page and see all of the companies we LIKED. This will give you an idea of the goodies you can expect if you sign up.

If you plan to run, register now! Not only can you save money, but it really helps us figure out the distribution of sizes of shirts to order. You can register \$30. Students 22 years of age and younger can register through race day for \$20. Dues paying Chips get a \$5 discount code if you email me.

By Carole Parise



Susan B. Anthony, aka Amy Cerniky, and a pro-recycling golden retriever mascot rock out at the 2014 5K.

To register online or download an application, head to our website:

www.buffalochips.com

For discount code or questions, email:

susanb@buffalochips.com

Youth Chips Smash PR's this Spring Season

Spirit of Benny Results:

5K

12-under girls:
 Hannah Wirth - 1st
 Riley Chamberlin - 2nd
 Karissa Chamberlin - 3rd (8 yo!)
 Olivia Huerta - 4th (21 sec PR)
 Keelan Ritchie - 7th (8 yo!)
 Elle Wakefield - 10th
 Taylor Ferry - 13th
 Kendra Wieland - 22nd (2:19 PR)
 Lily Sanderson - 46th (6 yo)

12-under boys:

Charlie Hamilton - 1st
 Colin Ritchie - 2nd
 Ari Koneru - 3rd
 Ayden Quinones - 4th
 Gabriel Quinones - 7th (6 yo!)
 Alex Sanderson - 9th

13-19 boys

Alex Hamilton - 8th (56 sec PR)
 Dennis Xaio - 11th
 Spencer Techerra - 13th

10K:

Peter Huerta - 1st (12-u boy)
 Jonah Pardue - 2nd (12-u boy)

Natalie Wieland - 1st (12-u girl)
 (3:34 PR)
 Seamus Caslin - 4th (13-19 boy)
 (9:06 PR!!!!)
 Sarah Sanderson - 5th (13-19 girl)
 (2:27 PR)

Once again, the Youth Chips proved their mettle on the trails! At the Canyon Meadow Trail Run on June 20th in Oakland Hill, youth, parents and coaches tackled this very challenging course with great results.

In the 5 miler, Jayden Obrochta (13) took 3rd overall. 1st in his age group and took a minute off last year's time. Mason Wolfe was first in the 12-under age group.

Several athletes took on the half marathon:

Natalie Wieland (10) took first in her age group in her first-ever trail half-marathon. Cole Allen (11), a veteran of the trails, took 3rd in the 12-under age group. Nathanael (15) and Sophia (18) Thomasson ran their first ever half-marathons and placed 3rd and 1st respectively. Brian Wieland ran alongside his daughter. Parents Rick and Ellen Wolfe both placed 2nd in their age groups. Chad Allen encouraged his son the whole way. Coach Susan Frazier (20) took 4th and Coach Linda Frazier took 3rd behind Ellen (same age group).
 By Coach Linda



The Youth Chips started their spring competition season with a "bang" at the Spirit of Benny 5K and 10K in Placerville on March 21, 2015. Back Row: Karissa Chamberlain, Riley Chamberlain, Elle Wakefield, Colin Ritchie, Charlie Hamilton, Alex Hamilton, Ayden Quinones, Spencer Tacherra, Hannah Wirth, Olivia Huerta. Front Row: Arsh Koneru-Ansari, Alex Sanderson, Lily Sanderson, Keelan Ritchie, Gabriel Quinones, Kendra Wieland Photo by Cyndi Quinones



Celebrating after the Canyon Meadow Trail Run. L to R: Rick Wolfe, Mason Wolfe, Brian Wieland, Natalie Wieland, Sophia Thomasson, Nathanael Thomasson, Susan Frazier, Linda Frazier, Cole Allen, Chad Allen. Photo by Erica Allen

Youth Chips Take on the West Coast Junior Olympics

On May 7th and May 28th, our athletes competed in the Folsom Prison Trail Run series. They virtually swept the 19-under age groups because so few youth will tackle a 5K trail run. Two former youth Chips raced and placed: David Duncan (19) was 2nd overall and Susan Frazier (20) was 1st female in the May 7th race.

On June 4, we invited the distance runners from Roseville's Revolution Express to a mock meet at Folsom Lake College. We ran the 400, 800, 1500 and 3000m individual races as well as 4 x 400 and 4 x 800 relays. Parents were encouraged to race, also. That night, our youth runners all had PR's in one or more events and gained the confidence needed to run the relays at the AAU Region 22 National Qualifier on June 12-13.

The AAU meet was at Oakdale High School in blazing heat. Our athletes had a 45% PR rate in spite of the heat. Peter Huerta (12) won the 3000m race hands down and Riley Chamberlain (11) took 2nd with Natalie Wieland (11) right behind her in 3rd. Other athletes taking top places were Karissa Chamberlain (9) - 1st in both the 800 and 1500m races, with teammate Keelan Ritchie (9) right behind her in 2nd. Riley also took 2nd in the 1500 with Natalie in 3rd. Olivia Huerta (10) took 2nd in both the 800m and 1500m races. Peter took 2nd in the 1500. Gabriel Quinones (8-under) took 2nd in the

1500 and 3rd in the 800. Sami Koneru-Ansari (8-under) was 2nd in the 800. Our 4 x 800 11-12 relay girls (Riley Chamberlain, Taylor Ferry, Natalie Wieland and Hannah Wirth) came home with gold medals. During the race, they were ahead of the boys 11-12 relay team (Luke Thomasson, Jonah Pardue, Colin Ritchie and Peter Huerta) until half way through the 3rd leg, making for a very exciting race between teammates.

Our 4 x 400 9-10 girls relay (Karissa Chamberlain, Keelan Ritchie, Elle Wakefield and Olivia Huerta) took 2nd to a well-respected sPRINT team. These young ladies would truly shine in a 4 x 800 relay, but are considered too young to run such a difficult event!

The Youth Chips wrapped up their spring/summer season at the West Coast Junior Olympics in Reno, NV, during the July 3-5 weekend. PR's were few and far between as the distance runners dealt with altitude and the sprinters faced a headwind. Nonetheless, our youth consistently placed well and many qualified for the AAU National Championship. AAU meets are scored in one year age groups and the top eight in each age group qualify for Nationals.

On Friday night, our 3- 4 x 800 relays went head to head. The 11-12 girls (Riley Chamberlain, Taylor Ferry, Anna Vogtmann, Han-

nah Wirth) held off our 11-12 boys (Peter Huerta, Cole Allen, Luke Thomasson, Charlie Hamilton), but both teams took Gold. Our 13-14 boys (Alex Hamilton, Mark Duncan, Mason Wolfe, Seamus Caslin) took Silver. Riley and Hannah had 800m PR's in their legs.

Saturday dawned with cloud cover and the wind picked up later in the day. Our 3000m runners started the day off with a bang:

Riley (11) took 1st, Hannah (12) took 3rd and Taylor (12) took 6th, Sophia Thomasson (18) took 2nd with a 12 second PR. The boys did just as well: Peter (12) took first, with Charlie (12) just behind him. Alex (14) took 9th in a very competitive age group.

Top finishers in the 400m race were: Karissa Chamberlain (9) - 7th, Olivia Huerta (10) - 3rd, Ayden Quinones (10) - 5th

After a fabulous fireworks show off the top of the Sparks, NV, Nugget Hotel and some sleep, our athletes returned to the track to earn some more hardware in the 1500m race:

Top girls: Olivia - 2nd, Hannah - 2nd, Anna - 4th, Sophia - 2nd with a 23 second PR!

Top boys: Tim Thomasson (9) - 6th, Ayden - 5th, Luke - 3rd, Cole - 4th, Peter - 1st, Charlie - 2nd.

Then Olivia took 2nd in the 800m race.

Other athletes participating included Alethia Thomasson (7), Gabriel Quinones (7), and Nathaniel Thomasson (16).

Way to go, Youth Chips!

Cross country season will start in late August.

By Coach Linda



800 Meter runners at the West Coast Junior Olympics waiting in the shade for their races to start.

Photo by Jerome Kaehe

2015 Jed Smith Coverage

Jen's Story: Running My First Ultra

So, there I was, staring at the computer, looking again, for the 20th time at the Buffalo Chips website advertising the Jed Smith Ultra.

"I can do this (I think)" I kept telling myself. So I mentioned it as a kind of aside to my wife, Serra. You know how you do with your spouse or partner, "Hey, look here, there is an Ultra coming up in February sponsored by the Chips." I was not really asking her opinion or "OK" for me to try this endeavor - but in reality, I was. I already had reviewed a training program, but I just needed the push to sign up.

I pointed out that the California International Marathon could fit in well as a "training run", etc and so forth. I obviously must have talked enough about taking the leap to run an Ultra, because Serra's response was to grab my wallet and hand it to me and say "Sign up, already! You know you can do it."

Once I pushed "enter" I was committed.

The training went really well, although I was intimidated with some of the distances. I missed some after-run coffee times at Bella Bru with the Chips because I was still out on the bike trail, but it was a positive experience overall. Viewing the CIM as a training run also helped take off a bunch of inner expectations in reaching a finish time for myself. In the end, in spite

of some cramping, I still hit a PR. Who knew?

The morning of the 50K, I really was not sure what to think. Serra was very supportive, as were many other friends. Some of my friends asked me how the heck I wouldn't get bored running several laps over and around the Guy West and Watt Avenue Bridges. I started to wonder that myself, but, as I said I was committed and amped.

The run ... was great. Serra met me at the Guy West Bridge and made an awesome sign that made me smile. I noticed many other runners nearby also smiled at her encouragement as well as the encouragement of other spectators or runners, walkers and bicyclists sharing the trail with us that day.

The loops made the run a bit easier because you kept seeing the same people over and over. It helped me concentrate less on the aches and fatigue, and more on passing landmarks. I told myself, "just get up this hill to reach Howe Ave.; OK, past the detour are some Chips waiting to shout out a cheer; cross over the Guy West Bridge; now head back towards Watt. Ave.; Serra and her sign are there along with a big aid station to let me know that I can click off one more lap and am that much closer to being done!"

Speaking of the aid stations! Oh, man! It was nice not having to lug so much gear around. I parked my car strategically enough that I could re-supply or drop off stuff. And those stations were so well stocked. By the fifth lap, I discovered the most delicious thing in the world was room temperature, flat Coca Cola, with some M&Ms or almonds. Even the stale Oreo was fantastic-tasting.

On the last go around, just about a half mile from the Watt Bridge, I got a side stitch! Horrors! But I did not let it upset me even though I had to walk a minute or so. I still had a smile on my face knowing I was about to accomplish a goal I had for some time. When I finished, I did not care about my time, or the aches in my legs - I was done. I let out a bit of a barbaric yawn ala Walt Whitman.

Afterwards, I felt I could eat the world. I was so hungry! Instead, Serra and I went to Selland's in Folsom and I snagged a "50K" sticker from Gold Country Run store and had a great beer and chicken Bahn Mi sandwich. As per tradition, I bought my lovely wife dinner as thanks for supporting me through the long runs, the short runs, my neurosis with following my running schedule, doing the laundry, but most importantly for being in my life.

By Jennifer Harwood

Serra's Story (The Spouse):

As the wife of a runner, I have spent my fair share of time on the sidelines and finish lines of races. It's fun cheering you all on.

I've been cheered back too... Yeah! grimaced at... Sorry, bad timing, and seen looks that really made me believe that you were surviving simply on the energy of the crowd and maybe that last gel...Go! Go! Go! I've seen people speed up to tag my sign... Up Top! and I've seen people fall down flat in front of me... You're all right, you've got this.

Like you, I've been in beautiful scenic areas, thank you Half Moon Bay Marathon and terrible conditions, anyone remember the 2012 and 2013 CIMs??? Jen, I hear there is a pretty cool marathon in Paris... Hint Hint!

But, of all the races, I like cheering Jed Smith best! This year was my second year out there and cheering a race where you all are doing laps is great fun! Instead of just seeing you once, for a second or two, I get to see you over and over and over... Jen, how

many laps was it?... 7 times! It's exciting to see you coming! It is exciting to recognize you. It is exciting to cheer you on and watch you accomplish something so fantastic. I see your strong laps, I see your tired laps and best of all I see your final lap!

You are all really quite inspiring!

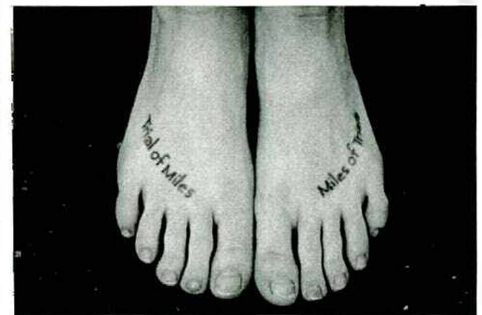
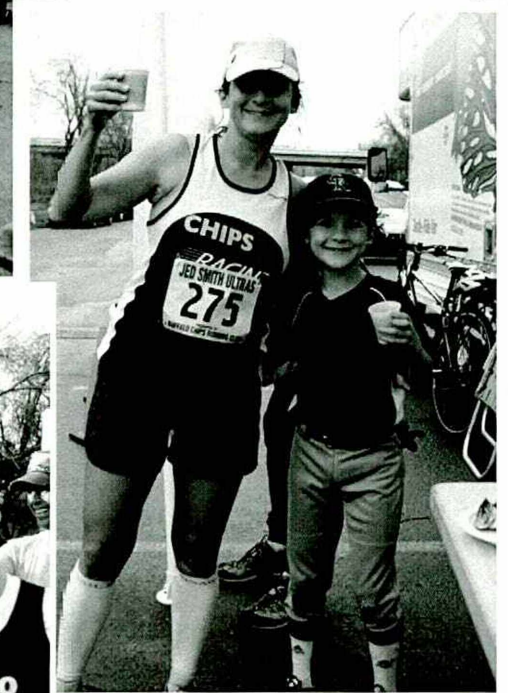
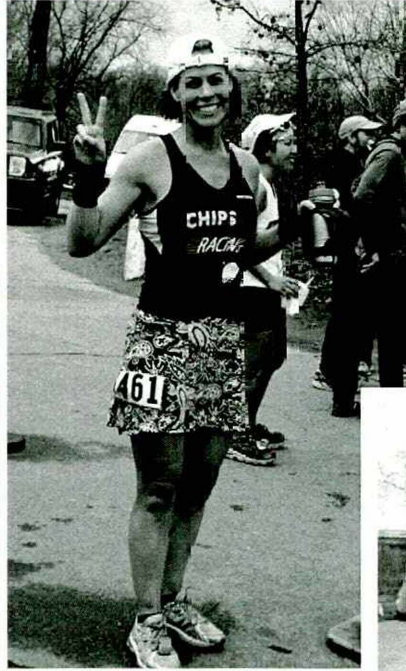
See you next year.

Yes-U-Can

By Serra Mentssi



2015 Jed Smith Coverage



Left to Right: Clockwise: Jennifer Harwood celebrating her First Ultra. * #461 Deirdre Greenholz * A.J. Mitchell * Rachelle Barbour with her son, Luka Barbour-Bensen, who is also a chip! * Happy times with Annette Mensonides, Ernie Takahashi. Deirdre Greenholz, Laura Matz, John Feeney, Kynan Matz, Jennifer Harwood, David Sanderson and Bridgette Holzapple * To inspire your next run, "Trials of Miles" and "Miles of Trials." Feet belong to our very own Larua Matz * Photos by Abe Underwood

Zoo Zoom: A Special Journey

By Anne Novak

This is the big day—the Zoo Zoom! Well, it is the big day for me anyway. Not sure how Jen is feeling about it. You see Jen has autism and epilepsy; she experiences significant cognitive disabilities. She is nonverbal and uses a few signs to communicate. Social awareness is not typically her thing, and it is not always easy to see how she really feels about things.

Jen does love walking ... and she appears to like medals (I have noticed her admiring the medals I have accumulated from past races) ... perhaps the apple does not fall far from the tree ... So what could be more natural than to sign her up for her first 5K? We have been training for weeks. I figured that it should not be too difficult because Jen loves to go for walks. This will just be another walk for her, and she will get a medal when she finishes.

To be honest, I am not sure she really understands what the race is all about, but we are here, and she definitely does seem to pick up on the excitement around us, and hey, "we are going for a walk!" Start time draws near and we make our way over to the crowd, serious racers near the start. We take our place

near the back with families and strollers. We are in no hurry; we are here to enjoy a gorgeous day, go for a walk, and hopefully get Jen to complete her first 5K!

We start off at a leisurely pace as the crowd thins out. This isn't the route we normally walk. Our regular walk is around our neighborhood. I noticed that Jen is a bit off her rhythm, but she still seems game. There are many encouraging people along the way, volunteers and other walkers cheering us on. Jen appears to be getting distracted and seems to be tiring a bit, so we stop to take some short breaks along the way. I was beginning to think I had made a mistake. I realized this was going to be a bit more challenging than I anticipated for her because it wasn't her regular walk.

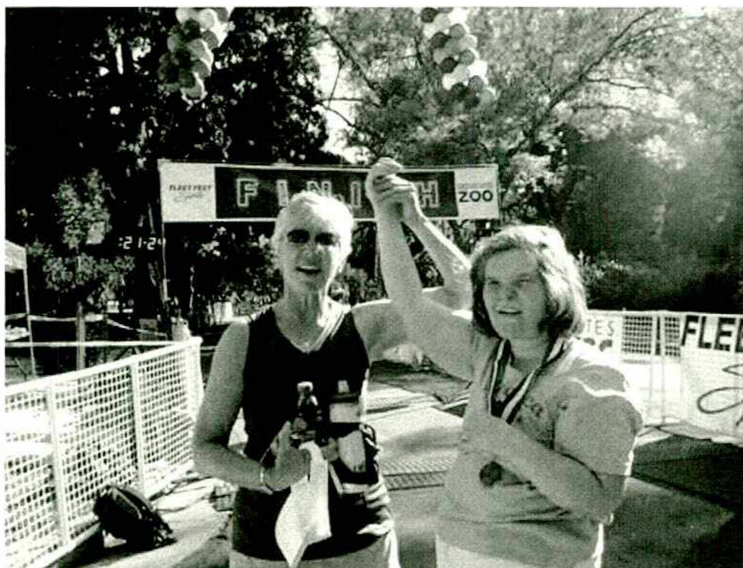
One of the characteristics of autism is that Jen is very routine based. When she is on her regular walk in our neighborhood, she just motors right along, and we walk her route. Oftentimes she is ready to do a second loop. But being in a new neighborhood was clearly distracting for her and was definitely making it more challenging. She was needing more breaks and a lot more encouragement

than I anticipated to complete this.

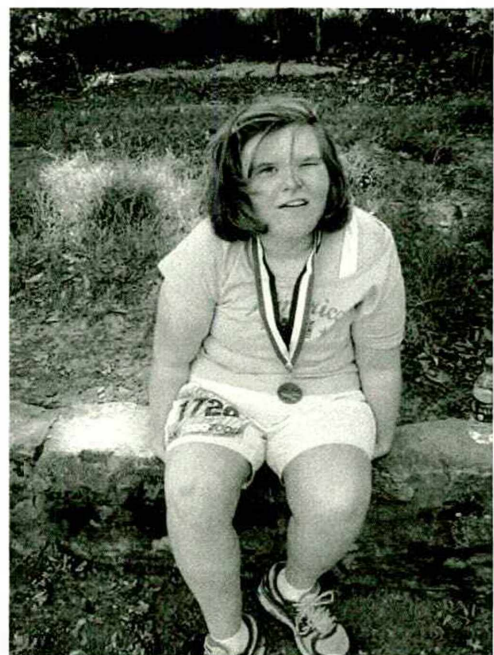
Finally, we were rounding that last bend to come up on the finish line. Jen was pretty much "done" at that point. No longer was she responding to my encouragement; she was not taking another step. She was signing to me that she was finished! But the promise of a nice cold bottle of water and some bagels did finally get her to her first 5K finish, her very first medal, and the cheers of a welcoming crowd. It really was very cool! Jen was clearly very happy—especially to sit down and more than a bit pleased with her medal. We relaxed and rested for a bit, soaked in that sense of accomplishment, and then went to chow down on some bagels. On the ride home Jen let her seat recline so she could rest. I noticed a slight smile as she held her medal.

Awesome job, Jen!

So is this the first of many 5Ks for Jen's future? I don't know. What I do know is that Jen loves to go for walks and I want to do everything I can to support that.



Woo hoo, what a finish! Anne Novak and Jen Novak celebrating Jen's first 5k and first medal!



Photos submitted by Anne Novak

Shamrock'n 1/2

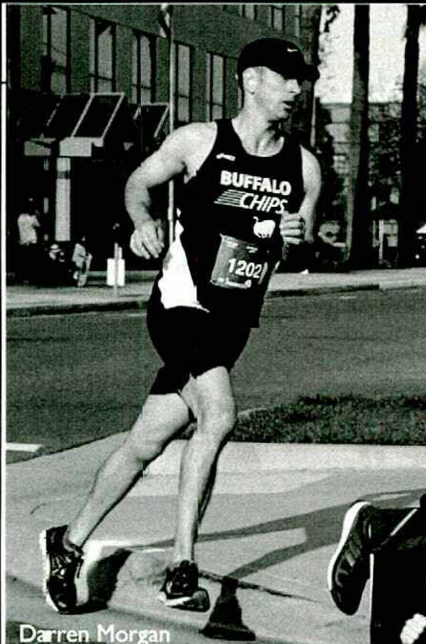
The Buffalo Chips were well represented at this year's annual Shamrock'n 5K and 1/2 marathon.

3/14/15 Shamrockin' 5K

Luka-Barbour Berson 9 - 25:21 8:11/m
 Rich Berson 45 - 25:21 8:11M
 Tony Smith 71 - 29:32 9:32/M
 Abe Underwood 76 - 32:09 **2nd M75-99** 10:22/M
 Gordon Hall 83 - 59:47

3/15/15 Shamrockin' Half Marathon

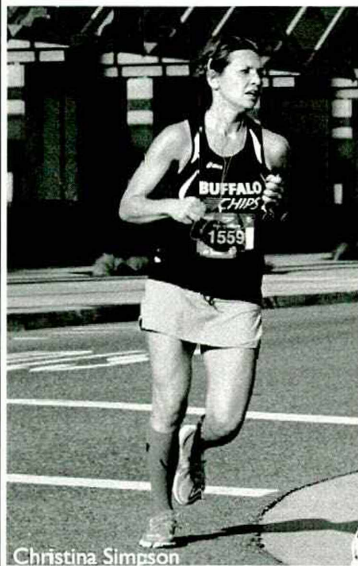
Darren Morgan 45 - 1:27:12 6:40/M
 David Pai 41 - 1:29:45 6:52/M
 Chris Tucker 40 - 1:32:16 7:03/M
 Rachel McMichael 33 - 1:32:28 7:04/M
 Gen Clavier 51 - 1:35:43 **1st F50-54** 7:19/M
 John Howard 56 - 1:39:04 7:34/M
 Mai Tiran 39 - 1:40:07 7:39/M
 Nuria Duran 40 - 1:40:35 7:41/M **PR**
 Chris Malenab 35 - 1:40:58 7:43/M
 Steve Davis 50 - 1:44:25 7:59/M
 Christina Simpson 33 - 1:45:48 8:05/M
 Rich Berson 45 - 1:46:03 8:06/M
 Paul Spolidoro 50 - 1:46:34 8:09/M
 Jennifer Harwood 44 - 1:47:26 8:13/M
 Ralph Venturino 52 - 1:50:24 8:26/M
 Severine Winter 49 - 1:52:37 8:36/M
 Soledad Sanchez 33 - 1:53:02
 Cary Craig 57 - 1:57:41 8:59/M
 Dan Lopez 53 - 1:58:56 9:05/M
 Janet Dagwase 42 - 1:59:39 9:09/M
 Lina Erfante 51 - 2:00:31 9:31/M
 Don Hagen 66 - 2:02:07 9:20/M
 Michelle Harris 42 - 2:02:26 9:21/M
 Mike Villierme 61 - 2:02:54 9:23/M
 Laura Tosta 38 - 2:03:16 9:25/M
 Ray Yamamoto 53 - 2:09:30 9:54/M
 Candice Furlong 64 - 2:12:37 10:08/M
 Mae Chaplin 40 - 2:13:50 10:13/M
 Chinatsu Yoshida 53 - 2:14:03 10:14/M **PR**
 Chiemi Yamamoto 53 - 2:15:39 10:22/M
 Jerry Furlong 71 - 2:16:07 10:24/M
 Christine Wellins 63 - 2:17:44 10:31/M
 Marion Finley 63 - 2:20:40 10:45/M
 Carolyn Slavich 73 - 2:25:04 11:05/M
 Mack Martinez 83 - 2:27:50 **2nd M75-99** 11:18/M
 Dilyn Radakovitz 68 - 2:29:57 11:27/M
 Shellee Dallas 47 - 2:31:41 11:35/m
 Amy Carnicky 52 - 2:32:48 11:40/M
 Heather Bracken 66 - 2:34:02 11:46/M
 Judy Shipman 73 - 2:35:37 11:53/M
 Cynci Calvin 68 - 2:40:54 12:17/M
 Ron Peck 73 - 2:42:38 12:25/M
 Larry Shaw 72 - 2:47:29 12:48/M
 Linda Hall 71 - 3:21:02 15:21/M



Darren Morgan



Ralph Venturino



Christina Simpson

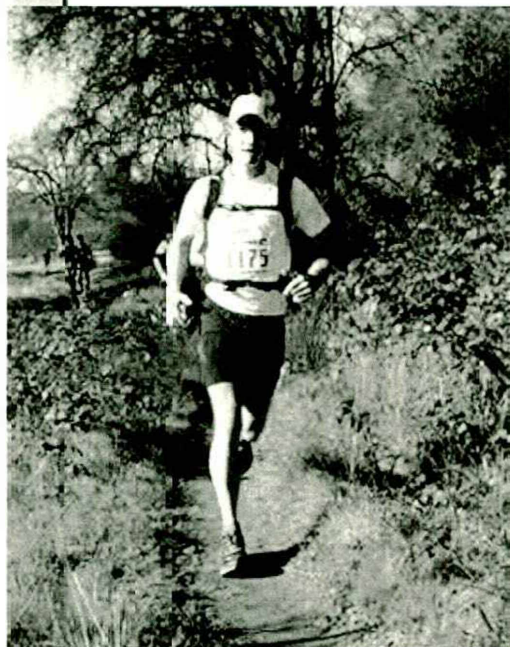


Severine Winter



Ray Yamamoto, Chiemi Yamamoto, Theresa McCourt, Arnold Utterback, Jackie Sword Olson, Nuria Duran, Keith Patrick Smith, Steve Ashe, Chinatsu Yoshida. Photos by Abe Underwood

My WTC50K and AR50 Journey



It wasn't supposed to be this hard. It shouldn't have come to this. It was just a relay spot on a three-man team in the popular half marathon around Lake Natoma. I'd only have to run three to five miles, they said. They didn't run at all. I did... a 13.1 of it.

That was seven years ago; the end of an era where I swore that running more than ten miles in a stretch was throwing away cartilage you'd never get back. The talking and the running continued and before I knew it I was prepping for my first marathon, which led to another which led to Boston. Nothing filled me however, like the wild of a meandering dirt trail peppered with roots and rocks.

The ultimate adventure was set before me then, as I had recently moved into the foothills between the starting lines of Way Too Cool 50K and the American River 50 Mile Endurance Runs. As I ran the punishing trails of the foothills, I grew more durable and open to the possibility that I just might be able to run further than I like to drive.

So I signed up, a commitment that must be transacted before the discipline of a training season can truly sink in. I signed up for both of them, knowing that I'd have little time to recover from the beating of the WTC50K before the AR50 would be upon me. I trained in

the hilly canyons of the South Fork of the American River, listening to my body as the miles of hilly terrain mounted week over week.

Not many runners toe the starting line unscathed, and I'm no exception. The rigors of trail running had taken their course, and I had my nicks and dings, and a particularly problematic hip. No worries, though, I tell myself; you're not the only one who's battled to get here. My internal pep talk and the fast start along the flat road and the Olmstead trails would not be useful in the knowledge of what was ahead of me though. I had studied the elevation chart.

Off we went on an 8-mile loop back to the start before heading out on the much hillier 23-mile loop back to glory. The first loop was fast, probably too fast, but the flat start, rolling single-track, and stream crossings force the first wave runners into a driving freight train through the riparian forest. Nobody wants to be the weak link.

After charging through a deep stream crossing, we heard the roaring cheers of the crowd as we came into the start/finish area and first aid station. I snacked and moved on – the next enthusiastic aid station (with soup!) was only a few downhill miles ahead.

A steep, somewhat technical descent to the river brought us to the soup and I worked my strategy of fueling early and often. A gravel road along the river was next, a wonderful chance to take in the scenery while not worrying about obstacles of the trail. Short-lived was the sight-seeing, as we then began to climb back out of the canyon, doing our best to keep a decent pace while saving something

for the dreaded "goat hill" at mile 26. Yep, the worst of hills would come at marathon distance (I remember when the sight of even an overpass beyond mile 20 would send my calves sputtering into debilitating cramps).

Goat hill did come, and I may have run up it on a better day or earlier in the run, but I assumed the position: hands on the knees for an assisted hike up this monstrosity. A goat I am not.

The aid station atop goat hill was filled with saints, getting me food, refilling my water reservoir, and sponge of ice cold water to the top of the head. More rolling single-track awaited before the final climb, which came earlier than expected. We crossed Highway 49 to find a sign indicating 1.5 miles to the finish, even though my GPS watch told me I had further to go. Such misalignment usually isn't in my favor, but the more than 4,000 feet of elevation gain to this point had not been credited to my watch, so I was closer than I thought.

I charged up the final hill – for a bit. Then I hiked, then I charged some more. The feeling of the nearing finish made me stronger as I crested the final grind of this 31-mile slog with 4,850 feet of ups and downs and headed for cheers and the hero's welcome my family always affords me. My Buffalo Chip daughters were wildly cheering me across the line after nearly five hours on the trail as I glanced down at the poor guy receiving



All photos submitted by Brian Wieland

medical attention after collapsing at the finish. My journey was complete – almost... AR50 still loomed. I needed to recover and hit the trail again.

The next month was about repairing and maintaining. WTC50K had taken its toll. I trained as smartly as I could to be as injury-free at the AR50 starting line. A lunar eclipse welcomed us to the starting line on race day, with near perfect weather. My hope to complete this race in about eight hours would not be hampered by conditions.

Like with the WTC50K, I studied the AR50 elevation profile with paranoid abandon. It actually looked relatively flat except for the 3-mile, thousand-foot climb that starts at mile 46. Just save some gas for that and we'll be okay, I thought.

The race started with darkness pierced by hundreds of headlamps, and a wandering train of runners on their ultrarquest along the south shore of Folsom Lake. I had a race plan with aid station ETAs and caloric intake requirements. This would be helpful in stopping me at the first aid station for some early fuel, then onward toward Folsom Lake Crossing for a fast descent to Lake Natoma. The aid station at Willow Creek was full of encouragement and more vittles. We continued on the bike path until we crossed the lake at the Hazel bridge, then headed up the trails onto the bluffs above the north shore which provided a fun stretch of trail until we got to the Negro Bar aid station at mile 20, where my Buffalo Chips family had a camp chair waiting for me.

I was only a couple minutes behind schedule, so I sat, ate, changed shoes, and joked with the awesome volunteers as my girls strengthened my will. The next stretch was all bike path, so I regained my time and came into Beale's Point on schedule, but tired. The checkpoint at Beale's Point is like a finish line itself, so the will to push forward was easily discovered after a short rest in the chair.

Single-track dirt would pave the way most of the second half of the race, and the terrain was very hospitable during

the stretch to Granite Bay, where I picked up my first pacer to keep me company as the miles wore on. Things changed at this point, however, and a rocky roller-coaster trail would take us to Rattlesnake Bar, beating us up in a big way. I was losing time, but nothing like the poor fellow we stumbled across a couple miles beyond Granite Bay, retching on hands and knees. My pacer stayed to care for him while I went on.

I stumbled into Rattlesnake Bar to wild applause and quickly sought the camp chair after filling my fists with salty and sweet snacks. My pacer rolled in about ten minutes later and gave me an update on the downed runner, who would rally and go on to finish the race. As for me, I joined my 10-year-old daughter, who was jumping at the chance to pace me for the final nine miles to the finish. I had already lost about 30 minutes during the last stretch and at the aid station, so we hit the single track and marveled for miles at the beauty along this stretch of trail, vowing to each other a return run someday soon. The soup at the final aid station gave me excuse to soak it all in while gathering steam for the three-mile hill to come. Unknown to me, the North Fork's splendor rivals that of the South.

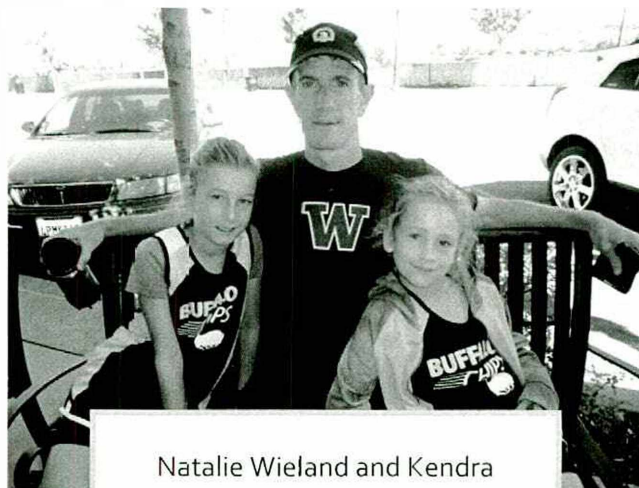
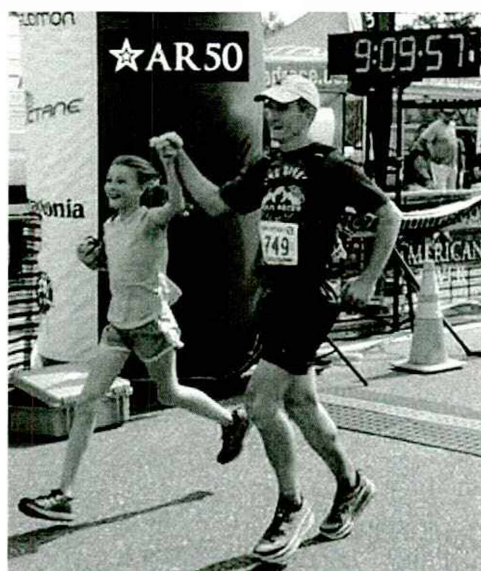
Beaten down and behind schedule, I reached the big climb, only to be surprised at the grade. Encouraged by my daughter, who was not the weak link on this run, I ran as far as I could, then walked a bit, then ran some more. It was a game of leap frog with other runners on the edge of their own breaking points. After cresting "the big one" was a nice descent before a final steep surprise, the bottom of which I immediately targeted for the beginning of a long hike, when my daughter tightened her tone and

told me to run to the top. I gasped inside before digging deep and pushing on to pass a few walking dead on the way to the top, where we found the final flat to the finish. We crossed the line holding hands in joint victory formation, soaking in the cheers and comments about my youthful pacer, who was given a medal of her own for taking me so far at such a young age. She had experienced much of this journey with me, and is working on her own.

I have an ultra-strong feeling I'll see this finish line again.

By Brian Wieland

Natalie Wieland, 10, paces her dad across the finish line at AR50.



Natalie Wieland and Kendra Wieland representing the Chips!

Quicksilver 100KM

Tina Frizner: Left it all on the trail. Literally.

Back in December my trail buddies and I were discussing what 100km to run this year to get our Western States qualifier. I was leaning towards Miwok 100km since I love the Marin Headlands but the gang was pushing for Quicksilver since it's new (to us) terrain and no lottery to get in. My goal race for the year is The Bear 100 in September which is really outside my comfort zone with 21,000' gain and it being at high elevation. Just to be sure I had my lottery tickets, I signed up before looking at the course profile.

Training had gone well with help from Coach Meghan. I got a 50km PR at Salmon Falls, as well as crossing Gorge Waterfalls 50km off my bucket list. The only thing I seemed to struggle with was heat since it kind of crept up late this spring. I'm that kind of freakshow that needs an incredible amount of salt when running in warmer weather. For some reason, in the spring, I have to learn the hard way a few times before I get things dialed in.

As per usual, The Weather Channel app stalking started weeks before the race. In the group text we agonized whether it will be hot or cool on the primarily exposed course. An email sent a couple days prior mentioned several mountain lion sightings that shut down the park. Luckily, no one got hurt and the race was to go on as scheduled.

Since this race was so far out from The Bear and I didn't want to risk injury, my goal was to finish sub-16. However, I really wanted a 100km PR and go sub-15, but I wasn't going to push it if I was having a bad day (I'm foreshadowing here, people). A

couple weeks before race day, I had volunteered to help out on night shift in the ICU I am a Nurse in, as they were really suffering with staffing issues. One night, a patient that arrived shortly before my shift started, was looking really bad. As I was on the phone with the Doctor asking why on earth was this guy not intubated on dayshift, he stopped breathing right in front of my face. I hopped on top of him and started CPR while my coworkers came to my rescue with the crash cart. As we were rolling him onto the board (for more effective compressions), I tweaked my back. Unfortunately, this kind of stuff is inevitable in my line of work. Especially when someone's life is on the line. I'm happy to say he is alive and well, but my back was not.

Needless to say, I was nervous come race day. I opted to pack my poles in a drop bag to take the strain off my back. I loaded up on Skratch Lab's Hyper Hydration Mix since it saved my butt at States last year and it appeared this race was going to be a warm one. I packed my drop bags with gluten-free Oreo cookies, Skratch Exercise Hydration Mix, and Vi Fuel of various flavors (minus bacon maple, barf).

We started with our headlamps up our first climb of the run. It was a warm, humid start. We weaved in and out of several areas including a mine shaft. I ran into my friend, Veronica, and we shared the next 30 miles together. Once the sun came up, it was beautiful! The views were endless, much like the climbs. They were serious ass kickers: exposed, hard-packed fire roads, and sandy!

I got to the 50km mark around 7:30 hours in. I was really happy about that considering how difficult the first half was. I confidence that I could do the second half much faster than the first. I got to pick up my pacer, Jack, around my 40. My biggest mistake of the day was not taking care of myself at that aid station. I pushed my pace heading in the miles heading in and I started to get over-heated. When I finally reached Hacienda, I was so caught up in saying hi to everyone and just ran off to

the next climb. That's when I started to toss my cookies. I felt so hot and dizzy that I had to stop in the shade for a couple minutes to recover.

I spent many, many more miles puking. This aggravated the back injury I got at work. Things were getting really ugly and miserable. I did, however, master puking while running this race. I feel like that was an accomplishment in and of itself. My usual go-to in these situations is straight coke in the hydration pack. Unfortunately, many of the aid stations were depleted of coke by the 50km runners that came through earlier in the day. I was devastated, but had to keep moving to get my qualifier. Jack was getting worried about this. I had really slowed down since I wasn't able to keep anything down and my back was killing me.

I tried to go to my "happy place" and keep going forward with as much purpose as I could muster. Finally, one of the final aid stations got resupplied with coke! I had them dump a few cans into the bladder of my pack and set off to finish! The coke gave me life again. With the 16 hour cutoff being too close for comfort, I left determined to get there before 16 hours. We made up a lot of time in the last few miles. I went from getting there with no time to spare, to finishing with 34 minutes left at 15:26.

I cried when I saw my friends waiting at the finish line for me. I pushed through so much vomiting and back pain, so determined to finish. While this wasn't my best race, I am so proud of myself for getting through hours of misery. I never once considered any other alternative other than accomplishing what I set out for. Some races are going to suck. Those are the ones that make you tougher physically, and more important, mentally. As for a goal of sub-15....I will tackle that brutal course again next year and own it.

Reprinted with permission from Tina Frizner's blog:
funnyshedoesntlookdruish.blogspot.com



Tina Frizner around mile 45. Photo by Shiran Kochavi

Boston Marathon

Nuria Duran: From BQ to the Finish Line



Wow!! Qualifying for Boston was an amazing experience. You have to earn your spot! Nobody gives it to you. So, that's the beauty of the race. I will divide Boston into 4 sections.

Qualifying: Not long after completing my first marathon I set the goal to qualify for Boston. I missed by just about a minute 2 years ago and that was very disappointed. I met the qualifying time at the Orange County Marathon. This was great, but I was still nervous about getting accepted because I only beat the qualifying time by about 2 minutes, so there was a chance I still wouldn't be accepted.

Training: One of the most amazing parts

of training for Boston was meeting people working toward the same goal. There are ups and downs during training. Setting aside the time to train and dealing with the aches and pains was challenging, because I really wanted to PR in Boston. It helped to be a part of a group and to hear both the challenges and successes of my training partners. Things can go wrong but sharing with others reminded me that I was not alone and there are other runners working their way through similar or more challenging issues. I met amazing people and I learned from them. Now, I have more running partners. I enjoyed getting advice from people who had run Boston in the past. Most folks are eager to open up and share their memories of running Boston. I really enjoyed training with other folks who had achieved the goal of qualifying for Boston.

Before and during the race: From the Expo to the race is pure excitement. The whole city embraces the runners. I felt like I was part of a special club. The morning of the race things went by quickly from checking our bags, taking the bus to the starting line, waiting in the rain for my corral, and finally starting the race. The spectators along the way were great. The road descends quickly and the body starts to warm up. I heard the song *Sweet Caroline* at the beginning of the race and everybody started to sing that moment was very special. It was a like party with 1000 close friends. After few minutes, the rain started. A few miles into the race the road flattens out and meeting my splits was doable.

Around mile 12.5, I heard a distant rumble of people screaming. It got increasingly

louder as I approached the famous Wellesley College 'scream tunnel'. Their enthusiasm was contagious. I must have given a hundred 'high fives'. I saw my family around mile 16. It was great to say hi to them. It was nice to see my mother waving a Mexican flag at mile 22, but shortly after that the constant rain and cold really got to me. The last 4 miles were hard. My hands were so numb that I had to ask a spectator to help pull off my sweatshirt. It was water logged and heavy. I got rid of the gloves too.

I had my name on my shirt and many spectators called out my name with encouragement. I was the only Nuria in the race. There were a massive number of spectators during the last half mile. Their encouragement was appreciated, but I wasn't able to run much faster.

After the race: After the race I received some water, my medal, and a post-race poncho. A massage and some warm soup were great for recovery. Shortly later I was re-united with my family and friends. We went out to eat a lobster dinner and then went to Fenway Park for the post-race party. The next day, I was able to wear my Boston Marathon clothes as I toured Boston. People routinely congratulated me. Cool city! They really embrace runners!

My favorite Boston memory is the people! The spectators were amazing. It was cold and raining and the fans were there to cheer us on. They could have gone home but they didn't. Also, I was lucky to see my family on the course twice. So, I'm glad I was able to share this great experience with them despite the cold.

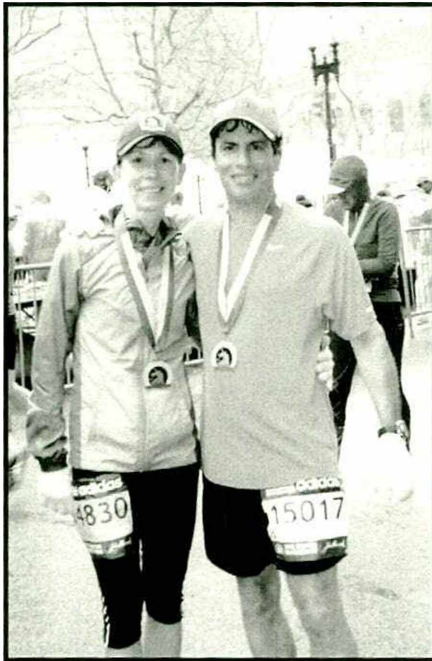
By Nuria Duran

Nuria's Tips for Future Buffalo Chip BQ Runners:

- Arrive on Thursday to enjoy the Expo, the city and get used to the 3 hours difference.
- Stay in Boston. We stayed about 30 minutes outside of Boston.
- Book early.
- The hotels in Boston are more expensive, but I think being in the city would have been worth it.
- Visiting Fenway is a must, but not the day before the race.
- Bring appropriate clothing for different weather conditions.

Boston Marathon

Diane Falzarano: Spectator to First Time Boston Marathoner



Diane Falzarano cross the finish line at Boston Marathon with husband, Bruce Falzarano.

I was a spectator when my husband, Bruce Falzarano, ran his first Boston in 2007 (also in 2011 and 2013). Watching the runners go by, I thought how special they must all be, and was convinced I could never be one of them. I wasn't even running then due to injuries – considered my running days to be behind me. Fast forward 8 years and a good physical therapist, there I was in Hopkinton. I can still picture it, standing at the top of that hill - relieved to have gotten there uninjured, excited and a bit surprised to be included in that group. It was great running to the places I'd hung out as a spectator, approaching them from the course, not the roadways in a car.

Some specific memories from Boston that stand out in my mind include:

- * Hearing the announcer at the start say, "This is the road to Boston!" and knowing how far away it was, feeling a moment of panic about being able to make it that far in cold, crummy weather – but it passed. So exciting to run down that hill!
- * Running with my husband, Bruce, the whole way.
- * The noise level—Often I couldn't hear my IPOD!
- * The scream tunnel at Wellesley – hey, they're feminists and I needed some energy, so I slapped every one of their hands and it REALLY boosted me.
- * Seeing my daughter near the half-way point and the cool signs she made for me. We stopped and took photo's. The heck with another qualifier!
- * OK, I'm gonna say it, unexpected pain. Running never hurt like this one. The first 10 miles flew by easily and I thought, "Wow - my training must have been really solid!" Then around mile 12, "Hmmm, is that back pain?" Yup, maybe I pounded the initial down-hills, though I tried so hard not to, or maybe it was the cold weather, but soon the adductors were hurting then the calves joined the chorus, and so it went until the finish. I must say my training built an engine in me that would not quit, no matter how hard those muscles tried – and that was an amazing feeling.

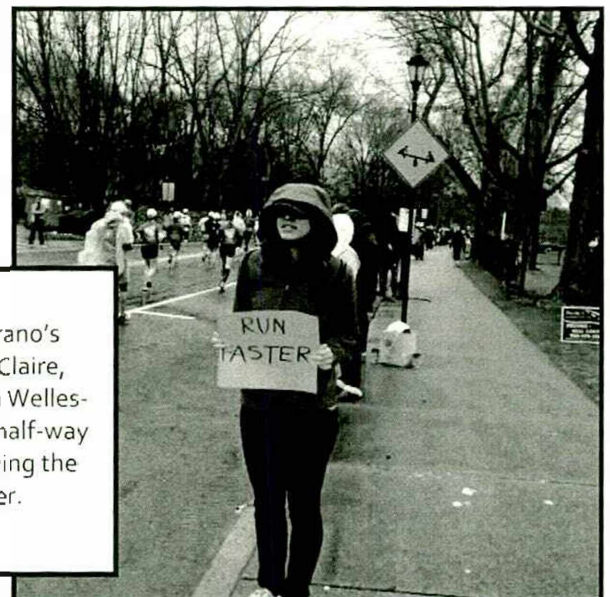
- * Lastly, the finish line was thrilling! Am I really here on Boylston Street??? It was a relief to see the giant blue Finish Line banner in the distance, but I also realized Boylston Street is where the bombs went off. Recognizing it from the news stories was a little scary, but it was so great to step over that historic mat. A finish line volunteer congratulated me in his strong Boston accent, and he seemed so sincere, it was really touching. My daughter was there too – another vivid memory. Immediately after, I felt light as a feather, but with sore legs.

Reflecting upon Boston now, some days I can't believe I did it. For me it was a year of lots of hard work and I enjoyed it all. The cliches are true—set a goal, focus like a madman on it and do not stray from it. It can be done. I hope to carry that to other areas of my life. I'm a CPA and tax preparer, so that means I trained for Boston during my "tax season." I work lots of long hours and weekends in February, clocking 80hrs the week before April 15. Training for Boston that time of year takes a real passion for running! And also a supportive fellow-runner husband who cooks dinner every night!

I'd like to thank the Chips—the speed workouts were a big part of my training, as were the stories I heard from fellow Chips—they all helped me get to Boston, and to the finish line! Thanks to all of you for your tips and inspiration.

By Diane Falzarano

The Falzarano's daughter, Claire, spectating in Wellesley near the half-way point, enjoying the weather.



Boston to Big Sur

I've lived in Sacramento for 35 years, but Boston still feels like home. It's great to go back and be able to actually run in the Marathon, instead of spectating. The Marathon has been a Boston tradition for 119 years, so it's humbling to run that course thru all the historic towns and landmarks.

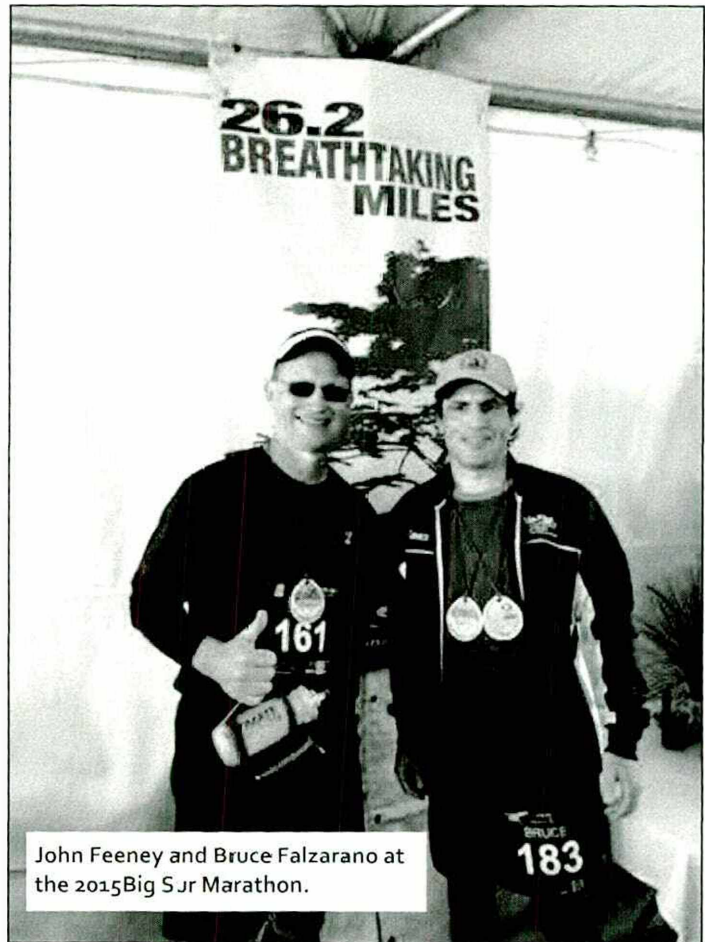
It was awesome to run Boston with my wife Diane this year. It was her first Boston so it was very special to be able to share that with her, step for step. Crossing the finish line together will always be a special shared memory.

2 marathons, 2 coasts, 6 days. Incredible experience. Each marathon is unique and awesome in its own right, but to do the 2 back to back was fantastic. It was especially cool to run on Highway 1 along the coast with the road shut down to traffic for 26 miles. Every turn led to yet another breathtaking picture postcard view. I'm not sure if I spent more time running or taking pictures!

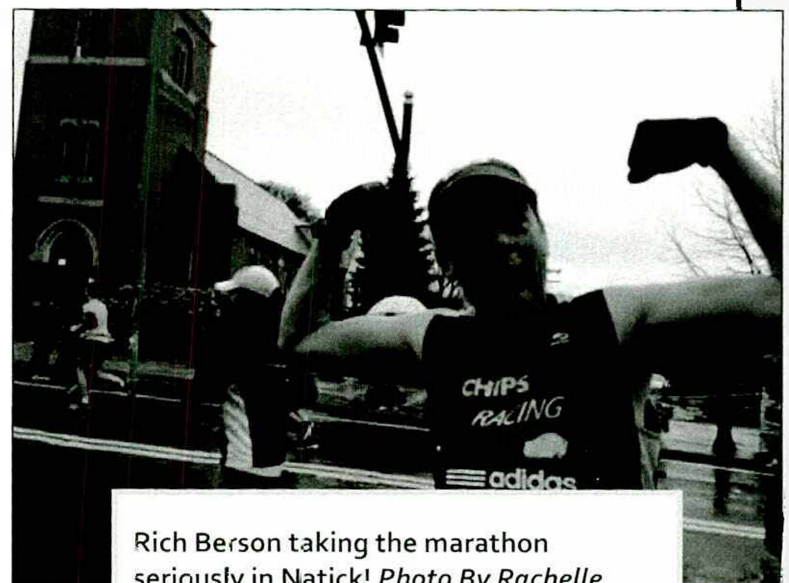
By Bruce Falzarano



It was so cold, windy, and rainy, Jerry Furlong only unzipped his jacket at the end, so the photographers could get his bib number! An amazing, once-in-a-lifetime -if-you're-lucky, experience.



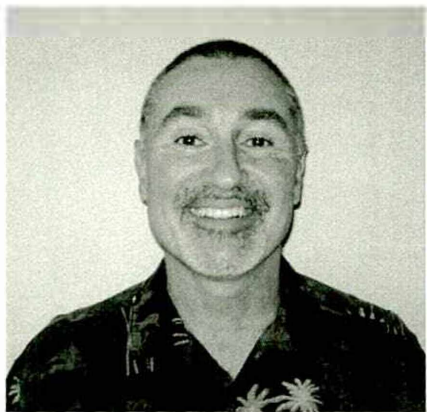
John Feeney and Bruce Falzarano at the 2015 Big Sur Marathon.



Rich Berson taking the marathon seriously in Natick! Photo By Rachelle Barbour.

Feature Article: Micah Ward

Did Somebody Fartlek?



Micah Ward is a Georgia native and a retired special agent with the Georgia Bureau of Investigation. He started running in 1977 and never stopped. The articles featured here have been reprinted with permission from our running friends in Colorado, The Pikes Peak Road Runners. Check them out at www.pprun.com

Don't you just love that word? Fartlek! It's fun to say and its fun to do. No I am not talking about the aftermath of too many bean burritos. I'm talking about the unstructured speed workouts that originated with Gosta Holmer, coach of the 1948 Swedish Olympic team. Fartlek is a Swedish word for "speed play". What? You are unfamiliar with this training concept? Well let me enlighten you.

A fartlek workout is simplicity itself. Decide on a number of miles or minutes, start easy and when you feel warmed up settle into a comfortable pace that can be sustained for the length of your run. Then start to play. See that tree on the left past the pile of rocks? Pick up the pace and run hard to the tree then ease back into your original pace. After a few minutes, when your breathing is relaxed, pick another landmark and run hard to it. Then drop back to a comfortable pace that allows you to relax before the next surge. Keep this up until you have about ten minutes left then slow down and run easy the rest of the way.

A fartlek run could be looked at as an unstructured interval workout. Unlike track intervals, there is no set number of repeats that have to be run within 2-3 seconds of a goal time or at a specific heart rate. The rest interval is also not measured by the clock but by your own body and mind. You decide when you have rested enough to pick the next landmark. You decide if your next surge is to the mailbox at the corner or that bush that is a good 400 yards away. In other words, you make the decisions on how much to hurt and for how long based on

how you are feeling right then. I can imagine that some of you serious types are breaking out in a sweat right now at the unstructured nature of these workouts. But that is the fun. You do remember fun don't you? It's what we did as kids on the playground.

However, if you need a little more structure you could try timed fartleks. Pick a certain number of fast segments and run them for a set duration with timed rest in between. For example, you could run 2 minutes hard and 2 minutes easy for ten segments. Or you could run segments of hard and easy as a ladder; such as 30 seconds, 45 seconds, 60 seconds, 45 seconds and back to 30. You can make the segments any length you want and go up and down the ladder as often as you like. You are limited only by your imagination and ability to count. But I choose not to structure mine even this much. It still takes away from the play like feeling of the run and becomes too much like intervals.

I like hill fartleks. I pick a hilly course and simply run hard up each hill then float the down hills and cruise the flats before charging the next hill. I find that usually the cruising pace in a fartlek run tends to be a little faster than my normal easy pace. It seems that when the body is pushed hard for a short time it just naturally wants to maintain a little of that speed.

Where should fartlek runs fit into your training plan? Some coaches like to use fartlek as a bridge between slow base building and more intense interval work. The idea is that it allows the body to gradually get used to the stresses of speed work and hopefully lessen the chances of injury. I like to think fartlek can be used anywhere in your training plan. By listening to what your body is saying you can really push it on the good days and back

off appropriately on the bad days. There are other training plans, such as the Jack Daniels (the coach, not the whiskey) Formula that include intervals, cruise intervals, VDOT charts, tempos and more than I can comprehend. If you love that kind of stuff then dive right in and enjoy it. Maybe the structured plans, based on heart rates and VO2 Max and specific paces are perfect for the analytical and scientific runners among us. But there are some free spirited artists out here that enjoy a looser and more free form type of training. Fartlek is more our style.

Now don't get me wrong, fartlek is not an easy or lazy way to pretend you are doing speed work. While it takes a lot of discipline to gut out a set number of intervals at a set pace, it also takes discipline to continue charging a hill when you realize you underestimated just how tall it was. It takes discipline to cut your rest segment short and pick another landmark off in the distance as the finish line for your next surge. It also takes discipline to listen when your body is calling for rest instead of another set of intervals. With fartlek you can make it up as you go and not feel guilty if you cut short a predetermined set of intervals.

Along with timed and hill fartleks I also enjoy Dawg Fartlek. That's right, I put the leash on Bella the Wonderdog and let her set the pace. When she wants to run fast, we run fast. When she wants to run slow, we run slow. When she wants to stop and sniff, we stop and sniff. When she wants to poop....well she poops.

Give fartlek a try and you may just find that you enjoy it. But don't go into the break room at work and loudly announce that you are ready for a good long fartlek that afternoon. You may just find yourself alone.

Feature Article: Micah Ward

Hunting the All Day Pace

I've seen it. You may have too. I thought I had it on several occasions but it slipped away as the day progressed and blisters appeared and I got the nutrition wrong and bonked. But I'm still hunting. What am I hunting? I'm hunting the all day pace.

The first time I saw it was in South Carolina at the Long Cane 50K. He was 72 years old and trotting along with this short little pitter pat stride. We were about two miles into the race and I passed him without a second thought. About twenty miles later I was walking down a trail and here he comes with that short little pitter pat stride. He passed me with a friendly wave and words of encouragement and I watched him disappear into the forest. He had the all day pace.

I saw it again in Boulder at a 12 Hour race. I bailed out after 36 miles and a little over ten hours. But there were runners in both the 12 Hour and the concurrent 24 Hour that seemed to be running the same pace they had been running when we started early that morning. They had the all day pace and I wondered; how do they do that?

Hal Koerner must know something about the all day pace. After all, he's won a lot of the major 100 mile trail runs. Koerner wrote an article on training advice for Trail Runner magazine. On the subject of pace, he said that if you think you are starting slow enough then you probably need to slow down even more. If I slowed down much more I'd be standing at the start line with my hands in my pockets whistling *Take Me Out to the Ball Game*. But I get what he is talking about.

You have to get into that comfortable groove that isn't too taxing and feels like you could hold forever. I guess it's a lot like the talk test. You should be going slow enough that you can hold a conversation without becoming winded. To that point I had a six mile conversation with PPRR Board Member and ultrarunner Tonia Smith on the Santa Fe Trail. Tonia said that she felt like the pace that allowed her to carry on a conversation with friends was also the pace she could silently maintain for an all day run. Sounds like an excellent application of the talk test to me.

Of course you have to take into account terrain. To go all day you can't fight the terrain. You have to take what the terrain gives you and maintain an even effort if not an even pace. You slow down on the up hills and float on the down hills. And I guess you take a little pitter pat stride on the flats.

Nutrition and hydration has to be part of the all day pace as well. I have tried drinking water and ingesting gels at certain intervals as well as energy bars and electrolyte tablets. Either it doesn't work for me or I have not found the right combination. I

trained more for the walking because it was a different stress on the muscles. On the other hand I read an article by Gary Cantrell, race director of the Barkley and the Strolling Jim 40, who says you should spend your training time on running. Cantrell believes walking only comes into play when you are not sufficiently trained to run the distance. I have been guilty of that on several occasions.

But maybe the real key to the all day pace has less to do with training and nutrition strategies and more with what lies between our ears and in our soul. The documentary, *A Race for the Soul*, shows countless examples of runners at the 2001 Western States 100 digging deep into themselves to finish the race. They included finishers at the front of the pack, in the middle of the pack and at the back of the pack. And they all had one thing in common. They all had to reach within at some point, some more than once, to find the will to continue.

I talked to Leadville 100 and Rocky Raccoon 100 finisher, Brooks Williams one night at the Red Leg Brewery. I do not remember the exact words of the conversation but the message I took away from Brooks was simple. If you are going to be in a race that has you out there all day long then you have to know that problems will occur. You will hit the wall several times. Brooks made the point very clearly that you cannot prevent the blisters and the bonks, you can only try to postpone them. I think what Brooks was saying is that the mind set is just as important as the physical conditioning. Finding the all day pace obviously requires a mental strategy as much as a physical strategy.

Hunting season is open y'all.

Articles contributed by Micah Ward of Pikes Peak Road Runners in Colorado.

*If I slowed down much more I'd
be standing at the start line with
my hands in my pockets
whistling Take Me Out to the
Ball Game.*

bonk. But at the Palmer Lake 24 Hour I did not follow a set strategy and I did not bonk. I ate one bagel covered with Nutella, drank one Coke and ate several handfuls of bacon. I never felt hungry so I did not force it. I drank water *ad libitum*. I learned from reading *Waterlogged* by Timothy Noakes that *ad libitum* is Latin for "drink if you're thirsty, don't worry about it if you're not". I believe this whole nutrition and hydration thing is very individualized and we should just listen to our body and do what it is telling us, *ad libitum*.

I think walking plays a big part in the all day pace. I have read that you can double the distance of your current long run by just adding walk breaks. I certainly believe that. I would not have finished any of my marathons or ultras without some judiciously placed walk breaks. But should we practice walking in the hunt for the all day pace? My son-in-law in Oregon has a friend who has finished top 10 at the Western States 100. That friend said that he wished he had

RACE RESULTS

2/8/15 Golden Gate (Winter) 30K
Tina Frizner 36 - 3:44:10

2/14/15 Valentine Run for Justice 4 miler

Galen Farris 32 - 21:58 1st Atty 5:30/M
Steve Jones 38 - 25:03 6:16/M
Mike Rizzo 49 - 25:31 6:23/M
David Pai 41 - 26:09 6:33/M
Steve Ashe 54 - 27:22 6:51/M
Steve Davis 50 - 27:33 2nd Atty 46+ 6:54/M
Genevieve Clavier 51 - 27:43 1st F50-54 6:56/M
Christine Melleck 47 - 27:54 3rd F45-49
Chris Enfante 63 - 29:06 2nd M60-64 7:17/M
Meg Svoboda 48 - 30:06 7:32/M
Mario Sanchez 63 - 30:19 3rd M60-64 7:35/M
Arnold Utterback 68 - 30:33 3rd M65-69 7:39/M
Theresa McCourt 55 - 30:45 2nd F55-59 7:42/M
Ralph Venturino 52 - 30:47 7:42/M
Jane St Croix 48 - 31:01 7:46/M
Karen Jones 29 - 31:12 7:48/M
Kevin Twombly 59 - 31:41 7:56/M
Jennifer Harwood 44 - 32:05 8:02/M
Waiman Yip 52 - 32:44 8:11/M
Mike Villierme 61 - 33:05 8:17/M
Cary Craig 57 - 34:09 8:33/M
Lisa Enfante 51 - 34:13 8:34/M
Robert Seldner 74 - 35:05 3rd M70-74 8:47/M
Stephanie Papas 56 - 35:57 9:00/M
Peggy Lehman 64 - 36:53 2nd F60-64 9:14/M
Marion Finley 63 - 36:59 3rd F60-64 9:15/M
Chinatsu Yoshida 53 - 37:30 9:23/M
Christine Wellins 63 - 37:38 9:25/M
Carolyn Slavich 73 - 38:57 2nd F70-74 9:45/M
Amy Cernicky 52 - 40:50 10:13/M
Abe Underwood 76 - 45:04 11:16/M
Heather Bracken 66 - 48:40 12:10/M
Linda Hall 71 - 58:15 14:34/M

2/14/15 Bay Breeze 10K

Christina Simpson 33 - 48:44 1st F30-34 7:51/m

2/15/15 Chasing the Sun - Heidi Run 5K

Theo Wirth 50 - 20:51 1st M50-59 6:43/M
Hanna Wirth 12 - 21:39 1st F9-12 6:58/M

2/21/15 Formidable 50K

John Nichols 50 - 5:50:56

2/22/15 Getty Owl Run 10k

Candice Furlong 64 - 1:20:20 12:56/M

2/22/15 Getty Owl Run 5K

Teddy Bogdan - fun run finisher (probably first for 5 year olds!)
Joe Bogdan - 25:28 (8:12/mile) 1st in M1-12 age group
Wendy Bogdan (pacing Joe) - 25:31 (8:13/mile) 2nd in F40-49 age group
Ken Bogdan - 19:04 (6:09/mile) 2nd overall; 1st in M50-59 age group

2/28/15 Salmon Falls 50K

John Nichols 50 - 5:21:49 2nd M50-59
Jeff Barbier 50 - 5:24:01 3rd M50-59
Tina Frizner 36 - 6:03:48
Annette Mensonides 44 - 7:02:45
Barb Ashe 66 - 7:44:15 2nd F60-69

3/1/15 Napa Valley Marathon

Mark Lantz 49 - 3:08:39 7:14/M
Bryan Dove 39 - 3:34:06 8:11/M
Fabio Sartori 44 - 3:38:55 8:23/M
Michael Dove 68 - 3:46:10 (Bryan's Dad) 2nd M65-69 8:38/M - Monterey Bay Wednesday Night Laundry Runners
Rachelle Barbour 43 - 3:57:39 9:05/M

Napa Valley Kiwanis 5K

Luka Barbour-Berson 9 - 24:55 8:02/M
Rich Berson 45 - 24:59 8:03/M

2/28/15 Sycamore Canyon 100K - San Diego

Deirdre Greenholz 45 - 14:39:50 5th Overall/2nd Woman

2/15/15 Austin 1/2 Marathon

Gabel Gloria 58 - 2:11:47 10:02/M

2/22/15 Alamo Fun Fest 1/2 Marathon

Gabel Gloria 58 - 2:02:15 9:22/M

3/7/15 Way Too Cool 50K

Ray Sanchez 48 - 4:19:41
Galen Farris 32 - 4:30:36
Brian Wieland 41 - 4:52:38
Laura Matz 28 - 5:30:40
Kynan Matz 30 - 5:30:40
Brian Marks 38 - 5:47:38
John Nichols 50 - 5:49:18
John Feeney 55 - 6:15:54
Ernest Takahashi 69 - 6:16:22
Bill Hambrick 60 - 6:18:58
Bruce Falzarano 56 - 6:43:35
Bill Pequinot 58 - 6:50:43
Denis Zilaff 61 - 7:07:18
James Yee 65 - 8:03:20
Philomene Smith 52 - 8:23:32
Dennis Scott 66 - 8:53:48

3/7/15 Lucky 7 Davis 7K

Melissa Simonds-Williams 33 - 45:29:33 10:28/M

3/7/15 Lucky 7 Davis 7 mile

Christine Wellins 63 - 1:09:29 3rd F60-64 9:55/M
Christine Powel-Millar 68 - 2:04:05 17:43/M

3/7/15 Lucky 7 Davis 1/2 Marathon

Kevin Kamai 36 - 1:30:02 2nd M35-39 6:53/M
Chris Malenab 35 1:33:30 3rd M35-39 7:08/M
Gabe Gloria 58 - 2:18:05 10:32/M
Heather Bracken 66 - 2:37:20 1st F65-69 12:00/M
Jennifer Rousseve 63 - 2:43:33 2nd F60-64 12:29/M

3/1/15 1/2 Marathon Cowtown, TX

Gabel Gloria 58 - 2:19:35 10:39/M

3/7/15 Lake Sammamish 1/2 Marathon, Issaquah, WA

Linda Frazier 56 - 1:44:58
Susan Frazier 20 - 1:35:44
Karen Frazier Horvath 26 - 1:22:24 2nd overall female (former Buffalo Babe)

3/14/15 Marin Ultra Challenge

50 Miler - Annette Mensonides 13:09:31
50 Miler - Barbara Ashe 14:05:17 1st F60-69
50 K - Jeff Barbier 5:42:05 1st M50-59
50 K - Deirdre Greenholz 6:50:06

3/21/15 Spirit of Benny - Placerville 10K

Peter Huerta 11 - 42:40 1st M1-12
David Sanderson 38 - 43:19 2nd M30-39
Seamus Caslin 15 - 44:10
Natalie Wieland 10 - 45:04 1st F1-12
David Huerta 43 - 49:31 3rd M40-49
Jonah Pardue 11 - 1:01:26 2nd M1-12
Sara Sanderson 13 - 1:01:38 5K
Theo Wirth 50 - 19:26 1st M50-59
Hanna Wirth 12 - 20:43 1st F1-12
Ayden Quinones 10 - 23:29
Olivia Huerta 10 - 23:48
Gabriel Quinones 6 - 23:55 (6 years old!)
Cindy Quinones 37 - 25:35
Nancy Park 49 - 26:24 1st F40-49
Alex Sanderson 8 - 29:02
Julio Quinones 36 - 30:55 2nd M30-49
Kendra Wieland 8 - 32:46
Cheri Wieland 40 - 34:09
Spencer Tacherra 14 - 36:13
Veronica Huerta 42 - 49:23

RACE RESULTS

Lily Sanderson 6 - 54:40
Tauna Sanderson 39 - 54:40

3/28/15 Run for the Hills - El Dorado Hills 5 miler

Christine Wellins 63 - 46:43 3rd **F60-64**

3/29/15 Girls on the Go - 5K

Kelly Haarmeyer 51 - 31:44 10:14/M

3/29/16 Modesto Marathon

Jamey Nye 41 - 3:24:36 7:48/M

Edward Schmidt 51 - 3:26:20 7:52/M 5th **M50-55**

Hannah Schmidt 19 - 3:47:35 8:41/M 3rd **F19-24**

Linda McFadden 52 - 5:23:50 12:21/M

Bobbie Garcia 66 - 5:31:34 12:39/M 1st **F65-69**

Barb Elie 70 - 8:08:11 1st **F70-74**

3/29/15 Gorge Waterfalls 50K Oregon

Tina Frizner 36 - 6:58:06

3/29/15 Running with the Elks 10K

Christine Powell-Millar 68 - 1:45:42

1/2 Marathon

Ray Sanchez 48 - 1:24:49 1st **M45-49**

Mary Coordt 45 - 1:31:32 (former Chip) 1st **F45-49**

Chris Enfante 63 - 1:42:19 1st **M60-64**

Janet Dagwase 42 - 1:54:13 3rd **F40-45**

Laura Kulsik 54 - 2:11:19

Cynci Calvin 68 - 2:41:32 1st **F65-69**

4/4/15 AR50

Ray Sanchez 48 - 7:08:14 6th Overall 1st **M40-49**

Mark Lantz 49 - 7:26:08 11th Overall 2nd **M40-49**

John Nichols 50 - 8:56

Laura Matz 29 - 9:09:29 **PR** 2nd **F18-29**

Deidre Greenholz 45 - 9:29:23

Brian Marks 38 - 9:57:51

Grant Carboni 44 - 10:07:41

Charley Jones 43 - 10:37:04

Jeff Lee 32 - 11:18:41

Bill Pequinot 58 - 11:45:26

4/11/15 Lake Sonoma 50

Ray Sanchez 48 - 8:22:13

Barbara Ashe 66 - 13:19:07

4/12/15 Sactown 10

Jenny Hitchings 51 - 1:03:56 1st **F50-54** 6:24/M

Mike Rizzo 49 - 1:06:36 6:40/M

Rachel McMichael 34 - 1:08:30 6:51/M **PR**

Chris Malenab 35 - 1:09:02 6:55/M

David Pai 42 - 1:10:23 7:03/M

Steve Ashe 55 - 1:10:25 7:03/M

Gen Clavier 51 - 1:10:39 7:04/M **PR**

Chris Mellick 47 - 1:12:31 7:16/M

Charsey Cole Porse 39 - 1:14:32 7:28/M **PR**

Mike Sullivan 55 - 1:15:54 7:36/M

Allyson Thomas Conwell 34 - 1:17:42 7:47/M

Ariana Barrett 13 - 1:19:27 2nd **F1-19** 7:57/M

Paul Spolidoro 50 - 1:19:54 8:00/M

Doug Yee 58 - 1:21:05 8:07/M

Arnold Utterback 68 - 1:22:37 3rd **M65-69** 8:16/M

Theresa McCourt 55 - 1:23:11 8:20/M

Mario Sanchez 63 - 1:23:29 8:21/M

Jennifer Harwood 44 - 1:23:39 8:22/M

Bill Hambrick 60 - 1:27:21 8:45/M

Nuria Duran 40 - 1:28:54 8:54/M

Jennifer Healey 30 - 1:29:31 8:58/M

Emily Price 28 - 1:29:33 8:58/M

Don Hagen 67 - 1:31:24 9:09/M

Candice Furlong 64 - 1:32:04 9:13/M

Monty Schacht 63 - 1:38:30 9:51/M

Laura Kulsik 54 - 1:38:40 9:52/M

Chinatsu Yoshida 53 - 1:39:30 9:58/M **PR**

Christine Wellins 63 - 1:39:45 9:59/M

Gabel Gloria 58 - 1:42:24 10:15/M

Carolyn Slavich 73 - 1:42:49 3rd **F70-74** 10:17/M

Denis Zilaff 61 - 1:42:56 10:18/M

Keith Smith 50 - 1:43:51 10:24/M

Cynci Calvin 68 - 1:56:33 11:40/M

4/12/15 SacTown 5 miler

Andy Hitchings 51 - 34:51 1st **M50-54** 6:57/M

Meg Svoboda 49 - 37:55 2nd **F45-49** 7:35/M

Bob Fredenburg 62 - 39:46 1st **M60-64** 7:58/M

Jackie Sword-Olson 51 - 41:21 2nd **F50-54** 8:17/M

Bettie Powers 65 - 44:06 1st **F60-64** 8:49/M

Chris Conwell 38 - 44:51 8:59/M

Abe Underwood 77 - 53:03 1st **M75+** 10:37/M

Larry Shaw 72 - 1:01:49 2nd **M70-74**

Leigh Rutledge 59 - 1:09:22 13:53/M

4/12/15 Run Rocklin 5k

Darren Morgan 46 - 17:53 2nd Overall 5:46/M

Catherine Carbonaro 48 - 21:43 1st **F45-49** 7:00/M

4/12/15 Run Rocklin 1/2 Marathon

Judy Shipman 70 - 2:33:19 1st **F70-74**

11:43/M

Ray Yamamoto 53 - 1:07:10 9:01/M

Chiemi Yamamoto 53 - 1:14:06 9:57/M

Dilya Radakovitz 68 - 1:15:55 1st **F65-69** 10:11/M

Ron Peck 73 - 1:20:28 1st **M70-74** 10:48/M

4/19/15 Zoo Zoom 5k

Arnold Utterback 68 23:15 1st **M65-69** 7:30/M

Wai-man Yip 52 25:48 2nd **F50-54** 8:19/M

Chinatsu Yoshida 52 -27:43 8:56/M

Carolyn Slavich 73 - 29:06 1st **F70-74**

9:23/M

Antony Smith 71 -29:18 2nd **M70-74** 9:27/M

Jon Thomas 67 - 31:10 10:03/M

Linda Hall 71 - 34:15 2nd **F70-74** 11:03/M

Julie Yee 56 - 34:46 11:13/M

Christine Powell-Millar 68 - 50:44 16:22/M

Glenn Millar 75 - 48:28 18/M

Anne Novak 59 - 1:18:25 25/M

Jennifer Novak 31 - 1:18:26 25/M

4/19/15 Zoo Zoom 10K

Mike Rizzo 49 - 40:00 3rd **M45-49** 7:27/M

Bill Goodwin 61 - 47:11 1st **M60-64** 7:37/M

Jackie Sword-Olson 51 - 50:17 2nd **F50-54** 8:07/M

Laura Kulsik 54 -59:04 9:32/M

Christine Wellins 63 1:00:01 3rd **F60-64** 9:41/M

Abe Underwood 77 - 1:04:07 1st **M75-79** 10:29/M

Patty Fernandez 57 - 1:06:03 10:39/M

4/20/15 Boston Marathon

John Howard 111 2:46:24 6:21/M

Jenny Hitchings 51 - 2:52:51 1st **F50-54**

Galen Farris 2:54:19 6:39/M

Dan Weintraub 54 3:00:14 6:53/M

Darren Morgan 3:11:09 7:18/M

Jason Howard 3:13:20 7:23/M

John Howard 3:35:03 8:13/M

Dennis Early 58 - 3:35:20 8:13/M

Rich Berson 45 - 3:44:19 8:34/M

Nuria Duran 40 - 3:44:24 8:34/M

John Feeney 57 - 3:58:14 9:06/M

Ciane Falzarano 4:10:47 9:34/M

Bruce Falzarano 4:10:46 9:34/M

Jerry Furlong 71 - 5:14:45 12:01/M

Heather Bracken 66 - 5:31:29 12:39/M

4/26/15 Capital City Classic 12k Championship

Bob Fredenburg 62 59:02 7th **M60-64**

Jennifer Harwood 44 - 1:04:10 6th **F40-44**

Melissa Simonds-Williams 33 - 1:20:48 13th **F30-34**

RACE RESULTS

10 Miler

Laura Kulsik 54 - 1:38:13

4/25/15 Folsom Lake Trails 35K

Kevin Kamai 2:49:50 **2nd Overall**

Gabel Gloria 4:59:57 **1st M50-59**

Manual Loverde 5:10:45 **1st M70+**

4/25/15 Miner's Revenge - Cool**42K:**

John Nichols 50 5:30:55 **6th overall 1st**

AG

Bill Hambrick 61 6:16:33 **11th Overall**

1st AG

Charley Jones 43 - 6:27:31

24K

Marion Finley 63 - 4:19:48 **2nd AG**

4/26/15 Big Sur Marathon (Including a few non-Chippers)

Winning time male: 2:30:48, female: 2:57:02

*Rich Hanna 50 - 2:43:15 **1st M50-54 5th Overall**

Mary Coordt 45 - 3:18:27 **2nd F45-49**

Peter Chang 39 - 3:43:07 8:34/M

Michael Dove 68 - 3:58:15

Lisa Pallesen 47 - 3:58 9:05/M

Rachelle Barbour 43 - 4:11:24 9:35/M

Bruce Falzarano 56 - 4:15:43

(Boston2BigSur double 8:26:30 total)

John Feeney 55 - 4:30:45 (Boston2BigSur double 8:28:59 total)

10.6 Miler - Diane Falzarano 1:46:30

4/26/15 Across the Bay 12K (under new race management)

Ray Yamamoto 52 - 1:08:35 9:08/M

Chiemi Yamamoto 53 - 1:13:43 9:49/M

4/24/15 SLO Half Marathon

Jillian Brown 20 - 1:46:24 PR 8:08/M

Waiman Yip 54 - 2:04:21 9:30/M

4/30/15 Sac State 5K - evening race

Steve Jones 39 - 18:05 **5th Overall 3rd**

M36-40 5:50/M

Karen Jones 29 - 22:44 **2nd F26-30 7:20/M**

Jacob Akerson 40 - 22:54 7:23/M

5/2/15 Parkway 1/2

Brian Marks 38 - 1:42:08 7:48/M

Allyson Thomas Conwell 34 - 1:43:47 7:56/M

Ralph Venturino 52 - 1:51:55 8:33/M

Linda Parr 64 - 1:51:56 **1st F60-64 8:33/M**

Natalie Wieland 10 - 1:52:00 **1st F1-12 8:33/M**

Holly Harman 51 - 1:52:40 **2nd F50-54 8:37/M**

Laura Kulsik 54 - 2:07:41 9:45/M

Chinatsu Yoshida 53 - 2:08:11 9:48/M

Carolyn Slavich 73 - 2:17:55 **2nd F70-74 10:32/M**

Keith Smith 50 - 2:19:24 10:39/M

Dilyn Radakovitz 68 - 2:21:21 10:48/M

Amy Cernicky 53 - 2:29:08 11:24/M

Mack Martinez 83 - 2:29:18 **1st M75-120 11:24/M**

Cynci Calvin 68 - 2:36:11 11:56/M

5/2/15 Parkway 5K

Chiemi Yamamoto 53 - 27:59 9:01/M

Linda Hall 71 35:59 **1st F70-79 11:35/M**

Melissa Simonds-Williams 33-36:13 11:40/M

5/2/15 The Canyons 100K - Foresthill

Deirdre Greenholz 45 - 16:25:51

John Nichols 50 - 16:37:38

50K- John Feeney 55 - 9:12:29

5/2/15 Miwok 100K

Ray Sanchez 48 10:17 **10th Overall**

David Sanderson 38 11:03 **21/308**

5/3/15 Fair Oaks Fun Run

Theresa McCourt 56 - 40:13 **2nd F55-59 8:03/M**

Rena Lantz 53 - 44:30 8:54/M

Judy Jennings 62 - 46:31 **1st F60-64 9:19/M**

Gabe Gloria 58 - 49:15 9:51/M

Dilyn Radakovitz 68 - 51:53 **1st F65-69 10:23/M**

Marion Finley 63 - 52:07 10:26/M

Christine Wellins 63 - 52:10 10:26/M

Ron Peck 73 53:50 **2nd F70-74 10:46/M**

Larry Morris 74 - 54:45 **3rd M70-74 10:53/M**

Tony Alvarez 79 - 56:10 **2nd M75-79 11:14/M**

Judy Shipman 74 - 57:28 **1st F70-74**

5/3/15 Avenue of the Giants Marathon

David Pai 42 - 3:16:28 **37th Overall 4th M40-44 7:30/M**

Steve Ashe 55 - 3:23:05 **48th Overall**

2nd M55-59 BQ 7:45/M

5/3/15 Avenue of the Giants 1/2 marathon

Mike Rizzo 49 - 1:27:49 **17th Overall**

2nd M45-49-PR 6:42/M

Gen Clavier 51 - 1:33:03 **6th Female 1st Masters Woman 1st F50-54-PR 7:07/M**

Jackie Sword Olson 51 - 1:50:26 **2nd F50-54 8:26/M**

Arnold Utterback 68 - 1:51:05 8:28/M

Jennifer Harwood 44 - 1:56:09 8:52/M

Abe Underwood 77 - 2:41:55 **1st M75+ 12:21/M**

5/7/15 Folsom Prison Trail Series #1

David Duncan 17 - 22:03 **2nd Overall**

Susan Frazier 20 - 24:28

Charles Hamilton 12 - 24:58

Peter Huerta 12 - 24:59

Seamus Caslin 14 - 25:32

Theo Wirth 51 - 25:53

Alex Hamilton 14 - 26:11

Luke Thomasson 11 - 26:11

Riley Chamberlain 10 - 26:58

Olivia Huerta 9 - 26:58

Natalie Wieland 10 - 26:59

Hanna Wirth 12 - 27:00

Timothy Thomasson 8 - 27:37

Ayden Quinones 10 - 28:32

Nathanel Thomasson 15 - 29:05

Sophia Thomasson 18 - 29:58

Karissa Chamberlain 9 - 30:06

Gabriel Quinones 7 - 30:11

David Huerta 44 - 30:25

Michael Duncan 51 - 30:30

Taylor Ferry 11 - 31:07

Ellie Wakefield 10 - 31:09

Cole Allen 10 - 31:54

Mark Duncan 11 - 31:56

Linda Frazier 57 - 32:01

Sarah Sanderson 14 - 33:35

Iven Sanderson 9 - 34:40

Kendra Weiland 8 - 36:01

Claudia Wirth 46 - 36:20

Alethia Thomasson 6 - 38:25

Mike Thomasson 45 - 38:32

Judy Shipman 74 - 43:01

Heather Bracken 67 - 51:04

5/9/15 Dirty Secret Trail Run - 5.8 mile

Jennifer Healey 30 - 1:02:54 10:51/M

Marion Finley 63 - 1:07:03 **1st F60+ 11:34/M**

Jim Nortman 55 - 1:17:32 13:23/M

Larry White 70 1:17:56 13:27/M

Heather Bracken 67 - 1:26:30 14:55/M

Long course - 10.3 Mile

Jenny Hitchings 51 - 1:16:45 **1st F50-59 7:28/M**

Andy Hitchings 51 - 1:25:57 **3rd M50-59 8:21/M**

Rachelle Barbour 43 - 1:48:26 10:32/M

Peggy Lehman 64 - 1:56:17 **1st F60-69 11:17/M**

Judy Shipman 74 - 2:15:55 13:12/M

Shellee Dallas 47 - 2:20:30 13:35/M

Ron Peck 73 - 3:01:40 17:39/M

5/9/15 Gold Rush 50K

Rich Hanna 50 - 3:52:58 **Overall Winner 7:30/M**

Kevin Kammai 36 - 5:29:42

Bruce Aldrich 59 - 6:13:30

Barb Ashe 66 - 7:05:18 **2nd AG**

RACE RESULTS

5/9/15 Gold Rush 50K, Cont.

Laura Kulsik 55 - 7:33:57
Manny Loverde 80 - 8:15:59 1st AG

5/9/15 Quicksilver 100K

David Sanderson 38 - 10:22:11 10th Overall

Lucas Lyons 35 - 13:43:38
Christina Vincent 43 - 14:49:12
Tina Frizner 36 - 15:26:01

5/10/15 Race for the Cure - 10K

Chiemi Yamamoto 53 53:08 8:34/M

5/16/15 Silverstate 50M- Reno

10. Mark Lantz 49 - 8:58:49
30. Eddie Schmidt 51 - 10:14
62. John Nichols 50 - 11:51:27

5/16/15 Run With Nature

5K - Laura Kulsik 55 - 37:04 8:43/M
10K - Dilyn Radakovitz 68 - 1:05:20 10:31/M

5/16/15 Coloma River Run 10M

Don Hagen 67 - 2:04:29 3rd M60+
Marion Finley 63 - 2:16 3rd F60+
10K Herb Tanimoto 67 1:15:31 1st M60+

5/17/15 Run With the Vines 1/2 marathon

Ernie Takahashi 70 - 1:49:32 1st M70-79 8:22/M
Laura Kulsik 55 - 2:12:47 10:09/M

5/17/15 Morgan Hill Sprint Tri

Pam Goodley 57 - 1:56:39 1st F55-59

5/17/15 World's Toughest Triathlon- Auburn, CA

Half Ironman Dan Weintraub 55 - 5:48:35 1st M55-59

5/23/15 Mc Wilson Trail Race (8.6M) - Sierra Madre, CA

John Howard 56 - 1:23:32 1st M55-59

5/24/15 Mountains 2 Beach Marathon- Ojai, CA

Peter Chang 39 - 3:15:58 7:28/M PR
Mai Tran 40 - 3:35:38 8:13/M PR BQ

5/25 Wounded Veteran Run 10 - Folsom, CA

Christine Wellins 63 - 58:35 3rd F61-65 9:26/M
Heather Bracken 67 - 1:05:23 1st F66-70 10:32/M

5/25/15 Marin Memorial 10K - Kentfield, CA

John Blue 51 - 37:43 6:04/M (racing for River City Rebels)
Arnold Utterback 68 - 47:20 3rd M65-69 7:37/M
Monty Schacht 63 - 58:21 9:22/M

5/31/15 No Excuses 5k

Daniel Weintraub 54 - 18:34 (15:51) Age graded

Darren Morgan 46 - 17:48 (16:08)
Theresa McCourt 56 - 22:40 (16:39)
Ken Bogdan 51 - 19:28 (17:00)
Carolyn Slavich 74 - 29:20 (17:02)
Arnold Utterback 68 - 22:32 (17:07)
Teddy Morris 54 - 20:26 (17:26)
Kevin Kamai 36 - 18:22 PR (17:53)
Mario Sanchez 63 - 22:42 (18:00)
Steve Jones 39 - 18:58 (18:05)
Dilyn Radakovitz 68 - 28:46 (18:1)
Jackie Sword-Olson 51 - 23:33 (18:18)
John Feeney 55 - 21:51 (18:30)
Kevin Twombly 59 - 23:13 (19:02)
Heather Bracken 67 - 30:24 (19:29)
Fabio Santori 44 - 22:09 (20:23)
Wendy Bogdan 46 - 25:48 (21:08)
Jennifer Harwood 44 - 25:24 (21:09)
Chinatsu Yoshida 53 - 27:57 PR (21:14)
Linda Hall 71 - 35:03 (21:16)
Joseph Bogdan 10 - 25:48 (21:35)
Abe Underwood 77 - 33:34 (22:25)
Amy Cernicky 53 - 30:14 (22:58)

5/30/15 San Francisco 100

Ray Sanchez 48 - 1st overall 19:39:19

6/6/15 San Diego 100 Endurance Run

David Sanderson 38 - 20:33:46 8th Overall
Ray Sanchez 48 - 22:10:56 17th Overall

6/6/15 San Jose Giants 5 Miler

Kaoru Cruz 52- 43:05 - 3rd F50-54 8:36/M

6/7/15 Kaiser Women's Fitness Festival 5K

Soledad Sanchez 33 - 22:09 3rd Place 30-34 7:09/M
Nuria Duran 40 - 22:23 3rd Place 40-44 7:13/M
Lina Enfante 52 - 24:54 8:02/M
Kaoru Cruz 52 - 26:21 8:30/M
Judy Jennings 62 - 27:13 3rd Place 60-64 8:47/M
Dilyn Radakovitz 68 - 28:40 2nd Place 65-69 9:15/M
Carolyn Slavich 74 - 29:33 2nd Place 70-74 9:32/M
Kelly Haarmeyer 52 - 32:59 10:38/M

Linda Hall 71 - 34:49 3rd 70-74 11:14/M
Stephanie Pappas 56 - 38:40 12:28/M
Milissz Simonds-Williams 33 - 43:51 14:09, M

6/13/15 She Rocks the Trails 25K

Wendy Bogdan 46 - 3:09:21
Nicolw Darby 46 - 3:12:57
Marion Finley 63 - 3:58:25
Anne Novak 60 - 4:23:05

10K

Dilyn Radakovitz 68 - 1:14:51 12:04/M
Chiemi Yamamoto 53 - 1:15:18 12:09/M
James Yee 65 - 1:22:09 13:11/M

6/14/15 Dipsea Race- Marin

John Howard 111 27 - 56:55 72
John Howard 56 - 1:03:14 223
Jason Howard 24 - 1:04:55 189

6/20/15 Canyon Meadows - Redwood Park, Oakland**5 Miler**

Jaycen Obrochta 13 - 37:04 1st M13-19, 3rd Overall 7:43/M

1/2 Marathon

Susan Frazier 20 - 2:03:33 4th F20-29 9:29/M
Brian Wieland 42 - 2:08:25 9:48/M
Natalie Wieland 10 - 2:08:25 1st F0-12 9:48/M
Nathanael Thomasson 15 - 2:12:41 3rd M13-19 10:08/M
Sophia Thomasson 18 - 2:15:40 1st F13-19 10:21/M
Linda Frazier 56 - 2:19:17 2nd F50-59 10:38/M
Cole Allen 10 - 2:23:41 3rd M0-12 10:58/M
Chad Allen 38 - 2:23:59 10:69/M

6/27/15 Western States 100

Mark Lantz 49 - 20:11 28th overall 10th silver buckle earned
John Nichols 50 - 27:33
Charley Jones 43 - 28:55

Ernie Takahashi crosses the finish line at Jed Smith. Photo by Abe Underwood.



Chips Earned Singlet Awards Standards

Any Chip meeting the criteria in any single performance qualifies for a FREE club racing singlet. The performance must have been in a scheduled event with published results. You must SUBMIT your request for this award and document your performance (when, where, how fast with supporting published results) to the Awards Chair. Only ONE singlet can be earned every TWO years. The Awards Chair and Board may disallow any performance if the course distance or results are questionable. To score as a Chip in PA-USATF Grand Prix events you must be a current PA member, and your team/club must be marked Chips #104 (otherwise you will be considered "unattached"). If in doubt, check on line pausatf.org or call Heike at 916-983-4715.

WOMEN	Age:																		
Distance	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	
1500m	6:33	5:41	5:17	5:10	5:10	5:12	5:20	5:35	5:55	6:18	6:39	7:15	7:50	8:32	9:22	10:25	12:25	31:19	
1 mi	7:05	6:09	5:43	5:35	5:35	5:37	5:46	6:02	6:24	6:49	7:12	7:50	8:29	9:13	10:07	11:16	13:27	33:43	
5K	25:01	21:43	20:09	19:44	19:44	19:47	20:04	20:40	21:36	22:55	24:28	26:15	28:17	30:41	33:32	37:20	44:44	1:00:59	
5mile	40:55	35:29	32:57	32:16	32:16	32:20	32:49	33:47	35:19	37:28	40:00	42:55	46:16	50:11	54:49	1:01:03	1:13:09	1:39:43	
10K	51:21	44:32	41:19	40:27	40:27	40:32	41:08	42:21	44:15	46:59	50:09	53:47	57:59	1:02:53	1:08:44	1:16:31	1:31:41	2:04:59	
10 mi	1:27:56	1:14:32	1:08:01	1:06:51	1:06:15	1:06:54	1:07:24	1:09:21	1:12:29	1:16:56	1:22:08	1:28:05	1:34:59	1:43:01	1:52:33	2:05:19	2:30:11	3:24:43	
13.1 mi	2:00:16	1:40:16	1:30:28	1:27:47	1:27:47	1:28:00	1:29:17	1:31:55	1:36:03	1:41:57	1:48:51	1:56:44	2:05:51	2:16:31	2:29:09	2:46:04	3:19:00	4:31:15	
30K	2:59:11	2:26:52	2:10:56	2:06:35	2:06:35	2:06:57	2:09:17	2:13:59	2:21:28	2:30:39	2:41:05	2:53:05	3:07:01	3:23:24	3:43:03	4:14:51	5:15:20	7:29:59	
Marathon	4:19:56	3:31:09	3:07:07	3:00:33	3:00:33	3:01:15	3:05:32	3:14:19	3:26:25	3:40:08	3:55:48	4:13:52	4:34:56	4:59:49	5:32:35	6:28:17	8:11:11	12:00:12	
50K	5:14:11	4:15:12	3:46:08	3:38:13	3:38:13	3:39:03	3:44:13	3:54:51	4:09:29	4:26:04	4:45:00	5:06:51	5:32:19	6:02:23	6:41:57	7:49:17	9:53:39	14:30:27	
50m (flat)	10:55:37	8:52:34	7:51:54	7:35:23	7:35:23	7:37:08	7:47:55	8:10:05	8:40:37	9:15:12	9:54:43	10:40:18	11:33:26	12:36:12	13:58:48	16:19:20	20:38:48	30:16:28	
50m (trail)	11:50:15	9:36:57	8:31:13	8:13:20	8:13:20	8:15:13	8:26:55	8:50:55	9:24:00	10:01:28	10:44:17	11:33:40	12:31:13	13:39:13	15:08:42	17:40:57	22:22:02	32:47:50	
100m (trail)	33:27:15	27:10:29	24:04:48	23:14:14	23:14:14	23:19:33	23:52:38	25:00:27	26:33:57	28:19:52	30:20:52	32:40:23	35:23:05	38:35:13	42:48:07	49:58:20	63:12:47	92:41:21	

MEN	Age:																		
Distance	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94*	
1500m	6:18	5:16	4:47	4:35	4:34	4:37	4:44	4:55	5:06	5:19	5:32	5:47	6:03	6:25	6:58	7:51	9:16	11:47	
1 mi	6:49	5:42	5:11	4:57	4:57	4:59	5:07	5:19	5:31	5:45	6:00	6:16	6:33	6:56	7:33	8:30	10:02	12:45	
5K	23:44	19:49	18:00	17:12	17:12	17:20	17:48	18:28	19:12	19:59	20:51	21:45	22:47	24:07	26:13	29:32	34:52	44:19	
5mile	39:15	32:48	29:47	28:28	28:27	28:40	29:27	30:33	31:45	33:03	34:28	36:00	37:40	39:52	43:23	48:49	57:40	1:13:17	
10K	49:23	41:16	37:29	35:49	35:48	36:05	37:03	38:27	39:57	41:36	43:23	45:19	47:25	50:11	54:35	1:01:28	1:12:35	1:32:15	
10 mi	1:21:56	1:08:21	1:02:01	59:12	59:11	59:19	1:00:37	1:02:59	1:05:33	1:08:20	1:11:23	1:14:43	1:18:20	1:22:43	1:29:43	1:40:45	1:58:47	2:30:53	
13.1 mi	1:51:00	1:31:56	1:23:00	1:19:00	1:18:57	1:18:59	1:20:24	1:23:35	1:27:03	1:30:49	1:34:56	1:39:27	1:44:25	1:50:11	1:59:13	2:13:43	2:37:28	3:19:53	
30K	2:44:20	2:15:07	2:01:21	1:55:09	1:55:05	1:55:05	1:56:19	2:00:52	2:06:01	2:11:39	2:17:45	2:24:56	2:31:56	2:40:23	2:53:23	3:14:15	3:48:35	4:49:59	
Marathon	3:58:48	3:15:57	2:55:47	2:46:39	2:46:33	2:46:33	2:47:13	2:53:31	3:01:05	3:09:20	3:18:23	3:28:20	3:39:20	3:51:48	4:10:41	4:40:57	5:30:40	6:59:25	
50K	4:49:17	3:57:23	3:32:57	3:21:53	3:21:47	3:21:47	3:22:35	3:30:12	3:39:23	3:49:23	4:00:20	4:12:23	4:25:43	4:40:49	5:03:41	5:40:23	6:40:36	8:28:08	
50m (flat)	9:51:08	8:05:05	7:15:09	6:52:31	6:52:18	6:52:18	6:53:58	7:09:32	7:28:15	7:48:42	8:11:05	8:35:43	9:02:57	9:33:51	10:20:34	11:35:32	13:38:34	17:18:18	
50m (trail)	10:40:23	8:45:30	7:51:25	7:26:53	7:26:40	7:26:40	7:28:28	7:45:20	8:05:37	8:27:45	8:52:00	9:18:42	9:48:12	10:21:40	11:12:17	12:33:30	14:46:47	18:44:50	
100m (trail)	33:03:47	27:07:51	24:20:21	23:04:22	23:03:41	23:03:41	23:09:14	24:01:30	25:04:20	26:12:55	27:28:01	28:50:42	30:22:05	32:05:48	34:42:36	38:54:08	45:47:03	58:04:29	

*Men 95-99 1500m - 17:07; 1mi - 18:31; 5K - 1:04:24; 5mi - 1:46:29; 10K - 2:14:01; 10mi - 3:39:35; 13.1mi - 4:51:01; 30K - 7:02:03; Marathon - 10:10:05; 50K - 12:19:07; 50m(fl) - 25:10:17; 50m(tr) - 27:16:08; 100m(tr) - 84:28:26

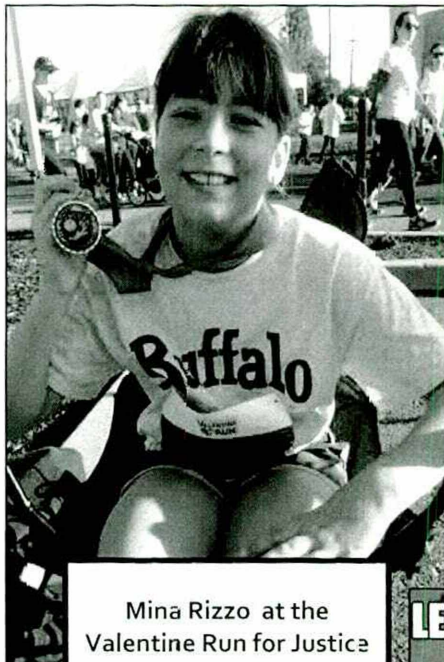
FIRMNESS IN ENDURING AND EXERTION IS A CHARACTER I ALWAYS WISH TO POSSESS. I HAVE ALWAYS DESPISED THE WHINING YELP OF COMPLAINT AND COWARDLY RESOLVE."

ROBERT BURNS, POET

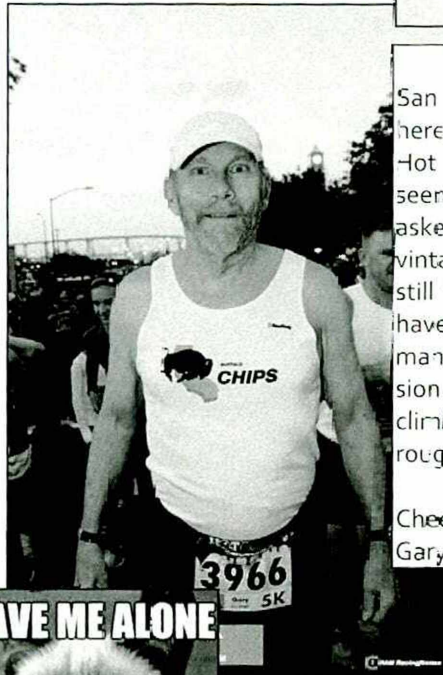


Chip's at 4th of July Five Miler run. Photo by Abe Underwood.

WHAT DID THE BUFFALO SAY TO HIS SON WHEN HE LEFT FOR COLLEGE?



Mina Rizzo at the Valentine Run for Justice on 02/14/15. Photo By Aylin Mentesh



San Diego based lifetime 'Chic' member here in the starting corral of the San Diego Hot Chocolate 5K. The photographer seemed fascinated by my 'Chips singlet and asked me to pose for a pic. The singlet is vintage mid '80s and by some miracle I can still fit into it. All I can say is that it must have been loose fitting back then...lol. I managed a third place finish in my age division. Lots of steep hills in this one. I can still climb pretty well but those down hills are rough on these old knees.

Cheers to all my club members!! Gary Lotspeich

LEAVE ME ALONE



I'M TAPERING

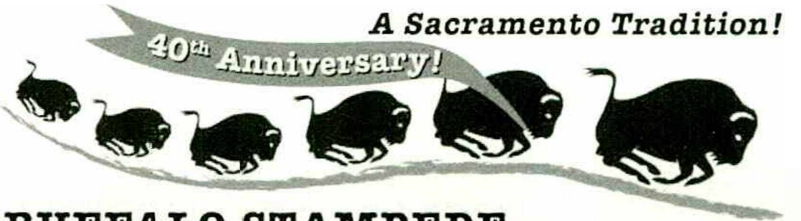
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