

**STRIDE WITH THE TIDE 5K RESULTS – AUGUST 16, 2014
PISMO BEACH, CALIFORNIA**

1.	Edgar Bonilla/King City	17	15:54	61.	Ezequiel Guzman/Santa Maria	16	24:30
2.	Jacob Goshorn/Shingletown	24	15:56	62.	Jaylee Richardson/Arroyo Grande	38F	24:32
3.	Eduardo Orozco/King City	17	16:39	63.	Enrique Pinon/Santa Maria	20	24:34
4.	David Avila/Arroyo Grande	20	16:43	64.	Zach Balfanz/Bakersfield	17	24:54
5.	Steven Youngblood/Santa Maria	21	17:07	65.	Mary Garcia/Lindsay	33F	25:08
6.	Roman Muñoz/King City	15	17:08	66.	Roger Sebert/Visalia	71	25:12
7.	Wyatt Goshorn/Shingletown	18	17:11	67.	Audrey Youngblood/Santa Maria	13F	25:17
8.	Ricardo Lizardi/King City	16	17:21	68.	Bruce Weaver/Orcutt	53	25:22
9.	Jaisen Singh/Grover Beach	17	17:24	69.	Judy Curtis/Templeton	49F	25:23
10.	Williams Ordaz/King City	17	17:28	70.	Shere Muldran/Martinez	37F	25:26
11.	Dave Fleishman/Atascadero	48	18:21	71.	Mathew Heidmas/Westminster, CO	47	25:51
12.	Jesus Avalos/King City	15	18:37	72.	Charlene Harshbarger/Orcutt	56F	25:54
13.	Daniel Zarate/Santa Maria	17	18:45	73.	Collette Van Gerwen/Pismo Beach	25F	25:55
14.	Spencer Eley/Pismo Beach	14	18:46	74.	Heidi Harrison/Paso Robles	46F	26:11
15.	Joseph Domingues/Santa Maria	14	18:47	75.	Reid Tallerico/Porterville	15	26:12
16.	John Zintelmer/McKinleyville	66	19:05	76.	Andrew Jimenez/Santa Maria	14	26:19
17.	Yovany Pineda/Santa Maria	16	19:17	77.	Ruby Mejia/Santa Maria	18F	26:22
18.	David Tyler/Santa Maria	15	19:23	78.	Doug Simmons/Grover Beach	48	26:23
19.	Vincent Ketelaar/Pismo Beach	14	19:53	79.	Taylor Mariucci/Templeton	17F	26:27
20.	Ezequiel Atilano/Santa Maria	16	20:09	80.	Teegan Trimble/Templeton	17	26:27
21.	Kecymar Osuna/Templeton	17F	20:12	81.	Hannah Lykes/Cayucos	13F	26:34
22.	Eric Moe/Orcutt	46	20:19	82.	Joshua Muscat/Walnut	22	26:38
23.	Alex Lopez/Santa Maria	16	20:31	83.	Cornelius Pigott/Clovis	71	26:45
24.	Alan Rojas/Santa Maria	14	20:32	84.	Gene Heyer/Los Osos	75	26:55
25.	Adrian Vazquez/Guadalupe	44	20:33	85.	Hudson Reynolds/Shell Beach	11	27:19
26.	Rich Graziano/San Luis Obispo	45	20:34	86.	Debbie Dorney/Arroyo Grande	64F	27:37
27.	Travis Burr/Concord	43	20:42	87.	Joshua Jimenez/Martinez	12	28:06
28.	Jocelyn Reynolds/Shell Beach	17F	20:52	88.	Jon Henter/Santa Margarita	33	28:07
29.	Brett Osterfeld/San Luis Obispo	49	20:56	89.	Joaquin Jimenez/Martinez	43	28:08
30.	Coker Ellsworth/Arroyo Grande	61	20:59	90.	Denise Youngman/Los Osos	63F	28:16
31.	Nick Moore/Templeton	25	21:01	91.	Michelle Flower/Sharon, PA	48F	28:17
32.	Taylor Jones/Arroyo Grande	9F	21:04	92.	Breveon Baima/Grover Beach	58	28:25
33.	Paul Shires/Arroyo Grande	61	21:06	93.	Amy Ivanoff/Fresno	34F	28:26
34.	Henry Schmidt/Atascadero	18	21:10	94.	Joshua N/Arroyo Grande	33	28:35
35.	Jeff Reynolds/Shell Beach	48	21:12	95.	Torshan Shea/Lompoc	47	28:38
36.	Paul Lee/Pismo Beach	53	21:16	96.	Jonathan Miranda/Oceano	24	29:10
37.	Matthew Shuck/Atascadero	30	21:16	97.	Jeff White/Pismo Beach	51	29:13
38.	Olivia Mariucci/Templeton	15F	21:50	98.	Hilary Wolf/Grover Beach	32F	29:17
39.	Jay Fiscalini/San Luis Obispo	49	21:51	99.	Anthony Mez/Grover Beach	21	29:18
40.	Manuel Miranda/Pismo Beach	30	22:02	100.	Lincoln Reynolds/Shell Beach	9	29:19
41.	Lorenzo Diaz/Santa Maria	15	22:10	101.	Christy Callaghan/Nipomo	34F	29:20
42.	Ashley Conklin/Atascadero	45	22:15	102.	Allison McClain/Bakersfield	40F	29:28
43.	Alfredo Santiago/Santa Maria	15	22:27	103.	Tatum Balfanz/Bakersfield	40F	29:29
44.	John M. Tiffin/Los Osos	68	22:35	104.	Cynthia Lambert/Santa Margarita	34F	29:31
45.	Drew Alletson/Derby, England	16F	22:38	105.	Aidan Dellinger/San Luis Obispo	6	29:36
46.	Kristin Edler/Arroyo Grande	41F	22:41	106.	Wally Adeyano/Washington, DC	33	29:37
47.	Arabella Edler/Arroyo Grande	11F	22:43	107.	Brian Gallo/Fresno	34	29:37
48.	Amanda Alletson/Derby, England	41F	22:50	108.	Desiree Dellinger/San Luis Obispo	33F	29:40
49.	Wayne Gardner/El Paso, TX	48	22:55	109.	Fabiola Maez/San Luis Obispo	40F	29:41
50.	Lori Hashim/Morro Bay	55F	23:08	110.	Holly Ortiz/Shandon	30F	29:55
51.	Joe Dominguez/Santa Maria	39	23:22	111.	Marvin Buenning/Arroyo Grandw	66	30:04
52.	Chris Haggie/Cayucos	63	23:46	112.	Brittany Van Gerwen/Pismo Beach	23F	30:06
53.	Bill Sterling/Modesto	51	23:49	113.	Tom Ochoa/Grover Beach	49	30:07
54.	Marana Dinh/Oceano	37F	23:55	114.	Anna Mari Servin/Pismo Beach	10F	30:08
55.	Diego Diaz/Oceano	9	24:04	115.	Aaron Lambert/Santa Margarita	36	30:31
56.	Nicolas Rouault/France	18	24:04	116.	Irene Chavana/Wasco	29F	30:38
57.	Ken Berckes/Bakersfield	57	24:05	117.	Veronica Pucketal/Bakersfield	29F	30:41
58.	Paul Cavanagh/Pismo Beach	52	24:10	118.	Roger Wightman/Nipomo	57	30:43
59.	Jose Brito/Oceano	33	24:21	119.	Shannon Foutz/San Luis Obispo	31F	30:44
60.	Greg Burke/Pismo Beach	67	24:23	120.	Paulette Wightman/Nipomo	58F	30:53

121.	Enrique Garza/Visalia	44	30:57	166.	Heather Pinks/Arvada, CO	43F	36:43
122.	Brandi Borba/Porterville	14F	31:14	167.	Carlos Ostos/Arroyo Grande	50	36:58
123.	Tanner McClain/Bakersfield	13	31:15	168.	Kristi Snider/Garden Grove	37F	37:36
124.	Brodie McClain/Bakersfield	43	31:17	169.	Maryj Rau/Los Osos	62F	37:36
125.	Rob Gardner/Pismo Beach	44	31:24	170.	Risa Kaiser-Bass/Arroyo Grande	73F	37:54
126.	Dhwani Pearson/Pismo Beach	34F	31:27	171.	Theresa Maxwell/Pismo Beach	52F	37:56
127.	Charlie Trenbeth/Morro Bay	63	31:32	172.	Cathy Detweiler/Santa Barbara	61F	38:00
128.	Leticia Santiago/Santa Maria	17F	31:33	173.	Danielle Nunes/Grover Beach	45F	39:08
129.	Paul Foutz/San Luis Obispo	37	31:35	174.	Jenny Weaver/Pismo Beach	61F	39:21
130.	Ricardo Castellanos/Arroyo Grande	59	31:36	175.	Kathy Berckes/Bakersfield	58F	39:32
131.	Phil Nash/Shell Beach	55	31:44	176.	Tina Richardson/Los Osos	62F	40:56
132.	Kennedy McClain/Bakersfield	16	31:45	177.	Connie Holloway/Los Alamos	37F	40:57
133.	Chloe Belfanz/Bakersfield	14F	31:45	178.	Kim Cooper/Fresno	41F	41:37
134.	Karyn Klatt/Clovis	46F	31:59	179.	Ivy Martinez/Santa Maria	20F	42:23
135.	Jaynie Stevenson	35F	32:09	180.	Gaby Morales/Santa Maria	20F	42:25
136.	Shelly Higginbotham/Pismo Beach	57F	32:21	181	Nichole Ingram/Templeton	13F	43:23
137.	Asa Sears/Arroyo Grande	29F	32:25	182.	Amanda Peterson/Fresno	44F	43:35
138.	Alan Nains/Visalia	23	32:35	183.	Jeffrey Angeloty/Pismo Beach	21	44:00
139.	Lindsay Cooper	30F	32:43	184.	Kelly Angeloty/Pismo Beach	24F	44:01
140.	Taylor Tallerico/Porterville	17F	32:45	185.	Cindy Begalk/Clovis	45F	44:13
141.	Erine Erickson/Arroyo Grande	44F	32:46	186.	Sophie Treder/Santa Margarita	35F	45:14
142.	Kim Blanton/Arroyo Grande	38F	32:46	187.	Aaron Steed/San Luis Obispo	34	45:14
143.	Phillip Novoa/Orcutt	45	32:48	188.	Debbie Alo/Fremont	52F	46:06
144.	Robin Guerrero/Orcutt	44F	32:49	189.	Trisha Koot/Ontario	26F	46:13
145.	Rick Prokop/Atascadero	59	32:53	190.	Elyse Borba/Porterville	23F	46:13
146.	Greer Balfanz/Bakersfield	41	33:06	191.	Cher Ingram/Templeton	43F	46:21
147.	Pam Storie/Lompoc	49F	33:16	192.	Erin Steed/San Luis Obispo	34F	46:34
148.	Jeff Storie/Lompoc	57	33:16	193.	Lucy Simola/Templeton	69F	47:56
149.	Jim Parra/Atascadero	79	33:17	194.	Kanani Fonseca/Fremont	45F	48:35
150.	Tom Sheldon/Pismo Beach	60	33:48	195.	Jamie Wright/Atascadero	18F	49:22
151.	Alyssa Paradis/Bakersfield	30F	34:00	196.	Michele Wright/Atascadero	61F	49:23
152.	Jessica Stewart/Pismo Beach	45F	34:05	197.	Stephanie Bouse/Garden Grove	44F	49:41
153.	Andre Ketelaar/Pismo Beach	12	34:09	198.	Carol Stenfield/A.G. (started late)	57F	50:05
154.	Mel Malilay/Santa Maria	31	34:11	199.	Dori Duke/A.G. (started late)	57F	50:13
155.	Russell B/Paso Robles	24	34:22	200.	Karen DeGroot/Pixley	49F	52:36
156.	Angenette Tiffin/Los Osos	23F	34:29	201.	Ana Borba/Porterville	52F	52:36
157.	Vickie Swain/Orcutt	46F	34:32	202.	Diane Coelho/Lemoore	58F	52:42
158.	Pattie Martinez/Bakersfield	39F	34:38	203.	Kylie Ivanoff/Fresno	5F	53:32
159.	Heather Patterson-Gahr/Shell Beach	40F	34:45	204.	John Coelho/Lemoore	57	53:36
160.	Mary Sandoval/Arroyo Grande	53F	34:55	205.	Will Collins/Lemoore	36	53:41
161.	Lauren Clarke Beaber/Lakewood, CO	16F	35:29	206.	Robin Steele/Fairfield	58F	54:45
162.	Diane McGinty/San Luis Obispo	63F	35:29	207.	Mike Steele/Fairfield	61	54:46
163.	Ben Balfanz/Bakersfield	11	35:45	208.	Katherine Mixon/Covina	55F	55:30
164.	Canon McClain/Bakersfield	11	35:46	209.	Teri Conklin/Atascadero	36F	59:43
165.	Cash McClain/Bakersfield	8	35:51				

There are still some race shirts and caps available at \$10 each. If you want one of these or if you finished in the top three of your division and did not receive your medal at the awards ceremony, please contact the City of Pismo Beach Recreation Division. Thanks to ROAD ID for their donation of race numbers. See you next year!

San Luis Distance Club Race Officials

Jim Barodte, Cheryl Cochran, Kevin & Mary Cooper, Aileen Cota, Debbie Dorney, Dave Dunbar, Richard Filon, Field Gibson, Heidi Harrison, Lori Hashim, Gene Heyer, David & Deborah Jeffrey, Aaron & Cynthia Lambert, Denise Layaye, Adolfo Lopez, Brandi Lykes, Rebekah Maples, George McClintock, Marion McKenna, Lorie Noble, Kathy Pycior, Gene & Christina Richardson, Elaine & Stan Rosenfield, Paul Shires, Chris Shuck, Neil & Renee Silvers, Charlie Trenbeth, Lee Whitmer, Sue Waterbury, & Bill Winstanley.

Thanks to Colleen Cashmore-Ghiglia and the rest of the staff of the City of Pismo Beach Recreation Department as well as the city's Public Works Department for all their work on behalf of the race.

MEN

DIVISIONAL AWARD WINNERS

WOMEN

	First Place Overall (plaque)	O/A Place		First Place Overall (plaque)	O/A Place
1.	Edgar Bonilla/King City	1	1.	Kecymar Osuna/Templeton	21
	First Place - SLDC (coffee mug)			First Place - SLDC (coffee mug)	
	Dave Fleishman/Atascadero	11		Kecymar Osuna/Templeton	21
	Age Group 12 & Under			Age Group 12 & Under	
1.	Diego Diaz/Oceano	55	1.	Taylor Jones/Arroyo Grande	32
2.	Hudson Reynolds/Shell Beach	85	2.	Arabella Edler/Arroyo Grande	47
3.	Joshua Jimenez/Martinez*	87	3.	Anna Mari Servin/Pismo Beach	114
	Age Group 13-15			Age Group 13-15	
1.	Roman Munoz/King City	6	1.	Olivia Mariucci/Templeton	38
2.	Jesus Avalos/King City	12	2.	Drew Alletson/Derby, England	45
3.	Spencer Eley/Pismo Beach	14	3.	Audrey Yongblood/Santa Maria	67
	Age Group 16-19			Age Group 16-19	
1.	Eduardo Orozco/King City	3	1.	Jocelyn Reynolds/Shell Beach	28
2.	Wyatt Goshorn/Shingletown	7	2.	Ruby Mejia/Santa Maria*	77
3.	Ricardo Lizardi/King City	8	3.	Taylor Mariucci/Templeton	79
	Age Group 20-29			Age Group 20-29	
1.	Jacob Goshorn/Shingletown*	2	1.	Collette Van Gerwin/Pismo Beach*	73
2.	David Avila/Arroyo Grande	4	2.	Brittany Van Gerwen/Pismo Beach*	112
3.	Steven Youngblood/Santa Maria	5	3.	Irene Charana/Wasco*	116
	Age Group 30-39			Age Group 30-39	
1.	Matthew Shuck/Atascadero	37	1.	Marana Dinh/Oceano*	54
2.	Manuel Miranda/Pismo Beach	40	2.	Jaylee Richardson/Arroyo Grande	62
3.	Joe Dominguez/Santa Maria	51	3.	Mary Garcia/Lindsay	65
	Age Group 40-49			Age Group 40-49	
1.	Dave Fleishman/Atascadero	11	1.	Kristin Edler/Arroyo Grande*	46
2.	Eric Moe/Orcutt	22	2.	Amanda Elletson/Derby, England	48
3.	Adrian Vazquez/Guadalupe	25	3.	Judy Curtis/Templeton	69
	Age Group 50-59			Age Group 50-59	
1.	Paul Lee/Pismo Beach	36	1.	Lori Hashim/Morro Bay	50
2.	Bill Sterling/Modesto	53	2.	Charlene Harshbarger/Orcutt	72
3.	Ken Berckes/Bakersfield	57	3.	Paulette Wightman/Nipomo	120
	Age Group 60-69			Age Group 60-69	
1.	John Zinselmer/McKinleyville*	16	1.	Debbie Dorney/Arroyo Grande	86
2.	Coker Ellsworth/Arroyo Grande	30	2.	Denise Youngman/Los Osos	93
3.	Paul Shires/Arroyo Grande	33	3.	Diane McGinty/San Luis Obispo	166
	Age Group 70-79			Age Group 70-79	
1.	Roger Sebert/Visalia	66	1.	Risa Kaiser-Bass/Arroyo Grande	170
2.	Cornelius Pigott/Clovis	83	2.		
3.	Gene Heyer/Los Osos	84	3.		

* = did not pick up their award