

**** RESULTS ****

EUGENE, OREGON, JULY 1 - 10 - U.S. OLYMPIC TRACK & FIELD TRIALS (at Hayward Field):

Women's 5000M - Jordan Hasay/Nike (Arroyo Grande/Mission Prep/SLDC) 15:51.

Men's 10,000M -13. Ben Bruce/AZ (ex-Cal Poly) 29:12.

Women's 10,000M - 9. Jordan Hasay/OR 32:43.

Boys High School Mile (Exhibition event) - 7. Callum Bolger (SLOHS, SLDC) 4:08.32.

MORGAN HILL, JULY 4 - FREEDOM FEST 5K (Pacific Association USATF Grand Prix Series race, 487 finishers):

1. Chris Frias (ex-Cal Poly) 14:37 .. 25. Antonio Arreola/San Jose (ex-SLOHS/Cal Poly/SLDC) 17:45 (1-50+) / sveltiming.com /

POZO, JULY 4 - POZO 5K

<u>SLDC</u>			<u>Others</u>		
9. Aramis Knox	17:14	66. Jim Dempsey	23:47	1. Gordon Sturgess/Paso-Aggies	14:42
19. Stephen Wyer	19:15	70. John Tiffin	24:35	5. Jeremy Costello/Cal	16:01
28. Garron Knox	20:01	74. Julie Opheim	25:16	17. Ivan Huff/56/Paso (1-50+)	18:00
35. Janet Norem	20:53	77. Emily Coombes	26:25	20. Malea Martin/CMS (1-F)	19:17
39. Matthew Shuck	21:22	78. Heidi Harrison	26:28	23. Devyn Kendirck/11 (2-F)	19:49
43. Steve Von Dohlen	22:00	106. Liz Byrnes	28:53	27. Michael Costello/SLO (2-50+)	19:56
50. Jory Hallanan	22:19	108. Laurel Posey	29:07	29. Courtney Kostrikin (ex-Cal Poly)	20:04
52. Amy Parkinson	22:35	109. Teri Rose	29:12	32. Jenny Grady	20:19
55. Dave Dunbar	23:03	134. Chantal Donahue	31:52	33. Hope Morgan	20:31
56. Samantha Mauro	23:11	153. Nancy Steinmaus	35:06	48. Brian Buchanan	22:16
61. Rebecca Wyer	23:36	192. Felicia Alan, 6	54:59	105. Anna Costello	22:49
63. Alexi Steinmaus	23:44	194. Sara Alan	55:00	- / Results from Tera Dube / -	



The starting line at the Pozo 5K on July 4th. That's SLOHS grad and Cuesta College runner Aramis Knox in the SLDC singlet.



Matthew Shuck being chased by Janet Norem (on the right a few places back)

MORRO BAY, JULY 9 - BRIAN WATERBURY ROCK TO PIER RUN & ROCK'N AROUND THE PIER HALF MARATHON

<u>Six Mile - SLDC</u>			<u>Six Mile - Others</u>			<u>Half Marathon</u>		
24. Paul Lee/1-SLDC, 1-55+	44:04	279. Chantal Donahue	65:41	302. John Hogerheiden	67:20			
36. Susan McAdoo/1F-SLDC	46:11	290. Renee Silvers	66:35	318. Warren Sinsheimer/SLO	68:10			
50. Alison Borgsmiller/2F-30+	47:23							(661 finishers)
62. Jim Dempsey/3-55+	48:27	1. Austin Lay/ex-MBHS	33:15					
104. David Jeffrey/3-65+	52:58	13. Becky Cutler/Fresno/1-F	41:16	1. J. K. Lundberg/Fresno	1:21:57			
116. Chuck Critser/2-70+	53:40	14. Will Hanson/TX	41:45	16. Frank Hutchinson/1-60+	1:38:13			
130. Heidi Harrison	54:33	19. Billy Vedrin/ex-MBHS	42:54	23. Matthew Shuck/2-30+	1:39:51			
158. Denise Youngman/1F-65+	57:00	28. Rick van Wyngaarden/TX	44:50	35. Alec Briones	1:46:24			
162. Debbie Dorney/2F-65+	57:19	32. Henrita van Eungaarden/TX	45:34	61. Chris Connors	2:00:57			
169. Teri Rose/3F-60+	57:53	51. Megan Hogerheiden/LaVerne	47:27	184. Neil Silvers	2:54:04			
180. Charlie Joslin	58:34	179. Kylie Bergquist/Atascadero	58:34	185. Sandie Cano	2:54:34			
264. Vikki Waterbury-Phan	64:18	181. Joe Bergquist/Atascadero	58:35					(233 finishers)

MISSOULA, MONTANA, JULY 9 - MISSOULA MARATHON (982 finishers):

490. Aileen Cota 4:26:32 (new SLDC state record, no previous mark) .. 626. Linda Stimson 4:49:34. (This was Aileen's 5th marathon of the year with four more to go.)

VENTURA, JULY 10 - SHORELINE 5K, 10K, & HALF MARATHON

Half Marathon (621 finishers) - 95. Bill Schackart 1:51:52 (2nd-60/69) .. 562. Patsy Schackart 3:04:20 (8th-60/69F).

WEST WINDSOR, VERMONT, JULY 16 & 17 - THE VERMONT 100 MILE (256 finishers):

15, Jadd Martinez 19:29:29. This is race #2 in the Ultra Grand Slam Series with the Western States 100 completed and Leadville in August & Wasatch in September still to go. There were over 30 people signed up for the four races and Jadd has built up a sizeable lead in the standings through the first two.

PISMO BEACH, JULY 23 - STRIDE WITH THE TIDE 5K

SLDC				Others				
42.	Dan Jansen/1-50+	20:28	68.	Phil Phillips	23:34	1.	Jacob Visalia/Visalia	15:36
46.	Matthew Shuck	20:50	77.	John Tiffin/1-70+	24:15	4.	Edgar Bonilla/King City	15:59
47.	Derek Lakowski	20:55	141.	Laurel Posey/3F-50+	29:39	6.	Jesus Camps/Fresno	17:00
49.	Brett Osterfeld/2-50+	21:04	173.	Chantal Dobahue	31:57	9.	Steven Youngblood/S. Maria	17:33
51.	Robin Schwartz/1F-40+	21:08	201.	Patsy Schackart/2F-60+	34:11	25.	Trevor Meding/Canada	19:20
54.	Coker Ellsworth/1-60+	21:14	226.	Cat Park	38:39	38.	Alyssa Block/Lindsay (1-F)	20:20
61.	Steve Dabill/2-60+	22:09	245.	Neil Schwartz, 8	41:48	41.	Taylor Jones//11/A. Grande	20:25
62.	Gene Richardson/3-50+	22:12	273.	Giovanna Schaefer/80+	48:15	215.	Ron Levy, Orcutt (ex-SLDC)	36:06

Below is the Stride with the Tide race history for the nine years that the club has conducted it. SLDC first put on the first race in Pismo Beach in 1974, a five mile in conjunction with the city's Clam Festival celebration. The first race conducted by the city using the Stride with the Tide name was in 1990 and the current format started in 2008.

Year	Men's Winner	Time	Women's Winner	Time	# Entrants
2008	Brandon Croft/Visalia	17:32	Savannah Camacho/Templeton	20:15	155
2009	Brandon Croft/Visalia	16:32	Kacie Fischer/Pismo Beach	20:54	210
2010	Hugo Gutierrez/Grover Beach	16:55	Kacie Fischer/Pismo Beach	20:33	306
2011	Ryan Norton/Yuma, AZ	16:48	Angela Neary/Arroyo Grande	19:32	324
2012	Brandon Croft/Visalia	16:48	Breann Croft/Visalia	20:52	352
2013	David White/San Luis Obispo	16:42	Lynn Argenti/San Luis Obispo	21:39	352
2014	Edgar Bonilla/King City	15:54	Kecymar Osuna/Templeton	20:12	209
2015	Edgar Bonilla/King City	16:29	Taylor Jones/Arroyo Grande	20:32	193
2016	Jacob Bilvado/Visalia325	15:36	Alyssa Block/Lindsay	20:20	325

SAN LUIS OBISPO, JULY 24 - S.L.O. RECREATION DEPARTMENT TRIATHLON (at Sinsheimer Park)

				Others	
19.	McAdoo's (relay team)	1:20:33	117.	Cyndy Lakowski	1:38:18
24.	Kieran Bolger	1:23:00	167.	Rebecca Wyer	1:44:48
26.	Kevin Cooper	1:23:26	182.	Monterossa's (relay)	1:45:57
38.	Birdsong's (relay team)	1:25:44	208.	Heidi Harrison	1:47:37
50.	Dan Jansen	1:28:16	274.	Cabral/Shuck (relay)	1:54:04
61.	Patrick Bolger	1:29:35	289.	Steve Lakowski	1:55:05
96.	Craig Campbell	1:35:20	344.	Janice Campbell	1:59:26
106.	Snyder/Rapley (relay)	1:37:07	478.	Sara Alan	2:18:59
					1. Van McCarty/S.L.O. 1:10:55
					65. Travis Kenney/Atascadero 1:30:11
					157. Jim Grant/S.L.O. 1:43:40
					177. Liam Dooley/S.L.O. 1:45:26
					376. Dan Van Beveren/Atas, (580 finishers) 2:03:34
					- City of San Luis Obispo -

SANTA CRUZ, JULY 24 - WHARF TO WHARF SIX MILE (13,675 finishers):

SLDC = 42. Joshua Ernst 31:58 .. 50. Aramis Knox 32:28 .. 184. Garron Knox 36:34 .. 840. Jason Knox 44:55.

Others = 10. Sean Davidson/SLO (ex-Cal Poly) 28:39 .. 13. Chris Frias/Ventura (ex-Cal Poly) 29:04 .. 31. Ronnie Buchanan/36/AZ (ex-Righetti HS, SLDC) 31:28 .. 61. Alan Jackson/Los Osos 32:47 .. 119. Erich Ackermann (ex-CP) 34:41.

EUGENE, OREGON, JULY 29 - TRACKTOWN SUMMER SERIES TEAM CHALLENGE FOUR MILE ROAD RACE:

Men - 6. Ben Bruce/Team San Francisco (ex-Cal Poly) 18:57. **Women** - 2. Jordan Hasay/Team Portland (ex-Mission Prep) 20:07.

SANTA CRUZ, JULY 30 - SANTA CRUZ TRAIL RUNS (at Henry Cowell Redwoods State Park):

Half Marathon - 101. Laurel Posey 3:36:11.

30K - Steve Youngblood/Santa Maria 2:29:16.

SAN FRANCISCO, JULY 31 - SAN FRANCISCO HALF MARATHON & MARATHON:

Half Marathon - Linda Stimson 2:18:07.

Marathon - Aileen Cota 4:34:42 .. Janet Duke 6:05:11.

ALL-TIME S.L.D.C. TOP TEN AT THE SAN FRANCISCO MARATHON

1.	Jim Hurley/1979	2:33:50	1.	Mary Ryzner/1993	3:06:07
2.	Frank Hutchinson/1979	2:39:47	2.	Diane Dixon/1984	3:08:37
3.	Sean McCormick/1993	2:46:14	3.	Laurie Gladstone/1987	3:18:32
4.	Jeff Herten/1982	2:49:23	4.	Suzanne Wetzel/2004	3:25:35
5.	Chris Connors/1984	2:49:33	5.	Mariko Fujinaka/2001	3:31:37
6.	Clem Michel/1982	2:50:45	6.	Shelley Aleshire/1986	3:35:23
7.	Bill van Wyngaarden/1983	2:50:49	7.	Velma Bowden/1985	3:37:01
8.	Granville White/1984	2:51:26	8.	Kristie Lukes/1998	3:39:41
9.	Keith Kirkpatrick/1984	2:52:02	9.	Jennifer Simmons/1982	3:42:10
10.	Andy Estrada/1985	2:52:07	10.	Robin O'Hara/1983	3:43:46

