

**** RACE RESULTS ****

LOS OSOS, APRIL 1 - PACIFIC COAST TRAIL RUNS @ MONTANA DE ORO STATE PARK:

8K (22 finishers) - 1. Luke Reiss/12 44:51 .. 3. Paul Lee 48:25. (Paul has 4 of the top ten times on this course.)
13K (33 finishers) - 2. Kevin Cooper 1:13:04 (#7 all-time) .. 4. Mary Cooper/1-F 1:20:30 (#2 all-time woman).. 9. Paul Shires 1:35:40 .. 12. Debbie Dorney 1:39:17.
Half Marathon (26 finishers) - 4. Gino Brunello/Santa Maria 2:05:25 .. 6. Janet Norem, NTA .. 8. Joel Byars/Santa Maria 2:31:46.
36K (24 finishers) -1. Jadd Martinez 3:13:22 (course record, breaks his own mark by 17 seconds) .. 8. Melissa Danehey 4:10:35 ..
10. Steve Kerr 4:29:24. **50K** (18 finishers) - 9. Ethan Kuster 6:15:28 .. 15. Terry Wong 7:31:15..
- / http://ultrasignup.com/results_event.aspx?did=43122 / - (Photos below are from Valerie Reiss)



Jadd Martinez, 36K winner and record setter



Kevin Cooper, 13K runner-up



Luke Reiss, 8K winner



Mary Cooper, 13K women's winner



Luke Reiss crosses the line in first place

SAN LUIS OBISPO, APRIL 1 - WESTERN STATES CONFERENCE COASTAL SECTION TRACK & FIELD MEET:

1500 Meters - 1. Sean McDermott/Cuesta 4:01.38 .. 3. Steve Youngblood/Hancock 4:08:31 .. 20. Aramis Knox/Cuesta (SLOHS, SLDC) 4:36.66. **5000 Meters** - 1. Steve Youngblood 9:15.07 .. 5. Kobi Kelly/Cuesta (SLOHS) 9:29.88.

PRAGUE, CZECHOSLOVAKIA, APRIL 1 - PRAGUE HALF MARATHON: 5. Jordan Hasay 67:55 (#3 all-time American).

SACRAMENTO, APRIL 1 - MONDO TEAM CHALLENGE: 1500M - 9. Matt Kwiatowski/Fresno State (Paso Robles HS) 4:02.18.

LOS ANGELES, APRIL 1 - BOB LARSEN DISTANCE CARNIVAL (@UCLA): 5000M - 20. Austin Lay/UCLA (MBHS) 15:05.96.

SACRAMENTO, APRIL 1 - AMERICAN RIVER FIFTY MILE:

28. David Aguayo/Los Osos 8:31:57 .. 390. Christine Mathiesen/Atascadero0-SLDC-SLOTR 13:40:03.

ALL-TIME SLDC FINISHERS AT THE AMERICAN RIVER FIFTY MILE

1. Thomas Reiss/2014	6:39:38	10. Larry Jones/1993	9:19:40	1. Women -Teri Rose/1994	8:07:59
2. Luis Escobar/1995	6:55:55	11. John Squires/1982	9:37:18	2. Laurie Kirkpatrick/1994	9:16:12
3. Jeff Herten/1986	7:09:38	12. Michael O'Bannon/2006	10:35:05	3. Julie Hiramatsu/2000	9:20:56
4. Jim Dempsey/1998	8:16:18	13. Dave Kroll/1982	10:49:43	4. Velma Tiberti/1992	10:40:25
5. Keith Kirkpatrick/1986	8:17:58	14. Dave Bourne/1990	10:51:10	5. Terri Hayes/1983	10:42:57
6. Rick Aleshire/1993	8:22:23	15. Brent Vanderhoof/2014	11:14:33	6. Marilyn Rehorn/1992	10:43:35
7. Dave Condit/1986	8:54:58	16. Neil Silvers/2014	12:26:43	7. Laurel Posey/2014	13:10:44
8. Mike Rehorn/1991	8:55:30	17. Ralph Wright/2014	13:10:44	8. Samantha Pruitt/2014	13:14:01
9. Wes Broshears/2012	9:13:02			9. Christine Mathiesen/2016	13:40:03

(In memory of John Squirss, who passed away last month and was SLDC's first American River 50 finisher 35 years ago.)

REDLANDS, APRIL 1 - S.C.I.A.C. MULTI-DUAL:

800 Meters - 5. John Nichols/Redlands (AGHS, SLDC) 1:58:39. **5000** - 1. Malea Martin/Claremont (SLOHS, SLDC) 18:47.96.

SAN FRANCISCO, APRIL 1 - SAN FRANCISCO STATE DISTANCE CARNIVAL:

1500 Meters: Heat #2 - 5. Aric Champagne/Hoka Aggies(ex-Cal Poly) 3:56.26. **Heat #4** - 2. Daniel Tull/Humboldt (Atascadero HS) 3:57:15 .. 7. William Ernst/Cal Baptist (SLOHS, SLDC) 4:02.30. **Heat #6** - 5. Edgar Bonilla/Hartnell 3:57.76 (2014 Pismo 5K winner).

5000 Meters: Heat #1 - 17. Chris Frias/Hoka Aggies (ex-Cal Poly) 14:15.57. **Heat #2** - 4. Connor Fisher/Chico State (Cuesta College) 14:14.16. **Heat #6** - 7. Edgar Bonilla/Hartnell 15:17.51.

10,000 Meters: Heat #2 - 8. Shannon McClish/U.C. Santa Cruz (Morro Bay HS, SLDC) 37:36.92. / www.directathletics.com

PALO ALTO, APRIL 1 - STANFORD INVITATIONAL:

800 Meters (Invitational) - 4. Savannah Camacho/ Oklahoma State (Templeton HS, SLDC) 2:05.63 (5th fastest collegiate time of the weekend) . . . **1500 Meters** (Invitational) - 9. Savannah Camacho 4:18.99.

5000 Meters (Section #2) - 5. Jacob Bilvado/U.S. Air Force Academy 13:54 (2016 Pismo Beach Stride with the Tide 5K winner).

5000 Meters (Women's Inv.) - 7. Peyton Bilo/Cal Poly 15:52.01 (#2 all-time at Cal Poly, school record is 15:50.64 by Amy Harper set in 1983)

10,000 Meters (Invitational) - 5. Ben Bruce/Northern Arizona Elite (ex-Cal Poly) 28:09.29.

SACRAMENTO, APRIL 1 - CREDIT UNION SACTOWN TEN MILE (USAT&F Pacific Association Grand Prix Series race):

Local finishers (Hoka Aggies) - 2. Philip Reid/SLO (ex-Cal Poly) 49:36 .. 4. Sergio Reyes/Los Osos (ex-Cuesta College) 50:12 ..8. Sean Davidson/SLO (ex-Cal Poly) 51:47 .. 11. Gordon Sturgess/Paso Robles 52:52. (687 finishers)

LONG BEACH, APRIL 7 - BIG WEST CHALLENGE: Steeplechase - 1. Austin Lay/U.C.S.B. (Morro Bay HS) 9:26.51.

SOUTH PASADENA, APRIL 7 - TIGER INVITATIONAL:

1600M - 5. Audrey McClish/Morro Bay HS, SLDC 5:17.6 .. **3200M** - 1. Audrey McClish/MBHS 11:25.8.

CLAREMONT, APRIL 8 - POMONA-PITZER INVITATIONAL: Men's 800 Meters - John Nichols/Redlands (AGHS) 1:57.41.

Women's 5000 Meters - 6. Malea Martin /Claremont-Mudd-Scripps (SLOHS) 17:56.04. - / www.royalresults.com / -

ARCADIA, APRIL 8 - ARCADIA H.S. INVITATIONAL: Boys Invitational 3200M - 4. Callum Bolger/SLO 8:45.10 (PR).

Being the 4th fastest in this race also makes Callum the 4th fastest outdoor high school 3200 runner in the country in 2017.

SANTA CRUZ, APRIL 9 - SANTA CRUZ HALF MARATHON (1500 runners):

510. Denise Youngman (2F-65+) 1:59:19 .. 526. Debbie Dorney (3F-65+) 1:59:55.

ROTTERDAM, NETHERLANDS, APRIL 9 - ROTTERDAM MARATHON: 27. Jameson Mora/USA-Hoka Aggies 2:24:35.

Jameson is a former Cal Poly team member now living in Paso Robles. He has a long string of local road racing victories, including being the course record holder of SLDC's (now defunct) Thanksgiving Day 8 mile Hunger Run (41:02 in 2011) along with wins at Castle to Coast (2011 & 2013), City to the Sea (2009), the Pozo 5K (3 times), and, most recently, the Paso Robles Wine Country Half Marathon last month in a course record of 1:07:36.

BANKS, OREGON, APRIL 9 - VERNONIA HALF MARATHON (391 finishers):

16. Kevin Cooper (1-55/59) 1:29:57 .. 30. Mary Cooper (1F-55/59) 1:36:59 .. 33. Brian Cooper/OR (3-55/59) 1:37:21.

AZUSA, APRIL 13 - BRIAN CLAY INVITATIONAL DISTANCE CARNIVAL: Local athletes -

Women's Open Steeplechase - Mary Hillis/SLO-Hoka Aggies (ex-CP) 10:44.07.

Men's College/Open 1500M - Daniel Tull/Humboldt State (Atascadero HS) 3:52.07.

Women's Invitational 1500M - Savannah Camacho/Oklahoma State (Templeton HS, SLDC) 4:14.14.

From the Oklahoma State web site - "**Savannah Camacho** crushed her previous PR in the 1500 by five seconds when she cruised to a 4:14.14 in the fastest section of the day. She now holds a top-five time in the region in the 1500 to go along with her top-10 800-meter time and her OSU-leading 400-meter time. "It's a big PR for her but she can run faster," Smith said. "It was a poorly rabbited race and they had to really close hard and she competed well." In four years with the Cowgirls, Camacho has now recorded four times in the top-four on OSU's indoor and outdoor records lists with the No. 2 indoor 800, No. 3 outdoor 400, No. 3 outdoor 800, and now the No. 4 outdoor 1,500. She has advanced to the NCAA Championships in the 800-meter run in each of the last two seasons but she's showing week in and week out that she has some of the best range in the NCAA. "We have to figure out what she's going to run," Smith said. "I've always thought she could be a great 1500-meter runner, but she's not always wanted to do that. I think now she's realizing she could be great at it."



SLDC Youth Team



Scoreboard at the USAT&F Junior National T&F Championships in Eugene



At Templeton High



Oklahoma State photo

ATASCADERO, APRIL 13 - PAC-8 FROSH/SOPH MEET

Girls 100M Hurdles

- 4. Kathryn ZagRodny 18.21
- 6. Isabella Andreatta 18.86

Boys 100 Meters

- 5. Isaiah Gayfield 11.75

Boys 200 Meters

Girls 400 Meters

- 1. Maddie Fletcher 60.05

Girls 800 Meters

- 1. Maddie Fletcher 2:21.36
- 2. Samantha Simard 2:22.48

Boys 1600 Meters

- 6. Colton Campa 4:44.24
- 8. Matthew Scurria 4:50.08

Girls 3200 Meters

- 7. Hannah Haas 14:53.88

3. Isaiah Gayfield	24.15						
	Girls 300 Hurdles		Girls 1600 Meters		Boys 3200 Meters		
3. Kathryn ZagRodny	49.92	1. Alexi Steinmaus	5:32.41	2. Justin Hatcher	10:45.19		

Complete results are at www.photoiming.com

SANTA BARBARA, APRIL 14 - SANTA BARBARA EASTER OPEN (at Santa Barbara City College): / www.royalresults.com / **Men's 5000 Meters** - 17. Kobi Kelly/Cuesta (SLOHS, SLDC) 16:28.16 .. 25. Aramis Knox/Cuesta (SLOHS, SLDC) 18:20.28.

WALNUT, APRIL 14 & 15 - MT. SAC. INVITATIONAL:

Boys High School Mile - 2. Callum Bolger/SLOHS 4:10.46. **Girls High School Mile** - 15. Malia Simon/AGHS 11:12.37.
Women's Inv. 1500 - 11. Peyton Bilo/Cal Poly 4:18.73 (#7 all-time at Cal Poly).
Men's Inv. 5000M - 38. Chris Frias/Hoka Aggies (ex-Cal Poly) 14:15.29.
Men's Open 5000 Meters (all heats) - 47. Sean McDermott/Cuesta 14:33.33.
Women's Open 5000 Meters (all heats) - 23. Miranda Daschian/Cuesta 16:50.95 .. 23. Molly Haar/Cal Poly 16:55.96.

LOS ANGELES, APRIL 15 - SCIAC MULTI-DUAL (at Occidental College): **800M** - 7. John Nichols/Redlands (AGHS) 1:58.76.
1500M - 21. Jenny Grady/Claremont (SLOHS, SLDC) 5:50.19. **5000M** - 1. Malea Martin/Claremont (SLOHS) 18:25.06.

SANTA BARBARA, APRIL 15 - CHARDONNAY RUNS:

5 KM (229 finishers) - 162. Patsy Schackart 35:35 (6F-60/69) .. **10 Mile** (300 finishers) - 71. Bill Schackart 1:24:47 (9-60/69).

From Bill - "Patsy and I went to the Chardonay runs today and I have never run against so many fast 60+ males in one race. The top 60 year old runner won with a 7:03 pace for the 10 miles and the 2nd & 3rd place 60/69 males ran a pace under 7:30. The weather was perfect. There wasn't a lot of running room during the first two miles as they now start the 10 miler and 5K runners at the same time, going uphill a mile and coming down a mile, mostly on a narrow bike path. However, the great beach view made it all worth it."

BOSTON, MASSACHUSETTS, APRIL 17 - THE BOSTON MARATHON!

25. Jordan Hasay/1F-USA	2:23:00	11963	Ellen Drews	3:47:37		Others	
5658. Geof Chiapella	3:25:08	17710	Susan McAdoo	4:10:18	263.	Van McCarty/SLO/8-40+	2:43:13
9375. Linda Signal	3:38:43	19146	Amy Parkinson	4:17:53	1081.	Ben Walker/Templeton	2:57:04
9847. Kelly Wangard	3:40:20	23747	Suzi Jianuzzi	4:57:43	6514.	Henrita van Wyngaarden	3:28:14
9865. Dan Jansen	3:40:23	-----	Patrick Lemieux-inj.	D.N.S		(30,000 runners)	

2017 SLDC Teams: 60. Women's Open (Linda Signal, Ellen Drews, Suzi Jianuzzi) = 12:24:03

44. Women's Masters (Kelly Wangard, Susan McAdoo, Amy Parkinson) = 12:08:31

S.L.D.C. TEAMS AT THE BOSTON MARATHON (1983-2017)

BOSTON - Men's Open Teams

1996	Doug Sims/Steve Boaz/Steve Sharp ("A")	8:29:10
1983	Pete Phillips/Jeff Herten/Mark Anderson	8:36:28
1981	Tom Jefferis/Jeff Herten/Michael Beckmann	8:37:30
1999	Russ Meznarich/Doug Sims/Luis Escobar	8:59:36
1997	Doug Sims/Luis Escobar/Charlie Joslin	9:00:38
1985	Chris Connors/Keith Handley/Bill Norman	9:16:40
1988	Gary Silva/Thierry Ross/Galen Kirn	9:17:25
1990	Dave Book/Stam Rosenfield/Fernando Puente	9:21:01
1991	Chris Connors/Mike Garcia/Dave Lawrence	9:40:19
1996	J. Bergquist/Jim Buchanan/B. Bergquist ("B")	10:00:28
1987	Stan Rosenfield/ L. Glassburn/R. Boedecker	10:27:44
2007	Hank Elgin/Steve von Dohlen/D. Hungerford	10:28:10
2004	Mark Martins/S. von Dohlen/Ken Hammond	12:26:48

Men's Masters

2015	David Campa/Chad Stamford/Patrick Lemieux	8:49:19
2001	Brian Waterbury/Antonio Arreola/Charlie Joslin	9:13:54
2013	Geof Land/Dave Fleishman/Patrick Lemieux	9:30:49
2007	Mark Martins/Antonio Arreola/Sean McRae	9:42:28
2006	Mark Martins/Kevin Cooper/Henry Hernandez	9:55:07
1996	Jim Batterson/R. Raymond/H. Hernandez ("A")	10:37:14
2004	Todd Barnes/Field Gibson/Henry Hernandez	11:22:20
1996	Stan Reyes/Larry Jones/Michael Moats ("B")	12:05:12
2009	Mark Martins/Alec Briones/Michael Moats	12:08:27

Women's Open

2014	Courtney Kostrikin/Melissa Palmer/K. Morris	10:20:36
2004	Mary Cooper/Kristie Lukes/Aubree Swart	11:17:27
2015	Susan McAdoo/Amy Parkinson/Patricia Miller	11:37:20
2000	Kristie Lukes/Lisa Gordon/Laurie Brown	11:48:48
1990	Alice Dill/Leslie Monaco/Wendy Jurutka	11:49:05
1996	Mary Ryzner/Jule Hiramatsu/Tina Levitan	11:50:31
2016	Amy Parkinson/Susan McAdoo/Liz Byrnes	12:07:01
2009	Marian Fiorentino/M. Haynes/M. Montgomery	12:13:22
2017	Linda Signal/Ellen Drews/Suzi Jianuzzi	12:24:03
2012	Kerry Morris/Alison Van Beurden/Liz Byrnes	13:39:43

Women's Masters

2006	Janet Norem/Nancy Steinmaus/Lori Hashim	9:44:13
2017	Kelly Wangard/Susan McAdoo/Amy Parkinson	12:08:31
2012	Michele Gordon/Marian Fiorentino/M. Haynes	12:35:06
2014	Patricia Miller/Kelly Wangard/Myrna Alvarez	12:48:55

GREEN VALLEY, APRIL 22 - LEONA DIVIDE 50 MILE: 14. Jadd Martinez 9:20:44. (100 finishers)

SAN DIEGO, APRIL 23 - LA JOLLA 5K & HALF MARATHON: 5K (1,066 finishers) - 11. Kevin Cooper (1-55/59) 19:40 .. 42. Mary Cooper (1F-55/59) 21:56. In addition to winning their respective divisions, Kevin & Mary were both third among all runners ages 40 & over. They were second (Mary, 83.57%) and fifth (Kevin, 79.30%) out of the 1,000+ runners in their race in the age graded standings and won their respective age groups by 30 seconds (Kevin) and 5 minutes (Mary).

Half Marathon (4,063 finishers) - 539,. Rachael Banton/Templeton 1:54:10 .. 1763. Mike Woods/Templeton 2:14:00 .. 2077. Brigid Woods/Templeton-SLDC 2:19:36. / www.runraceresults.com / . . .

ORLANDO, FLORIDA, APRIL 23 - DISNEY WORLD STAR WARS DARK SIDE HALF MARATHON:

Sandie Cano/Nipomo-SLDC 3:34:51. (Sandie has run most of the races in the series at Disneyland and Disney World.)

SAN LUIS OBISPO, APRIL 22 - SAN LUIS OBISPO COUNTY HIGH SCHOOL TRACK & FIELD MEET (at Cuesta College)

<u>Frosh/Soph 300 Hurdles</u>		<u>Frosh/Soph Girls 1600</u>		<u>Varsity Girls 1600</u>	
5. Isabella Andreatta	53.40	1. Alexi Steinmaus	5:27.70	2. Samantha Simard	5:06.76
		19. Hannah Lykes	6:37.58	11. Shilu Vanasupa	6:38.35
		21. Hannah Haas	6:56.16		
<u>Varsity Boys 800</u>		<u>Frosh/Soph Boys 1600</u>		<u>Varsity Boys 1600</u>	
1. Callum Bolger	1:56.29	5. Colton Campa	4:44.89	1. Callum Bolger	4:07.69
16. Cooper Lyle	2:25.77	10. Matthew Scurria	4:49.51	4. Tegan Fleishman	4:25.15
17. Andrew Medlock	2:29.67	13. Justin Hatcher	4:57.40	5. Matt White	4:26.80
		16. Aaron Bloom	5:05.57	8. Garron Knox	4:38.35
<u>Varsity Girls 800</u>		18. Jacob Nichols	5:16.36	13. Jacob Andreatta	4:48.35
1. Talley Hill	2:17.75			15. Stephen ZagRodny	5:12.99
3. Samantha Simard	2:26.17				
5. Kate Miller	2:31.51				

- / www.phototiming.com / -

DES MOINES, IOWA, APRIL 27 - DRAKE RELAYS (From the Oklahoma State web site):

Oklahoma State wins 4 x 1,600M races -. "[Abbie Hetherington](#) led off and handed to [Molly Sughrue](#) who then gave [Anna Boyert](#) a two second lead going into the third leg. Boyert turned it up on the last stretch to put [Savannah Camacho](#) (Templeton HS) in the lead for the last mile. Camacho looked smooth running with the lead, closing out the win for OSU in 4:46.01. The Cowgirls topped Wisconsin by three seconds as the quartet won the race in 19:07.13."

MOORPARK, APRIL 28 - WESTERN STATES CONFERENCE TRACK & FIELD CHAMPIONSHIPS:

Men's 10,000 - 2. Sean McDermott/Cuesta 33:58.75 .. 11. Steve Youngblood/Hancock 35:11.66 .. 12. Kobi Kelly/Cuesta 35:15.23.

BERKELEY, APRIL 28 - BRUTUS HAMILTON CHALLENGE:

Open 5000M - 8. Gracie Albano/Sacramento State (Nipomo HS) 18:21.58 .. 10. Hope Morgan/Unattached (SLOHS) 19:01.16.

IRVINE, APRIL 28 - ADIDAS STEVE SCOTT INVITATIONAL: 5000M - 12. Shannon McClish/U.C. Santa Cruz (MBHS) 17:55.73.

POMONA, APRIL 28 & 29 - S.C.I.A.C. CONFERENCE CHAMPIONSHIPS:

1500M - 31. Jenny Grady/Claremont-Mudd-Scripps (SLOHS) 5:44.53 (prelims, did not advance to finals).

10,000M - 2. Malea Martin/Claremont-Mudd-Scripps (SLOHS) 37:49.98.

SAN DIEGO, APRIL 29 - PAC-WEST CHAMPIONSHIPS: 1500M - 5. William Ernst/Cal Baptist (SLOHS, SLDC) 3:53.55.

SAN LUIS OBISPO, APRIL 29 - U.C.S.B. @ CAL POLY DUAL MEET: Steeplechase - 5. Austin Lay/UCSB (Morro Bay HS) 9:32.86.

(Austin was the winner of the 2016 Brian Waterbury Memorial Rock to Pier race.)

FRESNO, APRIL 29 - FRESNO STATE INVITATIONAL: 5000M - 1. Matt Kwaitkowski/Fresno State (Paso Robles HS) 14:58.29.

SAN LUIS OBISPO, APRIL 29 - SLO MARATHON 5K & YOUTH MILE

<u>Youth Mile</u>		<u>SLDC</u>			
1. Kimberly Budinger	7:29	4. Arabella Edler/13/A.G./1-F	20:04	42. Coco Steel/13/3F-14&U	24:44
2. Rebekah Waterbury	7:47	5. Tyler Daillak/9/Paso	20:05	53. Angenette Tiffin/2F-20+	25:25
- Hector Lopez	13:58	6. Matthew Shuck/3-30+	20:22	63. Ramdus Kenjale/S.L.O.	26:25
		26. John Tiffin/1-70+	23:05	101. Julie Escobedo	28:47
		33. Conor Medley	24:18	339. Giovanna Schaefer	44:59
		40. Shauna Kruse/1F-50+	24:42	(452 finishers)	
					www.svetiming.com

SAN LUIS OBISPO, APRIL 30 - SLO MARATHON & HALF MARATHON

<u>Half Marathon</u>				<u>Marathon</u>	
1. Ben Bruce/AZ (ex-CP)	1:09:21	470. Chris Connors/2-65+	1:58:12	1. Sergio Reyes/Hoka Aggies	2:21:42
2. Joe Thorne/Grover Bch	1:09:45	501. Phil Phillips	1:59:42	3. Van McCarty/S.L.O.	2:46:37
39. Jadd Martinez/1-SLDC	1:29:38	582. Jon Masse	2:03:55	4. David Campa/1st-SLDC	2:49:37
		674. Chuck Crotser/1-70+	2:07:42		

46. Kevin Cooper/1-55+	1:31:27	843. Aileen Cota	2:14:24	6. *Kelsey Lakowske/1-F	2:59:02*
58. Matthew Shuck	1:33:36	916. Linda Stimson	2:17:04	35. Kevin Wolf	3:35:04
73. Matt Escobedo//3-55+	1:35:42	934. Brian Matis	2:18:03	127. Devin Best	4:24:28
78. Dan Jansen/3-50+	1:36:28	987. Emily Coombes	2:20:01	362. Jimmy Jimenez/S. Maria	6:31:07
137. Kecymar Osuna	1:42:47	1175. Chantal Donahue	2:29:26	* # 7 on the all-time SLDC women's list	
164. Mary Cooper/1F-55+	1:43:40	1195. Kim Shollenberger	2:29:52		
176. Matt Ruane (pacer)	1:44:27	1284. Amy Watkins	2:33:20		
189. Paul Shires	1:44:58	1397. Phil Pigott/3-70+	2:39:54	Marathon = 383 finishers	
222. Dave Dunbar	1:47:24	1564. Neil Silvers	2:54:02	Half Mar. = 1,929 finishers	
298. Julia Bolger	1:51:20	1565. Renee Silvers	2:54:03	Full results are at	
389. Cyndy Lakowske/3F-55+	1:55:56	1894. Sandie Cano	3:58:50	www.svetiming.com	

Race Notes: **Kelsey Lakowske** is the second SLDC women's winner of the SLO Marathon, joining **Carin Serba** who won the initial race in 2012. SLDC also had five women's winners of the SLO Red Cross Marathon held from 1979-1986 (see below) but has yet to have a men's winner. . . **David Campa** took the yearly men's lead in the club rankings with his 2:49. If it holds up for the rest of the year, this will be David's 4th straight time at the top. . . Thanks to **Chris Shuck, Chris Connors, Prashant Srinivasan, & Samantha Mauro** for staffing the booth at the race and to Kevin & Mary Cooper for setting it up. The booth did a brisk business in distributing team shirts and club merchandise. . . SLDC had the third biggest team at the event with 36 runners, trailing only Team Running for Riley and race sponsor Morris & Garritano. . . Kelsey received \$600 for her win.

ALL-TIME S.L.D.C. TOP TEN AT THE SAN LUIS OBISPO RED CROSS (1979-1986) & SLO (2012-2017) MARATHONS

1. Tom Jefferis/1983	2:39:29	1. Kelsey Lakowske/2017	2:59:02
2. Jon Root/1981	2:41:33	2. Mary Ryzner/1984	3:03:31
3. Bob Hollister/1980	2:42:04	3. Carin Serba/2012	3:16:33
4. Paul Lee/1983	2:42:31	4. Kim Beckman/1980	3:22:48
5. Steve Dornish/1983	2:42:43	5. Diane Dixon/1983	3:25:22
6. Tom Jefferis/1982	2:43:00	6. Vicky Phillips/1985	3:29:42
7. Dan Rueckert/1980	2:44:16	7. Marci Stevenson/1982	3:30:42
8. Jon Root/1983	2:44:24	8. Jennifer Simmons/1981	3:38:07
9. Tom Jefferis/1980	2:45:24	9. Melissa Palmer/2015	3:48:40
10. Bob Nanninga/1980	2:46:53	10. Karen Munoz/1983	3:50:15



Mary & Kevin show off their handy work in front of the SLDC tent they set up at the SLO Marathon (photos from Chris Connors)



Matthew Shuck finishing the 5K on Saturday

CARMEL, APRIL 30 - BIG SUR INTERNATIONAL MARATHON (Big Sur to Carmel along Highway 1):

SLDC = 1136. Troy Schweitzer 4:20:02 .. 1566. Heidi Harrison 4:37:39 .. 2144. Suzi Jianuzzi 4:59:04.

Others = 1698. Deanna Voelker/Cambria 4:42:35 .. 2385. Lori Bagby/Atascadero 5:11:25. (3,304 finishers).