

**STRIDE WITH THE TIDE 5K RESULTS – JULY 29, 2017
PISMO BEACH, CALIFORNIA**

1. Jacob Bilvado, Visalia	20	15:58	61. Cherry Inay, Santa Maria	18	23:52
2. Steven Youngblood, Santa Maria	24	16:14	62. John Tiffin, Los Osos	71	23:59
3. Edgar Bonilla, King City	20	16:54	63. Katie Verhoeven, Visalia	28	24:08
4. Luis Mesa, Greenfield	16	17:23	64. Leanne Johnston, Grover Beach	38	24:13
5. Joaquim Black, King City	17	17:31	65. Mario Silva, Santa Maria	18	24:13
6. Spencer Eley, Pismo Beach	17	17:35	66. Matt Lovato, Arroyo Grande	28	24:14
7. Gregory Wuitschick, II, Lompoc	16	18:08	67. Orion Powers, Thailand	12	24:16
8. Jonathan Munoz, Grover Beach	14	18:30	68. Greg Burke, San Luis Obispo	70	24:26
9. Alyssa Block, Lindsay	20	18:40	69. Felipe Cruz, King City	14	24:27
10. Ricardo Diaz, King City	15	18:53	70. Julie Strauser, Grover Beach	52	24:28
11. Zac Castro, Santa Maria	17	19:05	71. Lupe Evans, Pismo Beach	47	24:53
12. Leonardo Martinez, Grover Beach	23	19:10	72. Colin Volpe, Metairie, LA	13	24:37
13. Letarian Brandon, Santa Maria	16	19:17	73. Colin Stevenson, Metairie, LA	40	24:38
14. Ricardo Ortiz, Greenfield	15	19:29	74. Jose Brito, Arroyo Grande	36	24:45
15. David Hernandez-Pinon, Santa Maria	18	19:31	75. Jackson Giamarro, Bakersfield	10	24:49
16. Avery Francisco, Santa Maria	15	19:32	76. Paul Cavanagh	55	24:56
17. Tyler Daillak, Paso Robles	10	19:37	77. Unidentified	---	25:08
18. Arturo Ochoa, Lindsay	20	19:40	78. Kaitleigh Downing, Bakersfield	11	25:14
19. Jack Hogan, Cranston, R.I.	18	19:51	79. Aidan Dellinger, San Luis Obispo	9	25:21
20. Luke Hogan, Cranston, R.I.	16	19:54	80. Andrew Dellinger, Woodside	29	25:22
21. Anthony Hernandez, Orcutt	16	20:05	81. Nicolas Miller, Pismo Beach	14	25:36
22. Tim Foy, Monterey Park	47	20:12	82. Monica Reyes, Greenfield	15	25:38
23. Gabriel Black, King City	21	20:14	83. Kyle Johnson, Santa Maria	31	25:39
24. Junior Jimenez, Santa Maria	31	20:18	84. Michael Zensius, San Jose	45	25:57
25. Nicko Inay, Santa Maria	15	20:54	85. Joe Leija, San Luis Obispo	23	25:57
26. Atipon Kangwanpornsir, Pismo Beach	35	20:56	86. John S. Tiffin, La Habra	35	25:58
27. Luis Soto, Santa Maria	17	21:00	87. Christy Olmstead, Arroyo Grande	45	26:01
28. Andy Arroyo, Santa Maria	14	21:08	88. Parker Ellis, Visalia	12	26:11
29. Daniel Marriott, Oceano	42	21:12	89. Cody Crippen, Visalia	12	26:14
30. Matthew Shuck, Atascadero	32	21:14	90. Dave Cagle, Bakersfield	69	26:17
31. David Black, King City	15	21:14	91. Lauren Avjean Parzanese, SLO	31	26:18
32. Daniel Jansen, San Luis Obispo	52	21:18	92. Carlos Garcia, Santa Maria	20	26:22
33. Coker Ellsworth, Arroyo Grande	64	21:27	93. Sherri Gandhi, Redlands	55	26:23
34. Juan Campos, Santa Maria	14	21:29	94. James Bautista, Elk Grove	16	26:35
35. David Ketelaar, Pismo Beach	52	21:34	95. Jose Torres, King City	16	26:37
36. James Gomez, Santa Maria	15	21:40	96. Avan Moscardi, Nipomo	12	26:43
37. Ernesto Gomez, Santa Maria	14	21:42	97. Heidi Harrison, Paso Robles	49	26:55
38. Paul Shires, Arroyo Grande	64	21:44	98. Daniel Munoz, Grover Beach	10	27:06
39. Patrick Hogan, Cranston, R.I.	16	21:45	99. Mary Kauffmann, Pismo Beach	52	27:17
40. Goky Rivas, Santa Maria	15	21:47	100. Debbie Dorney, Arroyo Grande	67	27:26
41. Wendy Kaufman, Pismo Beach	36	22:12	101. Enrique Rodriguez, Atascadero	33	27:27
42. Brandon Forskel, Happy Valley, OR	47	22:22	102. Mia Placencia, Santa Maria	16	27:33
43. Bjorn Samson, San Jose	39	22:35	103. Nanci Moscardi, Nipomo	41	27:39
44. Kyle Rodriguez, Nipomo	20	22:37	104. Kyle Santos, Atascadero	32	27:41
45. Jesus Campos, Santa Maria	14	22:40	105. Vincent Avila, Oceano	7	28:08
46. Ida Rosenblum, San Jose	35	22:42	106. Vickie Rigby, Cleburne, TX	61	28:13
47. Phil Phillips, Pismo Beach	30	22:45	107. Steve Barter, Benbrook, TX	70	28:13
48. Dawn Hogan, Cranston, R.I.	49	22:49	108. Skylar Moscardi, Nipomo	8	28:15
49. Reinout Laanstia, Hilleroed, Denmark	46	22:56	109. Aubrey Garcia, Visalia	21	28:21
50. Jeff Reynolds, Shell Beach	51	22:58	110. Tyson Fitch, Bakersfield	30	28:22
51. Jake Erdely, Brownsburg, IN	31	23:11	111. Maria Espinoza, San Miguel	28	28:23
52. Jonathan Hernandez-Pinon, S. Maria	25	23:19	112. Jackie Rios, King City	17	28:25
53. Elmer Vejigu, Santa Maria	14	23:26	113. Wyeth Buckman, Staunton, VA	11	28:56
54. Milagros Ortega, King City	17	23:30	114. Ty Buckman, Staunton, VA	49	28:57
55. Vinny D'Accardo, Ridgecrest	13	23:31	115. Jacob Miller, Pismo Beach	20	28:58
56. Cristian Munoz, Grover City	12	23:38	116. Andrea LaRosa, San Luis Obispo	39	29:02
57. Elizabeth Cazares, King City	16	23:40	117. Brad Burnham, Round Rock, TX	56	29:09
58. Todd Johnson, Lompoc	44	23:41	118. Gisela Aparicio, King City	17	29:25
59. Robert Tiffin, Seatac, WA	31	23:46	119. Randy Gardinhire, Benicia	63	29:40
60. Vladimir Rosales, Santa Maria	14	23:48	120. Eline Laanstra, Hilleroed, Denmark	13	29:41

121.	Nicole Sanchez, Grover Beach	22	29:47	178.	Jennifer Morse, Santa Maria	45	36:45
122.	Angel Delgadillo, Santa Maria	17	29:55	179.	Elizabeth Harmelin, Merced	34	36:55
123.	Neal Storm, Thousand Oaks	49	29:58	180.	Debra Erly, Alameda	54	36:59
124.	Angelina Strickland, Greenfield	9	30:04	181.	Kathleen Penzes, Arroyo Grande	62	37:31
125.	Yareli Meza, Greenfield	11	30:05	182.	Marisse Powers, Santa Maria	15	37:44
126.	Stephanie Walters, Ridgecrest	51	30:06	183.	Larry Huyck, Lompoc	72	38:09
127.	Joe Hogan, Cranston, R.I.	51	30:07	184.	Pamela Davis, Madera	51	38:25
128.	Torsten Stieren, Lompoc	50	30:13	185.	Dawson Boland, Exeter	19	38:40
129.	Patricia Calabrese, Arroyo Grande	42	30:27	186.	Priscilla Block, Lindsay	19	38:41
130.	Tony Calabrese, Arroyo Grande	40	30:28	187.	Brennan Dellinger, San Luis Obispo	5	38:47
131.	Cara Leandro, Santa Margarita	55	30:29	188.	Charles Dellinger, San Luis Obispo	37	38:49
132.	Teresa Hernandez, Hollister	53	30:30	189.	Stacey McAllister, Nipomo	40	39:18
133.	Steve Powers, Santa Maria	55	30:32	190.	Rose Ellis, Visalia	48	39:32
134.	Chantal Donahue, Cambria	51	30:35	191.	Norma Patterson, Pismo Beach	76	40:02
135.	Andrea Sanzone, Chico	34	30:34	192.	Susana Vazquez, Santa Maria	18	40:39
136.	Lynndsie Downing, Bakersfield	8	30:36	193.	Mary Hicks, Templeton	58	40:39
137.	Jenna Downing, Bakersfield	36	30:37	194.	Darla Hylton, Bakersfield	60	42:14
138.	Emily Chavez, King City	17	30:40	195.	Lauren Gant, Visalia	28	43:12
139.	Lincoln Reynolds, Shell Beach	12	30:42	196.	Terri Werber, Ventura	65	44:26
140.	Melanie Sembritzki, Kingsburg	55	30:50	197.	Fred Werber, Ventura	66	44:26
141.	Tess Feldman, San Jose	31	30:51	198.	Dayna Jensen, Oxnard	55	45:14
142.	Michael Coinfield, San Jose	31	30:53	199.	Jim Fitch & Maggie, Bakersfield	71	46:08
143.	Alex Madrigal, Santa Maria	52	31:00	200.	Julie Heckenberg, Pismo Beach	48	46:09
144.	Kris Lopez, Lompoc	38	31:06	201.	Kari McIntyre, Visalia	51	46:27
145.	Benjamin Giumarra, Bakersfield	8	31:17	202.	Steve Lackey, Bakersfield	64	46:45
146.	Paul Hernandez, Hollister	59	31:45	203.	Kay Lackey, Bakersfield	61	46:46
147.	Cindy Schuil, Visalia	59	31:54	204.	Gene Ghiglia, Grover Beach	67	47:40
148.	Janee Jones, Chico	44	32:03	205.	Debbie Stamper, Hanford	52	48:04
149.	Mary Lou Seelandt, Lompoc	61	32:11	206.	Susan Stefoni-Minami, Orcutt	59	48:09
150.	Jakob Samson, San Jose	13	32:24	207.	Giovanna Schaefer, Grover Beach	82	48:14
151.	Mark Adam, Shell Beach	56	32:28	208.	Lauryn Harker, Orange	36	48:40
152.	Cooper Schroeder, San Diego	8	32:28	209.	Carin McKay, Pismo Beach	46	48:41
153.	Lila Schroeder, San Diego	8	32:34	210.	Blanca Garcia, Santa Maria	34	48:51
154.	Chris Powers, Santa Maria	48	32:36	211.	Eva Moss, Pismo Beach	78	49:45
155.	Nicholas Giumarra, Bakersfield	10	32:47	212.	Richard Lundin, Santa Maria	68	51:07
156.	Nicole Giumarra, Bakersfield	40	32:51	213.	Don Old-Guy, Pismo Beach	54	51:22
157.	Cecilia Murillo, King City	14	32:52	214.	Marissa Garcia, Santa Maria	10	51:32
158.	Ethan Lara, Bakersfield	16	32:55	215.	LuAnne Quigley, Pismo Beach	54	52:09
159.	Vianey Cairns, Nipomo	17	32:56	216.	Chris Hurdle, Pismo Beach	51	52:09
160.	Thom Sembritzki, Kingsburg	55	32:58	217.	Anthony DiBernardo, Mission Viejo	56	52:53
161.	Mia Lara, Bakersfield	20	32:59	218.	Jim Letzel, Oceano	61	52:54
162.	Jonathan Miranda, Oceano	27	33:06	219.	Joni Schilling, Arroyo Grande	60	53:37
163.	Tim Mathers, Hanford	57	33:13	220.	Heather Victorino, Arroyo Grande	49	54:05
164.	Renee Silvers, Arroyo Grande	59	33:20	221.	Karlie Cool, Arroyo Grande	75	54:07
165.	Mimi Black, King City	53	33:23	222.	Kim Thoresen, Arroyo Grande	63	54:08
166.	Charlie Trenbeth, Morro Bay	66	33:25	223.	Lucy Simola, Templeton	72	54:09
167.	Jake Miller, Pismo Beach	49	33:32	224.	Cindy Marriott, Oceano	42	54:37
168.	Dani Mytych, Nipomo	32	33:53	225.	Presious Marriott, Oceano	21	54:38
169.	Kristina Johnson, Lompoc	45	33:55	226.	Christa Stefoni, Arroyo Grande	69	54:56
170.	Stephanie Mares, King City	13	34:03	227.	Karen Wells, Santa Maria	63	54:57
171.	Gina Fensterer, Santa Maria	36	34:12	228.	Lacy Pretzer, Bakersfield	17	56:14
172.	Amanda Berry, Paso Robles	30	34:25	229.	Peggy Herndon, Waterford	58	58:01
173.	Fran Zimmerman, Lompoc	68	35:10	230.	Jacob Warish, Vandenberg AFB	20	58:03
174.	Teeranun Jira, Pismo Beach	33	35:14	231.	Jamie Herndon, Waterford	20	58:05
175.	Abbi Marrs, Lompoc	41	36:00	232.	Holly Angeloty & Ace, Pismo Beach	58	76:56
176.	Shannon Boren, Pismo Beach	42	36:24	233.	Wayne Angeloty (Ace's dad), Pismo	62	77:00
177.	Nikki Everling, Arroyo Grande	42	36:40				

A good turnout with runners from throughout California along with Rhode Island, Indiana, Texas, Oregon, Washington, Louisiana, & Virginia as well as Denmark and Thailand. Winners Jacob Bilvado and Alyssa Block were both repeating their victories here last year. Jacob had run here twice before as well, starting with a 14th in 2011 as a high school student and then placing 2nd in 2012. If you finished in the top three of your division (see the awards table below) and did not receive your medal at the awards ceremony, please contact the City of Pismo Beach Recreation Division. Apologies for any misspelled names - we did the best we could with the cards. See you next year!

San Luis Distance Club Volunteers: Jacob Andreatta, Jim Barodte, Julie Bolger, Kimberly Budinger, Marty Budinger, Colton Campa, Sandie Cano, Don Coffman, Chris Connors, Mary Cooper, Aileen Cota, Dave Dunbar, Julie Escobedo, Matt Escobedo, John Fetcho, Field Gibson, Heidi Harrison, Shauna Kruse, Cyndy Lakowski, George McClintock, Marion McKenna, Clem Michel, Janet Norem, Phil Phillips, Kathy Pycior, Elaine Rosenfield, Stan Rosenfield, Bill Schackart, Patsy Schackart, Troy Schweitzer, Chris Shuck, Matthew Shuck, Neil Silvers, Renee Silvers, Charlie Trenbeth, Dawn Trenbeth, Libby Waterbury, Rebekah Waterbury, Lee Whitmer. . . Thanks to Colleen Ghiglia and Bonnie Pack of the City of Pismo Beach Recreation Department as well as the Public Works Department for all their work on the race.

MEN		AWARDS		WOMEN	
	First Place Overall	O/A Place		First Place Overall	O/A Place
1.	Jacob Bilvado/Visalia	1	1.	Alyssa Block/Lindsay	9
Age Group 12 & Under			Age Group 12 & Under		
1.	Tyler Daillak/Paso Robles	17	1.	Kaitleigh Downing/Bakersfield	78
2.	Cristian Munoz/Pismo Beach	56	2.	Avan Moscardi/Nipomo	96
3.	Orion Powers/Thailand	67	3.	Skyler Moscardi/Nipomo	108
Age Group 13-15			Age Group 13-15		
1.	Jonathan Munoz/Grover Beach	8	1.	Monica Reyes/Greenfield	82
2.	Ricardo Diaz/King City	10	2.	Eline Laanstia/Denmark	120
3.	Ricardo Ortiz/Greenfield	14	3.	Cecilia Murillo/Greenfield	157
Age Group 16-19			Age Group 16-19		
1.	Luis Mesa/Greenfield	4	1.	Milagras Ortega/King City	54
2.	Joaquim Black/King City	5	2.	Elizabeth Cazaves/King City	57
3.	Spencer Eley/Pismo Beach	6	3.	Cherry Inay/Santa Maria	61
Age Group 20-29			Age Group 20-29		
1.	Steve Youngblood/Santa Maria	2	1.	Kylie Rodriguez/Nipomo	44
2.	Edgar Bonilla/King City	3	2.	Katie Verhoeven/Visalia	63
3.	Leonardo Martinez/Grover Beach	12	3.	Aubrey Garcia/Visalia	109
Age Group 30-39			Age Group 30-39		
1.	Junior Jimenez/Santa Maria	24	1.	Wendy Kaufman/Pismo Beach	41
2.	Atipon Kangwanpornsi, Pismo Beach	26	2.	Ida Rosenblum/San Jose	46
3.	Matthew Shuck/Atascadero	30	3.	Leanne Johnston/Pismo Beach	64
Age Group 40-49			Age Group 40-49		
1.	Tim Foy/Monterey Park	22	1.	Dawn Hogan/Cranston, RI	48
2.	Daniel Marriott/Oceano	29	2.	Lupe Evans/Pismo Beach	71
3.	Brandon Forskel/Happy Valley, OR	42	3.	Cristy Olmstead/Pismo Beach	87
Age Group 50-59			Age Group 50-59		
1.	Dan Jansen/San Luis Obispo	32	1.	Julie Strausser/Grover Beach	70
2.	Dave Ketelaar/Pismo Beach	35	2.	Sheri Gandhi/Redlands	93
3.	Jeff Reynolds/Shell Beach	50	3.	Mary Kauffmann/Pismo Beach	99
Age Group 60-69			Age Group 60-69		
1.	Coker Ellsworth/Arroyo Grande	33	1.	Debbie Dorney/Arroyo Grande	67
2.	Paul Shires/Arroyo Grande	38	2.	Vickie Rigby/Cleburne, TX	106
3.	Dave Cagle/Bakersfield	90	3.	Mary Lou Seelandt/Lompoc	149
Age Group 70-79			Age Group 70-79		
1.	John M. Tiffin/Los Osos	62	1.	Norma Patterson/Pismo Beach	191
2.	Greg Burke/San Luis Obispo	68	2.	Eva Moss/Pismo Beach	211
3.	Steve Barter/Benbrook, TX	107	3.	Karlie Cool/Arroyo Grande	221
80+	No male entries in this division		80+	1. Giovanna Schaefer/Grover Beach	207