

STRIDE WITH THE TIDE 5K RESULTS – AUGUST 4, 2018

PISMO BEACH, CALIFORNIA

1.	Steven Youngblood, Santa Maria	25	16:52	61.	Sergio Ferreira, Grover Beach	28	26:33
2.	Gregory Wuitschick, Lompoc	17	17:18	62.	Erich Gross, Santa Maria	73	26:46
3.	Jonathan Munoz, Grover Beach	15	17:28	63.	Vincent Avila, Arroyo Grande	8	26:46
4.	Ricky Diaz, King City	16	17:49	64.	Brennan Dellinger, San Luis Obispo	6	27:05
5.	Esteban Deniz, King City	16	18:04	65.	Amy Hogg, Swarthmore, PA	15F	27:06
6.	Mario Avila, King City	15	18:06	66.	Brian Hogg, Swarthmore, PA	47	27:07
7.	Fausto Medina, King City	17	18:42	67.	Desiree Dellinger, San Luis Obispo	37F	27:09
8.	Miguel Zendigas, King City	17	18:43	68.	Charles Dellinger, San Luis Obispo	38	27:11
9.	Andy Arroyo, Santa Maria	16	19:00	69.	Heidi Harrison, Paso Robles	50F	27:16
10.	Juandiego Campos, Santa Maria	16	19:01	70.	Scott Dawson, Arroyo Grande	36	27:17
11.	Kevin Gonzales-Medina, Santa Maria	17	19:01	71.	Sandy Fisher, Hollister	50	27:17
12.	Yovany Pineda, Santa Maria	20	19:19	72.	Dan St. John, Mill Valley	50	27:21
13.	Daniel Correa, King City	17	19:20	73.	Daniel Munoz, Grover Beach	11	27:38
14.	Josh Riley, Bradley	15	19:21	74.	Hannah Stelzner, Gilroy	14F	27:39
15.	Oscar Valdes, Carmel	28	19:27	75.	Luis Aguile, Gardena	28	27:48
16.	Graham Hogg, Swarthmore, PA	17	19:29	76.	Debbie Dorney, Arroyo Grande	68F	28:12
17.	Daniel Marriott, Oceano	43	19:45	77.	Antonio Marin, Paso Robles	33	28:18
18.	Chris Clark, Las Vegas, NV	27	19:55	78.	Trent Antongiovanni, Bakersfield	10	28:24
19.	Junior Jimenez, Santa Maria	32	20:01	79.	Tom Antongiovanni, Bakersfield	43	28:24
20.	Matthew Ruane, Los Osos	42	20:15	80.	Youani Inocencio, Tulare	29	28:35
21.	Caleb Herlihy, Arroyo Grande	15	20:16	81.	Jocelyn Olmstead, Arroyo Grande	12F	28:35
22.	Rosemarie Lagunas, Los Osos	56F	20:49	82.	Alexis Walker, Pismo Beach	25F	28:36
23.	John Hermens, Hercules	29	20:57	83.	Ava Parker, Pismo Beach	14F	28:37
24.	Nathan Steinle, Arroyo Grande	39	21:04	84.	Derek Eager, Pismo Beach	26	28:37
25.	Jesus Campos, Santa Maria	15	21:05	85.	Doris Mendoza, Santa Maria	27F	28:43
26.	Anthony Hernandez, Santa Maria	17	21:10	86.	Gina Fensterer, Santa Maria	37F	28:47
27.	Kristin Edler, Arroyo Grande	44F	21:15	87.	Barry Jameson, Taft	52	28:53
28.	Daniel Mueller, Delitzsch, Germany	20	21:20	88.	Marvin Silvanus, Atascadero	32	28:56
29.	Matthew Shuck, Atascadero	34	21:26	89.	Polly Gelds, Prosper, TX	46F	29:03
30.	Frank Hutchinson, Los Osos	65	21:33	90.	Jack Antongiovanni, Chico	15	29:07
31.	Jenna Kovalak, Vandenberg AFB	29F	21:56	91.	Mike Antongiovanni, Chico	49	29:08
32.	Aidan Dellinger, San Luis Obispo	10	21:11	92.	Brandi Welsh, Paso Robles	45F	29:13
33.	Mattie Lindsey, Atascadero	18F	22:14	93.	Steven Makropoulos, Massapequa MA	26	29:16
34.	Nick Otinay, Santa Maria	16	22:26	94.	Jennifer Sons, Bakersfield	16F	29:21
35.	Vladimir Rosales, Santa Maria	15	22:46	95.	Katy Ayer, Arroyo Grande	56F	21:24
36.	Joel Sanchez, Tulare	17	22:53	96.	Cynthia Baker-Boyd, Santa Maria	40F	29:39
37.	Marcos Sanchez, Tulare	14	22:55	97.	Michael Moreno, Bakersfield	10	29:43
38.	Christopher Roman, Santa Maria	15	23:09	98.	Jill Dailey, Bakersfield	16F	29:47
39.	Vitaliia Ussery, San Luis Obispo	31F	23:36	99.	Paul Kovalak, Comstock Park, MI	62	29:48
40.	Jesse Barron, Bakersfield	48	23:44	100.	Maria Aguila, Santa Maria	48F	29:56
41.	Cristian Munoz, Grover Beach	13	23:52	101.	Gia Brescia, Shell Beach	14F	30:06
42.	Mitch Barnett, Lemon Cove	59	23:53	102.	Austin Martin, Nipomo	35	30:12
43.	Micah Hoffman, San Luis Obispo	10	24:10	103.	Ryan Stelzner, Gilroy	41	30:15
44.	Cherry Inay, Santa Maria	19	24:21	104.	Eddie Gonzalez, Bakersfield	52	30:25
45.	Lupe Evans, Pismo Beach	48F	24:22	105.	Randall Gardenhire, Benicia	64	30:28
46.	Dave Cagle, Bakersfield	70	24:26	106.	Mike Dunham, Shell Beach	61	30:32
47.	John Tiffin, Los Osos	72	24:30	107.	John Cuevas, Lompoc	22	30:39
48.	Adam Shires, Arroyo Grande	22	24:36	108.	Sue Kovalak, Comstock Park, MI	60F	30:44
49.	Paul Shires, Arroyo Grande	65	24:37	109.	Jessica Arcangel, Arroyo Grande	11F	30:52
50.	Chris Young, Pismo Beach	43	25:15	110.	Randa Meierhenry, Oceano	24F	30:59
51.	Elizabeth Cazares, King City	17F	25:19	111.	Louise Walters, Nipomo	78F	31:06
52.	Matthew Stelzner, Gilroy	12	25:19	112.	Neal Storm, Thousand Oaks	50	31:11
53.	Jason Natanson, Pismo Beach	40	25:21	113.	Mark Adam, Shell Beach	57	31:15
54.	Samuel Fensterer, Santa Maria	8	25:28	114.	Chantal Donahue, Templeton	52F	31:37
55.	Christy Olmstead, Arroyo Grande	46	25:28	115.	Teddy Ortega, Grover Beach	27	31:49
56.	David Tyler, Santa Maria	19	25:31	116.	Jennifer Barnett, Grover Beach	28F	31:52
57.	Nick Antongiovanni, Bakersfield	13	25:59	117.	Madelyn Fensterer, Santa Maria	12F	31:55
58.	Angenette Bloom, Paso Robles	27	26:13	118.	Eleni Nakapouls, Riverton, NJ	37F	31:57
59.	Paul Cavanagh, King City	56	26:20	119.	Skyler Petersen, Lompoc	33	32:01
60.	Emily Coombes, Santa Margarita	48	26:25	120.	Eneida Rios, Tulare	32F	32:02

121.	Jaxen Duran, Atascadero	7	32:23	173.	Ashley Whiting, Oceano	30F	42:28
122.	Tony Duran, Atascadero	38	32:23	174.	Terri Persons, Pismo Beach	54F	42:59
123.	Mel Malilay, Santa Maria	35	32:29	175.	Anthony Duran, Atascadero	63	43:02
124.	Dennis Gimlin, Visalia	67	32:40	176.	Leticia Gonzalez, Bakersfield	52F	44:27
125.	Alyssa Martinez, Dinuba	27	32:46	177.	Susie Limon, Santa Maria	58F	44:28
126.	Graham Galloney, Oceano	25F	32:52	178.	Pam Hernandez, Paso Robles	48F	44:31
127.	Amanda Berry, Paso Robles	31F	34:18	179.	Mark Hernandez, Paso Robles	62	44:31
128.	Andrea LaRosa, San Luis Obispo	40F	34:18	180.	Gina Tallon, Bakersfield	38F	44:42
129.	Kanani Mettler, Grover Beach	38F	34:46	181	Kevin Tallon, Bakersfield	41	44:43
130.	Diane McGinty, San Luis Obispo	67F	34:54	182.	Danielle Oteri, Manteca	36F	45:06
131.	Maria Vanegas, Tulare	40F	34:55	183.	Marta McConnell, Fresno	54F	45:24
132.	Melinda Scott, Visalia	47F	35:02	184.	Mary Sandoval, Arroyo Grande	57F	47:08
133.	Heather Emerson, Arroyo Grande	40F	35:13	185.	Steve Lackey, Bakersfield	65	47:25
134.	Meriel Linsenbigler, Los Osos	36F	35:37	186.	Brooke Coffman, Grover Beach	25F	47:45
135.	Aimee Hoffman, San Luis Obispo	40F	35:41	187.	Barbara Coffman, Nipomo	55F	47:46
136.	Les Christie, Pismo Beach	71	35:53	188.	Rick Hussli, Pismo Beach	38	47:57
137.	Charlie Trenbeth, Morro Bay	67	35:53	189.	Kay Lackey, Bakersfield	67F	48:05
138.	Leann White, San Jose	51F	36:13	190.	Aurora Andahl, Paso Robles	7F	48:05
139.	Loreina Smith, Grover Beach	20F	36:15	191.	Mitzi Andahl, Paso Robles	35F	48:06
140.	Carmen Aguila, Santa Maria	21F	36:19	192.	Natalie Maese, Grover Beach	28F	48:07
141.	Brooke Tallen, Bakersfield	10F	36:51	193.	Danny Enos, Pismo Beach	67	48:17
142.	Fran Zimmerman, Lompoc	69F	36:52	194.	Brenda Perry-Reed, Delano	53F	48:21
143.	Nova Poff, Los Osos	81F	37:04	195.	Giovanna Schaefer, Grover Beach	84F	49:07
144.	Duyen Truong, Prairieville, LA	30F	37:05	196.	Lisa Norcutt, Lompoc	82F	49:11
145.	Erin Olsen, Pismo Beach	40F	37:06	197.	Frank Limon, Orcutt	61	49:58
146.	Jess Saggiono, Grover Beach	32F	37:24	198.	Kathleen Bradley, Wasco	54F	50:07
147.	Robin Dodson, Atascadero	42F	37:25	199.	Kenelee Henderson, Bakersfield	63F	50:08
148.	Larry Huyck, Lompoc	73	37:50	200.	Kevin Untalan, Grover Beach	15	50:10
149.	Ethan Shuck, Denver, CO	11	37:50	201.	Jesse Zyra Untalan, Grover Beach	23F	50:11
150.	Jillian Bean, Bakersfield	10F	38:04	202.	Julie Hanson, Pismo Beach	50F	50:26
151.	Becky Bean, Bakersfield	45F	38:05	203.	Jennifer Cole Kersey, Orcutt	46F	50:26
152.	Oscar Sanchez, Tulare	54	38:12	204.	Angela Limon, Arroyo Grande	57F	51:04
153.	Abdiel Rios, Tulare	22	38:13	205.	Steve Penzes, Arroyo Grande	69	52:15
154.	Marge Rodrigues, Bakersfield	32F	38:35	206.	Ruth Doty, Arroyo Grande	55F	52:31
155.	Darla Hylton, Bakersfield	61F	38:51	207.	Art Garcia, Pismo Beach	70	52:55
156.	Kaelee Roberts, Enid, OK	16F	38:52	208.	Cindy Marriott, Oceano	43F	53:58
157.	Kathleen Penzes, Arroyo Grande	63F	39:12	209.	Presious Marriott, Oceano	22F	53:59
158.	Tom McConnell, Fresno	56	38:43	210.	Julie Shires, Arroyo Grande	57F	56:29
159.	Nathaniel Jensen, Pismo Beach	11	40:02	211.	Sherie Ferden, Moreno Valley	61F	57:05
160.	Brian Jensen, Pismo Beach	48	40:02	212.	Lucy Simola, Templeton	73F	57:39
161.	Michael Toews, San Luis Obispo	41	40:05	213.	Sandie Cano, Nipomo	65F	60:47
162.	Justin Toews, San Luis Obispo	10	40:05	214.	Lyn Panos, Lompoc	62F	60:49
163.	Myra Planellas, Lancaster	20F	40:19	215.	Martha Carbajal, Bakersfield	59F	69:42
164.	Vincent Bravo, Lancaster	25	40:20	216.	Chris Carbajal, Bakersfield	58	69:43
165.	Nathan Groskrentz, Pismo Beach	52	40:36	217.	Connor Huston, Arroyo Grande	6	76:58
166.	Lindsey Vieira, Tulare	26F	40:46	218.	Georgia McGee, Nipomo	4F	77:08
167.	Amy Stelzner, Gilroy	41F	40:58	219.	Charlene Simmons, San Luis Obispo	39F	77:09
168.	Cat Ambriz, Grover Beach	45F	41:01	220.	Virginia McGee, Nipomo	41F	78:02
169.	Michelle Samis, Pismo Beach	56F	41:37	221.	Faye Bergueron, Pismo Beach	F	78:03
170.	Sonia Quintana, Grover Beach	44F	41:58	222.	Heather Huston, Arroyo Grande	36F	78:06
171.	Alan Hoffman, Arroyo Grande	72	42:11	223.	Shawn DeGauth, Pismo Beach	49	78:07
172.	Steven Hoffman, Arroyo Grande	35	42:16				

There was a good turnout with runners from throughout California along with entrants from Germany, Louisiana, Oklahoma, Colorado, Massachusetts, Texas, New Jersey, Pennsylvania, Nevada, & Michigan. 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. Times may be slightly different for some people from those posted on the finish cards that were on the results board after the race but should match what was called out as you crossed the line. Apologies for any misspelled names - we did the best we could with the cards. Thanks for attending the race and we'll see you next year!

San Luis Distance Club Volunteers: Jim Barodte, Kimberly Budinger, Marty Budinger, Sandie Cano, Chris Connors, Emily Coombes, Kevin Cooper, Mary Cooper, Debbie Dorney, Dave Dunbar, Julie Escobedo, Matt Escobedo, Heidi Harrison, Brian Matis, Marion McKenna, Clem Michel, Janet Norem, Kathy Pycior, Elaine Rosenfield, Stan Rosenfield, Bill Schackart, Patsy Schackart, Paul Shires, Chris Shuck, Matthew Shuck, Neil Silvers, Renee Silvers, Charlie Trenbeth, Louise Walters, Libby Waterbury, Rebekah Waterbury, Amy Watkins, Lee Whitmer, Bill Winstanley.

City of Pismo Beach - Thanks to Colleen Ghiglia Jessica Marsalek, and Bonnie Pack of the City of Pismo Beach Recreation Department as well as to the city's Public Works Department for all their work on the race.

2018 STRIDE WITH THE TIDE 5K AWARDS

MEN

WOMEN

	First Place - Overall	O/A Place		First Place Overall	O/A Place
1.	Steve Youngblood/Santa Maria	1	1.	Rosemarie Laguna/Los Osos	22
	First place - San Luis Distance Club			First place - San Luis Distance Club	
	Junior Jimenez/Santa Maria	19		Mattie Lindsey/Atascadero	33
	Second place - SLDC			Second place - SLDC	
	Matt Ruane/Los Osos	20		Angenette Bloom/Paso Robles	58
	Age Group 12 & Under			Age Group 12 & Under	
1.	Aidan Dellinger/San Luis Obispo	32	1.	Jocelyn Olmstead/Arroyo Grande	81
2.	Micah Hoffman/San Luis Obispo	43	2.	Jessica Archangel/Arroyo Grande	109
3.	Matthew Stelzner/Gilroy	52	3.	Madelyn Fensterer/Santa Maria	117
	Age Group 13-15			Age Group 13-15	
1.	Jonathan Munoz/Grover Beach	3	1.	Amy Hogg/Swarthmore, PA	65
2.	Mario Avila/King City	6	2.	Hannah Stelzner/Gilroy	74
3.	Josh Riley/Bradley	14	3.	Ava Parker/Pismo Beach	83
	Age Group 16-19			Age Group 16-19	
1.	Gregory Wuitschick/Lompoc	2	1.	Mattie Lindsey/Atascadero	33
2.	Ricky Diaz/King City	4	2.	Cherry Inay/Santa Maria	44
3.	Esteban Deniz/King City	5	3.	Elizabeth Casares/King City	51
	Age Group 20-29			Age Group 20-29	
1.	Yovany Pineda/Santa Maria	12	1.	Jenna Kovalak/Vandenberg AFB	31
2.	Oscar Valdes/Carmel	15	2.	Angenette Bloom/Paso Robles	58
3.	Chris Clark/Las Vegas, NV	18	3.	Alexis Walker/Pismo Beach	82
	Age Group 30-39			Age Group 30-39	
1.	Junior Jimenez/Santa Maria	19	1.	Vitaliia Ussery/San Luis Obispo	39
2.	Nathan Steinle/Arroyo Grande	24	2.	Desiree Dellinger/San Luis Obispo	67
3.	Matthew Shuck/Atascadero	29	3.	Gina Fensterer/Santa Maria	86
	Age Group 40-49			Age Group 40-49	
1.	Daniel Marriott/Oceano	17	1.	Kristen Edler/Arroyo Grande	27
2.	Matt Ruane/Los Osos	20	2.	Lupe Evans/Pismo Beach	45
3.	Jesse Barron/Bakersfield	40	3.	Christy Olmstead/Arroyo Grande	55
	Age Group 50-59			Age Group 50-59	
1.	Mitch Barnett/Lemon Grove	42	1.	Heidi Harrison/Paso Robles	69
2.	Paul Cavanagh/King City	59	2.	Katy Ayer/Arroyo Grande	95
3.	Sandy Fisher/Hollister	71	3.	Chantal Donahue/Templeton	114
	Age Group 60-69			Age Group 60-69	
1.	Frank Hutchinson/Los Osos	30	1.	Debbie Dorney/Arroyo Grande	76
2.	Paul Shires/Arroyo Grande	49	2.	Sue Kovalak/Comstock Park, MI	109
3.	Paul Kovalak/Comstock Park, MI	99	3.	Diane McGinty/San Luis Obispo	130
	Age Group 70-79			Age Group 70-79	
1.	Dave Cagle/Bakersfield	46	1.	Louise Walters/Nipomo	111
2.	John Tiffin/Los Osos	47	2.	Lucy Simola/Templeton	212
3.	Erich Gross/Santa Maria	62	3.	---	
	Age Group 80+			Age Group 80+	
1.	No entries		1.	Nova Poff/Los Osos	143
2.			2.	Giovanna Schaefer/Grover Beach	195
3.			3.	Lisa Norcutt/Lompoc	196

This was Steve Youngblood's first win but his eighth top ten finish here, starting in 2010 when he was 17.