

**\*\* RESULTS \*\***

**SALINAS, AUGUST 4 – SALINAS VALLEY HALF MARATHON (647 finishers):**

**SLDC** – 17. Pepe Gonzalez 1:27:34 .. 251. Aileen Cota 2:04:48 .. 389. Linda Stimson 2:27:20.

**Others** – 8. Robert Mead/Templeton 1:16:41 .. 31. Sean McCormick/Paso Robles 1:32:47 .. 225. Debra Mares/San Luis Obispo 2:00:44 .. 228. Sonja Martin/Paso Robles 2:01:09. - / [www.svetiming.com](http://www.svetiming.com) / -

**PISMO BEACH, AUGUST 4 – STRIDE WITH THE TIDE 5K**

|                            |       |                             |       |                              |       |
|----------------------------|-------|-----------------------------|-------|------------------------------|-------|
| 1. Steve Youngblood/S.M.   | 16:52 | 49. Paul Shires/2-60+       | 24:37 | 137. Charlie Trenbeth        | 35:53 |
| 19. Junior Jimenez/1-SLDC  | 20:01 | 58. Angenette Bloom/2F-20+  | 26:13 | 143. Nova Poff/1F-80+        | 37:04 |
| 20. Matt Ruane/2-40+       | 20:15 | 60. Emily Coombes           | 26:25 | 149. Ethan Shuck/11/Denver   | 37:50 |
| 29. Matthew Shuck/3-30+    | 21:26 | 69. Heidi Harrison/1F-50+   | 27:16 | 174. Terri Persons           | 42:59 |
| 30. Frank Hutchinson/1-60+ | 21:33 | 76. Debbie Dorney/1F-60+    | 28:12 | 195. Giovanna Schaefer/2-80+ | 49:07 |
| 33. Mattie Lindsey/1F-SLDC | 22:14 | 111. Louise Walters/1F-70+  | 31:06 | 210. Julie Shires            | 56:29 |
| 47. John Tiffin/2-70+      | 24:30 | 114. Chantal Donahue/3F-50+ | 31:37 | 213. Sandie Cano             | 60:47 |
| 48. Adam Shires            | 24:36 |                             |       |                              |       |

**ORCUTT, AUGUST 11 – ORCUTT TRAILS 5K & 10K (at Orcutt Community Park – hot, humid, & hilly):**

**5K** (47 finishers) – 1. Greg Wuitschick/Lompoc 21:24 (won by 4 minutes, second place finisher at the Stride with the Tide) ..

**SLDC** = 10. Dave Dunbar 32:52 .. 28. Stan Rosenfield 43:24 .. 34. Dawn Trenbeth 51:22 .. 35. Charlie Trenbeth 51:24.

**10K** (80 finishers) - 1. Steve Youngblood/Santa Maria 42:00. **SLDC** = 2. Jadd Martinez 42:32 .. 12. Paul Lee 55:17.

**CAMARILLO, AUGUST 12 – CAMARILLO HALF MARATHON (held in conjunction with a 5K, 10K, & marathon):**

**Half** - 30. Bill Schackart (1-60+) 1:54:53 .. 101. Patsy Schackart (2F-60+) 2:40:53. (129 finishers in the half marathon)

From Bill – “This was a hot one. It was 70 degrees at the 7:00 am start and the temperature went up pretty fast from there. The course is two loops for the half marathon and 4 loops for the full marathon. The full marathon course is a certified Boston qualifier course. As hot as it was, there were nearly 80 marathon runners who ran it in hopes of getting a last chance BQ before registration starts next month. Luckily, I got a BQ time at the Seaside Marathon in Ventura last February when it was cool so I just ran the half today. The race director provided mini towels soaked in ice water along the course.”

**LODI, AUGUST 12 – THE LODI MILE (Elite Women) -**

7. Savannah Colon 4:55 (SLDC, Templeton HS, & Oklahoma State; 2008 Stride with the Tide 5K winner at age 14).

**COOL, AUGUST 12 – COOL MOON TRAIL RACE (11.5 Miles) – 7. Laurel Posey 2:27:00. - / [www.ultrasignup.com](http://www.ultrasignup.com) / -**

**SALINAS, AUGUST 18 – GOLDEN STATE TRAIL RUNS:**

**10K** – Stephen Lakowske 57:33.

**35K** – 9. Kymberly Fazzio 4:41:59 .. 12. Emily Coombes 5:05:52.

**50K** – 11. Cyndy Lakowske 6:22:11.

**WATSONVILLE, AUGUST 18 – MT. MADONNA 25K TRAIL RUN: 23. Laurel Posey 4:39:48.**

**SAN DIEGO, AUGUST 19 – AMERICA'S FINEST CITY HALF MARATHON (3,535 finishers):**

11. Jameson Mora/Paso Robles-Hoka Aggies (ex-Cal Poly) 1:12:12 (2-30.34) .. 463. Dawn Thompson/SLO(7F-45/49) 1:50:55.

**GROVER BEACH, AUGUST 25 – STONE SOUP FESTIVAL DUNE RUNS**

|                             |       |                              |       |                     |       |
|-----------------------------|-------|------------------------------|-------|---------------------|-------|
| <b>5K Run</b> (46 entrants) |       | <b>5K Walk</b> (23 entrants) |       | 5. Paul Shires      | 47:14 |
| 1. Tyler Daillak/11/Paso    | 20:28 | 15. Lucy Simola              | 56:58 | 8. Dave Dunbar      | 48:19 |
| 2. Paul Lee                 | 22:46 |                              |       | 11. Wendy Sutter    | 51:04 |
| 3. Coker Ellsworth          | 23:20 |                              |       | 13. Denise Youngman | 55:45 |
| 4. Andrew Spiering          | 23:54 |                              |       | 14. Debbie Dorney   | 55:45 |
| 7. Mike Andrews             | 28:36 | 1. Matthew Shuck             | 40:59 |                     |       |
| 37. Giovanna Schaefer       | 47:08 | 3. Janet Norem               | 42:54 |                     |       |

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