

**\*\* RACE RESULTS \*\***

**ARROYO GRANDE, NOVEMBER 18 – FRIENDS OF LOPEZ LAKE TURKEY TROT** (from Meet Director Jeanne Keeffe):  
**5K** (20 runners) – 4. Coker Ellsworth 22:40 .. 11. Denise Layaye (3-F) 28:01. **10K** (trail) – 2. Paul Lee 53:17 (24 finishers)

**SACRAMENTO, DECEMBER 2 – CALIFORNIA INTERNATIONAL MARATHON** (from Folsom to the State Capitol):

**SLDC** = 458. David Campa 2:45:52 .. 4159. Dave Dunbar 4:02:56 .. 5097. Heidi Harrison 4:24:35 .. 5100. Shauna Kruse 4:24:36 .. 5789. Art MacCarley 4:42:18.

**Others** = 23. Sergio Reyes/ex-Los Osos 2:16:17 .. 109. Ben Bruce/ex-Cal Poly 2:24:50 .. 387. Steve Youngblood/Santa Maria 2:43:35 .. 1985. Rachel Banton/Templeton 3:23:43 .. 6226. Amy Schultz/S.L.O. 4:54:31.

**USAT&F Pacific Association Teams:** Masters Men - SLDC (David Campa, Dave Dunbar, Art MacCarley) 11:31:06.

From **Heidi Harrison**, Paso Robles – “CIM was really fun! Dave, Shauna, and I drove up on Saturday and our hotel was around the corner from the Expo. Sunday was a beautiful day to run. The weather was ideal, cool with no wind and NO rain! I stayed with the 4:20 group from mile 18 until mile 22 when I saw that our pacer no longer had her sign up. I realized she was had fallen off the pace so I took off trying to make up time. With one mile to go, there was Shauna so I caught up to her. She was dehydrated so I dragged her to the finish and there's a photo of us crossing the line together. Looking at our splits, we were less than two minutes apart the entire race. The race was well organized as usual. It was Dave's fifth time and he received a five year pin and mug. It was my 4th CIM and Shauna's first. Dave found Janet's name in the CIM program under the “Top 5 Times” for women 60+ where she is 3rd for her 3:21:06 in 2017.”

**All-Time Top 5 Women, 60/64 at CIM**

Rank	Time	Year	Name
1	3:15:06	2017	Karen Kunz
2	3:18:37	2016	Stacy Nigrelli
3	<b>3:21:06</b>	<b>2017</b>	<b>Janet Norem</b>
4	3:23:03	2016	Maggie Mason
5	3:24:01	2014	Suzanne Ray

Shauna Kruse, Dave Dunbar, & Heidi Harrison with their Cal International medals



**RENO, NEVADA, DECEMBER 8 - NATIONAL JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS:**

**Girls 4K** (Ages 13 & 14) – 15. Taylor Jones/Pismo Beach-Unattached 16:16. (313 runners) Taylor is a past winner of SLDC's Stride with the Tide 5K in Pismo Beach and numerous other local road races.

**SPOKANE, WA., DEC. 8 – USAT&F NATL. CLUB CROSS COUNTRY CHAMPIONSHIPS: Local & Cal Poly athletes**

<b>Men's Open 10K</b>		<b>Men's Masters 10K</b>		<b>Women's Masters 6K</b>	
28.	Philip Reid/ex-Cal Poly 30:20	1.	Jorge Maravilla/WVTC 32:52	91.	Robyn Schmidt/Atascadero- 27:30
49.	Gordon Sturgess/Paso 30:55		(2015 SLO Mar. winner)		Hoka Aggies (13 <sup>th</sup> , 55/59)
59.	Bryan Guijarro/ex-Cal Poly 31:12	23.	Alan Jackson/Los Osos- 34:22	129.	Mary Ryzner/San Diego TC- 30:50
62.	Swanjit Boyal/ex-Cal Poly 31:16		Hoka Aggies		13 <sup>th</sup> , 60/64 - Mary holds many
114.	Jameson Mora/ex-Cal Poly 32:03	139.	Erich Ackermann/ex-CP 38:14		of the SLDC marathon records
	(425 finishers)		(248 finishers)		(157 finishers)

**SANTA BARBARA, DECEMBER 8 – RED ROCK TRAIL RUNS:**

**Half Marathon** (103 finishers) – 1. Heeva Asefvaziri 1:50:54. **Full Marathon** (54 finishers) – 28. Tom Jefferis/1-70+ 5:37:56.  
**40 Mile** (65 finishers) – 16. Ethan Kuster 8:40:26 .. 33. Tim Vanderhoof 9:33:22. - / Directed by Luis Escobar / -

**LOS OSOS, DECEMBER 9 – MONTANA DE ORO COASTAL TRAIL RUNS**

<b>8K</b> (62 finishers)		<b>25K</b> (72 finishers)		<b>37K</b> (7 finishers)	
1.	Jadd Martinez (* = CR) 37:07*	13.	Rudy Uribe 2:44:22	1.	Grant Acosta/Davis 4:46:25*
38.	Charlie Trenbeth 73:49	15.	Scott Ritterbuck 2:46:10		(No entries from SLDC)
	<b>13K</b> (58 finishers)	21.	Chuck Fiorentino 2:58:17		
3.	Trevor Cardinal 1:06:38	25.	Brent Vanderhoof 3:02:26		<b>50K</b> (28 finishers)

8. Steve Lakowske	1:17:43	38. Marian Fiorentino	3:19:30	1. Nathan Meinert	5:14:53
11. Paul Lee	1:19:15	63. Michael Dean	4:04:11	9. Geof Chiapella	6:14:46
16. Cyndy Lakowske	1:25:43			10. Matt Downing	6:34:13

**PHOENIX, ARIZONA, DECEMBER 8 & 9 – DESERT SOLSTICE 50K, 100 MILE, & 24 HOUR RUN**

This was set up to be a competitive race for those who wanted to break ultrarunning records on the track. One of those runners was Thomas Reiss, who ran the 50K in 3:39:26 to break the USATF 50-54 age group 50K record. A women's world record was set by Camille Herron who covered 162.92 miles in 24 hours. The 100 mile was won by Zach Bittner in 13:23:12, with Camille less than two minutes behind him at that point. Thomas' time equates to a 3:05 marathon pace for the 31.1 miles.



Thomas Reiss at the Desert 50K



Thomas on his way to a national 50/54 age group record