

**** CLUB RACE RESULTS ****

PISMO BEACH, AUGUST 3 – STRIDE WITH THE TIDE 5K

<u>SLDC</u>			<u>Others</u>		
3. Jadd Martinez/1-30+	17:54	47. Heidi Harrison/2F-50+	62:40	6. Junior Jimenez/2-30+	19:51
7. Matthew Shuck/2-30+	20:16	53. Field Gibson/2-60+	27:29	19. Yolanda Lin/S.L.O. (1-F)	21:44
8. Matt Ruane/1-40+	20:34	58. Debbie Dorney/1-60+	28:03	37. Jim Dempsey/1-60+	25:09
21. Paul Lee/2-50+	22:31	74. Stephanie Smith	31:21	63. Katy Ayer	29:15
33. Dave Cagle/1-70+	24:31	107. Charlie Trenbeth	36:04	83. Teri Rose/2F-60+	31:57
34. Lupe Evans/1F-40+	24:43	145. Giovanna Schaefer/1F-80+	52:11	92. Ethan Shuck	34:27
42. Martina Kingman/1F-50+	25:43	1. Nick Woolf/S.L.O. (ex-CP)	16:35	108. Diane McGinty	36:05
				156. Lucy Simola/2F-70+	60:56

Volunteers: Kimberly Budinger, Marty Budinger, Aileen Cota, Debbie Dorney, Dave Dunbar, John Fetcho, Field Gibson, Heidi Harrison, David Jeffrey, Deborah Jeffrey, Shauna Kruse, Art MacCarkey, 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, Libby Waterbury, Rebekah Waterbury, Bill Winstanley, Denise Youngman.

LOMA MAR, AUGUST 3 – P.C.T.R. GROVES TRAIL 16K: 3. Steve Lakowske 1:38:58. (60 finishers). (See photo below)

FORT WORTH, TEXAS, AUGUST 4 – FORT WORTH RUNNING CLUB WATERMELON 5K:

143. Sandie Cano/Nipomo-SLDC (2F-65/69) 38:45. (191 finishers)



Steve Lakowske (on the left), 3rd at The Groves Trail Run



Debbie Dorney, Linda Lewis Griffith, & Denise Youngman at the SLO Triathlon. The team had an average age of 68.

ATASCADERO, AUGUST 7 – ATASCADERO SUMMER ALL-COMERS TRACK MEET #5:

800 – 2. Michael Dean 2:30 .. **1500** – 5. Michael Dean 5:07 .. 13. Matthew Shuck 6:00. **3000** – 12. Matthew Shuck 12:21.

ORCUTT, AUGUST 10 – SANTA MARIA VALLEY OPEN SPACE 5K/10K/16K TRAIL RUNS (174 total participants):

10K (53 finishers) – 3. Kevin Cooper 49:38 .. Mary Cooper (2-F) 56:48 .. Dave Dunbar 59:08.

16K (60 finishers) – 1. Steve Youngblood 1:06:49 .. Kymberly Fazzio (8-F) 2:14:15 .. Emily Coombes (9-F) 2:14:15.

WATSONVILLE, AUGUST 17 – P.C.T.R. MT. MADONNA TRAIL RUN: **17K** – 4. Steve Lakowske 1:57:05.

SANTA CRUZ, AUGUST 17 – U.C. SANTA CRUZ CROSS COUNTRY CHALLENGE (PA-USAT&F Grand Prix race, 4 miles):

Local athletes – 1. Chris Frias/SLO (ex-Cal Poly) 20:59 .. 2. Dustyn Salomoln/SLO 21:25 .. 15. Sean McDermott/SLO (ex-Cuesta College & Cal Poly) 23:05 .. 19. Adam Massini/SLO 24:06. - / www.pausatf.org / -

BUENA VISTA, COLORADO, AUGUST 13-18 – TRANS-ROCKIES SIX DAY, 120 MILE STAGE RACE:

Entrants included Trevor Meding of Sugarland, TX (Paul Shires' nephew) and Cyndy Lakowske from Avila Beach & SLDC.

Day 1 (307 finishers): Trevor Meding (10th-Open, 34th overall) 3:29:49 .. Cyndy Lakowske (9F-50+, 187th overall) 5:14:37.

Day 2 – Trevor Meding (10th-Open among the 6 day runners) 2:50:33 .. Cyndy Lakowske (8F-50+) 4:22:11.

Cumulative (after two days): Trevor = 6:20:23 (8th-Open Men), Cyndy = 9:36:48 (8th-Women 50+).

Day 3 – Trevor Meding (10th Open Men) 4:06:17 .. Cyndy Lakowske (6th-50+ Women) 5:55:56.

Cumulative (after three days): Trevor Meding (9th open) = 10:26:40 .. Cyndy Lakowske (6F-50+) = 15:32:45.

(There were 63 three-day runners competing alongside the six day runners so the total number of runners drops after today.)

Day 4 – Trevor Meding (14th-Open) 2:53:58 .. Cyndy Lakowske (10F-50+) 4:22:04. (124 individuals still running + 46 teams)

Cumulative (after 4 days): Trevor = 13:20:39 (10th out of 44 Open runners still running) .. Cyndy = 19:54:49 (7F-50+ out of 16).

Day 5 – Trevor Meding (8th-Open) 4:03:35 .. Cyndy Lakowske (5F-50+) 5:57:07.

Cumulative (after 5 days): Trevor Meding = 17:24:14 (10th-Open Men) .. Cyndy Lakowske 25:51:56 (7th-Women 50+).

Day 6 – Trevor Meding (8th-Open Men) 4:02:25 .. Cyndy Lakowske (6th-Women 50+) 5:53:13.

Final Standings (after 6 days): Trevor Meding 21:26:40 (10th-Open Men) .. Cyndy Lakowske 31:45:10 (7th-50+ Women),

130 individuals and 41 teams finished the six day course. <https://zone4.ca/race/2019-08-18/81c562f8/results/>

SANTA BARBARA, AUGUST 18 - 38TH McCONNELL'S ICE CREAM ENDURANCE EVENTS:

10K (84 finishers) - 26. Bill Schackart 49:21 (1st 70/79).

5K (154 finishers) - 68. Bill Schackart 24:53 (1st 70/79) .. 139. Patsy Schackart 37:19 (5th F60/69).

From Bill, "Here are the results for today's McConnell's Ice Cream Run. The weather was a bit on the humid side but the cloud cover kept the temperature down. It was an 8:30 AM start of the 10K followed by a 9:45 start for the 5K. The 10K had about half as many runners as the 5K. We were joined in the 5K by runners from Westmont College, a very speedy group of about 30 men and women. And, of course, there was plenty of McConnell's ice cream and toppings afterwards for all the runners. I think the Sea Salt Cookies & Cream was the best."

SANTA ROSA, AUGUST 25 – SANTA ROSA MARATHON & HALF MARATHON:

Marathon (1219 runners) – 332. Marian Fiorentino (1F-55/59) 3:47:16. **Others** – 21. Manny Tarog/SLO 2:55:26 .. 37. Tyler Baxley/SLO 2:59:14 .. 58. Eric Soderin/Los Osos 3:4:06 .. 128. Yolanda Lin/SLO 3:19:18 (2019 Stride with the Tide winner).

Half Marathon (1607 runners) – 417. Suzi Jianuzzi (5F-60/64) 2:00:49 .. 448. Sandra Simons (6F-60/64A) 2:03:13.

(Club records for the Santa Rosa Marathon are 4:30:07 by Bill Schackart in 2017 and 3:35:13 by Tricia Reynolds in 2011.)

The 2019 cross country season is underway!

MCMINNVILLE, OREGON, AUGUST 30 - LINFIELD HARRIER CLASSIC:

Men's 6K – 11. Matt White/Lewis & Clark (SLOHS, SLDC) 20:24 (#2 finisher for Lewis & Clark). - / www.tfrs.org / -

SAN FRANCISCO, AUGUST 31 – UNIVERSITY OF SAN FRANCISCO INVITATIONAL (at Golden Gate Park):

Men's 8K (76 runners) – 7. Edgar Bonilla/San Jose State (King City HS, 2014 & 2015 winner of SLDC's Stride with the Tide 5K in Pismo Beach) 25:44 .. 31. Cooper Limon/Strawberry Canyon TC (Arroyo Grande High School) 26:33.

Women's 6K (91 runners) – 50. Audrey McClish/Unattached (Morro Bay High School, SLDC) 23:22.

COLORADO SPRINGS, COLORADO, AUGUST 31 – AIR FORCE OPEN CROSS COUNTRY MEET:

Men's 4 Mile – 5. Jacob Bilvado/Air Force WCAP 20:52 (2016 & 2017 Stride with the Tide 5K winner).

FULLERTON, AUGUST 31 – MARK COVERT INVITATIONAL: Women's 5K (200 runners) – 7. Alyssa Block/CS Fullerton 18:17 (Alyssa was the #1 finisher for Fullerton and she was the 2016 & 2017 Stride with the Tide 5K winner).

GOLETA, AUGUST 31 – U.C.S.B. LAGOON COLLEGE/OPEN CROSS COUNTRY MEET:

Women's 5K – 1. Peyton Bilo/Cal Poly 17:53 .. 2. Miranda Daschian/Cal Poly (Atascadero HS/Cuesta College) 18:05 .. 23. Emma Manderino/UCSB (San Luis Obispo HS, SLDC) 19:26 .. 29. Ellie Nisbet/UCSB (Atascadero HS) 19:43.

Open 5K – 1. Kobi Kelly/SLDC 18:07 .. 2. David Campa/SLDC 18:11 .. 6. Adam Basch/SLDC 21:00. - / gopoly.com / -

GOLETA, AUGUST 31 – U.C.S.B. GAUCHO HIGH SCHOOL INVITATIONAL

Boys 3 Mile (153 fin.)	53. Quinn Brussel	17:42	12. Alexi Steinmaus	20:00	
6. Aaron Bloom	16:06	58. Luke Ernstrom	17:52	13. Julia Bloom	20:01
9. Matthew Scurria	16:10	62. Nick Bircher	18:04	16. Serena Stamford	20:12
10. Garrett Beutel	16:15	66. Bryan Arnold	18:10	18. Thea Ragsdale	20:25
12. Dylan Reiss	16:15	70. Ved Kenjale	18:18	22. Julia Voss	20:29
13. Alex Southern	16:16	79. Camden Lunceford	18:28	27. Violet Emerson	20:44
18. Duncan Speirs	16:27	96. Luke Miller	19:12	30. Coco Steel	21:01
19. Colton Campa	16:29	103. Luke Reiss	19:16	34. April Engelmeier	21:09
20. Luke Holland	16:31			62. Ellie Treichler	22:28
26. Aidan Stamford	16:52	Girls 3 Mile (136 fin.)		63. Catrina Sada	22:29
48. Gabe Irwin	17:33	3. Shaylee Grimm	19:18	80. Natalia Grondin	23:05