

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

**SANTA MARIA, OCTOBER 2 – CCAA MID-SEASON MEET**

<u>Frosh/Soph Boys</u>		<u>Varsity Boys</u>		<u>Varsity Girls</u>	
4. Gabe Irwin	17:27	5. Matthew Scurria	15:44	11. Abby Southern	21:45
7. Camden Lunceford	17:46	8. Duncan Speirs	15:54	26. Ellie Treichler	22:57
17. Luke Reiss	18:28	9. Colton Campa	15:54	32. Janey Rubio	23:16
19. Luke Miller	18:38	10. Alex Southern	15:58	34. Tanvi Kenjale	23:18
41. Jared Treichler	19:59	13. Luke Holland	16:09	41. Kelsey Hammond	23:49
71. Cole Ragsdale	21:55	14. Garrett Beutel	16:10	64. Gwendolyn Brussel	25:20
(114 finishers)		26. Aidan Stamford	16:55	(123 finishers)	
<u>Junior Varsity Boys</u>		<u>Junior Varsity Girls</u>			
2. Quinn Brussel	17:03	1. Violet Emerson	20:07	3. Grace Rubio	18:35
3. Luke Ernstrom	17:21	3. Julia Voss	20:27	4. Shaylee Grimm	18:41
4. Bryan Arnold	17:22	4. Thea Ragsdale	20:42	15. Alexi Steinmaus	19:56
6. Axel Reich	17:36	5. April Engelmeier	20:46	16. Julia Bloom	19:59
8. Ved Kenjale	17:54	8. Natalia Grondon	21:31	17. Coco Steel	20:00
33. Evan Schweitzer	20:08	9. Catrina Sada	21:45	(76 finishers)	
(81 finishers)				- / From Adam Basch &	
				athletic.net / -	

**LAWRENCE, KANSAS, OCTOBER 5 – RIM ROCK CLASSIC** (105 runners): 32. Talley Hill/Kansas (AGHS, SLDC) 25:08.

**SARATOGA, OCTOBER 5 & 6 – SKYLINE TO THE SEA TRAIL RACES:**

**Half Marathon** (90 finishers) – 9. Stephen Lakowske 2:22:38 .. 24. Cyndy Lakowske 2:47:56. **Others** - 83. Julie West/Atascadero 3:50:53. **Marathon** (73 finishers) – 60. Janny Choy/San Jose 5:21:53.  
**50K** (229 finishers) – 38. Joyce Tseng 5:35:58 .. 138. Kymberly Fazzio 7:11:16 .. 200. Emily Coombes 8:00:29.

**SANTA MARIA, OCT. 5 & 6 – BACK ON THE RANCH TRAIL RUNS** (3 Hour, 6 Hour, 12 Hour, 24 Hour, 50 mile, 100 mile):  
**48 Houra** – Wes Broshears = 101.84 miles in 40:36:42 (see photos below) **Six Hour** – Mike Stover = 29.48 miles.  
**Three Hour** – Linda Signal = 18.76 miles. (120 participants total for all distances and times, directed by Luis Escobar)

**MONTECITO, OCTOBER 6 – CLUB WEST MASTERS TRACK & FIELD MEET** (at Westmont College):  
**400 Meters** – 7. Paul Shires 1:1.84 (1-65/69). **800 Meters** – 2. Paul Shires 2:51:08 (1-65/69). **Mile** – Paul Shire4s 6:20.79.

**ARROYO GRANDE, OCTOBER 9 – PAULDING MIDDLE SCHOOL CROSS COUNTRY MEET:**

**7th Grade Girls** (50 runners) – 15. Kimberly Budinger/Laguna 8:55 .. 16. Rebekah Waterbury/Laguna 9:01.  
**7th Grade Boys** (88 runners) – 4. Tyler Dailak/Flamson 7:39 .. 13. Hayden Boaz/Laguna 8:02 .. 30. Dylan Chappell 8:47.  
**8th Grade Boys** (77 runners) – 12. Zach Soriano/Paulding 7:33 .. 19. Anthony Frere/Los Osos 7:59.

**CEDAR CITY, OCTOBER 12 – SOUTHERN UTAH COLOR COUNTRY INVITATIONAL:**

**Women's 4K** (41 runners) – 21. Samantha Simard/Southern Utah (SLOHS, SLDC) 15:33 (#5 finisher for Southern Utah).

**GUADALUPE, OCTOBER 12 – MCKENZIE MIDDLE SCHOOL CROSS COUNTRY MEET:**

**7th/8th Grade Girls** (34 finishers) – 4. Kimberly Budinger 14:11 .. 6. Rebekah Waterbury 14:26.  
**7th/8th Grade Boys** (46 finishers) – 7. Hayden Boaz 12:53.

**BELLINGHAM, WASHINGTON, OCTOBER 12 – WESTERN WASHINGTON CROSS COUNTRY CLASSIC:**

**10K** (176 finishers) – 2. Trad Berti/Chico State (Paso Robles HS) 31:40 .. 19. Zach Chamberlain/Chico (Paso Robles HS) 32:44.

**FRESNO, OCTOBER 12 – CLOVIS INVITATIONAL CROSS COUNTRY MEET** (at Woodward Park)

<u>Race #1 - Varsity Girls</u>		<u>Race #11 – Frosh/Soph</u>		<u>Race #13 – Frosh/Soph Girls</u>	
(Medium Size Schools)		(Medium Size Schools)		(all divisions)	
6. Grace Rubio	18:28	46. Matthew Scurria	16:51	19. Violet Emerson	20:17
16. Shaylee Grimm	19:06	110. Aidan Stamford	17:36	126. Abby Southern	23:15
38. Coco Steel	19:56	(220 runners)		137. Natalia Grondin	23:30
41. Alexi Steinmaus	20:03			(233 runners)	
49. Julia Bloom	20:13	4. Luke Holland	17:14	<b>Race #14 – J.V. Girls</b> (all div.)	
83. Julia Voss	21:01	10. Gabe Irwin	17:36	35. Thea Ragsdale	21:43
		22. Camden Lunceford	18:05	110. Catrina Sada	23:11
		(137 runners)		137. April Engelmeier	23:37
<u>Race #3 - Varsity Boys</u>		<u>Race #12 – J. V. Boys</u>		146. Ellie Treichler	23:47
(Medium Size Schools)		(all divisions)		(253 runners)	
13. Alex Southern	16:14	4. Luke Ernstrom	17:26		
20. Duncan Speirs	16:24	19. Bryan Arnold	18:02		
23. Colton Campa	16:25				
39. Garrett Beutel	16:41				

**SAN LUIS OBISPO, OCTOBER 13 – CITY TO THE SEA HALF MARATHON & SEASIDE 5K**

<b>Seaside 5K</b> (441 fin.)		70. Matthew Shuck	1:33:37	759. Amy Watkins	2:17:58
4. Tyler Dailak/2-14&U	19:11	84. Dan Jansen/2-50+	1:36:18	766. Chris Connors	2:19:03
	Dave Bezaire/1-55+	109. Mark Hays/1-65+	1:38:57	932. Sandie Cano/3F-65+	2:36:06
28. Bill Schackart/1-70+	23:11	117. Steve von Dohlen	1:39:35	963. Chantal Donahue	2:39:31
49. Martina Kingman/2F-50+	25:22	125. Susan McAdoo	1:40:16	(1126 finishers)	
50. Joe Klingman	25:23	160. Matt Downing	1:42:56	<b>Others</b>	
88. Mark Smith	27:43	167. Alison borgsmiller	1:43:15	1. Swarnjit Boyal/S.L.O.	1:08:50
148. Heidi Bezaire	31:11	257. Chris Haggie	1:49:07	2. Gordon Sturgess/Paso	1:10:56
236. Patsy Schackart	35:33	272. Dave Dunbar	1:50:44	8. Claire Green/1-Female	1:18:09
241. Taylor Borgsmiller/age 11	36:03	362. `Christina Stamford	1:55:34	51. Sean McCormick/3-55+	1:30:17
		370. Jory Hallanan/1-70+	1:56:29	164. Lindsay Meinert	1:43:03
		405. Heidi Harrison	1:58:12	( Complete results are at	
		590. Brian Matis	2:08:45	<a href="http://www.eternaltiming.com">www.eternaltiming.com</a> )	
		47. Jadd Martinez	2:09:12		
		69. Kevin Cooper/1-60+	93:27		
		641. Brigid Woods	2:11:17		

**MADISON, WISCONSIN, OCTOBER 18 – NUTTYCOMBE WISCONSIN INVITATIONAL:**

**Men's 8K** (230 runners) – 27. Christian Ricketts/So. Utah (AGHS) 24:03 .. 44. Callum Bolger/Stanford (SLOHS, SLDC) 24:14.  
**Women's 6K** (243 runners) – 5. Katie Izzo/Arkansas (ex-Cal Poly) 19:59 .. 84. Miranda Daschian/Cal Poly (ex-Cuesta) 21:11.

**TERRE HAUTE, INDIANA, OCTOBER 19 – N.C.A.A. PRE-NATIONALS MEET:** 87. Talley Hill/Kansas (AGHS, SLDC) 24:11.

**RIVERSIDE, OCTOBER 19 – HIGHLANDER INVITATIONAL: Women's 6K** (207 finishers) -

12. Alyssa Block/Fullerton (past Stride with the Tide winner) 21:20 .. 48. Claire Livengood/U.C. Irvine (Atascadero HS) 22:29.

**SUNNYVALE, OCTOBER 19 – SANTA CLARA BRONCO CROSS COUNTRY INVITATIONAL:**

**Men's Invitational 8K** (178 finishers) – 39. Edgar Bonilla/San Jose State (King City HS, past Stride with the Tide winner) .. 112. Cooper Limon/Cal (Arroyo Grande HS) 25:45.

**Women's Invitational 6K** (204 finishers) – 77. Shannon McClish/University of Hawaii (Morro Bay HS) 21:53.

**Men's Open 8K** (206 finishers) – 116. Will Hanson/Cal Poly Distance Club 26:17 (Bill van Wyngaarden;s grandson, runner-up at the 2019 Brian Waterbury Memorial Rock to Pier race).

**Women's Open 6K** (209 finishers) – 49. Emma Manderino/U.C. Santa Barbara (SLOHS, SLDC 23:10 .. 163. Samantha Duston/Humboldt State (ex-Cuesta College) 26:17.

**ESTACA, OREGON, OCTOBER 19 – LEWIS & CLARK INVITATIONAL:** 45. Matt White/Lewis & Clark (SLOHS, SLDC) 26:43.

**HOOD RIVER, OREGON, OCTOBER 20 – COLUMBIA GORGE MARATHON (**

1. Justin Banks/39/OR 2:41:28. (284 finishers, results from marathonguide.com) Justin is a former Atascadero HS & SLDC runner and a two time winner of the Brian Waterbury Memorial Rock to Pier race, a two time winner of the Hares & Hounds 5K, and winner of the Baywood Park Junefest 4 mile.

**PASO ROBLES, OCTOBER 20 – RUN FOR THE HILLS 5K: From Chris Shuck –**

"Matthew ran in the "Run for the Hills" 5K this morning. It was a beautiful day, a beautiful course, and very challenging - all hills! In talking to other runners, they all thought it was a major workout. It is set in the grapevines of Hearst Ranch Winery, just north of Paso Robles. The run was a fundraiser for Georgia Brown Elementary School and there was no timing or age groups but the first place man and woman received a 6-pack of Hearst wine and the first place boy and girl received a \$50 gift certificate from Running Warehouse. There was a glass of wine for everyone (except the kids, who received juice) and pizza was available for purchase. An auction of some very classy wines made for a good after-party. The top SLDC finishers were Pepe Gonzales (1st, 19:29), Tyler Dailak, age 12 (2nd, 21:43), and Matthew Shuck (4th, 23:50)."

**VENTURA, OCTOBER 20 – VENTURA 5K, HALF MARATHON, & MARATHON:**

**Half Marathon** – 1212. Patsy Schackart 3:08:31. **Marathon** (703 finishers) – 314. Linda Signal 4:06:30 .. 356. Bill Schackart (2-70+) 4:15:34. (The club records for the Ventura Marathon are 4:03:28 by Bill in 2014 and 3:32:59 by Linda in 2018.)

From Bill – "There was warm weather and a hilly detour from the normally tree-lined downhill bike path from miles 16 to 20 (miles 3 to 7 for the half) due to roadwork, which made this year's race a bit more challenging than in the past. Runners slowed down during the detour but those who hung in there were rewarded with a mostly downhill final 10K to the finish line. There were delicious waffles with whipped cream and fruit after the race as breakfast for all the runners. Race numbers were up this year over last year with 350 more in the half and 250 more in the marathon."

**SAN LUIS OBISPO, OCTOBER 25 – WESTERN STATES CONFERENCE CHAMPIONSHIPS** (at Fairbanks Memorial course0:

**Women's 5K** – 6. Leza Cassidy/Cuesta (Arroyo Grande HS) 20:23 ..27. Mattie Lindsey/Cuesta (Templeton HS, SLDC) 23:54.

**BIG SUR, OCTOBER 26 – BIG SUR 10K RIVER RUN:** 69. Debbie Dorney (2F-60+) 58:45. (117 runners)

**HUMBOLDT, OCTOBER 26 – C.C.A.A. CONFERENCE CROSS COUNTRY CHAMPIONSHIPS:** SLO County athletes - **Men's 8K** (84 runners) – 2. Trad Berti/Chico State (Paso Robles HS) 24:50 .. 10. Daniel Tull/Humboldt (Atascadero HS) 25:15 ..18. Zach Chamberlain/Chico State (Paso Robles HS) 25:42. **Women's 6K** (106 finishers) – 16. Rosa Granados/Humboldt State (Arroyo Grande HS) 22:49.

**SAN LUIS OBISPO, OCTOBER 26 – S.L.O. COUNTY MIDDLE SCHOOL X-C MEET** (at the Laguna Lake Golf Course): **Boys** (175 runners) – 12. Anthony Frere/Los Osos 8:34 .. 13. Zach Soriano/Paulding 8:35 .. 15. Tyler Dailak/Flamson 8:36 .. 21. Hayden Boaz/Laguna 8:56. **Girls** (90 runners) – 11. Kimberly Budinger/Laguna 9:48 .. 13. Rebekah Waterbury/Laguna 9:54 .. 36. Alice Jansen/Laguna 10:48. - / Results from Tyler Hoyt / -

**SAN LUIS OBISPO, OCTOBER 26 – SAN LUIS OBISPO COUNTY HIGH SCHOOL CHAMPIONSHIPS**

<b>Boys</b> (122 finishers)		30. Gabe Irwin	16:56	11. Violet Emerson	19:14
1. Damian Gavilan/Paso	14:40	33. Bryan Arnold	17:02	17. Julia Bloom	19:22
2. Duncan Speirs/S.L.O.	15:11	37. Camden Lunceford	17:14	19. Coco Steel	19:33
3. Jonathan Munoz/A.G.	15:14	49. Luke Miller	17:38	22. Thea Ragsdale	19:59
5. Matthew Scurria	15:15	64. Jared Treichler	18:42	25. Julia Voss	20:11
7. Alex Southern	15:21	101. Cole Ragsdale	20:56	27. Serena Stamford	20:29
8. Colton Campa	15:21			31. Abigail Southern	21:05
9. Garrett Beutel	15:50	<b>Girls</b> (79 finishers)		33. April Engelmeier	21:08
10. Luke Holland	15:56	1. Taylor Jones/Arr. Grande	17:07	36. Natalia Grondin	21:29
14. Aaron Bloom	16:06	2. Charlotte Castelli/Paso	17:55	37. Catrina Sada	21:37
15. Aidan Stamford	16:07	3. Grace Rubio/S.L.O.	17:56	47. Kelsey Hammond	22:34
17. Axel Reich	16:25	4. Jenna LeNay/Arr. Grande	17:58	48. Ellie Treichler	22:34
18. Luke Ernstrom	16:33	5. Shaylee Grimm	18:08	52. Janey Rubio	22:52
21. Quinn Brussel	16:41	7. Alexi Steinmaus	18:43	69. Gwen Brussel	25:10

**Race Notes** – There was an excellent turnout for all four races with almost 500 runners competing at this new site on the Laguna Lake Golf Course after many years on the trails at Laguna Lake Park. The middle school meet was under the direction of Laguna coach Tyler Hoyt and the high school portion directed by San Luis Obispo HS coach Adam Basch. Dozens of SLDC members were on hand in many capacities – running, helping out, watching their children and grandchildren, or just enjoying the action on a beautiful sunny morning. Girls winner Taylor Jones of AGHS is a freshman and was the overall women's winner of SLDC's Stride with the Tide 5K in Pismo Beach in 2015 at age 10.

**ARROYO GRANDE, OCTOBER 26 & 27 – RACE SLO ULTRA TRAIL RUNNING FESTIVAL** (at Lopez Lake)

<b>5K</b>		100. Lupe Evans	2:51:34	25. Scott Ritterbuck/Avila	2:19:59
15. Coker Ellsworth	22:40	134. Agustin Rosales	3:11:11	233. Frank Smith/Morro Bay	5:14:03
87. Kathryn Phelan/Grover	39:14	147. Sandra Miller	3:19:55		
88. Larry Smith/Grover Bch	39:15	182. Marty Budinger	3:38:51	<b>Marathon</b>	
		195. Emily Coombes	3:53:11	25. Joyce Tseng (5-F)	6:09:41
		232. Neil Silvers	5:14:01	34. Brent Vanderhoof	6:36:51
<b>Half Marathon - SLDC</b>				38. April Brause (10-F)	6:46:17
2. Luke Miller/15	1:47:39	<b>Half Marathon - Others</b>		40. Rudy Uribe	6:48:45
23. Matt Escobedo	2:19:21	10. Sean McCormick/Paso	2:00:18	47. Tom Jefferis (70+)	7:07:05
80. Matt Downing	2:43:43				

**LOS OSOS, OCTOBER 27 – BAYWOOD PARK OKTOBERFEST FOUR MILE**

<b>Men - SLDC</b>		<b>Men - Others</b>		20. Tamara Kaizuka	40:44
4. Kevin Cooper	26:11	1. Connor Blalock	20:58	21. Samantha Mauro	40:40
5. Matthew Shuck	26:23	2. Alan Jackson	23:08	28/ Nova Poff	49:38
7. Adam Basch	26:48	3. Greg Scott	23:52		
11. Paul Shires	29:25	6. Jason Blank	26:43	<b>Women - Other</b>	
15. Michael Henzler	30:40	31. Dom Lacovara	37:58	1. Aeron Arlin	26:17
16. Henry Hernandez	30:58			4. Jessica Hoyt	29:53
17. Dave Dunbar	32:08	<b>Women - SLDC</b>		7. Jennifer Rubio	31:10
22. Chris Haggie	33:45	2. Jill Boaz	26:55	9. Kaitlin Martinez	33:01
43. Griffin Ruane	63:55	5. Mary Cooper	30:20	25. Jennifer (Lacovara) Frere	44:56
44. Matt Ruane	64:00	11. Denise Youngman	35:53		
		18. Andrea Lueker	38:29		

- Results from Tyler Hoyt / -

There was a long list of past Baywood Junefest & Oktoberfest winners in today's race, including **Mary Cooper** (1995, 1996, & 1997), **Matt Ruane** (2002, 2003, & 2004), **Jennifer Frere** (1993), **Jill Boaz** (2005, 2011), today's women's winner **Aeron Arlin** (2005, 2009), today's men's winner **Connor Blalock** (2017, 2018), **Jennifer Hoyt** (2017), and **Alan Jackson** (2015). There were 85 finishers, almost evenly divided between the men (44) and the women (41).