

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

**FAIR OAKS, JUNE 4 - MISSISSIPPI BAR 10K TRAIL RUN:** 10. Dave Bezaire/SLO 51:41 .. 66. Heidi Bezaire 1:19:50.

**SANTA MARGARITA JUNE 4 - 8TH ANNUAL LIGHTHOUSE 5K**

<b>Men</b> (117 finishers)		<b>Women</b> (161 finishers)			
1. Oscar Allen	19:56	1. Brianna Calvert	21:58	38. Melissa Silva	36:27
9. Matthew Shuck	22:22	15. Suzi Jianuzzi	31:25	71. Vicki Clements	47:47
13. Michael Dean	23:06	26. Jana Rawitser	33:16	140. Peg Grady	61:45
59. Bryan Kirkpatrick	33:55	34. Liz Byrnes	35:18	- / From Paul Shires & Chris Shuck / -	

From **Lori Bagby & Kelsey Sullivan**, Lighthouse 5K Race Directors, "THANK YOU to everyone who participated on Saturday! It was a great day with record attendance and over \$34,000.00 raised for LIGHTHOUSE Atascadero! Together we are making a difference in the fight against substance abuse by providing support to the youth in our community through awareness, prevention and intervention! We are so happy and proud of our community and the care that goes into making it great. Race results have been posted on our website at <http://lighthouseatascadero.org>. We hope to see you again next year on Saturday, June 3, 2023!

**OJAI, JUNE 5 - MOUNTAINS TO BEACH 5K, HALF MARATHON, & MARATHON** (2500 total runners, all races)

<b>Half Marathon</b>		<b>Marathon - Others</b>			
1. Evan Bates/Bend, OR	1:07:24	109. Brady Robles/S.L.O.	3:09:10*	692. Maren Rowan/Temp.	4:02:31
2. John Gutierrez/S. Maria	1:07:33	124. Melissa TenKate/A.G.	3:11:16*	849. Nicole Taylor/Paso	4:17:52
71. Steve Youngblood/S.M.	1:29:38	168. Philip Keith/Arr. Grande	3:16:57	920. Melinda Levy/Nipomo	4:26:12
72. Victor Hurtado/S. Maria	1:29:38	254. Tami Pauly/Oceano	3:27:12*	962. Jaime Hill/S.L.O.	4:31:14
93. Rachel Banton/Temp.	1:32:56	287. Kristin Edler/Arr. Grande	3:29:09*	963. Jannea Long/S.L.O.	4:31:14
(983 runners)		358. Bradley Escobar/S.L.O.	3:34:19	984. Megan Guise/S.L.O.	4:34:22
<b>Marathon - S.L.D.C.</b>		374. Timothy Stark/Grov. Bch	3:35:50	996. Sabrina Smelser/S.L.O.	4:36:23
101. Madison Hirsch/2F-25+	3:08:26*	415. Daniel Bercovici/S.L.O.	3:38:58	1012. Deb Nottenkamper/Paso	4:38:35
340. Susan McAdoo/7F-45+	3:32:39*	460. Gretchen Ziemer/S.L.O.	3:42:15	1076. Elissa Molfino/S.L.O.	4:47:40
517. Jeff Sklar/Pismo Beach	3:46:44	468. Kenny Diaz/Ventura	3:42:57	1135. Chris Farrell/Paso	4:58:48
682. Paul Shires/3rd-65+	4:01:37*	564. Tony Lopez/Templeton	3:50:48	/ MarathonGuide.com /	
893. Dave Dunbar/9th-65+	4:23:30	588. Rosalie Smith/Bradley	3:52:41	* = Boston qualifier	
1070 Sandra Simons/5F-65+	4:46:42	592. Diedre Laird/Arr. Grande	3:52:49	(1,314 finishers)	

**ALL-TIME TOP SLDC RUNNERS AT THE MOUNTAINS TO BEACH MARATHON** (2011 - 2022)

<b>OJAI - MEN</b>		<b>OJAI - WOMEN</b>			
1. Pepe Gonzalez/2018	2:47:14	1. <b>Madison Hirsch/2022</b>	<b>3:08:26</b>	11. Amy Parkinson/2016	3:46:52
2. Patrick Connally/2011	3:12:46	2. Susan McAdoo/2016	3:31:28	12. Alison Borgsmiller/16	3:49:41
3. Pepe Gonzalez/2019	3:16:42	3. <b>Susan McAdoo/2022</b>	<b>3:32:39</b>	13. Aileen Cota/2013	4:00:16
4. <b>Jeff Sklar/2022</b>	<b>3:46:44</b>	4. Linda Signal/2016	3:33:47	14. Heidi Harrison/2013	4:03:22
5. Dave Dunbar/2015	3:52:14	5. Susan McAdoo/2015	3:34:30	15. Julie Ophem/2012	4:05:50
6. <b>Paul Shires/2022</b>	<b>4:01:37</b>	6. Susan McAdoo/2017	3:34:54	16. Liz Byrnes/2015	4:06:09
7. Patrick Vaughan/2014	4:04:59	7. Amy Parkinson/2015	3:37:09	17. Aileen Cota/2015	4:09:03
8. <b>Dave Dunbar/2022</b>	<b>4:23:30</b>	8. Susan McAdoo/2013	3:37:18	18. Aileen Cota/2014	4:09:17
9. Ted Rapley/2013	4:27:45	9. Susan McAdoo/2014	3:37:18	19. Aileen Cota/2012	4:11:11
10. Bill Schackart/2014	4:32:49	10. Amy Parkinson/2014	3:46:48	20. Aileen Cota/2016	4:12:46
				21. Julie Ophem/2016	4:16:46

**EUGENE, OREGON, JUNE 8-11 - N.C.A.A. DIVISION 1 NATIONAL TRACK & FIELD CHAMPIONSHIPS:**

**Hammer Throw** - 22. Evan Stork/Sacramento State (ex-Cuesta) 215' 1". **Decathlon** - 14. Josh Farmer/Irvine 7,519 pts.

**PORTLAND, OREGON, JUNE 11 - PORTLAND TRACK FESTIVAL: 5000M** - 26. Sean Davidson (ex-Cal Poly) 13:56.

**ARROYO GRANDE, JUNE 14 - ARROYO GRANDE ALL COMERS TRACK MEET #1:**

**800 Meters** - 1. John Gutierrez/Santa Maria 2:04.15 .. Dave Dunbar 3:16.54.

**1600 Meters** - 5. Paul Shires 6:40.56 .. 6. Dave Dunbar 7:10.87.

**3200 Meters** - 1. John Gutierrez 9:24.87 .. 2. Joshua Bell/Templeton 9:39.93 .. 7. Adolfo Lopez 13:54.2.

**SAN LUIS OBISPO, JUNE 18 - RUN FOR THE UKRAINE 5K** (at Laguna Lake Park, actual distance = 3.4 miles):

Over 100 runners and walkers showed up for this untimed event with SLOHS/Cuesta runner Axel Reich finishing first in 19:27. On hand for SLDC were Dave Dunbar, Chris & Matthew Shuck, Chantal Donahue, Stan Rosenfield, Steve Robinow, Debbie Dorney, & Paul Shires while a few others who were registered were unable to attend.

**DULUTH, MINNESOTA, JUNE 19 - GRANDMA'S HALF MATRATHON & MARATHON:**

**Half Marathon** (7,006 finishers) - 8. Philip Reid/San Luis Obispo/Hoka Aggies (ex-Cal Poly) 1:04:31. Philip has a long list of central coast road racing wins, including Hares & Hounds (2008 & 2009, the former in a course record of 14:38), City to the Sea (2017 & 2018 with a 1:06:18 in 2018), the Strawberry Stampede 5K (2010), and the Wine Country Half Marathon.

**Marathon** (5,934 finishers) - 5. C. J. Albertson/Fresno 2:10:52. (The SLDC state record for Minnesota is 2:36:09 set by Jill Boaz at Twin Cities in 2004.)

**ARROYO GRANDE, JUNE 21 - ARROYO GRANDE ALL COMERS TRACK MEET #2:**

**800 Meters** - 2. Brandon Griffin 2:24.46 .. 3. Stephen Potter 2:29.85 .. 4. Paul Shires 2:56.09 .. 5. Dave Dunbar 3:26.38.

**1600 Meters** - 1. Axel Reich 4:51.78 .. 4. Brandon Griffin 5:21.63 .. 5. Stephen Potter 5:24.73 .. 15. Dave Dunbar 7:09.15.

**3200 Meters** - 2. Axel Reich 10:54.57 .. 3. Brandon Griffin 11:18.25 .. 4. Stephen Potter 11:44.80.

**EAST GLACIER, MONTANA, JUNE 25 - GLACIER HALF MARATHON:** 46. Chris Brownell/Atascadero (5th-25/29) 1:47:17. (Chris was at the track on a recent Wednesday with Madison Hirsch and joined SLDC for interval workouts. This race is part of the National Park Series taking place across the western United States and in which Kristie Lahr is a frequent participant.)

**Outstanding Athlete – Dr. Paul Spangler**

**(posted on May 18 2022 by ghsports)**

“Outstanding Athletes” – celebrating those who shine in outstanding athletic performance and as outstanding individuals.

“I’m just an ordinary guy who saw the light and I want to tell anyone who’ll listen about it.” - Paul Spangler, at age 91 in 1990. Paul Spangler started as a runner at 67 and was a pioneer in age-group running. He started to compete upon his retirement as a doctor in San Luis Obispo when many of his friends were passing away from heart disease. GH Sports, though founder Greg Hind, sponsored Spangler and followed his accomplishments as he competed throughout the world. During his time as a runner, Paul set dozens of age-group records and won World Masters medals at distances ranging from one lap on the track to the marathon in a variety of championship meets. Spangler earned a reputation for going beyond what was physically and mentally expected for his age at the time. His story was covered in many news publications. One highlight:

“In 1987, 88-year-old Paul Spangler traveled to Melbourne, Australia, and won six gold medals at the World Veterans Games, a track-and-field competition for athletes 35 and older. “Everyone should have a fitness program so they can enjoy a high quality of life,” said Spangler, who runs 25 miles a week and swims 3 miles per week. Long before his running days, Dr. Spangler was acting Naval chief of surgery, a post he held at the time of the Pearl Harbor attack. After a brief return to private practice, he rejoined the Navy, retiring in 1959. He spent two years with Project Hope, then was a prison surgeon at the California Men’s Colony until his 1969 retirement. Now, Dr. Spangler, a Harvard Medical School graduate, belongs to a barbershop quartet to keep his voice active and maintains his yard in addition to his running and swimming.”

**From Wikipedia.** “Dr. Spangler was well into his running program in 1975 when the Corona Del Mar Track Club held a meet in San Luis Obispo. He entered the mile, 2 mile, and 3 mile. After running the mile, he went home to rest. When he returned to the track and was informed he had broken the world record, the bug hit him. When he was in his late 70’s, his training schedule was a ten mile run at 5:30 a.m., six days a week. Spangler held the American record for 90-year-olds in every metric distance race between 800M and 10,000M, including the 5,000M racewalk. He completed the New York City Marathon in 1989 and continued to train with the goal of competing until he was 100. In his 28 year running career, Spangler claimed 85 national age records at various distances. He was a pioneer in Senior athletics by frequently being the oldest competitor and paving the way for successors in the upper age brackets. He died shortly after turning 95 during one of his regular training runs. (Dr. Spangler was an SLDC member for 20 years, from age 75 up until his death.)



Axel Reich at the Run for Ukraine 5K



Paul Shires, Chantal Donahue, & Dave Dunbar at the Run for Ukraine 5K