

**** AUGUST RACE RESULTS ****

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

7. Scott Moler	19:32	100. Liz Byrnes (2F-60+)	30:17	Others	
9. Madison Hirsch (1-F)	19:41	113. Rhonda Crowfoot (3F-60+)	31:56	1. Axel Reich/San Luis Obispo	17:49
29. Adolfo Lopez (1-60+)	22:07	120. Wendy Taradejna	32:45	31. Arabella Edler (ex-AGHS)	22:16
38. Matthew Shuck	22:49	169. Beth Schaefer	40:48	180. Fran Zimmerman/Lompoc	42:59
41. Art Taradejna (3-40+)	22:57	182. Nova Poff (1F-80+)	43:48	209. Larry Huyck/Lompoc/LVDC	51:06
45. Matthew Ruane	23:49	190. Gene Heyer (2-80+)	45:38	(272 finishers)	
55. Frank Hutchinson (1-70+)	25:07	241. Giovanna Schaefer (2-80+)	57:08		

Complete results are at https://slcdc.org/?page_id=47

From Paul Shires, “We had a great time at the Stride with the Tide 5K in Pismo Beach. Below are photos showing Adolfo Lopez, Matthew Shuck, and the finish line. Thanks to all of you who volunteered and/or participated.”



Adolfo Lopez



Matthew Shuck



Almost there!

San Luis Distance Club Volunteers – Brian Anderson, Jim Barodte, Kevin & Mary Cooper, Aileen Cota, Chantal Donahue, Debbie Dorney, Dave Dunbar, Matt Escobedo, Field Gibson, Heidi Harrison, Gene Heyer, Madison Hirsch, Frank Hutchinson, Dan Jansen, Adelaido Jimenez, Nina Joe, Adolfo Lopez, Marion McKenna, Ted McTighe, Janet Norem, Steve Robinow, Augie Rosales, Elaine & Stan Rosenfield, Paul Shires, Chris & Matthew Shuck, Neil & Renee Silvers, Dwight Stovall, Matt von Ruden, Lee Whitmer.



The group of 23 runners from King City on the Pismo Pier prior to the race. (Photo by Debbie Dorney)

CAPE ELIZABETH, MAINE, AUGUST 5 – BEACH TO BEACON 10K (6,537 finishers): 1056. Pete Bottomley/61/Cape Elizabeth (ex-Arroyo Grande, SLDC) 47:01 (20th-60/64) .. 3218. Emily Coombes/53F/Scarborough-SLDC (ex-Pozo) 58:36 (74th-50/54F).

CAMARILLO, AUGUST 6 – CAMARILLO MARATHON (98 finishers in the marathon plus a 5K, 10K, & Half Marathon):
 12. Nathan Steinle/Pismo Beach-SLDC 3:25:47 (This was Nathan's 4th marathon of 2023 to go with Ventura, Big Sur, & Rock & Roll-San Diego.) .. 19. Andy Tobey/Paso Robles 3:31:34. (Club records for the Camarillo Marathon are 3:13:26 by Pepe Gonzalez in 2021 and 4:14:58 by Patricia Miller in 2019.)

SANTA CRUZ, AUGUST 6 – SANTA CRUZ SPRINT TRIATHLON (217 finishers): 144. Paul Shires (1-70+) 1:46:36.

From Paul – "Yesterday I did the Tri Santa Cruz Sprint Triathlon (750 meter ocean swim, 11 mile bike ride, & 5K run), winning my age group in 1:46:36, which was much better than I expected. Below is a link to the results. If I do another triathlon, I need to spend less time in the transition area. It took me over 6 minutes the first transition. I noticed the pros do it in about 30 seconds. I had a fun time and the people that put it on did a great job."



MT. ST. HELENS, WASHINGTON, AUGUST 11/14 – BIG FOOT 200 MILE ENDURANCE CHALLENGE (207 entries):
 21. David Long/Los Osos-SLDC 77:03 (= 3 days, 5 hours, 3 minutes). David becomes the second SLDC member to complete a 200 mile run, joining Luis Escobar who did the Lake Tahoe 200 a while back.

SANTA CRUZ, AUGUST 19 – SANTA CRUZ TRACK CLUB CROSS COUNTRY CHALLENGE (4 miles):
Open Men – 1. Sean Davidson/San Luis Obispo (ex-Cal Poly) 21:47 .. 2. Philip Reid/San Luis Obispo (ex-Cal Poly) 21:59 .. 10. John Gutierrez/Santa Maria 22:34 (46 finishers). **Masters Men** – 67. Frank Hutchinson/Los Osos (4th-70+) 38:19. (84 fin.) (Pacific Association USAT&F Grand Prix Series race) - / www.pausatf.org / -

GOLETA, AUGUST 20 – MCCONNELL'S ICE CREAM 10K (at Goleta Beach County Park, 48 finishers):
 24. Charles DiLiberti/Arroyo Grande-SLDC (1st-60+) 51:35 .. 32. Elizabeth Cartozian/Los Osos 60:08.

SAN LUIS OBISPO, AUGUST 25 – TOUR DE CUESTA CROSS COUNTRY MEET (at the Fairbanks Memorial course):
 - Results for Cuesta runners who attended local high schools -
Men (4 miles, 37 finishers) – 1. Anthony Erikson (Mission Prep) 22:04 .. 9. Axel Reich (SLOHS, 2023 Stride with the Tide winner) 24:13 .. 14. Jorge Merced (Coast Union HS) 25:54 .. 17. Gabe Irwin (SLOHS) 26:20 .. 24. Kyle Shatwell (Atascadero HS) 27:41 .. 27. Deegan Miller (Atascadero) 28:30. **Women** (5K, 24 finishers) - No local HS graduates. - / www.DirectAthletics.com / -

ALAMEDA, AUGUST 26 – ALAMEDA TEN MILE (496 finishers): 4. Chris Frias/Ventura (ex-Cal Poly) 50:05. - / www.SVEtimg / -

CUMBERLAND, MAINE, AUGUST 26 – FIREBIRD TRAIL HALF MARATHON: 52. Emily Coombes 3:15:36. (63 finishers)

SANTA ROSA, AUGUST 26 – PHIL WIDENER EMPIRE CROSS COUNTRY MEET (Pacific Assn. Grand Prix Series race):
Masters Men – 68. Charles Weston/Morgan Hill-Santa Cruz TC (4th-70+) 30:52. (80 finishers). Charles is an ex-SLDC member from many years ago and ranks 15th on the all-time SLDC marathon list with his 2:36:20 at Oakland in 1980. - / www.pausatf.org / -

SANTA ROSA, AUGUST 27 – SANTA ROSA 5K (736 fin.), **10K** (554 fin.), **HALF MARATHON, & MARATHON**: Local finishers –
Half Marathon (1,445 finishers) – 94. Saskia Wright/Los Osos 1:32:02 .. 240. Keith Sweeney/San Luis Obispo 1:44:38.
Marathon (935 finishers) – 33. Carson Clowes/Paso Robles 2:54:53 .. 259. Edwin Martinez/Paso Robles 3:30:12 .. 391. John Boyle/Arroyo Grande 3:48:43 .. 461. Tami Pauley/Grover Beach 3:55:37 .. 629. Savannah Clark/San Luis Obispo 4:23:05 .. 862. Sean Boyle/Arroyo Grande 5:19:00.