

# THE 48<sup>TH</sup> ANNUAL HOUR RUN

10:00 am, Sun., Feb. 16, 2020

Directed by "Bill Daniel" <drd4462@att.net>

The weather gods weren't actually smiling at us as the hour run and other events unfolded on the HSU track on Sunday, February 16; for they provided a light rain from start to finish. On the bright side, however. The rain wasn't heavy, there was no wind, no need for lots of water, and no real possibility of heat stroke.

Some folks are afraid of the hour run. After all, it lasts for a whole hour (though some folks have been efficient and have finished in less time than that.) Some think circling the track for an hour might be boring, but the 45 runners who braved the elements found the event anything but. They usually had someone to talk to, if desired and able to breathe; they were never more than 200 meters away from the leader; and finished at the same time as the first place finisher.



There are actually three events: the hour run, the 400 meter dash, and the SRRC and Quite Possibly the World, Championship Mile Run. There were three "Iron Men," this year. Sorry, no women ran each race. **Thomas Nolan** won the 400 meters (60'), the mile (5:03, and finished second to **Kenny Pocasangre** (10 Mi + 110 yds.), covering 9 Mi + 1320 yds. **Jason Rodriguez** finished the 400 in 1:17, the mile in 6:29 and the hour run (7 miles.) **Randy Emenaker** ably represented the Medicare contingent finishing the 400 in 1:36, in the mile **Laura Bringham** (6:55) captured the women's mile. Notable performances were turned in by **Emily** (8:08) and **Sage** (8:35) **Hartling**, ages 9 and 7 respectively, in the mile run Both also did well in the hour run. **Tami Beall** continued her torrid string of performances, covering 8 mi. + 990 yds. **John Norberg**, age 93, became the oldest person ever to complete the hour run, a record he will hold for many years.

Speaking of age, the Medicare set came out in force. There were eight men (**Dave R, Jeff H, Paul K, Randy E, Mr. S, Brian J, Mishka S & Harry K**) and two women (**Debbie S & Sherry M**) aged 60-69, four men (**Gary T, Forrest S, Jib R & Bill D**) and two women (**Jan W & Mary Z**) aged 70-79. One man (**Jurgen G**) and one woman (**Myrna W**) aged 80-89, and one man (**John N**) aged 90-99, accounting for 42% of all hour run participants. In addition, five folks (**Robyn P, Elizabeth C, Thomas B, Marcile R & Chris A**) were in their 50's. I guess the hour run appeals to the young at heart.

A shout out goes out to **Yoon, Gary** (who had the foresight to bring a tent,), **Jack, Jamey** (who cleared the event with Humboldt State) and others for making this a fun, successful event. See y'all next year!!!! -- **Bill Daniel** <drd4462@att.net>

## 400 Meter

Place	Name	G/age	Time
1	Thomas Nolan	M26	1:00
2	Jason Rodriguez	M35	1:17
3	Randy Emenaker	M68	1:36

## Mile Run

Place	Name	G/age	Time
1	Thomas Nolan	M26	5:03
2	Brian Hudgens	M49	5:16
3	Doug Hartling	M36	6:08
4	Jason Rodriguez	M35	6:29
5	<b>Laura Bringham</b>	<b>F48</b>	<b>6:55</b>
6	<b>Sarah Sanders</b>	<b>F40</b>	<b>7:11</b>
7	Randy Emenaker	M68	7:53
8	<b>Emily Hartling</b>	<b>F09</b>	<b>8:08</b>
9	<b>Sage Hartling</b>	<b>F07</b>	<b>8:35</b>

## Hour Run

Place	Name	G/age	Distance (laps){100 meters = 109.36 yards}
1	Kenneth Pocasangre	M29	10 mi + 110 yds (40 laps + 110 yds)
2	Thomas Nolan	M26	9 mi + 1320 yds (39 laps)
3	Optimus Prime	M39	9 mi + 0000 yds (36 laps)
4	Adam Falk	M34	8 mi + 1741 yds (35 laps + 421 yds)
5	Dave Ryan	M62	8 mi + 1100 yds (34 laps + 220 yds)
6	<b>Tami Beall</b>	<b>F52</b>	<b>8 mi + 0990 yds (34 laps + 110 yds)</b>
7	Greg Carlson	M40	8 mi + 0770 yds (33 laps + 330 yds)

8	Doug Hartling	M36	8 mi + 0352 yds (32 laps + 352 yds)
9	<b>Melanie Wehan</b>	<b>F35</b>	<b>8 mi + 0121 yds (32 laps + 121 yds)</b>
10	Jeff Haag	M60	7 mi + 1496 yds (31 laps + 176 yds)
11	<b>Robyn Petrusha</b>	<b>F55</b>	<b>7 mi + 1390 yds (31 laps + 070 yds)</b>
12	<b>Amber Transou</b>	<b>F44</b>	<b>7 mi + 0898 yds (30 laps + 018 yds)</b>
13	Paul Kinsey	M64	7 mi + 0880 yds (30 laps)
14	Jasper	M22	7 mi + 0390 yds (28 laps + 390 yds)
15	Jason Rodriguez	M35	7 mi + 0000 yds (28 laps)
16	<b>Laura Bringhurst</b>	<b>F48</b>	<b>6 mi + 1584 yds (27 laps + 264 yds)</b>
17	<b>Elizabeth Cox</b>	<b>F51</b>	<b>6 mi + 1540 yds (27 laps + 220 yds)</b>
18	<b>Madeline Williams</b>	<b>F17</b>	<b>6 mi + 1320 yds (27 laps)</b>
19	<b>Janelle Jaegel</b>	<b>F25</b>	<b>6 mi + 1210 yds (26 laps + 330 yds)</b>
20	Thomas Bernota	M59	6 mi + 1100 yds (26 laps + 220 yds)
21	Randy Emenaker	M68	6 mi + 0572 yds (25 laps + 132 yds)
22	<b>Lindsey Grossman</b>	<b>F38</b>	<b>6 mi + 0396 yds (24 laps + 396 yds)</b>
23	Mr. Sunshine	M67	6 mi + 0000 yds (24 laps)
24	<b>Eileen Verbeck</b>	<b>F42</b>	<b>6 mi + 0000 yds (24 laps)</b>
25	<b>Debbie Stamer</b>	<b>F65</b>	<b>5 mi + 1320 yds (23 laps)</b>
26	<b>Sherry Myers</b>	<b>F64</b>	<b>5 mi + 1320 yds (23 laps)</b>
27	Gary Timek	M72	5 mi + 1100 yds (22 laps + 220 yds)
28	Brian Julian	M62	5 mi + 1100 yds (22 laps + 220 yds)
29	<b>Jen Padula</b>	<b>F35</b>	<b>5 mi + 0660 yds (21 laps + 220 yds)</b>
30	<b>Marcile Raney</b>	<b>F59</b>	<b>5 mi + 0587 yds (21 laps + 147 yds)</b>
31	Chris Aberson	M51	5 mi + 0550 yds (21 laps + 110 yds)
32	Mishka Straka	M62	5 mi + 0440 yds (21 laps)
33	Forrest Stamper	M75	4 mi + 1210 yds (18 laps + 330 yds)
34	Jurgen Giessel	M83	4 mi + 0880 yds (18 laps)
35	Jib Ray	M79	4 mi + 0770 yds (17 laps + 330 yds)
36	<b>Donna Ayres</b>	<b>F72</b>	<b>4 mi + 0770 yds (17 laps + 330 yds)</b>
37	<b>Emily Hartling</b>	<b>F09</b>	<b>4 mi + 0000 yds (16 laps)</b>
38	Harry Kavich	M65	3 mi + 1716 yds (15 laps + 396 yds)
39	<b>Laura Holt</b>	<b>F41</b>	<b>3 mi + 0660 yds (13 laps + 220 yds)</b>
40	<b>Jan West</b>	<b>F72</b>	<b>3 mi + 0211 yds (12 laps + 211 yds)</b>
41	<b>Mary Zinselmeir</b>	<b>F72</b>	<b>3 mi + 0211 yds (12 laps + 211 yds)</b>
42	<b>Myrna Weburg</b>	<b>F80</b>	<b>3 mi + 0000 yds (12 laps)</b>
43	Bill Daniel	M75	2 mi + 1210 yds (10 laps + 330 yds)
44	John Norberg	M93	2 mi + 0440 yds (08 laps + 440 yds)
45	<b>Sage Hartling</b>	<b>F07</b>	<b>1 mi + 0000 yds (04 laps)</b>