



Jib Ray  
1/2 Marathon  
3:03:31



Angela Ray



Jenner Howland

52nd Avenue of the Giants  
Marathon, Half & 10K  
7:45 & 8:30 am, Sun., May 5, 2024

# May Minutes

Wed., May 1, 2024, 6:30 p.m. at Babe's Pizza & Pasta in Cutten.  
 Board members in attendance: **Sherry Myers, Juan Reyes, Thomas Nolan, Mark Ellis, Karen Kidwell, Matthew Kidwell, Sarah Sullens, Laura Bringham, Jorge Preciado, Jessy Preciado** and **Gary Timek**. Guests: **Yoshi Uemura, Cindy Timek** and **Jack West**.

## OLD BUSINESS

- A. Master's Run (Sat., 4/13/24) recap:** 34 runners, used online sign up for the first time but most people still registered on the day of race. Two new winners (Andrea Wright & Paul Kinsey) this year.
- B. Sue-meg Park Run (Sat., 4/20/24) recap:** smaller turnout (80 finishers) but a beautiful day and everyone had a good time.
- C. HRRAY:** Track season has been busy but going well. Final meet: Sat., May 11<sup>th</sup> 10:00-2:00 at Fortuna High, will need lots of help.
- D. Shoe Fund & Scholarship:** One scholarship application in so far. Graduating seniors can find the info to apply on the website. Shoes are still available from the shoe fund.

## NEW BUSINESS

- A. The Ave Marathon, Half & 10K (7:45 & 8:30 am, Sun., 5/05/24):** All set to go ahead, 2,400 registered. 20 bibs will be available in each race for race day. Road will be fully opened and cleaned up by Friday. Rain expected.
  - B. Atlanta's Victory Run (10:00 am, Sun., 5/12/24):** Should be ready to go.
  - C. Grasshopper Peak Redwoods Run (8:00 am, Sat., 6/01/24):** Looking for volunteers, contact Karen Kidwell at <karenrhoffman@hotmail.com>. 112 registered so far.
  - D. Dow's Prairie Run (10:00 am, Sat., 6/15/24):** Will discuss more at the next meeting .
- **Next meeting:** Chin's Cafe in Eureka; Dinner at 5:30, Meeting at 6:30 pm, Wed., Jun. 5, 2024. Ask Gary Timek <gtimek@aol.com> for details.

# Friends of the Ave from afar



Peter Torre (82) came all the way from London again and ran 10K in 1:49:09.



from South Carolina

Joanna Pack  
10K

Steve Pack  
Marathon

**Six Rivers Running Club** is incorporated under the laws of the State of California. Its goals are:

1. To encourage distance running both competitive and noncompetitive, by all interested people in the Humboldt County area;
2. To arrange and manage road races open to all who are interested;
3. To print and circulate a Club Newsletter to spread information about coming races, results of past races, and running tips; and
4. To encourage and support youth running.

### Third Class Mail is not forwarded!

Send address changes to:  
 ygk1@humboldt.edu

or Newsletter Editor  
 P.O. Box 214  
 Arcata, CA 95518-0214  
 (707)826-5399

### Submitting Material for Publication

Unsolicited material is welcome and will be used as space permits. Contributions of articles, race reports, art, and calendar listings may be submitted handwritten or typed. However, submission via E-mail, or digital form is preferable. Photographs are best mailed as prints or through special arrangement for electronic transfer. Digital photos should be at least 150 dpi at the dimensions to be printed. Articles are edited for size and content.

Send materials for publication by the **20<sup>th</sup> day** of each month to:

Six Rivers Running Club  
 Newsletter Editor  
 P.O. Box 214  
 Arcata, CA 95518-0214  
 e-mail: ygk1@humboldt.edu

### SRRC BOARD OF DIRECTORS

#### 2024-2025

Marlene Allen allens@humboldt1.com 822-9115  
 Laura Bringham laura@humboldtsmokehouse.com 601-4010  
 Mark Ellis mg8ellis@gmail.com 442-7235  
 Jamey Harris jamey@humboldt.edu 826-5955  
 Matthew Kidwell\*\* matthew5513@yahoo.com 444-2546  
 Jorge Preciado ramirez\_xc@yahoo.com (818)478-6636  
 Juan Reyes violate2much@yahoo.com (915)276-7642  
 Sarah Sullens sarahsullens10@gmail.com 845-9652

#### 2023-2024

Karen Kidwell karenrhoffman@hotmail.com 444-2546  
 Sherry Myers sherrymyers1956@gmail.com 839-1057  
 Thomas Nolan thomasnolan22@gmail.com 834-7716  
 Jessy Preciado\*\* jenglishjohnson@gmail.com 845-6838  
 Gary Timek\*\*\* gtimek@aol.com 845-5147

### SRRC OFFICERS

**President\*\*\*** Gary Timek  
 <gtimek@aol.com>  
**Vice President\*\*** Matthew Kidwell  
 <matthew5513@yahoo.com>  
**Secretary\*** Jessy Preciado  
 <jenglishjohnson@gmail.com>  
**Treasurer** Cindy Timek  
 <ctimek@aol.com>

### SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>

**Catrina Howatt** <catrina.howatt@gmail.com> wrote on Tue, May 14, 2024:

I ran a half marathon on Sat., 5/11/24. It was the **Vacation Races Yosemite Run!**

OverP Name G/age Time Bib#  
2536 **Catrina Howatt** F57 3:08:24 3980

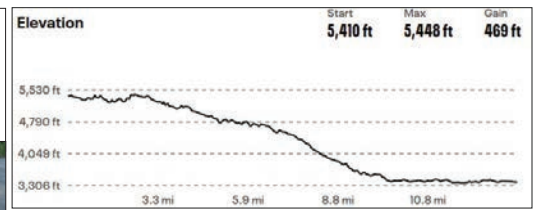


**Lanore Bergenske** <lbergenske@fortunaesd.com> wrote on On Tue, May 14, 2024:

I was overwhelmed with gratitude and appreciation to be able to successfully complete my 101<sup>st</sup> marathon or beyond off the 101 at the Avenue of the Giants!! Nothing better than having marathon champs, Tami and Pam there to cheer me on and so many running friends along the way to celebrate with!! I love our running club and community!!



Lanore & friends celebrating 101 marathons or more



## June Races Lost or Morphed

May was an exciting month because of the Ave and later Atalanta. It stands to reason June was a FUN month. The **Jack Moore 5.7 mile** race was the first of these races. Jack had a double wide parked of a large plot of land owned by **Louie D'Martin**. The race began on Balboa Ave, reached the north Clam Beach frontage Road, then went up at Crannel. The HILL daunted runners just past the 3-mile mark. From there, the race continued, finishing on another up hill, including a steep four-foot rise onto the property and a 100 yard trail to the finish. After that, the fun began. The fun included grilled hot dogs and hamburgers, with copious amounts of beer and some other beverages. The property accommodated various "sporting" events such as horseshoe pitching, touch football, frisbee football, soccer, and even a fifty-yard dash. A good time was had by nearly all. Unfortunately, Louie sold the property and Jack had to move. The race morphed into the present-day **Dow's Prairie 10K**.

Next came the **Jacoby Creek Streek**, hosted by **Bill and Nancy Morris**. The 4.5 mile course started at the Bayside Grange, wound its way up Jacoby Creek Road to the bus stop crossed the Creek, and returned to the Morris residence, where runners were treated by Nancy's Bodacious Baked Beans, and beer, of course. Interesting games and music followed. For a couple of years the SRRC swimming championship was held, but for various reasons, including injured swimmers, the pool was cemented in. Games continued, however. Examples include "full contact whiffle ball," and killer croquet. **Dick Meyer** usually turned these games into full contact events. But no one seemed to mind. One year **Pat Collins** crashed into a low stone wall, requiring numerous stitches in his leg, but warrior that he is, Pat was back within an hour ready for more action. Speakers were placed on the Morris roof so that spectators could hear such classics as Chuck Berry's "My Ding A Ling," not one of Nancy's favorites. On occasion, live music was provided by the Buffalo Chip Boys, a not so famous group that had one other live performance. But, that's another story. Bill likes to tell the story of standing behind two women at Safeway when one asked the other if she were going to the Streek. She said she wasn't because she heard the race event devolved into a drunken brawl. There may have been a grain of truth to that. When the house became too big for Bill and Nancy to maintain, the Streek's streak ended.

There were two more sedate June runs. The first was the **5K Challenge**. RCAA set performance standards for men's and women's age groups. Blue, white, red, gold, ... bronze, and orange medals were given to finishers, depending on their respective times. When the Club ran out of medals, the event ended. Finally, the **Tall Trees Sun Run** celebrated the Summer Solstice. The full 17 mile course started at the Ladybird Johnson Grove, wound along a trail that crossed Redwood Creek, continued around the Tall Trees Grove (thought to host three of the world's tallest trees), looped around the grove, and then returned. Runners were free to traverse whatever distance they so desired. A picnic followed. Most of those that ran shorter distances stayed for the picnic. Logistics became too burdensome for race directors and the Sun Run eventually became a fond memory.

We have now covered a calender year of lost and morphed race. If I have forgotten a race, or have erred in my description, please let me know; or better yet, write an article for the newsletter. -- **Dr. D** <drd4462@att.net>

# 52<sup>nd</sup> AVENUE OF THE GIANTS

For 52 years we have been running the Avenue. This year was no exception, it was great; perfect running weather, well attended with happy finishers. I want to **thank** all the volunteers, coaches, and club members that made this possible. The SRRC board members and club members who put in 100%, **Jessy and Jorge Preciado, Sherry Myers, Gary Timek, Mark Ellis, Sarah Sullens, Karen and Matthew Kidwell, Harry Kavich, Yoon Kim, Paul and Carla Kraus, Jan and Jack West, Portia and Dean Matheson, Catrina Howatt, Bill Daniel, Kathleen and Don Brubaker, Jessie Hunt, Brent** for announcing, **Laura Bringhurst, Jeff Huber timing and crew, Paye's Gardening, League of Women Voters, Peggy Dickerson Station, Richard** from **Fusuikan, Karuna Rescue, Caroline Carson and Ramone's Bakery, Boy Scout Troops 54, 99, and 115, HARC volunteers, Marching Lumberjack Band** for our entertainment and the **Fruitland Volunteer Fire Department**. Looking forward to the future and it looks bright.

**Thank you,**

– **Cindy Timek** <theave@theave.org>



• By [hubertiming.com](http://hubertiming.com), as of 5PM, Tue., 5/07/24

## Marathon

7:45 am., Sun., 5/05/24

• Humboldt County runners are colored blue

Pl	Name	G/age	ChipT
1	Connor Smith	M27	2:34:14
2	Kenneth Murphy	M32	2:39:17
3	James Mellor	M27	2:41:45
4	Benjamin Garver	M22	2:43:20
5	Ian Fuller	M48	2:43:43
6	Billy Littlefield	M32	2:44:14
7	Avesh Singh	M31	2:46:43
8	Tae Ho Hwang	M31	2:48:18
9	Colin Kirk	M40	2:51:04
10	Malcolm Smith	M28	2:52:15
11	Louis Jochems	M31	2:52:35
12	Cristhian Montenegro	M31	2:53:16
13	David Roeske	M43	2:54:20
14	Zack Jenkins	M34	2:54:40
15	Ryan Chan	M41	2:54:50
16	Nathaniel Kane	M37	2:59:05
17	<b>Erin Ponte</b>	<b>F38</b>	<b>3:00:27</b>
18	Austin Smith	M41	3:00:44
19	Steve Hench	M36	3:02:07
20	Jeff Kao	M51	3:03:59
21	Richard Duke	M40	3:04:01
22	Trevor Sell	M35	3:05:28
23	Brooks Hanson	M24	3:06:46
24	John Nystrom	M42	3:06:48
25	William Gallagher	M25	3:07:17
26	Chris Wu	M34	3:09:19
27	Mikayla Richardson	F26	3:09:58
28	Frank Lofton	M22	3:10:49
29	Nathan Yoshino	M27	3:10:50
30	Calvert Bobola	M33	3:11:22
31	Brian Schmitz	M53	3:11:47
32	Sam Breed	M37	3:12:17
33	Tadd Tsui	M33	3:12:27
34	Nicholas Chen	M21	3:13:36
35	C Fred Joslyn	M40	3:15:12
36	Shaan Hathiramani	M37	3:15:41
37	Dan Edwards	M50	3:16:02
38	Anthony Moumjan	M32	3:16:54
39	Aaron Beabe	M21	3:18:19
40	Julian Maggard	M29	3:18:45
41	Mariah Simpson	F27	3:19:36
42	Cade Depeel	M21	3:19:55
43	Trevor Cecil	M33	3:20:54
44	Patricia Larson	F34	3:21:01
45	Laura Cochran	F39	3:21:08
46	Bianca Doerschlag	F29	3:22:01
47	Jace Demond	M26	3:22:41

48	Isaac Jessen	M35	3:23:06
49	Cole Weber	M25	3:24:53
50	Zack Zalesky	M25	3:25:56
51	William Krengel	M27	3:26:14
52	Mike Lucifer Rialton	M30	3:27:22
53	Justin Krajci	M34	3:27:46
54	Rachel Berry	F30	3:28:15
55	Daric Aguinaga	M43	3:28:41
56	Ellie Gleason	F18	3:28:55
57	Dylan Merrell	M27	3:29:09
58	Hayden Smith	M29	3:29:39
59	Stephanie Malkowski	F48	3:30:28
60	Fionnuala Howell	F29	3:30:45
61	Connor Fulton	M28	3:30:59
62	Benjamin French	M35	3:31:20
63	Andrew Romero	M24	3:31:48
64	Kate Whitlock	F39	3:33:02
65	Luciano Gomez	M17	3:33:38
66	Mark Pittman	M35	3:34:00
67	Jaclyn Zalesky	F29	3:34:05
68	Andrew Lynch	M31	3:34:18
69	Jamel Patterson	M25	3:34:33
70	Kyle Brown	M24	3:34:35
71	David O'Connell	M29	3:34:41
72	Megan Stevens	F26	3:34:42
73	Daniel Schuurman	M28	3:34:54
74	Noah Taxis	M29	3:35:47
75	Kyle Goshia	M31	3:36:32
76	Nathaniel Cater	M26	3:36:44
77	John Clarke	M50	3:37:05
78	Bill Pedersen	M33	3:37:16
79	Calvin He	M29	3:37:36
80	Zach Fansler	M36	3:37:48
81	Raymond Lam	M36	3:38:26
82	Anna Beurskens	F33	3:39:23
83	Austin Ferris	M39	3:39:23
84	Joseph Patnode	M25	3:40:03
85	Isabelle Demarco	F22	3:40:59
86	Zachary Johnson	M33	3:41:10
87	William Wagner	M30	3:41:20
88	<b>Lanore Bergenske</b>	<b>F66</b>	<b>3:41:31</b>
89	Megan Villapudua	F37	3:42:00
90	Lyle McLachlan	M53	3:43:47
91	Allison Hurst	F29	3:43:55
92	Naomi Von Ruden	F24	3:44:05
93	Chris Gallo	M54	3:45:20
94	Alex Motawi	M22	3:45:24
95	Nikki Dealy	F38	3:45:26
96	Mike Christian	M54	3:45:29
97	Kurt Schloder	M57	3:45:49
98	Sandra Riggs	F42	3:46:12
99	Bridget Trankina	F31	3:46:29
100	Ryan Stroup	M44	3:47:00
101	Aiza Golledge	F38	3:47:12

102	Drew Hyler	M23	3:47:59
103	Steven Maas	M33	3:48:08
104	<b>Jennifer Heidmann</b>	<b>F54</b>	<b>3:48:57</b>
105	Abbas Mo	M37	3:49:00
106	Brittany Allen	F27	3:49:13
107	Quinn Bushey	M22	3:49:17
108	Cameron Marlow	M47	3:49:26
109	<b>Mason Banner</b>	<b>M25</b>	<b>3:49:28</b>
110	Todd Toffoli	M43	3:49:37
111	James Roach	M31	3:49:45
112	Daniel Fishman	M42	3:49:53
113	Peter McHugh	M47	3:50:04
114	Jack Biddle	M25	3:50:06
115	Shannon Murphy	F23	3:50:07
116	Marisa Wileman	F28	3:50:25
117	Sara McAllister	F41	3:50:49
118	Adan Camacho	M33	3:50:57
119	John Bezou	M48	3:51:15
120	Brianne Murphy	F28	3:51:35
121	Evelyn Higgins	F19	3:52:22
122	Devon Matthews	M36	3:52:29
123	<b>Catriona Barr</b>	<b>F26</b>	<b>3:52:55</b>
124	Joseph Foster	M31	3:53:00
125	Lindsay Richardson	F35	3:53:12
126	Sam Schall	M31	3:53:20
127	Maddie Driscoll	F25	3:53:25
128	Percival Singson	M19	3:54:03
129	Thomas Lancaster	M51	3:54:11
130	Klim Radostev	M25	3:54:18
131	Andrew Oswald	M53	3:54:48
132	Casey Ales	M41	3:54:51
133	Maxwell Frey	M32	3:54:52
134	Margaret Rudy	F32	3:55:18
135	Alex Maas	M31	3:55:35
136	Peter Clason	M18	3:55:59
137	Jennifer Hornbaker	F36	3:56:33
138	Evan Flint	M23	3:56:38
139	Jamison Barsotti	M37	3:56:43
140	Abigail Edwards	F22	3:57:18
141	Nicolas Graver	M29	3:57:26
142	William Lopez	M56	3:57:47
143	Harrison Bernstein	M45	3:57:52
144	Samantha Long	F23	3:58:39
145	Austin Fitzgerald	M31	3:58:45
146	Melanie Murphy	F28	3:58:51
147	Alex Danner	M67	3:58:52
148	Paul Yee	M51	3:58:54
149	Caleb Gardner	M29	3:58:55
150	Andrew Edwards	M20	3:59:26
151	Alex Beveridge	M32	3:59:27
152	Nicholas O'Brien	M26	3:59:53
153	Jady Palko	M50	4:00:02
154	Paula Jean Lunt	F58	4:00:15
155	Laura Naylor	F27	4:00:53

156 Jordan Rollins	M40	4:01:04	232 Patrick Leonard	M23	4:26:21	308 Jessica McCann	F29	4:45:06
157 David Edwards	M19	4:01:07	233 Christine Lasser	F56	4:26:36	309 Scott Carter	M44	4:45:09
158 Dustin Hoekstra	M49	4:01:10	234 William Groeninger	M57	4:26:46	310 Andrew Clason	M56	4:45:13
159 Xi-Lin Yeh	M36	4:02:07	235 João Vieira	M33	4:26:50	311 Alison Goughary	F39	4:45:34
160 Chaponica Trimmell	F52	4:02:10	236 Lucas Maine	M18	4:27:12	<b>312 Jeremy Wright</b>	<b>M43</b>	<b>4:46:01</b>
161 Haley Larson	F36	4:02:24	237 Ashley Mullin	F35	4:27:13	313 Jorge Bernal	M27	4:46:18
162 Lesley Leonard	F55	4:03:31	238 Alexandre Filipowicz	M37	4:27:14	314 Justin Southern	M28	4:46:21
163 Douglas Press	M59	4:03:38	239 Morgan Stahl	F33	4:27:22	315 Andrew Trippel	M57	4:46:21
164 Jose Barragan	M67	4:04:09	240 Stuart Murr	M49	4:28:15	316 Douglas Adams	M39	4:46:37
165 Luisa Harkey	F40	4:04:13	241 Stacy Knauer	F40	4:28:15	317 Barbara White	F61	4:46:38
166 Colby Calabrese	M20	4:05:22	242 Jillian Johnson	F31	4:28:24	318 Kyle Radsmikham	M23	4:47:04
167 Christopher Goudy	M39	4:05:32	243 Francisco Barragan	M52	4:28:25	319 Tracy Musser	F33	4:47:45
168 Bob Basse	M69	4:05:36	244 Rajesh Sharma	M49	4:28:30	320 Andra Catrinescu	F37	4:47:50
169 Kevin Gresham	M36	4:05:41	245 Jeff Frankfield	M52	4:28:33	321 Lisa Jaeger	F57	4:48:16
170 Katy Gough	F24	4:05:44	246 Luke Droulez	M35	4:28:38	322 Ginny Winters	F68	4:48:19
171 Ben Loria	M41	4:07:18	247 Raymond Camero	M52	4:28:46	323 Benjamin Bottcher	M34	4:48:27
172 Justin Briggs	M18	4:07:32	248 Cody Stauffer	M38	4:29:05	324 Stephanie Huerta	F27	4:49:00
173 Joy Toyias	F46	4:07:41	249 Parwana Ayub	F30	4:29:35	<b>325 Daniel Camarena</b>	<b>M25</b>	<b>4:49:09</b>
174 Brian Johnson	M47	4:07:56	250 Aaron Barraza	M30	4:29:53	326 Kyla Standard	F21	4:49:32
175 Nicolas Anderson	M33	4:08:53	251 Nicole Greene	F39	4:29:54	327 Elizabeth Clawson	F34	4:49:39
176 Emile Dantzer	M22	4:08:58	252 Danielle Golding	F32	4:30:04	328 Christina Mulch	F30	4:50:25
177 Nicole Lowry	F37	4:09:04	253 Jami Hackler	F41	4:30:59	329 Alexander Yap	M46	4:50:30
178 Angela Howard	F30	4:09:33	254 Jackie Garcia	F27	4:31:12	330 Steve Pack	M48	4:50:48
179 Sean Johnson	M40	4:09:43	255 Elliot Thompson	M29	4:31:17	331 Nathan Martinez	M31	4:51:24
180 Kelly Lansing	F34	4:09:57	<b>256 James Griffiss</b>	<b>M38</b>	<b>4:31:38</b>	332 Bryan Henry	M74	4:51:45
181 Roy Seliber	M64	4:10:09	<b>257 Travis Sanborn</b>	<b>M35</b>	<b>4:32:20</b>	333 Dirk Hoekstra	M80	4:52:01
182 John Patrick Gloria	M30	4:10:14	<b>258 Taryn Sanborn</b>	<b>F22</b>	<b>4:32:20</b>	334 Paul Draper	M35	4:52:06
183 Ashleigh Collins	F31	4:10:23	259 Andrea Ettekal	F40	4:32:52	335 Maryah Wilson	F33	4:52:07
184 Liza Chaplygina	F29	4:11:17	260 Matt Habegger	M43	4:33:03	336 Christopher Rogers	M37	4:52:45
185 Alexander Ghan	M27	4:11:52	261 Preston Duncan	M31	4:33:39	337 Jessie Ditmire	F31	4:53:07
186 Jacob Frisch	M28	4:11:53	<b>262 Dennis Vetrano</b>	<b>M45</b>	<b>4:34:04</b>	338 Libby Kennedy	F28	4:53:07
187 Christine Gottung	F35	4:12:27	263 Mark Ulbricht	M31	4:34:13	339 Summer Lands	F19	4:54:12
188 Naomi Valera	F38	4:12:28	264 Luke Shoats	M31	4:34:19	340 David Russell	M31	4:54:21
189 Eric Wright	M39	4:13:02	265 Kirsten Lecey	F39	4:34:26	341 Andrew Lam	M31	4:54:54
190 John Valasco	M67	4:13:27	266 Jonathan Throne	M37	4:34:27	342 Sam Genovese	M28	4:55:04
191 Ashley Teifert	F43	4:14:07	267 Connie Hurley	F41	4:34:32	343 Joe Stempert	M40	4:55:17
192 Eric Gottung	M67	4:14:51	268 Sarah Bernabe	F29	4:34:36	344 Dean Sanematsu	M54	4:55:41
193 Dale Irving	M30	4:15:23	269 Deanna Danger	F41	4:34:40	<b>345 Grant Bryant</b>	<b>M30</b>	<b>4:55:42</b>
194 Justin Barham	M51	4:15:24	270 Rachel Heath	F39	4:34:40	346 Maria Salcido	F58	4:55:52
195 Simone Brown	F40	4:15:51	271 Monika Schloder	F56	4:34:48	347 Radhe Patel	F22	4:56:48
196 Steve Waters	M41	4:15:59	272 Amelia Schwartzkopf	F26	4:35:23	348 Elizabeth Lee	F22	4:56:48
197 Ekaterina Martynova	F34	4:16:45	273 Travis Prowell	M51	4:35:47	349 Loie Plautz	O27	4:56:56
198 Efim Avelov	M34	4:16:46	274 Rosemary Huggins	F29	4:36:07	350 Morgan Dean	F38	4:57:44
199 Sarah Wright	F32	4:16:53	275 Kitt Paraiso	M35	4:36:14	351 Vineet Wazir	M40	4:58:06
200 Whitney Yorgason	F23	4:17:09	276 Molly Krantz	F42	4:37:08	352 Christina Swanson	F36	4:58:47
201 Charlie Ruch	M48	4:18:27	277 Daniel Ooi	M35	4:37:41	353 Sachin Thatte	M56	5:00:05
<b>202 Andrew Dawid</b>	<b>M31</b>	<b>4:18:41</b>	278 Dave/ Miller	M66	4:37:45	354 Pham Bao Bao Nguyen	F22	5:00:21
203 Marcos E Ulloa	M30	4:19:09	279 Brian Wagner	M35	4:37:56	355 Ramaswamy Ranganathan	M66	5:00:34
204 Neil Etling	M57	4:19:17	280 Elizabeth Woodruff	F34	4:39:25	356 Scheleese Goudy	F36	5:00:37
205 Scott Depeel	M60	4:19:23	281 Shannon Rich	F41	4:39:28	357 Rune Olslund	M54	5:00:58
206 Clayton Labarge	M37	4:19:27	282 Aaron Chen	M24	4:39:41	358 Daniel Polkinghorne	M27	5:01:27
207 Nicole Vaillant	F45	4:19:48	283 Clara Olson	F29	4:40:02	359 Rochelle Sellers	F32	5:02:03
208 Jessica Colvin	F32	4:20:02	284 Maxwell Liffton	M26	4:40:03	360 Julie Brennan	F55	5:02:08
209 Amanda Newey	F33	4:20:02	285 Isabelle Liffton	F24	4:40:03	361 Lindsay Anders	F38	5:02:28
210 Casey Meyer	M30	4:20:21	286 Peter Tuccillo	M65	4:40:20	362 Richard White	M66	5:02:51
211 Josie Cain	F46	4:20:35	287 David Miller	M38	4:40:38	363 Briana Chavez	F26	5:02:56
212 Sara Fietsam	F37	4:20:55	288 Mari Irving	F25	4:40:51	364 Stephen Posey	M49	5:03:41
213 Stanislav Levental	M36	4:21:32	289 Kaitlin Merkt	F36	4:40:59	365 Daniel Plautz	M31	5:04:57
214 Albert Casagrande	M59	4:22:37	290 Elizabeth Lefor	F26	4:41:10	<b>366 Asher Kolden</b>	<b>O25</b>	<b>5:05:37</b>
215 Melissa Mondragon	F42	4:22:44	291 Kevin Tien	M59	4:42:25	367 Magda Olivares	F51	5:05:42
216 Donna Grimm	F47	4:23:14	292 Carrie Taylor	F35	4:42:47	368 Laura Sparks	F41	5:06:32
217 Megan Covalt	F38	4:23:25	293 Heidi Pearce	F44	4:42:54	369 Nicole Harper	F50	5:06:32
218 Brad Brown	M63	4:23:39	294 Stacey Svetlichnaya	F33	4:42:59	<b>370 Aliah Guerrero</b>	<b>F26</b>	<b>5:07:10</b>
219 James Akery	M57	4:23:39	295 Ruben Duarte	M45	4:43:05	371 Jennifer Baldwin	F51	5:07:13
<b>220 Ronald Webb</b>	<b>M33</b>	<b>4:23:48</b>	296 Bethany Stempert	F39	4:43:19	372 Ryan Lorber	M43	5:08:22
221 Dmitriy Radostev	M36	4:24:24	297 Alison Gale	F32	4:43:23	373 Matthew Callman	M42	5:09:08
222 Serena Ly	F25	4:24:25	298 Emily Gale	F30	4:43:23	374 Colin McGrath	M30	5:09:48
223 Erin Reynolds	F42	4:24:29	299 Nico Vallone	M26	4:43:25	375 Talia Landman	F34	5:10:06
224 Eoin Oullivan	M24	4:24:31	300 Alexi Overland	F25	4:43:38	376 Yana Vashchenko	F33	5:10:08
225 Kristin Shannon	F27	4:24:50	301 John Paul Ragen	M21	4:44:16	377 Kyle Smith	M32	5:10:27
226 Jon Dolan	M27	4:24:50	302 John Champagne	M39	4:44:19	378 Susan Larossa	F56	5:10:34
227 Leyla Yalman	F27	4:25:25	303 Rachel Everitt	F42	4:44:20	379 Jon Day	M50	5:10:37
228 Jed Gloria	M29	4:25:37	304 Alex Dalesio	M50	4:44:34	380 Alexis Goldin	F23	5:10:49
<b>229 Dustin Jackson</b>	<b>M29</b>	<b>4:25:56</b>	305 Lydia Freeman	F33	4:45:01	381 Kelly Scheidegger	F38	5:11:36
230 Kim Habicht	F27	4:26:02	306 Jennifer Arnold	F34	4:45:01	382 Rashell Barragan	F29	5:11:47
231 Christopher Lalonde	M38	4:26:06	307 Gina Valenzuela	F32	4:45:06	383 Isabel Garon	F25	5:11:59

384 Lucy Houghton	F26	5:11:59	460 Miranda Boyett	F23	6:08:22	64 Jordana Gonzalez	F38	1:41:25
385 Logan Rosselli	M20	5:12:20	461 Kelly Koutnik	F32	6:11:20	65 Angel Ramirez	M53	1:41:26
386 Matthew Johnson	M21	5:12:32	462 Jonanna Pick	F29	6:27:44	66 Parker Moore	M31	1:41:33
387 Kitra Henker	F33	5:13:13	463 Chad Christiansen	O42	6:30:23	67 Simon Schermerhorn	M32	1:41:34
388 Ethan White	M22	5:13:31	464 Rebekah Larobardiere	F41	6:32:12	68 Paul Kinsey	M68	1:41:35
389 Lina Ghanbari	F26	5:14:16	465 Sara Cota	F32	6:34:12	69 Elizabeth Tedford	F37	1:41:39
390 Athena Chang	F23	5:14:25	466 Ruth Pifer	F68	6:41:45	70 Craig Peterson	M40	1:41:57
391 Naveed Namaky	M32	5:14:50	<b>1/2 Marathon</b>			71 Kaya Yalman	M26	1:41:57
392 Alyssa Toledo	F29	5:14:51				<b>8:30 am., Sun., 5/05/24</b>		
393 Janae Sargent	F29	5:14:51	<b>• Humboldt County runners are colored blue</b>					
394 Austin Brooks	M26	5:15:19				<b>Pl Name G/age ChipT</b>		
395 Katie Kinzer Hibler	F36	5:15:20	1 Frank Ramisch	M20	1:13:23			
396 Kim Jimenez	F34	5:16:02	2 Coleman Tobin	M20	1:14:47	76 Wesley Franks	M28	1:42:25
397 Jennifer Woo	F47	5:17:14	3 Collin Jarvis	M32	1:15:08	77 Solomon Goldfarb	M59	1:42:32
398 Eric Sakai	M58	5:17:15	4 Jonah Mann	M32	1:15:13	78 Steve Taylor	M67	1:42:34
399 Peter Goodwin	M30	5:18:00	5 Hunter Boyenga	M20	1:18:30	79 Caden Barthlome	M29	1:42:34
400 Tanner Biwer	M30	5:18:08	6 Matthew Kidwell	M42	1:19:35	80 Dean Little	M40	1:42:54
401 Gregory Katz	M70	5:18:17	7 Axel Treinen	M24	1:20:52	81 Jenn Mitchell-Jackson	F51	1:42:55
402 Brandi Effron	F43	5:19:19	8 Steven Gilkey	M29	1:21:03	82 Brian Miller	M32	1:43:04
403 Terry Boyle	M66	5:21:05	9 Kausthub Poondi	M26	1:21:42	83 Ames Bessada	O38	1:43:12
404 Robert Joslyn	M38	5:22:50	10 Graham Garratt	M29	1:21:52	84 Jackie McKeown	F37	1:43:13
405 Praggya Chaturvedi	F40	5:24:23	11 Uriel Carlos	M29	1:22:11	85 Emma Patrick	F33	1:43:15
406 Patrice Bruneman	F58	5:24:38	12 Kevin Ouyang	M37	1:24:53	86 Brenton Wileman	M30	1:43:16
407 Lindsay Teague	F35	5:25:21	13 Lucien Werner	M33	1:25:24	87 Megan Li	F31	1:43:17
408 Leah Ruckle	F34	5:25:59	14 Bill Moore	M45	1:25:30	88 Benjamin Brenner	M30	1:43:18
409 Allison Jekanoski	F25	5:27:33	15 Alex Wang	F32	1:25:31	89 Cameron Bartok	M31	1:43:42
410 Gifford Wong	M49	5:27:51	16 Joseph Ortiz	M27	1:25:32	90 Nick Bates	M31	1:43:46
411 Ivanna Vatamanyuk	F24	5:28:53	17 Ryan Anthony	M33	1:26:26	91 Anna Steiner	F46	1:43:48
412 Kathleen Wang	F33	5:30:22	18 Adam Depaolis	M33	1:27:17	92 Camille Fasset	F28	1:44:06
413 Erin Stewart	F37	5:31:00	19 Jan Gregowicz	M35	1:27:27	93 Talia Hinman	F36	1:44:07
414 Nicole Pearce	F43	5:32:28	20 Eric Hammesfahr	M38	1:29:23	94 Richard Perez	M46	1:44:11
415 Sandy Perlmutter	F65	5:34:12	21 Sabrina Skelly	F29	1:29:57	95 Melinda Elliss	F35	1:44:30
416 Bates Detwiler	M24	5:34:31	22 Brayden Kijewski	M35	1:30:10	96 Natasha Klasios	F27	1:44:39
417 Francesca Manea	F34	5:35:26	23 Zachary Diaz	M28	1:30:51	97 Sneha Silwal	F28	1:45:00
418 Cynthia Xu	F30	5:35:27	24 Chris Kalton	M47	1:31:46	98 Ashiyri Pierson	M32	1:45:02
419 Alexandra Dorris	F47	5:35:55	25 Justin Pan	M26	1:32:31	99 Jennifer Marlow	F43	1:45:09
420 Kimberley Shonborn	F34	5:36:01	26 James Schalkwyk	M34	1:33:48	100 Omar Ramirez Campos	M45	1:45:09
421 Lee Porter	M41	5:37:00	27 Cameron Crowe	M35	1:33:53	101 Maria Ivanova	F42	1:45:09
422 Anahit Moumjian	F28	5:37:58	28 Nic Marais	M43	1:34:06	102 Marina Martinez	F29	1:45:12
423 Ed Kallen	M59	5:38:31	29 Michaela Kline	F31	1:34:12	103 Griffith Tonkin	M46	1:45:17
424 Sawyer Stoddard	F21	5:38:38	30 Laura Bergmann	F42	1:34:14	104 Jenna Larson	F38	1:45:19
425 Boon Keat Ooi	M69	5:38:49	31 Riley Callahan	M19	1:34:29	105 Rize Oliveira	F21	1:45:23
426 Britta Guerrero	F48	5:38:53	32 Aria Blumm	F26	1:35:17	106 Daniel Kwon	M32	1:45:40
427 Armando Jovel	M44	5:38:53	33 Aisling O'Reilly	F28	1:35:58	107 Sarah Sanders	F44	1:45:43
428 Molly Sandoval	F32	5:39:01	34 Jennifer Jarboe	F32	1:36:01	108 Sungjae Choi	M52	1:46:09
429 Avan Fahimi	M23	5:39:07	35 Graham Kosiba	M33	1:36:08	109 Austin Grissom	M31	1:46:11
430 Sarah Nelson	F22	5:39:16	36 Shannon Harcus-Hough	F32	1:36:51	110 James Kendrick	M45	1:46:17
431 Drew Obbard	F28	5:40:01	37 Brooke Coelho	F27	1:36:55	111 Michele Gerdes	F44	1:46:21
432 Theo Obbard	M29	5:40:02	38 Curtis Yungen	M33	1:36:57	112 Alex Brenner	M27	1:46:26
433 Leana Kelley	F34	5:40:10	39 Adeline Hahklotubbe	F21	1:37:26	113 Sarah Stover	F42	1:46:50
434 Kimberly Houk	F32	5:40:58	40 Kerry Byrne	F42	1:37:43	114 Teri Salter	F39	1:46:58
435 Denise Baumgartner	F55	5:41:21	41 Lisa Vandyke	F48	1:38:22	115 Eleanor Pollitt	F24	1:46:59
436 Jean-Luc Cardenas	M31	5:42:18	42 Cole Salmon	M32	1:38:30	116 Dani Hayward	F28	1:47:07
437 Thomas Lepak	M67	5:42:54	43 Emmanuel Arteaga	M36	1:38:40	117 Kelley Sheehy	F58	1:47:32
438 Jordan Creager	M26	5:44:33	44 Leo Buc	M39	1:38:51	118 Brian Flynn	M41	1:47:34
439 Jamie Eshleman	F39	5:45:32	45 Sara Emamian	F32	1:39:00	119 Rask Wanscher	M26	1:47:43
440 Jason Birch	M36	5:45:32	46 Karen Kidwell	F39	1:39:12	120 Mary Akery	F26	1:48:00
441 Carol Rice	F37	5:46:25	47 Charles Michel	M35	1:39:18	121 George Little	M42	1:48:23
442 Adam Williams	M52	5:47:21	48 Jake Gibbs	M26	1:39:30	122 Shrinivasa Kini	M43	1:48:35
443 Duane Davis	M70	5:47:37	49 Eric Coppa	M27	1:39:31	123 Sebastian Cohn	M36	1:48:36
444 Adwait Samant	M52	5:47:39	50 Julian Early	?27	1:39:34	124 Ian Hart	M44	1:48:43
445 Lisa Garrone	F57	5:47:53	51 Bhasker Sharma	M65	1:39:36	125 Mitchell Nee	M24	1:48:52
446 Sanjeev Gorhe	M60	5:49:20	52 Lucas Bertolet	M29	1:39:40	126 Nikolay Zapreyev	M39	1:48:57
447 Shiva Dusanapudi	M61	5:49:34	53 Cyrus Forbes	M28	1:39:41	127 Chelsy Meier	F37	1:49:10
448 Dasha Staufer	F37	5:51:19	54 Kyle Easton	M42	1:39:46	128 Mason Miller	M46	1:49:10
449 Joe Riemann	M46	5:51:23	55 Jared Richard	M39	1:39:57	129 Lauren Mitchell	F39	1:49:10
450 Laura Whitlock	F39	5:52:09	56 Daniel Betts	M47	1:40:24	130 Caroline Spiezio	F28	1:49:21
451 Maria Luca	F35	5:57:52	57 Michael Lawrence	M41	1:40:29	131 Hannah James	F27	1:49:37
452 Victoria Ding	F38	5:58:37	58 Phil Clements	M40	1:40:38	132 Robin Nelson	M38	1:49:37
453 Beth Spellmeyer	F40	5:59:12	59 Jessica Ehrbar	F33	1:40:38	133 Willemijn Van Deursen	F25	1:49:40
454 Tyler Watkins	M32	5:59:34	60 Erik Smart	M38	1:41:02	134 Doug Stoltzfus	M49	1:49:45
455 Amanda Colegrove	F45	5:59:35	61 Doug Hartling	M40	1:41:03	135 Taylor Carrington	F22	1:49:46
456 Carter Minnich	F32	6:00:46	62 Dmitry Pimenov	M29	1:41:14	136 Ken Jackson	M61	1:49:53
457 Robert Lightner	M38	6:01:24	63 Katie Gleason	F40	1:41:18	137 Yi Zhong	F27	1:50:07
458 Kristen Watterson	F45	6:02:29				138 Leslie Andrade	F21	1:50:10
459 Amanda Wimbish	F36	6:08:03				139 Philip Brown	M39	1:50:12

140 Matthew Roby	M33	1:50:12	216 Thomas Le	M34	1:56:28	292 Arnold Holaday	M60	2:03:24
141 Lauren Bruce	F41	1:50:12	217 Alan Salter	M49	1:56:35	293 Shawn Wang	M27	2:03:32
142 Grady Titus	M28	1:50:17	218 Amanda Stephens	F41	1:56:51	294 Daniel Lemmer	M17	2:03:36
143 Samer Habl	M48	1:50:35	219 Jonathan Urban	M29	1:56:54	295 Mercedes Pingeton	F34	2:03:36
144 Sophie Noda	F27	1:50:42	220 Michael Boitano	M62	1:56:55	296 M G	M37	2:03:39
145 Micah Sokolsky	M31	1:50:43	221 Joshua Rico	M28	1:56:59	297 Stephen Smith	M39	2:03:39
146 Timothy Stanley	M57	1:50:53	222 Kylie Goo	F28	1:57:01	298 Maeve Smith	F42	2:03:40
147 Matthew Wall	M36	1:50:57	223 Jennifer Wilson	F47	1:57:05	299 Rhiannon Dabkowski	F46	2:03:47
148 Scott Nakamoto	M31	1:50:59	224 Chi-An Emhoff	F44	1:57:06	<b>300 Sage Johnson</b>	<b>M25</b>	<b>2:03:47</b>
149 Josh Godshaw	M33	1:51:05	<b>225 Robin Baker</b>	<b>F35</b>	<b>1:57:07</b>	301 Henry Van Der Beek	M42	2:03:52
150 Thomas Leibowitz	M57	1:51:17	226 Huy Pham	M33	1:57:15	302 Claire Gemperline	F39	2:04:05
151 Jesse Martin	M23	1:51:26	227 Rachel Wright	F32	1:57:25	303 Jacklynn Bartlett	F35	2:04:23
152 Payton Watt	F26	1:51:30	228 Maddie Kurt	F25	1:57:39	304 Rachel Tam Kadri	F32	2:04:27
153 Marcus Schluter	M17	1:51:30	229 Charis Ramsing	F26	1:57:43	305 Joel Barker	M42	2:04:27
154 Stephen Merjavy	M42	1:51:31	230 Gary Zhu	M25	1:57:45	306 Andrew Barker	M35	2:04:30
155 Khang Le	M30	1:51:34	231 Christopher Ohlson	M50	1:57:48	<b>307 Malia Honda</b>	<b>F38</b>	<b>2:04:36</b>
<b>156 Shawn Magnuson</b>	<b>M54</b>	<b>1:51:47</b>	<b>232 Carlos Bautista</b>	<b>M25</b>	<b>1:57:56</b>	308 Nicole Dalesio	F51	2:04:36
157 Kreshnik Zejnnullahu	M41	1:52:05	233 Kevin Roche	M63	1:58:00	<b>309 Sarah Landis</b>	<b>F39</b>	<b>2:04:37</b>
158 Mausam Kalita	M44	1:52:12	234 Troy Devine	F62	1:58:09	310 Taylor Herr	F40	2:04:37
159 Julia Glueck	F29	1:52:14	<b>235 Owen Head</b>	<b>M46</b>	<b>1:58:09</b>	311 Kacey Kilrb	F32	2:04:43
160 Takeshi Miyazaki	?31	1:52:15	236 Wilbur Yu	M34	1:58:15	312 Savannah Du	F28	2:04:45
161 Brad White	M43	1:52:18	237 Rocco Arnone	M12	1:58:18	313 Megan Christensen	F40	2:04:58
162 Nurina Tonkin	F47	1:52:20	238 Steven Hiner	M62	1:58:22	314 Kathleen Ohara	F63	2:05:02
163 Michelle Aparicio	F41	1:52:22	239 Darien Brock	M45	1:58:22	315 Martina Miller	F58	2:05:08
<b>164 Caroline Carson</b>	<b>F62</b>	<b>1:52:29</b>	240 Anthony Arnone	M58	1:58:22	316 Greg Woelki	M26	2:05:09
165 Nathanael Gray	M37	1:52:37	<b>241 Hayden Dillon</b>	<b>M25</b>	<b>1:58:26</b>	317 Mojave Rose	F34	2:05:12
<b>166 Jacob Rojas</b>	<b>M28</b>	<b>1:52:38</b>	242 Vijay Parthasarathy	M55	1:58:49	318 Evan Afenir	?29	2:05:17
<b>167 Bill Prescott</b>	<b>M51</b>	<b>1:52:39</b>	<b>243 Peter Ciotti</b>	<b>M46</b>	<b>1:58:54</b>	319 Katherine De La Hoz	F32	2:05:21
168 Sarah Verbiest	F57	1:52:41	244 Dave Morgan	M60	1:59:01	320 Martha Kebeh	F25	2:05:21
169 Dirk Verbiest	M63	1:52:41	245 Kyle Pearson	M40	1:59:17	<b>321 Raymi Sharp</b>	<b>F19</b>	<b>2:05:24</b>
170 Monika Phelan	F26	1:52:43	246 Jeff Graham	M39	1:59:28	322 Nicholas Russo	M26	2:05:25
171 Genevieve Candelaria	F44	1:52:43	247 Nadia Wallace	F29	1:59:28	323 Chelsea Smith	F36	2:05:26
<b>172 Jen Foesig</b>	<b>F51</b>	<b>1:52:44</b>	248 Eben Stansbery	M39	1:59:45	324 Michael Rosen	M40	2:05:28
173 Alanna Vance	F27	1:52:57	249 Eliana Hall	F29	2:00:14	325 Afsaneh Amini	F41	2:05:29
174 Brock Vance	M24	1:52:57	250 Tejus Shankar	M33	2:00:17	326 Danielle Kucera	F36	2:05:32
<b>175 Brittany Tonks</b>	<b>F34</b>	<b>1:52:58</b>	251 Katherine Wood	F40	2:00:17	327 Elizabeth Laduke	F43	2:05:34
176 Laura Schmitt	F33	1:53:03	252 Sky Mihaylo	F28	2:00:22	328 Sean Wolfson	M48	2:05:48
177 Adrian Doyle	M44	1:53:22	253 Bridget Herndon Lee	F63	2:00:27	329 Feili Duosi	F51	2:05:59
178 Danielle Small	F32	1:53:28	254 Tatiana Atkinson	F43	2:00:36	330 Cherish Om	F33	2:06:01
179 Brandon Chockley	M46	1:53:29	255 Peter Tran	M38	2:00:36	331 Robert Kraemer	M27	2:06:05
180 Christian Lester	M45	1:53:32	256 Beth Allen	F65	2:00:39	332 Megan Allen	F35	2:06:12
181 Megan Gray	F32	1:53:53	257 Hannah Hocking	F28	2:00:52	333 Javon Patterson	M25	2:06:14
182 Avinash Gill	M46	1:53:56	258 Estefania Lima Duran	F26	2:01:01	334 Cari Ballard	F27	2:06:18
183 Gregory Baer	M41	1:53:58	259 Paula Kaiser	F60	2:01:04	335 Alysen Barker	F26	2:06:25
184 Rachel Koch	F37	1:53:59	260 Stephanie Radcliffe	F42	2:01:06	336 Brenda Paciolla	F30	2:06:30
185 Denis Vashchenko	M26	1:54:04	<b>261 Hope Von Werlhof</b>	<b>F33</b>	<b>2:01:10</b>	337 Sarah Wardwell	F40	2:06:31
186 Brian Curran	M57	1:54:09	262 Holly Hayes	F40	2:01:10	338 Laura Henry	F37	2:06:36
187 Annie Sedoric	F26	1:54:12	263 Szymon Marciniowicz	M36	2:01:24	339 Noori Farzad	M55	2:06:37
188 Vienna Kuhn	F26	1:54:13	264 Kei Inoue	M28	2:01:25	340 Jonathan Ebinger	M59	2:06:38
189 Bradley Rochlin	M28	1:54:17	265 Chloe Inoue	F28	2:01:26	341 Katie Ebinger	F27	2:06:38
190 Ana Lucia Lotz	F29	1:54:17	<b>266 Dawn Arledge</b>	<b>F48</b>	<b>2:01:34</b>	342 Andrew Lambert	M50	2:06:40
191 Kristen George	F33	1:54:23	267 Brian Perry	M43	2:01:35	343 Thomas Erickson	M37	2:06:43
192 Cesar Garcia	M29	1:54:27	268 Scott Edwards	M55	2:01:40	<b>344 Kristy Neumann</b>	<b>F39</b>	<b>2:06:45</b>
193 Jennifer Klimek	F51	1:54:28	269 Karissa Afenir	?32	2:01:52	345 Katie McKenzie	F32	2:06:45
194 Justin Juarez	M23	1:54:32	270 Amirmehdi Sharifzad	M26	2:02:02	346 Julia Haines	F27	2:06:54
195 Amir Kadri	M35	1:54:33	271 Ryan Bernal`	M39	2:02:03	347 Christopher Koh	M32	2:07:01
196 Renée Hintz	F42	1:54:35	272 Alex Rogers	M33	2:02:11	348 Johannes Blaschke	M38	2:07:02
197 Brian Caddigan	M49	1:54:36	273 Jeff Chansangavej	M34	2:02:11	349 Lorea Canales	F51	2:07:04
198 Hannah Mathew	F26	1:54:37	274 Diana Kelterborn	F32	2:02:17	350 Erin Hardick	F30	2:07:07
199 Brandon Kral	M28	1:54:39	275 Chris Tillisch	M42	2:02:38	351 Richard Rummell	M64	2:07:07
200 Elina Fila	F27	1:54:49	276 Shannon Stice	M57	2:02:44	352 Katie Tibbetts	F49	2:07:08
201 JP Ryan	M30	1:54:49	277 Kat McGowan	F54	2:02:45	353 David Brennan	M56	2:07:09
202 Alex Klas	M26	1:54:49	278 Anne-Marie McCoy	F49	2:02:48	354 Alec Starr	M32	2:07:10
203 Brenda Small	F58	1:55:09	279 Zuo Xia	F32	2:02:50	355 Parker Walton	M23	2:07:11
204 Julian Newman	M35	1:55:10	280 Noah Yanchulis	M27	2:02:52	356 Emily Stockham	F38	2:07:14
205 Liam Morgan	M25	1:55:24	281 Isabelle Yanchulis	F29	2:02:53	357 Jennifer McCutcheon	F52	2:07:20
206 Amanda Purcell	F36	1:55:31	282 Nancy Potts	F60	2:02:55	<b>358 Dana Webb</b>	<b>F32</b>	<b>2:07:20</b>
207 Michelle Chan	F39	1:55:34	283 Sarah Kang	F27	2:03:00	359 Kelly Mellott	F41	2:07:20
208 Megan Villa	F28	1:55:35	284 Frank Paré	M60	2:03:03	360 Wendolyn West	F35	2:07:23
209 Noelia Fedi	F42	1:55:44	285 Craig Scott	M50	2:03:09	361 Francesco Guerrieri	M28	2:07:30
210 Brendan Patrick	M53	1:55:49	286 Penelope Scott	F15	2:03:09	362 Tina Verdoia	F67	2:07:32
211 Emer Dillon	F40	1:56:05	287 Ben Laplaca	M42	2:03:13	363 Suzanne Wright	F56	2:07:43
212 Amy Lawson	F45	1:56:06	288 Wente Tran	F50	2:03:15	364 Charise Spencer	F47	2:07:45
213 Corinna Peterson	F36	1:56:17	289 Jessica Garrels	F44	2:03:18	<b>365 Evan Von Werlhof</b>	<b>M32</b>	<b>2:07:46</b>
214 Henry Pan	M29	1:56:21	290 Zoe Van Duivenbode	F31	2:03:19	366 Michael Condon	M45	2:07:47
215 Brian Curran	M30	1:56:25	291 Elizabeth Corcoran	F30	2:03:20	367 Merlin Schlumberger	M42	2:07:48

368 Nicole Schlumberger	F39	2:07:49	444 Leonore Hernandez	F34	2:12:37	520 Mike Host	M44	2:18:08
369 Aydin Kirkewoog	M37	2:07:53	445 Todd Bartishofski	M49	2:12:41	521 Genevieve Nice	F28	2:18:09
370 Ann Marie Zenobia	F42	2:07:54	446 Josie Bartishofski	F23	2:12:43	<b>522 Karen Diemer</b>	<b>F55</b>	<b>2:18:09</b>
371 Jenny Mays	F37	2:07:54	447 April Doezema	F46	2:12:43	523 Hannah McLaughlin	F37	2:18:11
372 Malia Ayres	F31	2:07:56	448 Carol Thelen	F63	2:12:44	524 Isabella Brown	F19	2:18:16
373 David Riche	M32	2:08:01	449 Raymond Lovett	M47	2:12:46	525 Bryan Brown	M49	2:18:17
374 Andrea De Groot	F25	2:08:04	450 Frankie Garcia	M34	2:12:56	526 Kyla Brown	F21	2:18:17
375 Jenny Powell	F28	2:08:14	451 Eryn Van Der Hoeven	F26	2:13:09	527 Jenny Guivens	F50	2:18:19
376 Abageal Martin	F43	2:08:16	452 Krystianne Vega	F23	2:13:10	528 Arlo Schenk	M42	2:18:31
377 Randolph Diemar	M43	2:08:17	453 Alison Hullsiek	F32	2:13:12	529 Sean Gilmore	M38	2:18:40
378 Sylviane Cohn	F39	2:08:32	454 Zack Baker	M21	2:13:13	530 Dorelan Miller	F43	2:18:43
379 Benson Han	M27	2:08:41	455 Jay Majmudar	M24	2:13:16	531 Matt Carter	M36	2:18:51
380 Connie Lin	F42	2:08:54	456 Carolyn Napper	F63	2:13:28	<b>532 Robin Fraser</b>	<b>F45</b>	<b>2:18:52</b>
381 Rebecca Thomas	F26	2:09:02	457 Addy Fisher	F28	2:13:29	533 Nathan Osborne	M36	2:18:55
382 Nicholas Frey	M29	2:09:04	458 Terry Thelen	M64	2:13:31	534 Brian Fergus	M48	2:18:57
383 Kitty Cerda	F24	2:09:05	459 Tor Marom	M27	2:13:33	535 Morten Juul Nielsen	M30	2:18:58
384 Keith Walton	M58	2:09:16	460 Victor Coelho	M37	2:13:34	536 Molly Brown	F39	2:19:08
<b>385 Lucas Graves</b>	<b>M28</b>	<b>2:09:17</b>	<b>461 Graciela Guerrero</b>	<b>F33</b>	<b>2:13:35</b>	537 Brianna Leon	F31	2:19:12
386 Kyle Miller	M41	2:09:18	462 Tina Baker	F52	2:13:40	538 Katherine Walker	F28	2:19:22
387 Benton Lisowski	M26	2:09:21	463 Lisa Wileman	F50	2:13:42	539 Alan Walker	M34	2:19:23
388 Jennifer Shah	F31	2:09:21	464 Tammy Anderson	F62	2:13:42	540 Daylee Brock	F39	2:19:31
389 Eliza Weisman	F30	2:09:25	465 Clayton Webber	M47	2:14:13	541 Sarah Greenblat	F35	2:19:33
390 Carolyn Link	F43	2:09:29	466 Andres Recalde	M30	2:14:20	542 Sirkka Saboe	F48	2:19:40
391 Eon Ebuna	M22	2:09:33	467 Becky Stroble	F34	2:14:22	<b>543 Reuben Perez</b>	<b>M18</b>	<b>2:19:48</b>
392 Kelly Cote	M30	2:09:34	468 Maddy Afshar	F30	2:14:28	544 Marcy Rover	F29	2:20:05
393 Joyce Wondolowski	F45	2:09:37	469 Naikhoba Munabi	F35	2:14:30	545 Iliana Figueroa	F51	2:20:06
394 Maksym Khodak	M34	2:09:38	<b>470 Kathryn Olah</b>	<b>F26</b>	<b>2:14:33</b>	546 Emily Cabrales	F25	2:20:10
395 Najji Saadat	M42	2:09:43	471 Michelle Estrella	F49	2:14:38	547 Chris Sweeney	M45	2:20:10
396 Ken Killingbeck	M58	2:09:44	472 Declan Mcbride Roach	M21	2:14:54	548 Jeanine Kobza	F49	2:20:16
397 Austin Moen	M22	2:09:47	<b>473 Jesus Mendez</b>	<b>M33</b>	<b>2:15:01</b>	549 Tom Adler	M38	2:20:17
398 Nicole Parker	F53	2:09:53	<b>474 Jen Olson</b>	<b>F42</b>	<b>2:15:07</b>	550 Sarah Winston	F50	2:20:18
399 Katelyn Randal	F24	2:09:57	475 Sanjuna Stalin	F29	2:15:10	551 Emma Deutch	F27	2:20:19
400 Cassie Cunningham	F24	2:09:58	476 Katelyn Raatz	F29	2:15:14	552 Michael Cecconi	M51	2:20:41
401 Kevin McBride	M57	2:10:00	477 Kristin Vogt	F46	2:15:16	553 Marinda Arachikavitz	F60	2:20:51
402 Grace Ann Pevehouse	F25	2:10:06	478 Stephanie Smith	F56	2:15:17	554 Zoe Treinen	F24	2:20:52
403 Ava Buzzelli	F57	2:10:07	479 Vera Koliias	F53	2:15:23	555 Sean Donnelly	M52	2:20:55
404 Gary Salazar	M57	2:10:12	480 Gee Kim	F39	2:15:32	556 John Roeske	M75	2:20:57
<b>405 Tabatha Miller</b>	<b>F55</b>	<b>2:10:21</b>	481 Leah Keele	F27	2:15:40	557 Skyler Osborn	M28	2:20:59
406 Jane Piombo	F62	2:10:23	482 Akhil Gupta	M26	2:15:50	558 Rachel Heymach	F27	2:21:15
407 Priyanka Khera	F28	2:10:44	483 Dixie Van Landingham	F59	2:15:51	559 Vincent Wong	M34	2:21:17
408 Hong Son	M34	2:10:45	<b>484 Pat Spellmeyer</b>	<b>M39</b>	<b>2:15:56</b>	560 Desirea Soares	F42	2:21:18
409 Annie Archibald	F29	2:10:49	485 Holly Ford	F27	2:16:03	561 Devon Weston	F32	2:21:19
410 Camille Muth	F31	2:10:52	<b>486 Chrystal Ales</b>	<b>F40</b>	<b>2:16:07</b>	<b>562 Randy Emenaker</b>	<b>M73</b>	<b>2:21:28</b>
411 Rodrigo Coppelli	M48	2:10:54	487 Katherine Murphy	F32	2:16:10	563 Kaveh Maleknia	M65	2:21:32
412 Alan Manville	M55	2:11:04	488 Hussain Gilani	M41	2:16:11	564 George Yuan	M26	2:21:33
413 Andrea Manville	F55	2:11:05	489 Sandra Alcazar	F38	2:16:14	565 Elizabeth Sarant	F32	2:21:39
414 Erik Paulsen	M55	2:11:09	490 Elizabeth Moreno	F29	2:16:18	566 Nicholas Johnson	M33	2:21:55
415 Lynne Guey	F34	2:11:09	491 Kyle Matheny	M36	2:16:25	567 Catt Roose	F37	2:21:57
416 Brooke Watkins	F41	2:11:15	492 Melissa Matheny	F36	2:16:25	568 Ransom Mowris	O32	2:22:03
417 Ashley Sommerfeld	F38	2:11:15	493 Kendall Holcomb	F33	2:16:25	569 Louise Landry	F65	2:22:07
418 Elizabeth Schroeder	F33	2:11:16	<b>494 Nora Wynne</b>	<b>O57</b>	<b>2:16:39</b>	570 Katlyn Lonergan	F29	2:22:13
419 Elizabeth Amezcu	F43	2:11:17	<b>495 Heidi O'Hanan</b>	<b>F39</b>	<b>2:16:42</b>	571 Tom Roose	M41	2:22:15
420 Robert Peers	M33	2:11:19	<b>496 Justin Alipio</b>	<b>M34</b>	<b>2:16:48</b>	572 Amanda Cooper	F37	2:22:19
421 Kateryna Medved	F36	2:11:21	<b>497 Aaron Stephenson</b>	<b>M36</b>	<b>2:16:51</b>	573 Yvette Roe	F55	2:22:20
422 Abe Farnsworth	M46	2:11:25	498 Kelsey Evans	F33	2:16:53	574 Tim Hansen	M60	2:22:21
423 Paul Simpson	M33	2:11:29	499 Sean Turner	M30	2:16:53	575 Kathy Hansen	F60	2:22:22
424 Mark Miller	M58	2:11:33	500 Kari Bradford	F37	2:17:01	576 Sarah Larsen	F46	2:22:28
425 Christina Hammans	F46	2:11:34	501 Desiree Barrientos	F42	2:17:04	577 Eric Harvey	M31	2:22:46
426 James Clarke	M35	2:11:35	502 Taylor Harwin	M38	2:17:11	578 Chrissy Anecito	F35	2:22:50
427 Heather Komure-Chan	F53	2:11:36	503 Gary Graul	M70	2:17:14	579 Valerie Margerum	F29	2:22:51
428 Aga Kendrick	F41	2:11:42	504 Tamsen Cumming	F43	2:17:15	580 Nicole Ross	F38	2:22:53
429 Megan Ray	F23	2:11:47	505 Erin Hauck	F45	2:17:16	581 Brian Jacobs	M38	2:23:08
430 Dan Smith	M50	2:11:55	506 Robert Bliss	M75	2:17:17	582 Pamela Skeelee	F62	2:23:20
431 Guillermo Nunez	M36	2:12:04	507 Rick Finley	M72	2:17:23	583 Doan Nguyen	F31	2:23:27
432 Alesha Filipello	F52	2:12:08	508 Mary Clare Curtin	F29	2:17:40	584 Laureen Maurer	F52	2:23:34
433 Michelle Carrington	F39	2:12:08	509 Kristine Escarda	F62	2:17:42	585 Hanna Robinson	F31	2:23:41
434 Kayce Davis	F28	2:12:11	510 Rob Devereaux	M49	2:17:43	586 Carolyn Collins	F34	2:24:08
435 Johnna Davis	F61	2:12:11	511 Danella Devereaux	F38	2:17:43	587 Karen Bezou	F46	2:24:17
436 Jared Davis	M27	2:12:11	512 Madeline Kelterborn	F32	2:17:44	588 Jennifer Nguyen	F29	2:24:25
437 Aubrie Levine	F28	2:12:16	513 Jane Drake	F59	2:17:47	589 Alice Duffy	F28	2:24:31
438 Jackie Andreetta	F28	2:12:16	514 Jeff Martinez	M32	2:17:49	590 Taras Mitran	M39	2:24:34
439 Jenna Mcphaul	F36	2:12:17	515 Alexandra D-Robinson	F24	2:17:50	591 Carrie Mitran	F38	2:24:34
440 Emily Giordano	F31	2:12:23	516 Nicollette Boyle	F30	2:17:51	<b>592 Trevor Bentz</b>	<b>M38</b>	<b>2:24:37</b>
441 Celia Hardick	F28	2:12:31	517 Etha Williams	F36	2:18:00	593 Parsa Alipour	M28	2:24:50
442 Britney Budiman	F24	2:12:32	<b>518 John Aryanpur</b>	<b>M65</b>	<b>2:18:02</b>	594 James Surdilla	M54	2:25:01
443 Janet Smylie	F55	2:12:34	<b>519 Marie Cappiello</b>	<b>F52</b>	<b>2:18:03</b>	595 Akta Patel	F38	2:25:07



596 Anup Patel	M40	2:25:07	672 Prescott Watson	M31	2:32:00	748 Phillip Beidelman	M75	2:42:09
597 Melanie Cobb	F37	2:25:13	673 Gregg Maul	M72	2:32:08	749 Luis Casian	M42	2:42:23
598 Kevin Ketcham	?32	2:25:14	674 Kathryn Moran	F37	2:32:22	750 Heather Treinen	F58	2:42:34
599 Laina Rose	F27	2:25:16	675 Victoria Helland	F36	2:32:37	751 Mark Treinen	M58	2:42:34
600 Crystal Wright	F41	2:25:21	676 Jeffrey Kelterborn	M66	2:32:51	752 Leigh Ann Sapp	F39	2:42:55
601 Jennifer Webster	F53	2:25:47	677 Carin Douglass	F38	2:32:51	753 Bruce Robbins	M66	2:44:06
602 Christine Nilluka	F55	2:26:02	678 Chelsey Baxter	F27	2:32:58	<b>754 Corinne Brennan</b>	<b>F30</b>	<b>2:44:35</b>
603 Audrey Sayer	F25	2:26:02	679 Peter Kossar	M31	2:33:05	755 Ashley McCormick	F40	2:45:12
604 Claudia Holm	F68	2:26:05	680 David Steinmetz	M32	2:33:05	<b>756 Elizabeth Bright</b>	<b>F48</b>	<b>2:45:23</b>
605 Dagmar Stonas	F52	2:26:07	681 Haley Richards	F26	2:33:05	757 Rachel Kisela	F25	2:45:23
606 Sarah Overbeck	F38	2:26:48	682 Siavosh Rahimi	M64	2:33:07	758 Charlotte Beidelman	F77	2:45:34
607 Fely Tanahashi	F61	2:26:51	683 Tyler Helland	M36	2:33:21	759 Akshay Kumbhar	M40	2:45:43
608 Fernando Esparza	M39	2:26:59	684 Ben Wolinsky	M41	2:33:25	760 Dylan Raatz	M31	2:45:49
609 Nabat Ahmed	F41	2:27:00	685 Lei Zhang	F51	2:33:47	<b>761 Alyse Nichols</b>	<b>F43</b>	<b>2:46:21</b>
610 Jeff Surdilla	M51	2:27:14	686 Nicole Foster	F50	2:33:53	<b>762 Pamela Gallegos</b>	<b>F27</b>	<b>2:46:53</b>
611 Angela Stevenson	F37	2:27:15	687 Mark Wall	M60	2:33:53	763 Jennifer Ratcliffe	F58	2:47:06
612 Lacy Caldwell	F40	2:27:16	688 Keith Kutler	M66	2:34:06	764 Elizabeth Pritts	F61	2:47:07
613 Maribel Gibson	F34	2:27:31	689 Mackenzie Norton	F21	2:34:06	<b>765 Gelareh Rahbar</b>	<b>F52</b>	<b>2:47:10</b>
614 Beth Dudley	F45	2:27:32	690 Sarah Sherwood	F36	2:34:12	766 Francie Hill	F74	2:47:43
615 Brandy Navarro	F40	2:27:32	691 Winter McCloud	F48	2:34:22	<b>767 Cathryn Andrews</b>	<b>F33</b>	<b>2:47:52</b>
616 Cathy Leshner	F66	2:27:32	692 Dina Svetlichnaya	F57	2:34:24	768 Gilberto Rosas	M34	2:48:42
617 Laura Barrett	F29	2:27:34	693 Candace Wilson	F69	2:34:36	769 Shannon Welch	F38	2:48:51
618 Kira Nakamoto	F29	2:27:48	694 Kelly Boho	F38	2:34:38	770 Cirila Santillano	F48	2:48:57
619 Reni Nakamoto	F27	2:27:48	695 Jacob Boho	M37	2:34:39	771 Patricia Smalley	F70	2:49:00
620 Corinne Monaco	F33	2:27:49	696 Jennifer Hocke	F31	2:34:42	772 Sarah Borman	F35	2:49:35
621 Abigail Hoefling	F26	2:27:50	697 Hosanna Kummer	F24	2:34:42	773 Jessica Riske-Gomez	F45	2:49:40
622 Patricia Arciniega	F65	2:28:09	698 Doug Allen	M66	2:34:55	774 Liz Fraley	F35	2:49:42
623 Kerry Schwalbach	F46	2:28:10	699 Evelyn Camargo	F44	2:34:58	775 Casey Johnson	M43	2:50:15
624 Erica Finnegan	F44	2:28:10	700 Drake Wilson	M28	2:35:35	776 Jessica Long	F37	2:50:24
625 Christina Ambrose	F42	2:28:10	701 Sonja Schluter	F56	2:35:57	777 Andrea Johnston	F52	2:51:03
626 Maggie Royal	F27	2:28:16	702 Michael Rover	M33	2:35:59	778 Gregg Golden	M55	2:52:05
627 Kyle Schumacher	M42	2:28:19	703 Tiana Carter	F23	2:36:18	779 Shayne Jones	F26	2:52:16
628 Trina Mccollum	F56	2:28:23	704 Allison Timms	F37	2:36:28	780 Geralynn Kolp	F63	2:52:17
629 Marissa Frost	F41	2:28:31	705 Lucia Lopez	F49	2:36:39	781 Sam Collier	M71	2:52:19
630 Tina Robinson	F45	2:28:43	<b>706 Kelly Robertson</b>	<b>F42</b>	<b>2:36:45</b>	782 Elaine Minton	F47	2:52:25
631 Charles Navarro	M42	2:28:47	707 Robert Collins	M63	2:36:57	783 Lena Ortiz	F39	2:52:41
632 Mavis Stout	F58	2:28:50	708 Delma Bartelme	F75	2:37:03	<b>784 Mikayla Harris</b>	<b>F24</b>	<b>2:52:52</b>
633 William Winn	M56	2:28:50	709 Andrea Laird	F60	2:37:32	785 Adam Brooks	M45	2:52:56
634 David Thompson	M67	2:28:58	710 Stefy Smith	F32	2:37:32	786 Kim Broadbeck	F50	2:53:08
635 Christian Hilton	M36	2:29:00	711 Andrea Naranjo Soledad	F26	2:37:32	787 Alyssa Mamaclay	F25	2:53:24
<b>636 Chelsey Castiglione</b>	<b>F32</b>	<b>2:29:09</b>	712 Lisa Inouye	F54	2:37:33	788 Asher Thompson	M12	2:53:33
<b>637 Kathryn Rivera</b>	<b>F41</b>	<b>2:29:23</b>	713 Marcos Cortez	M52	2:37:53	789 Daxton Thompson	M9	2:53:49
638 Elana Katzen	F25	2:29:39	714 Rebecca Mowry	F58	2:37:56	790 Rebecca Thompson	F41	2:53:49
639 Heather Mahnken	F45	2:29:40	715 Lisa Mowry	F56	2:37:57	791 Shannon De Leon	F47	2:53:49
640 Mohammed A. H. Rahman	M28	2:29:42	716 Trevor Bigot	M58	2:37:59	792 Sarah Dolan	F42	2:54:18
641 Andy Henson	M31	2:29:42	717 Kathleen Harrington	F61	2:38:05	793 Lindsay Linegar	F43	2:54:18
642 Kara Cooper	F35	2:29:42	718 Diana Hopkins	F41	2:38:11	794 Gary Leshner	M66	2:54:33
643 Tom Eloee	M37	2:29:47	719 Ryan Byers	M40	2:38:11	795 Daria Holler	F37	2:55:06
644 Alena Martynava	F44	2:29:48	720 Sarah Valdivia	F35	2:38:12	796 Michael Hopkins	M46	2:55:14
<b>645 Heather Hammers</b>	<b>F30</b>	<b>2:29:53</b>	721 Margaret Moore	F51	2:38:43	797 Margaret Ridgway	F65	2:55:43
646 Oscar Flores Gaitan	M24	2:30:12	722 Demetri Patterson	M23	2:39:09	798 Sarah Hansen	F34	2:56:05
647 Todd Hackler	M48	2:30:12	723 Anne Phillips	F52	2:39:12	<b>799 Mikaela Stanley-Camba</b>	<b>F28</b>	<b>2:56:13</b>
648 Samantha Bruce	F35	2:30:17	724 Catherine Chou	F28	2:39:24	<b>800 Eileen Wolf</b>	<b>F61</b>	<b>2:56:20</b>
649 Frank Beberia	M73	2:30:25	725 Calvin Walsh	M40	2:39:26	801 Jean Tutu Saulit	F57	2:56:29
650 Chau Le	F26	2:30:27	726 Ram Gandhi	M39	2:39:35	802 Julian Keefe	M31	2:56:34
651 Ariana Vergonio	F26	2:30:29	727 Dana Walton	F60	2:39:37	803 Kathleen Meneses	F46	2:56:44
652 Naida Nooristani	F30	2:30:31	728 Avery Steiner	F15	2:39:40	<b>804 Sarah Wennerholm</b>	<b>F35</b>	<b>2:57:35</b>
653 Sharon Chaix	F75	2:30:41	729 Grace Gose	F33	2:39:41	805 Lisabeth Cahill	F66	2:57:50
654 Misael Amador Gonzalez	M23	2:30:42	730 Ethan Bowes	M15	2:39:45	806 Meera Desikamani	F54	2:58:09
655 Iryna Hetman	F34	2:30:51	<b>731 Ruby Richards</b>	<b>F39</b>	<b>2:39:57</b>	807 Katie Embernate	F36	2:58:35
656 Raquel Cote	F41	2:30:52	732 Mark Schluter	M65	2:40:03	808 Terri Padilla	F72	2:59:18
657 Haley Riesenber	F31	2:30:54	733 Amelita Ebuna	F45	2:40:04	<b>809 Tamara Fortney</b>	<b>F61</b>	<b>2:59:22</b>
658 Snigdha Rao	F31	2:30:59	<b>734 Hannah Graves</b>	<b>F32</b>	<b>2:40:16</b>	810 Lori Gross	F61	2:59:26
659 John Clements	M57	2:31:01	735 Jessica Kang	F26	2:40:25	811 Misty Williams	F47	2:59:44
660 Aaron Nguyen	M24	2:31:07	736 Hondo Webb	M32	2:40:28	812 Christopher Robins	M32	3:00:06
661 Priya Vulchi	F24	2:31:08	737 Rosalinda Moreno	?24	2:40:47	813 Amihan Meneses	F49	3:00:12
662 Claus Ovesen	M61	2:31:09	738 Matthew Cole	M45	2:40:52	<b>814 Marcile Raney</b>	<b>F63</b>	<b>3:00:20</b>
663 Edward Schroeder	M31	2:31:12	739 Samantha Arendt	O47	2:41:14	815 Cheryl Staley	F65	3:00:40
664 Felipe Velasco	M33	2:31:16	740 Olivia Flick	F24	2:41:15	816 Aj Mcllennen	M18	3:00:48
665 Barbara Hard	F59	2:31:17	741 David Valle	M33	2:41:21	817 Adrian Valmonte	M47	3:00:51
666 Amelia Lee	F27	2:31:18	742 Michael Fong	M38	2:41:23	818 Heather Ludvigson	F39	3:01:30
667 Pamela Boling	F50	2:31:34	743 Jerry Legrande	M41	2:41:24	819 Lilliana Pineda	F37	3:01:51
668 Heidi Young-Blackgoat	F44	2:31:51	744 Jamie Stoner	F35	2:41:31	820 Roberto Prado	M37	3:02:04
669 Amy Carlevaris-Bianco	F39	2:31:58	745 Susan Thomas	F53	2:41:51	821 Joanna Gray	F47	3:02:56
670 Alok Arora	M60	2:31:59	746 Maureen McBride	F61	2:41:54	822 Kevin Gray	M49	3:02:57
671 Stephanie Schnorbus	F41	2:32:00	747 Alejandra Claver	F28	2:42:01	823 Meller Gran	M24	3:03:16

824 Jenner Howland	F48	3:03:30
825 Angela Ray	F54	3:03:31
<b>826 Jib Ray</b>	<b>M83</b>	<b>3:03:31</b>
827 Tammy Hodges	F53	3:03:34
828 Shelby Weister	F30	3:03:38
829 Jayne Schiffer	F68	3:03:51
830 Darrel Cote	M72	3:04:27
831 John Gates	M72	3:04:44
832 Jennifer Bein	F50	3:05:59
833 Jennifer Losinski	F51	3:05:59
834 Gabriela Esparza	F34	3:07:26
835 Emmauel Ramirez	M22	3:07:27
836 Cheryl Collins	F66	3:08:13
837 Kathryn Reichard	F35	3:08:27
838 Dawn Kilian	F59	3:09:01
839 Cheyenne Devries	F30	3:09:03
840 Sandra Montgomery	F64	3:09:21
<b>841 Gustavo Sanchez</b>	<b>M36</b>	<b>3:09:33</b>
842 Thomas Pastula	M63	3:09:44
843 Sarah Spalding	F26	3:09:53
844 Kyra Powers	F27	3:09:53
845 Beth Powers	F59	3:09:53
846 Linda Hammer-Brown	F75	3:10:21
847 Stephanie Smittkamp	F24	3:10:52
848 John Phuong Vu	M39	3:11:09
<b>849 Jennifer Vu</b>	<b>F36</b>	<b>3:11:09</b>
<b>850 Patrick Orona</b>	<b>M36</b>	<b>3:11:11</b>
851 Gwendolyn Gause	F35	3:11:20
852 Nicole Maryon	F37	3:11:20
853 Leslie Wunder	F62	3:11:47
854 Ashely Burroughs	F37	3:11:47
855 Elenna Salcido	F34	3:12:23
856 Olivia Whitehurst	F30	3:12:41
857 William Thompson	M63	3:12:53
858 Jeremy Sermeno	M37	3:13:05
859 Ileene Mendoza	F42	3:13:08
860 Nakyung Johnson	F36	3:13:13
<b>861 Suzette Bana</b>	<b>F40</b>	<b>3:13:20</b>
862 Laura Wipper	F66	3:14:11
863 Aziz Rubakovic	M30	3:15:28
864 S. Michelle Mathai	F51	3:15:48
865 Avanti Pakrasi	F53	3:16:53
866 James Bosshardt	M62	3:17:29
867 Carrie Bosshardt	F60	3:17:29
868 Frankie Lopez	M33	3:17:32
869 Giovanni De Leon	M27	3:17:42
870 Elizabeth Ballantyne	F65	3:18:44
871 Crystal Christy	F44	3:18:52
872 Kent Ness	M66	3:19:59
873 Anthony Morales	M45	3:20:09
874 Bala Murugan Murali	M29	3:21:02
875 Maggie Rangan	F46	3:21:32
876 Dennis Kamakana	M28	3:22:48
877 Kortney Meyer	F27	3:22:50
878 Cynthia Allyn	F74	3:24:02
879 Steven Healy	M65	3:24:03
880 Susan Sidell	F77	3:24:39
881 Ann K Williams	F74	3:25:34
882 Samuel Williams	M35	3:27:26
883 Melinda Burwell	F65	3:28:52
884 Hong Mei Pang	F34	3:29:45
885 Len Gross	M65	3:29:55
886 Annie Bagwell	F52	3:29:58
<b>887 Kathleen Lake</b>	<b>F67</b>	<b>3:31:06</b>
888 Grace Rose	F36	3:31:36
889 Jamie Jones	F62	3:33:40
890 Camen Ramos	F51	3:33:41
891 Bobbie Keill	F79	3:34:03
892 Amy Hillyard	F50	3:34:03
893 Marsha Motheschan	F41	3:34:36
894 Neal Perlmutter	M66	3:35:54
895 Sarah Cunningham	F36	3:35:55
896 Donna Burton	F46	3:36:10
897 Scott Jorgenson	M64	3:36:11
898 Matthew Schock	M25	3:36:28
899 Alejandro Gonzalez	M37	3:36:28

900 Richard Ortiz	M74	3:36:29
901 Christine Butera-Ortiz	F65	3:36:29
902 Marcial Salvador	M48	3:37:31
903 Jean Brady	F64	3:37:36
904 Nilesh Shah	M66	3:37:36
905 Cyndi Steiner	F60	3:37:54
906 Jeanne Steer	F66	3:38:49
907 Catherine Winger	F68	3:38:54
<b>908 Pordia Matheson</b>	<b>F76</b>	<b>3:40:11</b>
909 Annika Briggs	F27	3:40:35
910 Donald McQuoid	M20	3:41:01
911 Sarah Bartishofski	F42	3:42:19
912 Marie Huber	F59	3:42:52
913 Jessica Rodriguez	F38	3:44:08
914 Trina Nuñez	F54	3:46:06
915 Joelayn Oberg	F61	3:51:13
916 Eric Oberg	M63	3:51:14
917 Jay Haliczzer	M45	3:51:42
918 Sandra Welshinger	F58	3:52:08
919 Douglas Welshinger	M63	3:52:12
920 Logan Magonigal	M29	3:54:41
921 Dennis Mori	M77	3:54:54
922 Steven Sidell	M77	3:55:12
<b>923 Jason Sidell</b>	<b>M51</b>	<b>3:55:14</b>
924 Dirk Williams	M66	3:56:53
925 Kristine Foot	F65	3:56:54
926 Rosalie Toren	F67	3:57:12
927 Tracey Viereck	F52	3:59:05
928 Bob Viereck	M57	3:59:05
929 Arlene Ganir-Martinez	F45	4:00:05
930 Rupert Martinez	M45	4:00:06

## 10K

8:30 am., Sun., 5/05/24

• Humboldt County runners are colored blue

Pl	Name	G/age	ChipT
1	Tim Hendricks	M31	32:32
2	Arturo Fernandez	M39	35:25
<b>3</b>	<b>Pamela Naylor</b>	<b>F44</b>	<b>40:18</b>
4	Chloe Joslyn	F14	42:44
5	Daniela F Espinosa	F31	46:19
<b>6</b>	<b>Casey Malloy</b>	<b>M32</b>	<b>46:29</b>
7	Chalynn Passmore	F36	46:36
8	Riley Newman	M41	47:12
<b>9</b>	<b>Kristal Mendez</b>	<b>F42</b>	<b>47:29</b>
10	Nicholas Lewis	M43	47:35
11	Tiana Jarvis	F32	48:15
12	Cyrus Chase	M14	48:43
13	Brendan Nee	M24	49:15
<b>14</b>	<b>Harmony Safier</b>	<b>F41</b>	<b>49:18</b>
15	Hunter Sowards	F30	49:53
16	Lynea Kaethler	F27	50:14
17	Zachary Moore	M27	50:36
18	Kristi Ayars	F53	50:38
<b>19</b>	<b>Andrea Lovio</b>	<b>F41</b>	<b>50:43</b>
20	Joshua Sanchez	M30	50:52
<b>21</b>	<b>Pamela Willey</b>	<b>F44</b>	<b>51:11</b>
22	Mia Campbell	F23	51:43
23	Charles Joslyn	M12	52:24
<b>24</b>	<b>Zack Cox</b>	<b>M45</b>	<b>52:31</b>
25	Cole Jannusch	M41	53:13
26	Ram Dela Rosa	M27	53:29
27	Julia Black	F31	53:41
28	Stephanie Cox	F38	53:43
29	Jeremy Richardson	M50	54:38
30	Jp Pham	M38	54:42
<b>31</b>	<b>Pam Vigil</b>	<b>F42</b>	<b>54:45</b>
32	Samantha Shockley	F34	54:50
33	Josh Hessian	M38	55:01
34	Jessica Cusick	?38	55:21
<b>35</b>	<b>Ritz Garcia</b>	<b>M25</b>	<b>55:26</b>
36	Vitas Balanda	M43	55:30
37	Daniel Valencia	M19	55:36
<b>38</b>	<b>Amy Kolshinski</b>	<b>F46</b>	<b>55:49</b>
39	Ellen Luo	F25	55:50

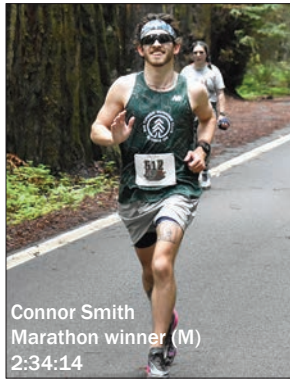
40 Tegan Ayers	F28	55:51
<b>41 Katrina Knox</b>	<b>F54</b>	<b>55:54</b>
<b>42 Kelsey McCulloch</b>	<b>F40</b>	<b>55:54</b>
43 Kassidee Kelley	F35	56:02
44 Cole Sutter	M31	56:04
45 Edward Fang	M27	56:08
46 Scott Krason	M48	56:16
47 Rose Asquith	F64	56:35
48 Khatchadour Khatchadourian	M38	56:37
49 Ruben Santos Stroup	M13	56:38
50 Zachary Bartlett	M38	56:46
51 Michael Schoeck	M40	56:48
52 Bruce Tuohy	M38	57:23
53 Enrique Castellanos	M52	57:59
<b>54 Torie Mather</b>	<b>F45</b>	<b>58:12</b>
55 Brenda Garcia	F43	58:16
<b>56 Leo Marrella</b>	<b>M42</b>	<b>58:23</b>
57 Courtney Fontenot	F26	58:31
58 Joshua Jaramillo	M26	58:34
<b>59 Jenn Murillo</b>	<b>F24</b>	<b>58:44</b>
60 Michael Hirt	M60	58:44
61 Maygan Cline	F41	58:44
62 Phil Van	M48	58:49
63 Belinda Perez	F34	58:51
64 Meiko Masuno	F33	59:00
<b>65 Reed Johnson</b>	<b>M35</b>	<b>59:03</b>
66 Anna Moran	F35	59:08
67 Angela Boitano	F29	59:09
68 Sarah Hahn	F45	59:14
69 Joanna Pack	F47	59:19
70 Jeana Dixon	F46	59:36
71 Sarah Massey	F29	59:36
72 Kaily Capp	F27	59:49
73 Liv Toyias	F15	59:57
<b>74 Jessica Schieberl</b>	<b>F42</b>	<b>59:57</b>
75 Oriana Trujillo	F30	1:00:00
76 Michaela Nee	F26	1:00:09
77 Allison Seymour	F30	1:00:24
<b>78 Rebecca Matias</b>	<b>F33</b>	<b>1:00:28</b>
79 Julie Burke	F30	1:00:28
80 Karla Venegas	F23	1:00:37
81 Jeff Richardson	M75	1:00:50
82 Danielle Wilson Reed	F34	1:00:50
83 Anisa Richardson	F46	1:00:51
84 Valeria Carrion	F27	1:01:01
85 William Song	M26	1:01:21
<b>86 Kyla Orr</b>	<b>F31</b>	<b>1:01:25</b>
87 Michael Carrington	M34	1:01:31
<b>88 Meztli Chinas</b>	<b>F14</b>	<b>1:01:36</b>
89 Lindsay Peterson	F35	1:01:45
90 Julia Luo	F25	1:01:55
91 Rose Tatman	F41	1:01:58
92 Ann Frisius	F43	1:01:58
<b>93 Amanda Cawthorn</b>	<b>F19</b>	<b>1:02:36</b>
94 Sierra Schwartz	F27	1:02:39
95 Yu Meng Zhang	F25	1:02:52
96 Terry Shelton	M72	1:02:54
97 Jaime Hanson	F46	1:03:12
98 Elly Doyle	F42	1:03:16
99 Alena Weers	F35	1:03:31
<b>100 Teresa Sollom</b>	<b>F30</b>	<b>1:03:32</b>
101 Daniel Thierry	M37	1:03:32
102 Marianna Yamamoto	F30	1:03:35
103 Andrea Silva	F41	1:03:44
104 William Silva	?36	1:03:44
105 Lupe Funderburk	F49	1:03:55
106 Mary Anderson	F33	1:03:59
107 Jaime Olivares	M51	1:04:01
108 Avery Rosenthal-Murray	F21	1:04:14
109 Erika Vijh	F35	1:04:16
110 Eva Halter	F39	1:04:18
111 Celeste Gonzalez Chavez	F22	1:04:24
112 Kayleigh Shuler	F33	1:04:34
113 Jules Hunter	F56	1:04:39
114 Lisset Biwer	F31	1:04:47
115 Doug Jarvis	M68	1:05:02

116 Vickie Phelan	F62 1:05:18	<b>192 Jaqueline Molina</b>	<b>F27 1:12:40</b>	268 Kimberly Brown	F49 1:20:32
117 Sara Schmitt	F27 1:05:24	193 Elizabeth Celaya	F28 1:12:45	<b>269 Michele Stover</b>	<b>F43 1:20:35</b>
118 Julia Sherman	F23 1:05:31	194 Gary Lammert	M67 1:12:48	270 Neha Walsh	F40 1:20:45
119 Darrell Kenworthy	M69 1:05:49	195 Annalise Langum	F21 1:12:55	271 Debbie Cabrales	F31 1:20:48
120 Qianning Gu	F26 1:05:51	196 Heather Brown	F39 1:13:00	272 Olivia Klasios	F28 1:21:08
121 Ahditya Melkote	M31 1:05:59	197 Diane Lopez	F29 1:13:01	273 Caitlin Delgado	F36 1:21:12
<b>122 Adriana Mendel</b>	<b>F31 1:06:07</b>	198 Sachin Chopra	M36 1:13:05	274 Eula Toca	F48 1:21:25
123 Shelby Miyamoto-Kim	F25 1:06:09	199 Karen Kwong	F61 1:13:13	275 Noah Barriga	M20 1:21:36
124 Suzanne Margerum	F64 1:06:09	200 J Hallie Roberts	F37 1:13:14	276 Violaine Lacroix	F61 1:21:58
125 Lucy Stroup	F15 1:06:12	201 Martin Schreiber	M62 1:13:15	277 Linda Dougherty	F68 1:21:59
<b>126 Allison Royal</b>	<b>F32 1:06:14</b>	<b>202 Victoria Olea</b>	<b>F46 1:13:18</b>	278 Chris Dougherty	M41 1:22:00
<b>127 Emily Bloom</b>	<b>F32 1:06:15</b>	203 Crystal Torres	F33 1:13:27	279 Montara Strawn	F42 1:22:08
128 Taylor Lugowski	F12 1:06:18	204 Emily Chiang	F6 1:13:28	280 Ramon Garcia	M59 1:22:38
129 Jennifer Leonard	F45 1:06:19	205 Francine Chiang	F40 1:13:29	281 Megan Goodall	F38 1:22:39
130 Duncan Paterson	M52 1:06:19	206 Kirsten Nouzovsky	F34 1:13:32	282 Amy Jensen	F39 1:22:44
131 Lynn Buczek	F51 1:06:20	<b>207 Alysha Evans</b>	<b>F27 1:13:45</b>	283 Ruzanna Gasparyan	F32 1:22:53
132 Quentin Rollins	M38 1:06:36	<b>208 Remie Divine</b>	<b>F38 1:13:51</b>	284 Daniel Norton Luna	M32 1:23:08
133 Amy Lammert	F63 1:06:47	209 Jesse Ojeda	M29 1:14:00	285 Jovita Boitano	F64 1:23:22
134 Mairead Mari	F12 1:06:48	210 Cecelia Grant	F58 1:14:02	286 Héctor Cabrales	M16 1:24:35
135 Thomas Cox	M37 1:06:52	211 Charles Carman	M56 1:14:02	287 Oscar Alvarez	M45 1:24:36
136 Dionne Broadhead	F52 1:06:59	212 Ann Marie Curran	F57 1:14:03	288 Jordan Thompson	F24 1:24:45
137 Kari Cole	F44 1:07:05	213 Angie Jannusch	F40 1:14:04	289 Yuet Ngoh Lee	F62 1:24:56
138 Darcy Sarr	F23 1:07:12	214 Paula Rose	F62 1:14:05	290 Karina Campos	F30 1:25:09
<b>139 Michael Kolden</b>	<b>O27 1:07:18</b>	215 Ilandra Valencia	F18 1:14:38	291 Wendy Perez	F35 1:25:22
140 Ashley Qiang	F29 1:07:20	<b>216 Madison Flynn</b>	<b>F38 1:14:44</b>	292 Nick Dippel	M34 1:25:24
141 Robin Van Horn	F60 1:07:23	217 James Nguyen	?37 1:14:47	293 Chaundel Shepherd	F36 1:25:53
142 Ivan Carlos	M27 1:07:24	218 Casondra Albrecht	F36 1:14:48	294 Zac Effron	M35 1:25:54
143 Annette Winn	F58 1:07:28	219 Kelechi Hong	F37 1:15:02	295 Arun Chakravorty	M29 1:25:57
144 Malhaar Thatte	M20 1:07:31	220 Todd Krewson	M59 1:15:10	296 Angela Surgeon	F48 1:26:19
145 Bruce Dewsberry	M69 1:07:37	221 Suhail Durani	M38 1:15:16	<b>297 Bill Little</b>	<b>M68 1:26:38</b>
146 Jason Carter	M33 1:07:40	222 Bethany Durani	F35 1:15:20	298 Ellen Peyton	F35 1:26:39
<b>147 Michaele Whiteley</b>	<b>F64 1:07:47</b>	223 Mark Stansbery	M72 1:15:21	299 Alexis Grundmann	F34 1:26:40
148 Liz Lease-McCaffrey	F48 1:07:49	224 Alexander Delgado	M36 1:15:37	<b>300 Declan Bates</b>	<b>O19 1:26:48</b>
149 Megan Walsh	F46 1:07:56	225 John Verdoia	M69 1:15:59	<b>301 Shannon Cavness</b>	<b>F53 1:27:00</b>
<b>150 Diego Garcia</b>	<b>M29 1:07:58</b>	226 April Shannon	F35 1:16:02	302 Blanca Valencia	F49 1:27:04
<b>151 Jereme Thompson</b>	<b>M53 1:08:03</b>	<b>227 Sarah Williams</b>	<b>F32 1:16:02</b>	<b>303 Tony Gomez</b>	<b>M50 1:27:05</b>
152 Alex Dock	F30 1:08:20	228 Timothy Stephens	M58 1:16:03	304 Stephen Lalonde	M27 1:27:22
153 Gabriela Brazwell	F24 1:08:24	<b>229 David Pon</b>	<b>M33 1:16:03</b>	305 Scott South	M65 1:27:25
154 Megan Petrides	F39 1:08:51	230 Karthikeyan Venkatachalam	M41 1:16:28	306 Stephen Lalonde	M63 1:27:28
155 Jackson Little	M10 1:08:53	231 Samantha L Dunn	F44 1:16:39	307 Debby Brown	F72 1:27:49
156 Yuntian Xue	F28 1:08:53	232 Noemi Rangel	F30 1:16:52	308 Lydia Maleknia	F32 1:27:54
157 Leticia Torres	F30 1:08:58	233 Brooke Hendricks	F28 1:16:52	309 Millie Black	F40 1:28:06
<b>158 Karalynn Foo</b>	<b>F35 1:08:59</b>	234 Jill Naylor	F60 1:16:54	310 Paris Wortham	M23 1:28:50
159 Lindsey Lopez	F39 1:09:05	235 Amy Anderson	F34 1:16:57	311 Juli Torok	F53 1:28:53
160 Samantha Little	F38 1:09:19	236 Lynn Fast	F62 1:17:01	312 Charlotte Jordan	M62 1:28:58
161 Susan Savage	F44 1:09:24	237 Nora Novak	F50 1:17:03	<b>313 Bella Garcia</b>	<b>F26 1:29:16</b>
162 Rita Jajjo	F36 1:09:26	238 Lauren Pollock	F43 1:17:10	314 Eric Turner	M38 1:29:31
163 Vinoj Pillai	M36 1:09:28	<b>239 Sage Hartling</b>	<b>F11 1:17:20</b>	315 Taylor Wortham	F21 1:29:34
164 Kollin Tanahashi	M24 1:09:29	240 Michelle Nouzovsky	F59 1:17:31	316 Sylvie Pham	F37 1:29:37
<b>165 Sariyah Glasper</b>	<b>F27 1:09:34</b>	241 Lydia Watson	F35 1:17:41	317 Brian Tanahashi	M60 1:29:39
166 Emma Stodder	F31 1:09:50	242 Danyelle Hervilla	F28 1:18:06	318 James Nguyen	M35 1:29:41
167 Maryclare Rollins	F41 1:09:50	243 Suzanne Jackson	F37 1:18:07	<b>319 Janette Parsons</b>	<b>F37 1:29:51</b>
168 Mary Palomino	F59 1:10:19	244 Christin Buechner	F37 1:18:17	320 Stephanie Taylor	F31 1:29:53
<b>169 Nancy Cicatelli</b>	<b>F58 1:10:22</b>	<b>245 Laurie Dekeyser</b>	<b>F46 1:18:20</b>	321 Miranda Taylor	F32 1:29:55
170 Oscar Alvarez	M73 1:10:26	<b>246 Emily Hartling</b>	<b>F13 1:18:28</b>	322 Maria Cabrales	F27 1:30:17
171 Jessica Tien	F30 1:10:52	247 Dawn Maclaren	F51 1:18:30	323 Kamila Hopkins-Marquez	F15 1:30:23
172 Andrew Lamson	M35 1:10:57	248 Jim Doxsee	M61 1:18:32	324 Kathy Rollins	F75 1:30:37
<b>173 Bonnie Hrdina</b>	<b>F65 1:10:58</b>	249 Mary Louise Ebinger	F61 1:18:39	325 Christine Anderson	F56 1:30:54
174 Christine Dobie	F28 1:11:03	<b>250 Katelyn Warbritton</b>	<b>F26 1:18:51</b>	326 Jane Choi	F31 1:31:10
175 Paul Sopocy	M49 1:11:06	<b>251 Sarah Sullens</b>	<b>F43 1:18:51</b>	<b>327 Kyle Winton</b>	<b>M31 1:31:16</b>
176 Benjamin Bartos	M48 1:11:06	252 Sharon Dorsey	F33 1:19:13	328 Anne South	F63 1:31:19
177 Tracy Edwards	F54 1:11:20	253 Erin Parling	F42 1:19:20	<b>329 Catrina Howatt</b>	<b>F58 1:31:43</b>
178 Luman Zhang	F28 1:11:20	254 Shawn Vieira	M56 1:19:27	<b>330 Sherry Myers</b>	<b>F68 1:31:44</b>
179 James Van Horn	M65 1:11:21	<b>255 Donna Wilson</b>	<b>F38 1:19:33</b>	331 Hiral Patel	F30 1:32:05
180 Jason Johnson	M45 1:11:22	256 Murat Yalman	M67 1:19:34	332 Vanette Hotaling	F55 1:32:07
181 Georgia Johnson	F38 1:11:23	257 Lorraine Yalman	F65 1:19:35	333 Lorna Keeler	F55 1:32:11
<b>182 Elizabeth Valasco</b>	<b>F34 1:11:47</b>	258 Merrick Hoyte	F17 1:19:41	334 Katie Chan	F31 1:32:19
183 Stacie Sather	F49 1:11:48	<b>259 Cassandra Rustvold</b>	<b>F41 1:19:58</b>	335 Kenneth Johnson	M29 1:32:34
184 Stacey Carman	F54 1:11:57	260 Kelly North	F33 1:20:16	336 Ann Green	F66 1:32:39
185 Abbie Dutterer	F43 1:11:57	261 Jodel Heier	F47 1:20:22	337 Larry Margerum	M66 1:32:47
186 Kristin Hicks	F48 1:12:09	262 Afanasyeva Antonina	F35 1:20:24	338 Sandy Bourne	F60 1:33:25
187 Myra Garcia	F65 1:12:10	<b>263 Lisa Davison</b>	<b>F51 1:20:24</b>	339 Jordan Blanton	M35 1:33:37
188 Brett Lane	M34 1:12:16	264 Michelle Rainwater	F54 1:20:26	340 Ryan Alipio	M36 1:33:47
189 Christine Cha	F57 1:12:22	<b>265 Rosalind Litzky</b>	<b>F42 1:20:28</b>	341 Julian Villanueva	M37 1:33:50
190 Carolena Ruprecht	F30 1:12:32	266 Cynthia Chase	F67 1:20:29	342 Jason Ross	M51 1:34:04
<b>191 Jayrlin Molina</b>	<b>F25 1:12:40</b>	<b>267 Rachel Marrella</b>	<b>F49 1:20:31</b>	343 John Burwell	M68 1:34:09

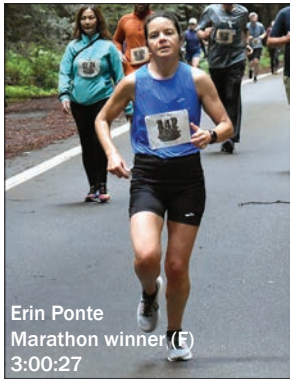
344 Amanda Gonzales	F36	1:34:10	420 Ralph Casas	M29	1:47:15	496 Sarah Burgson	F30	2:05:12
345 Abigail Wurdeman	F40	1:34:30	<b>421 Monica McGraw</b>	<b>F68</b>	<b>1:47:29</b>	497 Honah Burgson	F31	2:05:12
346 Kristie Long	F58	1:34:32	422 Denise Sanchez	F60	1:47:43	498 Daniel Hotaling	M18	2:05:28
347 Patricia Brown	F39	1:34:50	423 Lisa Trotter	F50	1:48:05	499 Bill Winters	M71	2:06:05
348 Vivek Sathe	M62	1:34:57	424 Andy Hawkins	M62	1:48:31	500 Scott Cessna	M58	2:06:05
349 Cristina Torres	F36	1:34:57	425 Nan Hawkins	F65	1:48:31	501 Moyer Lynn	F70	2:06:07
350 Jennifer Rossini	F47	1:35:04	426 David Brown	M77	1:48:39	502 Sierra Lahera	F45	2:06:07
351 Terri Boyer	F53	1:35:14	427 Brian Wood	M67	1:48:41	503 Rachel Host	F44	2:06:30
352 Norma Ochoa-Ramirez	F30	1:35:19	428 Angela Wood	F58	1:48:43	504 Natasha Day	F47	2:06:33
353 Carla Brown	F54	1:35:24	429 Adrian Valencia	M21	1:48:48	505 Dana McNabb	F53	2:06:54
354 Thinh Ngo	M45	1:35:31	430 Daniela Zamora	F21	1:48:48	506 Samantha Bates	F31	2:06:55
355 Alondra Cruz Torres	F25	1:35:34	431 Dora Zamora	F56	1:48:49	507 Shannon Ayala	F19	2:06:55
356 Bob Bradley	M73	1:35:35	432 Giovanna Guevara	F36	1:48:51	508 Don Hotaling	M66	2:07:02
357 Victoria Gordon	F75	1:35:37	433 Margarita Guevara	F37	1:48:52	509 Kelly Warren	F53	2:11:36
358 Lauren Gotuaco	F20	1:35:38	434 Peter Torre	M82	1:49:09	510 Melinda Mcclennen	F50	2:13:03
359 Kylie Kawamoto	F21	1:35:42	435 Debbie Carter	F66	1:49:57	511 Martha Krewson	F60	2:13:22
360 Leslie Gotuaco	F29	1:35:46	<b>436 Maya Chinas</b>	<b>F08</b>	<b>1:49:59</b>	512 James Burgert	M60	2:13:51
<b>361 Linda Small</b>	<b>F28</b>	<b>1:36:02</b>	437 Anna Gella	F64	1:50:15	513 Andrew Koutnik	M34	2:16:43
362 Donalddo Mendoza	M60	1:36:08	438 Colleen Sprague	F40	1:50:20	514 Jeremy Graul	M36	2:17:14
363 James Hong	M37	1:36:10	<b>439 Veronica Olea</b>	<b>F49</b>	<b>1:50:30</b>	<b>515 Adriana Rodriguez-Torres</b>	<b>O27</b>	<b>2:18:27</b>
364 Noemi Valencia	F40	1:36:10	<b>440 Maryann Johnston</b>	<b>F69</b>	<b>1:50:36</b>	516 Jason Mullen	M43	2:18:27
365 Becky St. Clair	F41	1:36:16	441 Theresa Dexter	F46	1:52:18	517 Melissa Nuno	F40	2:19:59
366 Benjamin Hopkins	M43	1:36:18	442 Gregory Torres	M38	1:52:21	518 Elwyn Chaix	M77	2:21:21
367 Jen Lorenzen	F46	1:36:47	443 Felicity Codman	F19	1:52:32	519 Lisa Burgert	F54	2:21:23
368 Bobbie Henry	F80	1:36:48	444 Serena Codman	F15	1:52:37	520 Rachel Tejada	?50	2:28:16
369 Lance Chapman	M43	1:37:01	445 Michael-Ann Pevehouse	F59	1:52:41	521 Austin Wilkin	?50	2:28:17
370 Lilia Chapman	F36	1:37:01	446 Luz Ramirez	F26	1:52:42	522 Elliot Tejada Wilkin	?05	2:29:24
371 Renata Hua	F34	1:37:52	447 Kristina Codman	F40	1:52:46	523 Gray Hopkins	M54	2:34:50
372 Cassandra Telles	F55	1:38:08	448 Erica Guzman	F29	1:52:49	524 Pam Hopkins	F75	2:34:55
373 Sarah Redfield	F34	1:38:47	449 Katrina Mounivong	F30	1:52:58	525 Susan Hopkins	F48	2:34:56
<b>374 Jennifer Winton</b>	<b>F32</b>	<b>1:38:51</b>	450 Debbie Paschall	F66	1:52:59	526 Kathleen Welsh	F65	2:35:53
375 Zachary Boling	M35	1:38:51	451 Aimee Martin	F38	1:53:25	527 Rosa Chavez	F63	3:29:49
376 Tiffany Boling	F36	1:38:51	452 Sharon Everett	F51	1:53:30	528 Lisa Owider	F63	3:41:25
377 Cindy Valencia	F47	1:39:02	453 Alva Toca	F61	1:54:19			
378 Don Morrison	M66	1:39:15	454 Katie Harris	F25	1:54:20			
379 Kelsey Cossel	F42	1:39:46	455 Angelica Toca	F60	1:54:27			
380 Matthew Craig	M29	1:39:48	456 Eula Lange-Toca	F86	1:54:33			
381 John Newman	M70	1:40:08	457 Chieh Tung	F38	1:54:43			
382 Jason Sison	M32	1:40:10	458 Greg Booth	M62	1:54:56			
383 Eunice Park	F31	1:40:12	459 Katie Booth	F29	1:54:57			
384 Brady Pasco	M27	1:40:32	460 Chelsea Healey	F40	1:55:20			
385 Jeffrey Wren	M42	1:40:58	461 Lindsey Jarrett	F38	1:55:22			
386 Heather Graul	F34	1:40:58	462 Allison Healey	F35	1:55:26			
387 Paula Joyce	F71	1:41:01	463 Evelyn Nuñez	F70	1:55:32			
388 Katrina Gustafson	F55	1:41:02	464 Dennis Kilian	M66	1:55:35			
389 Grace Monroe	F58	1:41:08	465 Elizabeth Kilian	F64	1:55:43			
390 Sherrie Griffin	F67	1:41:08	466 Mey Saephan	F37	1:55:49			
391 James Jacobsen	M79	1:41:19	467 George Kilian	M68	1:56:02			
392 Eric Chiang	M42	1:41:33	468 Julie Speckels	F43	1:56:30			
393 Barbara Paulsen	F59	1:42:25	469 Charis Thompson	F32	1:57:04			
394 Daryl Pierson	M54	1:42:55	470 Yuet Mei Lee	F58	1:57:13			
395 Caiqian Cheng	M26	1:43:03	471 Jason Dexter	M43	1:57:16			
396 Gail Nicolay	F67	1:43:33	472 Behnaz Maleknia	F63	1:57:31			
397 Jacque Fahey	F32	1:43:39	473 Majid Azad	M66	1:57:32			
398 Emily Aufdermaur	F63	1:43:41	474 Todd Saber	M44	1:57:35			
399 Joan Chao	F66	1:43:46	475 Robert Razo	?26	1:57:37			
400 Tricia Hill	F47	1:44:04	476 Alexandra Nelson	F32	1:57:47			
401 Shweta Duggirala	F41	1:44:26	477 Erik Nelson	M33	1:57:59			
402 Jessica Leonard	F32	1:44:35	478 Kelly Roche	F58	1:58:05			
403 Brenda Ericksen	F61	1:44:42	479 Ryan Chiang	M8	1:58:07			
<b>404 Amanda Couch</b>	<b>F35</b>	<b>1:45:10</b>	480 Joel Salinas Iii	M49	1:58:08			
405 Michael Wai	M55	1:45:19	481 Julia Felipe	F52	1:58:09			
<b>406 Brooke Thorne</b>	<b>F31</b>	<b>1:45:19</b>	482 Ginger Lands	F56	1:58:14			
407 Lynda Gray	F57	1:45:37	483 Deanna Gorisek	F62	1:58:21			
408 Ginger Finley	F69	1:45:41	<b>484 Heather Roche-Waldo</b>	<b>F50</b>	<b>1:58:29</b>			
409 Carole Bliss	F74	1:45:41	485 Bill Quinn	M70	1:58:34			
410 Rod Nakamoto	M63	1:45:57	486 Debby Murray	F63	1:58:34			
411 Elsie Nakamoto	F63	1:45:58	<b>487 Lucas Hine</b>	<b>M34</b>	<b>1:59:03</b>			
412 Robin Imagire	F58	1:45:58	488 Manjiri Sathe	F58	2:00:04			
413 Paul Meyer	M69	1:45:59	<b>489 Ted Hsu</b>	<b>M35</b>	<b>2:01:10</b>			
414 Camerin Cunningham	F27	1:46:04	490 Kalpana Thatte	F54	2:01:14			
<b>415 Lorien Hunter</b>	<b>F42</b>	<b>1:46:13</b>	491 Sunnie Kroessler	F32	2:02:06			
416 Talia Squires	F39	1:46:14	492 Taylor Nichalson	F30	2:02:07			
<b>417 Dean Matheson</b>	<b>M65</b>	<b>1:46:30</b>	493 Abhijeet Gorhe	F56	2:02:46			
418 Janice Park	F28	1:47:00	494 Shannon Bradford	F41	2:04:58			
419 Maurene Aakre	F71	1:47:12	<b>495 Kathleen Stone</b>	<b>F62</b>	<b>2:05:05</b>			



# Marathon



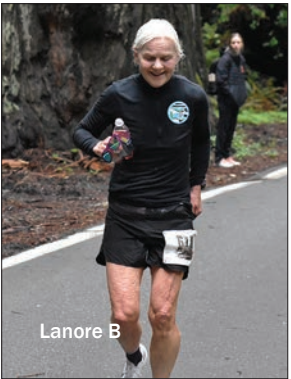
Connor Smith  
Marathon winner (M)  
2:34:14



Erin Ponte  
Marathon winner (F)  
3:00:27



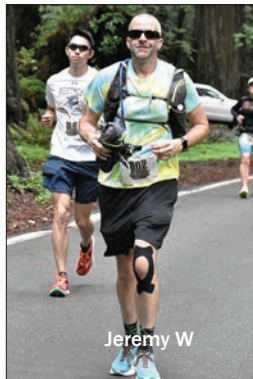
Isaac Jessen  
Marathon local winner (M)  
3:23:06



Lanore B

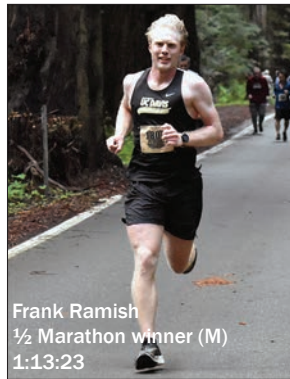


Jennifer H



Jeremy W

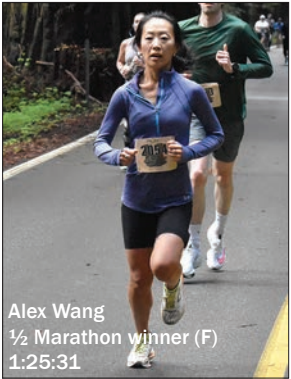
# 1/2 Marathon



Frank Ramish  
1/2 Marathon winner (M)  
1:13:23



Matt Kidwell  
1/2 Marathon local winner (M)  
1:19:35



Alex Wang  
1/2 Marathon winner (F)  
1:25:31



Kerry Byrne  
1/2 Marathon local winner (F)  
1:37:43



Karen K



Paul K



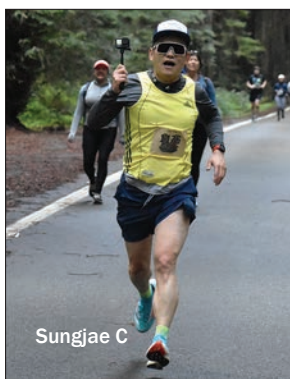
Jennifer M



Jenna L



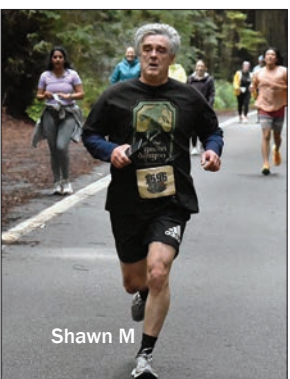
Sarah S



Sungjae C



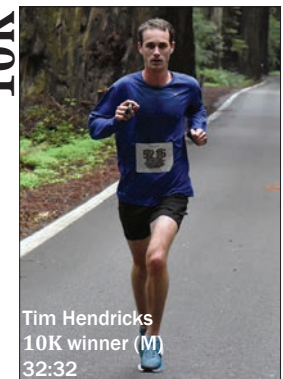
Kelley S



Shawn M



Robin B



Tim Hendricks  
10K winner (M)  
32:32

# 10K



Pamela Naylor  
10K winner (F)  
40:18



Chloe J



Kristal M



Andrea L



Zack C

Top finishers & some local finishers are shown here. Please visit our webpage (<http://www.Grrc.com>) for the rest.



# 41<sup>st</sup> Atlanta's Victory Run

## 5M

P1	Name	G/Age	Time
1	Pamela Naylor	F44	31:19
2	<b>James Soren</b>	<b>M12</b>	<b>33:37</b>
3	Andrea Wright	F62	34:07
4	Casey Waterman	F44	35:49
5	Kerry Byrne	F42	35:53
6	<b>Jason Weldon</b>	<b>M16</b>	<b>36:08</b>
7	Silvia Manzo	X40	36:15
8	Jenna Larson	F38	36:26
9	Karen Kidwell	F39	36:32
10	Alicia Mengel	F44	37:07
11	Jennifer Marlow	F43	38:14
12	Sarah Sanders	F44	39:06
13	Jessie Hunt	F52	39:35
14	Michele Gerdes	F44	39:35
15	<b>Ben Marshall</b>	<b>M35</b>	<b>39:45</b>
16	Robin Baker	F35	40:13
17	<b>Mark Chapman</b>	<b>M64</b>	<b>40:24</b>
18	Jen Foesig	F51	40:31
19	Tanya Trump	F54	41:58
20	<b>Iver Vu</b>	<b>M09</b>	<b>42:35</b>
21	Brida Lester	F15	42:48
22	Simona Carini	F61	42:54
23	Tara Vu	F42	43:00
24	Meztli Chinas	F14	43:19
25	Ales Chrystal	F40	44:54
26	Dawn Arledge	F48	45:24
27	<b>Sung Choi</b>	<b>M52</b>	<b>45:28</b>
28	Camille Skweir	F33	45:31
29	<b>Netra Khatri</b>	<b>M46</b>	<b>46:23</b>
30	<b>Tristan Giacomini</b>	<b>M09</b>	<b>47:23</b>
30	Mona Giacomini	F37	47:23
32	Tj Chapman	F61	47:50
33	Chessilynn Jones	F35	47:57
34	Debbie Stamper	F70	49:31
35	Lauren Lynch	F43	51:48
36	Chelsea Coppock	F33	52:27
37	<b>Jonathan Reynoso</b>	<b>M30</b>	<b>53:04</b>
38	Miriam Ahumada	F23	53:27
39	Hailey Rocha	F28	53:31
40	Ale Gallegos	F34	54:36
41	Bonnie Hrdina	F65	55:30
42	Barbara LaHaie	F59	56:42
43	Victoria Olea	F46	58:16
44	<b>Rocco Pearson</b>	<b>M09</b>	<b>59:33</b>
45	Angie Pearson	F48	59:38
46	Emily Walker	F31	59:45
47	Julie Mendes	F58	59:52
48	Mercury Lawton	F25	1:00:17
49	Sarah Sullens	F43	1:00:25
50	Lorraine Dillon	F73	1:00:46
51	Eileen Wolf	F61	1:01:23
52	Tanishia Boswell-Cole	F33	1:01:53
53	Mei Strehlow	F22	1:02:35
54	Marcile Raney	F64	1:03:14
55	<b>Andrew Wolff</b>	<b>M31</b>	<b>1:05:23</b>
56	Raina Ray Donnell	F40	1:05:59
57	<b>Aaron Donnell</b>	<b>M40</b>	<b>1:05:59</b>
58	<b>Oliver Wassom-Stamper</b>	<b>M03</b>	<b>1:07:30</b>
59	Leah Stamper	F40	1:07:31
60	Naomi Stamper	F39	1:07:34
61	Kim Nadeau	F63	1:08:43
62	<b>Gregory Shank</b>	<b>M64</b>	<b>1:08:43</b>
63	Susan Sidell	F77	1:08:52
64	Marlene Allen	F68	1:13:33
65	Sherry Myers	F68	1:13:33
66	Portia Matheson	F76	1:14:18
67	Matilda Bunchongchitr	F27	1:16:51
68	Amanda Burgoa	F07	1:20:56
69	Olea Guadalupe	F40	1:20:57

70	Erin Ponte	F38	1:22:03
70	Lori Ponte	F66	1:22:03
72	Lauren Pointer	F39	1:24:20
72	<b>Hunter Boone</b>	<b>M15</b>	<b>1:24:20</b>
72	Hadley Boone	F11	1:24:20
72	Randi Larkin	F39	1:24:20
76	Maya Chinas	F08	1:24:45
77	Alessandra Olea	F08	1:24:45
78	Maria De La Cruz	F35	1:24:51
79	Stacey Milich	F55	1:30:05
80	Marla Joy	F67	1:33:51
81	Jazz Lewis	F33	1:33:52
82	Nina Fike	F59	1:34:27
83	Nicole Folger	F39	1:34:58
84	Holly Lawrence	F33	1:34:58
85	Erin O'Brien	F41	1:34:58
86	Stephanie Gould	F38	1:34:59
87	Emily Kirsch	F37	1:35:20
88	Arianna Porter	F13	1:36:09
89	Crystal Porter	F39	1:36:10
90	Frances Ferguson	F81	1:36:11
91	Stella Lyons	F08	1:38:54
92	Carol Lyons	F72	1:38:54
93	Mary E Shanahan	F65	1:39:54
94	Teri lane	F62	1:39:55
95	Molly Blakemore	F50	1:39:55
96	Corinne Frugoni	F74	1:40:12
97	Carol Mone	F74	1:40:14
98	Nicolini Frances	F46	1:40:15
99	Kemset Moore	F73	1:45:10
100	Annette Cody	F71	1:45:17

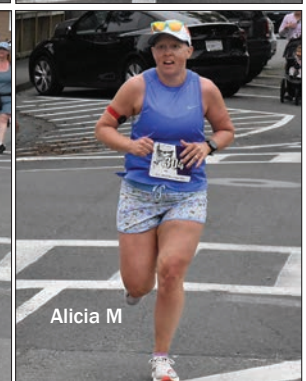
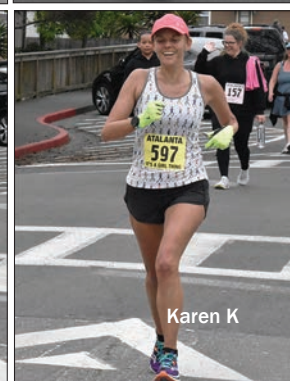
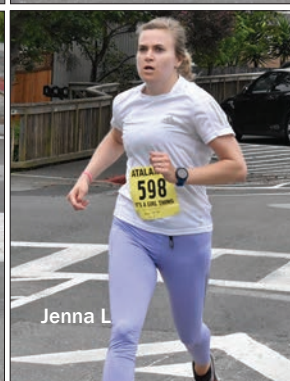
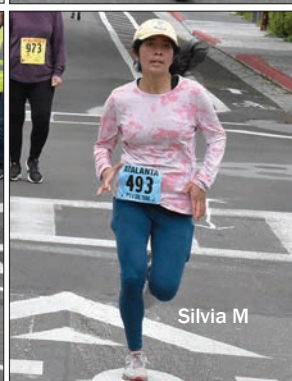
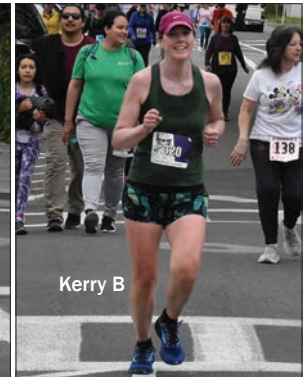
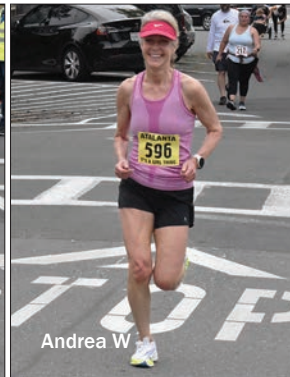
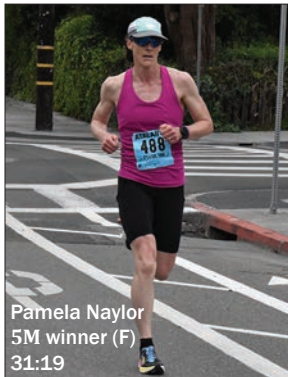
## 2M

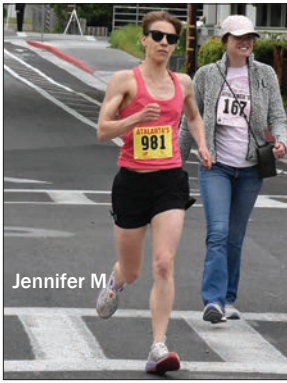
P1	Name	G/Age	Time
1	<b>Matthew Shiney</b>	<b>M32</b>	<b>14:41</b>
2	<b>Jacob Scown</b>	<b>M08</b>	<b>15:03</b>
3	Nevi Weldon	F11	15:25
4	Lauren Matson	F40	15:30
5	<b>Lucas Johnson-Bazan</b>	<b>M09</b>	<b>16:25</b>
6	<b>Mateo Johnson-Bazan</b>	<b>M11</b>	<b>16:58</b>
7	Rachel Shiney	F33	17:29
8	Kiara Weldon	F16	17:49
9	Amber Thompson	F47	18:06
10	Elizabeth Merzel	F17	18:28
11	<b>Denney Taojah</b>	<b>M14</b>	<b>18:36</b>
12	Thea McKnight	F12	18:39
13	Nadia Van Lynn	F28	18:55
14	Katrin Lemmon	F34	19:14
15	Amanda Lee	F32	19:20
16	Andrea Lovio	F41	19:26
17	<b>Sala Leo</b>	<b>M06</b>	<b>19:26</b>
18	Beth Matsumoto	F48	19:28
19	Keeva James	F09	19:28
20	Miranda Seelye	F29	19:30
21	Charlotte Landis	F08	19:38
22	<b>Henry Landis</b>	<b>M10</b>	<b>19:43</b>
23	Brenda Garcia	F33	19:50
24	Michael Whiteley	F64	20:01
25	Robyn Freitas	F07	20:01
26	Mary Freitas	F28	20:01
27	Madhak Avni	F10	20:23
28	Lynch Abbey	F10	20:25
29	<b>Niall Vu</b>	<b>M06</b>	<b>20:26</b>
30	<b>Kelvin Vu</b>	<b>M41</b>	<b>20:26</b>
31	Caroline Lowry	F45	20:31
32	Reed Keyseloh	F10	20:36
33	Dalas Hayes	F26	20:48
34	<b>Oscar Smith</b>	<b>M07</b>	<b>21:10</b>
35	<b>Alan Lowry</b>	<b>M75</b>	<b>21:11</b>
36	Heidi Bazan Beltran	F45	21:24
37	Holly Couling	F43	22:11
38	Mary Daniels	F67	22:12

39	Danielle LeFever	F42	22:34
39	Angela Democko	F47	22:34
41	Megan Nativo	F36	22:34
42	Quetzal Heacock	F12	22:58
43	Chloe Cappuccio	F12	22:59
44	Maggie McKnight	F46	23:14
45	Tayshu Bommelyn	F44	23:14
46	Callie McKnight	F08	23:15
47	<b>Callum Donaldson</b>	<b>M07</b>	<b>23:15</b>
48	Kate Donaldson	F44	23:15
49	Pachee Vang	F27	23:28
50	Ryan Keller	F44	23:32
51	Bonnie MacEvoy	F73	23:41
52	<b>Ross MacEvoy McCullough</b>	<b>M34</b>	<b>23:41</b>
53	<b>Kanen Ishimoto</b>	<b>M29</b>	<b>23:48</b>
54	Amanda Morettini	F27	23:59
55	Erica Brooks	F41	23:59
56	Mallory Garcia	F40	24:27
57	<b>Olyn LeRoy</b>	<b>M45</b>	<b>24:44</b>
58	<b>Jon Larson</b>	<b>M09</b>	<b>24:50</b>
59	Serenity Borren	F53	24:53
60	<b>Ivan Larson</b>	<b>M06</b>	<b>24:56</b>
61	Michelle Voyles	F64	25:16
62	Hazel Willor	F10	25:18
63	Erika Willor	F42	25:18
64	<b>Nano Rayburn</b>	<b>M05</b>	<b>25:26</b>
65	Ava Brinckhaus	F04	25:27
66	Naseema Khan	F46	25:28
67	Freja LeRoy	F05	25:29
68	Shana Langer	F58	25:47
69	Eden Jesse	F54	25:51
70	Michelle Rivas	F30	26:02
71	Aubrey Almas	F??	26:06
72	Elva Lopez	F30	26:12
73	<b>McCovey Grytness</b>	<b>M04</b>	<b>26:15</b>
74	Sofia Pereira	F36	26:31
75	Iris Cohen	F08	26:34
76	Alisson Pattison	F45	26:34
77	Celia Pimentel Khatri	F53	26:39
78	Alia Thompson	F29	26:46
78	Austynn Thompson	F08	26:46
80	Islas Almas	F??	26:47
81	Yoli Magana	F28	27:02
82	Katie Bisson	F52	27:02
83	<b>Forest Bisson</b>	<b>M10</b>	<b>27:03</b>
84	Ada Frink	F06	27:34
85	Penelope Landis	F??	27:37
86	Matilda Landis	F05	27:37
87	Sarah Landis	F39	27:37
88	Marissa Kummerling	F38	27:38
89	Kimberly Haley	F47	28:07
90	Shannon Gibson	F43	28:07
91	Alia Dunphy	F45	28:12
92	Nuttahporn Valdez	F40	28:21
92	Emilia Valdez	F04	28:21
94	Olivia Hans	F04	28:25
95	Sarah Van Wesep	F41	28:25
96	Daminka Soltero	F22	28:31
96	Lenika Soltero	F45	28:31
98	<b>Tristan Hills</b>	<b>M33</b>	<b>28:44</b>
99	Aubree Wilson	F07	28:50
100	Jesse Blair-French	F32	28:52
101	Shauna Davidsen	F52	28:54
102	Claire Scown	F06	29:02
103	Caitlin Scown	F41	29:02
104	Allison Hannah	F33	29:02
105	Leah Frink	F09	29:27
106	Beth Frink	F41	29:28
107	Isabel Brinckhaus	F41	29:35
108	Lucia Aberson	F13	29:37
109	Paloma Aberson	F13	29:37
110	Olea Veronica	F49	29:46
111	Jenny Cappuccio	F51	31:07
112	<b>Frank Cappuccio</b>	<b>M50</b>	<b>31:08</b>
113	Nanda Prato	F53	31:09
114	Sandra Mendoza	F56	31:15

115 Meredith Matthews	F50 31:30	161 Margot Bargy	F66 38:02	207 Suzanne McClurkin-Nelson	F66 42:34
<b>116 Gavin Land</b>	<b>M08 31:55</b>	162 Audrey Archibald	F83 38:02	208 Hannah Winnans	F50 42:42
117 Mare Johnston	F69 31:55	163 Cynthia Bucheiser	F56 38:12	209 Greta Leverett	F76 42:44
<b>118 Urijah Mendez</b>	<b>M07 32:21</b>	164 Sofia Burgoa-Rojas	F06 38:19	210 Amber Coley	F53 42:46
119 Fabiola Hernandez	F30 32:23	164 Fatima Burgoa-Rojas	F10 38:19	211 Alia Silveria	F14 42:56
120 Lori Morettini	F55 32:56	166 Carilyn Goldammer	F75 38:19	212 Caitlyn LaHaie	F33 43:16
121 Alison Dunn	F49 33:06	167 Jackie Farrington	F29 38:37	<b>213 Gideon Beaudry</b>	<b>M10 44:10</b>
122 Emmalien Craydon	F41 33:11	168 Aisha Cervantes-Cissna	F30 38:38	<b>214 Thaddeus Beaudry</b>	<b>M07 44:14</b>
123 Ellery Craydon	F10 33:11	169 Aria Brinckhaus	F06 39:12	215 Ruthie Beaudry	F41 44:18
124 Mia Ferreira-Richardson	F06 33:33	170 Amy Scolari	F35 39:15	<b>216 Malachi Beaudry</b>	<b>M05 44:20</b>
125 Haley Ferreira	F37 33:34	<b>171 Bret Rinehart</b>	<b>M44 39:19</b>	217 Kimi Hunter	F36 44:22
126 Ariana Rayburn	F36 33:39	172 Toni Scolari	F68 39:20	<b>218 Frankie Lopez-Cortez</b>	<b>M13 44:26</b>
127 Jennifer Clover Mallett	F43 33:40	173 Sandy Gilmore	F65 39:22	218 Betty Cortes-Garcia	F35 44:26
128 Penelope Grossman	F12 34:10	<b>174 Steve Scolari</b>	<b>M69 39:23</b>	218 Dalia Cortes-Garcia	F25 44:26
129 Lindsey Grossman	F42 34:10	175 Johnnie Saldana	F09 39:29	<b>218 Isalva Cortes</b>	<b>M05 44:26</b>
130 Catherine Lamb	F34 34:11	176 Nora Lovell	F26 39:33	222 Celestine Armenta	F71 45:17
<b>131 Mason Kamplain</b>	<b>M04 34:12</b>	177 Tracy Jordan French	F69 39:33	223 Menna Newmeyer	F67 45:20
132 Linda Vang	F29 34:12	178 Maisie French	F23 39:35	224 Maddy Hapgood	F72 45:25
133 Stephanie Weldon	F47 34:37	178 Grace Lovell	F29 39:35	225 Rita Cordova	F44 45:25
<b>134 Vincent Weldon</b>	<b>M25 34:40</b>	180 Sophia Araneo	F38 39:37	226 Anna Leightonan	F73 45:29
135 Katie Strombeck	F36 35:02	181 Harriet Watson	F64 39:38	227 Julia Owens	F64 45:37
136 Angie Grytness	F34 35:03	182 Roz Keller	F76 39:40	227 Claire Na	F35 45:37
137 Lauren Dusek	F47 35:10	183 Marilyn Cottrell	F74 39:45	227 Patti Donovan Skweir	F65 45:37
138 Meekoyomeen Moorehead	F03 35:13	184 Susan Hutchison	F68 39:45	230 Hugelshofer Nicole	F44 46:19
<b>139 Kieran Land</b>	<b>M05 35:13</b>	185 Deborah Reeves	F63 39:47	231 Jessica Moulton-Hadley	F38 46:21
140 Camille Ranario	F17 35:32	186 Judi Anderson	F55 39:48	232 Melody DeHaven	F46 46:34
141 Yesi Vides	F35 35:54	187 Alexandra Clifford	F20 39:52	233 Julie Richards	F73 46:35
<b>142 Scott Vides</b>	<b>M44 35:56</b>	188 Jessica Reeves	F42 40:05	234 Delaney Dehaven	F11 46:38
143 Corrina Pope	F58 36:06	189 Rene Campbell	F55 40:24	235 Lucy Silveria	F41 47:02
144 Lauren Pope	F33 36:07	190 Barbara Georgianna	F86 40:24	236 Pamela Jimenez	F42 47:13
145 Becky Giacomini	F71 36:08	191 Selv Villarreal	F06 40:29	237 Robbin Kohn	F67 53:37
146 Denise Marshall	F63 36:08	192 Kiya Villarreal	F31 40:32	238 Shannon Townsend-Bettis	F40 58:30
147 Bobbie McKay	F76 36:21	193 Molly Green	F49 40:39	239 Alice Finen	F46 58:33
148 Maria Ortega	F34 36:29	194 Sariyah Glasper	F27 40:39	240 Madison Finen	F17 58:35
148 Debbie Topping	F66 36:29	195 Lily Springer	F05 40:49	241 Haydee Hopkins	F56 59:28
150 Jan West	F76 36:34	195 Maya Springer	F03 40:49	242 Mabelle Dupree	F63 1:01:45
151 Maureen Brundage	F72 36:44	195 Jennifer Springer	F42 40:49	243 Sarah Millsap	F52 1:01:46
152 Monica Topping	F43 36:45	198 Carissa Ranario	F53 40:54	244 Amalfi Garcia	F35 1:02:00
153 Ella Armstrong	F12 36:58	199 Mary O'Brien	F72 40:56	244 Nicole Santos	F05 1:02:00
154 Heather Pendery	F46 36:58	200 Connie Lefever	F68 40:57	246 Natalie Santos	F05 1:02:30
155 Beth Wingfield	F68 37:03	201 Mary Lowry	F77 40:59	247 Erica Upton	F65 1:06:20
156 Angie McKay	F39 37:03	202 Robin Quigley	F66 42:22	248 Carol Miller	F71 1:06:20
157 Barbra Drizin	F74 37:04	203 Shelley Johnson	F63 42:24	249 Gabriela Roger	F40 1:14:36
158 Maria Beltran	F43 37:37	204 Diane Lonn	F66 42:29	250 Lauren Fisher	F37 1:34:57
159 Kathlyn Kraus	F32 37:47	<b>205 Debbie Ennes</b>	<b>M66 42:30</b>	251 Martha Flores	F27 1:47:30
160 Amethyst Sinn	F32 37:48	206 Allye Nelson	F34 42:33		

5M





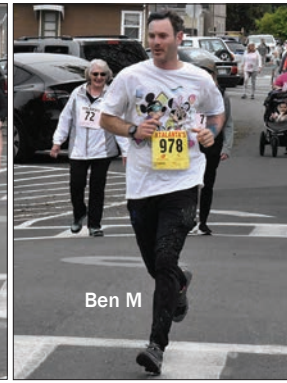
Jennifer M



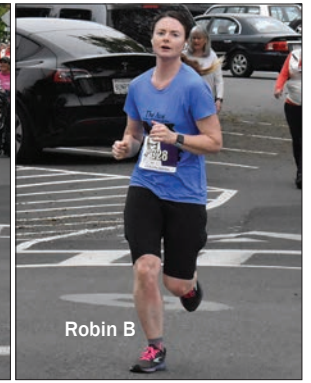
Sarah S



Michele G  
Jessie H



Ben M



Robin B



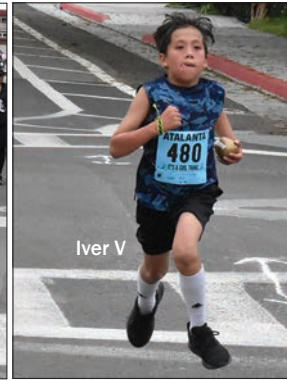
Mark C



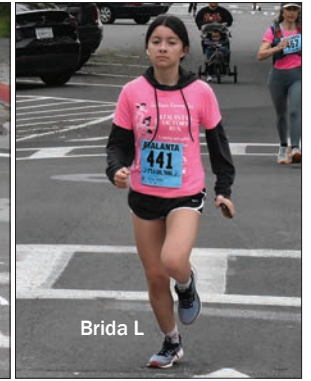
Jen F



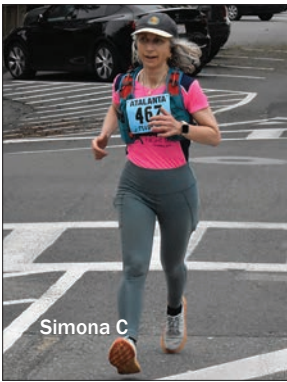
Tanya T



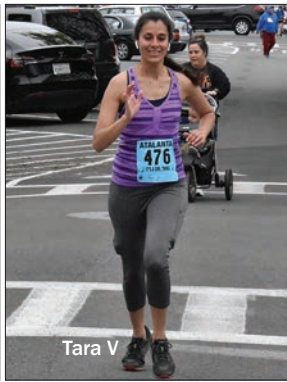
Iver V



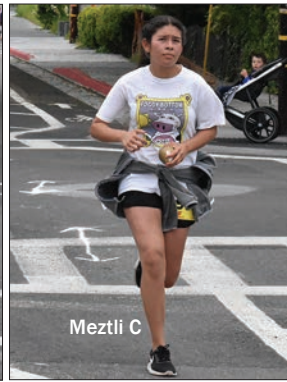
Brida L



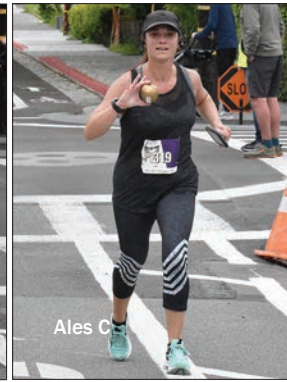
Simona C



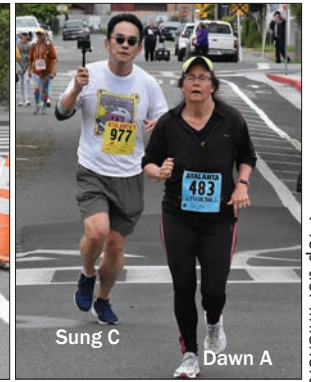
Tara V



Meztlí C



Ales C

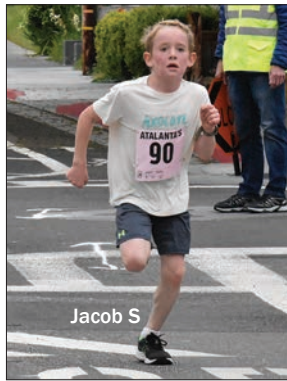


Sung C  
Dawn A

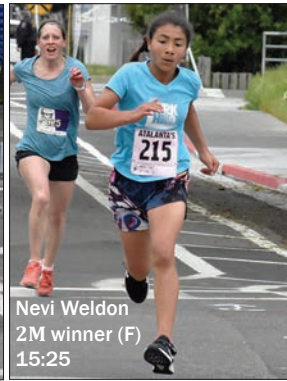
2M



Matthew Shiney  
"2M winner" (M)  
14:41



Jacob S



Nevi Weldon  
2M winner (F)  
15:25



Lauren M



Lucas J-B



Mateo J-B



Rachel S



Kiara W



Amber T



Elizabeth M

◇ Top tier finishers are shown here. Please visit our webpage (<http://www.grrc.com>) to see the rest.



# The 2024 Track Season

Jack West <jandjwest@yahoo.com>

The 2024 youth track season is complete. It was another great year for our local runners. Five meets were held this year. The first two meets were held at **Cal Poly Humboldt**. The kindergarten to 4<sup>th</sup> grade meet was held on April 2<sup>nd</sup> and the 5<sup>th</sup> to 8<sup>th</sup> grade meet on April 4<sup>th</sup>. Both meets are time intensive and lots of work. With the help of the **Humboldt Track and Field Team**, both meets ran very smoothly. It takes at least three people at each of the five field events, plus 14 timers, a starter, an announcer and hurdle/relay crew. The Humboldt Track Team ran all the events and encouraged the kids in spite of having schoolwork and a 5-hour meet. The experience for these young kids will inspire them and be a great memory. I want to thank the coaches, especially head coach **Sarah Ingram**, for allowing us to use the track and the team members for such a great event. Over 400 youth runners participated in this track meet.

We had one more kindergarten to 4<sup>th</sup> grade meet on **Arcata High School's** track. We had the **Arcata Track Team** help us run this meet and it was a great success except we ran out of ribbons for the long jump because we had so many athletes. Thanks to the fine help from the Arcata High track team.

The second 5<sup>th</sup> to 8<sup>th</sup> grade track team was hosted by **Fortuna High School**. This was another 4+ hour meet using high schools to help. The track team did a great job encouraging runners and making the meet a great success in spite of some difficult weather. HRRAY appreciates the help from the coaches and students who are helping support local track.

The final meet, the Humboldt County Championships was held Saturday, May 11. One of the nicest changes from the other meets was the weather. We had sunshine and light winds, so great running weather. We had only a few track members to help that day, so the **Six Rivers Running Club** and volunteers from the different school teams, helped run the events. **Gary and Cindy Timek, Mark Ellis, Harry Kavich, Randy Ememaker, my wife, Jan, and I** helped with timing, starting and announcing. **Alysia Davidson** and **Breanna Cahoon, HRRAY Committee Members**, came early and stayed late to make sure everything ran beautifully. As always, it's great to have the support of the SRRC. The schools supported us by providing volunteers and they did a terrific job. It was a wonderful day. Here are the top 3 finishers in each event except the relays:

## 100 Meter Hurdles

5 <sup>th</sup> Boys			5 <sup>th</sup> Girls			6 <sup>th</sup> Boys			6 <sup>th</sup> Girls		
Cooper Fox-Box	Hydesville	19.81	Seren Thomas	SHRC	20.72	Tyler Weeks	SHRC	23.63	Temperance Torres	Fortuna	19.66
Rhett Menexas	Trinidad	20.56	Abby Boyer	Trinidad	21.5	Atticus Houghton	Trinidad	23.66	Kahlia Mandon	Scotia	20.19
Josiah Pascasio	Rio Dell	20.74	Hailey Robinson	Pac Union	23.93	Gabriel Perez	Zane	26.0	Quincey Sundberg	Scotia	20.84
7 <sup>th</sup> Boys			7 <sup>th</sup> Girls			8 <sup>th</sup> Boys			8 <sup>th</sup> Girls		
Miles H-John	Freshwater	15.08	Anandi Yirga	Winship	17.93	Clifford Petroske	Zane	18.02	Natalie Wylie	Winship	18.56
Pablo Romo	Freshwater	17.74	Kayli Anderson	St. Bern.	19.15	Mason Towne	Fortuna	19.03	Quincy Kelly	Trinidad	21.75
Corbin Ownsbey	McKinley.	17.88	Leona Sobehrad	McKinley.	19.72	Micah Cristian	Laurel Tr	19.43	Carina Mcdonald	Jacoby C	22.13

## 200 Meter Hurdles

5 <sup>th</sup> Boys			7 <sup>th</sup> Boys			7 <sup>th</sup> Girls			8 <sup>th</sup> Boys		
Josiah Pascasio	Rio Dell	38.2	Pablo Romo	Freshwater	30.0	Kayli Anderson	St. Bern.	34.0	Clifford Petrodke	Zane	32.0
			Ricardo Freitas	North. Un.	39.1	Leona Sobehrad	McKinley	35.0	Micah Christian	Laurel Tr	33.0

## 100 Meters

5 <sup>th</sup> Boys			5 <sup>th</sup> Girls			6 <sup>th</sup> Boys			6 <sup>th</sup> Girls		
Cooper Fox-Box	Hydesville	14.85	Seren Thomas	SHRC	14.06	Simone Dens	Sunny Br	12.97	Alaina Murphy	Zane	14.31
Evan Killingonsmith	Jacoby Cr	14.88	Abby Boyer	Trinidad	15.44	Leo Dixon	Jacoby Cr	14.19	Kahlia Mandon	Scotia	14.47
Liam Ruddock	Pac. Union	15.0	Sophia Estrada	Arc. Cr	15.54	Javier Garcia-And.	Zane	14.53	Meka Day	Rio Dell	14.55
7 <sup>th</sup> Boys			7 <sup>th</sup> Girls			8 <sup>th</sup> Boys			8 <sup>th</sup> Girls		
Taalín Brown	Sunny Brae	12.91	Kayli Anderson	St. Bern	13.58	Cooper Haloff	NPA	11.97	Amara Champ	Pac. Un.	13.99
Pablo Romo	Freshwater	12.95	Galena Goebel	Jacoby C.	14.0	Orrin Kelley	Winship	12.0	Karely Ruiz	Pac. Un.	14.13
Jaxon Lewis	Blue Lake	12.97	Elizab. Anderson	Winship	14.08	Hayden Kamberg	Winship	12.48	Natalia Washington	Fortuna	14.18

## 200 Meters

5 <sup>th</sup> Boys			5 <sup>th</sup> Girls			6 <sup>th</sup> Boys			6 <sup>th</sup> Girls		
Cooper Fox-Box	Hydesville	33.0	Seren Thomas	SHRC	31.0	Simone Dens	Sunny B.	30.0	Rosa Nofsinger	NPA	31.0
Evan Klingonsmith	Jacoby Cr.	33.0	Abby Boyer	Trinidad	32.0	Scott Oldham	Hydesville	30.88	Zoey Gai	Jacoby Cr	33.0
Joe Cooke	Rio Dell	35.0	Lani Gardner	Fieldbrook	34.0	Giovanni Esparza	Fortuna	32.09	Rylie Krcmar	Trinidad	33.0
7 <sup>th</sup> Boys			7 <sup>th</sup> Girls			8 <sup>th</sup> Boys			8 <sup>th</sup> Girls		
Logan Hunter	Arcata Chr.	29.16	Galena Goebel	Jacoby Cr.	28.0	Cooper Haloff	NPA	26.0	Amara Champ	Pac. Un.	29.48
Titus Cobb	Arcata Chr	29.5	Anandi Yirga	Winship	29.0	Hayden Kamberg	Winship	26.43	Natalia Washington	Fortuna	30.22
Benny Zhuang	NPA	30.38	Kayli Anderson	St. Bern.	30.0	Santiago Fierros	Winship	26.59	Zelia Stoll	NPA	31.25
			Stella Jeandet	Jacoby Cr	30.0						

## 400 Meters

5 <sup>th</sup> Boys			5 <sup>th</sup> Girls			6 <sup>th</sup> Boys			6 <sup>th</sup> Girls		
Cooper Fox-Box	Hydesville	1:17.0	Seren Thomas	SHRC	1:18.4	Simone Dens	Sunny B.	1:10.0	Rosa Nofsinger	NPA	1:13.5
Joe Cooke	Rio Dell	1:23.0	Abby Boyer	Trinidad	1:21.0	Scott Oldham	Hydesville	1:13.0	Meka Day	Rio Dell	1:14.4
Aidan Manoli	Pac. Un.	1:31.0	Lani Gardner	Fieldbr	1:22.0	Giovanni Esparza	Fortuna	1:14.0	Zoey Gai	Jacoby C	1:17.7
7 <sup>th</sup> Boys			7 <sup>th</sup> Girls			8 <sup>th</sup> Boys			8 <sup>th</sup> Girls		
Jaxon Lewis	Blue Lake	1:02.0	Maple Myers	Orleans	1:12.0	Samuel Ramirez	Winship	1:05.0	Savannah Leary	Sunny B	1:11.0
Taalín Brown	Sunny Brae	1:04.0	Leona Sobehrad	McKin	1:13.0	Ethan Ramirez	St. Bern	1:12.0	Mia Cahoon	Fortuna	1:18.0
Travis Trondle	Orleans	1:13.0	Stella Jeandet	Jacoby Cr	1:16.0				Vivian Adams	Trinidad	1:22.0

## 800 Meters

5 <sup>th</sup> Boys			5 <sup>th</sup> Girls			6 <sup>th</sup> Boys			6 <sup>th</sup> Girls		
Rhett Menexas	Trinidad	2:58.0	Lani Gardner	Fieldbr	3:11.3	Leonardo Freitas	North. Un.	4:05.0	Eliana Lindsay	NPA	3:16.0
Reed Hilton	Freshwater	3:28.0	Olivia Pimentel	McKinley	3:11.9						
			Elizabeth Pimentel	McK	3:12.9						

7 <sup>th</sup> Boys			7 <sup>th</sup> Girls			8 <sup>th</sup> Boys			8 <sup>th</sup> Girls		
Owen Ingram	Sunny Brae	2:42.0	Nova Garwood	Jacoby C	3:04.0	Nathan Bareilles	Jacoby Cr	2:24.0	Betty Miles	Pac. Un.	3:02.4
Travis Trondle	Orleans	3:15.0				Sebastian Amaro	NPA	2:29.0	Vivian Adams	Trinidad	3:03.0
Isaiah Shahid	Scotia	3:27.0				Micah Cristian	Laurel Tr	2:43.0	Meztli Chinas	Fortuna	3:13.0

1500 Meters

5 <sup>th</sup> Boys			5 <sup>th</sup> Girls			6 <sup>th</sup> Boys			6 <sup>th</sup> Girls		
Rhett Menexas	Trinidad	5:45	Lani Gardner	Fieldbr	6:18	Giovanni Esparza	Fortuna	5:55	Rylie Krcmar	Trinidad	6:24
Maverick Chamberlain	New Life	5:58	Olivia Pimentel	McKinley	6:19	Jonah Veerkamp	Coastal Gr	6:05	Quincey Sundberg	Scotia	6:39
Evan Klingonsmith	Jacoby Cr	6:35	Elizabeth Pimentel	McK	6:20	Liam Ruddock	Pacific Un	6:16			

7 <sup>th</sup> Boys			7 <sup>th</sup> Girls			8 <sup>th</sup> Boys			8 <sup>th</sup> Girls		
Owen Ingram	Sunny Brae	5:13	Emma Cahoon	Fortuna	7:08	Juan Ornelas	Fortuna	4:47	Vivian Adams	Trinidad	5:47
Asher Riley	Trinidad	5:25	Kylie Hufford	Fortuna	7:10	Nathan Bareilles	Jacoby Cr.	4:48	Lydia Davis	McKin	5:52
						Sebastian Amaro	NPA	5:00	Betty Miles	Pac Un	6:15

3000 Meters

6 <sup>th</sup> Boys			7 <sup>th</sup> Boys			8 <sup>th</sup> Boys			8 <sup>th</sup> Girls		
Jonah Veerkamp	Coastal Gr	14:13	Owen Ingram	Sunny Br	11:58	Juan Ornelas	Fortuna	10:40	Vivian Adams	Trinidad	13:41
						Wyatt Anderson	Hydesville	13:24			
						Toby Schlachter	Sunny Br	14:50			

Discus

5 <sup>th</sup> Boys			5 <sup>th</sup> Girls			6 <sup>th</sup> Boys			6 <sup>th</sup> Girls		
Daniel Cumpian	Fortuna	48'11"	Shyann Myers	Van Duz	56'0"	Kasyn Parkinson	Rio Dell	60'6"	Temperance Torres	Trinidad	51'9"
Trevor Totten	Hydesville	41'2"	Vachel Cumpian	Fortuna	43'0"	Connor Line	Van Duzen	48'1"	Jenesis Holland	Van Duz	51'5"
Levi Sears	Rio Dell	38'5"	Ninnamich Richardson	For	36'2"	Daniel Miarsolar	Freshwat	45'1"	Elizabeth Gonzales	Fortuna	47'10"

7 <sup>th</sup> Boys			7 <sup>th</sup> Girls			8 <sup>th</sup> Boys			8 <sup>th</sup> Girls		
Pablo Romo	Freshwater	81'5"	Tristyn Church	Red Prep	71'5"	Tiki Syhaphom	Scotia	85'4"	Madeline Murphy	Zane	58'3"
Logan Boling	Hydesville	64'6"	Maple Myers	Orleans	63'9"	Kingston Natt	New Life	83'6"	Reese Clausen	Zane	54'1"
Parker Johnson	Freshwater	64'5"	Jazmin Woodard	Fortuna	55'6"	Elias Romos	Freshwat	81'2"	Trinity Cabodi	Trinity V	46'3"

High Jump

5 <sup>th</sup> Boys			5 <sup>th</sup> Girls			6 <sup>th</sup> Boys			6 <sup>th</sup> Girls		
Cooper Fox-Box	Hydesville	4'5"	Vachel Cumpian	Fortuna	3'5"	Pierce Crosswhite	Fortuna	4'8"	Temperance Torres	Fortuna	4'4"
Josiah Pascascio	Rio Dell	4'4"				Cameron England	Zane	4'2"	Eliza Vadurro	Trinidad	4'2"
Daniel Cumpian	Fortuna	4'0"				Tyler Weeks	SHRC	4'0"	Elena Cleveland	Trinidad	4'1"

7 <sup>th</sup> Boys			7 <sup>th</sup> Girls			8 <sup>th</sup> Boys			8 <sup>th</sup> Girls		
Miles H-John	Freshwater	5'2"				Mason Town	Fortuna	5'2"	Bella Hunter	Sunny B	4'5"
Travis Trondle	Orleans	4'4"				Wyatt Anderson	Hydesville	4'8"	Quincy Kelly	Trinidad	4'4"
Parker Johnson	Freshwater	4'4"				Tylan Blair-Zimmer	Zane	4'2"			

Long Jump

5 <sup>th</sup> Boys			5 <sup>th</sup> Girls			6 <sup>th</sup> Boys			6 <sup>th</sup> Girls		
Zane Niehaus	Fieldbrook	11'1"	Sophia Estrada	Arcata C	11'0"	Leo Dixon	Jacoby Cr	13'5"	Elliot Hamilton	Jacoby C	11'11"
Maverick Chamberlain	New Lif	10'8"	Melanie Bernal	Rio Dell	10'5"	Pierce Crosswhite	Fortuna	12'0"	Quincey Sundburg	Scotia	11'8"
Zane Garwood	Jacoby Cr	8'3"	Raylie Wilson	Van Duz	9'8"	Sean Cockrum	Jacoby Cr	11'0"	Makenna Burgess	Fortuna	11'4"

7 <sup>th</sup> Boys			7 <sup>th</sup> Girls			8 <sup>th</sup> Boys			8 <sup>th</sup> Girls		
Jaxon Lewis	Blue Lake	16'6"	Jasmine Holt	Fortuna	12'9"	Cooper Haloff	NPA	16'5"	Bella Hunter	Sunny B	13'8"
Logan Hunter	Arcata Chr	14'6"	Aurellia Boadicea	Orleans	12'5"	Kaydin Myers	Van Duzen	13'10"	Carina McDonald	Jacoby C	11'9"
Titus Cobb	Arcata Chr	13'4"	Vivian Mull	Fortuna	12'4"	Cameron Hayden	McKinley	13'2"	Quincy Kelly	Trinidad	11'8"

Triple Jump

7 <sup>th</sup> Girls			8 <sup>th</sup> Boys		
Sailor Storer	St. Bern	25'0"	Mykah Martinez	St. Bern	25'10 1/2"
Erin Thornburg	Jacoby Cr	17'10"			

Shot Put

5 <sup>th</sup> Boys			5 <sup>th</sup> Girls			6 <sup>th</sup> Boys			6 <sup>th</sup> Girls		
Kasyn Parkinson	Rio Dell	24'3"	Vachel Cumpian	Fortuna	25'7"	Connor Line	Van Duzen	25'3"	Temperance Torres	Fortuna	23'6"
Daniel Cumpian	Fortuna	21'10"	Ninnamich Richardson	For	20'5"	Leonardo Freitas	Northern U	20'4"	Elizabeth Gonzalez	Fortuna	21'9"
Parker O'Hara	McKinley	21'8"	Shyann DalPorto	Scotia	15'2"				Jaycee Merrill	Scotia	21'6"

7 <sup>th</sup> Boys			7 <sup>th</sup> Girls			8 <sup>th</sup> Boys			8 <sup>th</sup> Girls		
Miles H-John	Freshwater	33'3"	Vivian Mull	Fortuna	27'4"	Kingston Natt	New Life	35'8"	Reece Clausen	Zane	28'1"
Ryder Churchill	Scotia	28'10"	Tristyn Church	Red Prep	22'11"	Tiki Syhaphom	Scotia	34'7"	Trinity Cabodi	Trinity V	23'9"
Ricardo Freitas	Northern U	27'11"	Jazmin Woodard	Fortuna	22'6"	Levi Scagliene	Laurel T	33'1"	Princesa Gutierrez	St. Ber	22'4"

We had 37 schools participate in our track meets and the largest meet had over 400 competitors. That does not include the kindergarten to 4<sup>th</sup> grade track meet. HRRAY will be back in the fall for another kindergarten to 8<sup>th</sup> grade cross country season.

– HRRAY: Davita McGoldrick, Breanna Cahoon, Reed Elmore, Alysia Davidson, Jack West





52nd Avenue of the Giants  
Half Marathon & 10K Start  
8:30 am, Sun., May 5, 2024



Arcata, Apr. 20, 2024

# SRRC Crossword Puzzle

## ACROSS

- 1 Artificially bred foodstuff, in short
- 4 Intelligent web programs
- 8 Optimal
- 12 Lubricate
- 13 Arranged: all in \_\_\_
- 14 Norwegian capital
- 15 Spanish cheer
- 16 Edible seaweed
- 17 Suffix with astro or cosmo
- 18 What goes with fauna
- 20 Cautionary advice, part 1
- 22 Japanese airline acronym
- 24 Running total
- 25 Cautionary advice, part 2
- 29 Relocated
- 33 One piece
- 34 Historical periods
- 36 The org. that demoted Pluto
- 37 Souped up TXT or watered down DOC
- 38 Obsolete prison
- 39 Lose steam
- 40 Bulgarian capital
- 42 Cautionary advice, part 3
- 44 Site of one of the other Cal Polys
- 46 Sea urchin, in Japanese cuisine
- 47 Cautionary advice, part 4
- 51 Picture-in-picture
- 55 Length times width
- 56 Curves
- 58 Onetime Media corp.
- 59 I think \_\_\_
- 60 Leafy vegetable
- 61 Train corps.
- 62 Rendered fat
- 63 Peak
- 64 Signal to proceed

## DOWN

- 1 Blunder
- 2 Device for grinding
- 3 Butter substitute
- 4 Yellow-when-ripe fruit
- 5 Spanish gold
- 6 Mathematical donuts
- 7 Speedy
- 8 Chimpanzee relative
- 9 Brother in Genesis
- 10 Hit a homer, perhaps
- 11 Dog who visited Oz
- 19 Flatboat
- 21 Sweet potatoes
- 23 On a voyage
- 25 Yours and mine
- 26 Do \_\_\_ others
- 27 Petty argument
- 28 Iliad setting
- 30 X minus II
- 31 British nobleman
- 32 One-on-one combat
- 35 Family name of the only three-brother outfield in major league history
- 38 Festive party
- 39 Look-alike
- 41 Land mass
- 43 For all genders
- 45 Japanese city
- 47 Fastener for wooden structures
- 48 Killer whale
- 49 Rip
- 50 Snare
- 52 The org. that publishes this Newsletter
- 53 Beige
- 54 Zap with a stun gun
- 57 OH airport

1	2	3	4	5	6	7	8	9	10	11	
12			13				14				
15			16				17				
18			19		20		21				
			22		23		24				
25	26	27			28		29		30	31	32
33				34		35			36		
37				38					39		
40			41			42		43			
			44		45		46				
47	48	49			50		51		52	53	54
55					56		57		58		
59					60				61		
62					63				64		

"Ken Yanosko" <kenyanosko@sbcglobal.net>

# Upcoming Events

SAT., JUN 1, 2024 << **SRRC race** >>

## 9<sup>th</sup> Grasshopper Peak Redwoods Run.

{fees for all} **10.5M** & **30K** at 8AM. Start and finish at the Grasshopper Trail/Bull Creek Road junction about 5 miles west of Hwy 101 heading towards Honeydew within Humboldt Redwoods State Park. Parking at Albee Campground. For more information contact **Karen Kidwell** at <karenrhoffman@hotmail.com>.

SAT., JUN 15, 2024 << **SRRC race** >>

**Dow's Prairie Run.** {\$10 for nonmembers, free for SRRC members} **2M** & **6.1M** at 10AM. (No walkers for 6.1M Please.) Please show up AT LEAST 20~30 MINUTES early to register. Start and finish at the north parking lot of the Clam Beach Frontage Road. For more information, contact **Jeff Haag** at <haag@humboldt.edu>.

THUR., JUL 4, 2024 << **SRRC race** >>

**Arcata Marsh Fourth of July 5K.** {\$10 or \$5 age 17 or under} At 9:30AM. Start and finish at the Arcata Marsh by Klopp Lake. Race day registration is 7:30-9:15 am before the start. Parking is limited, so park on I St and walk in. For more information, contact **Marlene Allen** at <allens@humboldt1.com>.

SUN., JUL 14, 2024 << **SRRC race** >>

**Fortuna Rodeo Run 5K.** {\$10 for nonmembers, free for SRRC members} {USATF certified course} At 9:00AM. Please show up **AT LEAST 30-40 MINUTES early** to register. Start and finish in the parking lot of Redwood Café (corner of 12th & Main Street in Fortuna). For more information, contact **Thomas Nolan** at <thomasnolan22@gmail.com>.

## Sunday Morning Run.

Everyone is welcome. Small group meets at 7:30AM at the corner of L.K. Wood Blvd. and Granite Ave. in Arcata. Runs to the Arcata Marsh and back by 9:20AM or so. Ask **Gary Timek** <gtimek@aol.com> for more information.

## Saturday Morning Run.

Everyone is welcome. Small group meets across the 700 block of the Fickle Hill Road, next to the Arcata Community Forest at 9:00AM and runs through Arcata Community Forest. Ask **Mishka Straka** <pvpathway@gmail.com> for more information.

## Wednesday Afternoon Run.

Everyone is welcome. Participants meet at a different place in Arcata or Eureka at 5:30PM and (usually) runs through Arcata marsh or Eureka. Ask **Jeff Haag** <haag@humboldt.edu> for more information.

• For more info, visit <http://www.6rrc.com>



Six Rivers Running Club  
P.O. Box 214  
Arcata, CA 95518-0214

NONPROFIT  
ORG  
U.S. Postage  
PAID  
Eureka, CA  
Permit No. 43



**Axios Finish Line**, from Axios Daily Essentials, May 7, 2024

### Why more people are marathoning?

**Training to run 26.2 miles** is a vigorous mental, physical and emotional test. Yet more people young and old are going for it.

- **Why it matters:** Long-distance running, which experienced a **pandemic-era boom**, is becoming a more democratized sport. Marathon participants in their 20s are even embracing the race as a life milestone.
- **Training for a marathon** demands structure, discipline and commitment.
- **Everybody who trains** for a marathon has moments of challenge, moments of pain, moments where they wonder how it's going to go.

**The intrigue:** Young people are **posting** about marathon training on TikTok as their "quarter-life crisis."

• **The prospect of running** the race "promises a profound sense of control that may be especially appealing to those coming into adulthood," *The Atlantic* recently **reported**.

**State of play:** Participation in the Boston Marathon has ticked upward across the race's more than century-long history. About 30,000 runners signed up this year for the April race, compared with only 140 men in 1924.

- **Finish times have also increased**, suggesting people who are older, less fit and less experienced are still securing a bib, despite the race's qualifying time requirement.
- **The number of runners** 20-something increased by 21% from 2019 to 2023 — from roughly 8,230 to nearly 10,000 participants.

### Join the fun! Sign up to start your journey with SRRC!

Looking for motivation, camaraderie, set a new PR, challenge all-time age group records, and a healthier lifestyle? Look no further! SRRC is the perfect place for beginners and seasoned runners alike to reach their goals, make friends, and have a blast doing it.

To join:

- [1] Visit <http://www.6rrc.com/> and click "Join" OR
- [2] Visit <https://runsignup.com/Club/CA/Arcata/SixRiversRunningClub>  
\$30 for "individual"  
\$40 for "family"



by Sherman Schapiro <shsch1@gmail.com>