

# 46<sup>th</sup> Patrick's Point Run 1/14/17

10:00 am, Sat., Jan. 14, 2017

Directed by "Jack West" <jandjwest@yahoo.com>



Two days before the race this year, I rode my bike to the park to see if the wind had caused any problems with the course. As I passed the final trail before the finish line, I saw a park truck and a huge tree across the trail. There was no getting through so I began thinking how I could make a quick course change as I did last year. I spoke to the rangers and they told me not to worry, it will be clear before the race. They were right. I was very thankful, because I did not realize how cold it would be in the park, and I didn't wish to stay any longer than necessary. Putting a new course together would have taken a very long time.

The next evening, the night before the race, I returned to the park to put up cones and mile markers. It again was very cold. When I got to the trail, there were new changes. The park had picked that week to plow the trail and lay rocks across the creek area for trail repair. However, they left a disaster on the trail. **Tom Davies** came by on his evening run and tested the rocks, telling me most people wouldn't have a problem. That wasn't very encouraging. I moved a few rocks, but didn't have time to open the trail.

The next day, I lamented to **Yoshi Uemura** about the problem and he, with help from **Jeff Haag**, cleared the trail. You were all saved.

It was cold Saturday, but everyone seemed to have a great time. The numbers in the 10K were up a bit, and the 5K was quite a bit smaller than last year, but we still had 149 finishers. **Congratulations** to all the finishers and **thank you** for the smiles and complements.

Over the 45 years of this race, five 15-19 year old runners have run 34:03 or faster, the last one being Greg Phillips, who ran 34:03 in 1997. The winner of the Patrick's Point 10K this year was 18-year-old **Kellen O'Neill**, who ran 34:20 with no competition. The course we are running now is not as fast as the course from that was run up until 2012, so I believe Kellen's time would easily have made the top five. It is the record for the new course.

**Tami Beall** broke Karen Kelley-Day's 1996 record by 17 seconds with a 40:35 10K time and **John Norberg** established a new record in a new division, forming a 90-94 age group. There are no records kept for the 5K, but there were many outstanding performances.

I'd like to thank the people who helped Saturday. President **Gary Timek** was there early with the new course maps made by **David Howell** and Gary did all of the 5K timing. With one clock not working, **Yoshi Uemura**, who had cleared the rocks off of the course, helped me time the 10K and he also took care of the finish line. **Barry Milender** helped all over, helping direct the runners and with the finish tags. His wife, **Myrna**, helped with the finish and handed out cookies and water. **Matt Kidwell**, **Marlene Allen**, **Tanya Trump** and **Wendy Percy** helped my wife, **Jan**, with the registration and finish line. You may have noticed the people on the course. **Tom Martin** was at the crossroads. **Ken Yanosko** helped you stay safe after leaving the Patrick's Point Campground, **Amanda Reynolds** watched traffic and took care of the turn out of the parking lot, **Harry Kavich** made sure you were safe of the trail and **Juan Reyes** was at the turn around. Of course, **Yoon** was there, taking pictures and making sure all the results were correct, then putting everything up on the SRRC website ([www.6rrc.com](http://www.6rrc.com)).

The SRRC party in the afternoon was beautifully organized by many SRRC members led by **Sherry Myers**. Everyone seemed to have a great time. There were many awards given to very deserving people. Thank you for being so warm and courteous at the party. This is a terrific club and attending our events and showing your support keeps us inspired. Please come out and donate your time to some of our events and earn a red jacket or one of the other awards.

The Patrick's Point results are the current circuit results. There will be a circuit article after the Sequoia Park Run. I hope you will all attend the Sequoia Park Run on Saturday, February 11 in Eureka. The 2-mile begins at 9:30 AM and the 5.3 mile begins soon after. There was no time specified.

If you have any questions or corrections, please write me at <jandjwest@yahoo.com>.

## 5K

Place Name

G/age Time

Bib#

1	Aaron Campbell	M23	16:28	685
2	Jasper Severn	M21	17:28	690
3	Optimus Prime	M36	19:14	1113
4	Paul Meznarich	M43	19:53	642
5	Cameron Heyvaert	M23	20:02	583
6	John Zinselmeir	M69	20:03	680
7	Clay Lynch	M38	20:42	700
8	<b>Ivy Price</b>	<b>F27</b>	<b>21:02</b>	<b>674</b>
9	West Wood	M14	21:12	682
10	Richard Roybal	M40	21:47	695
11	Mike Wood	M57	21:58	689
12	Shawn Magnuson	M47	22:01	675
13	Bob Peck	M68	22:12	692
14	Ian Letts	M12	22:36	571
15	Eric Surber	M44	22:39	644
16	<b>Katie Winkelman</b>	<b>F30</b>	<b>22:40</b>	<b>643</b>
17	<b>Jessy Johnson</b>	<b>F27</b>	<b>22:49</b>	<b>670</b>
18	Cyril Carl	M69	23:32	566
19	Pat Kertz	M29	24:05	569
20	Jasper	M19	24:09	578
21	<b>Melanie Wehan</b>	<b>F32</b>	<b>24:10</b>	<b>668</b>
22	<b>Hannah Duplessis</b>	<b>F20</b>	<b>24:13</b>	<b>645</b>
23	<b>Nicolette Amann</b>	<b>F47</b>	<b>24:14</b>	<b>667</b>
24	<b>Kathleen Brubaker</b>	<b>F51</b>	<b>24:22</b>	<b>577</b>
25	<b>Nikki Ross</b>	<b>F32</b>	<b>24:24</b>	<b>683</b>
26	Rich Boone	M62	24:41	677
27	Travis Halling	M35	24:57	669
28	Ed Smith	M35	25:55	576
29	Robert Ayers	M59	26:12	693
30	Trevor Estlow	M46	26:15	557
31	<b>Katrin Lemmon</b>	<b>F27</b>	<b>26:25</b>	<b>567</b>
32	<b>Elizabeth Cox</b>	<b>F48</b>	<b>26:30</b>	<b>646</b>
33	<b>Terri Vroman-Little</b>	<b>F54</b>	<b>27:23</b>	<b>679</b>
34	Elias Ladika	M10	27:48	697
35	<b>Andrea Bruhnke</b>	<b>F28</b>	<b>28:13</b>	<b>686</b>
36	Nick Lyvers	M32	28:20	579
37	Paul Johnson	M53	28:31	671
38	<b>Kathy McClung</b>	<b>F49</b>	<b>28:40</b>	<b>580</b>
39	<b>Kaci Lyle</b>	<b>F35</b>	<b>30:00</b>	<b>586</b>
40	<b>Kim Bryant</b>	<b>F41</b>	<b>30:03</b>	<b>584</b>
41	<b>Alyssa Rempel</b>	<b>F31</b>	<b>30:07</b>	<b>568</b>
42	<b>Tracy Helard-Shumard</b>	<b>F43</b>	<b>30:16</b>	<b>699</b>
43	<b>Amy Duerfeldt</b>	<b>F42</b>	<b>30:19</b>	<b>681</b>
44	<b>Janelle Deshais</b>	<b>F37</b>	<b>30:45</b>	<b>558</b>
45	Levi Grossman	M07	30:46	673
46	<b>Lindsey Grossman</b>	<b>F35</b>	<b>30:46</b>	<b>672</b>
47	Michael O'Neill	M47	30:57	573
48	<b>Amy Livingston</b>	<b>F40</b>	<b>31:14</b>	<b>694</b>
49	<b>Hart Ford</b>	<b>F29</b>	<b>31:28</b>	<b>688</b>
50	<b>Mary Jane Lathan</b>	<b>F59</b>	<b>32:24</b>	<b>684</b>
51	Justin Herrera	M23	32:26	666
52	<b>Cassie Keigan</b>	<b>F30</b>	<b>32:47</b>	<b>575</b>
53	<b>Isobel Crosswhite</b>	<b>F13</b>	<b>32:51</b>	<b>565</b>
54	<b>Vivian Hurtado</b>	<b>F30</b>	<b>33:56</b>	<b>572</b>
55	<b>Christine West</b>	<b>F44</b>	<b>34:01</b>	<b>570</b>
56	<b>Evelyn Ladika</b>	<b>F08</b>	<b>34:02</b>	<b>696</b>
57	James Ladika	M36	34:02	698
58	<b>Mary Ann McCulloch</b>	<b>F60</b>	<b>34:11</b>	<b>691</b>
59	<b>Trina Morais</b>	<b>F47</b>	<b>34:32</b>	<b>563</b>
60	Thom Boswell	M64	34:53	562
61	<b>Sarah Starr</b>	<b>F60</b>	<b>35:05</b>	<b>687</b>
62	<b>Noopan Paperata</b>	<b>F56</b>	<b>35:37</b>	<b>1177</b>
63	<b>Wendy Pearcy</b>	<b>F60</b>	<b>35:56</b>	<b>1160</b>
64	<b>Lavender Weburg</b>	<b>F15</b>	<b>36:08</b>	<b>676</b>
65	<b>Marcile Raney</b>	<b>F56</b>	<b>36:12</b>	<b>678</b>
66	<b>Erin Crosswhite</b>	<b>F30</b>	<b>36:24</b>	<b>564</b>
67	Carter Eichen	M10	36:26	555
68	<b>Bridget McGraw</b>	<b>F27</b>	<b>37:05</b>	<b>588</b>
69	Easton Connell	M27	37:06	587
70	<b>Chandelle Owens</b>	<b>F42</b>	<b>37:34</b>	<b>582</b>
71	Colton Owens	M12	38:07	581
72	<b>Lauren Lynch</b>	<b>F36</b>	<b>39:45</b>	<b>556</b>
73	<b>Gracie Davenport</b>	<b>F09</b>	<b>47:12</b>	<b>560</b>
74	Ben Davenport	M42	47:13	559
75	<b>Lyra Hindbaugh</b>	<b>F08</b>	<b>47:13</b>	<b>561</b>
76	<b>Cindy Timek</b>	<b>F59</b>	<b>51:15</b>	<b>586</b>

## 10K

Place	Name	G/age	Time	Bib#
1	Kellen O'Neill	M18	34:20	1176

2	Brandon Day	M36	34:40	1122
3	Matt Kidwell	M35	38:34	1114
4	Drake Bernards	M25	40:06	1172
5	<b>Tami Beall</b>	<b>F49</b>	<b>40:35</b>	<b>1123</b>
6	Tom Davies	M51	40:50	1112
7	Adam Falk	M31	41:01	1131
8	Kenneth Pocasangre	M26	41:34	1144
9	Dave Ryan	M59	41:42	1139
10	<b>Courtney Ladika</b>	<b>F36</b>	<b>42:57</b>	<b>1147</b>
11	Jeff Faulk	M23	43:16	1116
12	Sean Johnson	M47	43:41	1125
13	Daniel Emmenacker	M28	43:42	1135
14	Jeff Haag	M57	43:49	1109
15	Tristan Kihl	M26	44:23	1148
16	Jeff Kane	M40	45:33	1168
17	Joseph Vogelpohl	M47	45:44	1106
18	Will Folger	M33	46:08	1161
19	<b>Lanore Bergenske</b>	<b>F59</b>	<b>46:30</b>	<b>1136</b>
20	Alan Grau	M63	46:45	1111
21	Eamon Engber	M35	47:16	1164
22	Eric Antrim	M44	48:06	1174
23	Mark Bernards	M52	48:11	1162
24	<b>Alicia Smith</b>	<b>F38</b>	<b>48:40</b>	<b>1107</b>
25	<b>Bori Mazzag</b>	<b>F43</b>	<b>49:04</b>	<b>1108</b>
26	<b>Laura Holt</b>	<b>F38</b>	<b>49:12</b>	<b>1155</b>
27	<b>Sicily Benzinger</b>	<b>F36</b>	<b>49:36</b>	<b>1157</b>
28	Dan Reese	M32	50:29	1128
29	Max Rousselot	M55	50:41	1173
30	Kevin Johnson	M44	50:43	1124
31	<b>Kala Eichamer</b>	<b>F33</b>	<b>51:00</b>	<b>1149</b>
32	Josh Eichamer	M37	51:00	1150
33	Matt Manago	M38	51:09	1171
34	<b>Mary Wells</b>	<b>F62</b>	<b>51:24</b>	<b>1134</b>
35	Chris Wild	M36	51:31	1166
36	<b>Sarah Sanders</b>	<b>F37</b>	<b>51:34</b>	<b>1175</b>
37	Tom Dewey	M57	51:35	1132
38	Bryan Lanning	M42	52:00	1103
39	<b>Caroline Carson</b>	<b>F55</b>	<b>52:18</b>	<b>1152</b>
40	<b>Amanda Lee</b>	<b>F24</b>	<b>53:11</b>	<b>1140</b>
41	<b>Tanya Trump</b>	<b>F47</b>	<b>53:25</b>	<b>1101</b>
42	<b>Robin Baker</b>	<b>F28</b>	<b>53:48</b>	<b>1130</b>
43	Rich Baker	M55	55:40	1120
44	John Carson	M58	55:58	1153
45	Randy Emenaker	M66	56:08	1133
46	<b>Jenny Johnson</b>	<b>F25</b>	<b>56:17</b>	<b>1165</b>
47	Jameson Collins	M33	56:29	1102
48	<b>Joni Hammond</b>	<b>F55</b>	<b>56:38</b>	<b>1151</b>
49	John Luken	M46	58:09	1115
50	<b>Jen Padula</b>	<b>F32</b>	<b>58:42</b>	<b>1117</b>
51	<b>Eileen Verbeck</b>	<b>F39</b>	<b>58:42</b>	<b>1119</b>
52	<b>Maya Conrad</b>	<b>F47</b>	<b>58:47</b>	<b>1126</b>
53	Daniel Lipiec	M60	59:11	1118
54	<b>Lenya Quinn-Davidson</b>	<b>F34</b>	<b>59:21</b>	<b>1163</b>
55	<b>Tyler Bradbury</b>	<b>F38</b>	<b>59:29</b>	<b>1121</b>
56	<b>Chelsey Castiglione</b>	<b>F25</b>	<b>59:46</b>	<b>1158</b>
57	Will McDonald	M46	1:01:57	1178
58	<b>Amy Ziegler</b>	<b>F51</b>	<b>1:02:29</b>	<b>1129</b>
59	<b>Portia Matteson</b>	<b>F69</b>	<b>1:03:03</b>	<b>1146</b>
60	Thomas Bernota	M56	1:03:20	1138
61	<b>Debbie Stamper</b>	<b>F62</b>	<b>1:04:32</b>	<b>1170</b>
62	<b>Jackie Benzinger</b>	<b>F40</b>	<b>1:05:40</b>	<b>1159</b>
63	<b>Melinda Thomas</b>	<b>F55</b>	<b>1:05:42</b>	<b>1156</b>
64	Mark Ellis	M62	1:05:45	1105
65	<b>Jessica Sutliff</b>	<b>F23</b>	<b>1:06:00</b>	<b>1142</b>
66	<b>Melody Dale</b>	<b>F33</b>	<b>1:06:00</b>	<b>1137</b>
67	Bean Goodwin	M32	1:06:15	1154
68	<b>Hannah Hourie</b>	<b>F29</b>	<b>1:07:28</b>	<b>1104</b>
69	<b>Donna Ayres</b>	<b>F69</b>	<b>1:10:54</b>	<b>1141</b>
70	Jib Ray	M76	1:11:34	1127
71	<b>Kim Bergel</b>	<b>F50</b>	<b>1:13:13</b>	<b>1110</b>
72	<b>Kristin Pitsenbarger</b>	<b>F54</b>	<b>1:19:23</b>	<b>1167</b>
73	John Norberg	M90	2:05:51	1145