

Resolution Run at the Eureka Waterfront Trail

10:00 am, Wed., Jan. 1, 2020

Directed by "Lanore Bergenske" <lbergenske@fortunaesd.com>



Happy happy blessed New Year!

Even though the rain tried to dampen our spirits and turnout, it did not impede any of the 150 plus determined runners/walkers who braved the weather to show up and participate today. What a fun way to begin the new decade and year! The cool weather, along with the flat, fast 5K course, enabled **nine** runners this year to conquer the **20:20 challenge!** The overall winner was a local runner and last years' second place finisher,



Samuel Dunnenbring age 32 with a winning time of **17:10**. The first female to go under 20:20 was **Mariah Smither** age 25 and finishing at **18:46**. The winner of the "Zinzy Award" (any runner over 60 that meets the 20:20 challenge) went to local runner superstar, **Dave Ryan** age 62 at **20:10**. There were over 90 runners who ran fast enough to win **RRCA Challenge Series** pins for their age/gender group. Six of those runners earned top honors (**BLUE** pins): **Pam Naylor, Tami Beall, Robyn Petrusha, Caroline Carson, Dave Ryan, and Mike Wood.**

Awards for the 20:20 Challenge and RRCA Challenge Series pins will be given at the SRRRC Awards Party, January 18, 2020.

There are so many wonderful people who donated their time and resources to help make this a successful running event. First, special thank you to **my family** for their support and encouragement! Next, co-directors: **Matt Kidwell** and **Miles Slattery**, for their guidance, assistance, website postings, logistics, mapping, and so much more!! The **City of Eureka**, **Mark Brooks** for the great flyer, the helpers from **Eureka Parks and Recreation**, and the **Timber Heritage Association** for the fun, free speeder car rides and their sponsor, **Mercer-Fraser Company**. So many SRRRC members contributed their time and energy to lend a helping hand – without all of you there would be no event!! *I am so sorry if I have forgotten anyone ☺*

- Set Up/ Clean Up: **Gary Timek, Paul Kraus, Ron Bergenske, Karen Kidwell** (mark course)
- Registration Helpers: **Lisa Barsanti, Sarah Starr and Gracie, Lorraine Dillon, Lindsey Grossman, Cortney Koors, Alyse E, Sarah Boyd, and Michele Stover**
- Membership Helpers: **Jack and Jan West, Paul Kinsey**
- Official Starter: **Vince Zinselmeir**
- **Finish Line Crew**
 - ◆ Timing: **Gary Timek, Ron Bergenske**
 - ◆ Finish Chute/Tags: **Lisa Barsanti, Rachel Cardoza, Don Brubaker, Paul Kraus** (write down results)
- **Course/Road Monitors**
 - ◆ Turn Around: **Robert Peck**
 - ◆ Road crossing: **Jessy Carlson and daughter**
 - ◆ Course: **Mary Wells and four legged foster buddy**
- **Photos/website results/membership paperwork: Yoon Kim**

Looking forward to next year's **20:21 Challenge!** Happy running! – Lanore Bergenske

MEN

AgeG	BLUE	Red	White	Green	Orange
< 10	23:45	29:50	35:30	38:30	42:00
10-11	22:00	27:30	31:00	35:30	39:00
12-13	20:15	24:30	27:00	30:30	33:00
14-15	17:50	20:30	23:10	27:00	29:00
16-17	16:45	19:00	21:30	24:30	27:00
18-19	16:10	18:45	20:30	23:00	26:00
20-24	15:35	18:30	19:45	22:30	25:00
25-29	15:20	18:10	19:30	22:15	24:45

30-34	16:20	18:55	20:40	24:55	27:30
35-39	16:45	19:05	21:00	25:30	27:45
40-44	17:25	19:45	22:30	25:45	27:55
45-49	17:55	20:35	23:00	26:00	28:30
50-54	18:25	21:10	23:45	26:30	29:00
55-59	19:15	22:00	24:30	27:10	30:00
60-64	21:00	23:30	25:40	28:00	33:00
65-69	22:10	24:45	27:00	31:00	36:00
> 70	23:00	27:00	30:00	34:00	38:00

WOMEN

AgeG	BLUE	Red	White	Green	Orange
< 10	24:45	33:50	37:00	40:00	43:30
10-11	23:30	31:00	34:00	37:30	41:00
12-13	22:00	27:30	31:00	34:20	37:00
14-15	20:50	25:30	28:00	31:30	33:30
16-17	19:10	24:00	26:30	28:00	30:00
18-19	18:50	22:30	25:30	27:00	28:30
20-24	18:30	21:50	24:00	25:30	27:00
25-29	18:20	21:20	23:45	25:00	26:30
30-34	19:45	22:00	24:10	26:00	27:10
35-39	20:35	22:50	25:00	27:30	28:30
40-44	21:45	23:40	26:10	28:30	30:00
45-49	23:00	24:50	27:30	31:30	33:10
50-54	24:45	26:10	28:55	33:40	35:10
55-59	25:00	27:30	30:45	35:20	38:00
> 60	25:50	28:30	31:50	37:00	40:00

5K • = winners of the {20:20} challenge

According to Performance					
Place	Name	G/age	Time	Table	Bib#
1	Sam Dannenbring•	M32	17:10	Red	1367
2	Matt Kidwell•	M38	17:54	Red	1135
3	Mariah Smither•	F25	18:46	Red	1132
4	Kenny Pocasangre•	M29	18:57	White	1154
5	Pam Naylor•	F40	19:27	BLUE	1127
6	Andrew Jones•	M42	19:38	Red	1195
7	Brian Hudgens•	M49	19:41	Red	1177
8	Chris Schinke•	M48	19:48	Red	1164
9	Dave Ryan•	M62	20:10	BLUE	1310
10	Mike Wood	M60	20:23	BLUE	1305
11	Jose Ornelas	M32	20:25	White	1366
12	Richard Roybal	M43	20:40	White	1176
13	Tami Beall	F52	21:03	BLUE	1136
14	Greg Carlson	M40	21:14	White	1167
15	Christopher Christianson	M42	21:18	White	1352
16	Karen Kidwell	F35	21:29	Red	1137
17	Jeff Haag	M60	21:36	Red	1324
18	Doug Hartling	M35	21:59	Green	1323
19	Robyn Petrusha	F55	22:13	BLUE	1313
20	Rachel Cardoza	F32	22:17	White	1141
21	Mishka Straka	M62	22:43	Red	1362
22	Ed Coppini	M53	22:50	White	1123
23	Luta Belcher	M46	22:52	White	1335
24	Cortney Koors	F34	23:17	White	1121
25	Jack Carlson	M14	23:17	Green	1160
26	Caleb Turner	M17	23:18	Green	1192
27	Josh Rayburn	M36	23:23	Green	1200
28	Tony Sanchez	M50	23:30	White	1357
29	Yoshi Uemura	M65	23:31	Red	1196
30	Caroline Carson	F57	23:32	BLUE	1122
31	Blake Hickman	F29	23:39	White	1147
32	Daniel Holmes	M45	23:42	Green	1162
33	Bill Bustin	M62	23:48	White	1143
34	Laura Bringhurst	F47	23:49	Green	1325
35	Christina Smith	F16	23:51	Red	1193
36	Jessy Johnson	F29	23:57	Green	1309
37	Casey Ales	M37	24:04	White	1337
38	Sarah Sanders	F40	24:04	Green	1146
39	Sam Coppini	M23	24:20	Orange	1124
40	Jack West	M68	24:41	Red	1138
41	John Carson	M61	24:58	White	1199
42	Jenn Garcia	F39	25:20	Green	1168

43	Richard Myers II	M44	25:22	Green	1320
44	Rich Baker	M58	25:26	Green	1148
45	Josie Maguire	F12	25:29	Red	1356
46	Justin Norton	M31	25:35	Orange	1184
47	Katherine Doelger	F48	25:41	Red	1327
48	Kathleen Brubaker	F54	25:44	Red	1307
49	Jeff Stetzel	M47	25:46	Green	1343
50	Jasper	M22	25:49	---	1330
51	Amber Transou	F44	25:52	White	????
52	Ocean Goodrich	M11	26:04	Red	1190
53	Judah O'Shaughnessy	M25	26:06	---	1354
54	Shawn Magnuson	M50	26:07	Green	1145
55	Paul Kinsey	M64	26:21	Green	1125
56	Phil Lescano	M65	26:32	White	1182
57	Jessica Stauffer	F42	27:06	Green	1179
58	Randy Emenaker	M68	27:14	Green	1131
59	Brittany Tonks	F30	27:19	---	1336
60	Elizabeth Cox	F51	27:22	White	1311
61	Amy Taylor	F40	27:29	Green	1319
62	Jen Maguire	F44	27:46	Green	1355
63	Dawn Durbin	F55	27:51	White	1170
64	Mike Glass	M47	28:01	Orange	1175
65	Candee Shaw	F57	28:05	White	1308
66	Bonnie Debord	F45	28:53	Orange	1165
67	Lori De Voist	F50	28:55	White	1156
68	Angelo Munk	M55	29:06	Orange	1198
69	Melissa Glass	F46	29:10	Green	1172
70	Rose Francia	F41	29:13	Orange	1365
71	Unknown	F??	29:29	????	1334
72	Wendy Pearcy	F63	29:38	White	1173
73	Cindy Stetzel	F43	29:43	Orange	1342
74	Christina Baxter	F45	29:44	Green	1329
75	Sherry Myers	F63	29:46	White	1180
76	Kim Bryant	F45	30:12	Green	1171
77	Derek Cahoon	M37	30:13	---	1149
78	Emma Cahoon	F08	30:17	Red	1151
79	Ian Shermer	M18	30:32	---	1161
80	MJ Lathan	F62	30:57	White	1322
81	Chris Hamer	F64	31:02	White	1181
82	Robin Fraser	F40	31:48	---	1314
83	Charles White	M30	31:57	---	1340
84	Mia Cahoon	F09	32:06	Red	1150
85	Debbie Stamper	F65	32:11	Green	1159
86	Pam Judge	F63	32:17	Green	1348
87	Brian Julian	M62	32:33	Orange	1306
88	Alyse Eckenrode	F39	32:39	---	1126
89	Michele Stover	F39	32:39	---	1140
90	Lora Niskanen	F51	32:46	Green	1157
91	Nathan Brinckhaus	M34	32:53	---	1163
92	Amy Duerfeldt	F44	33:00	---	1183
93	Sara Starr	F63	33:15	Green	1316
94	Megan McCormack	F41	33:31	---	1134
95	Daniel Lipiec	M63	33:33	---	1129
96	Cheryl Kelly	F62	33:38	Green	1321
97	Breanna Cahoon	F37	33:44	---	1142
98	Kaiah Cahoon	F06	33:47	Red	1152
99	Samantha Martinez	F38	33:48	---	1317
100	Regina Kanen	F48	33:53	---	1155
101	Tammy Munk	F48	34:10	---	1197
102	Jennifer Snipes	F51	34:19	Orange	1194
103	Caleb Diaz	M06	34:33	White	1185
104	Edgar Diaz	M43	34:34	---	1186
105	Dallas Downey	F39	34:38	---	1341
106	Jose Ornelas	M05	34:39	White	1643
107	Felipe Martinez	M38	35:11	---	1318
108	Nate Downey	M39	35:26	---	1364
109	Susan House	F46	35:31	---	1174
110	Avery Padula	F07	35:53	White	1333
111	Emme Padula	F04	35:54	White	1334
112	Jen Padula	F35	35:55	---	1331
113	Nate Padula	M36	35:56	---	1332
114	Catrina Howatt	F53	35:59	---	1363
115	Bryony Shaw	F50	36:10	---	1312

116	Lorraine Dillon	F69	36:24	Green	1139
117	Marcile Raney	F59	36:31	Orange	1153
118	Gerald Crnich	M73	36:37	Orange	1166
119	April Quincey	F38	37:03	---	1338
120	Sean Quincey	M38	37:03	---	1339
121	Kira Norton	F23	37:36	---	1130
122	Jeanette Suhay	F51	37:56	---	1315
123	Robert Walker	M54	38:00	---	1350
124	Laura Walker	F33	38:00	---	1351
125	Portia Matheson	F72	39:36	Orange	1358
126	Carrie Hurst	F43	39:43	---	1353
127	Nancy Giaccone	F43	39:43	---	1189
128	Becky Moyle	F63	40:39	---	1344
129	Pearl Samulski	F05	41:47	Orange	1301
130	Emerson Samulski	M46	41:49	---	1304
131	Mr. Sunshine	M67	43:47	---	1169
132	David Turner	M41	43:54	---	1191
133	Nathan Steeves	M45	44:50	---	1178
134	Mike Sebring	M68	45:19	---	1359
135	Harry Kavich	M65	46:17	---	1326
136	Javelin Samulski	M08	48:31	---	1302
137	Sara Samulski	F44	49:43	---	1303
138	Joseph Rivera Jr.	M04	50:10	---	1347
139	Kathryn Rivera	F37	50:11	---	1346
140	Lindsey Grossman	F38	52:43	---	1133
141	Mona Daly	F61	52:43	---	1158
142	Myrna Weburg	F80	52:56	---	1144
143	Jan West	F72	52:57	---	1128
144	Bradley Adams	M43	55:15	---	1360
145	Ashley Nieman	F36	55:16	---	1361
146	Yvonne Thompson	F62	57:54	---	1187
147	David Thompson	M66	58:07	---	1188
148	Sebastian Scott	M18	59:32	---	1345
149	Mary Zinselmeir	F72	1:05:18	---	1328
150	Lynda Walker	F53	1:05:19	---	1349