

# Sequoia Park 2M & 5.3M Run

Sat., February 13, 2016

Co-Directed by [Wendy Pearcy](mailto:wendypearcy@suddenlink.net) <wendypearcy@suddenlink.net>, [Cathy Larripa](mailto:catlarripa@yahoo.com) <catlarripa@yahoo.com>, [Portia Matheson](mailto:portiadean1@yahoo.com) <portiadean1@yahoo.com>

We would like to thank everyone who came out for this year's Sequoia Park Run even though another high-profile event was scheduled at the same time. (*We heard something about 375 or so runners competing in Los Angeles for a spot on the 2016 Olympic Team?* ☺). The weather gods were in a loving mood for Valentine's Day weekend, and red was worn in abundance!

As always, race directors do their best to plan & execute a smoothly run event and, as always, we got by once again thanks to the awesome support of our volunteers.

Thank you to **ALL** of our volunteers ... [Mark Larripa](#), [Dean Matheson](#), [Sherry Myers](#), [Marlene Allen](#) (who received a wake-up call for an emergency run to the shed), [Gary & Cindy Timek](#), [Paul & Carla Kraus](#), [Sharon Powers & Rich Vogt](#), [Tom Martin](#), [Jack & Jan West](#), Cowbell Corner Angels [Terri Vroman-Little & Jessie Hunt](#), Water Angels [Jessie Christensen & Nancy Hall](#), and to [Nick](#), [Meredith](#) and [Alicia Launius](#) (who was the 5.3 mile finish line artist and cookie cup filler).

A special shout out this year goes to the following:

- [Yoshi Uemura](#) for arriving early and not quitting until we were all packed up and done, and for always knowing what needs doing and then just jumping in and taking care of it. Yoshi doesn't sign up for a specific shift or a favorite job but, year after year, shows up and does it all! What a dynamo!
- [Ken Yanosko](#), for graciously stepping in to fill Yoon's big shoes shooting race photos and providing results turnover with Yoon. Like Yoshi, Ken stayed on the job until the last person came across the finish line.
- [Yoon Kim](#) who, though out of town through this week & weekend, made prior arrangements for Ken to photograph the event and then posted pictures and results on the website by Sunday afternoon!
- The women from the [Redwood Teen Challenge Women's Center](#) in Eureka who served as course monitors, crossing guards, and in any other way needed with enthusiasm and smiles. This is the second year we have called on Teen Challenge (last year a crew from the Men's Center helped with this event), and it has made a difference in our ability to improve course safety for this annual "urban" event. We are grateful to club member, [Kim Bergel](#), for putting us in contact with them.

Please check the club's Facebook Page for additional photos.

Until next year ... **May the course be with you!**

-- [Cathy Larripa](#), [Wendy Pearcy](#) & [Portia Matheson](#), SPR Race Directors

## 2M @ 9:30AM

<u>Place</u>	<u>Name</u>	<u>G/age</u>	<u>Time</u>	<u>Bib#</u>
1	West Wood	M13	12:41	171
2	Nick Carr	M15	12:49	1773
3	Damian Dinan	M09	13:09	2000
4	<a href="#">Courtney Ladika</a>	<a href="#">F35</a>	<a href="#">13:10</a>	<a href="#">174</a>
5	Paul Kraus	M55	13:24	1772
6	Doug Olmsted	M42	13:34	1763
7	<a href="#">Elsa Nolen</a>	<a href="#">F10</a>	<a href="#">13:47</a>	<a href="#">1762</a>
8	Mike Wood	M56	14:07	173
9	Anders Johnson	M12	14:16	1390
10	Owen Smith	M12	14:16	1392
11	<a href="#">Jen Foestig</a>	<a href="#">F43</a>	<a href="#">14:54</a>	<a href="#">1387</a>
12	Mike Minton	M43	15:00	1900
13	Corbin Eichin	M12	15:14	1991
14	Carter Eichin	M09	15:26	1990
15	<a href="#">Tiffany Morais</a>	<a href="#">F37</a>	<a href="#">15:46</a>	<a href="#">1596</a>
16	<a href="#">Mikayla Minton</a>	<a href="#">F13</a>	<a href="#">16:01</a>	<a href="#">1388</a>
17	Danillo Fanti	M40	16:24	165
18	Ernesto Aberson	M07	16:27	1994
19	Tedd Childs	M45	16:30	1993
20	Jack Kramer	M09	16:57	1395
21	<a href="#">Rachel Minton</a>	<a href="#">F38</a>	<a href="#">16:58</a>	<a href="#">1386</a>
22	<a href="#">Beth Rynearson</a>	<a href="#">F38</a>	<a href="#">17:25</a>	<a href="#">200</a>
23	<a href="#">Sophia Allen</a>	<a href="#">F16</a>	<a href="#">17:28</a>	<a href="#">1989</a>
24	Lal Thomas	M16	17:28	1767
25	Rodrigo Fanti	M07	17:34	166
26	<a href="#">Thawin Reinanen</a>	<a href="#">F50</a>	<a href="#">17:36</a>	<a href="#">179</a>
27	<a href="#">Alicia Launius</a>	<a href="#">F11</a>	<a href="#">17:56</a>	<a href="#">1996</a>

28 Michelle Flynn	F35	18:20	164
29 Bode Crone	M07	18:48	1599
30 Kathryn Bryson	F16	18:49	1771
31 Evelyn Ladika	F07	18:50	161
32 Chandelle Owens	F41	18:51	1389
33 Chris Aberson	M47	18:54	1995
34 Elizabeth Mengel	F09	19:40	1397
35 Cooper Miles	M08	19:51	1765
36 Danielle Rodriguez	F25	19:55	180
37 Alicia Mengel	F36	20:06	1400
38 Colton Owens	M11	20:09	1391
39 Marisa Crone	F10	21:18	300
40 Chuck Ayres	M38	21:19	1399
41 Annie Morris	F24	21:22	1992
42 Russell Vitalie	M08	22:13	182
43 Franesha Evans-Williams	F24	22:51	167
44 Adriana Rodriguez	F18	23:03	181
45 Molly Kresl	F25	23:06	1770
46 Jaxon Lewis	M04	23:09	176
47 Nick Launius	M36	23:26	1997
48 Meredith Launius	F35	24:03	1998
49 Sophia Edwards	F09	24:04	1988
50 Mary Edwards	F39	24:05	1987
51 Kim Bergel	F49	24:06	1393
52 Doreen Lewis	F31	24:08	178
53 Betty Miles	F06	24:14	1764
54 Jessica Miles	F34	24:22	1766
55 Sierra Willburn	F09	24:23	168
56 Shyann Willburn	F06	25:25	169
57 Jamie Willburn	F39	25:43	170
58 Margie Vitalie	F40	25:44	183
59 Desiree Faustino	F32	29:50	172
60 Cindy Timek	F58	34:22	1768
61 Carla Kraus	F57	34:23	1769
62 Jan West	F68	34:24	1394
63 Joe Rivera	M42	35:11	177
64 Emma Ayres	F03	DNF	
65 Wesley Ayres	M03	DNF	
66 Donna Ayres	F68	DNF	
67 Jayni Ayres	F29	DNF	
68 Heather Odle	F38	DNF	
69 Stephanie Vonglakhone	F29	DNF	

## 5.3M @ 10:10AM

Place	Name	G/age	Time	Bib#
1	Chris Wehan	M34	31:06	788
2	Ben Davenport	M41	32:52	782
3	Kenneth Pocasangre	M25	33:48	670
4	Richard Roybal	M39	36:09	685
5	Laura McNulty	F48	36:14	1996
6	James Garland	M22	36:33	805
7	Brian Ward	M34	37:21	777
8	Will Barbee	M14	37:27	784
9	John Zinselmeir	M68	37:57	773
10	Clay Lynch	M37	38:11	776
11	Craig Goucher	M61	38:24	675
12	Dave Ryan	M58	38:50	791
13	Rachele Gundlach	F40	40:08	802
14	Tami Beall	F48	40:16	686
15	Lanore Bergenske	F58	41:30	700
16	Joe Vogelpohl	M48	42:16	668
17	Bob Peck	M67	42:24	800
18	Alison O'Dowd	F38	42:36	790
19	Alicia Mengel	F36	42:43	783
20	Jen Foesig	F43	43:53	779
21	Chris Wild	M35	43:57	672
22	Nicolette Amann	F46	44:08	697
23	Todd Pahl	M47	44:09	698
24	Eric Antrim	M43	44:10	677
25	Amber Transou	F40	44:11	804
26	Sadie Alves	F39	44:12	786
27	Marisa Gloor	F17	45:15	801
28	Giles Morris	M17	45:49	684
29	Marcos Amezcua	M23	45:51	798
30	Nikki Ross	F31	47:26	803
31	Joni Hammond	F54	47:39	794
32	Tracy Johnson	F43	47:48	694
33	Kelly Lehman	F37	47:58	666

34	Joshua Chipps	M40	48:11	900
35	Brian Ferguson	M62	48:27	778
36	<b>Sarah Sanders</b>	<b>F36</b>	<b>48:43</b>	<b>799</b>
37	Max Rousselot	M54	48:48	899
38	<b>Heather Kyle</b>	<b>F30</b>	<b>48:49</b>	<b>792</b>
39	<b>Chris Hamer</b>	<b>F60</b>	<b>48:57</b>	<b>796</b>
40	Tom Martin	M68	48:59	1999
41	<b>Maya Conrad</b>	<b>F46</b>	<b>49:07</b>	<b>671</b>
42	<b>Hannah Lippe</b>	<b>F28</b>	<b>49:10</b>	<b>669</b>
43	<b>Marlene Allen</b>	<b>F59</b>	<b>49:25</b>	<b>691</b>
44	<b>Eileen Burger</b>	<b>F60</b>	<b>49:27</b>	<b>692</b>
45	Robert Ayers	M58	49:38	795
46	John Carson	M58	49:50	693
47	Daniel Lipiec	M59	50:13	772
48	<b>Tiffany Morais</b>	<b>F37</b>	<b>51:29</b>	<b>781</b>
49	Carl Gossail	M62	52:02	673
50	Jasper	M18	52:22	809
51	<b>Tracy Helard Shumard</b>	<b>F43</b>	<b>53:08</b>	<b>780</b>
52	<b>Eileen Verbeck</b>	<b>F38</b>	<b>54:45</b>	<b>696</b>
53	Joseph Marris	M10	55:10	683
54	Elias Ladika	M09	55:20	688
55	James Ladika	M36	55:22	690
56	<b>Lauren Lynch</b>	<b>F35</b>	<b>56:36</b>	<b>775</b>
57	<b>Kathryn Rivera</b>	<b>F33</b>	<b>57:03</b>	<b>793</b>
58	Rick Park	M70	57:35	1998
59	<b>Stacy Antoniadis</b>	<b>F62</b>	<b>57:50</b>	<b>674</b>
60	<b>Lorraine Dillon</b>	<b>F65</b>	<b>58:51</b>	<b>699</b>
61	<b>Alyse Eckenrode</b>	<b>F35</b>	<b>59:20</b>	<b>787</b>
62	<b>Sherry Myers</b>	<b>F60</b>	<b>1:00:49</b>	<b>695</b>
63	Norman Goodman	M31	1:01:01	678
64	Jurgen Giessel	M79	1:03:56	1997
65	<b>Noopuan Paperata</b>	<b>F56</b>	<b>1:04:09</b>	<b>676</b>
66	<b>Leila Moss</b>	<b>F15</b>	<b>1:04:19</b>	<b>1994</b>
67	<b>Jennifer Barbee</b>	<b>F49</b>	<b>1:05:08</b>	<b>679</b>
68	<b>Donna Ayres</b>	<b>F68</b>	<b>1:09:30</b>	<b>687</b>
69	<b>Leslie Keig</b>	<b>F53</b>	<b>1:10:18</b>	<b>1995</b>
70	<b>Meg Claypool</b>	<b>F35</b>	<b>1:13:38</b>	<b>774</b>
71	<b>Ashlynn Barbee</b>	<b>F12</b>	<b>1:13:41</b>	<b>680</b>
72	<b>Mary Ann McCulloch</b>	<b>F59</b>	<b>1:13:53</b>	<b>789</b>
73	<b>Mj Goble</b>	<b>F51</b>	<b>1:16:21</b>	<b>806</b>
74	<b>Gwenda Ashburn</b>	<b>F64</b>	<b>1:23:36</b>	<b>653</b>
75	<b>Rebecca Morris</b>	<b>F34</b>	<b>1:28:18</b>	<b>682</b>
76	<b>Trina Morais</b>	<b>F46</b>	<b>1:28:19</b>	<b>785</b>
77	<b>Mary Masters</b>	<b>F50</b>	<b>1:28:20</b>	<b>681</b>
78	<b>Lynn Lawrence</b>	<b>F82</b>	<b>1:28:53</b>	<b>797</b>
79	John Norberg	M89	1:51:22	689