

# 2017 SRRC Singlet Award Winners

-- Submitted by "Karen Kidwell" <karenrhoffman@hotmail.com>

**Sheri Culver** (1): Fortuna Rodeo 5K

**Paul Kinsey** (1): Arcata Bottoms 8 Mile

**Tom Davies** (1): Patrick's Point 10K

**Ben Davenport** (2): Fortuna Rodeo 5K, Blue Lake 10K

**Robyn Petrusha** (1): Humboldt Redwoods ½

**Brandon Day** (1): Patrick's Point 10K

**Cyril Carl** (1): Foggy Bottom 4 Mile

**Cedar Smith** (2): Avenue Half, Humboldt Redwoods ½

**Brent Ritschel** (2): Fourth of July 5K, Fortuna Rodeo 5K

**Kellen O'Neill** (3): Patrick's Point 10K, Fourth of July 5K, Blue Lake 5K

**Aaron Campbell** (4): Patrick's Point 5K, Foggy Bottom 10 Mile, Avenue Marathon, Humboldt Redwoods ½

**Tami Beall** (5): Patrick's Point 10K, Foggy Bottom 10 Mile, Avenue Marathon, Atalanta 5 Mile, Fish Hatchery 4 Mile

**Lanore Bergenske** (6): Patrick's Point 10K, Foggy Bottom 4 Mile, Avenue Marathon, Atalanta 5 Mile, Hammond Trail Half, Humboldt Redwoods Marathon

**John Zinselmeir** (7): Patrick's Point 5K, Foggy Bottom 10 Mile, Hammond Hill 5K, Fourth of July 5K, Blue Lake 10K, Hammond Trail 5K, Humboldt Redwoods ½

**Mary Wells** (9): Patrick's Point 10K, Foggy Bottom 4 Mile, Hammond Hill 5K, Avenue 10K, Atalanta 5 Mile, Fourth of July 5K, Blue Lake 10K, Humboldt Redwoods 5K, Fish Hatchery 4 Mile

**Dave Ryan** (10): Patrick's Point 10K, Foggy Bottom 10 Mile, Hammond Hill 5K, Fourth of July 5K, Fortuna Rodeo 5K, Blue Lake 10K, Hammond Trail 5K, Humboldt Redwoods ½, Arcata Bottoms 8 Mile, Fish Hatchery 4 Mile

# 2016 SRRC Singlet Award Winners

-- Submitted by "Karen Kidwell" <karenrhoffman@hotmail.com>

**Kathleen Brubaker** (1): Humboldt Redwoods 5K

**Mike Wood** (1): Humboldt Redwoods 5K

**Brent Ritschel** (1): Avenue of the Giants Marathon

**Jeff Haag** (1): Sand Dollar Shuffle

**Liz Black** (1): Fortuna Rodeo 5K

**Morgin Coonfield** (1): Sand Dollar Shuffle

**Ben Stern** (1): Humboldt Redwoods Half Marathon

**Yoshi Uemura** (2): Hammond Hill 5K and Blue Lake 5K

**Laura McNulty** (2): Foggy Bottom 10 Mile and Arcata Marsh 5K

**Kellen O'Neill** (2): Arcata Marsh 5K and Hatchery 4 Mile

**Brandon Day** (3): Patrick's Point 5K, Avenue 10K, and Humboldt Redwoods Half Marathon

**Dave Ryan** (4): Hammond Hill 5K, Arcata Marsh 5K, Blue Lake 10K, and Hatchery 4 Mile

**Mary Wells** (4): Avenue 10K, Dow's Prairie 10K adjusted time, Sand Dollar Shuffle, and Hammond Trail 5K

**John Zinselmeir** (6): Patrick's Point 5K, Hammond Hill 5K, Sand Dollar Shuffle, Hammond Trail 5K, Blue Lake 5K, and Hatchery 4 Mile

**Lanore Bergenske** (6): Patrick's Point 10K, Hammond Hill 5K, Hammond Trail Half Marathon, Humboldt Redwoods Half Marathon, and Arcata Bottoms 8 Mile

**Tami Beall** (12): Foggy Bottom 10 Mile, Avenue Half Marathon, Atalanta 8K, Dow's Prairie 10K adjusted time, Fortuna Rodeo 5K, Sand Dollar Shuffle, Hammond Trail Half Marathon, Blue Lake 10K, Humboldt Redwoods Marathon, Arcata Bottoms 8 Mile, and Blue Lake 4 Mile

# 2015 SRRC Singlet Awards:

-- Submitted by "Karen Kidwell" <karenrhoffman@hotmail.com>

**Intro:** Each year, the singlet award is given to exceptionally fast runners, those whose times exceed the 75<sup>th</sup> percentile when compared to age group world records. Most of us are used to recognizing these people only from the back as they race off ahead of us, so today I'd like to try something different. As I read off their name, I'd like them to please stand up so we can get a chance to see what they look like from the front. Please remain standing and hold applause until the end.

We have a lot of first-time singlet award winners this year, so I'll start with them:

**Ben Stern (1)** -- Humboldt Redwoods Half. He's also the new course record holder of the Grasshopper Peak race.

**John Crackel (1)** -- Arcata Marsh 5K.

**Kellen O'Neil (1)** -- Arcata Marsh 5K. Kellen is also an exceptional high school athlete and placed 21<sup>st</sup> at the state XC meet in November. He is our youngest singlet recipient this year.

**Imogene Carson (1)** -- Avenue Half. At this race, she was the second of almost 800 females across the finish line.

**Dave Ryan (2)** -- Arcata Marsh 5K and Blue Lake 10K. Last year, Dave won his first circuit division title, breaking Yoshi's 13 year winning streak.

**Bob Peck (4)** -- Hour Run 400m, Hammond Hill 5K, Marsh 5K, Fortuna Rodeo 5K. Bob is the lone runner this year to earn a singlet both on and off the track.

Now for the veterans:

**Tami Beall (2)** -- Foggy Bottom 10 Miler, Atalanta 5 Mile.

**Jason Lewis (2)** -- Foggy Bottom 4 Miler, Fortuna Rodeo 5K. Jason was the overall winner in both of these and several other races.

**Robyn Petrusha (2)** -- Sequoia Park 2 Miler, Waterfront Run.

**Reed Richard (3)** -- Avenue Half, Masters 10K, Blue Lake 10K. Reed is so fast that he managed to get lost on the Waterfront run and STILL win it.

**Morgin Coonfield (3)** -- Rodeo 5K, Hammond Trail Half, Hatchery 2 Miler. Morgin is another exceptional high school runner, placing 2<sup>nd</sup> in the entire state of California at the final XC meet in November.

**Yoshi Uemura (3)** -- Foggy Bottom 4 Miler, Hammond Hill 5K, Hammond Trail Half. Yoshi has won a singlet thirteen of the last fifteen years.

**John Zinselmeir (3)** -- Patrick's Point 5K, Masters 10K, Hammond Hill 5K. John is the only person on today's list who has won the singlet every year since the award's inception in 2001.

**Brandon Day (4)** -- Patrick's Point 10K, Foggy Bottom 10 Mile, Humboldt Redwoods Half, Arcata Bottoms 8 Mile. Even though Brandon officially moved out of the area in August, he must enjoy beating all of us enough that he still makes an occasional appearance to rack up more singlet races.

**Laura McNulty (5)** -- Patrick's Point 5K, Atalanta 5 Mile, Waterfront 5 Mile, Arcata Bottoms 8 Mile, Foggy Bottom 10 Mile. Despite taking a hiatus mid-season for knee surgery, it appears nothing slows this lady down.

**Mary Wells (6)** -- Patrick's Point 10K, Foggy Bottom 10Mile, Masters 10K, Avenue 10K, Rodeo 5K, Humboldt Redwoods 5K. Mary beat the singlet criteria in every eligible race she ran this year.

**Lanore Bergenske(9)** -- Patrick's Point 10K, Foggy Bottom 10Mile, Masters 10K, Avenue Marathon, Atalanta 5 Mile, Rodeo 5K, Waterfront 5 Mile, Humboldt Redwoods Half, Arcata Bottoms 8 Mile. In addition to running more qualifying races than everyone else this year, Lanore was the only runner to qualify with a marathon time. With qualifying times in the 5K, the marathon, and every single distance in between, she is truly one of the club's most exceptional runners.

**Congratulations** to each of our winners! Thank you for being such an inspiration to us all! If you're interested in earning your own singlet time, the chart is available on the club website.

## 2014 SRRC Singlet Awards:

-- Compiled by "Sherry Myers" <dlsmyers@suddenlink.net>

(Written in blue = SRRC members)

### Patrick's Point

5K

[John Zinselmeir](#) (M66) 19:11 (target=22:21)

[Laura McNulty](#) (F46) 18:43 (target=21:18)

10K

[Morgin Coonfield](#) (F16) 38:17 (target=41:11)

### Sequoia Park

2M

[Katie Hunter](#) (F27) 12:18 (target=12:18)

[Lanore Bergenske](#) (F56) 12:34 (target=15:06)

5.3M: none

### Foggy Bottom

10M

[Brandon Day](#) (M33) 57:10 (target=58:00)

[Reed Richard](#) (M45) 1:01:20 (target=1:04:30)

[Lanore Bergenske](#) (F56) 1:14:04 (target=1:21:00)

4M

[Jason Lewis](#) (M27) 21:38 (target=22:24)

[Laura McNulty](#) (F46) 24:10 (target=27:43)

2M: none

## Master's Run

10K

[John Zinselmeir](#) (M66) 40:00 (target=46:32)  
[Laura McNulty](#) (F46) 38:43 (target=44:20)

## Hour Run

400m

[Thomas Nolan](#) (M20) 52:54 (target=52:53)

1M: none

## Avenue of the Giants

Marathon

[Austin Huff](#) (M24) 2:34:13 (target=2:43:45)  
[Lanore Bergenske](#) (F56) 3:45:17 (target=3:49:16)

½ Marathon

[Reed Richard](#) (M45) 1:23:08 (target=1:25:36)  
[Cedar Smith](#) (F32) 1:29:17 (target=1:29:36)

10K: none

## Atlanta

5M

[Laura McNulty](#) (F46) 31:08 (target=35:15)  
[Chloe Pigg](#) (F16) 31:08 (target=32:00)  
[Robyn Petrusha](#) (F50) 33:16 (target=37:00)  
[Tami Beall](#) (F46) 33:20 (target=35:15)

2M: none

## Dow's Prairie Run

6M

[Laura McNulty](#) (F47) 41:06 (target=44:12)  
[Dave Ryan](#) (M57) 42:12 (target=42:38)  
[Yoshi Uemura](#) (M59) 42:28 (target=42:38)  
[Lanore Bergenske](#) (F56) 44:22 (target=49:06)

## Fourth of July

5K

[Scott Pinske](#) (M24) 15:53 (target=17:00)  
[Ed Lopez](#) (M24) 16:06 (target=17:00)  
[Thomas Sanchez](#) (M25) 17:03 (target=17:00)  
[Michael Rice](#) (M47) 18:28 (target=18:54)  
[Morgin Coonfield](#) (F16) 19:34 (target=19:30)  
[John Zinselmeir](#) (M66) 19:43 (target=22:21)

## Fortuna Rodeo 5K

5K

[Cedar Smith](#) (F32) 18:43 (target=19:30)  
[Greg Goldsmith](#) (M52) 19:34 (target=19:39)

## Sandollar Shuffle Run

5M

[John Zinselmeir](#) (M66) 32:23 (target=37:00)  
[Jeff Haag](#) (M55) 33:50 (target=33:52)  
[Lanore Bergenske](#) (F56) 35:52 (target=39:15)

## Hammond Trail Run

½ Marathon

[Reed Richard](#) (M46) 1:22:43 (target=1:25:36)  
[Morgin Coonfield](#) (F16) 1:28:32 (target=1:29:36)

## Blue Lake

5K

[Tasha Souza](#) (F45) 20:55 (target=21:18)

10K

[John Zinselmeir](#) (M66) 39:26 (target=46:32)

## Humboldt Redwoods

Marathon: none

½ Marathon

[Austin Huff](#) (M25-29) 1:08:55 (target=1:17:00)  
[Benjamin Stern](#) (M20-24) 1:10:55 (target=1:17:00)  
[Brandon Day](#) (M30-34) 1:13:50 (target=1:17:00)  
[Edgar Lopez De Anda](#) (M20-24) 1:16:04 (target=1:17:00)  
[Reed Richard](#) (M45-49) 1:21:43 (target=1:25:36)  
[Michael Rice](#) (M45-49) 1:24:47 (target=1:25:36)  
[Emma Lundberg](#) (F20-24) 1:25:49 (target=1:29:36)  
[Lanore Bergenske](#) (F55-59) 1:38:14 (target=1:48:00)

5K

[Tasha Souza](#) (F45-49) 20:56 (target=21:18)

## Arcata Bottoms Run

8M

[Cedar Smith](#) (F32) 51:50 (target=52:38)  
[John Zinselmeir](#) (M66) 51:51 (target=1:00:29)  
[Laura McNulty](#) (F47) 53:15 (target=57:45)

## Blue Lake Fish Hatchery Run

2M

[Morgin Coonfield](#) (F17) 12:11 (target=12:18)

4M

John Zinselmeir (M67) 25:14 (target=29:12)  
Laura McNulty (F47) 25:46 (target=27:43)

# 2013 SRRC Singlet Awards:

-- Compiled by "Sherry Myers" <dlsmyers@suddenlink.net>

(Written in blue = SRRC members)

## Patrick's Point

5K

John Zinselmeir (65) 20.32  
Morgin Coonfield (15) 19.12

10K

Lanore Bergenske (55) 43.39  
Debbie Stamper (58) 48.15

## Sequoia Park

2M

Mike Mulderig (60) 13.18  
Lanore Bergenske (55) 12.39

5.3M

John Zinselmeir (65) 36.24  
Lanore Bergenske (55) 38.40

## Foggy Bottom

10M

Nico Arquelles (25) 56.0  
Robert Gustas (23) 57.40  
John Zinselmeir (65) 67.48  
Cedar Smith (32) 63.22  
Lanore Bergenske (55) 70.06

4M

Brian Quilty (23) 20.54  
Jason Lewis (27) 21.21  
Hunter Daniel (25) 21.01  
Jessie Cronin (24) 22.05  
Laura Chapman (50) 28.03

2M: none

## Master's Run

10K

John Zinselmeir (65) 39.37  
Lanore Bergenske (55) 44.24  
Portia Matheson (65) 60.46

## Hour Run

400m: none

1M

Laura Chapman (50) 6.25  
Marlene Allen (57) 7.23

## Avenue of the Giants

Marathon

Austin Huff (23) 2.40.57

½ Marathon: none

10K

Lanore Bergenske (55) 43.42

## Eureka Waterfront Run

5M

Laura McNulty (46) 33.19  
Lanore Bergenske (55) 35.46

2M

Lanore Bergenske (55) 13.13

## Atalanta

5M

Laura McNulty (46) 31.40  
Nina Carson (23) 32.0  
Robyn Petruscha (49) 35.14

2M: none

## Dow's Prairie Run

6M: none

## Fourth of July

5K

Ed Lopez (23) 16.30  
Alex Dodd (32) 16.34  
Morgin Coonfield (15) 18.52  
Lanore Bergenske (55) 21.17  
Laura McNulty (45) 19.23  
Cedar Smith (45) 19.41

## Clam Beach

5K

Laura McNulty (45) 19.23  
Laura Chapman (50) 22.33

### Hammond Trail Run

½ Marathon

Laura McNulty (45) 1:32.42

### Sanddollar Shuffle Run

5M

Jason Lewis (27) 27.27

Lanore Bergenske (56) 34.41

Laura McNulty (46) 33.23

### Blue Lake

5K

Laura McNulty (46) 19.45

10K

Reed Richard (45) 37.34

### Humboldt Redwoods

Marathon: none

½ Marathon

Brandon Day (30-34) 1.16.48

Reed Richard (45-49) 1.20.27

Laura McNulty (45-49) 1.32.11

Lanore Bergenske (55-59) 1.36.22

5K: none

### Arcata Bottoms Run

8M

Jacob Potter (20) 46.05

Mike Rice (46) 49.05

Reed Richard (45) 49.08

Laura McNulty (46) 51.15

### Blue Lake Fish Hatchery Run

2M: none

4M

Alex Dodd (31) 21.46

Brandon Day (33) 22.09

John Zinselmeir (65) 39.37

Morgin Coonfield (16) 23.50

# 2012 SRRC Singlet Awards:

-- Compiled by "Sherry Myers" <dlsmyers@suddenlink.net>

(Written in blue = SRRC members)

### Patrick's Point

5K

John Zinselmeir (M64) 19:47

Laura McNulty (F44) 18:04

Mary Wells (F57) 21:01

10K

Jim Rebenack (M27) 34:59

Lanore Bergenske (F54) 45:11

Chris Hamer (F56) 46:32

### Sequoia Park - None

### Foggy Bottoms

10Mile

Jim Rebenack (M27) 54:03

Cedar Smith (F31) 1:03.01

Lanore Bergenske (F54) 1:16.40

4Mile

Jason Lewis (M26) 21:55

John Zinselmeir (M64) 24:45

2Mile - None

### Masters 10K

Lanore Bergenske (F54) 45:03

Chris Hamer (F56) 48:41

Berit Meyer (F54) 51:03

### Avenue of the Giants

Marathon - None

½ Marathon

Cody Thompson (M35) 1:16:24

Greg Goldsmith (M50) 1:28:46

10K

John Zinselmeir (M64) 41:57

### Eureka Waterfront 5 Mile

Cody Thompson (M35) 27:43

Alex Dodd (M31) 28:17  
Laura McNulty (F44) 32:18

### 2Mile - None

#### Atalanta 5 Mile

Laura McNulty (F44) 31:39  
Laura Chapman (F49) 34:59  
Mary Wells (F57) 36:05

### 2Mile - None

#### Dow's Prairie Run 6 Mile - None

#### 4<sup>th</sup> of July 5K

Jason Lewis (M26) 16:54  
John Zinselmeir (M64) 19:16  
Chloe Pigg (F14) 19:18  
Laura McNulty (F44) 19:18

#### Clam Beach 5K

Cedar Smith (F31) 18:14  
Mary Wells (F57) 36:05

#### Hammond Trail ½ Marathon

Jason Lewis (M26) 1:16:56  
Lanore Bergenske (F54) 1:38:48

#### Blue Lake

#### 10K

Reed Richard (M44) 36:38  
Greg Goldsmith (M50) 39:20  
Megan Rolland (F24) 39:51  
Mary Wells (F57) 45:32

#### HRM

#### Marathon, ½ Marathon - none

#### 5K

Robert Gustas (M22) 16:21  
Denise Walker-Brown (F42) 20:33  
Mary Wells (F57) 22:40

#### Arcata Bottoms - None

#### Blue Lake Fish Hatchery Run

#### 2 Mile

Lanore Bergenske (F54) 14:27

#### 4 Mile

Jason Lewis (M26) 22:01  
Alex Dodd (M32) 22:07  
Megan Rolland (F24) 23:38  
Morgin Coonfield (F15) 24:54  
Lanore Bergenske (F54) 14:27

# 2011 SRRC Singlet Awards:

-- Compiled by "Sherry Myers" <dlsmyers@suddenlink.net>

(Written in blue = SRRC members)

#### Patricks Point 5K

Reed Richard (M42) 17.20  
Laura McNulty (F43) 18.24  
Ken Ball (M60) 19.56

#### Patricks Point 10K

Cody Thompson (M33) 35.30  
John Zinselmeir (M63) 38.29

#### Foggy Bottoms 4Mile

Chloe Pigg (F13) 24.03  
Laura McNulty (F43) 24.50

#### Foggy Bottoms 10Mile

John Zinselmeir (M63) 65.24  
Cherie Lawrence (F36) 65.59  
Cedar Smith (F30) 64.46

#### Masters 10K

Reed Richard (M42) 36.17  
Laura McNulty (F43) 39.31  
Yoshi Uemura (M56) 41.32  
Chris Hamer (F55) 50.01

#### Ave of the Giants Marathon

Todd Braje (M34) 2.45

#### Ave of the Giants 1/2 Marathon

Janean Guest (F55) 1.32

#### Dow's Prairie 10K

Jim Rebeback (M27) 33.33

Jason Lewis (M25)	35.21
Cody Thompson (M30)	35.25
Reed Richard (M42)	36.34
John Zinselmeir (M63)	38.21
Laura McNulty (F43)	40.49
Chris Hamer (F55)	47.58

### Dow's Prairie 2 mile

Sara Davis (F14)	11.09
------------------	-------

### 4th of July 5K

Jason Lewis (M25)	16.33
Scott Pinske (M21)	16.38
John Zinselmeir (M63)	18.54
Laura McNulty (F43)	19.09

### Fortuna Rodeo 5K

Jason Lewis (M25)	16.57
Amy Bergenske (F34)	19.22
Chris Hamer (F55)	23.15

### Clam Beach Challenge 5K

Daniel Hunter (M24)	16.53
Jason Lewis (M25)	16.36
Megan Rolland (F22)	17.51
John Zinselmeir (M63)	18.43
Laura McNulty (F43)	19.01
Chris Hamer (F55)	22.39

### Hammond Trail 1/2 Marathon

Chris Hamer (F55)	1.42.09
-------------------	---------

### Hammond Trail 3 mile

Melanie Richard (F40)	20.04
-----------------------	-------

### Blue Lake Swan Run 5K

Laura McNulty (F43)	18.39
---------------------	-------

### Humboldt Redwoods 1/2 Marathon

Kam Nelson-Knisley (F34)	1.19.59
Reed Richard (M43)	1.20.53
Joanne Harper (F43)	1.22.04
Laura McNulty (F44)	1.24.15

### Arcata Bottoms 8 mile

Megan Rolland (F22)	48.36
Laura McNulty (F43)	50.22
Chris Hamer (F55)	62.42

### Arcata Bottoms 3 mile (5K stats?)

Kevin McTague (M17)	16.15
Daniel Hunter (M24)	16.12
John Zinselmeir (M63)	17.58
Greg Goldsmith (M50)	18.15
Melanie Richard (F40)	20.23

### Blue Lake Fish Hatchery 4M

Greg Goldsmith (M50)	24.58
----------------------	-------

# 2010 SRRC Singlet Awards:

-- Compiled by "Marlene Allen" <allens@humboldt1.com>

(TTB = Time To Beat)

(Written in blue = SRRC members)

### Patrick's Point 5K:

Jason Lewis	M24	16:21	TTB 17:00
John Zinselmeir	M62	18:40	TTB 21:00
Barry Milender	M55	19:37	TTB 20:00
Laura McNulty	F42	20:02	TTB 20:30

### Patrick's Point 10K:

Cody Thompson	M32	34:40	TTB 35:30
Yoshi Umeura	M55	41:21	TTB 41:45
Chris Hamer	F54	45:32	TTB 47:15

### Sequoia Park 2M:

Sopagne Eap	F28	10:55	TTB 11:50
-------------	-----	-------	-----------

### Foggy Bottom Milk Run 4.1M:

Jason Lewis	M24	21:44	TTB22:30
Cody Thompson	M32	22:06	TTB22:30
Daniel Hunter	M22	22:07	TTB 22:30
Reed Richard	M41	23:06	TTB 23:15
John Zinselmeir	M62	24:33	TTB 28:00
Yoshi Uemura	M55	25:36	TTB 26:30
Laura McNulty	F42	25:33	TTB 27:00
Robyn Petruscha	F45	25:57	TTB 28:15

**Foggy Bottom Milk Run 2M:**

Chloe Pigg	F12	11:02	TTB	11:50
------------	-----	-------	-----	-------

**Master's 10K:**

Reed Richard	M41	36:39	TTB	36:45
Yoshi Uemura	M55	40:40	TTB	41:45
Laura McNulty	F42	40:04	TTB	42:45
Chris Hamer	F54	46:59	TTB	47:15

**Hour Run Track 1M:**

Jurgen Giessel	M73	7:56	TTB	8:00
----------------	-----	------	-----	------

**Hour Run Track 400 meter:**

Jeff Haag	M50	1:04	TTB	1:04
-----------	-----	------	-----	------

**Ave of the Giants ½ Marathon:**

Laura McNulty	F42	1:29:41	TTB	1:33:00
---------------	-----	---------	-----	---------

**Ave of the Giants 10K:**

Cody Thompson	M32	35:30	TTB	35:30
Barry Milender	M55	39:50	TTB	41:45
Yoshi Uumura	M55	41:44	TTB	41:45

**Atalanta's Victory Run 5M:**

Kam Nelson-Kinsley	F33	29:22	TTB	32:00
Christine Mateer	F48	34:42	TTB	35:15

**4th of July 5K:**

Jason Lewis	M24	16:27	TTB	17:00
Scott Pinsky	M20	16:35	TTB	17:00
Chloe Pigg	F12	17:55	TTB	19:30
Yoshi Uemura	M55	19:24	TTB	20:00
Laura McNulty	F42	19:34	TTB	20:30
Barry Milender	M55	19:43	TTB	20:00
Christine Mateer	F48	20:53	TTB	21:30

**Clam Beach Challenge 5K:**

Laura McNulty	F42	19:18	TTB	20:30
Yoshi Uemura	M55	19:57	TTB	20:00
John Zinselmeir	M62	20:41	TTB	21:00
Chris Hamer	F54	22:41	TTB	22:45

**Hammond Trail ½ Marathon:**

Jason Lewis	M24	1:16	TTB	1:17
Cody Thompson	M32	1:16	TTB	1:17
Andrea Wright	F49	1:28	TTB	1:38
James Washington	M54	1:28	TTB	1:28
Barry Milender	M55	1:31	TTB	1:32
Chris Hamer	F54	1:43	TTB	1:43

**Blue Lake Swan Run 10K:**

Reed Richard	M41	36:22	TTB	36:45
John Zinselmeir	M62	38:44	TTB	43:30

**Sand Dollar Shuffle 5M:**

John Zinselmeir	M62	50:37	TTB	57:45
-----------------	-----	-------	-----	-------

**Humboldt Redwoods Marathon:**

Roxanne Woodhouse	F47	3:11	TTB	3:24
-------------------	-----	------	-----	------

**Humboldt Redwoods ½ Marathon:**

Cody Thompson	M32	1:17	TTB	1:17
Megan Roland	F22	1:18	TTB	1:21

**Humboldt Redwoods 5K:**

Yoshi Uemura	M55	19:34	TTB	20:00
Barry Milender	M55	19:56	TTB	20:00

**Arcata Bottoms 8M:**

John Zinselmeir	M62	50:37	TTB	57:45
-----------------	-----	-------	-----	-------

**Blue Lake Fish Hatchery 4M:**

Cody Thompson	M32	21:40	TTB	22:30
Robin O'Connell	M18	21:40	TTB	22:30
Reed Richard	M41	22:41	TTB	23:15
Yoshi Uemura	M55	25:20	TTB	26:30
John Zinselmeir	M62	26:09	TTB	28:00

# 2009 SRRC Singlet Awards:

-- Compiled by "Marlene Allen" <allens@humboldt1.com>

**Patrick's Point 10K:**

Todd Braje	M32	34:56
John Zinselmeir	M61	38:18
Chris Hamer	F53	45:39



**Sequoia Park 5.1M:**

John Zinselmeir M61 34:07

**Foggy Bottom Milk Run 4.1M:**

Matt Creason M32 22:24

Scott Pesch M42 22:41

Robyn Petrusha F44 26:27

Chris Hamer F52 1:16:14

**Foggy Bottom Milk Run 2M:**

Chloe Pigg F11 11:38

**Master's 10K:**

John Zinselmeir M61 38:43

Chris Zinselmeir F53 45:51

**Hour Run Track 1M:**

Chloe Pigg F11 5:38

**Ave of the Giants Marathon:**

Roxanne Woodhouse F46 3:20:16

**Ave of the Giants ½ Marathon:**

Matt Creason M32 1:16:22

Joanne Harper F41 1:27:16

**Ave of the Giants 10K:**

David Keniston M55 41:43

**Dows Prairie 10K:**

Matt Creason M32 33:51

Kyle Louv M20 35:19

John Zinselmeir M61 39:04

Chris Hamer F53 45:49

**Atalanta's Victory Run 5M:**

Christine Mateer F47 35:04

**4<sup>th</sup> of July 5K:**

Jason Lewis M23 16:55

John Zinselmeir M61 18:25

Christine Mateer F47 20:31

Connie Rowden F51 21:52

Chris Hamer F52 22:40

**Clam Beach Challenge 5K:**

Chris Hamer F53 22:14

**Hammond Trail ½ Marathon:**

Matt Creason M32 1:14

Chris Hamer F53 1:42

**Blue Lake Swan Run 10K:**

John Zinselmeir M60 39:24

Matt Creason M32 35:27

**Humboldt Redwoods ½ Marathon:**

Matt Creason M32 1:14:55

**Humboldt Redwoods 5K:**

Yoshi Uemura M54 19:37

**Arcata Bottoms 8M:**

Cody Thompson M32 46:33

Chris Hamer F53 1:00:39

**Blue Lake Fish Hatchery 4M:**

Todd Braje M33 21:58

Sopagna Eap F28 23:08

John Zinselmeir M62 24:08

Yoshi Uemura M55 25:51

## 2008 SRRC Singlet Awards:

**Patrick's Point 10K:**

Chris Binschus M25 34:27

Eric Malain M18 34:29

Steve Kilroy M21 34:42

Scott Pesch M41 34:46

Ian McDougall M19 34:56

John Zinselmeir M60 37:59

Chris Hamer F52 45:24

Portia Matheson F60 51:44

**Sequoia Park 5.1M:**

John Zinselmeir M60 34:46

**Foggy Bottom Milk Run 10M:**

Chris Binschus M25 55:49

Scott Pesch M41 56:32

Rick James M21 57:22

Chris Hamer F52 1:16:14

**Foggy Bottom Milk Run 4.1M:**

Liz Black F49 28:05

**Master's 10K:**

John Zinselmeir M60 39:27

Chris Hamer F52 46:45

Portia Matheson F60 53:49

**Hour Run Track 1M:**

Yoshi Umeura M53 5:36

Jurgen Giessel M71 7:35

**Ave of the Giants ½ Marathon:**

Joanne Harper F40 1:27:16

**Dows Prairie 10K:**

John Zinselmeir M60 39:10

Yoshi Uemura M53 39:35

Chris Hamer F52 46:03

**Atalanta's Victory Run 5M:**

Chris Hamer F53 36:21

**4<sup>th</sup> of July 5K:**

Yoshi Uemura M53 19:01

John Zinselmeir M60 19:16

**Clam Beach Challenge:**

None

**Hammond Trail ½ Marathon:**

Todd Braje M32 1:14:25

James Washington M52 1:19:20

**Blue Lake Swan Run 10K:**

John Zinselmeir M60 37:59

Christine Mateer F46 42:41

**Humboldt Redwoods Marathon:**

Todd Braje M32 2:40:46

**Humboldt Redwoods ½ Marathon:**

Chris Schille M42 1:12:21

Billy Morris M43 1:15:05

Jesse Plummer M29 1:15:49

John Zinselmeir M61 1:24:30

Robyn Petrussha F44 1:32:51

Chris Hamer F52 1:39:03

**Humboldt Redwoods 5K:**

Jared Hilligoss M15 16:49

Yoshi Uemura M54 18:13

Cyril Carl M61 20:35

**Arcata Bottoms 8M:**

Billy Morris M43 44:32

James Washington M52 50:09

John Zinselmeir M61 54:00

Chris Hamer F52 1:01:56

**Blue Lake Fish Hatchery 4M:**

Todd Braje M32 21:36

Matt Creason M32 22:27

John Zinselmeir M61 23:56

Jared Hilligoss M15 24:11

Chris Hamer F53 28:06

## 2007 SRRC Singlet Awards:

Chris Hamer

Billy Morris

Scott Pesch

Yoshi Uemura

James Washington

John Zinselmeir

## 2006 SRRC Singlet Awards:

Dillon Ayers

Reed Elmore

Jurgen Giessel

Chris Hamer

Karen Kelley-Day

Portia Matheson

Yoshi Uemura

Mary Wells

John Zinselmeir

## **2005 SRRC Singlet Awards:**

Jurgen Giessel  
Chris Hamer  
Karen Kelley-Day  
Bob Thompson  
Yoshi Uemura  
Yasmine White  
John Zinselmeir

## **2004 SRRC Singlet Awards:**

Dolores Bergman  
Jurgen Giessel  
Chris Hamer  
Karen Kelley-Day  
Lynn Lawrence  
Billy Morris  
Yoshi Uemura  
John Zinselmeir

## **2003 SRRC Singlet Awards:**

Jurgen Giessel  
Yoshi Uemura  
John Zinselmeir

## **2002 SRRC Singlet Awards:**

Phil Erath  
Jurgen Giessel  
Chris Hamer  
Karen Kelley-Day  
Bob Thompson  
Yoshi Uemura  
James Washington  
John Zinselmeir

## **2001 SRRC Singlet Awards:**

Jurgen Giessel  
Chris Hamer  
Tami Jaegel  
Karen Kelley-Day  
Billy Morris  
Yoshi Uemura  
Jack West  
John Zinselmeir