

**STRIDE WITH THE TIDE 5K RESULTS – AUGUST 8, 2009  
PISMO BEACH, CALIFORNIA**

1.	Brandon Croft (1 <sup>st</sup> Male)	17	Visalia/EI Diamante HS	16:32
2.	Matt Ruane (& stroller with Elsie & Rae)	33	Los Osos-SLDC/Aggies	18:43
3.	Ben Kulick (2 <sup>nd</sup> -30/39)	30	San Luis Obispo-SLDC	19:02
4.	Marvin Weniger (1 <sup>st</sup> -20/29)	23	Arlington, Virginia	19:28
5.	Sergio Quintana (1 <sup>st</sup> -40/49)	48	Arroyo Grande	19:36
6.	Quintan Berk (1 <sup>st</sup> -13/15)	14	Visalia-EI Diamante HS	19:40
7.	Riley Kennedy (2 <sup>nd</sup> -13/15)	15	Shell Beach-Arroyo Grande HS	19:51
8.	Ismael Zambrano (3 <sup>rd</sup> -13/15)	14	Visalia-EI Diamante HS	19:51
9.	John Nichols	13	Arroyo Grande-SLDC	19:53
10.	David White (1 <sup>st</sup> -12 & U)	12	San Luis Obispo-SLDC	19:53
11.	Brian Buchanan (2 <sup>nd</sup> -40/49)	44	Atascadero-SLDC	20:01
12.	Dave Ketelaar (3 <sup>rd</sup> -40/49)	44	Pismo Beach	20:27
13.	Steven Dunbar	15	Arroyo Grande-AGHS	20:32
14.	Matthew Shuck (2 <sup>nd</sup> -20/29)	25	Atascadero-SLDC	20:37
15.	David Hensinger	44	San Luis Obispo-SLDC	20:50
16.	Kacie Fischer (1 <sup>st</sup> Female)	24F	Pismo Beach-SLDC	20:54
17.	Charles Birdsong	42	San Luis Obispo-SLDC	20:56
18.	Sharilyn MacKenzie (1F-20/29)	25F	San Luis Obispo-SLDC	21:02
19.	Joseph Caine (1 <sup>st</sup> -16/19)	16	Visalia-EI Diamante HS	21:05
20.	Talley Hill (1F-12 & U)	9F	Arroyo Grande-SLDC	21:21
21.	Brent Walta	47	San Luis Obispo-SLDC	21:31
22.	Molly Pahkamaa (1F-16/19)	17F	Visalia-EI Diamante HS	21:32
23.	Tim Greilich	45	Fresno	21:47
24.	Nick Pegley	47	Burlingame	21:50
25.	Roque Guerrero (2 <sup>nd</sup> -16/19)	17	Visalia-EI Diamante	21:55
26.	Tom Luginbuhl (1 <sup>st</sup> -50/59)	54	Altadena	21:57
27.	Alex Hatcher	15	Turlock-Turlock HS	22:04
28.	Trevor Brady (3rd-16/19)	16	Los Osos-Morro Bay HS	22:12
29.	John Brady	48	Los Osos	22:13
30.	Jessica Felts (2F-20/29)	27F	Pismo Beach	22:21
31.	Vincent Ketelaar (2 <sup>nd</sup> -12 & U)	9	Pismo Beach	22:32
32.	Bill Schackart (1 <sup>st</sup> -60/69)	60	Santa Maria-SLDC	22:34
33.	Coker Ellsworth (2 <sup>nd</sup> -50/59)	56	Arroyo Grande	22:44
34.	Sonya Wong (1F-30/39)	36F	Rocklin	22:50
35.	Ryan Pitcher	18	Bakersfield	22:54
36.	Martina Kingman (1F-40/49)	44F	Paso Robles-SLDC	23:09
37.	Richard Fukuhara	45	Redwood City	23:15
38.	Sheryl Collmer (1F-50/59)	51F	San Luis Obispo-SLORR	23:34
39.	Doug Ramenzahn (3 <sup>rd</sup> -30/39)	34	Los Osos	23:39
40.	Boris Perez Artiga	14	Visalia-EI Diamante HS	23:41
41.	David Jeffrey (2 <sup>nd</sup> -60/69)	61	San Luis Obispo-SLDC	23:43
42.	Chelsea Atkinson (2F-16/19)	16F	Visalia-EI Diamante HS	23:45
43.	Warren Williamson (3 <sup>rd</sup> -60/69)	62	Morro Bay	23:48
44.	Christopher Angelus	21	Pismo Beach	23:49
45.	Don Clark (3 <sup>rd</sup> -50/59)	55	Bakersfield	23:56
46.	Miguel Peinado	50	Arroyo Grande	24:02
47.	Bart Riley	53	Hanover, Massachusetts	24:04
48.	Chris Franske	24	Arroyo Grande	24:10
49.	Kaitlyn Greene (1F-13/15)	15F	Rancho Santa Margarta-THHS	24:10
50.	Isabella Manuele (2F-12 & U)	12F	Grover Beach	24:11
51.	Andrea Zachrich (3F-12 & Under)	12F	Arroyo Grande	24:12
52.	No card - unidentified	----	----	24:12
53.	Lynn Argente (2F-30/39)	39F	San Luis Obispo	24:12
54.	Steven Whitley	31	Santa Maria	24:13
55.	Andy Felix	18	Huntington Park-EI Camino JC	24:34
56.	Dan Copp	28	San Luis Obispo-SLDC	24:40
57.	Stacie Rappleye (3F-20/29)	29F	Arroyo Grande	24:54

58.	Julie Zimmerman	21F	Paso Robles	24:55
59.	Charles Okui	43	Arroyo Grande	25:06
60.	Jim Finkelstein	56	San Rafael	25:16
61.	No card – unidentified	----	---	25:23
62.	Breann Croft	12F	Visalia-La Joya	25:26
63.	Lisa Dosch	27F	San Luis Obispo	25:33
64.	Andres Palacios	15	Visalia-El Diamante HS	25:41
65.	Evan Anderson	20	Mission Viejo	25:43
66.	Troy Dildine	18	Tulare-Dartmouth College	25:52
67.	Debbie Dorney (2F-50/59)	59F	Arroyo Grande-SLDC	26:08
68.	No card - unidentified	----	---	26:12
69.	Aileen Cota (2F-40/49)	42F	Paso Robles-SLDC	26:17
70.	Cassandra Hill (3F-30/39)	32F	Arroyo Grande	26:20
71.	Michael Mailloux	44	Pismo Beach	26:21
72.	Mary Lou Seelandt (3F-50/59)	53F	Lompoc-Lompoc Valley D.C.	26:36
73.	Angie Weiler	31F	Pismo Beach	26:46
74.	Rick Ford	63	Pismo Beach	26:58
75.	Kristopher Greene	13	Rancho Santa Margarita -RSM MS	27:11
76.	Chris Luna	14	Visalia-El Diamante HS	27:41
77.	Sonia Bensky 3F-40/49)	46F	San Luis Obispo	27:43
78.	Andrea Fernandez (2F-13/15)	15F	Visalia-El Diamante HS	27:48
79.	Shanna Angelus (3F-16/19)	18F	Pismo Beach	27:52
80.	Andrew Ketelaar (3 <sup>rd</sup> -12 &U)	7	Pismo Beach	27:52
81.	Dennis Fox	49	Pismo Beach	27:53
82.	Sean Powell	15	San Jose	27:58
83.	Nick Tomasello	15	San Jose-St. Francis	28:01
84.	Jack Hogeboom	10	Arroyo Grande-Ocean View	28:04
85.	Nathanlel Zachrich	10	Arroyo Grande-Ocean View	28:11
86.	Charles Trenbeth	58	Morro Bay-SLDC	28:11
87.	Nicole McDermott	30F	New York City, New York-ACS	28:13
88.	Joy Danley	42F	Arroyo Grande-Kennedy Club	28:14
89.	No card – unidentified	----	---	28:18
90.	Robert Higginbotham	65	Pismo Beach	28:24
91.	Alexis Pitcher (3F-13/15)	14F	Bakersfield	28:35
92.	James Greene	52	Rancho Santa Margarita	28:35
93.	Gordon Ford	31	San Luis Obispo	28:36
94.	R. L. Zachrich	52	Arroyo Grande	28:38
95.	Candace Krebsbach	17F	Visalia-El Diamante HS	28:44
96.	Lindsay Nichols	13	Arroyo Grande-SLDC	28:50
97.	Elana Harway	48F	San Luis Obispo	29:01
98.	Brian Stewart	48	Bakersfield	29:15
99.	Fran Zimmerman (1F-60/69)	60F	Lompoc	29:18
100.	Gary Wilson	55	Pismo Beach	29:31
101.	Betsie Wilson	14F	Pismo Beach-Arroyo Grande HS	29:37
102.	Jo-Jo Manuele	9F	Grover Beach	29:39
103.	Joe Manuele	37	Grover Beach	29:39
104.	Doug Wright	52	San Ramon	29:49
105.	Laurel Posey	51F	Grover Beach-SLDC	29:51
106.	Carole Warnert	49F	Clovis	29:53
107.	Jeff Hatcher	52	Turlock	29:54
108.	Holly Sherlund	27F	Arroyo Grande	29:55
109.	Jake Miller	41	Pismo Beach-Pismo Beach P.D.	29:56
110.	Jeff Peace	37	Arroyo Grande- AGHS (teacher)	29:56
111.	Carolyn Kell	48F	Grover Beach	30:01
112.	Pat Felts	57F	Pismo Beach	30:07
113.	Chrys Papatone	58F	San Luis Obispo-Equilibrium	30:12
114.	Heather Georgii	37F	Grover Beach	30:21
115.	Mary Webb	53F	Huntington Beach	30:24
116.	Breanna Vawter	13F	Three Rivers-Woodlake MS	30:24
117.	Jenn North	13F	Three Rivers-Woodlake MS	30:25

118.	Lori Klemowicz	34F	Grover Beach	30:43
119.	Jill Sterling	42	Nipomo	30:45
120.	Kathryn Montellaro	35F	Oceano-Kennedy Club	30:48
121.	Jeremy Bond (1 <sup>st</sup> -70/79)	71	Grover Beach	30:52
122.	Ping Tsao	61	San Luis Obispo-SLDC	30:56
123.	Amy Zahorik	41	Austin, Texas	30:59
124.	No card – unidentified	----	---	31:14
125.	Morgan Kingman	11F	Paso Robles-SLDC	31:18
126.	Stacy Gregory	45F	Pismo Beach	31:21
127.	Mike Wimer	48	Mifflinburg, Pennsylvania	31:22
128.	Patsy Schackart	59F	Santa Maria-SLDC	31:35
129.	Duane Abe	46	Kingsburg	31:36
130.	Robert Sada	13	San Luis Obispo-Laguna MS	31:40
131.	Curtis Reinhardt	56	Pismo Beach-BJTH	31:41
132.	Jake Miller Jr.	12	Pismo Beach-Judkins MS	31:47
133.	Jeremy Perkins	58	Nipomo-SLDC	31:51
134.	Jeff Hiser	56	Arroyo Grande	32:02
135.	Brandon Pticher	12	Bakersfield-Tevis JHS	32:06
136.	Mark Yoas	49	Port Saint Lucie, Florida	32:07
137.	Hannah Sader	13F	San Luis Obispo-Laguna MS	32:09
138.	Barbara Buchanan	43F	Atascadero	32:17
139.	Maria Schiller	45F	Campbell	32:25
140.	Heidi Ensslin	32F	Grover Beach	32:34
141.	Shana Villapando	30F	Oceano-Equilibrium	32:42
142.	Chelsea Muro	24F	Nipomo	32:57
143.	Melissa Moses	26F	Grover Beach	33:00
144.	Stacie Sharar	34F	Modesto	33:15
145.	Joe Camporeale (2 <sup>nd</sup> -70/79)	71	Avila Beach-SLDC	33:17
146.	Laura Lickel	23F	Arroyo Grande	33:33
147.	Nicki Galante	47F	Bakersfield	33:36
148.	Rudy Vargas	8	Arroyo Grande	33:47
149.	Rude Vargas	30	Arroyo Grande	33:47
150.	Leigh Wakefield	26F	Santa Maria	34:10
151.	Jackson Peace	12	Arroyo Grande-Judkins MS	34:13
152.	David Redman	64	Wallace	34:21
153.	Diana Durden	24F	Apple Valley	34:25
154.	Molly Gostanian	11F	Visalia-Mineral King Elementary	34:30
155.	Chris Shuck (2F-60/69)	61F	Atascadero-SLDC	34:43
156.	Isabel Tellez	52F	Arroyo Grande	35:16
157.	Anna-Mari Ruth Serrin	5F	Pismo Beach-Shell Beach Elem.	35:28
158.	Barbara Wiebe	57F	San Luis Obispo	35:29
159.	Jennifer Gomez	32F	San Luis Obispo	35:36
160.	Kerrie Gostanian	39F	Visalia	35:39
161.	No card – unidentified	----	---	35:42
162.	Bill Winstanley (1 <sup>st</sup> -80+)	80	Morro Bay-SLDC	35:43
163.	Kathryn Wallace	21F	Templeton	36:17
164.	No card – unidentified	---	---	36:18
165.	Jim Loney	48	Omaha, Nebraska	37:28
166.	No card – unidentified	----	---	37:29
167.	Martin Galante	45	Imperial Beach	37:43
168.	Berni Hiser	58F	Arroyo Grande	37:50
169.	Chantella Stenvall	8F	Shell Beach-Old Mission School	37:55
170.	Mike Stenvall	52	Shell Beach	38:23
171.	John Setchell	60	Huntington Beach-HBHS	38:26
172.	Matthew Zahorik	40	Austin, Texas	38:26
173.	Tony Hyman (3 <sup>rd</sup> -70/79)	70	Pismo Beach	38:52
174.	No card – unidentified	----	---	38:59
175.	Lisa Vawter	37F	Three Rivers	39:23
176.	Ariana Wong	16F	Rocklin	39:25
177.	Annie Manuele	37F	Grover Beach	39:57

178.	Matilda Flach	17F	Oceano-Kennedy Club Fitness	40:30
179.	Unidentified	----	---	40:38
180.	Ariana Moulton	24F	Santa Maria	40:54
181.	Unidentified	----	---	41:07
182.	Shelly Wallace	42F	Templeton	41:18
183.	Unidentified	----	---	41:21
184.	Unidentified	----	---	42:38
185.	Amy Martinez	39F	Templeton	42:52
186.	Eva Moss (1F-70/79)	70F	Nipomo	43:37
187.	Hunter Lillis	50+	Arroyo Grande	43:38
188.	Jean Spierling (1F-80+)	82F	Grover Beach-SLDC	43:56
189.	Unidentified	----	---	44:30
190.	Glenn Wainert	45	Clovis	45:08
191.	Unidentified	----	---	45:34
192.	Carol Wright	50F	San Ramon	45:40
193.	Unidentified	----	---	45:53
194.	Betty DePaul (2F-80+)	81F	Arroyo Grande	45:57
195.	Linda Markey	60F	Pismo Beach	48:07
196.	Howard Williams	59	Fresno	49:25
197.	Melane Lange	51F	Los Osos-Weight Watchers	49:35
198.	Terrie Stoner	47F	San Luis Obispo-Weight Watchers	49:35
199.	Gabe Zachrich	12	Arroyo Grande-Judkins MS	50:04
200.	Suzanne Lee	53F	Yorba Linda	50:05
201.	Julie Garrahan	46F	Danville	50:05
202.	Janet Arcand	52F	Rancho Palos Verdes	50:21
203.	Julie Zachrich	49F	Arroyo Grande	51:43
204.	Rebecca Silva	35F	Pismo Beach-City of Pismo Beach	58:18
205.	George Edes	66	Pismo Beach	59:01
206.	Faye Page (2F-70/79)	71F	Altamonte Springs, Illinois	63:27
207.	Donald Dunn (2 <sup>nd</sup> -80+)	80	Grover Beach-Pismo Beach A.C.	63:29
208.	Bill Denneen (3 <sup>rd</sup> -80+)	84	Nipomo-SLDC	63:38
209.	Kathy Dunn (3F-870/79)	75F	Grover Beach	67:55
210.	Lorraine Alford (3F-80+)	87F	Nipomo	67:55

If you are listed as finishing in the top three of your division and did not receive your medal at the awards ceremony, please contact the City of Pismo Beach Recreation Division. Thanks to Costco for the water, Kennedy Club Fitness for the donation of gym bags and T-shirts as random draw prizes, Rick Turton of Pacific Leisure for filming and prizes, Dr. Troy Smith for his donation of chiropractic services, and the Therapeutic Body Center for their donation of massage services.

**Race Committee** – Colleen Cashmore-Ghiglia & Tara Beecher (City of Pismo Beach Recreation Department); Mary Cooper, Don Pycior, Stan Rosenfield, & Ralph Wright (San Luis Distance Club).

**Race Officials** – Myrna Alvarez, Jim Barodte, Aileen Cota, Debbie Dorney, Janet Duke, Dave Dunbar, Field Gibson, Heidi Harrison, Bob Hotaling, David Jeffrey, Marion McKenna, Laurel Posey, Kathy Pycior, Russ Raymond, Elaine Rosenfield, Chris Shuck, Neil & Renee Silvers, David Spargo, Charlie Trenbeth, Wayne Tyo, Sue Waterbury, Lee Whitmer, Neil Wilcox, & Bill Winstanley.