STRIDE WITH THE TIDE 5K RESULTS – JULY 31, 2010

PISMO BEACH, CALIFORNIA

1.	Hugo Gutierrez, Grover Beach	18	16:55	51.	Jim Deaver, Redding	44	22:44
2.	Elmer McPhail, Maryland	54	17:34	52.	Joe Henton, Santa Margarita	26	22:46
3.	Matt Ruane, Los Osos	34	17:49	53.	Bill Schackart, Santa Maria	61	22:49
4.	Quincy Schmidt, San Luis Obispo	19	17:52	54.	Dave Dunbar, Arroyo Grande	54	22:55
5.	Blair Libby, Shell Beach	16	18:01	55.	Jose Iniquez, San Luis Obispo	49	22:57
6.	Steven Youngblood, Santa Maria	17	18:01	56.	Rollie Cavaletto, Nipomo	66	23:20
7.	Nate Mach, Grover Beach	15	18:12	57.	Ken Berckes, Bakersfield	53	23:23
8.	Jonathan Corley, Arroyo Grande	15	18:21	58.	Bam Anselmo, Santa Maria	41F	23:27
9.	Angel Valdez, Santa Maria	23	18:31	59.	John M. Tiffin, Los Osos	64	23:28
10.	Robert Reid, Exeter	16	19:02	60.	Samantha Mauro, Los Osos	30F	23:29
11.	David Avila, Arroyo Grande	15	19:09	61.	Malia Simon, Arroyo Grande	10F	23:30
12.	Dave Hensinger, San Luis Obispo	45	19:47	62.	Roque Guerrero, Visalia	42	23:36
13.	Joseph Caine, Visalia	17	19:48	63.	Eric Simon, Arroyo Grande	41	23:37
14.	Wilbaldo Acevedo, Santa Maria	17	19:51	64.	Curtis Johnson, Arroyo Grande	50	23:42
15.	Pat Connally, Paso Robles	54	19:55	65.	Paul Shires, Arroyo Grande	57	23:51
16.	Josh Waldman, Arroyo Grande	33	19:56	66.	Kim Shollenberger, S.L.O.	42F	23:57
17.	Roque Guerrero, Visalia	18	19:59	67.	Eduardo Cortes, Santa Maria	15	23:57
18.	Steven Dunbar, Arroyo Grande	16	20:04	68.	Jeff Ferguson, Mississippi	38	23:58
19.	Paul Lee, Pismo Beach	49	20:13	69.	Donald Martin, Templeton	41	24:00
20.	Unidentified	---	20:26	70.	Donovan Northcote, Arroyo Grande	47	24:01
21.	Jesus Montiel, Santa Maria	17	20:30	71.	David Enzastiga, Lexington, KY	14	24:02
22.	Kacie Fischer, Shell Beach	25F	20:33	72.	Levi Chernekoff, Pismo Beach	13	24:03
23.	Drew Babb, San Luis Obispo	20	20:34	73.	Jordan Mash, Grover Beach	12	24:03
24.	Alec Briones, Arroyo Grande	57	20:37	74.	Hayley Tobin, Bakersfield	42F	24:07
25.	Enrique Pinon, Santa Maria	16	20:38	75.	Ron Vanderveen, Santa Maria	41	24:09
26.	Jay Fiscalini, San Luis Obispo	45	20:48	76.	Rogo Martinez, Santa Maria	15	24:09
27.	Janet Norem, Grover Beach	53F	20:57	77.	Vincent Katelaar, Pismo Beach	10	24:11
28.	Matthew Shuck, Atascadero	25	21:04	78.	Quin Etnyre, Arroyo Grande	9	24:16
29.	Lauren Flynn, San Luis Obispo	22F	21:08	79.	Jill Cordova, Shell Beach	24F	24:18
30.	Charlies Birdsong, S.L.O.	43	21:13	80.	Holly Hayes, San Diego	17F	24:20
31.	Trent Fynaut, Madera	15	21:16	81.	Unidentified	---	24:21
32.	Magan Cugini, Los Osos	18F	21:27	82.	Unidentified	---	24:21
33.	Dave Ketelaar, Pismo Beach	45	21:29	83.	Nick Cornwell, Shell Beach	50	24:22
34.	Chuck Fiorentino, Arroyo Grande	53	21:36	84.	Brandon Richmen, Pismo Beach	13	24:23
35.	David Rose, Arroyo Grande	49	21:58	85.	Ron Rodman, Grover Beach	65	24:28
36.	Colton Deaver, Redding	14	22:00	86.	Justin Richardson, Santa Maria	15	24:44
37.	Sharilyn MacKenzie, S.L.O.	26F	22:03	87.	Nathaniel Zachrich, Arroyo Grande	11	24:48
38.	Elizabeth North, Arroyo Grande	48F	22:06	88.	Jorge Ruiz, Santa Maria	18	24:49
39.	Tim Grevich, Fresno	46	22:09	89.	Sierra Horst, Fair Oaks	18F	24:50
40.	Bradley Mickey, Nipomo	12	22:09	90.	Jim Jaskulsky, Santa Maria	45	24:52
41.	John Miles, Arroyo Grande	14	22:10	91.	Lauren Rose, Arroyo Grande	21F	24:54
42.	Coker Ellsworth, Arroyo Grande	57	22:11	92.	Robert Lewin, San Luis Obispo	49	24:56
43.	Jennifer Napoli, Santa Maria	33F	22:11	93.	Indigo Birdsong, S.L.O.	11	24:58
44.	Greg Burke, Pismo Beach	63	22:12	94.	Sheidan Rea, Arroyo Grande	13F	24:59
45.	Christopher Angelus, Pismo Bch	22	22:20	95.	John Yee, Santa Maria	50	25:04
46.	Ryan Pitcher, Bakersfield	19	22:21	96.	Russ Raymond, Costa Rica	62	25:17
47.	Leah Fynaut, Madera	19F	22:23	97.	Julie Zimmerman, Paso Robles	22F	25:18
48.	Thomas McKenna, Arroyo Grande	24	22:28	98.	K. P. Enderle, Bakersfield	45	25:19
49.	Sarah Reid, Exeter	13F	22:32	99.	Saul David, San Luis Obispo	57	25:31
50.	Marian Fiorentino, Arroyo Grande	48F	22:43	100.	Les Lewis, Oceano	47	25:35
101.	Unidentified	---	25:39	151.	Beth Simon, Arroyo Grande	42F	29:23
102.	Jeffrey Fernandes, Grover Beach	13	25:40	152.	Adriana Servin, Pismo Beach	22F	29:27
103.	Timothy Hayes, San Diego	48	25:52	153.	Danielle Ruano, Paso Robles	23F	29:31
104.	Savannah Lee, Lemoore	16F	25:57	154.	Kelly Meyer, San Luis Obispo	19F	29:40
105.	Matt Rhoady, Lemoore	19	25:57	155.	Sara Gordon, Hanford	24F	29:45
106.	Bruce Weaver, Santa Maria	49	26:06	156.	Feydra Fiscalini, S.L.O.	42F	29:47
107.	Tony Robinson, Arroyo Grande	56	26:07	157.	Jan Kears, Arroyo Grande	50F	29:48
108.	Heidi Harrison, Paso Robles	42F	26:08	158.	Mark Davis, Pismo	43	29:58

109.	Michael Framberger, S.L.O.	59	26:10
110.	Dennis Fox, Pismo Beach	50	26:13
111.	Jason Deaver, Redding	10	26:23
112.	Unidentified	---	26:24
113.	Linda Kestler, Santa Maria	45F	26:25
114.	Casey Brooks, Boulder City, NV	41	26:27
115.	Ivy Martinez, Santa Maria	16F	26:28
116.	Shanna Angelus, Pismo Beach	19F	26:38
117.	Shelby Kears, Arroyo Grande	19F	26:39
118.	Ethan Denneen, Arroyo Grande	11	26:44
119.	Wendy Castaneola, Santa Maria	16F	26:45
120.	Ely Herrera, Santa Maria	16F	26:46
121.	Derek Schmidt, San Luis Obispo	51	26:49
122.	Cornelius Pigott, Clovis	67	26:59
123.	John M. Williams, Viola, Idaho	19	27:06
124.	Meghan Anderson, Arroyo Grande	17F	27:19
125.	Kylie Anderson, Arroyo Grande	16F	27:19
126.	Ethan Etnyke, Arroyo Grande	46	27:28
127.	Kevin Gregor, Fresno	40	27:32
128.	Ryan Gilstrap, Arroyo Grande	13	27:34
129.	Brandi Welsh, Paso Robles	37F	27:36
130.	Paul; Richardson, Santa Maria	52	27:42
131.	Cyns Roshdich, Yorba Linda	14	27:52
132.	Michelle Bernal, Arroyo Grande	31F	27:54
133.	Jerry Hill, Atascadero	70	28:02
134.	Jenn Rea, Arroyo Grande	38F	28:03
135.	Jim Gilbride, Arroyo Grande	46	28:11
136.	C. J. Carr, Bakersfield	17	28:16
137.	Kyle Greilich, Fresno	21	28:20
138.	Amy Turnipseed, Sacramento	26F	28:31
139.	Jake Miller, Pismo Beach	13	28:32
140.	Marion McKenna, S.L.O.	61F	28:37
141.	Tawni Fernandes, Tulare	47F	28:40
142.	Dora Lopez, Santa Maria	14F	28:41
143.	Sandra Sanchez, Santa Maria	15F	28:41
144.	Doris Taets, Ft. Dodge, Iowa	46F	28:44
145.	Andrew Ketelaar, Pismo Beach	8	28:45
146.	R. L. Zachrich, Arroyo Grande	53	28:47
147.	Howard Loeb, Tarzana	54	28:53
148.	Melissa Pap, Clovis	36F	28:54
149.	Caity McCardell, Oceano	41F	29:02
150.	Charles Trenbeth, Morro Bay	59	29:13
159.	Ashley Morse, Santa Maria	14F	30:03
160.	Rafaela Delos Santos, Santa Maria	15F	30:08
161.	Emily Crews, Grover Beach	26F	30:20
162.	Tyler Morgenlaender, Napa	12	30:24
163.	Shanti Lay, Avila Beach	39F	30:25
164.	Teresa Hernandez, Hollister	46F	30:34
165.	Heather Hayes, San Diego	19F	30:34
166.	Unidentified	---	30:35
167.	Paul Hernandez, Hollister	52	30:37
168.	Unidentified	---	30:38
169.	John Fetyko, S.L.O.	40	30:40
170.	Tena Horn, Shafter	45F	30:46
171.	Ron Rudolf, Kerman	61	30:49
172.	Mary Hartogh, Osage, Iowa	44F	30:55
173.	Pat Felts, Pismo Beach	58F	31:04
174.	Melissa Morgenlaender, Napa	14F	31:07
175.	Cynthia Giron, Santa Maria	16F	31:09
176.	Melissa Conrey, Arroyo Grande	36F	31:16
177.	Mark Edwards, Bakersfield	50	31:19
178.	Yvette Morgenlaender, Napa	42F	31:23
179.	Debbie Gellatly, Bakersfield	48F	31:26
180.	Laurel Posey, Grover Beach	52F	31:27
181.	Estefany Cortes, Santa Maria	15F	31:34
182.	Alexis Pitcher, Bakersfield	15F	31:36
183.	Mary Flynn, San Mateo	53F	31:42
184.	Patsy Schackart, Santa Maria	60F	31:44
185.	Sean Brown, Templeton	12	31:49
186.	Luis Lopez, Grover Beach	47	31:56
187.	Esmelda Martin, Templeton	41F	31:57
188.	Vanessa Brown, Templeton	47F	32:00
189.	Velva Hakim, Atascadero	61F	32:02
190.	Salvador Chipres III, Bakersfield	17	32:08
191.	Joe Camporeale, Avila Beach	72	32:10
192.	Hong Nguyen, Saratoga	51	32:14
193.	Dianne Deturris, S.L.O.	40+F	32;18
194.	Brandon Pitcher, Bakersfield	13	32:19
195.	Carl Adams, Reedley	25	32:33
196.	Michelle M Diederichs, Santa Maria	45F	32:50
197.	Cami Fynaut, Madera	12F	32:51
198.	Jessica Greer, Lovelock, NV	28F	32:52
199.	Dan Fraziek, Lovelock, NV	58	32:53
200.	Sergio Chipres, Bakersfield	34	33:08
201.	Anna-Mari Ruth Servin, Pismo Beach	6F	33:15
202.	Alex Pepito, Santa Maria	45	33:27
203.	Carrie Hilgard, S.L.O.	57F	33:29
204.	Tenaya Pauly, Arroyo Grande	9F	33:36
205.	Unidentified	---	33:36
206.	Sherrie Bakke, Visalia	48F	33:40
207.	Julie Locke, Tulare	45F	33:40
208.	Maxwell Solis, Grover Beach	12	33:52
209.	Blake Casaver, Fresno	30	33:55
210.	Sarah Pedersen, Pismo Beach	31F	33:56
211.	Wally Wiebe, Visalia	60	33:59
212.	Inez Gregor, Fresno	31F	34:12
213.	Marta Escobar, Bakersfield	40F	34:25
214.	Melissa Orloff, Bakersfield	16F	34:35
215.	Ladonna Lewis, Oceano	49F	34:37
216.	Wendy Shearer, Oakley	49F	34:39
217.	Matthew Pap, Clovis	31	34:41
218.	Patricia Marquez, Bakersfield	26F	34:45
219.	Xaviera Underwood, S.L.O.	29F	34:46
220.	Kiersten Patterson, S.L.O.	31F	34:46
221.	Kim Enzastiga, Lexington, SC	36F	34:53
254.	Marty Carey, Arvada, CO	55F	41:46
255.	Debbie Estus, Visalia	56F	41:55
256.	Kevin Anderson, Arroyo Grande	51	42:12
257.	Monica Anderson, Arroyo Grande	45F	42:12
258.	Cynthia McDonald, Bakersfield	58F	42:29
259.	Mike Pitcher, Bakersfield	45	42:35
260.	Michelle Pearson, Arroyo Grande	39F	42:59
261.	Deborah Wharton, S.L.O.	55F	43:35
262.	Judy Barnes, Cuyama	50F	43:42
263.	Kali Williams, Arroyo Grande	38F	44:13
264.	Monica Peralta, Tracy	41F	44:42
265.	Andy Peralta, Tracy	43	44:43
266.	Rebecca Reah, Sacramento	27F	44:43
267.	Jonathan Fuller, Nipomo	27	44:44
268.	Unidentified	---	44:56
269.	Cameron MacMillan, Santa Maria	22	45:12
270.	Sundae Robinson, Arroyo Grande	40F	45:23
271.	Erika Brooks, Boulder City, NV	34F	45:23
272.	Charlene Miller, Paso Robles	52F	45:34
273.	Lucy Simola, Templeton	65F	45:34
274.	Aren Poeschel, Bakersfield	25F	45:48

222.	Mona Casey, Visalia	35F	34:54
223.	Tina Ketchum, Arroyo Grande	42F	35:00
224.	Dorothy Dilley, Nipomo	70F	35:13
225.	Ann Ketelaar, Pismo Beach	45F	35:30
226.	Penny Whittaker, Pismo Beach	36F	35:56
227.	Nathan Brunsting, Pismo Beach	13	36:06
228.	Andrew Medlock, S.L.O.	10	36:08
229.	Laurabeth Medlock, S.L.O.	39F	36:09
230.	Debbie Brunsting, Pismo Beach	48F	36:09
231.	Farza Roshdil, Yorba Linda	52	36:12
232.	Buffy Jensen, Grover Beach	44F	36:19
233.	Stephanie Young, Santa Maria	23F	36:42
234.	Carey Viker, Santa Maria	30F	36:43
235.	Katy Pitcher, Bakersfield	47F	37:10
236.	Amy Jenkins, S.L.O.	34F	37:13
237.	Evie Enderle, Bakersfield	13F	37:25
238.	Kathy Berckes, Bakersfield	54F	37:51
239.	Unidentified	---	37:52
240.	Unidentified	---	38:01
241.	Jennifer Dyer, Bakersfield	35F	38:06
242.	Chris Shuck, Atascadero	62F	38:08
243.	Carinne MacMillan, Santa Maria	33F	38:24
244.	Jessica Navarrete, Parlier	24F	38:42
245.	Dominique Avila, Fresno	28F	38:43
246.	Summer Burnett, S.L.O.	29F	39:04
247.	Barbara Wiebe, S.L.O.	58F	39:12
248.	Karen Mikuni, Arroyo Grande	46F	39:23
249.	Theresa Rainey, Windsor, CO	49F	39:56
250.	Mary Sandoval, Arroyo Grande	49F	40:34
251.	Deirdre Bishel, Madera	59F	40:50
252.	Lee Britt, Bakersfield	52	41:08
253.	Renee Silvers, Arroyo Grande	52F	41:26
275.	Matthew Van De Valk, Bakersfield	27	45:49
276.	Chris Nichols, Visalia	16	46:29
277.	Howard Williams, Fresno	60	46:48
278.	Leah Friedman, Arroyo Grande	9F	46:53
279.	Michelle Weisser, Hanford	26F	46:58
280.	Derek Weisser, Hanford	28	46:58
281.	Blake Johnson, Arroyo Grande	50	46:59
282.	DJ Gunsolus, Bakersfield	17	47:01
283.	Lewis Gunsolus, Bakersfield	45	47:01
284.	Ricardo Castellanos, Arroyo Grande	54	48:43
285.	Eric Horn, Shafter	47	49:05
286.	Rolland Van De Valk, Shafter	51	49:06
287.	Joe Barnes, New Cuyama	15	49:16
288.	Jean Spierling, Grover Beach	83F	49:53
289.	Judy Malcolm, Shell Beach	60F	50:26
290.	Rhonda Hunter, Los Osos	53F	50:27
291.	George Edes, Pismo Beach	67	51:16
292.	Terri Parker, Grover Beach	52F	51:44
293.	Clinton Carr, Bakersfield	50	51:44
294.	Unidentified	---	52:24
295.	Unidentified	---	52:26
296.	Torey Van De Valk, Shafter	50F	52:59
297.	Delores Britt, Bakersfield	50F	53:00
298.	Bill Denneen, Nipomo	85	53:50
299.	Steve Denneen, Avila	43	53:51
300.	Sheri Gordon, Hanford	44F	55:39
301.	Doug Maijala, Atascadero	80	57:55
302.	Larry Imoe, Santa Maria	66	60:13
303.	Betty DePaul, Arroyo Grande	82F	60:39
304.	Anthony Tiritilli, Corona	54	63:13
305.	Susan Tiritilli, Corona	53F	63:32
306.	William Siler, Morro Bay	94	75:00

If you finished 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.

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

Race Officials (Registration, T-shirts, finish line) – Orlando Birdsong, Alec Briones, Kevin Cooper, Tim Crowley, Dave & Steve Dunbar, Kacie Fischer, Velva Hakim, Heidi Harrison, Lori Hashim, Dave & Caleb Hensinger, Bob Hotaling, Samantha Mauro, George McClintock, Debbie McCreary, Marion McKenna, Clem Michel, Bernadette Monterrosa-Birdsong, Bill Miller, Janet Norem, Liz North, Kathryn Phelan, Laurel Posey, Kathy Pycior, Elaine Rosenfield, Chris Shuck, Kim Shollenberger, Neil & Renee Silvers, Nancy Steinmaus, Charlie & Dawn Trenbeth, Sue Waterbury, Lee Whitmer, & Bill Winstanley. Thanks to the City of Pismo Beach Public Works Department and to Dr. Troy Smith for their services.