

HOLIDAY RUN  
AND  
WALK FOR HEALTH

**2008 RESULTS BOOK**  
***OUR 32<sup>ND</sup> YEAR***

[WWW.HOLIDAYRUN.ORG](http://WWW.HOLIDAYRUN.ORG)

**For information about the  
33<sup>rd</sup> Annual Holiday Run and Walk for Health  
Saturday, December 12, 2009**

Contact Holiday Run Coordinator Martha Parsons  
at (925) 757-8138 or by e-mail at [info@holidayrun.org](mailto:info@holidayrun.org).

The Holiday Run and Walk for Health is a community project of  
The Kiwanis Club of Antioch Foundation.

This special event is endorsed by the  
California Task Force and Youth and Workplace Wellness  
and its Founding Chair, Assemblymember Tom Torlakson.

*Sponsorships are appreciated.*

For more information, or to sign-up as a Holiday Run  
and Walk for Health sponsor, check out our web page at

<http://www.holidayrun.org>

Please send mail inquiries to:

The Delta Kiwanis Club of Antioch  
3377 Deer Valley Road #239  
Antioch, CA 94531

*Thank you for your continued support!*

*Computer Generated. Labor Donated.*

# TABLE OF CONTENTS

Kiwanis Club of the Delta, Antioch Information.....	2
Holiday Run and Walk for Health History.....	3
Thank You to Our Event Sponsors.....	4-5
Greetings from Assemblymember Tom Torlakson and Kiwanis President Kay Power.....	6
2008 Participation Winners.....	7
The Fastest Times	
1 Mile Run and Walk, Boys 12 and Under Since 1991.....	8
1 Mile Run and Walk, Girls 12 and Under Since 1991.....	8
3 Mile Run and Walk, Men Since 1979.....	9
3 Mile Run and Walk, Women Since 1979.....	9
10K Run, Men Since 1979.....	10
10K Run, Women Since 1979.....	10
Race Results	
1 Mile Run and Walk, Top Finishers.....	13
1 Mile Run and Walk, Men's Division Results by Age Group.....	14
1 Mile Run and Walk, Women's Division Results by Age Group.....	15
1 Mile Run and Walk, Men's Overall Results.....	16
1 Mile Run and Walk, Women's Overall Results.....	17
3 Mile Run and Walk, Top Finishers.....	19
3 Mile Run and Walk, Men's Division Results by Age Group.....	20
3 Mile Run and Walk, Women's Division Results by Age Group.....	25
3 Mile Run and Walk, Men's Overall Results.....	30
3 Mile Run and Walk, Women's Overall Results.....	34
10K Run, Top Finishers.....	37
10K Run, Men's Division Results by Age Group.....	38
10K Run, Women's Division Results by Age Group.....	40
10K Run, Men's Overall Results.....	41
10K Run, Women's Overall Results.....	43
33rd Annual Holiday Run and Walk Entry Form.....	Inside Back Cover



The Kiwanis Club of The Delta, Antioch, California, is a group of local men and women who believe in our motto, "Serving the Children of the World!"

One of nine clubs in Division 26 of the Cal Nev Ha District of Kiwanis International, our vision is to make a difference in our community through our service—especially to the children of our community and the world. If you too would like to serve the children of the world, please join us!

We meet weekly at Denny's Restaurant on Lone Tree Way next to Staples and Orchard Supply in Southeast Antioch at 7 a.m. on Tuesday mornings. Come Visit!

Some of our 2008-2009 Service & Fundraising Projects and Activities Include:

- 32<sup>ND</sup> Anniversary Holiday Run & Walk for Health and Health Fair, December 13, 2008
  - Annual Holiday Run Awards Breakfast
  - Antioch High School Blood Drive with American Red Cross
  - Antioch Rivertown Jamboree
  - Deer Valley High School Blood Drive with American Red Cross
  - Holiday Delites Parade
  - Key Club Get-Acquainted Party
  - Key Clubs at both Antioch and Deer Valley High Schools
  - Membership Drive - On-Going
- NBC11 John Farley & SaveMart and Lucky Stores Turkey and Holiday Food Drive
  - Pittsburg Seafood Festival
  - Pride of the Delta Restaurant Tour
  - Relay For Life Food Chairmanship
  - Relay For Life Pancake Breakfast for Participants
  - Scholarships For High School Seniors - Deer Valley & Antioch High Schools
  - Senior Fishing Day at Contra Loma Regional Park with Pittsburg Kiwanis Club
  - Sponsor a Soccer League Team
  - Sponsor Challenged Children Little League team
  - Spring Pasta Fest for local charities
  - St. Jude Children's Hospital Pancake Breakfast
- The Big-Little Game Awards Lunch Senior Scholarships with Pittsburg Kiwanis Club

Please check out our website: [www.delta-antiochkiwanis.org](http://www.delta-antiochkiwanis.org)

If you're interested in finding out more about our club,  
please call Martha Parsons at 925-757-8138

# HISTORY OF THE HOLIDAY RUN AND WALK FOR HEALTH

In 1977, Tom Torlakson, a teacher and coach at Pacifica High School, and Mike Hurd, the Antioch High School Cross Country coach, decided to organize a new East County fitness event. One in which their runners could participate after the Cross Country season ended, and one to involve their community more in running.

For the second year, Torlakson approached Clark Gelhaus—a teacher as well as a swimming instructor and fitness enthusiast—and the Delta Kiwanis Club to help. Both the Kiwanis and Gelhaus enthusiastically embraced the Holiday Run, partnerships continuing to this day.

The event’s organizers have continued to expand and transform the Holiday Run to make it enjoyable and meaningful for participants.

A 10K race was added by 1979. In the 1980s, the race was moved to Raley’s Shopping Center in order to take advantage of the nearby Contra Costa Canal trail. In 1987, the Holiday Run’s “School Participation Challenge” was initiated as a way to encourage younger students to get involved in the race and fitness.

In 1991, the race moved to the nearby Delta Memorial Hospital, now Sutter Delta Medical Center, allowing the use of their facilities for race headquarters. The walk was added to attract parent participation, seniors, and the growing number of recreational walkers.

In 1995, Delta Kiwanis made the Byron Boys Ranch—recently renamed the Orin Allen Youth Rehabilitation Center—a targeted beneficiary of the financial proceeds of the event. Youth groups remain major beneficiaries to this day. A health fair was added and in 1997 our name evolved once again, becoming the “Holiday Run and Walk for Health.”

New participation challenges were also added. A Libraries Challenge gave our wonderful local libraries the opportunity to become beneficiaries of the event. Through their participation, libraries are awarded funds to buy up-to-date materials on fitness and nutrition.

In 2006, the Holiday Run and Walk for Health moved to the Contra Loma Regional Park with the cooperation of the East Bay Regional Parks District. This spectacular location was well received by a record-number of runners in its first three years.

We have worked together to celebrate three decades of family fun and fitness! We continue to believe that the “Holiday Run and Walk for Health” has great potential to grow and bring its message of fitness and family health to hundreds of others in our community. We invite your ideas and help as we prepare for the 33<sup>rd</sup> year of this East County holiday family tradition!

# THANK YOU TO THE 32<sup>nd</sup> ANNUAL HOLIDAY RUN & WALK FOR HEALTH SPONSORS

## Presenting Sponsors



KIWANIS CLUB OF  
THE DELTA, ANTIOCH

ASSEMBLYMEMBER  
TOM TORLAKSON



EAST BAY REGIONAL  
PARK DISTRICT



*Sutter Delta  
Medical Center*

A Sutter Health Affiliate



# **THANK YOU TO THE 32<sup>ND</sup> ANNUAL HOLIDAY RUN & WALK FOR HEALTH SPONSORS**

## **Gold Medal Sponsors (\$5,000+)**

Comcast

---

## **Bronze Medal Sponsors (\$1,000-2,499)**

Dow Chemical Company  
Kaiser Permanente

---

## **Team Sponsors (\$500-999)**

GWF Power Systems  
UA Plumbers Local 159  
Carpenters Local 152

---

## **Media Sponsors**

Antioch Press  
Comcast  
Tri-Delta Transit

---

## **Supply Sponsors**

Allied Waste Management  
Fleet Feet Sports of Pleasant Hill  
SaveMart Stores  
Starbucks Coffee Company

# **33<sup>rd</sup> Holiday Run and Walk for Health & Health Fair**

## **Saturday, December 12, 2009**

---

---

Dear Friends, Sponsors, and Fitness Enthusiasts:

We know you will enjoy the 33<sup>rd</sup> Anniversary of the Holiday Run and Walk for Health and Health Fair in Antioch, scheduled for December 12, 2009. Please save the date! We invite you to participate in this year's run, walk, and health fair. Use this event as a goal for increasing your own personal fitness and energy—and that of your family!

We are now celebrating three decades of health and fitness! This event is the longest “running” fitness event in East Contra Costa—and is one of the earliest and most steadfast events promoting fitness and clean living in Northern California. It has been possible to carry on this tradition and spread this message due to the generous support of sponsors and the tireless energy of hundreds of volunteers. If you'd like to join our planning committee for 2009, please let us know. We welcome your ideas and help.

We also appreciate your feedback. We're always looking to improve and expand. The past three years have been successful at our new location—the spectacular Contra Loma Regional Park. This new venue will allow us to have the best courses possible. It is also a great way to highlight one of the jewels of our East Bay Regional Parks system!

Our health and fitness fair continues to grow and offer healthy foods and information for race participants. This fair included the California Task Force on Youth and Workplace Wellness, initiated by then-Senator Torlakson, which distributed the latest information on what's been done about the diabetes and obesity epidemics among our youth, and what we can do in our schools to improve nutrition and the physical education programs. As a result of our generous sponsors, the 2008 event's proceeds benefited the Orin Allen Rehabilitation Center, Contra Costa Police Athletic Association, Contra Costa County Firefighters' Bykes for Tykes, Key Clubs at Antioch and Deer Valley High Schools, other local youth groups and service clubs, and Contra Costa County schools and libraries. Those awards were given at our Fifth Annual Awards Breakfast in January 2009!

The Antioch Kiwanis Club of the Delta invites you to share this unique health awareness and fitness action event in 2009—our 33<sup>rd</sup> year! Join in on the fun & the health of it!

Sincerely,

Assemblymember Tom Torlakson  
Race Founder

Kay Power  
President  
Kiwanis Club of the Delta-Antioch

For More Information Regarding the 33<sup>rd</sup> Anniversary Holiday Run & Walk for Health on December 12, 2009  
Call (925) 757-8138, email [info@holidayrun.org](mailto:info@holidayrun.org), or visit [www.holidayrun.org](http://www.holidayrun.org)

# 2008 GRANT RECIPIENTS AND PARTICIPATION WINNERS

The Holiday Run and Walk for Health is pleased to be able to provide grants to worthy organizations in our communities—thanks to the support of our sponsors and participants.

In addition to grants given to local organizations, the event also awards the top school and library participant organizations.

## Elementary Schools

1. Belshaw Elementary School
2. (tie) Holy Rosary School
2. (tie) John Muir Elementary School

## Libraries

1. Antioch Library
2. (tie) Oakley Library
2. (tie) Pittsburg Library

## Middle Schools

1. Dallas Ranch Middle School
2. Park Middle School
3. Black Diamond Middle School

## Police Challenge

1. Contra Costa County Office of the Sheriff's Law Enforcement Training Center 162<sup>nd</sup> Academy Class and Staff
2. Contra Costa Police Athletic Association
3. Contra Costa County Firefighters

## High Schools

1. Deer Valley High School
2. Antioch High School

## Organizations Challenge

1. Solar Swim & Gym

## Community Grant Recipients

Antioch High Key Club  
Deer Valley Key Club  
Orin Allen Rehabilitation Center  
Contra Costa Police Athletic Association—Kops for Kids  
Contra Costa Consolidated Firefighters—Bykes for Tykes

# THE FASTEST TIMES

## 1 MILE SINCE 1991

### FASTEST BOYS, 12 & UNDER (SINCE 1991)

Time	Runner	Year
5:48	BRANDON BALESTRERI	2005
6:02	ADAM STARK	2000
6:11	SCOTT RICCABONA	2002
6:12	ADRIAN GALLO	2002
6:15	JOEL HALL	2006
6:16	AARON BATES	2004
6:23	MICHAEL OFSTAD	2004
6:24	MARK CADWALLADER	2002
6:24	JEREMY BITTLE	2005
6:30	NICHOLAS HASJIM	2005
6:31	ANDREW BOCK	1997
6:35	ZACK HENTHORN	1997
6:36	DOMINIC MILLER	1999
6:36	MAVERICK BRADFORD	2005
6:37	LOUIE TYLER	2000
6:42	KYLE WASSERMAN	2004
6:52	JACOB ROBERTSON	2002
6:55	COREY MANGUS	2002
6:55	JAEGER BROOKS	2005
6:55	KEN ROCHA	2005
7:04	MATT SMITH	1997
7:04	KYLE WASSERMAN	2003
7:04	IAN McLAIN	1999
7:05	CAYSON SHEFIELD	1999
7:08	JOSEPH METCALF	2005
7:09	CLAYTON CONROY	1998
7:09	TANNER RENSHAW	2000
7:11	MATT BEHRENS	1998
7:17	MICHAEL LANDSKI	2004
7:18	BO O'HARA	1999
7:19	TANNER GIBNEY	2004
7:19	CAMERON SPERRY	2004
7:20	ERIC NELSON	2001
7:23	DEREK ROBERTSON	2000
7:24	STEVEN OFSTAD	2004
7:25	JAEGER BROOKS	2006
7:26	KRISTIAN KLAUSEN	2008
7:26	ERIC SCHRODER	1996

### FASTEST GIRLS, 12 AND UNDER (SINCE 1991)

Time	Runner	Year
6:22	BRIGITTE HILLESHEIM	2005
6:40	BECKY ROBINSON	1999
6:52	HALEY CRAWFORD	2003
7:06	TAYLOR ALLEN	2005
7:09	KENDALL KAWALKOWSKI	2005
7:21	HANNAH BARTLEBAUGH	2005
7:28	KIMI WILLIAMS	1997
7:30	TAYLOR ALLEN	2004
7:30	JESSICA EICH	2000
7:34	EMILY ROBINSON	1997
7:36	SHELLY PEREZ	2002
7:37	KARA STARK	2002
7:37	VENESSA BARTHOLOMEU	2003
7:49	JACKIE ANDERSON	1997
7:54	CARMEN REGALATO	2000
7:56	KARA STARK	2004
7:56	DONNA BALDETTI	2006
8:02	CAITLIN MADRIGAL	1997
8:03	TERESA GARCIA	1996
8:07	JASMINE NORRIS	2004
8:11	HANNAH BARTLEBAUGH	2004
8:11	ALLY STEWART	2007
8:16	HALEY VREDENBURGH	2006
8:17	ALLIE KENNAMORE	2005
8:18	HANNAH BARTLEBAUGH	2006
8:19	TAMARA TORLAKSON	1997
8:19	DANIELLE DIAZ	2006
8:20	MICHELLE WILLIAMS	1996
8:20	KATIE ZIRKEL	2001
8:24	ELIZABETH CADWALADER	1999
8:25	MARGARET EMERSON	2002
8:27	HALI HENTHORN	1997
8:27	EMILY JOPLIN	2001
8:27	JAMIE BURCHETT	2006
8:29	ROSALIE SULLIVAN	2002
8:34	DANIELLE HABER	2006
8:35	HEATHER SLINDE	1999
8:35	DESAREE HABER	2006

# THE FASTEST TIMES

## 3 MILE SINCE 1979

### FASTEST MEN (SINCE 1979)

Time	Runner	Year
14:28	TRENT BRYSON	1999
15:33	BRIAN WHITE	1991
15:42	MIKE AMOROSA	1990
15:46	STEVE NUNEZ	1998
15:47	BRENT WRIGHT	1998
15:50	TONY POLERMINI	2007
15:51	CHRIS HERNANDEZ	1998
15:51	NATHANAEL LITWILLER	2007
15:57	DON STRONG	1991
15:59	LEON SHORDON	1987
16:01	ERIC EGLAND	1987
16:04	ROBERT PARKS	1987
16:04	DEVIN CALLISTER	1999
16:06	MIKE HOTTON	1987
16:14	PHIL FRANCE	1992
16:18	FERGAL FLANAGAN	1992
16:19	MATTHEW OWEN	1999
16:23	DAN FITZPATRICK	2002
16:30	MIKE BYROADS	1991
16:31	NICK NICHOLS	1992
16:31	ROBERT BRUNO	1991
16:33	CRAIG AVIS	1998
16:33	JONATHON LARSON	1998
16:34	DAVID LINK	1979
16:34	EDDIE QUINTERO	2007
16:35	DAN LOOBY	1987
16:36	MATHEW HUMPHREYS	2007
16:38	RON TANAKA	1986
16:39	TOM TORLAKSON	1986
16:40	BRIAN WILSON	1997
16:40	RYAN DE VITO	2007
16:49	GEORGE MASON	1986
16:49	CHARLIE PETLEY	1997
16:50	MICHAEL ZYGACZENKO	1988
16:51	ARMAND REPULLES	1987
16:53	DOUG DOOLIN	1989
16:53	CHARLIE PETLEY	1999

### FASTEST WOMEN (SINCE 1979)

Time	Runner	Year
17:49	JANIE NOLAN	1998
18:40	STEPHANIE KSENSULAK	1997
18:43	AMBER COOK	1993
18:44	CHRISTINE PEREZ	1999
18:54	KATIE WALLACE	1998
18:56	WIN PERSINA	2001
18:57	MELINDA MORSE	1999
19:02	SHELLY PIERSON	1999
19:03	BEVERLY WOO	1986
19:05	ROBERTA MCGRAW	2004
19:09	SHEILA NATHO	1997
19:22	LAURA SIMONCINI	1999
19:27	ASHLEY HODGES	2005
19:32	TIFFANY TAYLOR-DEUSEBIO	2000
19:38	AMBER McCREA	1993
19:38	TIFFANY TAYLOR-DEUSEBIO	2005
19:39	DANIELLE MOORE	1997
19:47	ANGELA FLOOD	1998
19:48	STEFANIE NUNEZ	1999
19:52	LINDSEY HENTHORN	1997
19:54	ROBERTA MCGRAW	2000
19:56	CHENG-ER MEHMEDBASICH	1986
20:07	ERIN ONGMAN	1997
20:15	VANESSA LORDI	2008
20:15	STACIE JOHNSON	1989
20:21	JENNIFER TOWNSEND	1998
20:24	HOLLY ROOT	1999
20:27	BARBARA GINOS	1987
20:28	SAMMY PARKER	2007
20:29	LAUREY DAVIS	2002
20:33	CINDY PRINDEVILLE	1988
20:34	MELLIE REGALADO	2003
20:34	KATHY BOETTCHER	1997
20:38	CYNTHIA HALL	2000
20:39	MELLIE REGALADO	2004
20:39	DINA NIELS	2000
20:42	ANGELA LINDSAY	1990

# THE FASTEST TIMES

## 10K SINCE 1979

### FASTEST MEN (SINCE 1979)

Time	Runner	Year
31:29	SCOTT MOLINA	1979
32:00	CRISPIN ROMERO	1982
32:42	BRIAN HAMILTON	1980
32:55	THOM TRIMBLE	1987
33:14	BILL SEAVER	1987
33:14	FREDRIK SWAHN	2007
33:22	BRAD KEARNS	1979
32:40	BRAD HAWTHORN	1992
33:47	NATHAN MIYASAKI	1999
34:07	ERICH ACKERMANN	1997
34:24	KEN DEMPSTER	1989
34:31	JIM MYERS	1980
34:32	BYRON CHONIERE	1987
34:33	BRIAN WHITE	1989
34:56	MICHAEL ABRAMS	1996
35:04	NOAH HINGSTON	1995
35:06	KEN DEMPSTER	1991
35:10	DON HICKS	1995
35:13	ROBERT DOBSON	1980
35:15	JEFF COWLING	1994
35:47	CAMERON SARMIENTO	1997
35:48	STEVEN CHAVEZ	2004
35:51	GREGMI SLICK	2000
35:56	KEVIN SEARLS	1997
35:58	GIAN GROSS	1991
36:01	ROBERT HARDY	1993
36:01	MIKE AMOROSA	1995
36:01	CHARLIE LORCH	1995
36:06	DANIEL GARCIA	1987
36:18	MARK LOOS	1990
36:19	MATTHEW GREENE	1997
36:22	ERIC REIPLING	1994
36:30	KEVIN CONLEY	1985
36:33	MANNY RIN	2007
36:34	JOEL ACOSTA	1980
36:34	CHAD MARQUARDT	1989
36:37	KARL BACON	1992
36:40	WESLEY HURLBURT	1982

### FASTEST WOMEN (SINCE 1979)

Time	Runner	Year
35:38	LINDA SOMERS	1992
37:58	MICHELLE CONLAN	1997
38:55	BETH VITALIS	1996
40:00	SHANE FELIX	1982
40:29	ELAINE SCALES	1994
40:50	JoANN DAHLKOETTER	1995
41:15	SHARLETT GILBERT	1997
41:04	PATTY CAMPBELL	2001
42:01	GINA RICHMAN	1997
42:06	MELINDA MORSE	2001
42:13	KATHRYN ARMSTRONG	1982
42:39	KAREN FORD	1991
42:42	LORENE ORMAN	1997
42:46	ANDREA MADRIGAL	1979
43:04	SUE RICH	1980
43:04	MARIANNE BALDETTI	2005
43:12	KIM TOWNSEND	1982
43:21	TIFFANY DEUSEBIO	1999
43:22	MARIANNE BALDETTI	2006
43:39	TRACY GUYMON	2005
43:45	EILEEN CONROY	1992
43:50	SUSANNAH SIRHA	1992
43:52	ROBERTA McGRAW	1999
43:56	LINDA YOUNG	1995
44:02	TRACY JOHNSON	1997
44:28	OLIVIA VEGH	2006
44:30	MARIANNE BALDETTI	2007
44:38	MARCIA HUMMEL	1992
44:49	ANGELA FLOOD	1999
44:57	CARRIE CHAVEZ	2004
45:02	OLIVIA VEGH	2005
45:07	WENDY INGRAM	2001
45:09	LINDA WIMMER	1987
45:11	TRACY GUYMON	2004
45:11	BARBARA GINOS	1989
45:13	COURTNEY DAVIS	2004
45:23	DEB SPALDING	2000
45:25	CHRISTINE HODGE	1987



32<sup>nd</sup> HOLIDAY RUN  
AND WALK  
FOR HEALTH

**DECEMBER 13, 2008  
RACE RESULTS**

*by On Your Mark Events*

# 1 MILE RUN/WALK

## TOP FINISHERS (AGE 12 AND UNDER)

### Top Men

	AGE	TIME
1. Kristian Klausen, Antioch, CA	8	0:07:26
2. Donavan Pesce Grove, Antioch, CA	12	0:07:50
3. Christopher Evans, Antioch, CA	10	0:08:41
4. Christian Melton, Discovery Bay, CA	10	0:08:46
5. Austin Sims, Brentwood, CA	12	0:08:48

### Top Women

	AGE	TIME
1. Erica Sam, Brentwood, CA	11	0:08:55
2. Rachel Backlund, Antioch, CA	12	0:09:02
3. Kristen Black, Antioch, CA	11	0:09:25
4. Samira Iniguez, Antioch, CA	11	0:10:53
5. Camille Byars, Antioch, CA	8	0:10:57

# 1 MILE RUN/WALK

## MEN'S DIVISION RESULTS BY AGE GROUP

Division:	AGE	TIME
Men - 1- 6		
1. Brandon Adriano, Antioch, CA	5	0:09:11
2. Adam Gee, Antioch, CA	4	0:14:23
Men - 7- 9		
1. Kristian Klausen, Antioch, CA	8	0:07:26
2. Ian Boncodin, Brentwood, CA	9	0:09:11
3. Bryan Adriano, Antioch, CA	9	0:09:43
4. Domenico Ceresa, Martinez, CA	7	0:10:34
Men - 10-12		
1. Donovan Pesce Grove, Antioch, CA	12	0:07:50
2. Christopher Evans, Antioch, CA	10	0:08:41
3. Christian Melton, Discovery Bay, CA	10	0:08:46
4. Austin Sims, Brentwood, CA	12	0:08:48
5. Jared Baur, Antioch, CA	12	0:09:01
6. Austin Rickli, Antioch, CA	11	0:10:00
7. AJ Lema, Antioch, CA	11	0:13:11
8. Frederic Vitan, Antioch, CA	12	0:13:17
Men - 13-99		
1. Ken Byars, Antioch, CA	42	0:10:57
2. Dale Backlund, Antioch, CA	44	0:11:20
3. John Baur, Antioch, CA	43	0:12:55
4. Paul Kitchell, Concord, CA	42	0:13:20
5. James Alcorn, Concord, CA	62	0:14:00
6. Neil Stratton, Concord, CA	66	0:15:21
7. James Burror, Antioch, CA	60	0:18:53
8. Cameron Graham, Livermore, CA	39	0:36:53

# 1 MILE RUN/WALK

## WOMEN'S DIVISION RESULTS BY AGE GROUP

Division: Women - 1- 6

1. Isabella Laspina, Antioch, CA	5	0:11:26
2. Ambria Gee, Antioch, CA	5	0:14:23
3. Katharine Graham, Berkeley, CA	2	0:28:50
4. Alice Graham, Livermore, CA	1	0:37:21

Division: Women - 7- 9

1. Camille Byars, Antioch, CA	8	0:10:57
2. Addison Rickli, Antioch, CA	8	0:11:06
3. Lindsey Baur, Antioch, CA	9	0:12:55

Division: Women - 10-12

1. Erica Sam, Brentwood, CA	11	0:08:55
2. Rachel Backlund, Antioch, CA	12	0:09:02
3. Kristen Black, Antioch, CA	11	0:09:25
4. Samira Iniguez, Antioch, CA	11	0:10:53
5. Maria Crnkovich, Walnut Creek, CA	12	0:20:10
6. Camila Arguello, Pittsburg, CA	12	0:20:11

Division: Women - 13-99

1. Sarah Ogden, Antioch, CA	13	0:08:35
2. Stacey Duckett, Antioch, CA	41	0:11:26
3. Ryann Kitchell, Concord, CA	13	0:13:20
4. Tana Ogden-Gee, Antioch, CA	39	0:14:22
5. Patricia Van Dell-Stratt, Concord, CA	66	0:18:15
6. Charlotte Burror, Antioch, CA	59	0:18:52
7. Becky Nielson, Concord, CA	32	0:20:12
8. Dotty Graham, Antioch, CA	66	0:36:52

# 1 MILE RUN/WALK

## MEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
1. Kristian Klausen, Antioch, CA	8	0:07:26	7 - 9 / 1
2. Donovan Pesce Grove, Antioch, CA	12	0:07:50	10 - 12 / 1
3. Christopher Evans, Antioch, CA	10	0:08:41	10 - 12 / 2
4. Christian Melton, Discovery Bay, CA	10	0:08:46	10 - 12 / 3
5. Austin Sims, Brentwood, CA	12	0:08:48	10 - 12 / 4
6. Jared Baur, Antioch, CA	12	0:09:01	10 - 12 / 5
7. Brandon Adriano, Antioch, CA	5	0:09:11	1 - 6 / 1
8. Ian Boncodin, Brentwood, CA	9	0:09:11	7 - 9 / 2
9. Bryan Adriano, Antioch, CA	9	0:09:43	7 - 9 / 3
10. Austin Rickli, Antioch, CA	11	0:10:00	10 - 12 / 6
11. Domenico Ceresa, Martinez, CA	7	0:10:34	7 - 9 / 4
12. Ken Byars, Antioch, CA	42	0:10:57	13 - 99 / 1
13. Dale Backlund, Antioch, CA	44	0:11:20	13 - 99 / 2
14. John Baur, Antioch, CA	43	0:12:55	13 - 99 / 3
15. AJ Lema, Antioch, CA	11	0:13:11	10 - 12 / 7
16. Frederic Vitan, Antioch, CA	12	0:13:17	10 - 12 / 8
17. Paul Kitchell, Concord, CA	42	0:13:20	13 - 99 / 4
18. James Alcorn, Concord, CA	62	0:14:00	13 - 99 / 5
19. Adam Gee, Antioch, CA	4	0:14:23	1 - 6 / 2
20. Neil Stratton, Concord, CA	66	0:15:21	13 - 99 / 6
21. James Burror, Antioch, CA	60	0:18:53	13 - 99 / 7
22. Cameron Graham, Livermore, CA	39	0:36:53	13 - 99 / 8

# 1 MILE RUN/WALK

## WOMEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
1. Sarah Ogden, Antioch, CA	13	0:08:35	13 - 99 / 1
2. Erica Sam, Brentwood, CA	11	0:08:55	10 - 12 / 1
3. Rachel Backlund, Antioch, CA	12	0:09:02	10 - 12 / 2
4. Kristen Black, Antioch, CA	11	0:09:25	10 - 12 / 3
5. Samira Iniguez, Antioch, CA	11	0:10:53	10 - 12 / 4
6. Camille Byars, Antioch, CA	8	0:10:57	7 - 9 / 1
7. Addison Rickli, Antioch, CA	8	0:11:06	7 - 9 / 2
8. Isabella Laspina, Antioch, CA	5	0:11:26	1 - 6 / 1
9. Stacey Duckett, Antioch, CA	41	0:11:26	13 - 99 / 2
10. Lindsey Baur, Antioch, CA	9	0:12:55	7 - 9 / 3
11. Ryann Kitchell, Concord, CA	13	0:13:20	13 - 99 / 3
12. Tana Ogden-Gee, Antioch, CA	39	0:14:22	13 - 99 / 4
13. Ambria Gee, Antioch, CA	5	0:14:23	1 - 6 / 2
14. Patricia Van Dell-Stratt, Concord, CA	66	0:18:15	13 - 99 / 5
15. Charlotte Burror, Antioch, CA	59	0:18:52	13 - 99 / 6
16. Maria Crnkovich, Walnut Creek, CA	12	0:20:10	10 - 12 / 5
17. Camila Arguello, Pittsburg, CA	12	0:20:11	10 - 12 / 6
18. Becky Nielson, Concord, CA	32	0:20:12	13 - 99 / 7
19. Katharine Graham, Berkeley, CA	2	0:28:50	1 - 6 / 3
20. Dotty Graham, Antioch, CA	66	0:36:52	13 - 99 / 8
21. Alice Graham, Livermore, CA	1	0:37:21	1 - 6 / 4



# 3 MILE RUN/WALK

## TOP FINISHERS

### Top Men

	AGE	TIME
1. Mike Railton, Martinez, CA	15	0:18:03
2. Tony Palermini, Antioch, CA	19	0:18:15
3. Jared Cornelius, Antioch, CA	16	0:18:47
4. Alex Piros, Concord, CA	16	0:19:05
5. Thomas Plowright, Brentwood, CA	17	0:19:06

### Top Women

	AGE	TIME
1. Vanessa Lordi, Livermore, CA	31	0:20:15
2. Stephanie Siemens, Antioch, CA	14	0:20:52
3. Kendall Stuscavage, Martinex, CA	13	0:21:41
4. Rena Andereggen, Antioch, CA	29	0:22:53
5. Lisa Boger, Ripon, CA	27	0:23:23

# 3 MILE RUN/WALK

## MEN'S DIVISION RESULTS BY AGE GROUP

Division: Men - 1- 9	AGE	TIME		
1. Bradley Jones, Antioch, CA	9	0:25:24	O'All:	54
2. Brandon Adriano, Antioch, CA	5	0:27:15	O'All:	62
3. Bryan Adriano, Antioch, CA	9	0:29:57	O'All:	84
4. Carson Zollars, Antioch, CA	9	0:31:52	O'All:	90
5. Charles Rausch, Antioch, CA	6	0:51:55	O'All:	130
6. Joshua Harris, El Sobrante, CA	8	0:53:43	O'All:	131
7. James Ludden, Antioch, CA	6	1:04:10	O'All:	138

Division: Men - 10-12	AGE	TIME		
1. Christopher Kwasny, Antioch, CA	12	0:23:31	O'All:	35
2. Alex Robinson, Antioch, CA	11	0:24:05	O'All:	43
3. Diallo Pham-Austin, Antioch, CA	11	0:24:15	O'All:	45
4. Alan Alltop, Walnut Creek, CA	10	0:26:49	O'All:	60
5. Leonardo Arzera, Antioch, CA	12	0:28:38	O'All:	70
6. Mizrahy Aquino, Antioch, CA	11	0:28:46	O'All:	71
7. Tyler Gomes, Rio Vista, CA	12	0:31:36	O'All:	87
8. Andrew Luo, Antioch, CA	12	0:31:37	O'All:	88
9. Jack Smith, Brentwood, CA	10	0:34:14	O'All:	97
10. Brandon Collins, Vallejo, CA	11	0:36:22	O'All:	100
11. Geno Ortega, Pinole, CA	10	0:37:23	O'All:	104
12. Auchavian Brewer, Antioch, CA	11	0:41:47	O'All:	107
13. Morgan Hall-Cottrell, Antioch, CA	12	0:42:49	O'All:	111
14. Donovan Kraber, Oakley, CA	11	0:44:00	O'All:	114

# 3 MILE RUN/WALK

## MEN'S DIVISION RESULTS BY AGE GROUP

Division: Men - 13-15	AGE	TIME		
1. Mike Railton, Martinez, CA	15	0:18:03	O'All:	1
2. Austin Chapman, Antioch, CA	15	0:20:27	O'All:	8
3. Brandon Balestreri, El Sobrante, CA	14	0:23:15	O'All:	29
4. Dylan Coughren, Rio Vista, CA	14	0:24:41	O'All:	47
5. Josh Mouzakis, Antioch, CA	13	0:26:00	O'All:	55
6. Dylan Coito, Rio Vista, CA	13	0:26:58	O'All:	61
7. Marco Chavez, Antioch, CA	14	0:28:13	O'All:	68
8. Sean Blackfield, Antioch, CA	13	0:29:12	O'All:	79
9. JT Lema, Antioch, CA	13	0:29:23	O'All:	81
10. Marc Bolotaolo, Pittsburg, CA	14	0:32:25	O'All:	93
11. Brannon Malady, Antioch, CA	13	0:35:27	O'All:	98
12. Austin Miller, Antioch, CA	13	0:35:28	O'All:	99
13. Lorenzo Kraber, Oakley, CA	13	0:37:10	O'All:	102
14. Roderick Kraber, Oakley, CA	15	0:37:14	O'All:	103
15. William Powers, antioch, CA	13	0:46:48	O'All:	118
16. Michael Brown, Antioch, CA	13	0:46:49	O'All:	119
17. Ryan Vargus, Antioch, CA	13	0:55:21	O'All:	133
18. Frankie Hobson, Antioch, CA	15	0:55:37	O'All:	134
19. Arthur Orourke-Tromble, Concord, CA	13	1:01:50	O'All:	137
20. Nic Gobbell, Antioch, CA	13	1:04:12	O'All:	140

Division: Men - 16-18	AGE	TIME		
1. Jared Cornelius, Antioch, CA	16	0:18:47	O'All:	3
2. Alex Piros, Concord, CA	16	0:19:05	O'All:	4
3. Thomas Plowright, Brentwood, CA	17	0:19:06	O'All:	5
4. Bryan Dwyer, Antioch, CA	16	0:19:29	O'All:	7
5. Andrew Colvin, Antioch, CA	17	0:22:12	O'All:	22
6. Jason Hillesheim, El Sobrante, CA	16	0:23:16	O'All:	30
7. Nicholas Kraber, Oakley, CA	17	0:32:24	O'All:	92
8. Jordan Ruhlman, Antioch, CA	16	0:51:25	O'All:	128

# 3 MILE RUN/WALK

## MEN'S DIVISION RESULTS BY AGE GROUP

Division: Men - 19-24	AGE	TIME		
1. Tony Palermini, Antioch, CA	19	0:18:15	O'All:	2
2. Dylan Gibney, Antioch, CA	19	0:21:13	O'All:	14
3. Jonathan Nava, Antioch, CA	21	0:21:13	O'All:	15
4. Ted Mund, Pittsburg, CA	23	0:21:46	O'All:	19
5. Jeff Dancker, Pittsburg, CA	22	0:23:40	O'All:	38
6. Matthew Head, Pittsburg, CA	24	0:23:41	O'All:	39
7. Kyle Couture, Pittsburg, CA	24	0:25:01	O'All:	48
8. Luke Prince, Pittsburg, CA	23	0:25:01	O'All:	49
9. Ryan Fenyes, Pittsburg, CA	23	0:25:02	O'All:	50
10. Peter Gunter, Pittsburg, CA	21	0:28:59	O'All:	73
11. David Ranger, Pittsburg, CA	22	0:29:00	O'All:	75
12. Francisco Munguia, Antioch, CA	19	0:31:31	O'All:	86
13. Sean Pierce, Antioch, CA	19	0:38:30	O'All:	105
14. Brian Greer, Antioch, CA	23	0:41:54	O'All:	108
15. Justin Greer, Antioch, CA	19	0:41:54	O'All:	109

Division: Men - 25-29	AGE	TIME		
1. Jay Melen, Pittsburg, CA	25	0:20:45	O'All:	10
2. Evan Pace, Pittsburg, CA	26	0:21:46	O'All:	20
3. Scott Gillespie, Pittsburg, CA	27	0:23:25	O'All:	32
4. Jason Zucco, Pittsburg, CA	25	0:23:26	O'All:	33
5. Joshua Davis, Pittsburg, CA	28	0:24:16	O'All:	46
6. Ethan Gwin, Pittsburg, CA	26	0:25:05	O'All:	51
7. Joel Miner, Brentwood, CA	26	0:26:02	O'All:	56
8. Willie Armstrong, Pittsburg, CA	26	0:27:17	O'All:	63
9. Basil Alfaqih, Pittsburg, CA	27	0:29:01	O'All:	76
10. Brian Guintu, Antioch, CA	28	0:41:23	O'All:	106
11. Daniel Grimshaw, Antioch, CA	29	0:56:45	O'All:	135

Division: Men - 30-34	AGE	TIME		
1. James Colly, Pittsburg, CA	30	0:21:26	O'All:	16
2. Mike Parrish, Pittsburg, CA	33	0:26:04	O'All:	57
3. Donato Noboa, Pittsburg, CA	32	0:27:37	O'All:	65
4. Brian Buss, Pittsburg, CA	34	0:29:00	O'All:	74
5. Jason Livingston, Pittsburg, CA	32	0:29:49	O'All:	83
6. Bobby Yeazel, Antioch, CA	34	0:43:21	O'All:	112

# 3 MILE RUN/WALK

## MEN'S DIVISION RESULTS BY AGE GROUP

Division: Men - 35-39	AGE	TIME		
1. Bryan Duncan, Pittsburg, CA	38	0:23:07	O'All:	26
2. Amador Alviz, Pleasant Hill, CA	38	0:23:12	O'All:	27
3. Ron Brittain, Martinez, CA	37	0:23:36	O'All:	37
4. Melvin Smith Jr, Pittsburg, CA	36	0:23:45	O'All:	41
5. Bryon MacRenato, Pittsburg, CA	38	0:27:59	O'All:	66
6. Scott Burke, Antioch, CA	36	0:28:27	O'All:	69
7. Jose Lema, Antioch, CA	36	0:29:14	O'All:	80
8. Italo Munoz, Antioch, CA	39	0:32:36	O'All:	95
9. Chris Hoye, Oakley, CA	37	0:33:24	O'All:	96
10. Jerry Vargus, Antioch, CA	39	0:55:16	O'All:	132

Division: Men - 40-44	AGE	TIME		
1. Darrin Neutz, Walnut Creek, CA	43	0:19:28	O'All:	6
2. Mark Luna, Antioch, CA	44	0:23:28	O'All:	34
3. Steve Wright, Rio Vista, CA	43	0:23:55	O'All:	42
4. Warren Gomes Jr, Rio Vista, CA	41	0:28:59	O'All:	72
5. John Sims, Brentwood, CA	42	0:29:42	O'All:	82
6. Andrew Zollars, Antioch, CA	43	0:31:52	O'All:	89
7. Roy Surges, Antioch, CA	44	0:50:02	O'All:	127

Division: Men - 45-49	AGE	TIME		
1. David Gatti, Brentwood, CA	45	0:21:35	O'All:	17
2. Guy Stark, Concord, CA	49	0:21:44	O'All:	18
3. David Alltop, Walnut Creek, CA	49	0:21:52	O'All:	21
4. Mike Balestreri, El Sobrante, CA	45	0:22:26	O'All:	23
5. James Kwasny, Antioch, CA	48	0:22:47	O'All:	25
6. Carlos Gallo, Antioch, CA	49	0:23:31	O'All:	36
7. Dwayne Stark, Antioch, CA	48	0:24:07	O'All:	44
8. Daniel Vieira, Antioch, CA	49	0:25:16	O'All:	53
9. Philip Arndt, Antioch, CA	45	0:26:27	O'All:	58
10. Mike Schoenholz, Walnut Creek, CA	49	0:27:19	O'All:	64
11. Bart Miller, Antioch, CA	48	0:29:03	O'All:	77
12. John Greer, Antioch, CA	47	0:32:05	O'All:	91
13. Autrey James, Antioch, CA	46	0:46:45	O'All:	117
14. Bryan Black, Antioch, CA	48	0:47:15	O'All:	121
15. Dallas Burney, Antioch, CA	45	0:47:16	O'All:	122
16. Barry Rausch, Antioch, CA	45	0:51:53	O'All:	129

# 3 MILE RUN/WALK

## MEN'S DIVISION RESULTS BY AGE GROUP

Division: Men - 50-59	AGE	TIME		
1. Hal Tacker, Colusa, CA	54	0:20:43	O'All:	9
2. Jim Flanigan, Davis, CA	59	0:20:46	O'All:	11
3. Jeff Guidry, Antioch, CA	50	0:23:14	O'All:	28
4. Rick Gilmore, Pleasant Hill, CA	52	0:23:17	O'All:	31
5. Thomas McLain, Martinez, CA	57	0:23:44	O'All:	40
6. Brad Hueber, Clayton, CA	53	0:25:10	O'All:	52
7. Joe Castillo, Antioch, CA	58	0:29:07	O'All:	78
8. David Madrigal, Antioch, CA	58	0:30:20	O'All:	85
9. Ed McIntyre, Antioch, CA	58	0:37:04	O'All:	101
10. Walt Middleton, Antioch, CA	52	0:44:25	O'All:	115
11. Brad Rovanpera, Oakley, CA	54	0:47:11	O'All:	120
12. Steven Courtial, Benicia, CA	52	0:48:19	O'All:	124
13. Tom Toner, Benicia, CA	52	0:48:27	O'All:	125
14. Larry Partridge, Napa, CA	59	1:01:33	O'All:	136

Division: Men - 60-69	AGE	TIME		
1. Wolf Hillesheim, El Sobrante, CA	63	0:20:58	O'All:	12
2. Dennis Tracy, Brentwood, CA	62	0:21:02	O'All:	13
3. Phil Murphy, Oakley, CA	65	0:22:33	O'All:	24
4. David Yount, Antioch, CA	61	0:28:07	O'All:	67
5. Bob Van Uliet, Oakley, CA	64	0:32:30	O'All:	94
6. Grae Darlington, Antioch, CA	64	0:41:56	O'All:	110
7. Bob Waldhaus, Antioch, CA	62	0:45:58	O'All:	116
8. Donald Luis, Antioch, CA	65	0:47:18	O'All:	123

Division: Men - 70-99	AGE	TIME		
1. Bryan Holmes, Concord, CA	74	0:26:37	O'All:	59
2. John O'Leary, Pittsburg, CA	74	0:43:28	O'All:	113
3. Frank Nolte, Pleasant Hill, CA	74	0:49:06	O'All:	126
4. Leroy Foster, Antioch, CA	70	1:04:12	O'All:	139

# 3 MILE RUN/WALK

## WOMEN'S DIVISION RESULTS BY AGE GROUP

Division: Women - 1- 9	AGE	TIME		
1. Kellie Smith, Brentwood, CA	8	0:40:35	O'All:	75
2. Autumn Phillips, Antioch, CA	7	0:53:54	O'All:	112

Division: Women - 10-12	AGE	TIME		
1. Shannon Kitchell, Concord, CA	12	0:23:41	O'All:	7
2. Colleen Hannigan, Brentwood, CA	12	0:24:03	O'All:	8
3. Katrina Guytingco, Pleasant Hill, CA	11	0:28:32	O'All:	28
4. Julia Sabando, Antioch, CA	10	0:29:05	O'All:	31
5. Jessica Stratton, Concord, CA	10	0:33:03	O'All:	51
6. Christina Gallo, Antioch, CA	12	0:33:47	O'All:	54
7. Adriana Munoz, Antioch, CA	12	0:35:05	O'All:	61
8. Amanda Soto, Brentwood, CA	12	0:35:09	O'All:	62
9. Makenna McLain, Martinez, CA	10	0:37:09	O'All:	68
10. Tori Hoye, Oakley, CA	10	0:37:37	O'All:	71
11. Sami Surges, Antioch, CA	12	0:47:42	O'All:	92
12. Jessica Odom, Antioch, CA	11	0:47:43	O'All:	93
13. Meagen Yeazel, Antioch, CA	11	0:47:45	O'All:	94
14. Hayden Zollars, Antioch, CA	12	0:48:26	O'All:	97
15. Cassie Watson, Antioch, CA	11	0:53:36	O'All:	110
16. Stacey Keller, El Sobrante, CA	10	0:53:42	O'All:	111
17. Ashley Soto, Brentwood, CA	11	0:58:31	O'All:	125

Division: Women - 13-15	AGE	TIME		
1. Stephanie Siemens, Antioch, CA	14	0:20:52	O'All:	2
2. Kendall Stuscavage, Martinex, CA	13	0:21:41	O'All:	3
3. Claire Hannigan, Brentwood, CA	13	0:25:07	O'All:	11
4. Brigitte Hillesheim, El Sobrante, CA	14	0:26:18	O'All:	15
5. Alicia Rickli, Antioch, CA	13	0:26:19	O'All:	16
6. Ruthie Hoover, Moraga, CA	13	0:26:57	O'All:	19
7. Tricia Stratton, Concord, CA	14	0:49:50	O'All:	104
8. Jennifer Mosqueda, Antioch, CA	13	0:54:40	O'All:	115
9. Trista Vieira, Antioch, CA	13	1:04:00	O'All:	129

# 3 MILE RUN/WALK

## WOMEN'S DIVISION RESULTS BY AGE GROUP

Division: Women - 16-18			
	AGE	TIME	
1. Fiona James, Antioch, CA	16	0:23:27	O'All: 6
2. Alicia Zapata, Antioch, CA	16	0:24:41	O'All: 9
3. Amanda Dwyer, Antioch, CA	16	0:24:42	O'All: 10
4. Chelsea Freeze, Antioch, CA	17	0:33:08	O'All: 52
5. Allie Barry, Pittsburg, CA	16	0:34:08	O'All: 56
6. Katrina Miller, Antioch, CA	16	0:36:08	O'All: 65
7. Michelle Barry, Pittsburg, CA	17	0:39:35	O'All: 72
8. Christina Gomez, Clayton, CA	18	0:58:00	O'All: 122
Division: Women - 19-24			
	AGE	TIME	
1. Caitlin Madrigal, Antioch, CA	22	0:25:29	O'All: 14
2. Ami Ervin, Brentwood, CA	22	0:28:37	O'All: 29
3. Kaitlin Kubli, Rio Vista, CA	24	0:28:59	O'All: 30
Division: Women - 25-29			
	AGE	TIME	
1. Rena Andereggen, Antioch, CA	29	0:22:53	O'All: 4
2. Lisa Boger, Ripon, CA	27	0:23:23	O'All: 5
3. Rachel Wentz, Pittsburg, CA	27	0:27:06	O'All: 21
4. Adrienne Darlington, Antioch, CA	29	0:30:01	O'All: 37
5. Melissa Madrigal, Antioch, CA	28	0:34:31	O'All: 58
6. Veronica Kincaid, Antioch, CA	28	0:39:55	O'All: 73
7. Ann Bolotaolo, Pittsburg, CA	25	0:41:22	O'All: 77
8. Josy Miller, Antioch, CA	27	0:45:38	O'All: 84
9. Nicole Grimshaw, Antioch, CA	29	0:56:46	O'All: 116
Division: Women - 30-34			
	AGE	TIME	
1. Vanessa Lordi, Livermore, CA	31	0:20:15	O'All: 1
2. Deb Graham, Berkeley, CA	34	0:25:22	O'All: 12
3. Danielle Roybal-Alviz, Pleasant Hill, CA	32	0:25:26	O'All: 13
4. Vicky Little, Brentwood, CA	32	0:26:33	O'All: 17
5. Alison Francis, Tracy, CA	31	0:26:38	O'All: 18
6. Marcela Gonzales, Oakland, CA	34	0:47:33	O'All: 90
7. Ana Yeazel, Antioch, CA	33	0:48:15	O'All: 96
8. Amy Findley, Concord, CA	32	0:51:14	O'All: 106
9. Tania Roliz, Antioch, CA	31	0:53:35	O'All: 109
10. Amy Stevens, Antioch, CA	34	0:56:57	O'All: 118

# 3 MILE RUN/WALK

## WOMEN'S DIVISION RESULTS BY AGE GROUP

Division: Women - 35-39	AGE	TIME		
1. Misa Leal, Danville, CA	38	0:27:03	O'All:	20
2. Martha Catalan, Antioch, CA	38	0:27:47	O'All:	24
3. Nyoman Schnibben, Antioch, CA	38	0:28:13	O'All:	25
4. Tracye Marshall, Brentwood, CA	38	0:29:30	O'All:	33
5. Noelle Gomes, Rio Vista, CA	39	0:31:26	O'All:	41
6. Shelly Lucido, Antioch, CA	37	0:31:59	O'All:	45
7. Keri Miles, Oakley, CA	38	0:32:10	O'All:	47
8. Melanie Ligons, Antioch, CA	36	0:33:55	O'All:	55
9. Valerie Smith, Brentwood, CA	38	0:40:35	O'All:	74
10. Vanessa Collins, San Francisco, CA	39	0:40:36	O'All:	76
11. Nikki Ausk, Antioch, CA	35	0:41:46	O'All:	78
12. Deena Zollars, Antioch, CA	38	0:49:00	O'All:	100
13. Melanie Vargus, Antioch, CA	39	0:56:55	O'All:	117

Division: Women - 40-44	AGE	TIME		
1. Toni Adams, Byron, CA	41	0:27:30	O'All:	22
2. Kelly Kitchell, Concord, CA	41	0:29:33	O'All:	34
3. Sylvia Alvarez, Brentwood, CA	40	0:30:13	O'All:	38
4. Pamela Jones, Vallejo, CA	42	0:30:52	O'All:	40
5. Christine Stickney, Clayton, CA	43	0:31:44	O'All:	42
6. mari James, Antioch, CA	44	0:31:58	O'All:	44
7. Leslie Adams, Rio Vista, CA	44	0:32:22	O'All:	49
8. Trish Howell, Concord, CA	44	0:34:31	O'All:	57
9. Deanna Fugazzi, Brentwood, CA	41	0:34:51	O'All:	60
10. Alexandra Noble, Emeryville, CA	43	0:35:10	O'All:	63
11. Lenese Coughran, Rio Vista, CA	44	0:36:34	O'All:	67
12. Lori Castillo, Antioch, CA	41	0:37:35	O'All:	70
13. Susan Black, Antioch, CA	44	0:42:03	O'All:	79
14. Lucy Soto, Brentwood, CA	43	0:44:01	O'All:	81
15. Shari DeParcq, Antioch, CA	43	0:44:54	O'All:	83
16. Monica Potter, Antioch, CA	40	0:47:15	O'All:	88
17. Janet Hannigan, Brentwood, CA	44	0:49:52	O'All:	105
18. Shelly Werner, Martinez, CA	40	0:51:15	O'All:	107
19. Sylvia Gonzales, Antioch, CA	44	0:58:18	O'All:	124
20. Annette Dehaan, Antioch, CA	44	0:58:33	O'All:	126

# 3 MILE RUN/WALK

## WOMEN'S DIVISION RESULTS BY AGE GROUP

Division: Women - 45-49	AGE	TIME		
1. Joyce Stephenson, Antioch, CA	45	0:28:15	O'All:	26
2. Nancy Kaiser, Brentwood, CA	49	0:29:53	O'All:	36
3. Eli Gallo, Antioch, CA	46	0:31:58	O'All:	43
4. Renee Guidry, Antioch, CA	46	0:32:18	O'All:	48
5. Karen Lee-Thompson, Bay Point, CA	45	0:32:26	O'All:	50
6. Juli Imel, Martinez, CA	47	0:33:17	O'All:	53
7. Melodi Alltop, Walnut Creek, CA	46	0:42:31	O'All:	80
8. Dana Lira, Rio Vista, CA	45	0:45:40	O'All:	85
9. Bonnie Ackerman-Luo, Antioch, CA	49	0:46:46	O'All:	87
10. Laurie Greer, Antioch, CA	45	0:49:02	O'All:	101
11. Paula Gray, Martinez, CA	47	0:49:46	O'All:	103
12. Leah Gomez, Clayton, CA	46	0:58:02	O'All:	123
13. Suzanne O'Rourke, Concord, CA	47	1:01:45	O'All:	128

Division: Women - 50-59	AGE	TIME		
1. Liz Hillesheim, El Sobrante, CA	53	0:27:31	O'All:	23
2. Darla Sirowy, Antioch, CA	52	0:28:22	O'All:	27
3. Camille Darlington, Antioch, CA	52	0:29:53	O'All:	35
4. Janet Hueber, Clayton, CA	51	0:32:01	O'All:	46
5. Rudeen Monte, San Francisco, CA	54	0:34:45	O'All:	59
6. Kristy Sarconi, Antioch, CA	55	0:35:48	O'All:	64
7. Renee Monte, San Francisco, CA	54	0:36:26	O'All:	66
8. Patti Gates, Antioch, CA	52	0:37:21	O'All:	69
9. Kathy Middleton, Antioch, CA	51	0:44:25	O'All:	82
10. Margie Waldhaus, Antioch, CA	56	0:45:56	O'All:	86
11. Debbie Rovanner, Oakley, CA	54	0:47:15	O'All:	89
12. Patti Norris, Antioch, CA	56	0:47:46	O'All:	95
13. Jody Courtial, Benicia, CA	51	0:48:28	O'All:	98
14. Sharon Toner, Benicia, CA	51	0:48:33	O'All:	99
15. Virginia Gonzales, Lafayette, CA	57	0:49:09	O'All:	102
16. Georgina Hoffman, Merced, CA	55	0:52:55	O'All:	108
17. Jay Motl, Antioch, CA	52	0:54:38	O'All:	113
18. Janet Castillo, Antioch, CA	53	0:54:39	O'All:	114
19. Mairan Partridge, Napa, CA	58	1:01:32	O'All:	127

# 3 MILE RUN/WALK

## WOMEN'S DIVISION RESULTS BY AGE GROUP

Division: Women - 60-69

	AGE	TIME	O'All:	
1. Kathy Luis, Antioch, CA	60	0:29:08	O'All:	32
2. Janan Roybal, Antioch, CA	63	0:30:33	O'All:	39
3. Kathy Romero, Antioch, CA	61	0:56:58	O'All:	119
4. Linda Trowsdale, Antioch, CA	60	0:57:46	O'All:	121
5. Virginia Collins, San Francisco, CA	65	1:04:12	O'All:	130

Division: Women - 70-99

1. Dee Farkas, Lafayette, CA	81	0:47:35	O'All:	91
2. Rosa Hall, Antioch, CA	77	0:56:59	O'All:	120

# 3 MILE RUN/WALK

## MEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
1. Mike Railton, Martinez, CA	15	0:18:03	13 - 15 / 1
2. Tony Palermini, Antioch, CA	19	0:18:15	19 - 24 / 1
3. Jared Cornelius, Antioch, CA	16	0:18:47	16 - 18 / 1
4. Alex Piros, Concord, CA	16	0:19:05	16 - 18 / 2
5. Thomas Plowright, Brentwood, CA	17	0:19:06	16 - 18 / 3
6. Darrin Neutz, Walnut Creek, CA	43	0:19:28	40 - 44 / 1
7. Bryan Dwyer, Antioch, CA	16	0:19:29	16 - 18 / 4
8. Austin Chapman, Antioch, CA	15	0:20:27	13 - 15 / 2
9. Hal Tacker, Colusa, CA	54	0:20:43	50 - 59 / 1
10. Jay Melen, Pittsburg, CA	25	0:20:45	25 - 29 / 1
11. Jim Flanigan, Davis, CA	59	0:20:46	50 - 59 / 2
12. Wolf Hillesheim, El Sobrante, CA	63	0:20:58	60 - 69 / 1
13. Dennis Tracy, Brentwood, CA	62	0:21:02	60 - 69 / 2
14. Dylan Gibney, Antioch, CA	19	0:21:13	19 - 24 / 2
15. Jonathan Nava, Antioch, CA	21	0:21:13	19 - 24 / 3
16. James Colly, Pittsburg, CA	30	0:21:26	30 - 34 / 1
17. David Gatti, Brentwood, CA	45	0:21:35	45 - 49 / 1
18. Guy Stark, Concord, CA	49	0:21:44	45 - 49 / 2
19. Ted Mund, Pittsburg, CA	23	0:21:46	19 - 24 / 4
20. Evan Pace, Pittsburg, CA	26	0:21:46	25 - 29 / 2
21. David Alltop, Walnut Creek, CA	49	0:21:52	45 - 49 / 3
22. Andrew Colvin, Antioch, CA	17	0:22:12	16 - 18 / 5
23. Mike Balestreri, El Sobrante, CA	45	0:22:26	45 - 49 / 4
24. Phil Murphy, Oakley, CA	65	0:22:33	60 - 69 / 3
25. James Kwasny, Antioch, CA	48	0:22:47	45 - 49 / 5
26. Bryan Duncan, Pittsburg, CA	38	0:23:07	35 - 39 / 1
27. Amador Alviz, Pleasant Hill, CA	38	0:23:12	35 - 39 / 2
28. Jeff Guidry, Antioch, CA	50	0:23:14	50 - 59 / 3
29. Brandon Balestreri, El Sobrante, CA	14	0:23:15	13 - 15 / 3
30. Jason Hillesheim, El Sobrante, CA	16	0:23:16	16 - 18 / 6
31. Rick Gilmore, Pleasant Hill, CA	52	0:23:17	50 - 59 / 4
32. Scott Gillespie, Pittsburg, CA	27	0:23:25	25 - 29 / 3
33. Jason Zucco, Pittsburg, CA	25	0:23:26	25 - 29 / 4
34. Mark Luna, Antioch, CA	44	0:23:28	40 - 44 / 2
35. Christopher Kwasny, Antioch, CA	12	0:23:31	10 - 12 / 1
36. Carlos Gallo, Antioch, CA	49	0:23:31	45 - 49 / 6
37. Ron Brittain, Martinez, CA	37	0:23:36	35 - 39 / 3
38. Jeff Dancker, Pittsburg, CA	22	0:23:40	19 - 24 / 5
39. Matthew Head, Pittsburg, CA	24	0:23:41	19 - 24 / 6
40. Thomas McLain, Martinez, CA	57	0:23:44	50 - 59 / 5
41. Melvin Smith Jr, Pittsburg, CA	36	0:23:45	35 - 39 / 4
42. Steve Wright, Rio Vista, CA	43	0:23:55	40 - 44 / 3
43. Alex Robinson, Antioch, CA	11	0:24:05	10 - 12 / 2
44. Dwayne Stark, Antioch, CA	48	0:24:07	45 - 49 / 7

# 3 MILE RUN/WALK

## MEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
45. Diallo Pham-Austin, Antioch, CA	11	0:24:15	10 - 12 / 3
46. Joshua Davis, Pittsburg, CA	28	0:24:16	25 - 29 / 5
47. Dylan Coughren, Rio Vista, CA	14	0:24:41	13 - 15 / 4
48. Kyle Couture, Pittsburg, CA	24	0:25:01	19 - 24 / 7
49. Luke Prince, Pittsburg, CA	23	0:25:01	19 - 24 / 8
50. Ryan Fenyesh, Pittsburg, CA	23	0:25:02	19 - 24 / 9
51. Ethan Gwin, Pittsburg, CA	26	0:25:05	25 - 29 / 6
52. Brad Hueber, Clayton, CA	53	0:25:10	50 - 59 / 6
53. Daniel Vieira, Antioch, CA	49	0:25:16	45 - 49 / 8
54. Bradley Jones, Antioch, CA	9	0:25:24	1 - 9 / 1
55. Josh Mouzakis, Antioch, CA	13	0:26:00	13 - 15 / 5
56. Joel Miner, Brentwood, CA	26	0:26:02	25 - 29 / 7
57. Mike Parrish, Pittsburg, CA	33	0:26:04	30 - 34 / 2
58. Philip Arndt, Antioch, CA	45	0:26:27	45 - 49 / 9
59. Bryan Holmes, Concord, CA	74	0:26:37	70 - 99 / 1
60. Alan Alltop, Walnut Creek, CA	10	0:26:49	10 - 12 / 4
61. Dylan Coito, Rio Vista, CA	13	0:26:58	13 - 15 / 6
62. Brandon Adriano, Antioch, CA	5	0:27:15	1 - 9 / 2
63. Willie Armstrong, Pittsburg, CA	26	0:27:17	25 - 29 / 8
64. Mike Schoenholz, Walnut Creek, CA	49	0:27:19	45 - 49 / 10
65. Donato Noboa, Pittsburg, CA	32	0:27:37	30 - 34 / 3
66. Bryon MacRenato, Pittsburg, CA	38	0:27:59	35 - 39 / 5
67. David Yount, Antioch, CA	61	0:28:07	60 - 69 / 4
68. Marco Chavez, Antioch, CA	14	0:28:13	13 - 15 / 7
69. Scott Burke, Antioch, CA	36	0:28:27	35 - 39 / 6
70. Leonardo Arzera, Antioch, CA	12	0:28:38	10 - 12 / 5
71. Mizrahy Aquino, Antioch, CA	11	0:28:46	10 - 12 / 6
72. Warren Gomes Jr, Rio Vista, CA	41	0:28:59	40 - 44 / 4
73. Peter Gunter, Pittsburg, CA	21	0:28:59	19 - 24 / 10
74. Brian Buss, Pittsburg, CA	34	0:29:00	30 - 34 / 4
75. David Ranger, Pittsburg, CA	22	0:29:00	19 - 24 / 11
76. Basil Alfaqih, Pittsburg, CA	27	0:29:01	25 - 29 / 9
77. Bart Miller, Antioch, CA	48	0:29:03	45 - 49 / 11
78. Joe Castillo, Antioch, CA	58	0:29:07	50 - 59 / 7
79. Sean Blackfield, Antioch, CA	13	0:29:12	13 - 15 / 8
80. Jose Lema, Antioch, CA	36	0:29:14	35 - 39 / 7
81. JT Lema, Antioch, CA	13	0:29:23	13 - 15 / 9
82. John Sims, Brentwood, CA	42	0:29:42	40 - 44 / 5
83. Jason Livingston, Pittsburg, CA	32	0:29:49	30 - 34 / 5
84. Bryan Adriano, Antioch, CA	9	0:29:57	1 - 9 / 3
85. David Madrigal, Antioch, CA	58	0:30:20	50 - 59 / 8
86. Francisco Munguia, Antioch, CA	19	0:31:31	19 - 24 / 12
87. Tyler Gomes, Rio Vista, CA	12	0:31:36	10 - 12 / 7
88. Andrew Luo, Antioch, CA	12	0:31:37	10 - 12 / 8

# 3 MILE RUN/WALK

## MEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
89. Andrew Zollars, Antioch, CA	43	0:31:52	40 - 44 / 6
90. Carson Zollars, Antioch, CA	9	0:31:52	1 - 9 / 4
91. John Greer, Antioch, CA	47	0:32:05	45 - 49 / 12
92. Nicholas Kraber, Oakley, CA	17	0:32:24	16 - 18 / 7
93. Marc Bolotaolo, Pittsburg, CA	14	0:32:25	13 - 15 / 10
94. Bob Van Uliet, Oakley, CA	64	0:32:30	60 - 69 / 5
95. Italo Munoz, Antioch, CA	39	0:32:36	35 - 39 / 8
96. Chris Hoye, Oakley, CA	37	0:33:24	35 - 39 / 9
97. Jack Smith, Brentwood, CA	10	0:34:14	10 - 12 / 9
98. Brannon Malady, Antioch, CA	13	0:35:27	13 - 15 / 11
99. Austin Miller, Antioch, CA	13	0:35:28	13 - 15 / 12
100. Brandon Collins, Vallejo, CA	11	0:36:22	10 - 12 / 10
101. Ed McIntyre, Antioch, CA	58	0:37:04	50 - 59 / 9
102. Lorenzo Kraber, Oakley, CA	13	0:37:10	13 - 15 / 13
103. Roderick Kraber, Oakley, CA	15	0:37:14	13 - 15 / 14
104. Geno Ortega, Pinole, CA	10	0:37:23	10 - 12 / 11
105. Sean Pierce, Antioch, CA	19	0:38:30	19 - 24 / 13
106. Brian Guintu, Antioch, CA	28	0:41:23	25 - 29 / 10
107. Auchavian Brewer, Antioch, CA	11	0:41:47	10 - 12 / 12
108. Brian Greer, Antioch, CA	23	0:41:54	19 - 24 / 14
109. Justin Greer, Antioch, CA	19	0:41:54	19 - 24 / 15
110. Grae Darlington, Antioch, CA	64	0:41:56	60 - 69 / 6
111. Morgan Hall-Cottrell, Antioch, CA	12	0:42:49	10 - 12 / 13
112. Bobby Yeazel, Antioch, CA	34	0:43:21	30 - 34 / 6
113. John O'Leary, Pittsburg, CA	74	0:43:28	70 - 99 / 2
114. Donovan Kraber, Oakley, CA	11	0:44:00	10 - 12 / 14
115. Walt Middleton, Antioch, CA	52	0:44:25	50 - 59 / 10
116. Bob Waldhaus, Antioch, CA	62	0:45:58	60 - 69 / 7
117. Autrey James, Antioch, CA	46	0:46:45	45 - 49 / 13
118. William Powers, antioch, CA	13	0:46:48	13 - 15 / 15
119. Michael Brown, Antioch, CA	13	0:46:49	13 - 15 / 16
120. Brad Rovanpera, Oakley, CA	54	0:47:11	50 - 59 / 11
121. Bryan Black, Antioch, CA	48	0:47:15	45 - 49 / 14
122. Dallas Burney, Antioch, CA	45	0:47:16	45 - 49 / 15
123. Donald Luis, Antioch, CA	65	0:47:18	60 - 69 / 8
124. Steven Courtial, Benicia, CA	52	0:48:19	50 - 59 / 12
125. Tom Toner, Benicia, CA	52	0:48:27	50 - 59 / 13
126. Frank Nolte, Pleasant Hill, CA	74	0:49:06	70 - 99 / 3
127. Roy Surges, Antioch, CA	44	0:50:02	40 - 44 / 7
128. Jordan Ruhlman, Antioch, CA	16	0:51:25	16 - 18 / 8
129. Barry Rausch, Antioch, CA	45	0:51:53	45 - 49 / 16
130. Charles Rausch, Antioch, CA	6	0:51:55	1 - 9 / 5
131. Joshua Harris, El Sobrante, CA	8	0:53:43	1 - 9 / 6
132. Jerry Vargus, Antioch, CA	39	0:55:16	35 - 39 / 10

# 3 MILE RUN/WALK

## MEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
133. Ryan Vargus, Antioch, CA	13	0:55:21	13 - 15 / 17
134. Frankie Hobson, Antioch, CA	15	0:55:37	13 - 15 / 18
135. Daniel Grimshaw, Antioch, CA	29	0:56:45	25 - 29 / 11
136. Larry Partridge, Napa, CA	59	1:01:33	50 - 59 / 14
137. Arthur Orourke-Tromble, Concord, CA	13	1:01:50	13 - 15 / 19
138. James Ludden, Antioch, CA	6	1:04:10	1 - 9 / 7
139. Leroy Foster, Antioch, CA	70	1:04:12	70 - 99 / 4
140. Nic Gobbell, Antioch, CA	13	1:04:12	13 - 15 / 20

# 3 MILE RUN/WALK

## WOMEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
1. Vanessa Lordi, Livermore, CA	31	0:20:15	30 - 34 / 1
2. Stephanie Siemens, Antioch, CA	14	0:20:52	13 - 15 / 1
3. Kendall Stuscavage, Martinex, CA	13	0:21:41	13 - 15 / 2
4. Rena Andereggen, Antioch, CA	29	0:22:53	25 - 29 / 1
5. Lisa Boger, Ripon, CA	27	0:23:23	25 - 29 / 2
6. Fiona James, Antioch, CA	16	0:23:27	16 - 18 / 1
7. Shannon Kitchell, Concord, CA	12	0:23:41	10 - 12 / 1
8. Colleen Hannigan, Brentwood, CA	12	0:24:03	10 - 12 / 2
9. Alicia Zapata, Antioch, CA	16	0:24:41	16 - 18 / 2
10. Amanda Dwyer, Antioch, CA	16	0:24:42	16 - 18 / 3
11. Claire Hannigan, Brentwood, CA	13	0:25:07	13 - 15 / 3
12. Deb Graham, Berkeley, CA	34	0:25:22	30 - 34 / 2
13. Danielle Roybal-Alviz, Pleasant Hill, CA	32	0:25:26	30 - 34 / 3
14. Caitlin Madrigal, Antioch, CA	22	0:25:29	19 - 24 / 1
15. Brigitte Hillesheim, El Sobrante, CA	14	0:26:18	13 - 15 / 4
16. Alicia Rickli, Antioch, CA	13	0:26:19	13 - 15 / 5
17. Vicky Little, Brentwood, CA	32	0:26:33	30 - 34 / 4
18. Alison Francis, Tracy, CA	31	0:26:38	30 - 34 / 5
19. Ruthie Hoover, Moraga, CA	13	0:26:57	13 - 15 / 6
20. Misa Leal, Danville, CA	38	0:27:03	35 - 39 / 1
21. Rachel Wentz, Pittsburg, CA	27	0:27:06	25 - 29 / 3
22. Toni Adams, Byron, CA	41	0:27:30	40 - 44 / 1
23. Liz Hillesheim, El Sobrante, CA	53	0:27:31	50 - 59 / 1
24. Martha Catalan, Antioch, CA	38	0:27:47	35 - 39 / 2
25. Nyoman Schnibben, Antioch, CA	38	0:28:13	35 - 39 / 3
26. Joyce Stephenson, Antioch, CA	45	0:28:15	45 - 49 / 1
27. Darla Sirowy, Antioch, CA	52	0:28:22	50 - 59 / 2
28. Katrina Guytingco, Pleasant Hill, CA	11	0:28:32	10 - 12 / 3
29. Ami Ervin, Brentwood, CA	22	0:28:37	19 - 24 / 2
30. Kaitlin Kubli, Rio Vista, CA	24	0:28:59	19 - 24 / 3
31. Julia Sabando, Antioch, CA	10	0:29:05	10 - 12 / 4
32. Kathy Luis, Antioch, CA	60	0:29:08	60 - 69 / 1
33. Tracye Marshall, Brentwood, CA	38	0:29:30	35 - 39 / 4
34. Kelly Kitchell, Concord, CA	41	0:29:33	40 - 44 / 2
35. Camille Darlington, Antioch, CA	52	0:29:53	50 - 59 / 3
36. Nancy Kaiser, Brentwood, CA	49	0:29:53	45 - 49 / 2
37. Adrienne Darlington, Antioch, CA	29	0:30:01	25 - 29 / 4
38. Sylvia Alvarez, Brentwood, CA	40	0:30:13	40 - 44 / 3
39. Janan Roybal, Antioch, CA	63	0:30:33	60 - 69 / 2
40. Pamela Jones, Vallejo, CA	42	0:30:52	40 - 44 / 4
41. Noelle Gomes, Rio Vista, CA	39	0:31:26	35 - 39 / 5
42. Christine Stickney, Clayton, CA	43	0:31:44	40 - 44 / 5
43. Eli Gallo, Antioch, CA	46	0:31:58	45 - 49 / 3
44. mari James, Antioch, CA	44	0:31:58	40 - 44 / 6

# 3 MILE RUN/WALK

## WOMEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
45. Shelly Lucido, Antioch, CA	37	0:31:59	35 - 39 / 6
46. Janet Hueber, Clayton, CA	51	0:32:01	50 - 59 / 4
47. Keri Miles, Oakley, CA	38	0:32:10	35 - 39 / 7
48. Renee Guidry, Antioch, CA	46	0:32:18	45 - 49 / 4
49. Leslie Adams, Rio Vista, CA	44	0:32:22	40 - 44 / 7
50. Karen Lee-Thompson, Bay Point, CA	45	0:32:26	45 - 49 / 5
51. Jessica Stratton, Concord, CA	10	0:33:03	10 - 12 / 5
52. Chelsea Freeze, Antioch, CA	17	0:33:08	16 - 18 / 4
53. Juli Imel, Martinez, CA	47	0:33:17	45 - 49 / 6
54. Christina Gallo, Antioch, CA	12	0:33:47	10 - 12 / 6
55. Melanie Ligons, Antioch, CA	36	0:33:55	35 - 39 / 8
56. Allie Barry, Pittsburg, CA	16	0:34:08	16 - 18 / 5
57. Trish Howell, Concord, CA	44	0:34:31	40 - 44 / 8
58. Melissa Madrigal, Antioch, CA	28	0:34:31	25 - 29 / 5
59. Rudeen Monte, San Francisco, CA	54	0:34:45	50 - 59 / 5
60. Deanna Fugazzi, Brentwood, CA	41	0:34:51	40 - 44 / 9
61. Adriana Munoz, Antioch, CA	12	0:35:05	10 - 12 / 7
62. Amanda Soto, Brentwood, CA	12	0:35:09	10 - 12 / 8
63. Alexandra Noble, Emeryville, CA	43	0:35:10	40 - 44 / 10
64. Kristy Sarconi, Antioch, CA	55	0:35:48	50 - 59 / 6
65. Katrina Miller, Antioch, CA	16	0:36:08	16 - 18 / 6
66. Renee Monte, San Francisco, CA	54	0:36:26	50 - 59 / 7
67. Lenese Coughran, Rio Vista, CA	44	0:36:34	40 - 44 / 11
68. Makenna McLain, Martinez, CA	10	0:37:09	10 - 12 / 9
69. Patti Gates, Antioch, CA	52	0:37:21	50 - 59 / 8
70. Lori Castillo, Antioch, CA	41	0:37:35	40 - 44 / 12
71. Tori Hoye, Oakley, CA	10	0:37:37	10 - 12 / 10
72. Michelle Barry, Pittsburg, CA	17	0:39:35	16 - 18 / 7
73. Veronica Kincaid, Antioch, CA	28	0:39:55	25 - 29 / 6
74. Valerie Smith, Brentwood, CA	38	0:40:35	35 - 39 / 9
75. Kellie Smith, Brentwood, CA	8	0:40:35	1 - 9 / 1
76. Vanessa Collins, San Francisco, CA	39	0:40:36	35 - 39 / 10
77. Ann Bolotaolo, Pittsburg, CA	25	0:41:22	25 - 29 / 7
78. Nikki Ausk, Antioch, CA	35	0:41:46	35 - 39 / 11
79. Susan Black, Antioch, CA	44	0:42:03	40 - 44 / 13
80. Melodi Alltop, Walnut Creek, CA	46	0:42:31	45 - 49 / 7
81. Lucy Soto, Brentwood, CA	43	0:44:01	40 - 44 / 14
82. Kathy Middleton, Antioch, CA	51	0:44:25	50 - 59 / 9
83. Shari DeParcq, Antioch, CA	43	0:44:54	40 - 44 / 15
84. Josy Miller, Antioch, CA	27	0:45:38	25 - 29 / 8
85. Dana Lira, Rio Vista, CA	45	0:45:40	45 - 49 / 8
86. Margie Waldhaus, Antioch, CA	56	0:45:56	50 - 59 / 10
87. Bonnie Ackerman-Luo, Antioch, CA	49	0:46:46	45 - 49 / 9
88. Monica Potter, Antioch, CA	40	0:47:15	40 - 44 / 16

# 3 MILE RUN/WALK

## WOMEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
89. Debbie Rovanpera, Oakley, CA	54	0:47:15	50 - 59 / 11
90. Marcela Gonzales, Oakland, CA	34	0:47:33	30 - 34 / 6
91. Dee Farkas, Lafayette, CA	81	0:47:35	70 - 99 / 1
92. Sami Surges, Antioch, CA	12	0:47:42	10 - 12 / 11
93. Jessica Odom, Antioch, CA	11	0:47:43	10 - 12 / 12
94. Meagen Yeazel, Antioch, CA	11	0:47:45	10 - 12 / 13
95. Patti Norris, Antioch, CA	56	0:47:46	50 - 59 / 12
96. Ana Yeazel, Antioch, CA	33	0:48:15	30 - 34 / 7
97. Hayden Zollars, Antioch, CA	12	0:48:26	10 - 12 / 14
98. Jody Courtial, Benicia, CA	51	0:48:28	50 - 59 / 13
99. Sharon Toner, Benicia, CA	51	0:48:33	50 - 59 / 14
100. Deena Zollars, Antioch, CA	38	0:49:00	35 - 39 / 12
101. Laurie Greer, Antioch, CA	45	0:49:02	45 - 49 / 10
102. Virginia Gonzales, Lafayette, CA	57	0:49:09	50 - 59 / 15
103. Paula Gray, Martinez, CA	47	0:49:46	45 - 49 / 11
104. Tricia Stratton, Concord, CA	14	0:49:50	13 - 15 / 7
105. Janet Hannigan, Brentwood, CA	44	0:49:52	40 - 44 / 17
106. Amy Findley, Concord, CA	32	0:51:14	30 - 34 / 8
107. Shelly Werner, Martinez, CA	40	0:51:15	40 - 44 / 18
108. Georgina Hoffman, Merced, CA	55	0:52:55	50 - 59 / 16
109. Tania Roliz, Antioch, CA	31	0:53:35	30 - 34 / 9
110. Cassie Watson, Antioch, CA	11	0:53:36	10 - 12 / 15
111. Stacey Keller, El Sobrante, CA	10	0:53:42	10 - 12 / 16
112. Autumn Phillips, Antioch, CA	7	0:53:54	1 - 9 / 2
113. Jay Motl, Antioch, CA	52	0:54:38	50 - 59 / 17
114. Janet Castillo, Antioch, CA	53	0:54:39	50 - 59 / 18
115. Jennifer Mosqueda, Antioch, CA	13	0:54:40	13 - 15 / 8
116. Nicole Grimshaw, Antioch, CA	29	0:56:46	25 - 29 / 9
117. Melanie Vargus, Antioch, CA	39	0:56:55	35 - 39 / 13
118. Amy Stevens, Antioch, CA	34	0:56:57	30 - 34 / 10
119. Kathy Romero, Antioch, CA	61	0:56:58	60 - 69 / 3
120. Rosa Hall, Antioch, CA	77	0:56:59	70 - 99 / 2
121. Linda Trowsdale, Antioch, CA	60	0:57:46	60 - 69 / 4
122. Christina Gomez, Clayton, CA	18	0:58:00	16 - 18 / 8
123. Leah Gomez, Clayton, CA	46	0:58:02	45 - 49 / 12
124. Sylvia Gonzales, Antioch, CA	44	0:58:18	40 - 44 / 19
125. Ashley Soto, Brentwood, CA	11	0:58:31	10 - 12 / 17
126. Annette Dehaan, Antioch, CA	44	0:58:33	40 - 44 / 20
127. Mairan Partridge, Napa, CA	58	1:01:32	50 - 59 / 19
128. Suzanne O'Rourke, Concord, CA	47	1:01:45	45 - 49 / 13
129. Trista Vieira, Antioch, CA	13	1:04:00	13 - 15 / 9
130. Virginia Collins, San Francisco, CA	65	1:04:12	60 - 69 / 5

# 10K RUN

## TOP FINISHERS

### Top Men

	AGE	TIME
1. Aaron Ford, Concord, CA	17	0:37:36
2. Brian Collett, Sn Lorenzo, CA	24	0:38:10
3. Paul Matejcek, Antioch, CA	16	0:38:11
4. Adrian Gallo, Antioch, CA	18	0:39:12
5. Manny Rin, Antioch, CA	18	0:39:13

### Top Women

	AGE	TIME
1. Tracy Guymon, Walnut Creek, CA	27	0:47:56
2. Rebecca Scalfaro, Concord, CA	45	0:52:28
3. Maridee Charlton, Los Altos, CA	52	0:53:49
4. Evelyn Hoover, Moraga, CA	17	0:55:31
5. Maria Luna, Antioch, CA	37	0:56:09

# 10K RUN

## MEN'S DIVISION RESULTS BY AGE GROUP

Division: Men - 1-13	AGE	TIME	
1. Jacob Potter, Antioch, CA	12	0:49:10	O'All: 23
2. Timothy Cumagon, Antioch, CA	12	0:51:54	O'All: 31
3. Cole Zemel, Berkeley, CA	13	0:56:35	O'All: 38
4. Miles Pitassi, Berkeley, CA	10	1:02:24	O'All: 50
5. Jake Peindo, Antioch, CA	13	1:10:09	O'All: 55

Division: Men - 14-18	AGE	TIME	
1. Aaron Ford, Concord, CA	17	0:37:36	O'All: 1
2. Paul Matejcek, Antioch, CA	16	0:38:11	O'All: 3
3. Adrian Gallo, Antioch, CA	18	0:39:12	O'All: 4
4. Manny Rin, Antioch, CA	18	0:39:13	O'All: 5
5. Hunter Prnett, Antioch, CA	16	0:41:07	O'All: 8
6. Jacob Robertson, Danville, CA	18	0:44:33	O'All: 13
7. Cyan Daligdig, Brentwood, CA	16	0:52:04	O'All: 33
8. Christopher Hart, Orinda, CA	17	0:55:28	O'All: 35

Division: Men - 19-29	AGE	TIME	
1. Brian Collett, Sn Lorenzo, CA	24	0:38:10	O'All: 2
2. Shane Jackson, Antioch, CA	22	0:48:52	O'All: 22
3. Alexander Regalado, Pittsburg, CA	27	1:01:11	O'All: 46
4. Jonathan Arellno, Fairfield, CA	23	1:05:54	O'All: 52

Division: Men - 30-39	AGE	TIME	
1. Jay Boncodin, Brentwood, CA	37	0:41:02	O'All: 7
2. Sean McCauley, Brentwood, CA	37	0:44:24	O'All: 12
3. Steve Cho, Walnut Creek, CA	37	0:47:37	O'All: 18
4. David Gonzales, Antioch, CA	32	0:49:23	O'All: 24
5. Bernard Topia, Redwood City, CA	35	0:49:23	O'All: 25
6. Paul Gregson, Antioch, CA	31	0:51:56	O'All: 32
7. Andres Garcia, San Leandro, CA	32	0:57:19	O'All: 41
8. Enrique Pasos, Brentwood, CA	39	0:59:52	O'All: 44
9. Ezra Engle, Antioch, CA	31	1:01:39	O'All: 47
10. David Berk, San Francisco, CA	37	1:01:50	O'All: 48

# 10K RUN

## MEN'S DIVISION RESULTS BY AGE GROUP

Division: Men - 40-49	AGE	TIME	
1. JR Mintz, Concord, CA	42	0:41:48	O'All: 9
2. Richard Zemel, Berkeley, CA	45	0:41:49	O'All: 10
3. Ron Rector, Colusa, CA	43	0:42:36	O'All: 11
4. D Haber, Brentwood, CA	44	0:45:49	O'All: 15
5. Rich Gelber, San Francisco, CA	49	0:47:28	O'All: 17
6. David Sam, Brentwood, CA	49	0:47:53	O'All: 19
7. Mike Moore, Walnut Creek, CA	45	0:50:28	O'All: 28
8. Brian Hoover, Moraga, CA	42	0:51:49	O'All: 30
9. Jose Cumagun, Antioch, CA	41	0:52:30	O'All: 34
10. Oscar Gonzalez, Antioch, CA	44	0:55:49	O'All: 36
11. Ernest Potter, Antioch, CA	49	0:58:52	O'All: 43
12. Kenny Peindo, Richmod, CA	44	1:01:09	O'All: 45
13. Pete Beck, Pleasant Hill, CA	47	1:05:40	O'All: 51
Division: Men - 50-59			
1. Douglas Berbena, Modesto, CA	50	0:39:44	O'All: 6
2. Glenn Moffatt, Antioch, CA	52	0:44:38	O'All: 14
3. Louie Phillips, Murphys, CA	58	0:45:59	O'All: 16
4. Bill Hermens, Concord, CA	57	0:48:02	O'All: 20
5. Tom Ford, Concord, CA	56	0:48:52	O'All: 21
6. Alan Ginos, Walnut Creek, CA	57	0:50:08	O'All: 26
7. Frederick Heinze, Manteca, CA	55	0:50:20	O'All: 27
8. Mark Joseph, Walnut Creek, CA	54	0:56:22	O'All: 37
9. Nick Luo, Antioch, CA	51	0:57:17	O'All: 40
10. Angelo Flores, El Cerrito, CA	59	0:57:54	O'All: 42
11. Martin Semien, Antioch, CA	50	1:02:04	O'All: 49
Division: Men - 60-69			
1. John Sevier, Antioch, CA	62	0:56:49	O'All: 39
2. Ralph Haines, Atherton, CA	61	1:06:19	O'All: 53
3. Alan Hoffman, Merced, CA	63	1:07:24	O'All: 54
Division: Men - 70-99			
1. Paul Flanagan, Longview, WA	77	0:51:09	O'All: 29

# 10K RUN

## WOMEN'S DIVISION RESULTS BY AGE GROUP

Division: Women - 14-18	AGE	TIME	
1. Evelyn Hoover, Moraga, CA	17	0:55:31	O'All: 4
2. Ella Pitassi, Berkeley, CA	15	1:04:20	O'All: 20
Division: Women - 19-29	AGE	TIME	
1. Tracy Guymon, Walnut Creek, CA	27	0:47:56	O'All: 1
2. Dora Regalado, Pittsburg, CA	25	0:59:06	O'All: 11
3. Emily Robinson, Antioch, CA	23	0:59:09	O'All: 12
4. Emily Plurkowski, Antioch, CA	23	0:59:17	O'All: 13
5. Susana Garcia, Antioch, CA	26	0:59:55	O'All: 17
6. Jill Gawaran, Vallejo, CA	23	1:10:46	O'All: 25
Division: Women - 30-39	AGE	TIME	
1. Maria Luna, Antioch, CA	37	0:56:09	O'All: 5
2. Teresa Stratton, Concord, C	39	0:59:58	O'All: 18
3. Xochiti Cervantes, Emeryville, CA	33	1:06:27	O'All: 22
4. Candida Tapia, Oakland, CA	33	1:18:23	O'All: 29
5. Christina Minasi, Antioch, CA	33	1:18:29	O'All: 30
Division: Women - 40-49	AGE	TIME	
1. Rebecca Scalfaro, Concord, CA	45	0:52:28	O'All: 2
2. Laura Allen, Walnut Creek, CA	46	0:56:31	O'All: 6
3. Janet Balsiger, Martinez, CA	45	0:57:31	O'All: 7
4. Kristin Anderson, Walnut Creek, CA	42	0:58:17	O'All: 8
5. Dana Farkas, Lafayette, CA	49	0:58:31	O'All: 9
6. Roxanna Hoover, Moraga, CA	44	0:59:24	O'All: 14
7. Jill Klinge-Robertso, Danville, CA	46	0:59:43	O'All: 15
8. Erin Beck, Pleasant Hill, CA	47	1:00:08	O'All: 19
9. Pauline Ludwig, Concord, CA	42	1:07:01	O'All: 23
10. Joan Leavitt, Hayward, CA	49	1:12:49	O'All: 26
Division: Women - 50-59	AGE	TIME	
1. Maridee Charlton, Los Altos, CA	52	0:53:49	O'All: 3
2. Barbara Ginos, Walnut Creek, CA	56	0:58:48	O'All: 10
3. Sue Guest, Concord, CA	54	0:59:50	O'All: 16
4. Patricia Haines, Atherton, CA	59	1:06:21	O'All: 21
5. Bonnie Delabarre, Brentwood, CA	50	1:08:22	O'All: 24
6. Gail Schaller, Martinez, CA	54	1:17:27	O'All: 28
Division: Women - 60-69			
1. Susan Morgan, Walnut Creek, CA	63	1:20:48	O'All: 31
Division: Women - 70-99			
1. Barbara Robben, Berkeley, CA	74	1:14:04	O'All: 27

# 10K RUN

## MEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
1. Aaron Ford, Concord, CA	17	0:37:36	14 - 18 / 1
2. Brian Collett, Sn Lorenzo, CA	24	0:38:10	19 - 29 / 1
3. Paul Matejcek, Antioch, CA	16	0:38:11	14 - 18 / 2
4. Adrian Gallo, Antioch, CA	18	0:39:12	14 - 18 / 3
5. Manny Rin, Antioch, CA	18	0:39:13	14 - 18 / 4
6. Douglas Berbena, Modesto, CA	50	0:39:44	50 - 59 / 1
7. Jay Boncodin, Brentwood, CA	37	0:41:02	30 - 39 / 1
8. Hunter Prnett, Antioch, CA	16	0:41:07	14 - 18 / 5
9. JR Mintz, Concord, CA	42	0:41:48	40 - 49 / 1
10. Richard Zemel, Berkeley, CA	45	0:41:49	40 - 49 / 2
11. Ron Rector, Colusa, CA	43	0:42:36	40 - 49 / 3
12. Sean McCauley, Brentwood, CA	37	0:44:24	30 - 39 / 2
13. Jacob Robertson, Danville, CA	18	0:44:33	14 - 18 / 6
14. Glenn Moffatt, Antioch, CA	52	0:44:38	50 - 59 / 2
15. D Haber, Brentwood, CA	44	0:45:49	40 - 49 / 4
16. Louie Phillips, Murphys, CA	58	0:45:59	50 - 59 / 3
17. Rich Gelber, San Francisco, CA	49	0:47:28	40 - 49 / 5
18. Steve Cho, Walnut Creek, CA	37	0:47:37	30 - 39 / 3
19. David Sam, Brentwood, CA	49	0:47:53	40 - 49 / 6
20. Bill Hermens, Concord, CA	57	0:48:02	50 - 59 / 4
21. Tom Ford, Concord, CA	56	0:48:52	50 - 59 / 5
22. Shane Jackson, Antioch, CA	22	0:48:52	19 - 29 / 2
23. Jacob Potter, Antioch, CA	12	0:49:10	1 - 13 / 1
24. David Gonzales, Antioch, CA	32	0:49:23	30 - 39 / 4
25. Bernard Topia, Redwood City, CA	35	0:49:23	30 - 39 / 5
26. Alan Ginos, Walnut Creek, CA	57	0:50:08	50 - 59 / 6
27. Frederick Heinze, Manteca, CA	55	0:50:20	50 - 59 / 7
28. Mike Moore, Walnut Creek, CA	45	0:50:28	40 - 49 / 7
29. Paul Flanagan, Longview, WA	77	0:51:09	70 - 99 / 1
30. Brian Hoover, Moraga, CA	42	0:51:49	40 - 49 / 8
31. Timothy Cumagon, Antioch, CA	12	0:51:54	1 - 13 / 2
32. Paul Gregson, Antioch, CA	31	0:51:56	30 - 39 / 6
33. Cyan Daligdig, Brentwood, CA	16	0:52:04	14 - 18 / 7
34. Jose Cumagun, Antioch, CA	41	0:52:30	40 - 49 / 9
35. Christopher Hart, Orinda, CA	17	0:55:28	14 - 18 / 8
36. Oscar Gonzalez, Antioch, CA	44	0:55:49	40 - 49 / 10
37. Mark Joseph, Walnut Creek, CA	54	0:56:22	50 - 59 / 8
38. Cole Zemel, Berkeley, CA	13	0:56:35	1 - 13 / 3
39. John Sevier, Antioch, CA	62	0:56:49	60 - 69 / 1
40. Nick Luo, Antioch, CA	51	0:57:17	50 - 59 / 9
41. Andres Garcia, San Leandro, CA	32	0:57:19	30 - 39 / 7
42. Angelo Flores, El Cerrito, CA	59	0:57:54	50 - 59 / 10
43. Ernest Potter, Antioch, CA	49	0:58:52	40 - 49 / 11
44. Enrique Pasos, Brentwood, CA	39	0:59:52	30 - 39 / 8

# 10K RUN

## MEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
45. Kenny Peindo, Richmod, CA	44	1:01:09	40 - 49 / 12
46. Alexander Regalado, Pittsburg, CA	27	1:01:11	19 - 29 / 3
47. Ezra Engle, Antioch, CA	31	1:01:39	30 - 39 / 9
48. David Berk, San Francisco, CA	37	1:01:50	30 - 39 / 10
49. Martin Semien, Antioch, CA	50	1:02:04	50 - 59 / 11
50. Miles Pitassi, Berkeley, CA	10	1:02:24	1 - 13 / 4
51. Pete Beck, Pleasant Hill, CA	47	1:05:40	40 - 49 / 13
52. Jonathan Arellno, Fairfield, CA	23	1:05:54	19 - 29 / 4
53. Ralph Haines, Atherton, CA	61	1:06:19	60 - 69 / 2
54. Alan Hoffman, Merced, CA	63	1:07:24	60 - 69 / 3
55. Jake Peindo, Antioch, CA	13	1:10:09	1 - 13 / 5

# 10K RUN

## WOMEN'S DIVISION OVERALL RESULTS

	AGE	TIME	DIVISION/FNSH
1. Tracy Guymon, Walnut Creek, CA	27	0:47:56	19 - 29 / 1
2. Rebecca Scalfaro, Concord, CA	45	0:52:28	40 - 49 / 1
3. Maridee Charlton, Los Altos, CA	52	0:53:49	50 - 59 / 1
4. Evelyn Hoover, Moraga, CA	17	0:55:31	14 - 18 / 1
5. Maria Luna, Antioch, CA	37	0:56:09	30 - 39 / 1
6. Laura Allen, Walnut Creek, CA	46	0:56:31	40 - 49 / 2
7. Janet Balsiger, Martinez, CA	45	0:57:31	40 - 49 / 3
8. Kristin Anderson, Walnut Creek, CA	42	0:58:17	40 - 49 / 4
9. Dana Farkas, Lafayette, CA	49	0:58:31	40 - 49 / 5
10. Barbara Ginos, Walnut Creek, CA	56	0:58:48	50 - 59 / 2
11. Dora Regalado, Pittsburg, CA	25	0:59:06	19 - 29 / 2
12. Emily Robinson, Antioch, CA	23	0:59:09	19 - 29 / 3
13. Emily Plurkowski, Antioch, CA	23	0:59:17	19 - 29 / 4
14. Roxanna Hoover, Moraga, CA	44	0:59:24	40 - 49 / 6
15. Jill Klinge-Robertso, Danville, CA	46	0:59:43	40 - 49 / 7
16. Sue Guest, Concord, CA	54	0:59:50	50 - 59 / 3
17. Susana Garcia, Antioch, CA	26	0:59:55	19 - 29 / 5
18. Teresa Stratton, Concord, C	39	0:59:58	30 - 39 / 2
19. Erin Beck, Pleasant Hill, CA	47	1:00:08	40 - 49 / 8
20. Ella Pitassi, Berkeley, CA	15	1:04:20	14 - 18 / 2
21. Patricia Haines, Atherton, CA	59	1:06:21	50 - 59 / 4
22. Xochiti Cervantes, Emeryville, CA	33	1:06:27	30 - 39 / 3
23. Pauline Ludwig, Concord, CA	42	1:07:01	40 - 49 / 9
24. Bonnie Delabarre, Brentwood, CA	50	1:08:22	50 - 59 / 5
25. Jill Gawaran, Vallejo, CA	23	1:10:46	19 - 29 / 6
26. Joan Leavitt, Hayward, CA	49	1:12:49	40 - 49 / 10
27. Barbara Robben, Berkeley, CA	74	1:14:04	70 - 99 / 1
28. Gail Schaller, Martinez, CA	54	1:17:27	50 - 59 / 6
29. Candida Tapia, Oakland, CA	33	1:18:23	30 - 39 / 4
30. Christina Minasi, Antioch, CA	33	1:18:29	30 - 39 / 5
31. Susan Morgan, Walnut Creek, CA	63	1:20:48	60 - 69 / 1



Kiwanis Club of the Delta-Antioch, Assemblymember Tom Torlakson,  
Pacific Gas & Electric, East Bay Regional Parks District,  
Comcast, Sutter Delta Medical Center & The City of Antioch Present

# The 33rd Annual

## Holiday Run & Walk for Health & Health Fair!

*More Than Thirty Years of Running and Walking for Health!*

Saturday, December 12, 2009 - Registration 7:30 AM - Contra Loma Regional Park, Antioch

For more information and to register on line go to <http://www.holidayrun.org/>



### Official Entry Form

(Families: Please photocopy and provide an entry form for EACH family member and enclose in same envelope)

Mail This Entry to: 33rd Holiday Run and Walk for Health/On Your Mark, P. O. Box 1199, Arnold, CA 95223

Name \_\_\_\_\_ Gender \_\_\_\_\_ Age Race Day \_\_\_\_\_

Address \_\_\_\_\_ EVENT: (Please check)

City/State/Zip \_\_\_\_\_ 1-Mile Run/Walk \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_ 3-Mile Run/Walk \_\_\_\_\_

Email \_\_\_\_\_ 10K Run \_\_\_\_\_

T-Shirt Size: Please circle: Small Med Large X-Large Kids Dashes \_\_\_\_\_  
Participating for:

Library \_\_\_\_\_ School \_\_\_\_\_ Police/Fire \_\_\_\_\_  
Library Name School Name City/Division Name

**NOTE: All race changes must be made by 12/7/09 for pre-registrations.**

**For changes to your entry, please call: On Your Mark Events (209) 795-7832 - NO CHANGES WILL BE MADE ON RACE DAY!  
Bibs will be mailed to pre-registrants!**

In signing below, I verify that in consideration of your accepting this entry, I intend to be legally bound hereby for myself, my heirs, executors & administrators, waive and release any & all rights I may have against the Kiwanis Club of the Delta-Antioch, Assemblymember Tom Torlakson, PG & E, Comcast, Contra Costa Water District, East Bay Regional Park District, the City of Antioch, Sutter Delta Medical Center, and all other associated sponsors, promoters and agents for any & all injuries suffered by me in conjunction with and/or arising in and out of my traveling to, participation in, and returning from the Holiday Run & Walk for Health & Health Fair.

Entrant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent's or Legal Guardian's Signature if participant is under 18 years of age.)

Enclosed is my check or money order in the amount of \$ \_\_\_\_\_, payable to Kiwanis Delta-Antioch Holiday Run.

Ribbons awarded to all participants. Medals awarded to 1st to 5th Place Winners in Male and Female Categories. All Kid Dash Participants receive medals! Trophies awarded to 1st Place Male and Female Winners in all races. Participant Winner Trophies & All Cash Awards (including \$100 Cash Prize awarded to anyone who breaks the 3-mile or 10K records) at our January 26, 2010 Awards Breakfast at Lone Tree Golf Course.

Mail This Entry to: 33rd Holiday Run and Walk for Health/On Your Mark, P. O. Box 1199, Arnold, CA 95223

FEES: **Before 12/1** **After 12/1**

5 and under	FREE (T-shirt - \$8)	FREE (T-shirt -\$8)
6 - 15 years	\$15	\$20
16 -60	\$20	\$25
Seniors (60 & Up)	\$15	\$20
Families*	\$50	\$60

(\*Families are up to 4 members, \$10 for each additional member.)

\*\$5 extra charge for running in 2 races.

All eligible pre-registered participants will receive a commemorative Holiday Run Long-Sleeved T-shirt!

**1 Mile Run/Walk 9 a.m.**

6 & Under, 7-9, 10-12. All ages are welcome. For those over the age of 12, entry is for fitness and fun. Ribbons will be awarded to all participants.

**3 Mile Run/Walk 9:35 a.m.**

9 & Under, 10-12, 13-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+

**10K Run 9:30 a.m.**

13 & Under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

**Kids Dashes with Santa 10:15 a.m.**

3 & Under (20 yards); 4-5 (40 yards); 6-7 (60 yards)

Holiday Run and Walk for Health  
c/o The Delta Kiwanis Club of Antioch  
3377 Deer Valley Road #239  
Antioch, CA 94531

**SIGN UP TODAY!**

33<sup>rd</sup> Annual Holiday Run and Walk for Health  
Saturday, December 12, 2009  
Contra Loma Regional Park, Antioch