



9/5/2010

26th annual Annadel Loop

Don Stewart...Loop Master!!!

By Bob Merritt, Annadel Loop race director

Don Stewart led a record group of 107 runners to win his second Annadel Loop in the last six years. Don's record in the past six years: '05--3rd, '06--1st, '07--3rd, '08--4th and '09--2nd. Don's time was faster than he ran in 06 and his record in the Loop de Loop has been outstanding, making him unequivocally "THE LOOP MASTER."

The 1st woman, in second place, was late-starting 16 year-old **Julie Nacouzi**. Not sure when she jumped into the race, but she ran very well, finishing a little over a minute behind Don.

The other women to adorn the coveted purple shirt were **Jocelyn Friel** in 4th, **Tori Meredith** in 6th and **Sydney Bernier** in 13th with the last purple shirt of 2010. Tori has 10 to 12 purple shirts (she lost count) making her easily "THE LOOP MASTERETTE," or something like that. I appreciate her help over the years helping me put on the race.



Don Stewart



Julie Nacouzi

The other men to walk away wearing purple were: 3rd **Bradford Bryon**, 5th **Alan Reynolds**, 7th **Gerald McCormick** (who ran the



The Empire



Runner

fastest scratch time in the field in 43:22 @ 6:11 pace), 8th **John Staroba**, 9th **Pappy Lyman**, 10th **Paul Berg**, 11th **Bradley Zanetti**, and 12th **Gregg Jennings**.

We had one of several spills on the course, as our treasurer John Harmon went down getting scraped up pretty good. Thankfully, the doc said a couple of days later it was just a sprain. John was appreciative for the help he received and noted that we need to update or upgrade our first aid kit. On that note I received several complaints of two men running through the pack elbowing people as they passed, and in one case knocking down a women runner. The Annadel Loop course demands using caution while running or racing it, as it is very steep and rocky. Common trail running etiquette should be followed. Please be safe.



Tanya Narath & Jon Hermstad head up Cobblestone.



Some of the great crew from Cardinal Newman/Ursuline who monitored the course

Many thanks to those who helped: Loop Divas Lisa Isabeau and Tori Meredith, George Urdzik, Bob Rogers, John Anderson and Timingmaster Bob Shor. Special thanks to Dale Peterson for leading the Cardinal Newman Cross Country Team up the course to mark and monitor it. Thanks to our sponsors: Montecito Heights Health Club, Fleet Feet Sports, and Heart and Sole. New in 2011—5 minutes to be added to women over 60 and men over 65! See ya next year!

For full results: <http://www.empirerunners.com/results/loop/loop10.pdf>
More photos at <http://empirerunnersclubphotos.shutterfly.com/10126>