



## Salmon Creek Beach Runs



**Once again there was a great turnout for the Salmon Creek Beach Runs.**

This year we celebrated the 35<sup>th</sup> running of the Salmon Creek Beach Runs! As usual, we had a great turnout of runners toeing the line in the sand to run either two or five miles and taking part in the post-race potluck brunch. Cool running weather and firmer sand for part of the course helped many of the runners to times a bit faster than last year - despite the (annual) untrue rumors of the start/finish line being moved farther back .

In the five-mile race, the top four men from last year returned and repeated their places - all with quicker times than last year. Gerald McCormick defended his title and added his name to the short list of runners who have broken 30 minutes on this challenging course. None of the top few women returned to the five mile event, which opened the door for new winner Krista Williams in the women's race. Ryan Terschuren won the men's two-mile event while Ashlee Staroba was not only the first woman overall, but won the race outright

Although we had our typical summer beach weather - cool and foggy - pretty much everyone stayed to share food and conversation after the races. We had a great group of veterans and first-timers swapping stories and fine food long enough that we almost saw the sun come out!

This year's race was hosted by the Bohns (Ernst, Karen, Eric and Sebastian) with significant new additions to the staff: Heidi (born-Bohn) and Bill (Heidi's husband) Cusworth who recently rejoined us here in Sonoma County. Please be sure to join us next year for this fun running event and day at the beach.



## **2-Mile Results – FEMALE**

1. Ashlee Staroba (32) 14:12
2. Cathy Goowin (55) 16:13
3. Jen Salazar (20) 16:35
4. Amy Melman (7) 19:59
5. Leah Garcia (11) 20:12
6. Michelle Holmstedt (27) 23:50
7. Ruby Garcia (39) 23:51
8. Zoraya Said (9) 27:41
9. Alicia Said (35) 27:42
10. Lucy Waterbury (37) 29:24

## **2-Mile – MALE**

1. Ryan Terschuren (28) 14:43
2. Jim Parks (57) 15:13
3. William Rogers (49) 15:40
4. Tyler Harwood (18) 16:35
5. Orion James (8) 16:42
6. Dale Trowbridge (71) 18:25
7. Carl Jackson (78) 19:18
8. Phil Melman (45) 20:00
9. Nathan Garcia (19) 20:38
10. Sami Nacouzi (8) 24:14
11. George Nacouzi (13) 37:33
12. Gerorge Nacouzi (55) 37:33
13. Rami Nacouzi (6) 42:09

## **5-Mile Results – FEMALE**

1. Krista Williams (37) 38:18
2. Tori Meredith (54) 40:28
3. Alyce Parks (51) 42:44
4. Melanie Nacouzi (20) 45:54
5. Stephanie Nacouzi (52) 45:59
6. Helen Coniglio (30) 47:21
7. Jen Melman (39) 53:12
8. Allegra Robertshaw (12) 53:49
9. Julie Nacouzi (18) 1:08:55 (late start)



## **5-Mile Results - MALE**

1. Gerald McCormick (28) 29:08
2. John Staroba (32) 30:46
3. Eric Downing (40) 32:10
4. Brian Goodwin (19) 33:10
5. Brian Tuohy (29) 34:41
6. Larry Meredith (53) 36:01
7. Dave Goodwin (53) 37:10
8. Jerry Lyman (62) 37:29
9. Hugo Yescas (33) 38:18
10. Jon Hermstad (63) 38:35
11. Cary Gloeckner (38) 39:34
12. David Robertshaw (45) 40:15
13. Brendan Hutchinson (67) 40:40
14. Erik Robertshaw (14) 42:42
15. Peter Laskey (41) 46:05
16. Don Sampson (63) 49:35
17. Peter A. Howley (71) 53:50
18. John Anderson (58) 58:30
19. Darryl Beardall (74) 63:54