



Baz's Comments.

G'Day all, the first running of the SJC 10K Trail Run was a total success judging by the post race gossip. And I love gossip! Some runners didn't turn up, that is normal, but the 90 starters were ready to go at 7:30. The weather was magic, all the pre race work was in place and the Mayor, Mark Nielson, did a grand job of offering the race and Open Space to all.

As the runners disappeared over the first hill we were all hoping the warm weather would not affect the athletes. In part it didn't, but for a few at the back more water could have helped maybe. No one complained! Our ham radio team did a fine job and 19 minutes after the start we heard the leader was on the return leg. Lots of good folks were around the finish line area to cheer Carlsbad's 39 year-old Kevin Gillotti. His time of 41:38 on that course will set the bar real high for any challenge. David Christof all the way from Whittier did well taking second place overall 4 minutes behind me mate Kevin. 3rd place and finishing very strong was Abraham De Los Santos a real local from SJC.

In the women's division Debra Okano took first with a good time of 50:08 and placed 12 overall. Another local, Kim Weireth was only 42 seconds back and 3rd place was one of Kim's mates Pilar Michalis. I did notice all were in the same age group, go girls. All the award winners did good and were happy with their medals. I was happy to see most of the 90 runners staying around for the celebration, all nice to have the support of fellow runners. We hope the word spreads and next year we get more to enjoy a tough 10K.

We must thank all the many volunteers, vendors and our mayor who took time to have fun with us. My job was made easy with my new mate and local businessman, Ken Friess, even with one shoulder disabled he managed to do everything. His enthusiasm for the sport and having two sons run in the race was magic. The local Rotary Club were out in force and as usual did a good job and I am sure all the funds raised will go to good causes. Thanks to my new mates Larry Kramer, Greg Sykes and John Caldwell. CERT members were ready to respond if needed they are also a good local volunteer team.

I want to thank all the runners for coming. Maybe you can spread the word and get more mates to attend next October. Those who would like to challenge some single trails, I have my Winter Trail Run Series which starts January 9th up at Blue Jay Campground in the Cleveland National Forest. You can get more info from my web site, www.bigbaztrailraces.com Love BAZ





San Juan Capistrano 10K Trail Run/Ridgewalk
03-October-2009 San Juan Capistrano, California
10K Run

***** Preliminary Results *****

| Place | Time | Bib | Name | AgSx | From | Div/Tot | Division |
|-------|---------|-----|------------------------|------|------------------|---------|-----------|
| 1 | 41:38 | 65 | Gillotti, Kevin | 39 | Carlsbad | 1/8 | Men_35-39 |
| 2 | 45:29 | 72 | Christof, David | 30 | Whithier | ¼ | Men_30-34 |
| 3 | 46:25 | 83 | De los Santos, Abraham | 33 | SJC | 2/4 | Men_30-34 |
| 4 | 46:25 | 81 | Cruz, Juan | 22 | Santa Ana | 1/1 | Men_20-24 |
| 5 | 46:42 | 100 | Bacq, Keith | 50 | Mission Viejo | 1/4 | Men_50-54 |
| 6 | 48:00 | 97 | Ramos, Sergio | 31 | Lake Elsinore | 3/4 | Men_30-34 |
| 7 | 48:24 | 37 | Milus, Brian | 37 | | 2/8 | Men_35-39 |
| 8 | 48:54 | 12 | Dellner, Tom | 44 | Dana Point | 1/9 | Men_40-44 |
| 9 | 48:58 | 11 | Delanty, Rick | 58 | San Clemente | 1/5 | Men_55-59 |
| 10 | 49:48 | 43 | Omelveny, Dan | 43 | Dana Point | 2/9 | Men_40-44 |
| 11 | 49:54 | 13 | Doss, Matthew | 44 | Santa Monica | 3/9 | Men_40-44 |
| 12 | 50:08 | 41 | Okano, Debra | 48F | Trabuco Canyon | 1/8 | Wom_45-49 |
| 13 | 50:14 | 71 | Mazza, Michael | 36 | Ladera Ranch | 3/8 | Men_35-39 |
| 14 | 50:41 | 85 | Perez, Bernardo | 35 | SJC | 4/8 | Men_35-39 |
| 15 | 50:50 | 93 | Weirath, Kim | 47F | SJC | 2/8 | Wom_45-49 |
| 16 | 50:59 | 18 | Fetzer, Jerry | 38 | San Clemente | 5/8 | Men_35-39 |
| 17 | 51:42 | 82 | Michalis, Pilar | 41F | SJC | 1/8 | Wom_40-44 |
| 18 | 54:14 | 54 | Sykes, Erik | 29 | San Clemente | 1/1 | Men_25-29 |
| 19 | 54:34 | 39 | Nickell, Chaz | 46 | | 1/11 | Men_45-49 |
| 20 | 54:43 | 23 | Gerrie, Mark | 54 | Lake Forest | 2/4 | Men_50-54 |
| 21 | 55:06 | 87 | Nameroff, Steven | 46 | San Clemente | 2/11 | Men_45-49 |
| 22 | 55:49 | 88 | Bean, Byron | 47 | SJC | 3/11 | Men_45-49 |
| 23 | 56:18 | 26 | Harper, Jeffery | 41 | San Clemente | 4/9 | Men_40-44 |
| 24 | 56:36 | 25 | Guiney, Kathy | 56F | RSM | 1/3 | Wom_55-59 |
| 25 | 56:44 | 52 | Stevens, Jim | 56 | | 2/5 | Men_55-59 |
| 26 | 56:46 | 96 | Quest, Mark | 37 | SJC | 6/8 | Men_35-39 |
| 27 | 57:56 | 22 | Garett, Norb | 47 | San Clemente | 4/11 | Men_45-49 |
| 28 | 58:38 | 44 | Omelveny, Sam | 13 | Dana Point | 1/2 | Bys_11-13 |
| 29 | 58:43 | 16 | Duvall, Michael | 59 | | 3/5 | Men_55-59 |
| 30 | 59:02 | 67 | Bertini, Carrie | 44F | Laguna Niguel | 2/8 | Wom_40-44 |
| 31 | 59:09 | 89 | Collins, Jim | 40 | SJC | 5/9 | Men_40-44 |
| 32 | 59:27 | 56 | Taylor, Mark | 49 | Mission Viejo | 5/11 | Men_45-49 |
| 33 | 59:52 | 42 | Oliver, Wendy | 51F | San Juan Capistr | 1/6 | Wom_50-54 |
| 34 | 1:00:01 | 61 | Watson, Summer | 25F | San Clemente | 1/4 | Wom_25-29 |
| 35 | 1:00:02 | 32 | Johnson, Emily | 19F | Laguna Niguel | 1/1 | Wom_17-19 |
| 36 | 1:00:39 | 95 | Chriss, Kristie | 42F | SC | 3/8 | Wom_40-44 |
| 37 | 1:01:18 | 2 | Bauer, Mark | 54 | San Juan Capistr | 3/4 | Men_50-54 |
| 38 | 1:01:32 | 20 | Friess, Rick | 44 | San Juan Capistr | 6/9 | Men_40-44 |
| 39 | 1:01:32 | 19 | Friess, Dan | 38 | San Juan Capistr | 7/8 | Men_35-39 |
| 40 | 1:01:35 | 10 | Cox, Anne | 45F | | 3/8 | Wom_45-49 |
| 41 | 1:01:46 | 50 | Sheckleford-List, Pete | 44 | San Juan Capistr | 7/9 | Men_40-44 |
| 42 | 1:02:20 | 48 | Rojas, Aureliano | 46 | | 6/11 | Men_45-49 |
| 43 | 1:04:04 | 57 | Traverso, Craig | 46 | Ladera Ranch | 7/11 | Men_45-49 |

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|----|---------|-----|--------------------|-----|------------------|-------|-----------|
| 44 | 1:04:07 | 35 | Merritt, Rich | 47 | Santee | 8/11 | Men_45-49 |
| 45 | 1:04:07 | 34 | Lumba, Eric | 43 | Newport Beach | 8/9 | Men_40-44 |
| 46 | 1:04:56 | 40 | Oines, Ron | 46 | | 9/11 | Men_45-49 |
| 47 | 1:05:08 | 80 | Walters, David | 47 | Laguna Niguel | 10/11 | Men_45-49 |
| 48 | 1:05:41 | 59 | Wade, Kathy | 43F | San Clemente | 4/8 | Wom_40-44 |
| 49 | 1:05:54 | 38 | Murai, Stacey | 35F | Laguna Hills | 1/4 | Wom_35-39 |
| 50 | 1:06:14 | 17 | Enes, Jeffery | 35 | Tustin | 8/8 | Men_35-39 |
| 51 | 1:06:33 | 49 | Rosenberg, Alan | 57 | Dana Point | 4/5 | Men_55-59 |
| 52 | 1:06:39 | 92 | Pinson, Joe | 63 | SJC | 1/3 | Men_60-64 |
| 53 | 1:07:02 | 86 | Malewicki, Douglas | 70 | Irvine | 1/1 | Men_70/Ov |
| 54 | 1:08:30 | 24 | Grinshaw, Steve | 61 | | 2/3 | Men_60-64 |
| 55 | 1:08:43 | 63 | Clark, Jessica | 27F | | 2/4 | Wom_25-29 |
| 56 | 1:09:08 | 15 | Duncan, Hans | 56 | Mission Viejo | 5/5 | Men_55-59 |
| 57 | 1:09:11 | 70 | Wilson, Kevin | 49 | SJC | 11/11 | Men_45-49 |
| 58 | 1:09:46 | 33 | Jooyan, Catherine | 48F | San Juan Capistr | 4/8 | Wom_45-49 |
| 59 | 1:10:00 | 14 | Doss, Rachel | 34F | San Juan Capistr | 1/2 | Wom_30-34 |
| 60 | 1:10:10 | 102 | Rugeiero, Gail | 42F | SJC | 5/8 | Wom_40-44 |
| 61 | 1:10:41 | 3 | Blanchard, Janelle | 47F | | 5/8 | Wom_45-49 |
| 62 | 1:11:10 | 9 | Cohen, Meredith | 29F | San Diego | 3/4 | Wom_25-29 |
| 63 | 1:11:34 | 94 | Flores, Mrs | F | Dana Point | | |
| 64 | 1:11:50 | 69 | Weissmann, Christy | 38F | SJC | 2/4 | Wom_35-39 |
| 65 | 1:12:16 | 46 | Pate, Nicole | 38F | | 3/4 | Wom_35-39 |
| 66 | 1:12:16 | 6 | Calderwood, Angela | 50F | | 2/6 | Wom_50-54 |
| 67 | 1:12:18 | 55 | Taylor, Annette | 44F | Mission Viejo | 6/8 | Wom_40-44 |
| 68 | 1:12:30 | 73 | Minch, Jason | 33 | SJC | 4/4 | Men_30-34 |
| 69 | 1:13:54 | 1 | Barr, Allan | 62 | Dana Point | 3/3 | Men_60-64 |
| 70 | 1:14:32 | 27 | Hickman, Debbie | 51F | San Juan Capistr | 3/6 | Wom_50-54 |
| 71 | 1:15:03 | 99 | Tuner, Jana | F | Los Angeles | | |
| 72 | 1:16:27 | 64 | Walla, Becky | 59F | | 2/3 | Wom_55-59 |
| 73 | 1:16:36 | 91 | Button, Cheryl | 49F | SJC | 6/8 | Wom_45-49 |
| 74 | 1:17:50 | 76 | Davies, Grant | 12 | San Clemente | 2/2 | Bys_11-13 |
| 75 | 1:17:52 | 74 | Derrick, Tim | 43 | San Clemente | 9/9 | Men_40-44 |
| 76 | 1:18:24 | 4 | Brawner, Julie | 42F | Laguna Hills | 7/8 | Wom_40-44 |
| 77 | 1:19:52 | 101 | Fisher, Julie | 39F | SJC | 4/4 | Wom_35-39 |
| 78 | 1:20:32 | 62 | Wyatt, Jaime | 65F | San Juan Capistr | 1/1 | Wom_65-69 |
| 79 | 1:23:28 | 47 | Rodriguez, Irma | 47F | | 7/8 | Wom_45-49 |
| 80 | 1:24:15 | 84 | Collins, Ricki | 44F | SJC | 8/8 | Wom_40-44 |
| 81 | 1:26:29 | 79 | McGlasson, Patty | 53F | SC | 4/6 | Wom_50-54 |
| 82 | 1:28:39 | 90 | Kallen, Carla | 54F | SJC | 5/6 | Wom_50-54 |
| 83 | 1:28:40 | 45 | Pai, Frances | 29F | Irvine | 4/4 | Wom_25-29 |
| 84 | 1:31:05 | 68 | Simpson, Chuck | 51 | Laguna Beach | 4/4 | Men_50-54 |
| 85 | 1:32:18 | 29 | Hribar, Rosa | 58F | San Juan Capistr | 3/3 | Wom_55-59 |
| 86 | 1:32:19 | 30 | Hribar, Michelle | 32F | Dana Point | 2/2 | Wom_30-34 |
| 87 | 1:36:56 | 78 | Liebman, Sharon | 51F | Mission Viejo | 6/6 | Wom_50-54 |
| 88 | 1:38:36 | 77 | Lamanuzzi, Sherri | 46F | RSM | 8/8 | Wom_45-49 |
| 89 | 1:50:59 | 103 | Flores, Zara | 13F | Dana Point | 1/2 | Gls_11-13 |
| 90 | 1:51:08 | 66 | Aird, Morgan | 12F | Dana Point | 2/2 | Gls_11-13 |



San Juan Capistrano 10K Trail Run/Ridgewalk
03-October-2009 San Juan Capistrano, California
10K Run

***** **Top Overall Men Finishers** *****

| | | | | | | | |
|---|-------|----|-----------------------|----|----------|----|-------|
| 1 | 41:38 | 65 | Kevin Gillotti | 39 | Carlsbad | CA | 41:38 |
| 2 | 45:29 | 72 | David Christof | 30 | Whithier | CA | 45:29 |
| 3 | 46:25 | 83 | Abraham De los Santos | 33 | SJC | CA | 46:25 |

***** **Top Overall Women Finishers** *****

| | | | | | | | |
|---|-------|----|----------------|----|----------------|----|-------|
| 1 | 50:08 | 41 | Debra Okano | 48 | Trabuco Canyon | CA | 50:08 |
| 2 | 50:50 | 93 | Kim Weirath | 47 | SJC | CA | 50:50 |
| 3 | 51:42 | 82 | Pilar Michalis | 41 | SJC | CA | 51:42 |

***** **Awards List** *****

Men 1-18

| | | | | | | |
|---|---------|----|--------------|------|--------------|----|
| 1 | 58:38 | 44 | Sam Omelveny | M 13 | Dana Point | CA |
| 2 | 1:17:50 | 76 | Grant Davies | M 12 | San Clemente | CA |

Women 1-18

| | | | | | | |
|---|---------|-----|-------------|------|------------|----|
| 1 | 1:50:59 | 103 | Zara Flores | F 13 | Dana Point | CA |
| 2 | 1:51:08 | 66 | Morgan Aird | F 12 | Dana Point | CA |

Men 19-29

| | | | | | | |
|---|-------|----|------------|------|--------------|----|
| 1 | 46:25 | 81 | Juan Cruz | M 22 | Santa Ana | CA |
| 2 | 54:14 | 54 | Erik Sykes | M 29 | San Clemente | CA |

Women 19-29

| | | | | | | |
|---|---------|----|---------------|------|---------------|----|
| 1 | 1:00:01 | 61 | Summer Watson | F 25 | San Clemente | CA |
| 2 | 1:00:02 | 32 | Emily Johnson | F 19 | Laguna Niguel | CA |
| 3 | 1:08:43 | 63 | Jessica Clark | F 27 | | |

Men 30-39

| | | | | | | |
|---|-------|----|-----------------------|------|----------|----|
| 1 | 41:38 | 65 | Kevin Gillotti | M 39 | Carlsbad | CA |
| 2 | 45:29 | 72 | David Christof | M 30 | Whittier | CA |
| 3 | 46:25 | 83 | Abraham De los Santos | M 33 | SJC | CA |

Women 30-39

| | | | | | | |
|---|---------|----|-------------------|------|---------------------|----|
| 1 | 1:05:54 | 38 | Stacey Murai | F 35 | Laguna Hills | CA |
| 2 | 1:10:00 | 14 | Rachel Doss | F 34 | San Juan Capistrano | CA |
| 3 | 1:11:50 | 69 | Christy Weissmann | F 38 | SJC | CA |

Men 40-49

| | | | | | | |
|---|-------|----|--------------|------|--------------|----|
| 1 | 48:54 | 12 | Tom Dellner | M 44 | Dana Point | CA |
| 2 | 49:48 | 43 | Dan Omelveny | M 43 | Dana Point | CA |
| 3 | 49:54 | 13 | Matthew Doss | M 44 | Santa Monica | CA |

Women 40-49

| | | | | | | |
|---|-------|----|----------------|------|----------------|----|
| 1 | 50:08 | 41 | Debra Okano | F 48 | Trabuco Canyon | CA |
| 2 | 50:50 | 93 | Kim Weirath | F 47 | SJC | CA |
| 3 | 51:42 | 82 | Pilar Michalis | F 41 | SJC | CA |

Men 50-59

| | | | | | | |
|---|-------|-----|--------------|------|---------------|----|
| 1 | 46:42 | 100 | Keith Bacq | M 50 | Mission Viejo | CA |
| 2 | 48:58 | 11 | Rick Delanty | M 58 | San Clemente | CA |
| 3 | 54:43 | 23 | Mark Gerrie | M 54 | Lake Forest | CA |

Women 50-59

| | | | | | | |
|---|---------|----|-------------------|------|------------------|----|
| 1 | 56:36 | 25 | Kathy Guiney | F 56 | RSM | CA |
| 2 | 59:52 | 42 | Wendy Oliver | F 51 | San Juan Capistr | CA |
| 3 | 1:12:16 | 6 | Angela Calderwood | F 50 | | |

Men 60-69

| | | | | | | |
|---|---------|----|----------------|------|------------|----|
| 1 | 1:06:39 | 92 | Joe Pinson | M 63 | SJC | CA |
| 2 | 1:08:30 | 24 | Steve Grinshaw | M 61 | | |
| 3 | 1:13:54 | 1 | Allan Barr | M 62 | Dana Point | CA |

Women 60-69

| | | | | | | |
|---|---------|----|-------------|------|------------------|----|
| 1 | 1:20:32 | 62 | Jaime Wyatt | F 65 | San Juan Capistr | CA |
|---|---------|----|-------------|------|------------------|----|

Men 70/Ov 70-99

| | | | | | | |
|---|---------|----|-------------------|------|--------|----|
| 1 | 1:07:02 | 86 | Douglas Malewicki | M 70 | Irvine | CA |
|---|---------|----|-------------------|------|--------|----|

Women 70/Ov 70-99

Number of records: 50