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Dear Christmas-Morning Huffer-Puffer,

12-29-01

Thank You for showing up. We were expecting 20-30 runners, and just hoping we'd get enough participants to pay for the shirts. It didn't occur to us that we'd get so many (49) folks coming out that we'd make a few hundred bucks for the Placer Trails Conservancy, and even need separate finishing gates (like the big races) to keep the 5K & 10K results from getting confused. We will make that change for next year's run. Please accept our apology for the awards confusion. Tabulating continued into Christmas night and the next morning to determine the winners and placers in all the various age-gender groups. Here are some highlights:

Stockton's Steve Ware and Elverta's Monique Hawn won the 10K men's and women's overall championships in times so fast that each mile of their 10K races was run more than 45 seconds faster than the per-mile pace of the 5K men's and women's champions, who only had to run half as far. Impressive!

Meadow Vista's Don Roby and his family dominated the 5K. Don won his age group by averaging 5-1/2 miles per hour through some serious hills for 3.1 miles, an extraordinary performance for a man whose age is 72! His son Brian and daughter Lynette both won their "40s" divisions in the 5K with respectable times, and Roby's 18-year-old granddaughter Brooke was the overall winner of the women's 5K. Brooke came all the way from San Diego, while son Brian flew in from Norfolk, Virginia, a remarkable show of dedication to their folks and to the joys of huffing and puffing in Meadow Vista on Christmas Morning.

Chris and Cindy Medlin also showed exemplary devotion to their folks and to the Cool Yule Jingle Jog, flying in from San Antonio, Texas to run this race for the third time!

Last year's overall women's 5k champion, Helen Seldin, 10, and her brother Stephen, 12 (last year's overall men's 10K champion) both ran the 10K this year with excellent speed and high hopes. But a twist of fate turned this year's 10K pace from brisk to blistering: Steve Ware, last year's amazingly-fast 5K champ, had intended to run (and win) the 5K again this year, but missed the 5K short-cut of the 10K loop and ended up running the 10K instead. Our minimalist rules do permit last minute decisions and inattentivenesses at the fateful corner of Placer Hills and Meadowgate Roads, so his 37:33 time (6:02 per mile) is official. It's a record that will probably stand until Steve Ware himself breaks it or until Stephen Seldin grows up a bit.

The picture of the race start on the front page of Wednesday's (12/26) Auburn Journal was great: the Seldin Siblings are off and running, while everyone else is pressing buttons on their wrist watches to start their timing. Apparently, the Seldin Siblings don't care enough about time to even wear watches. They just love running fast, and winning, forget what the clock says!

The 5K Cool Yule may have been the best place to meet women on Christmas Day, with 7 men and 19 women. So tell all the male lonely hearts out there to show up next year, and leisurely walk/jog the 5K.

One of the most joy-inducing experiences a person can have is when efforts devoted to the happiness of others bear abundant fruit. Thus, by enjoying yourselves so much, you gave us an experience of joy that lasts and lasts in our memories. It's worth mention that two of the people who served you on Christmas Morning have substantial tendencies toward depression. Devoting themselves to the enjoyments of 49 magnificent "light beings in transit" (that's you) made them the happiest I have ever seen them. It worked better than Prozac, was a whole lot cheaper, and had only beneficial side effects. So, although it may seem a bit odd, our deep gratitude goes out to all of you for sharing such a good time with us.

See you next year? We'll have separate finishing gates to facilitate quick awards tabulation. Easley Nursery has already "re-upped", so the awards will again be outstanding. Other sponsors are interested. Everything should be running smooth enough that we really will have a gift exchange and tailgate party.

Thanks so much for coming.

Your Race Director, Doctor Duck (as in "quack, quack") Ainsleigh.

COOL YULE JINGLE JOG 5K/10K 2001

WOMEN'S 5K—19 runners/walkers

Brooke Roby 18	27:39	teens-1
Monnica Fisher 33	29:47	30s-1
Linda Tobia 36	32:42	30s-2
<i>Paula Ainsleigh 52</i>	<i>34:30</i>	<i>50s-1A</i>
Lynette Roby 48	35:20	40s-1
Marcia Morillas 42	41:00	40s-2
Sandy Pegram 60	41:30	60s-1
Dawn Hitchcock 33	41:36	30s-3
Roni Jones 33	41:37	30s-4
Nancy Bloom 40	44:01	40s-3
Lynsey Fisher 8	45:55	subteens-1
Roxie Carroll 45	46:00	40s-4
Jackie Kelley 62	52:50	60s-2
Jean Otten 48	53:25	40s-5
Dee Whitecotton 46	54:00	40s-6
Suzan Pope 48	60:56	40s-7
Anita Yoder 57	72:30	50s-1
Zenia Liebman ?39?	74:48	50s-2
Rachael Liebman 16	77:00	teens-2
Sarah Liebman 13	77:00	teens-3

MEN'S 5K—7 runners/walkers

Nick Clark 21	21:05	20s-1
Brian Roby 46	23:56	40s-1
Gil Stieglitz 46	27:18	40s-2
Andy Cramer 39	31:41	30s-1
Ralph Keith 43	32:45	40s-3
Don Roby 72	33:41	70s-1
Bill Yoder 57	72:30	50s-1

WOMEN'S 10K—12 runners

Monique Hawn 35	45:53	30s-1
Elinor Yee 28	46:25	20s-1
Helen Seldin 10	46:52	subteens-1
Karen Kelly 42	49:21	40s-1
Sally Ellsworth 57	51:29	50s-1
Cindy Medlin 41	53:29	40s-2
Michelle Winowiecki 39	54:00	30s-2
Judy Shipman 60	55:22	60s-1
Nancy Foley 42	56:22	40s-3
Margie Peterson 60	74:36	60s-2
Linda Hall 58	77:20	50s-2
Candace McGahan 52	77:46	50s-3

MEN'S 10K—11 runners

Steve Ware 30	37:33	30s-1*
Doug Cichowicz 44	42:44	40s-1*
Stephen Seldin 12	43:47	subteens-1*
Logan Maier 18	45:45	teens-1
<i>Gordon Ainsleigh 54</i>	<i>45:50</i>	<i>50s-1A</i>
Chris Medlin 50	46:21	50s-1
Tom Windsperger 54	51:12	50s-2
Jim Ellsworth 57	51:29	50s-3
Jeff Webber 38	54:35	30s-2
Richard Jones 62	55:00	60s-1
Bill Langston 45	57:26	40s-2
Michael Otten 62	61:23	60s-2

COOL YULE JINGLE JOG, CHRISTMAS DAY 2002

Dear Cool Yulers

Meadow Vista's Christmas Morning run, the Cool Yule Jingle Jog, once again beat the weather forecasters, with nary a drop of rain. The world was sparkling cold, and the shady spots still sparkled with frost when you headed out through our sleepy hamlet at 10:30 AM. This year for the first time, the 10K had more entrants than the 5K. Apparently word got around last year about the spectacular new 10K trail through Simpson's Meadow, up Simpson's Creek, and back along the Bear River Canal.

In the 5K, 16-year-old Jesse Grimstead of Citrus Heights won the men's race in 24:20. He was barely across the finish line when the duel for the women's championship rounded the corner and headed for home across the grass of Meadow Vista Park: Jesse's mother, Susan Grimstead, 45, was in close pursuit of 19-year old Brooke Roby, a soccer star from the University of San Diego and last year's defending champion. Brooke beat Susan in by a few seconds, but there was a moment of held breath.

The 5K races were dominated by the eight members of Meadow Vista's Roby family, five of whom were age-gender division winners. 73-year-old patriarch Don Roby wowed his fans by knocking a minute off the age-group record he set last year, averaging 5 ½ mph over a course that includes two short but serious hills, and placing in the top third of finishers with a 32:54 time. Matriarch Betty Roby won the women's 60s age group, Grandson Keith won the men's 20s, granddaughter Katy won the women's 12-and-under, and granddaughter Brook won the 17-19 age and was the women's champion.

The Men's 10K was a very hard-fought race, with four runners coming in at the front less than two minutes apart. After running close for most of the race, 15-year-old Vincent Bardini (42:03) of Roseville eventually pulled out a half-minute lead over Doug Cichowicz, 45, of South Lake Tahoe. Brian Roby, 47, of Virginia was less than a minute behind Doug, and Budd Ring, 45, just 19 seconds behind Brian. In the women's 10K, Cool's Karen Kelly, 43, ran in 50:53, almost four minutes ahead of a pack of three consisting of Dee Whitecotton, 47, of Loomis, Michelle Webber, 40, of Newcastle, and Cindy Medlin, 42, of San Antonio, Texas, all three of whom (again) finished within two minutes of each other. Barbara Shotigian, 76, cruised the 10K in 66:01 (5 1/2 mph), an amazing age-group record.

All four champions in the men's and women's 5K & 10K races received gorgeous large poinsettias donated by Auburn's Easley Nursery, which also provided smaller living bouquets of poinsettias, pansies & violas to the age-gender division winners. The beauty of the awards and the beauty of the course were again major topics of conversation, especially for those accustomed to running city streets and getting manufactured trophies. The 10:30 AM starting time was mentioned appreciatively by those fresh from Christmas Morning gift-opening, although the biggest advantage of this starting time may be that it rarely rains from then until noon, even when a storm is blowing through.

The Roby family promises to be back in force again next year to continue the fun and the winning. Since 47-year-old son Brian from Virginia ran both halves of his 10 K faster than the 5K overall winner, six of eight Roby family members would have been age-group winners, with two race champions, if Brian had run the 5 K, instead of the paltry five of eight, and one race champion, which they got.

You may have noticed that my wife Paula and I were a little subdued, bordering on boring, this year. We were both struggling back from our worst respiratory illness in many years. On the bright side, however, we both felt like running again four days later, on Sunday, and found out that I could have won my age group in the 10 K, if I had been healthy and had the time. That was nice to know.

This duo of races is a benefit for the Placer Trails Conservancy, with major sponsorship from Easley Nursery in Auburn. Thank you again for coming, for enjoying yourselves, and for making your contribution to our trail-preservation efforts in central Placer County. We found a few more bugs in the race this year and have come up with solutions. We will have a faster awards ceremony and an easier-to-follow trail next year, and the shirt will be done by someone who knows how to spell "meadow". Thank You for your patience with these irritating bumblements.

Gordy, your race director.

COOL YULE JINGLE JOG 5K/10K CHRISTMAS DAY, 2002

WOMEN'S 5 K run/walk

1. Brooke Roby, 19	26:01	teens-1
2. Susan Grimstead, 45	26:13	40s-1
3. Katy Roby, 12	31:33	under 13-1
4. Lynette Roby, 49	35:17	40s-2
5. Janet Pucci, 54	35:52	50s-1
6. Leslie Webber, 41	42:01	40s-3
7. Candace McGahan, 53	42:22	50s-2
8. Betty Roby, 69	43:49	60s-1
9. Shannah McAleer, 45	56:12	40s-4
10. Kathy Snyder, 42	58:14	40s-5
11. Myrna Walthen, 49	66:01	40s-6
12. Molly Roby, 47	80:28	40s-7

MEN'S 5 K run/walk

1. Jesse Grinstead, 16	24:20	teens-1
2. Andy Cramer, 40	32:29	40s-1
3. Don Roby, 73	32:54	70s-1*
4. Ralph Keith, 44	34:19	40s-2
5. Keith Roby, 21	37:40	20s-1
6. Ray Santana, 55	37:41	50s-1
7. Robert Birnberg, 51	38:33	50s-2

WOMEN'S 10 K run

1. Karen Kelly, 43	50:53	40s-1
2. Dee Whitecotton, 47	54:47	40s-2
3. Michelle Weber, 40	55:41	40s-3
4. Cindy Medlin, 42	56:32	40s-4
5. Carolyn Schroeder, 50	59:54	50s-1
6. Susan Murphy, 52	63:11	50s-2
7. Linda Wong, 53	65:01	50s-3
8. Barbara Shotigian, 76	66:01	70s-1
9. Margery Peterson, 61	73:29	60s-1
10. Jean Otten, 49	74:27	40s-5
11. Linda Hall, 59	75:30	50s-4
12. Shelley Alton, 33	76:79	30s-1

MEN'S 10 K run

1. Vincent Bardini, 16	42:03	13-16—1
2. Doug Cichowicz, 45	42:39	40s—1
3. Brian Roby, 47	43:31	40s—2
4. Budd Ring, 45	43:50	40s—3
5. Chris Cunningham, 47	48:18	40s—4
6. Richard Grimm, 53	52:52	50s—1
7. Jeff Weber, 39	55:42	30s—1
8. Michael Otten, 63	56:40	60s—1
9. Richard Jones, 64	58:54	50s—2
10. Jim Schroeder, 52	60:53	50s—3
11. D B Robinson, 52	61:12	50s—4
12. Steve Bennet, 48	61:12	40s—5
13. Steve Friery, 34	70:21	30s—2
14. Wade Mitchell, 33	83:45	30s—3

COOL YULE JINGLE JOG, CHRISTMAS 2003

The 2003 version of Meadow Vista's Christmas Morning pedestrian extravaganza had near-perfect weather for fast running: almost raining, but not quite. The occasional muddy spots could all be skirted safely, and the one very slippery foot bridge--where a carpet of leaves had turned slimy--had a hand rail.

It was another version of a perfect day to run for the Easley Nursery Poinsettias along the lovely trails that bracket the Bear River Canal, trails that have given their recreational blessings to residents and visitors of the Meadow Vista area for longer than any living local folks can remember. And no one got lost this year, thanks to the heroic and erudite trail marking efforts of Meadow Vista's Jim & Carolyn Schroeder, Oakland's Wayne Marchant, a bag and a half of powdered dolomitic limestone from Easley's, and a bunch of pink (10K) and chartreuse (5K) surveyor's ribbons.

Meadow Vista's Don Roby's family again won the family championship, putting together their most decisive victory ever, thoroughly dominating both the 5K and 10K races.

Early on, it looked like they might get some competition when Grass Valley's Horlick family entered five family members (Terry, Terrie, two daughters & a sister) in this year's run—the same number as the Roby family came up with last year. But for 2003, the Roby family upped the ante: seven family members were entered in the two simultaneous races, and a Roby family member was the first person to cross the finish line in both the 5K and 10K events. It is the first time that one family has entered so many participants, and the first time a single family has captured the "first finisher" honors in both races, and claimed two of the four Easley Nursery Championship poinsettias.

Don Roby's granddaughter, Brooke Roby, a 20-year-old on a full-ride soccer scholarship at University of San Diego, beat all the other women and all the guys through the two hard hills and the speedy flat mile down the berm of the Bear River Canal, to the long downhill coming back to the park.

Brooke's dad, Brian Roby, 48, and last year's winner, Vincent Bardini, 16, set a pace off the start and out of the park that was so fast it had spectators gawking. Brian held on so well for 6.2 miles that Vincent wasn't yet in sight when Brian finished next to "race headquarters", the solitary picnic table. It was a sweet victory for the man who came in third last year, a victory due in part to the fact that for most of this year, Captain Brian Roby (Navy equivalent of full-bird colonel) has been executive officer of a Navy battle group stationed in Puget Sound, and has been spending his leisure hours enjoying maximal oxygen consumption on the beautiful and challenging trails winding from the lowlands along the Sound up into western Washington's Cascade Range. This hard play made possible his impressive surge into the winner's circle on Christmas morning, and got him one of the four coveted Easley Championship Poinsettias.

Jennifer Clothier was "nipping at the heels" of Vincent Bardini as she set a new Cool Yule women's 10K record with a scorching 43:49, knocking a bit over two minutes off Monique Hawn's record-setting run of two years ago. Jennifer has been running Meadow Vista's trails for several years, and winning local races with some regularity, but this was her first try at the Jingle Jog. At her day job, Jennifer works as a physician in Auburn. Not your usual doc, she's done medical research in Nepal, and her health advice to patients usually includes a gentle reminder on exercise benefits.

Perhaps the most pleasantly surprised person in the race was Robert Birnberg, who called up last year after doing the Run To Feed The Hungry in Sacramento, wanting to know if he could survive in the hills of Meadow Vista. He was assured that he could, and got through to the finish of last year's 5K in 38 1/2 minutes. He says he trained all through the year thinking about this race, almost like it was a dream that haunted him. He pounded away at the treadmills and stairclimbers at his athletic club, while exercising restraint at the diners. On Christmas morning, Birnberg arrived noticeably leaner than last year, hoping to get into the "34s" or "33s", and maybe even win his age group. However, when he crossed the finish line in third place behind two fast ladies (Brooke Roby and Christian Valley's Linda Tobia), Robert Birnberg found out that he had run into the "31s" and won the "Big Easley" poinsettia for the Men's 5K.

Don Roby, the 74-year-old patriarch of this race's winningest family, must have gotten complacent after setting a new 70s age group record last year. He ran almost 2 minutes slower this year, allowing Bill Wilson, a mere 70, to beat him in by 37 seconds. Don still has the record by 1:07, but he'll have to train a bit harder next year to win a poinsettia.

This year, as every year (so far), we were again joined by Chris and Cindy Medlin from San Antonio, Texas. Cindy is another one of those military officers who sees her duty to stay in shape. Chris has won his age group, or the whole race, every year except for an airline-disease year. Chris runs this course so close to my practice times that it always gets me wondering which of us would win the 10K Men's 50s poinsettia if I weren't so busy Christmas Morning.

Dogs were a problem this year, even causing two elderly people to withdraw from the 5K. Expect a separate start time next year, and other rules to keep dogs from interacting hazardously with runners and walkers.

Thanks for letting us sparkle your Christmas Day. Helping others be happy is our surest way to happiness.

Also, thank you for helping pay past debts and future expenses in our effort to save our local foot-horse-bicycle trails. Using trails helps keep them free. Come by for a walk/run when you can. For trailheads, call me: (530) 878-1901.

COOL YULE JINGLE JOG 5K/10K CHRISTMAS DAY, 2003

WOMEN'S 5K

1	Brooke Roby, 20	28:36	20s-1
2	Linda Tobia, 38	29:22	30s-1
3	Katy Roby, 13	32:17	teen-1
4	Lynette Roby, 50	35:31	50s-1
5	Ali Valdrighi, 10	37:50	subteen-1
6	Shelley McFarland, 41	38:03	40s-1
7	Margaret Delmore, 42	39:00	40s-2
8	Terrie Horlick, 53	39:40	50s-2
9	Caitie Jacobson, 12	40:43	subteen-2
10	Gretchen Jacobson, 39	40:45	30s-2
11	Candace Blair, 22	42:04	20s-2
12	Jerusha Horlick, 14	44:52	teen-2
13	Linda Wong, 54	45:17	50s-3
14	Sandy Pizzio, 47	45:47	40s-3
15	Marie Wilson, 73	50:11	70s-1
16	Jennifer Otter, 31	50:48	30s-3
17	Janet Pucci, 55	53:11	50s-4
18	Jane Switzer, 50	53:12	50s-5
19	Tamme Booth, 40	56:31	40s-4
20	Marge Shasburger, 60	79:30	60s-1

WOMEN'S 10K

1	Jennifer Clothier, 40	43:49	40s-1
2	Kari Borka, 44	48:05	40s-2
3	Tracy Johansen, 36	53:39	30s-1
4	Tanya Meeth, 34	56:18	30s-2
5	Alexis Horlick, 21	56:25	20s-1
6	Carolyn Schroeder, 51	57:32	50s-1
7	Cindy Medlin, 43	57:41	40s-3
8	Nancy Bloom, 42	68:45	40s-4
9	Linda Hall, 60	72:30	60s-1
10	Judith Shipman, 62	62:23	60s-2*
11	Molly Roby, 48	92:31	40s-5
12	Linda Rapposelli, 47	92:32	40s-6
13	Jean Otten, 50	96:52	50s-2

* 5 minutes added to actual finishing time of 57:23, and placed behind other runners in her gender/age group, because of taking a dog on the 10K course and deriving forward motion from an external source.

MEN'S 5K

1	Robert Birnberg, 51	31:39	50s-1
2	Andy Cramer, 41	32:28	40s-1
3	Bill Wilson, 70	34:03	70s-1
4	Frank Pizzio 47	34:04	40s-2
5	Don Roby, 74	34:40	70s-2
6	Manuel Thomas, 44	37:44	40s-3
7	John Valdrighi, 44	38:02	40s-4
8	Jon Henry, 41	38:03	40s-5
9	Justin Toms, 11	40:46	subteen-1
10	Robert Bardini, 46	57:21	40s-6
11	Ray Santana, 56	62:25	50s-2
12	Terry Horlick, 50	77:21	50s-3

MEN'S 10K

1	Brian Roby, 48	42:14	40s-1
2	Vincent Bardini, 16	43:37	teen-1
3	Chris Medlin, 52	49:17	50s-1
4	Darryl Beardall, 67	50:18	60s-1
5	Keith Jacobson, 46	51:06	40s-2
6	Bill Toms, 47	51:06	40s-2
7	Bruce Delmore, 42	51:15	40s-4
8	John Valdrighi, 40	53:48	40s-5
9	Rick Grimm, 51	54:49	50s-2
10	D. B. Robinson, 53	56:52	50s-3
11	Greg Kendrick, 55	57:27	50s-4
12	Jim Schroeder, 53	58:16	50s-5
13	Michael Otten, 64	60:09	60s-2
14	Glenn Meeth, 34	65:03	30s-1
15	Michael Rapposelli, 53	92:33	50s-6

COOL YULE JINGLE JOG—CHRISTMAS MORNING 2004

The weather was perfect--brisk, cool, bright winter sunlight--perpetuating the record that the sky has never rained on the Cool Yule Jingle Jog. The 5K trail was mud-free, and the 10K trail had only one short stretch of mild mud about a mile out. It was a day for speedsters, but no records fell, largely because Brooke Roby and Jennifer Clothier, the women's 5K and 10K record holders were busy elsewhere, and Stockton's Steve Ware, 33, who holds both the 5K and 10K men's records, had a slow day. He not only lacked his usual zip, but also went straight where he should have turned right, and ended up running last year's slightly hillier course on the opposite side of the big canal that constitutes 3 miles of the 10K course.

The women's victors were runaways. Rocklin's Angie Alva, 47, won by 6 minutes in 29:40, and Applegate's Kari Borka, 44, ran 45:46 for a 10-minute victory margin.

Granite Bay's Mike Delmore and Elverta's Kristian Peterson fought it out for most of the 5K men's race, with Peterson eventually pulling out 49 seconds to finish in 21:10. The 10K was even closer: Stockton's Steve Ware, 33, and Granite Bay's Lee McKinley, 45, were running neck-&-neck when they came to the bottom of the steep repeating-S hill about 5/8 mile from the finish. McKinley poured on the coal then, and pulled out a half-minute, to finish in 41:16.

Perhaps the most surprising runners-up were the 2nd and 3rd "women" in the 5K: Granite Bay's Ali Valdrighi, 11, closely pursued by Roseville's Lena Wirtz, 6, the smallest speedster the Jingle Jog has seen since Davis' Helen Seldin did a similar performance 4 years ago.

Chuck Mather, 58, past president of the Western States (Tevis Cup) Trail Ride, stepped off his horse long enough to win the 50s age group in the men's 10K with a speedy 49:32. Right behind Mather was the Grand Old Man of American ultramarathon running, Darryl Beardall, 68, cruising in at 50:23, placing in the top-1/3 of finishers, and complaining all the way about how he just doesn't have any speed left on the hills. Beardall was unbeaten at 50 mile runs in North America in the late 60s and early 70s.

Beardall was the oldest finisher in the 10K. The oldest 5K finishing honors went to Rio Oso's Bill Jetton, 71. Good job, Bill and Darryl.

Both the men's and women's 10K champions (Lee McKinley and Kari Borka), along with 3rd-overall 10K runner John Nichols, 39, of El Dorado Hills, recently got drawn for next year's Western States 100 Mile Run. If placing 1st, 3rd and 5th overall in the 10K is any indication, they should get into Auburn before dawn on the last Sunday in June, 2005.

Local reporter Gus Thompson proved once again that reporters can run fast, with a respectable 54:22. However, his 16-year-old son, Wes, may turn out to be an even more daring reporter than Gus: Wes was nine minutes faster than his Dad, placed 4th overall, and won the teen men's 10K age group.

Meadow Vista's Roby family didn't show this year after their sweep of the race last year, when two of their five family members won the Women's 5K and Men's 10K Championships. Apparently, like Mother Nature, the CYJJ abhors a vacuum, and the Roby vacuum was filled by Grass Valley's Bowman Family, who also entered five members. Sarah and Kate tied to win the women's teen 5K age-gender group.

As usual, the winners of the four races got the largest, most beautiful poinsettias from Eisley Nursery, and the gender-age winners got the smaller but still dazzling poinsettias. The raffle included baby incense cedar trees from Sam Simpson, fine wines from Liquor Outlet, and gift certificates for Race Director Gordon Ainsleigh's chiropractic practice. Ainsleigh says that the science research showing that wine prevents macular degeneration, Alzheimer's and Parkinson's led him to include wine in this year's prizes.

Eight runners in the 10K and four runners in the 5K beat Ainsleigh's trial times on the course during the prior week, and qualified for \$100 gift certificates at Ainsleigh's office. Ainsleigh said he got the idea from Eppie's Great Race. Eppie would give a hamburger and drink to anyone who beat his team's time.

It was a beautiful day and a wonderful run. The scenic beauty of the Bear River Canal recreational corridor was food to nourish the soul, along with the picturesque country roads of the Meadow Vista Valley. As usual, the CYJJ guaranteed all finishers that they could eat and drink as much as they want of the highest-calorie Christmas Dinner delights without risking ever gaining even a pound.

COOL YULE JINGLE JOG 5K/10K — CHRISTMAS MORNING 2004

WOMEN’S 5K

1	Angie Alva, 47	29:40	40s	1st
2	Ali Valdrighi, 11	35:43	subteen	1st
3	Lena Wirth, 6	36:28	subteen	2nd
4	Margaret Delmore, 48	37:05	40s	2nd
5	Nancy Bingley, 42	37:12	40s	3rd
6	Catie Jacobson, 11	38:42	subteen	3rd
7	Gretchen Jacobson, 45	38:44	40s	4th
8	Jerri Ann Bean, 45	39:04	40s	5th
9	Candace Lane, 54	39:46	50s	1st
10	Jan Davis, 52	40:04	50s	2nd
11	K T Jorgenson, 41	40:14	40s	6th
12	Nadia Privarra, 24	40:18	20s	1st
13	Lea Ann Salmon, 46	41:49	40s	7th
14	Shari Goldfarb, 45	43:32	40s	8th
15	Lisa Jetton, 40	44:05	40s	9th
16	Jessica Wirth, 8	44:40	subteen	4th
17	Linda Wong, 55	45:01	50s	3rd
18	Reina Schwartz, 41	47:06	40s	10th
19	Laura Bowman, 10	50:21	subteen	5th
20	Leslye Vodden, 54	53:09	50s	4th
21	Sarah Bowman, 15	53:41	teen	1st
22	Kate Bowman, 16	53:41	teen	1st
23	Amy Bowman, 41	54:07	40s	11th
24	Terri Bardini, 46	56:07	40s	12th
25	Shannon Weil, 57	57:58	50s	5th

WOMEN’S 10K

1	Kari Borka, 44	45:46	40s	1st
2	Sara McKinley, 45	55:03	40s	2nd
3	Carolyn Schroeder, 52	56:30	50s	1st
4	Janet Pucci, 56	64:08	50s	2nd
5	Nicole Simone, 35	65:34	30s	1st
6	Laurette Fox, 51	65:47	50s	3rd
7	Martina Privara, 21	68:00	20s	1st
8	Linda Hall, 61	69:20	60s	1st
9	Marjory Peterson, 62	71:59	60s	2nd
10	Jean Otten, 51	90:15	50s	4th

MEN’S 5K

1	Kristian Petersen, 42	21:10	40s	1st
2	Mike Delmore, 45	21:59	40s	2nd
3	Michael Morgan, 13	24:32	teen	1st
4	Keith Jacobson, 47	26:40	40s	3rd
5	John Valdrighi, 41	29:01	40s	4th
6	Larry Thomas, 54	29:47	50s	1st
7	Robert Birnberg, 53	30:39	50s	2nd
8	Michael Otten, 65	32:35	60s	1st
9	Theo Wirth, 40	44:41	40s	5th
10	Robert Bardini, 46	56:13	40s	6th
11	James Weil, 65	58:00	60s	2nd
12	Jim Salmon, 45	61:36	40s	4th
13	Bill Jetton, 71	61:36	70s	1st

MEN’S 10K

1	Lee McKinley, 45	41:16	40s	1st
2	Steve Ware, 33	41:47	30s	1st
3	John Nichols, 39	44:10	30s	2nd
4	Wes Thompson, 16	45:41	teen	1st
5	Eric Bean, 31	45:51	30s	3rd
6	Chuck Mather, 58	49:32	50s	1st
7	Darryl Beardall, 68	50:12	60s	1st*
8	Ron Peck, 62	50:23	60s	2nd
9	Bob Hoelcle, 51	51:40	50s	2nd
10	Gus Thompson, 47	54:22	40s	2nd
11	Jim Schroeder, 54	54:40	50s	3rd
12	Vincent Bardini, 17	55:49	teen	2nd
13	D B Robinson, 54	56:04	50s	4th
14	Gary Bowman, 52	60:12	50s	5th
15	Glen Nishimoto, 50	60:12	50s	6th
16	Bob Davis, 54	65:47	50s	7th

COOL YULE JINGLE JOG 5K/10K—CHRISTMAS MORNING 2005

Good running weather prevailed yet again at the Cool Yule Jingle Jog—the Christmas Morning Race for the **Eisley Nursery Poinsettias**. It rained seriously in the morning, but quit about 15 minutes before the sign-up period. The race was run under perfect conditions, and then, after the awards were done, the rain returned.

Once again, the **U.S. Armed Forces** and the **Western States 100-Mile Run** stocked the winners' circle.

But for a pair of expensive sunglasses and an unruly big pickup truck, the 10K race probably would have seen the 3 top men crossing the finish line within three seconds of each other. But Murphy turned it into an 12-second spread. **Brian Roby**, a navy captain (colonel) who won our 10K in 2003, was hot on the tail of Western States veteran and eventual winner **John Nichols** of El Dorado Hills early during the trail section, when his expensive haze-cutting shades flew off his head during a "whoopie-bump" turn, and he lost maybe 10 seconds going back to pick them up. Pushing hard to catch up again, Brian finally overtook and passed John on the canal berm. Later, he slowed slightly to recover, and John went back by him at the Meadow Gate Road canal crossing 2 1/2 miles from the finish. In the last mile, 10K record holder (37:33) **Steve Ware** of Stockton charged up from behind. At the turn onto the main road, Steve passed Brian. At the road crossing to the park, 1/8 mile from the finish, he was about a second behind John. But a behemoth pickup ignored traffic direction, forced Steve to break stride and rhythm and take a longer path to the finish. By then, the gap was just too big and there wasn't enough time left in the race to catch John.

The women's 10K was won this year by **Cindy Medlin** on her fourth try. Cindy is a U.S. Army officer from Washington state who just returned from Iraq. There are now two Christmas Morning champions in the family: Her husband **Chris Medlin**, now retired from the Army, won our men's 10K in 2000.

Darryl Beardall, 69, from Santa Rosa, a past North American 50-mile record holder (5:18), is used to winning the oldest finisher award in the 10K here every year. But he got aced out this year by **Harvey Cain**, a 75-year-old retired MD from Carmichael who finished the Western States 100 in 24:06 more than 20 years ago.

Judy Shipman, 64, of Rancho Cordova was 2nd overall and oldest woman in the 10K, running the course in just over an hour, with her decorated hound, **Gracie**. The dog people started 5 minutes after the dogless masses.

Travis Reagan, 12, of Citrus Heights, the youngest 10K runner, turned in a respectable 64:39.

The 5K women's race was between **Brooke Roby**, 22, of Poway (near San Diego), who held our 5K record, and **Jennifer Clothier**, 42, of Meadow Vista, who held our 10K record. Brooke broke her own record by 16 seconds, but Jennifer was faster still. Her new record is 24:00. Brooke's sister **Katy Roby**, 15, was third.

In the men's 5K, **Vincent Bardini**, 18, of Carmichael, our 2002 10K winner, outran last year's 5K champ, Sacramento's **Kristian Peterson**, 43. His 21:14 was 9 seconds off Nick Clark's 2001 record, and 4 seconds off Kristian's time last year. In third, 111 seconds behind Vincent, was Meadow Vista's 10-year-old **Zach Stoll**.

Laura Bowman, 11, of Grass Valley, was the youngest 5K lady. The oldest was **Marsha Jutovsky**, 61, who consorts with Harvey Cain, the oldest 10K guy. Auburn's **Michael Otten** was the fastest oldest 5K dude.

"Best New Life" award goes to **Robert Birnberg**, 54, of Orangevale. The Jingle Jog was his second 5K three years ago, when he showed up to walk, looking like the Michelin Man and taking last place. The following year, having lost about 50 pounds and speeded up 7 minutes, on a day when Kristian was elsewhere and Vincent was busy on the 10K, Robert pulled off a first-place win in the 5K. Last year he came back still lighter, but got beat out by Kristian and some other hot competitors. This year he looked ready to pose for the cover of Men's Health, his face had chiseled contours, and he won the 50s men's award again.We really can remake our lives....

The "15K Championship" award goes to **Chuck Mather**, who won our 10K men's 50s age group last year. Chuck lives locally and knows all the trails, but still managed to be the only person who got lost. He ran the 10K course for 5 miles, switched to running the 5K course backwards, got back to the Meadow Gate Road canal bridge where the 5K & 10K courses come within 10 feet of each other, and switched courses again to run the 10K course backwards. Finally, after another mile or so, he decided to return back down the canal to Meadow Gate Road and run the 5K course backwards to the start/finish in the Park, all in about 75 minutes. With scientific evidence now clearly showing that running prevents Alzheimer's Disease, Chuck definitely needed those extra miles.

Once again, the **Eisley Nursery Poinsettias** were magnificent. There were "Ooh"s and "Aah"s as the top finishers got to choose their poinsettias first. The **Roby family**—Brian, Brooke, Katy & Lynette—won the most.

The country roads and woodland trails of Meadow Vista were also at their bucolic best, like something out of an early-American landscape painting. There were puddles here and there, but all were small enough to be leaped or skirted, and mud was not a problem. One runner described the weather and the course as "a perfect day for running", with temperatures in the 50s, very little mud, and an ever-so-slight mist settling through the trees. It was a wonderful day to be abundantly alive. Thanks for coming to Meadow Vista and sharing a perfect moment.

COOL YULE JINGLE JOG==Race Results==CHRISTMAS MORNING 2005

WOMEN'S 5K

1. Jennifer Clothier,42	24:00	40s	1*
2. Brooke Roby, 22	25:45	18-29	1
3. Katy Roby, 15	31:53	13-18	1
4. Linda Tobia, 40	32:56	40s	2
5. Ali Valdrighi, 12	35:33	9-12	1
6. Lynette Roby, 52	35:36	50s	1
7. Margaret Delmore,49	36:55	40s	3
8. Clara Tobin, 15	40:08	13-18	2
9. Tracie VanWicklin,20	40:08	18-29	2
10. KT Jorgensen, 42	41:31	40s	4
11. Lynn Katz, 51	45:42	50s	2
12. Jean Otten, 52	45:42	50s	3
13. Beth VanWicklin,53	50:55	50s	4
14. Evelyn Bryant, 56	51:36	50s	5
15. Leslye Vodden, 55	55:50	50s	6
16. Reina Schwartz,42	62:57	40s	5
17. Laura Bowman, 11	67:09	9-12	2
18. Sara Bowman, 16	69:02	13-18	3
19. Kate Bowman, 17	69:02	13-18	3
20. Amy Bowman, 42	74:14	40s	6
21. Alexandra Hastings,38	77:05	30s	1
22. Maisie Hastings,11	77:05	9-12	3
23. Marsha Jutovsky,61	77:05	60s	1

WOMEN'S 10K

1) Cindy Medlin, 45	55:52	40s	1
2) Judy Shipman, 64	61:26	60	1
3) Jessica Love, 27	64:05	20s	1
4) Katarzyna Bowkunowicz,40	64:35	40s	2
5) Linda Hall, 62	67:24	60s	2
6) Janet Pucci, 57	77:23	50s	1
7) Linda Parr, 54	77:24	50s	2

MEN'S 5K

1. Vincent Bardini, 18	21:14	18-29	1
2. Kristian Petersen,43	22:08	40s	1
3. Zach Stoll, 10	23:05	9-12	1
4. Robert Birnberg, 54	28:29	50s	1
5. John Valdrighi, 42	29:45	40s	2
6. Michael Otten, 66	32:20	60s	1
7. John Caruso, 65	32:56	60s	2
8. Ray Santana, 58	40:31	50s	2
9. Gregory Bryant, 55	51:36	50s	3

MEN'S 10K

1) John Nichols, 40	41:33	40s	1
2) Steve Ware, 34	41:41	30s	1
3) Brian Roby, 50	41:45	50s	1
4) Dave VanWicklin,53	48:31	50s	2
5) D B Robinson, 55	52:13	50s	3
6) Ron Peck, 63	53:53	60s	1
7) Gary Bowman, 53	54:02	50s	4
8) Chris Medlin, 54	55:04	50s	5
9) Darryl Beardall, 69	55:12	60s	2
10) Edwin Yee, 17	64:34	13-17	1
11) Dan Jorgensen, 60	64:35	60s	3
12) Travis Reagan, 12	64:39	9-12	1
13) James Reagan, 44	65:07	40s	2
14) Harvey Cain, 75	87:58	70s	1

MEN'S 15K... maybe

15) Chuck Mather, 59	1st Place	
	unknown distance	unknown time



The Roby Family—Brian, Brooke, Lynette and Katy.
All placed first in their age/gender groups.

Robert
Birnberg
(2004 edition)
watching
participants
finishing



COOL YULE JINGLE JOG Christmas Morning 2006

This year was another version of perfection for the Cool Yule Jingle Jog: cool enough to run fast, warm enough to be comfortable standing around in sweats before and after the race, overcast but not a drop of rain, perfect soil moisture content for best traction and resiliency, and excellent companions with whom to share the course.

As usual for our Christmas mornings, there were some dramas weaving through this year's race for the Big Poinsettia awards from Eisley Nursery. Two past winners, who have seen others' names in the winning circle since their triumphs in bye-gone years, gunned up and specifically trained for a triumph this year.

Vincent Bardini first won our 10K in 2002, but ran a little slower in 2003 and got aced out by US Navy Commander Brian Roby. He missed 2004, switched to the 5K last year and picked up his second win, and came back this year to go after the course record. That 21:05 performance by Nick Clark in 2001 has withstood some close calls: Kristian Peterson came within 5 seconds in 2004, and Bardini came within 9 seconds last year.

When Vincent crossed the finish this year, he was breathing awfully hard for someone with no competitors in sight, but he did beat Nick Clark's 2001 time by a dramatic 36 seconds, to become our new 5K record holder. Next year, Vincent: only 30 seconds to go to break the fabled 20-minute barrier. That would be so Cool Yule!

Last year, we had the tightest 10K race in our history, with John Nichols beating out Steve Ware by 8 seconds and Brian Roby by 12 seconds. Since both Ware and Roby had unexpected things happen to them that held them up for several seconds, I was expecting this year to be a rematch to remember. Lee McKinley, 45, who won the 10K two years ago, obviously expected the same, and trained hard to beat all three contenders from last year. But none of the three showed. Lee flew through the course, becoming only the second person in race history to finish under 40 minutes (Steve Ware ran a dazzling 37:33 in 2001), and ended up finishing nine minutes ahead of his closest competition, Dan Sovereign (also 45). A minute behind Dan was 13-year-old Travis Reagan.

Remarkable 60s age group 10Ks were run by Ron Peck, 64, our oldest 10K guy, who cruised the race in 54:11, and by Linda Hall, 63, with a 66:01 (1:23 faster than last year). Linda has run faster every year at the Jingle Jog for 5 years now. Does the Jingle Jog reverse aging? The ghost of Ponce de Leon still wants to know!

There were no 5K women in their 60s, but Sydney Melbourne and Ramona Sovereign are 70 & 71...!!!

For the first time this year, a husband-wife team swept one of our races. Lee McKinley's wife, Sara, 47, who ran second behind Kari Borka in 2004 with a 55:03, trained harder this year and ran 2:07 faster for a time of 52:57. She dueled with Linda Tobia, 41, throughout the race, finally pulling out a 22-second lead at the finish.

For the last three years the CYJJ 10K has been won by runners (McKinley and Nichols) who whip through the Western States 100-Mile Run in about 20 hours (That's fast!). Another link to the Western States Trail this year was Potato Richardson, a 2-time winner of the Tevis Cup for the fastest ride in the Western States 100 Mile horse event. Richardson won the Cool Yule men's 60s division 5K in 31:37.

New faces at the Jingle Jog included the Sovereign family from Sacramento, with 6 runners/walkers from 3 generations entered in the race. Dan the dad, at 47, came in 2nd behind Lee McKinley in the 10K, and his oldest daughter, Lana, a mere 17, was the 5K champion, cruising in ahead of Cindy Medlin, 46, last years 10K champ.

And speaking of.... When Chris and Cindy Medlin first started coming to the Jingle Jog, both were assigned to Fort Sam Houston, Texas, in the Army. Chris is now retired, Cindy completed a tour of duty in Iraq awhile ago, and she's now a major headed for lieutenant colonel. They currently live near Fort Lewis, Washington, and have, over the years, collected several CYJJ awards for the folks who came from farthest away to spend Christmas with their parents and, of course, run the Jingle Jog. Chris and Cindy are both past winners of the 10K.

13-year-olds Ali Valdrighi in the 5K and Travis Reagan in the 10K both ran their races about 2 minutes per mile faster than last year, and both finished third. If they keep training and running strong, it looks like they're both going to be holding the big poinsettias by the time they're 16.

Our "bonus miles" champ was again Chuck Mather this year. He correctly ran the 5K to where it meets the 10K on the canal berm, but then went straight ahead instead of turning downhill toward the pavement and the finish. He ran backwards on the 10K until he got to the (marked) footbridge crossing (which he ignored), and he continued running the canal out of town, hooked a right onto the road into town, rejoined the combined 5K and 10K courses for their last half mile, and finished about 7 or 8K in 39:31. Chuck is actually pretty fast when he doesn't let his runner's high lead him astray into excessive enjoyment of our bucolic Christmas Morning paradise.

In early January, Paula & I speed-ran the CYJJ courses. Our times and theoretical placings are in italics, at the bottom of the appropriate columns. I beat Dave VW's 50s time, and Dan S's 2nd overall. Too Cool Yule!!

Thank you for coming to our Christmas Party. It is our pleasure to enable your pleasure. Next year, we will be working to stamp out macular degeneration by giving away more vintage wine at the awards ceremony.

COOL YULE JINGLE JOG==Race Results==CHRISTMAS MORNING 2006

WOMEN'S 5K

1	Lana Sovereign, 17	27:05	17-19	1st
2	Cindy Medlin, 46	29:53	40s	1st
3	Ali Valdrighi, 13	29:57	13-16	1st
4	Pat Schneider, 49	31:37	40s	2nd
5	Tracie Van Wicklin, 21	35:30	20s	1st
6	Nancy Landers, 55	35:43	50s	1st
7	Margaret Delmore, 50	38:16	50s	2nd
8	K T Jorgensen, 43	40:59	40s	3rd
9	Diane Butler, 28	44:05	20s	2nd
10	Jean Otten, 53	44:20	50s	3rd
11	Rozzlyn Sovereign, 12	44:41	6-12	1st
12	Terri Bardini, 48	45:01	40s	4th
13	Reina Schwartz, 43	45:25	40s	5th
14	Linda Wong, 57	50:27	50s	4th
15	Beth Van Wicklin, 54	52:11	50s	5th
16	Barbara Bain, 56	53:31	doggy	1st
17	Katherine Miracle, 45	54:17	40s	6th
18	Julie Melbourne, 46	65:16	doggy	2nd
19	Cynthia Wold, 48	66:15	doggy	3rd
20	Triera Holley, 35	66:15	doggy	3rd
21	Christi Rivers, 29	66:52	20s	3rd
22	Sydney Melbourne, 70	74:33	70s	1st
23	Ramona Sovereign, 11	93:29	6-12	2nd
24	Felicia Sovereign, 44	93:58	40s	7th
25	Ramona Sovereign, 71	94:10	70s	2nd
26	Paula Ainsleigh, 57	37:42	50s	(2nd)

WOMEN'S 10K

1	Sara McKinley, 47	52:57	40s	1st
2	Linda Tobia, 41	53:19	40s	2nd
3	June Montuori, 52	57:37	50s	1st
4	Jessica Love, 28	57:37	20s	1st
5	Carolyn Schroeder, 54	57:51	50s	2nd
6	Kathy Cridge, 52	62:40	50s	3rd
7	Janet Pucci, 58	65:03	50s	4th
8	Linda Hall, 63	66:01	60s	1st
9	Gladys Rivers, 59	66:52	50s	5th
10	Renee Hohman, 41	71:15	40s	3rd
11	Philomene Smith, 44	71:17	40s	4th
12	Rachael Grimm, 24	74:41	20s	2nd
13	Margery Peterson, 65	80:35	60s	2nd

MEN'S 5K

1	Vincent Bardinin, 19	20:29	17-19	1st*
2	Michael Morgan, 15	22:20	13-16	1st
3	Max Schopfer, 15	22:36	13-16	2nd
4	Robert Birnberg, 55	28:31	50s	1st
5	Alex Morgan, 13	28:40	13-16	3rd
6	Chris Medlin, 55	30:10	50s	2nd
7	John Valdrighi, 43	31:16	40s	1st
8	Potato Richardson, 63	31:37	60s	1st*
9	Michael Otten, 67	33:22	60s	2nd
10	John Tadlock, 45	35:44	40s	2nd
11	Chuck Mather, 60	39:31	60s	3rd
("scenic bonus miles" 7K Champion)				
12	James Salmon, 47	40:43	40s	3rd
13	Raymond Santana, 59	48:49	50s	3rd
14	Andreas Baumeister, 44	49:07	40s	4th
15	Marvin Bain, 54	53:31	doggy	1st
16	Eric Broyhill, 39	53:31	doggy	1st
17	Preston Melbourne, 16	61:20	13-16	4th
18	Lee Melbourne, 11	74:28	6-12	1st

MEN'S 10K

1	Lee McKinley, 45	39:51	40s	1st*
2	Dan Sovereign, 45	48:54	40s	2nd
3	Travis Reagan, 13	49:56	13-16	1st
4	Larry Yulharty, 41	49:56	40s	3rd
5	Brad Cridge, 22	51:47	20s	1st
6	Dave Van Wicklin, 54	53:20	50s	1st
7	Dan Moores, 42	53:20	40s	4th
8	Ron Peck, 64	54:11	60s	1st
9	Byron Miracle, 46	54:16	40s	5th
10	Jim Schroeder, 56	54:24	50s	2nd
11	Tom Wold, 59	55:16	doggy	1st
12	Aaron Rivers, 32	55:47	30s	1st
13	James Mather, 28	55:47.5	20s	2nd
14	Glen Nishimoto, 52	56:37	50s	3rd
15	Tony Jammal, 24	60:41	20s	3rd
16	James Reagan, 45	61:13	40s	6th
17	Henry Smith, 63	72:37	60s	2nd
18	Rick Grimm, 57	74:44	50s	4th
19	Gordon Ainsleigh, 59	48:34	50s	(1st)

COOL YULE JINGLE JOG 2007

Please accept my apology for the lateness of these results & certificates. It has been a year of crisis and opportunity in the quest to make this world a better place.

Christmas Morning, 2007, it was anyone's guess who was going to win the 10K, but it looked like it was going to be close. Near the center of the starting line was Lee McKinley, 46, from Granite Bay, who won last year in 39:51, the second fastest CYJJ 10K course time ever. Off to the left, there was Stockton's Steve Ware, 36, who holds the course record at 37:33. And over to the right was Michael Morgan, a 16-year old from Meadow Vista who has recently run into the 38s on other courses. But, 38 minutes and 52 seconds later, it was a rather blond and tan surfer-looking "dark horse" who won the race for the Easley Nursery poinsettias—Foresthill's Shane Clarke, 46. The three favorites cruised in a few minutes later in a close race for 2nd, 3rd & 4th. Champion Shane and runner-up Lee McKinley are both veteran ultramarathon trail runners. Everyone up there at the front will have to watch out for Michael Morgan next year.

Dee Lloyd, 52, ran in with her husband, Terry, also 52, to claim the women's 10K in 51:53. About 1 and 2 minutes back were Katharine Miracle 46, and Linda Tobia, 42.

Age seemed to be an advantage in this year's 10K. Men's age in order of finish was 46, 46, 36 & 16. Women's age in order of finish was 52, 46 and 42. Hey! They gave youth something to envy.

Santa Rosa's Darryl Beardall, 71, a 50-mile national champion back in the early 1970s, celebrated the joys of graceful aging by setting a scorching men's 70s record that will probably stand for a very long time—52:10—an 8:23 average per mile on a course with two very serious uphill.

The 5K race proved to be rather calm by comparison. 20-year-old Vincent Bardini from Carmichael, who set the course record last year with a smoking 20:29, was busy with other sports this year, did not train hardly at all for this run, and cruised in to win the big poinsettia with a leisurely (for him) 23:09. Meadow Vista's Alex Morgan, 14 (the little brother of the young 10K speedster), was a few minutes behind Vincent, and Granite Bay's John Valdrighi, 44, was a few minutes behind Alex.

The women's 5K winner was Nevada City's Catharine Sullivan, 36, with a quick 27:42. Catharine, like the top men in the 10K, is a veteran ultramarathon trail runner. Nancy Vassallo, 47, was about a minute and a half back. The 5K course has almost as much climb as the 10K, so it's a slower course.

Honorable mention this year goes to Meadow Vista's Chuck Mather, 61, who has managed to get so far into his runner's high during the last two Jingle Jogs that he has run the majority of both the 5K and 10K courses each year before giving up and running backward to the start. Since he lives around here, we locals are all befuddled to explain how this is possible. We thought maybe he was building a case for a disability claim, but Chuck hasn't asked any of us to appear at an impairment hearing to witness on his dysfunctionality—although we are all willing. This year, in an apparent attempt to rehabilitate his reputation, he stuck with his son's friend, Tamara Davis, 28, the whole way, and managed to stay on course for the entire 5K. Meanwhile, his son James, 29, cruised the 10K course in a respectable 57:56, never losing his way once. Apparently, Chuck's runner's high is not inherited.

Dog owners get a big apology this year, as my able assistants failed to designate which of you runners finished with a dog in tow or towing you. If all of you canine connoisseurs will just send me a note telling me who you are, I will rank you and send you your "Babes with Bowsers" and "Romeos with Rovers" awards. My email is drgordon@auburninternet.com.

If you didn't get a certificate, and want to get one, take a look at the other race (5K vs. 10K) to see if you could win an award certificate by switching races. There are some amazing gaps in various age-gender groups in both races, and they aren't the same in each race. For instance, if Chuck Mather had been two years younger, he would have won the men's 50s age group in the 5K by just cruising along with his son's girlfriend. But, being the age he is (61), he had to settle for 3rd among the hard-driving 60s men, eleven minutes behind speedy Mike Otten (68), and five minutes behind Bill Howe (60). Any woman under 40 could have won her division in the 10K. And any guy under 20 could have taken 2nd in either race.

It's worth noting that Don Roby's 2002 Men's 70s 5K record of 32:54 still stands. Any takers? Lastly, my wife's taste in wine has changed, so the December 25th wine giveaway will be a bit sumptuous.

See You next Christmas. Gordy

COOL YULE JINGLE JOG==RACE RESULTS==CHRISTMAS MORNING 2007

WOMEN’S 5K

1.	Catharine Sullivan, 36	27:42	30s	1st
2.	Nancy Vassallo, 47	29:17	40s	1st
3.	Diane Butler, 29	37:15	20s	1st
4.	Lynn Terleski-Katz, 53	39:00	50s	1st
5.	Ali Valdrighi, 14	39:28	13-16	1st
6.	Margaret Delmore, 50	39:32	50s	2nd
7.	Terri Bardini, 49	44:57	40s	2nd
8.	Terri Cornell, 50	45:43	50s	3rd
9.	Tamara Davis, 28	46:55	20s	2nd
10.	Linda Wong, 58	47:23	50s	4th
11.	Jean Otten, 54	49:24	50s	5th
12.	Gladys Rivers, 60	58:58	60s	1st
13.	Kathy Norell, 58	59:58	50s	6th
14.	Rebecca Larsen, 33	63:09	30s	2nd
15.	Barbara Bain, 57	63:11	50s	7th
16.	Laurie Cayer, 61	71:04	60s	2nd
17.	Jessica Love, 29	71:14	20S	3rd
18.	Judy Shipman, 66	71:20	60s	3rd
19.	Michelle Who, 43	74:44	40s	3rd
20.	Sydney Melbourne, 71	74:56	70s	1st
21.	Julie MelbourneWeaver, 40	75:06	40s	4th

WOMEN’S 10K

1.	Dee Lloyd, 52	51:53	50s	1st
2.	Katherine Miracle, 46	52:44	40s	1st
3.	Linda Tobia, 42	53:22	40s	2nd
4.	Sara McKinley, 48	55:32	40s	3rd
5.	Barbara Ashe, 58	56:06	50s	2nd
6.	Kathy Martin, 57	56:06	50s	2nd
7.	Carolyn Schroeder, 55	58:12	50s	4th
8.	Cynthia Wold, 49	63:16	40s	4th
9.	Janet Pucci, 59	67:57	50s	5th
10.	Linda Hall, 64	77:52	60s	1st
11.	Margery Peterson, 66	80:18	60s	2nd
12.	Suzi Howe, 61	81:16	60s	3rd
13.	Philomene Smith, 45	81:16	40s	5th

TOP FAMILIES

BARDINI

Vincent, men’s 5K champion

Diane Butler-Bardini, 1st 20s woman 5K

Brandon Butler, 1st 30s man 5K

Terri, 2nd 40s Woman 5K

MELBOURNE-WEAVER

Sydney Melbourne 1st Woman 70s 5K

Preston Melbourne-Weaver 1st man 17-19 10K

Julie Melbourne-Weaver: 4th woman 40s 5K

Michael Weaver: 4th man 40s 5K

LLOYD

Dee Lloyd, women’s 10K champion

Terry Lloyd, 1st man 50s 10K

MEN’S 5K

1.	Vincent Bardini, 20	24:09	20s	1st
2.	Alex Morgan, 14	28:02	13-16	1st
3.	John Valdrighi, 44	34:47	40s	1st
4.	Michael Otten, 68	35:51	60s	1st
5.	Brandon Butler, 33	39:00	30s	1st
6.	Bill Howe, 60	41:59	60s	2nd
7.	Chuck Mather, 61	46:55	60s	3rd
8.	Louis Sigmond, 69	48:48	60s	4th
9.	Preston MelbourneWeaver, 17	53:44	17-19	1st
10.	Ray Santana, 60	53:54	60s	5th
11.	Marvin Bain, 56	54:00	50s	1st
12.	Byron Miracle, 47	54:42	40s	2nd
13.	Richard Bain, 53	64:10	50s	2nd
14.	John Larson, 40	64:30	40s	3rd
15.	Michael Weaver, 46	74:56	40s	4th

MEN’S 10K

1.	Shane Clark, 46	38:52	40s	1st*
2.	Lee McKinley, 46	41:16	40s	2nd
3.	Steve Ware, 36	41:41	30s	1st
4.	Michael Morgan, 16	41:46	13-16	1st
5.	Noell Clarke, 44	47:31	40s	3rd
6.	Travis Rose, 41	48:14	40s	4th
7.	Larry Yulharty, 42	49:02	40s	5th
8.	Terry Lloyd, 52	51:53	50s	1st
9.	Darryl Beardall, 71	52:10	70s	1st*
10.	Anthony Jamal, 25	53:28	20s	1st
11.	Ron Peck, 65	53:36	60s	1st
12.	Rick Spady, 55	54:16	50s	2nd
13.	Glenn Nishimoto, 53	54:50	50s	3rd
14.	Aaron Rivers, 33	57:56	30s	2nd
15.	James Mather, 29	57:56	20s	2nd
16.	Jim Schroeder, 57	58:11	50s	4th
17.	D B Robinson, 57	59:04	50s	5th
18.	Tom Wold, 60	61:21	60s	2nd

* NEW AGE-GENDER RECORD

VALDRIGHI

Ali Valdrighi 1st woman 13-16 5K

John Valdrighi 1st man 40s 5K

MORGAN:

Michael, 1st man 10K 13-16

Alex, 1st man 5K 13-16

RIVERS

Gladys Rivers 1st womans 60s 5K

Aaron Rivers 2nd man 30s 10K

MIRACLE

Katherine Miracle 1st womans 40s 10K

Byron Miracle 2nd man 40s 5K

BAIN

Marvin Bain 1st man 50s 5K

Richard Bain 2nd man 50 5K

2008 COOL YULE JINGEL JOG—5K/10K

Skating the Near Edge of Alluvial Disaster—by Race Director Gordy

The weather report was for snow down to 1,500 feet on Christmas Morning. However, the sky that day in Meadow Vista (at 1700 feet) produced every conceivable weather type except snow. It was either rain or freezing rain, sometimes borne on a bitterly cold breeze, interspersed with skies that were merely threatening and lowering, alternating with each other every 10 or 15 minutes. And then, as it always has before when rain falls on a Jingle Jogging Christmas Morning, the water from the sky stopped a few minutes before the 10:30 AM starting time and held off for the remainder of the race.

Years ago, when we decided to have the race start at 10:30, we chose that time because it was in the middle zone between opening presents and socializing before Christmas dinner. Fortuitously, it is also the time of the day when the sun is warming the clouds the most strongly. And, because warming clouds can hold more and more water, it's the time of day when it's least likely to rain. That's something to remember when you're looking outside at 9 AM, and the weather is exactly the kind in which you'd rather not be running: *Probably*, it will not be raining (or snowing) at 10:30. And maybe we get a little help from the Folks Upstairs.

Wayne and I got up at 5 AM and started marking the trail at 6:00 by headlamp. It quickly became apparent that it was classic trail conditions for fast times. I spent a little time arranging boards across the only mud-puddle too large to tip-toe around on the 10K trail, and with that improvement, we had a fast trail. The 5K course, as usual, was well-drained and flawless, because the entire trail section is on the well-drained berm of the Bear River Canal.

The only flaw in the whole performance was that the rain just before the start turned the white gypsum course-marking splotches to a light grey where you all ran along paved streets. All I could do was warn everybody to be extra attentive, and I'm grateful that none of you got lost.

This year's race brought sweet victory to 17-year-old Michael Morgan, who showed up last year hoping to win the 10K, and came in 4th. This year he chose the 5K, and not only won, but set a new course record, breaking Vincent Bardini's 20:29 time of two years ago by nine seconds. Like Bardini in 2006, there was no one anywhere near him, which gets me wondering how much faster both Bardini and Morgan could have run if they had both shown up this year. Steve Ware, who owns the Jingle Jog 10K record of 37:33, was having a slow day and came in three minutes behind Michael.

On the women's side, Linda Tobia won by doing pretty much the same thing that Michael Morgan did: she trained harder and switched races. Linda used to run the 5K here, always coming in 2nd, 3rd or 4th, so she switched to the 10K 2 years ago, and again came in 2nd and 3rd. So this year Linda changed back to the 5 K, trained harder and smarter, and, at the age of 43, ran 2 minutes faster than she has ever run here before, beating the nearest competition in by 7 minutes. Definitely a job well done.

This year's 10K was not a good race to be in for anyone having thoughts of winning, unless that person's name was Schoenhoff or Nichols. 19-year-old Laura's 46:34 is the 4th-fastest time on record, and men's division winner John Nichols, 43, was the only guy to beat her. It brings to mind the Western States 100 Mile race in the late 1990s when Ann Trason left all but one man in the dust (including a team of four elite Tarahumara Indian runners from the Copper Canyon of Mexico, who thought it was scandalous that Ann wasn't at home raising babies, washing clothes and getting plump) and came within 5 minutes of beating men's winner Tim Twietmeyer. I had read to that year's runners from Shakespeare's Henry V just before the start, and Time Magazine commented on "We few. We happy few. We band of brothers..." by editorializing, "Before the day was over, all of the brothers but one had been beaten by a sister." Good work, Laura! Following the steps of Ann Trason is a high calling.

John Nichols' fast 10K time, 42:02, was actually 29 seconds slower than his 2005 winning time, but one can not blame him for being leisurely—his nearest competition was 7 minutes back.

Note that oldest finisher, Daryl Beardall, 72, scorched into the top half of the 10K pack. Wow!

Join us next Christmas Morning for our next Alz-Mac-Park Prevention Day, when we offer an abundance of aerobic exercise and thought-provoking scenery as an adjunct to the wine giveaway, all to do our part in the prevention of Alzheimer's, macular degeneration, and Parkinson's Disease. (The risk of all three diseases is reduced by exercise and wine.) See Youuu... In De-cemm-em-ber....

COOL YULE JINGLE JOG 2008—RESULTS

WOMEN’S 5K

1. Linda Tobia 43	27:25	40s	1st
2. Nicole Neubarth 19	34:40	17-19	1st
3. Barbara Bauer, 56	34:54	50s	1st
4. Shelby Weinberger 30	35:13	30s	1st
5. Lizzie Meredith 12	35:17	0-12 D	1st, 1st
6. Maddi Montgomery 12	35:22	0-12 D	2nd, 2nd
7. Tracie Van Wicklin 23	36:03	20s	1st
8. Ali Valdrighi 15	41:21	13-16	1st
9. Margaret Valdrighi-Delmore 52	41:23	50s	2nd
10. Linda Hall 65	42:53	60s	1st
11. L E Montgomery 41	42:56	40s D	2nd, 3rd
12. Kim Weinberger 33	43:26	30s	2nd
13. Charlotte Meredith 8	49:27	0-12	3rd
14. Gillian Meredith-Barnum 43	49:29	40s	3rd
15. Jackie Kelley, 69	50:34	60s	2nd
16. Jean Otten, 55	50:40	50s	3rd
17. Sandy Sindt 55	51:09	50s	4th
18. Beth Van Wicklin 56	53:08	50s	5th
19. Lauren Kent 17	55:43	17-19	2nd
20. Aryn Kent, 12	57:17	0-12	4th
21. Susan Redford 57	57:30	50s	6th
22. Cindy Cranney 44	57:54	40s	4th
23. Celie Cranney 7	57:54	0-12	5th
24. Janet Pucci 60	64:33	60s D	3rd, 4th
25. Michelle Ben-Hur 44	67:34	40s	5th
26. Dawn Payne 38	80:24	30s	3rd
27. Delaney Hard 5	80:27	0-12	6th
28. Valerie Hard 45	80:28	40s	6th
29. Sharon Cissel 69	87:41	60s	4th

WOMEN’S 3.7K

1. Candace Rousselet, 50	calf muscle tear on “S” hill 0.8 mile from finish (1st place in the 3.7K race)
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WOMEN’S 10K

1. Laura Schoenhoff 19	46:34	17-19	1st
2. Sabrina Iles 38	50:59	30s	1st
3. Meriellyn Schoenhoff 50	53:40	50s	1st
4. Carol Kent 50	55:43	50s	2nd
5. Carol Coleman 47	60:02	40s	1st
6. Judy Shipman 67	60:23	60s D	1st, 1st
7. Kathy Cridge 54	69:00	50s	3rd
8. Marti Thompson 52	69:32	50s	4th
9. Laurie Sanders, 47	69:37	40s	2nd
10. Lea Jonas 29	70:18	20s	1st
11. Landy Darrow 44	76:07	40s	3rd

CHAMPION PARENT-CHILD

Laura Schoenhoff 10K Women’s Champion
Meriellyn Schoenhoff 1st 10K 50s Woman, 3rd overall

2ND PLACE FAMILY: MONTGOMERY

MEN’S 5K

1. Michael Morgan 17	20:20	17-19	1st * ~
2. Steven Ware 37	23:23	30s	1st
3. Choon-Ryaul Sinh 31	26:15	30s	2nd
4. Tony Lafferty 47	27:44	40s	1st
5. Robert Birnberg 57	28:46	50s	1st
6. Chuck Mather 62	30:39	60s	1st
7. John Valdrighi 45	32:19	40s	2nd
8. Glenn Nishimoto 54	32:57	50s	2nd
9. Michael Otten 69	34:59	60s	2nd
10. Jack Montgomery 10	35:25	0-12 D	1st, 1st
11. Bob Lombard 43	39:08	40s	3rd
12. Jim Lombard 39	39:10	30s	3rd
13. Paul Montgomery 47	40:22	40s D	4th, 2nd
14. Zane Weinberger 33	43:26	30s	4th
15. Greg Sindt 55	51:10	50s	3rd
16. Louis Sigmond 70	55:04	70s	1st
17. Jim Cranney 52	57:34	50s	4th
18. William Cranney 4	57:53	0-12	2nd
19. Ray Santana 61	64:34	60s D	3rd, 3rd
20. Jim Cissel 72	80:30	70s	2nd
21. Christopher Hard 44	87:40	40s	5th

MEN’S 10K

1. John Nichols 43	42:02	40s	1st
2. Larry Fluharty 43	49:36	40s	2nd
3. Jady Palko 35	50:12	30s	1st
4. Norm Hudson 33	50:58	30s	2nd
5. Dave Van Wicklin 56	52:15	50s	1st
6. Nick Barnum 21	53:07	20s	1st
7. Rick Spady 56	53:56	50s	2nd
8. Ron Peck 66	54:12	60s	1st
9. Darryl Beardall 72	56:17	70s	1st
10. Zack Weinberger 28	56:47	20s	2nd
11. Garry Meredith 46	60:04	40s D	3rd, 1st
12. Tom Barnum 57	61:00	50s D	3rd, 2nd
13. Bob Coleman 52	64:27	50s	4th
14. Patrick McCoy 41	64:56	40s	4th
15. Allan D’Anneo 49	65:02	40s D	5th, 3rd
16. Tom Windsperger 61	68:04	60s	2nd
17. Mike Barna 51	69:34	50s	5th
18. Steve Sanders 51	69:35	50s	6th
19. Mark Johnson 32	70:18	30s	3rd
20. Bob Iles, 62	75:31	60s	3rd
21. Henry Smith 65	91:14	60s	4th

CHAMPION FAMILY: BARNUM-MEREDITH

Lizzie Meredith 1st Babe w Bowser, 1st sub-teen 5K-W
Nick Barnum 1st 10K 20s Man
Gerry Meredith 1st 10K Hunks w Hounds, 3rd 10K 40s
Tom Barnum 2nd 5K Hunks w Hounds, 3rd 5K 50s Man
Gillian Meredith-Barnum 3rd 5K 40s Woman
Charlotte Meredith 3rd 5K sub-teen Woman

COOL YULE JINGLE JOG—CHRISTMAS MORNING 2009

Well, it was a good day for running and a fast day on the trail, with near-perfect conditions for a fast time. It was the kind of day when records could fall, but the one I never expected to fall was Steve Ware's 37:33 10K in 2001, back when Steve was young and amazingly fast. And the guy who took Steve's record down was the kid who took 4th two races ago. How times can change in 2 years! So let's hear it for Michael Morgan, a kid from Colfax High School and Meadow Vista, who now owns both the 5K and 10K Jingle Jog records.

Steve, meanwhile, had the wisdom to run the 5K this Christmas, managing to stay ahead of Larry Fluharty (at 44, another aging speedster), who was breathing down his neck most of the way.

ALSO... We have a new family dynasty: the VanWicklins of Foresthill, with patriarch Dave winning the 10K Men's 50s at age 57, and his kid Kristi beating everyone in the women's 10K, along with a third-in-age-group 5K finish by her husband, Chris Sterry, and respectable performances in the women's 5K by Dave's other daughter, Tracie, and his wife, Beth. But it wasn't a record-tying performance. That would be when Navy Commander Brian Roby was the 10K champion in 2003, his daughter Brooke was the 5K champion, his father Don set a 5K Men's 70s record that still stands, and his wife and mother were both entered. Or maybe it would be when Lee McKinley and his wife Sara were both 10K gender champions in 2006. So maybe it would appear that either Christi's dad Dave or husband Chris (or both) need to pick up the slack in 2010, and maybe Dave's father needs to get out here and set a 70s or 80s record.

Also bringing 5 family members was the Barnum-Meredith clan, who collected division placings of one first, two seconds, a third and a fourth by Lizzie, Gillian, Gary, Charlotte and Tom, respectively. That was an impressive showing: all five placing no lower than fourth.

And let's hear it for Cindy Cranney, who took her 5-year-old Will and 8-year-old Celie through the 5K, and Sandra Ross, who took her 8-year-old Claire through the 5K. What a wonderful learning experience these children are being given on how to enjoy Christmas!

Another remarkable family act is the Sindoni sisters, Margaux and Jackie. Margaux was the 5K champion, with sister Jackie just 34 seconds behind her. It turns out that they are so equally matched that the one who wins depends on which one is feeling better that day.

I have to apologize for the lateness of these race results, and the lack of dog category awards. The finish line record keeping was in somewhat worse chaos than usual, and it was all we could do to just get the gender-age participants united with their times. Let me know if you find an error, and I will correct it in the permanent record.

See You on Christmas Day, 2010?

Gordon Ainsleigh, Race Director

COOL YULE JINGLE JOG—5K/10K—CHRISTMAS MORNING 2009

WOMEN'S 5K

1. Margaux Sindoni 27	27:02	1st 20s
2. Jackie Sindoni 28	27:36	2nd 20s
3. Natalie Piercy 29	28:42	3rd 20s
4. Linda Zarzana 53	29:50	1st 50s
5. Kathleen Fisher 26	33:15	4th 20s
6. Sandy Sindt 56	35:00	2nd 50s
7. Tracie Van Wicklin 25	35:00	5th 20s
8. Angela Knight 50	35:31	3rd 50s
9. Linda Hall 66	35:46	1st 60s
10. Nancy Foley 50	35:51	4th 50s
11. Lizzie Meredith 13	36:24	1st 13-16
12. Maddy Montgomery 13	36:24	1st 13-16
13. Dina Margharita 30	36:59	1st 30s
14. Cynthia Wold 51	37:04	5th 50s
15. Connie Burdick 53	37:16	6th 50s
16. Marlene Martinez 41	37:41	1st 40s
17. Christine Myers 59	37:52	7th 50s
18. Jean Snuggs 59	38:44	8th 50s
19. Jennifer Dewey 27	40:20	6th 20s
20. Kathy Ponting 54	40:39	9th 50s
21. Desiree St. John 40	41:58	2nd 40s
22. Grace St. John 12	41:59	1st 5-12
23. Beth Van Wicklin 57	43:04	10th 50s
24. Sandra Ross 47	43:09	3rd 40s
25. Claire Ross 8	43:09	2nd 5-12
26. Jean Otten 56	43:18	110th 50s
27. Lori Schlaumleffel 53	43:19	12th 50s
28. Lynn Terleski-Katz 55	44:28	13th 50s
29. Charlotte Meredith 9	49:10	3rd 5-12
30. Jayne Brooks 55	51:45	14th 50s
31. Kathy Anderson 55	53:44	15th 50s
32. Celie Cranney 8	54:14	4th 5-12
33. Cindy Cranney 45	55:42	4th 40s
34. Ellen Cundiff 53	62:07	16th 50s
35. MaivaLee Hollingsworth 55	64:37	17th 50s
36. Maiva Roscrow 77	65:07	1st 70s
37. Pat Hallmark 54	65:36	18th 50s
38. Christina Schulz 34	67:27	2nd 30s
39. Sally Ellsworth 65	68:04	2nd 60s
40. Ellie St. John 8	1st place	3.5K run

WOMEN'S 10K

1. Kristi Sterry 27	53:38	1st 20s
2. Karen Adrian 46	55:32	1st 40s
3. June Montuori 55	61:20	1st 50s
4. Diane McEvoy 55	61:20	1st 50s
5. Gillian Barnum-Meredith 44	62:08	2nd 40s
6. Janet Pucci 61	65:26	1st 60s
7. Carol Stryker 60	72:20	2nd 60s
8. Nancy Sage 55	80:20	2nd 50s
9. Amelia Sage 26	80:20	2nd 20s

MEN'S 5K

1. Steve Ware 38	23:25	1st 30s
2. Larry Fluharty 44	23:58	1st 40s
3. Chris Zarzana 28	27:49	1st 20s
4. Ben Cundiff 17	28:55	1st 17-19
5. Glenn Nishimoto 55	30:25	1st 50s
6. Jim Cranney 53	31:53	2nd 50s
7. Metin Sagal 51	32:32	3rd 50s
8. Simon Gray 48	35:21	2nd 40s
9. Kyle Zarzana 24	36:15	2nd 20s
10. Michael Otten 70	35:52	1st 70s
11. Steve Schaumleffel 55	36:17	4th 50s
12. Thomas Wold 62	37:04	1st 60s
13. Chris Sterry 28	37:17	3rd 20s
14. Jim Foreman 42	37:41	3rd 40s
15. Mike Burdick 48	37:18	4th 40s
16. Dennis Parham 42	50:02	5th 40s
17. James Mather 31	40:20	2nd 30s
18. David Stryker 62	46:46	2nd 60s
19. Greg Sindt 56	51:26	5th 50s
20. Chuck Mather 63	51:45	3rd 60s
21. Steve Hallmark 51	52:02	6th 50s
22. John Martinez 38	52:03	3rd 30s
23. Yargalem Yemane 12	52:05	1st 5-12
24. George Yemane 55	52:07	7th 50s
25. Dan Anderson 54	53:44	8th 50s
26. Frank Dort 64	55:18	4th 60s
27. Will Cranney 5	55:42	2nd 5-12
28. Raymond Santana 62	56:32	5th 60s
29. Ed Cundiff 54	62:07	9th 50s
30. Zack Schulz 37	67:27	4th 30s
31. Jim Ellsworth 65	68:04	6th 60s

MEN'S 10K

1. Michael Morgan 18	35:08	1st 17-19
2. John Nichols 44	44:27	1st 40s
3. Garry Meredith 47	47:09	2nd 40s
4. Joe Peterson 18	49:44	2nd 17-19
5. Josh Hernandez 33	52:16	1st 30s
6. Dave VanWicklin 57	53:40	1st 50s
7. D.B. Robinson 59	53:50	2nd 50s
8. Darryl Beardall 73	55:59	1st 70s
9. Rick Spady 57	56:54	3rd 50s
10. Ron Peck 67	57:24	1st 60s
11. Jim Kelly 41	58:48	3rd 40s
12. Tom Barnum 58	62:08	4th 50s
13. Jim Hopkins 60	63:39	2nd 60s
14. Phil McEvoy 60	65:26	3rd 60s
15. Bob Montuori 52	67:26	5th 50s

1ST FAMILY: VanWicklin-Sterry: Kristi (VanWicklin) Sterry, W10K Champion; Dave VanWicklin, M10K 1st 50s; Chris Sterry, Men's 5K 3rd 20s; Tracie VanWicklin Women's 5K 5th 20s; Beth Van Wicklin Women's 5K 10th 50s
2ND FAMILY: Barnum-Meredith: Lizzie Meredith W5K 1st 13-16, Gillian Barnum-Meredith W10K 2nd 40s, Garry Meredith M10K 2nd 40s, Charlotte Meredith W5K 3rd 5-12, Tom Barnum M10K 4th 50s

COOL YULE JINGLE JOG—CHRISTMAS MORNING 2010

It was a cool day with rain predicted. A gentle storm threatened gently, gradually gathering steam. But, as it has so many times before, the rain held off until the running and walking was over and everyone was in. All the poinsettias were distributed, and all the signs and banners and chutes were packed off and away. Most of the volunteers gathered at our home, preparing to go to Christmas Dinner at Thunder Valley's Feast Buffet. And then, at 2 PM, just in time to wash away the gypsum road markings, the rain began to fall. To those who stayed away because of the weather report, I can only say: We missed you. Remember that the "Folks Upstairs" have always smiled on our Christmas Morning celebration of life, hope, love, and nature at this wonderful place and time on Planet Earth.

It wasn't a fast day on the courses, and it wasn't a slow day. There was enough water on the trail that no records were broken, what with breaking stride to hop around puddles and over streams, but not so much water that the streams and puddles couldn't be hopped over and shoes kept dry. It was, altogether, a wonderful day to walk and run the Jingle Jog Trails. Robert Frost would have loved it: the woods along the canal were lovely, dark and deep, and with two exceptions, everyone kept chugging along because we all had "promises to keep" at the finish line.

The two who paused were also pursuing "promises to keep". But while the rest of us were being gently drawn to the finish line, Ron Brown and Linda White were being gently drawn to a starting line. Ron chose a lovely place along the canal, sat down in feigned minor distress, and, while Linda bent down to him in concern, dug an engagement ring out of his running togs, and asked the lifetime question. There followed a startled delighted yes and a few more miles, and the soon-to-be bride and groom jogged happily across the park to where we were all waiting, wondering what had taken them so long. It was our first CYJJ engagement.

This year, there were two very pleasant changes at the Jingle Jog. One was that everyone got a Poinsettia from Eisley Nursery. Our thanks go to the Eisley family for donating two pickup loads of poinsettias. Stop and see them when you get a chance, and shop for living ambiance in an atmosphere of friendly delight in the world of our plantly life companions. They're just up Nevada Street between the first and second signal light on the north side of the freeway, across from Old Town Auburn.

This year also, we had a finish line that functioned well, thanks to some organizational supplies from Rainbow Racing and the intervention and efforts of Sue Groghan, who has timed many multiple-distance bicycle races, and our talented and flexible crew: Wayne & Choeurte, Dick, Tom, William & Stephanie, Roger (& Sue), and my charmer and life-consort Paula. One of our crowd who knows my first name is Harry, commented that "We really are hanging around with every Tom, Dick and Harry."

The winners circle, and the Eisley Big Poinsettias, were a family affair again for the third time. We've had Navy Captain Brian Roby win the Men's 10K while his daughter Brooke was winning the women's 5K (and his father Don was setting a men's 70s 5K record that still stands). We've had Lee McKinley winning the men's 10K while his wife was winning the women's 10K. But we've never had sibling champions until this year, when Michael Morgan claimed the 10K victory (again), and younger brother Alex staked claim on the 5K. The Morgan brothers are from Meadow Vista, and show every sign of acclimating well to the winners' circle.

Senior Moments: Foresthill's Dee Lloyd, who won the women's 10K championship three years ago at age 52, almost pulled off another improbable upset at age 55. But Fair Oaks' Varunee Moser, with the extra youth and speed that comes from being just a kid of 44, beat her to the finish line by a few breaths. And Santa Rosa's Darryl Beardall, who set a sizzling men's 70s 10K record of 52:10 three years ago, proved he can still run a hilly 10K in under an hour at age 74. Darryl was the US 50-mile champion once upon a time, back when he was in his 30s.

Congratulations to all who shared in the joy of the morning. Same time next year?

Gordy & the Crew

COOL YULE JINGLE JOG—CHRISTMAS MORNING 2010—RACE RESULTS

WOMEN’S 5K

1.	Amy Logan	42	30:01	1st 40s
2.	Linda Zarzana	54	30: 48	1st 50s
3.	Larissa Mikneyev	20	35:25	1st 20s
4.	Shelby Weinberger	32	35:43	1st 30s
5.	Linda Hall	67	37:43	1st 60s
6.	Jean Snuggs	60	37:50	2nd 60s
7.	Debbie Doonan	47	38:13	2nd 40s
8.	Kate Miller	29	40:58	2nd 20s
9.	Jordan Hart	9	43:55	1st 9-12= 1
10.	Lynn Terleski-Katz	56	46:16	3rd 40s
11.	Cisalie Bechen	29	47:57	3rd 20s
12.	Jean Bullock	57	48:59	2nd 50s
13.	Nancy Sage	56	51:17	3rd 50s
14.	Jayne Brooks-Trainor	56	51:54	4th 50s=4
15.	Karen Reitz	73	52:54	1st 70s= 1
16.	Suzi Howe	64	54:23	3rd 60s
17.	Jennifer Mather	28	59:45	4th 20s=4
18.	Diane Allshouse	32	76:49	2nd 30s=2
19.	Julie Bodenheimer	42	84:06	4th 40s=4
20.	Barbara Kletzman	68	84:06	4th 60s =4

WOMEN’S 10K

1.	Varunee Moser	44	51:55	1st 40s
2.	Dee Lloyd	55	52:19	1st 50s
3.	Carolyn Schroeder	58	64:18	2nd 50s
4.	Nancy Landers	59	66:11	3rd 50s
5.	Heather Bracken	62	66:15	1st 60s
6.	Terri Kletzman	37	67:09	1st 30s= 3
7.	Janet Pucci	62	68:01	2nd 60s
8.	Amelia Sage	27	70:07	1st 20s
9.	Marina Shahabian	23	70:31	2nd 20s= 6
10.	Judy Shipman	69	72:57	3rd 60s = 7 dog
11.	Linda White	40	73:56	2nd 40s= 6
12.	Jane Moore	52	76:39	4th 50s= 8

MEN’S 5K

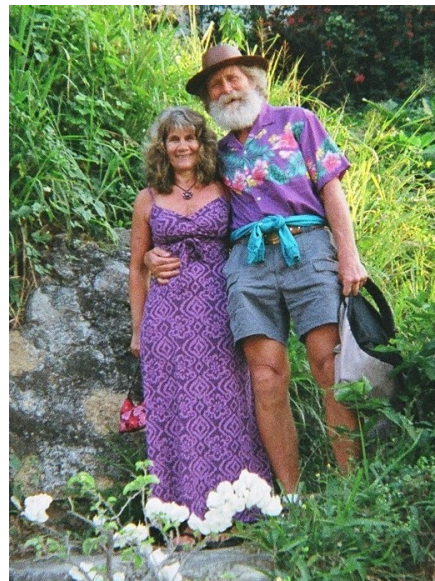
1.	Alex Morgan	17	21:01	1st 17-19
2.	Jordan Halleib	16	21:54	1st 13-16=1
3.	Ben Cundiff	18	26:50	2nd 17-19=1
4.	Chris Zarzana	28	27:14	1st 20s
5.	Richard Miller	25	30:31	2nd 20s=2
6.	Ken Miller	30	30:32	1st 30s
7.	Glenn Nishimoto	56	31:42	1st 50s
8.	D B Robinson	60	31:52	1st 60s
9.	Allan D’Anneo	51	33:34	2nd 50s=2, 1st dog
10.	J T Hart	12	34:41	1st 9-12=1
11.	Jim Kelley	42	38:08	1st 40s=1
12.	Michael Otten	71	40:14	1st 70s=1
13.	Rob Allshouse	38	43:55	2nd 30s
14.	Ray Santana	63	44:54	2nd 60s, 2nd dog
15.	Chuck Mather	63	51:54	3rd 60s
16.	Bill Howe	63	53:23	4th 60s=4
17.	James Mather	32	59:45	3rd 30s=3
18.	Damon Butler	4	76:06	1st 4-8=1

MEN’S 10K

1.	Michael Morgan	19	35:56	1st 17-19= 3
2.	Ronald Hess	49	41:59	1st 40s
3.	Choon Ryoul Sihh	33	43:56	1st 30s
4.	Beau Granados	28	46:26	1st 20s
5.	Steve Ware	39	46:28	2nd 30s= 5
6.	Scott Joyce	51	52:26	1st 50s
7.	Rick Spady	53	54:07	2nd 50s= 4
8.	Anthony Jamal	28	58:36	2nd 20s= 4
9.	James Schroeder	60	58:56	1st 60s
10.	Darryl Beardall	74	59:21	1st 70s= 2
11.	Ron Peck	68	59:32	2nd 60s
12.	Jim Hopkins	61	64:56	3rd 60s= 7
13.	Ron Brown	43	73:56	2nd 40s= 3
14.	Gordon Ainsleigh	63	53:15	1st 60s on 12/23/10

(Jim Schroeder is so lucky I was busy Christmas Morning.)

FIRST FAMILY: Allshouse-Hart-Butler. We don’t know the “back story”, but they



all live at the same address, obviously love each other, and the older ones are helping the younger ones run into a future of life successes.

Damon Butler 4, 1st Men’s 4-8; Jordan Hart 9, 1st Women’s 9-12; J T Hart 12, 1st men’s 9-12; Diane Allshouse 32, 2nd Women’s 30s, Rob Allshouse 38, 2nd Men’s 30s.

Gordy and Paula Ainsleigh (photo, left, in Puerto Vallarta, March 2010) are both health professionals, he in chiropractic and she in Pilates and yoga. They invite you to sample their services at no charge for the first session. All you have to do is show your I.D., and have been entered in the CYJJ in 2009 or 2010.

Paula’s Pilates studio is in Fair Oaks. Call (916) 616-1420 for appointment. Gordy’s chiropractic office is in Meadow Vista.. Call (530) 878-1901.

COOL YULE JINGLE JOG — CHRISTMAS MORNING 2011 — RACE RESULTS

WOMEN’S 5K

1. Claire Ross 10	33:15	1st 12 & under
2. Emily Dietler 17	33:23	1st 17-19
3. Angela Knight 52	33:41	1st 50s
4. Laurie Sanders 50	34:15	2nd 50s
5. Larisa Weinberger 21	35:29	1st 20s
6. Shelby Weinberger 33	36:23	1st 30s
7. Linda Hall 68	36:39	1st 60s
8. Riley Miller 16	38:22	1st 13-16
9. Teresa Peterson 48	38:47	1st 40s
10. Lori Schaumleffel 55	41:55	3rd 50s
11. Penny Coey 48	41:57	2nd 40s
12. Sara Turner 36	42:49	2nd 30s
13. Lynn Terleski-Katz 57	47:35	4th 50s
14. Jean Otten 58	52:09	5th 50s
15. Sandra Ross 49	60:21	3rd 40s
16. Kathy Norrell 62	62:54	2nd 60s
17. Janet Pucci 63	63:24	3rd 60s
18. Christy Rivers 34	63:46	3rd 30s
19. Diane Hunt 68	64:43	4th 60s
20. Laurie Colombo 65	66:48	5th 60s
21. Alexandria Moreno 23	77:00	2nd 20s
22. Lolita Moreno 50	77:00	6th 50s
23. Ruth Moreno 13	77:00	2nd 13-16
24. Jayne Brooks 57		went off course
25. Jennifer Mather 29		went off course

WOMEN’S 10K

1. Desiree Neumann 53	44:24	1st 50s
2. Dee Lloyd 56	51:20	2nd 50s
3. Diane McEvoy 57	61:59	3rd & 4th 50s
4. June Montuori 57	61:59	3rd & 4th 50s
5. Janet Hayes 52	63:17	5th 50s
6. Carolyn Schroeder 59	65:22	6th 50s
7. Nancy Williams 55	65:54	7th 50s
8. Judy Shipman 70	69:40	1st 70s
9. Heather Bracken 63	73:11	1st 60s
10. Linda Brown 41	78:24	1st 40s
11. Nancy Sage 57	79:59	8th 50s

Until the 12th of Never, I’ll still run there with you.
Cheers to the folks who keep coming back, year after year, to avoid Christmas Dinner weight gain!

MEN’S 5K

1. Michael Morgan 20	19:07	1st 20s
2. Robert Reed 25	25:46	2nd 20s
3. Karl Schweitzer 52	28:49	1st 50s
4. Terry Lloyd 56	29:43	2nd 50s
5. Glenn Nishimoto 57	29:53	3rd 50s
6. Kevin Stevens 49	29:55	1st 40s
7. Joe Peterson 20	29:56	3rd 20s
8. Derek Neuman 24	30:03	4th 20s
9. Simon Gray 50	33:27	4th 50s
10. Steve Schaumleffel 57	37:17	5th 50s
11. David Schweitzer 19	37:27	1st 17-19
12. Michael Otten 72	37:54	1st 70s
13. Dwight Everest 61	41:27	1st 60s
14. Joel Carson 41	43:01	2nd 40s
15. Frank Dorf 66	54:00	2nd 60s
16. Ed Hunt 70	61:37	2nd 70s
17. Alan Miller 42	61:37	3rd 40s
18. Chuck Mather 65	62:54	3rd 60s
19. Ray Santana 64	63:46	4th 60s
20. Phil McEvoy 62	71:03	5th 60s

MEN’S 10K

1. John Arrabit 46	40:35	1st 40s
2. Steve Ware 40	42:56	2nd 40s
3. James Dietler, Sr 51	45:31	1st 50s
4. Alex Morgan 19	49:05	1st 17-19
5. Gordon Ainsleigh 64	52:29	run Dec 26
6. Steve Sanders 54	55:29	2nd 50s
7. James Dietler 19	56:05	2nd 17-19
8. Chris Littlefield 44	56:07	3rd 40s
9. Jody Braninberg 44	57:56	4th 40s
10. James Schroeder 61	58:02	1st 60s
11. Jim Mather 33	56:33	1st & 2nd 30s
12. Aaron Rivers 37	56:33	1st & 2nd 30s
13. Harlan Monahan 20	62:52	1st 20s
14. Matthew Perry 53	62:53	3rd 50s
15. Allan D’Anne 52	63:02	4th 50s
16. DB Robinson 61	63:03	2nd 60s
17. Kim Sprague 59	63:06	5th 50s
18. Darryl Beardall 75	63:47	1st 70s
19. Allan Reid 71	68:19	2nd 70s
20. Ron Brown 44	78:24	5th 40s

As one of our volunteers commented, this year’s Cool Yule Jingle Jog was a Marxist-Leninist proletariat event: everyone ran the same course, experienced the same weather, and got the same award.

Our awards are always “rescue” poinsettias donated by Easley Nursery in Auburn. They are the ones that did not sell, and were doomed to euthanization (recycling) after Christmas, when the heaters in the growing sheds are turned off. It’s still quite a large donation, because they give us well over a hundred dollars worth of pots and soil.

COOL YULE JINGLE JOG 5K/10K CHRISTMAS MORNING 2012
Being a Runaround in Meadow Vista After the End of Time

WOMEN'S 5K

1. Ali Valdrighi, 19	30:42	17-19	1st
2. Martina Miller, 46	31:36	40s	1st
3. Teresa Peterson, 49	34:23	40s	2nd
4. Katie Waterbrook, 26	37:19	20s	1st
5. Jane Moore, 54	40:39	50s	1st
6. <i>Paula Ainsleigh, 63</i>	<i>42:00</i>	<i>1st 60s</i>	<i>timed 1/1</i>
7. Leah Ann Zogg, 47	42:28	40s	3rd
8. Linda Hall, 69	44:08	60s	1st
9. Jean Otten, 59	47:00	50s	2nd
10. Sandra Dorsett, 48	48:48	40s	4th
11. Melanie Heisenger, 23	49:18	20s	2nd
12. Margaret Delmore, 56	50:06	50s	3rd
13. Diann Johnson, 52	53:53	50	4th
14. Yora Quiambao, 24	55:19	20s	3rd
15. Stephanie McNeilus, 27	55:27	20s	4th
16. Heather Van Horn, 38	55:39	30s	1st
17. Secret Agent 004	57:16	incognito	
18. Barbara Howell, 71	57:55	70s	1st
19. Jayne Brooks, 58	57:55	50s	5th
20. Heather Gilbert, 82	59:10	80s	1st
21. Rhonda Smith, 58	60:29	50s	5th
22. Laurie Colombo, 66	60:49	60s	2nd dog1
23. Carol Valdrighi, 72	61:01	70s	2nd
24. Barbara Shea, 54	64:38	50s	6th
25. Secret Agent 006	71:46	incognito	
26. Kathy Norrell, 63	72:08	60s	3rd
27. Susan Nielsen, 70	81:11	70s	3rd dog2

WOMEN'S 10K

1. Liz Johnson, 25	44:46	20s	1st
2. Pinky McJingle, 38	48:48	30s	1st
3. Angelica Harrison, 28	59:17	20s	2nd
4. Carolyn Schroeder, 60	62:36	60s	1st
5. Lynn Marler, 34	63:23	30s	2nd
6. Mary Ann Flemner, 52	67:19	50s	1st
7. Secret Agent 009	67:19	incognito	
8. Michelle Cullenward, 57	68:27	50s	2nd
9. Vivian Muth, 24	68:53	20s	3rd
10. Barbara Ashe, 63	69:10	60s	2nd
11. Janet Pucci, 64	71:04	60s	3rd
12. Shaundre Gouveia, 33	71:49	30s	3rd
13. Melissa George, 51	72:57	50s	3rd
14. Sharon Jaeger, 54	74:21	50s	4th
15. Annette Roberts, 53	74:21	50s	5th
16. Shelby Weinberger, 34	75:53	30s	4th
17. Larisa Weinberger, 22	75:57	20s	4th
18. Heather Bracken, 64	77:00	60s	4th
19. Nancy Landers, 61	77:00	60s	5th

MEN'S 5K

1. Kevin Hensinger, 20	25:53	20s	1st
2. Robert Reed, 29	26:11	20s	2nd
3. Donal Ryan, 42	26:20	40s	1st
4. Ryan Cullenward, 27	28:27	20s	3rd
5. Joe Peterson, 21	28:42	20s	4th
6. Glenn Nishimoto, 53	29:36	50s	1st
7. Karl Schweitzer, 53	30:31	50s	2nd
8. John Valdrighi, 49	30:47	40s	2nd
9. Mark Miller, 47	31:36	40s	3rd
10. Derik Denzin, 22	31:41	20s	5th
11. Sam Johnson, 21	33:52	20s	6th
12. Stephen Waterbrook, 34	37:19	30s	1st
13. Nick Dorsett, 22	39:56	20s	7th
14. Bradley Dorsett, 26	39:57	20s	8th
15. Mike Otten, 73	41:45	70s	1st
16. Ray Santana, 64	42:22	60s	1st dog1
17. Doug Heisenger, 51	48:40	50s	3rd
18. Hunter Johnson, 57	53:53	50s	4th
19. Andrew Jaeger, 21	55:27	20s	9th
20. Brandan Roberts, 24	55:27	20s	10th
21. Allan Van Horn, 56	55:39	50s	5th
22. Secret Agent 005	57:16	incognito	
23. Chuck Mather, 66	57:55	60s	2nd
24. J P Johnston, 65	68:05	60s	3rd dog2

MEN'S 10K

1. Lee McKinley, 51	39:25	50s	1st
2. Steve Ware, 41	41:32	40s	1st
3. JR Mintz, 46	44:16	40s	2nd
4. Connor Ryan, 12	45:23	12&-	1st
5. Fred Magana, 49	46:27	40s	3rd
6. Keith Bush, 49	47:36	40s	4th
7. Joel Carson, 42	49:48	40s	5th
8. Secret Agent 008	50:05	incognito	
9. Secret Agent 007	50:11	incognito	
10. Greg Holmes, 50	50:44	50s	2nd
11. Jeremy Anderson, 31	51:08	30s	1st
12. <i>Gordon Ainsleigh, 65</i>	<i>53:10</i>	<i>1st 60s</i>	<i>ran 1/28</i>
13. Adam Boscowitz, 38	53:59	30s	2nd
14. James Schroeder, 62	59:02	60s	1st
15. Levi Renderer, 29	59:17	20s	1st
16. Randy Roberts, 57	61:36	50s	3rd
17. Allen Reid, 72	63:13	70s	1st
18. Josh Levy, 35	63:23	30s	3rd
19. Marty Cullenward, 59	64:12	50s	4th
20. Darryl Beardall, 76	67:57	70s	2nd
21. Jim Hopkins, 63	71:13	60s	2nd
22. Aaron Rivers, 38	71:49	30s	4th
23. Zack Weinberger, 32	75:53	30s	5th
24. Jay Jackson, 51	78:14	50s	5th
25. Brian Jackson, 25	78:14	20s	2nd

2013 — COOL YULE JINGLE JOG 5K/10K CHRISTMAS MORNING — 2013

Women's 5K

1. Meg Quarton 28	29:15	20s	1st
2. Teresa Peterson 50	35:57	50s	1st
3. Shelly Zody 27	36:00	20s	2nd
4. Cynthia Wold 55	36:17	50s	2nd
5. Sara Turner 38	40:23	30s	1st
6. Katrina Thompson 48	42:16	40s	1st
7. Connie Wilson 65	43:15	60s	1st
8. Linda Hall 70	44:09	70s	1st
9. Kellie Quarton 25	48:53	20s	3rd
10. Jan Quarton 54	53:30	50s	3rd
11. Suzi Howe 67	57:36	60s	2nd
12. Jean Otten	58:09	60s	3rd
13. Lori Limbocker 49	62:46	40s	2nd
14. Kirari Onuki 15	63:51	15-17	1st

Women's 10K

1. Jarunee Moser 47	55:14	40s	1st
2. Carrie Gipson 14	61:36	12-14	1st
3. Sharon Eghigian 51	63:21	50s	1st
4. Shanna Klobberdanz 45	63:51	40s	2nd
5. Shelby Weinberger 35	64:02	30s	1st
6. Larisa Weinberger 23	64:29	20s	1st
7. Barbara Ashe 64	67:50	60s	1st
8. Jane Moore 55	69:28	50s	2nd
9. Kelly Young 45	74:31	40s	3rd
10. Nancy Landers 62	77:10	60s	2nd
11. Heather Bracken 65	77:27	60s	3rd
12. Susan Ballenger 59	80:19	50s	3rd
13. Philomene Smith 51	80:19	50s	3rd

Men's 5K

1. JR Mintz 47	23:27	40s	1st
2. Karl Schweitzer 53	29:05	50s	1st
3. Glenn Nishimoto 59	31:07	50s	2nd
4. Derik Denzin 23	33:13	20s	1st
5. Thomas Wold 66	36:18	60s	1st
6. Michael Otten 74	41:20	70s	1st
7. Dan Quarton 56	53:31	50s	3rd
8. Billy Howe 66	57:34	60s	2nd
9. Dan Gustafson 60	63:20	60s	3rd
10. Mark Klobberdanz 46	63:51	40s	2nd

Men's 10K

1. Ronald Hess 52	40:23	50s	1st
2. Luke Wold 33	41:52	30s	1st
3. Joel Carson 43	49:25	40s	1st
4. Ted Thompson 44	58:16	40s	2nd
5. Zack Weinberger 33	64:14	30s	2nd
6. Phil Scuvich 68	69:55	60s	1st
7. Darryl Beardall 77	72:04	70s	1st
8. Jim Hopkins 64	73:05	60s	2nd
9. Ken Campbell 62	77:17	60s	3rd
10. Mark McCleskey 59	77:17	50s	2nd

Christmas Day 2013 was one of those race days that I used to love back in the early '70s: enough people stayed home that I was able to place top-3 in my age-gender group, or even win it. In fact, enough people stayed home that EVERYONE was able to place in their age-gender group. Still, our top athletes of the day turned in some respectable performances, with times that have won these races on Christmas Days with many more runners.

All around the world, most Christians and atheists were having a really good time. Yet we always know that there are people suffering through tragedy during Christmas. 2013 was the year that Paula and I got to be members of that small group, because our hugely-loved kitty Tommy was dying of cancer. It was so hard to give up because none of the people who took my advice on cancer over the years have died of cancer. So I kept hoping, until, 2 days after Christmas, I had to admit that what worked on people didn't work on cats, and called a halt to Tommy's life here with us. I still tear up when I think of the amazing soul that I held in my hands from before he opened his eyes until his heart beat for the last time, 5 1/2 years later.

But life goes on with way more joys than sorrows, and we look forward to the happiness of serving you up another perfect day of experiencing your body on Christmas Day 2014.

The COOL YULE JINGLE JOG 5K/10K--Christmas Morning 2014

Runners from 8 western states, Ohio and Vermont descended on Meadow Vista, California for the annual Christmas Morning Cool Yule Jingle Jog 5K/10K Road-&-Trail runs, proving once again that our rustic little community, bucolic valley and leaf-strewn byways host an athletic event of national significance. The weather was the bestest it could be, the Easley Nursery poinsettias were beyond gorgeous, the Newcastle mandarins were gobbled up, everyone of age took home a bottle of wine, and one course record had a bad scare but none were broken.

The close scare at the record book came when Sacramento's Chris Stehula, a 30-year-old "retired" pro triathlete (now triathlon and swim coach) came within 28 seconds of matching the blazing 35:08 men's 10K record set by Meadow Vista's Michael Morgan in 2009 when Michael was running for a major running university. Chris says if he had known he was that close to the record, he would have run harder in places. Next year! Chris was dragged to our race by his girlfriend, Sacramento's Liz Johnson, who has now won the women's 10K twice: this year and in 2012. Liz was an elite swimmer until taking up running 4 years ago, and was good enough to be awarded a full ride scholarship on the University of Washington Huskies swim team. She has a Doctor of Physical Therapy and does research on fibromyalgia and multiple sclerosis for AstraZeneca. The 5K women's champ is another repeat from 2012, but Granite Bay's Ali Valdrighi has a long pedigree with the Cool Yule Jingle Jog, starting in 2003 when she was 10. She placed 2nd among the women in 2004 at 11, third in 2006 at 13, finally won the race in 2012 at 19, and repeated this year at 21. As usual, her father and grandmother also ran this year's race and did well. Her 5K win came down to the wire as she entered Meadow Vista Park and hit the final 200-yard sprint across the grass. Ali busted a gut to pull out a 4-second lead over Jen Isaac, 40, of Auburn. Ali is going to college now and working on a career path.

This year's men's 5K winner was a complete surprise. Craig Thornley, 50, is a well-known trail ultrarunner, the current Race Director for the Western States 100 Mile Run, and known to be fairly fast on the 50 & 100-mile trails. Fast-guy veterans of Auburn's ultra-distance trail runs have won the Jingle Jog 10K four times, but none of those dirt-&-dust warriors has ever even DONE the 5K, much less win that speedy "sprint" going away! But that's what Craig did: beat the next guy in the 5K by almost 3 minutes. Craig's 23:25 was a fast time for such a hilly course, but nowhere near the 5K course record 19:07 set in 2010 by—guess who?—that Meadow Vista speedster, Michael Morgan.

Another outstanding performance was the 70:03 run by 78-year-old Darryl Beardall of Santa Rosa. Darryl first showed up at the Jingle Jog in 2004 at the age of 68, and immediately grabbed the men's 60s record with a 50:12. Three years later at age 71, he set the bar for the 70s at 52:10, and is obviously keeping his hat in the ring for the first-ever men's 80s finish, and course record, on Christmas Day 2016. Darryl is an old road warrior 50-mile national champion from the late '60s and early '70s.

Auburn's Michael Otten continued his dominance of the 5K men's 70s age group, but was still a bit shy of the 32:54 set by Meadow Vista's Don Robie in 2002 at the age of 73.

This year's race put us one step closer to making an attractive offer on a strategic trail easement for more and better non-motorized passage through the wonders of nature. Thank you for contributing to this important initiative.

My thanks to all the people who helped put this event on: Tom Butz and his friend Carol, William [Petersen](#), William Wauters, Steve [Phetteplace](#), [Howard Loveless](#), Bernd Leupold, [Melody Johnson](#), and especially my wife Paula and my old (very old) friend Chuck [Onnias](#), who let me drag him out of bed on that cold morning to help me with trail marking, which started at 4:30 AM on a bicycle with a headlamp. nown trail ultrarunner, the current Race Director for the Western States 100 Mile Run, and known to be fairly fast on the 50 & 100-mile trails. Fast-guy veterans of Auburn's ultra-distance trail runs have won the Jingle Jog 10K four times, but none of those dirt-&-dust warriors has ever even DONE the 5K, much less win that speedy "sprint" going away! But that's what Craig did: beat the next guy in the 5K by almost 3 minutes. Craig's 23:25 was a fast time for such a hilly course, but nowhere near the 5K course record 19:07 set in 2010 by—guess who?—that Meadow Vista speedster, Michael Morgan.

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Auburn's Michael Otten continued his dominance of the 5K men's 70s age group, but was still a bit shy of the 32:54 set by Meadow Vista's Don Robie in 2002 at the age of 73.

COOL YULE JINGLE JOG 5K/10K CHRISTMAS MORNING 2014

WOMEN’S 5K

1)	Ali Valdrighi 21	29:19	20s	1st
2)	Jen Isaac 40	29:23	40s	1st
3)	Marion Finley 63	32:58	60s	1st
4)	Linda Zarzana 58	33:55	50s	1st
5)	Laurie Thornley 50	35:31	50s	2nd
6)	Teresa Peterson 51	36:11	50s	3rd
7)	Margaret Delmore 58	37:03	50s	4th
8)	Girlanda Fredrickson 39	37:13	30s	1st
9)	Therese Gallagher 47	38:41	40s	2nd
10)	Lynne Bradshaw 56	41:03	50s	5th
11)	Connie Wilson 66	41:17	60s	2nd
12)	Linda Hall 71	42:34	70s	1st
13)	Jean Snuggs 64	43:23	60s	3rd
14)	Julia Silverman 62	45:49	60s	4th
15)	Pam Arnold 67	45:56	60s	5th
16)	Blank tag	47:43		
17)	Jackie Barral 29	50:53	20s	2nd
18)	Diane Dickenson 66	51:17	60s	6th
19)	Suzann Volz 55	51:24	50s	6th
20)	Lori Payne 54	52:36	50s	7th
21)	Serra Dittel-Payne 25	52:36	20s	3rd
22)	Blank tag	53:20		
23)	Joyce Gallagher 52	53:40	50s	8th
24)	Nancy Lucchesi 60	53:53	60s	7th
25)	Karen Reitz 77	54:34	70s	2nd
26)	Jean Otten 61	54:44	60s	8th
27)	Martha Waltz 57	54:56	50s	9th
28)	Jayne Brooks 60	56:33	60s	9th
29)	Stephanie McNeilus 29	56:38	20s	4th
30)	Sharon Jaeger 57	56:40	50s	10th
31)	Tracy Browne 36	56:50	30s	2nd
32)	Jessica Cowan 26	60:35	20s	5th
33)	Katrina Thompson 49	63:46	40s	3rd
34)	Diane Hunt 71	64:55	70s	3rd
35)	Carly Hamilton 19	92:02	17-19	1st
36)	Kelly Hamilton 19	92:02	17-19	1st

WOMEN’S 10K

1)	Liz Johnson 27	47:26	20s	1st
2)	Aliisa Wright 33	53:24	30s	1st
3)	Nicolette del Sarto 25	54:38	20s	2nd
4)	Karen McQueen 35	54:43	30s	2nd
5)	Liz Wilson 25	57:02	20s	3rd
6)	Rachel Wilson 21	57:16	20s	4th
7)	MaryAnn Flemmer 54	67:20	50s	1st
8)	June Montuori 60	67:20	60s	1st
9)	Judy Shipman 73	69:09	70s	1st
10)	Kelly Young 46	71:55	40s	1st
11)	Rosa Hernandez 46	75:42	40s	2nd
12)	Alena Hansen 24	81:35	20s	5th
13)	Heather Bracken 66	82:56	60s	2nd
14)	Jane Moore 56	83:50	50s	2nd
15)	Kim Dunn 49	85:20	40s	3rd
16)	Philomene Smith 51	86:23	50s	3rd
17)	Susan Ballenger 60	86:23	60s	3rd

MEN’S 5K

1)	Craig Thornley 50	23:25	50s	1st
2)	Mark Laws 50	26:05	50s	2nd
3)	Kevin Cowan 56	28:29	50s	3rd
4)	David Hamilton 53	30:26	50s	4th
5)	Glenn Nishimoto 60	30:34	60s	1st
6)	Luc Mariscotti 18	31:18	17-19	1st
7)	Cassio Mariscotti 19	31:18	17-19	1st
8)	Alejandro Dittel 54	31:35	50s	5th
9)	John Valdrighi 51	32:05	50s	6th
10)	Justus Brockmeyer 16	34:24	13-16	1st
11)	Andrew Jaeger 23	34:59	20s	1st
12)	Eddie Zacapa 41	37:13	40s	1st
13)	Sean Gallagher 50	38:29	50s	7th
14)	Michael Otten 75	39:28	70s	1st
15)	Orion Thompson 18	40:48	17-19	3rd
16)	Andrew Barrow 31	40:59	30s	1st
17)	Daniel Maycock 54	41:16	50s	8th
18)	Glen Del Sarto 65	41:52	60s	2nd
19)	Daniel Gallagher 14	44:19	13-16	2nd
20)	Jerry Silverman 64	45:49	60s	3rd
21)	Blank tag	47:43		
22)	Bob Dickinson 59	51:21	50s	9th
23)	John Volz 59	51:24	50s	10th
24)	Blank tag	53:20		
25)	Chuck Mather 68	56:34	60s	4th
26)	Justin Mc Neilus 30	56:41	30s	2nd
27)	Ken Browne 62	56:48	60s	5th
28)	Lee Cowan 63	60:34	60s	6th
29)	Ed Hunt 73	61:27	70s	2nd

MEN’S 10K

1)	Chris Stehula 30	35:36	30s	1st
2)	Connor Ryan 14	43:59	13-16	1st
3)	Andrew Snyder 29	44:29	20s	1st
4)	Donal Ryan 44	45:49	40s	1st
5)	Jeffrey Wright 33	47:33	30s	2nd
6)	Lucas Meadows 17	47:44	17-19	1st
7)	Joey Tajan 30	48:55	30s	3rd
8)	John Loveless 50	48:59	50s	1st
9)	Simon Foster 39	49:04	30s	4th
10)	Jacob Cowan 36	49:18	30s	5th
11)	Joe Petersen 23	49:37	20s	2nd
12)	Anthony Jamal 32	52:59	30s	6th
13)	Ted Thompson 45	54:56	40s	2nd
14)	Joshua Boyden 33	57:10	30s	7th
15)	Keith Byers 38	63:31	30s	8th
16)	Jesse Hilliard 48	63:32	40s	3rd
17)	Mark McCleskey 60	69:01	60s	1st
18)	Ken Campbell 63	69:04	60s	2nd
19)	Darryl Beardall 78	73:06	70s	1st
20)	Joel Tochterman 50	75:39	50s	2nd
21)	Jim Hopkins 65	81:14	60s	3rd
22)	Brian Buckle 48	85:20	40s	4th

COOL YULE JINGLE JOG 6K/10K CHRISTMAS MORNING 2015

WOMEN’S 6K

1)	Ali Valdrighi 22	30:33	20s	1st
2)	June Montuori 61	34:00	60s	1st
3)	Peuro Keys 28	34:53	20s	2nd
4)	Linda Fraguglia 53	5:15	50s	1st
5)	Teresa Peterson 52	35:26	50s	2nd
6)	Margaret DelMore 59	38:43	50s	3rd
7)	Shelby Weinberger 37	41:25	30s	1st
8)	Linda Hall 72	44:27	70s	1st
9)	Barbara Aragon 60	44:44	60s	2nd
10)	Connie Wilson 67	46:07	60s	3rd
11)	Heather Aroe 46	48:55	40s	1st
12)	Claire Autry 19	51:00	17-19	1st
13)	Shirley Gage 53	51:01	50s	4th
14)	Betts Strah 82	51:51	80s	1st **
15)	Regina Tochtermann 47	55:05	40s	2nd
16)	Crystal Cooper 46	56:29	40s	3rd
17)	Lori Limbocker 51	56:49	50s	5th
18)	Candace Rousselet 57	58:45	50s	6th
19)	Nancy Contreras 59	59:35	50s	7th
20)	Suzi Howe 69	62:31	60s	4th
21)	Terri Rock 26	66:12	20s	3rd
22)	Janice Kato 55	66:54	50s	8th

WOMEN’S 10K

1)	Bev Anderson-Abbs 51	42:23	50s	1st ****
2)	Michelle Jamieson 43	45:17	40s	1st
3)	Suzanne Cordes 56	51:52	50s	2nd
4)	Karen McQuen 36	52:15	30s	1st
5)	Karyn Ryan 13	54:13	13-16	1st **
6)	Elizabeth Del Sarto 26	56:01	20s	1st
7)	Lily Chaput 54	56:14	50s	3rd
8)	Diane Kato 60	57:07	60s	1st
9)	Laura Downing 28	57:57	20s	2nd
10)	Woman With No Name	58:40	?	?
11)	Larisa Weinberger 25	60:49	20s	3rd
12)	Michelle LaVigne 35	63:20	30s	2nd
13)	Kari Losko 55	63:20	50s	4th
14)	Vanessa Saavedro 38	65:04	30s	3rd
15)	Richelle Rock 22	66:12	20s	4th
16)	Eden Rock 55	66:12	50s	5th
17)	Janet Hayes 59	69:14	50s	6th
18)	Leila Clark 36	77:37	30s	4th
19)	Hilma Valtatie 65	77:50	60s	2nd
20)	Jeannette Hagen 61	77:50	60s	3rd
21)	Heather Bracken 67	80:00	60s	4th
22)	Ultralena Hansen 25	81:21	20s	5th
23)	Susan Ballenger 61	89:07	60s	5th
24)	Patrice Fuller 29	94:19	20s	6th

MEN’S 6K

1)	Connor Ryan 15	21:48	13-16	1st **
2)	Michael Fraguglia 23	26:30	20s	1st
3)	Bob Barton 53	26:57	50s	1st
4)	Buddy Janieson 37	30:13	30s	1st
5)	Joe Peterson 23	30:43	20s	2nd
6)	John Valdrighi 52	30:53	50s	2nd
7)	Glenn Nishimoto 61	32:09	60s	1st
8)	Bob Montuori 58	34:00	50s	3rd
9)	Alex Caster 29	34:54	20s	3rd
10)	Joel Tochtermann 51	38:14	50s	4th
11)	Glen Del Sarto 65	39:06	60s	2nd
12)	Evan Autry 22	42:57	20s	4th
13)	Frank Jamieson 68	45:49	60s	3rd
14)	Dave Losco 62	55:27	60s	4th
15)	Ron Hayes 45	56:20	40s	1st
16)	Lawrence Cooper 60	56:29	60s	5th
17)	Toivo Valtatie 64	60:12	60s	6th
18)	John Gunton 62	60:17	60s	7th
19)	Joe Contreras 69	59:34	60s	8th
20)	Tim Fraguglia 53	60:49	50s	5th
21)	Dan Fraguglia 25	60:49	20s	5th
22)	Bill Howe 68	62:31	60s	9th
23)	Pat Rock 58	66:12	50s	6th
24)	Joe McCladdie 78	66:54	70s	1st
25)	Thomas Dickson 60	66:54	60s	10th

MEN’S 10K

1)	Lee McKinley 54	39:03	50s	1st **
2)	Kurt Lua 56	41:42	50s	2nd
3)	Alan Abbs 46	44:42	40s	1st
4)	Steven Fraguglia 21	45:19	20s	1st
5)	Billy Groth 13	47:42	13-16	1st
6)	Joey Tajan 31	49:12	30s	1st
7)	Rich Cordes 55	57:52	50s	3rd
8)	Mike Turner 43	51:54	40s	2nd
9)	Donal Ryan 45	54:33	40s	3rd
10)	Jonnie Scarborough 59	54:43	50s	4th
11)	Joseph Downing 31	54:55	30s	2nd
12)	Gordy Ainsleigh 68	59:46	60s	1st *
13)	Bill Groth 51	60:06	50s	5th
14)	Ken Campbell 64	62:10	60s	1st
15)	Darryl Beardall 79	76:18	70a	1st
16)	Whit Clark 35	77:37	30s	3rd
17)	Larry White 71	78:16	70s	70s
18)	Craig Altman 51	85:48	50s	6th
19)	Jim Hopkins 66	86:49	60s	2nd

*** = new course record * run on 1-23-16
** = new age group record

Until the 12th of Never, I'll still run there with you.
Cheers to the folks who keep coming back, year after year, to optimally prepare body and mind for Christmas Dinner.
As usual, this year’s Cool Yule Jingle Jog was a Marxist-Leninist proletariat event: everyone ran the same courses, experienced the same weather, and got the same award, albeit in somewhat different sizes, proving that, as George Orwell wrote in ANIMAL FARM, “All animals are equal, but some are more equal than others.” Our awards are always “rescue” poinsettias donated by Eisley Nursery in Auburn. They are the ones that did not sell, and were doomed to euthanization (recycling) after Christmas, when the heaters in the growing sheds are turned off. It’s still quite a large donation, because they give us well over a hundred dollars worth of pots and soil. FOR NEXT YEAR: Be advised that when I lay out bags of Mandarins, they are for you to eat. We forgot them when packing up, and some non-runner got them all!

COOL YULE JINGLE JOG 5K/10K —CHRISTMAS MRNING 1016

WOMEN’S 5K

1. Ali Valdrighi 23	30:04	1st	20s
2. Jessica Bolton 37	30:16	1st	30s
3. Elizabeth Neu 22	33:01	2nd	20s
4. Hope Squires 44	35:36	1st	40s
5. Teresa Peterson 53	35:38	1st	50s
6. Hannah Torkelson 29	36:52	3rd	20s
7. Margaret Delmore 60	37:52	1st	60s
8. Marion Finley 65	37:58	2nd	60s
9. Janine Sinkey 50	38:27	2nd	50s
10. Christy Rivers 39	40:49	2nd	30s
11. Lori Limbocker 52	43:25	3rd	50s
12. Linda Hall 73	43:52	1st	70s
13. Adrienne Garcia 42	45:19	2nd	40s
14. Kathleen Rose 65	46:01	3rd	60s
15. Heather Arce 47	47:13	3rd	40s
16. Alyssa Howard 35	47:47	3rd	30s
17. Brenda Waller 29	48:25	4th	20s
18. Patrice Fuller 30	49:35	4th	30s
19. Jennifer Stuck 51	50:11	4th	50s
20. Carly Hamilton 21	53:40	5th	20s
21. Kasey Trainor-Little 13	54:11	1st	13-16
22. Cindy Peters-Pinot 60	55:34	4th	60s
23. Alena Hansen 26	56:45	6th	20s
24. Thompson	57:19	4th	50s
25. <i>No name on tag</i>	57:55	5th	60s
26. Karen Reitz 80	59:12	1st	80s
27. Jayne Brooks 62	62:06	5th	60s
28. <i>No name on tag</i>	66:30	6th	60s
29. Regina Tochtermann 48	68:35	4th	40s
30. Coleen Franson 38	68:46	5th	30s
31. Catherine Gallagher 13	69:40	2nd	13:16
32. Therese Gallagher 50	69:40	5th	50s
33. Kim Erickson 61	69:44	6th	60s
34. Christine Smith 29	69:45	7th	20s
35. Courtney Schmitz 37	72:10	6th	30s
36. Barbara Schmitz 69	72:12	7th	60s
37. Natalie Schmitz 35	72:12	7th	30s
38. Jarma Bennett 42	72:47	5th	40s
39. Mika Bennett 64	72:48	8th	60s
40. Linda Kornetka 67	73:11	9th	60s

WOMEN’S 10K

1. Nicolette Del Sarto 27*	47:21	1st	20s
2. Karen Hopkins 37	53:47	1st	30s
3. Lily Chaput 55	57:14	1st	50s
4. Vanessa Saavedra 39*	64:31	2nd	30s
5. Ella Del Sarto 27	64:49	2nd	20s
6. Cindy Wilkerson 53	65:55	2nd	50s
7. June Montuori 62	66:00	1st	60s
8. Laurie Longo 60	66:25	2nd	60s
9. Serra Dittel-Payne 27	68:28	3rd	20s
10. Eden Rock 56	69:22	3rd	50s
11. Richelle Rock 23	73:19	4th	20s
12. Joeva Rock 29	73:20	5th	20s
13. Terri Rock 27	73:24	6th	20s
14. Jennifer Arbitrario 24	73:34	7th	20s
15. Kelly Hamilton 21	78:02	8th	20s
16. Leila Clark 37	80:12	3rd	30s
17. Kyrath Thompson 14	82:01	1st	13-16
18. <i>No name/age on tag</i>	83:39	3rd	60s
19. Susan Ballenger 62	88:50	4th	60s

MEN’S 5K

1. Chris Squires 51	23:30	1st	50s
2. Jeff Clark 61	24:36	1st	60s
3. John Valdrighi 53	33:04	2nd	50s
4. Dave Rose 65	33:34	2nd	60s
5. Sean Gallagher 52	33:54	3rd	50s
6. Marshall Dittel 23	39:57	1st	20s
7. Cole Rivers 10	40:41	1st	0-12
8. Aaron Rivers 8	40:49	2nd	0-12
9. Glen Del Sarto 66	41:46	3rd	60s
10. <i>No name/sex/age on tag</i>	41:55		
11. Sam Garcia 6	45:07	3rd	0-12
12. Larry White 72	47:17	1st	70s
13. Mason Howard 7	47:43	3rd	0-12
14. Jake Gallagher 13	49:10	1st	13-16
15. Gonzalo Lopez 15	54:11	2nd	13-16
16. Anna Rivers 8	54:11	4th	0-12
17. Caleb Howard 12	54:11	3rd	13-16
18. Erik Spiess 50	56:59	4th	50s
19. Bennett Spiess 5	56:59	5th	0-12
20. Tim Williams 32	57:51	1st	30s dog
21. No name on tag	58:29	2nd	70s
22. Chuck Mather 70	62:06	3rd	70s
23. No name on tag	66:32	4th	60s
24. John Gunton 63	68:24	5th	60s
25. <i>No name/sex/age on tag</i>	69:26		
26. Maxwell Spiess 3	72:45	6th	0-12

MEN’S 10K

1. Lee McKinley 55	39:36	1st	50s
2. Paul Broyer 31	40:37	1st	30s
3. Dylan Laidlaw 23	41:07	1st	20s
4. Dan Garcia 42	42:36	1st	40s
5. <i>No name/age on tag</i>	47:45	1st	40s
6. Joey Tajan 32	50:01	2nd	30s
7. James Kevin Longo 59	57:57	2nd	50s
8. Anthony Jamal 34	59:28	3rd	30s
9. Pat Rock 59	59:51	3rd	50s
10. Scott Zweibel 42	61:47	2nd	40s
11. Joe Petersen 25	62:12	2nd	20s
12. Alejandro Dittel 56	62:16	4th	50s
13. <i>Gordy Ainsleigh 69</i>	64:45	1st	50s
14. Ken Campbell 65	68:51	1st	60s
15. Bob Schmitz 69	69:11	2nd	60s
16. Herb Tanimoto 68	71:46	3rd	60s
17. David Hamilton 55	78:03	5th	50s
18. Whit Clark 36	80:11	3rd	30s
19. Ted Thompson 37	81:58	4th	30s
20. Barry Spitzer 53	82:24	6th	50s
21. TJ Bruce 52	82:42	5th	50s
22. Darryl Beardall 80	86:59	1st	80s
23. Craig Altman 52	88:40	6th	50s
24. Tim Roberts 65	89:37	4th	60s
25. Jim Hopkins 67	111:00	5th	60s

Thank You for joining us in our 16th annual celebration of Christmas walking and running in Meadow Vista, and for benefitting trail recreation in our area.

Please forgive the long wait at signup. Apparently this was caused by all of us forgetting the shirts, and my wife going back home for them when her organizational talents were needed at signup. We don’t know who decided that there would be only two people doing

signups, but that will change to 4-6 next year.

It appears that a new fashion is developing of not putting one’s name on the tear-off sticker. Some of these unidentified runners had a color-coded square or oval that allowed me to place them in the correct age/gender group, but two had nothing on their tag, so I stuck them in the men’s 5K with no age-group placing. We don’t need your address on the tags, but we must have your name, age and age-gender sticker. Any unidentified runner may call me at 530-878-1901 with name-age-gender, and be placed in updated race results.

One of the enduring themes of the Cool Yule Jingle Jog is that our happiness is enhanced by enhancing your happiness. Let’s carry that understanding forward throughout the year, keeping on the lookout for someone who needs their happiness enhanced, knowing that doing so will enhance our own plentitude.

COOL YULE JINGLE JOG CHRISTMAS MORNING 2017

WOMEN’S 5K

1.	Laura Matz	31	27:44	1st	30s
2.	Ali Valdrighi	24	30:30	1st	20s
3.	Karen Hopkins	38	30:55	2nd	30s
4.	Hope Squires	45	33:00	1st	40s
5.	Margo Lambert	56	37:21	1st	50s
6.	Teresa Peterson	54	39:55	2nd	50s
7.	Beth Sloan	60	40:08	1st	60s
8.	Margaret Delmore	61	40:42	2nd	60s
9.	Kelly Souza	43	41:46	2nd	40s
10.	Laurel Longo	61	41:43	3rd	60s
11.	Laura Posey	59	43:40	3rd	50s
12.	Linda Hall	74	47:36	1st	70s
13.	Marie Ballenger	31	48:35	3rd	30s
14.	Barbara Colton	72	49:08	2nd	70s
15.	Linda Graham	54	49:11	4th	50s
16.	Jennifer Stuck	52	50:58	5th	50s
17.	Susan Ballenger	63	51:16	4th	60s
18.	Lauren Damon	30	51:19	4th	30s
19.	Candace Roosselet		52:58	no age	
20.	Patricia Coker	58	58:54	6th	50s
21.	Sheila Rabe	52	59:43	7th	50s
22.	Crystal Cooper	47	59:43	3rd	40s
23.	Karen Reitz	80	61:50	1st	80s
24.	Katrina Thompson	52	65:02	8th	50s dog

WOMEN’S 10K

1.	Beverley Abbs	53	57:35	1st	50s
2.	Lily Chaput	56	58:08	2nd	50s
3.	Jill Rock	50	62:04	3rd	50s
4.	Carla Beauchamp	53	62:04	4th	50s
5.	Sherrill St Germain	53	62:04	5th	50s
6.	Amanda Green	36	64:50	1st	30s
7.	Kelsey Smith	26	65:02	1st	20s
8.	Margaret Thatcher	unk	66:26		
9.	Indira Ghandi	unk	66:27		
10.	Golda Meir	unk	73:47		
11.	Alena Hansen	27	74:20	2nd	20s
12.	Judy Shipman	76	79:65	1st	70s dog
13.	Jennifer Daby	36	80:25	2nd	30s
14.	Joann Kenyon	59	81:30	6th	50s
15.	Linda Brown	47	83:41	1st	40s dog
16.	Heather Bracken	69	95:03	1st	60s

MEN’S 5K

1.	Chris Squires,	52	23:27	1st	50s
2.	Craig Thornley,	53	25:26	2nd	50s
3.	Aynan Matz,	33	27:44	1st	30s
4.	Jake Gallagher	14	32:26	1st	13-16
5.	David Lambert	28	37:21	1st	20s
6.	Tim Bishop	60	39:59	1st	60s
7.	Laurence White	73	48:53	1st	70s
8.	Darrell Graham	52	49:11	3rd	50s
9.	Allen Reid	77	49:52	1st	70s dog
10.	Jim Hopkins	68	50:21	2nd	60s
11.	Gus Greterman	59	51:37	6th	50s
12.	Jeff Coker	59	58:54	7th	50s
13.	John McCracken	60	59:43	3rd	60s

MEN’S 10K

1.	Lee McKinley	56	39:56	1st	50s
2.	David Abbott	36	41:21	1st	30s
3.	Dave Martini	60	48:40	1st	60s
4.	James Longo	60	54:28	2nd	60s
5.	Thom Pearman	55	55:05	2nd	50s
6.	Alan Abbs	48	57:35	1st	40s dog
7.	Imze Bartos	35	60:47	2nd	30s
8.	Lawrence Cooper	62	61:21	3rd	60s
9.	Anthony Jammal	35	62:37	3rd	30s
10.	Matthew Moore	35	63:44	4th	30s
11.	Kenneth Smith	60	65:02	4th	60s
12.	Alan Kilgore	62	66:33	5th	60s
13.	Mike McQuillan	40	67:28	2nd	40s
14.	Ken Campbell	66	69:42	6th	60s
15.	Ralph Wright	64	73:00	7th	60s
16.	Boris Yeltsin	unk	73:47		
17.	Glenn Nishimoto	63	74:13	8th	60s
18.	T J Bruce	54	76:28	3rd	50s
19.	Ted Thompson	48	81:30	3rd	40s
20.	Ron Brown	50	83:41	4th	50s
21.	Timothy Roberts	66	88:53	9th	60s
22.	Darryl Beardall	81	110:30	1st	80s

DID NOT START (Thank You for the donation.)
Karla Dougherty 43
Kristin Savoy 31

Forty women and 35 men were brave enough to go forth into the extreme rigor of the Meadow Vista wildlands in spite of brilliant sun, balmy temps and still air. It was a “no excuses” day, which is terrifying for all those who intently watch their watches. No records were set that we know of, however, some interesting patterns emerged from the results.

Veterans of the yearly Western States 100-Mile Run from Squaw Valley to Auburn were scattered in at the top of their races. Lee McKinley won the men’s 10K for the 5th time, and Beverley Anderson Abbs (a very fast lady) accidentally won the women’s 10K by jogging beside husband Alan Abbs in his uncontested effort to be the 2017 HUNKS WITH HOUNDS 10K winner. Lily Chaput, 33 seconds behind Bev at the finish, commented, “She was walking some of the time, and I still couldn’t catch her.” Yep, that’s Bev! Another Allen (Reid) picked up the 5K HUNKS WITH HOUNDS, Judy Shipman beat out Linda Brown for the 10K BABES WITH BOWSERS, and Katrina Thompson had the 5K BABES WITH BOWSERS all to herself.

Seniors ruled on Christmas Morning. The men’s 5K and 10K, and the women’s 10K were all won by athletes in their 50s. Laura Matz at 31 in the 5K was the only winner who wasn’t old enough to be a “person of interest” to AARP. In fact, the entire first 5 places in the women’s 10K were won by women in the “fast 50s”

The oldest CYJJ finisher is still Auburn’s Betts Strah, who was 82 when she ran a 51:51 5K in 2015, but Auburn’s Karen Reitz, 80, and Santa Rosa’s Darryl Beardall, 81, are closing in on that honor.

There were four past heads of nations who came to Meadow Vista to share Christmas with us in the peaceful anonymity of our quiet village. They came, enjoyed the ambiance, and left quietly without creating a stir. As one would expect, they sought security in anonymity by not filling out their tags. And although they were all recognized by the race director (a major politician in his own right), he respected their privacy and security by holding back on their recognition until now. They ran in pairs: Boris with his old friend Golda, and Indira with her old friend Margaret. Hopefully, by next year, the world will be secure enough for them to safely fill out their tags.

COOL YULE JINGLE JOG 5K/10K CHRISTMAS MORNING 2018

Women’s 5K

1) Laura Matz 32	24:49	1st 30s
2) Lily Chaput 57	34:10	1st 50s
3) Lisa Lucati 60	33:06	1st 60s
4) Sarah Waterbrook 36	37:10	2nd 30s
5) Sharon Jaeger 62	38:05	2nd 60s
6) Sophia Lindekran 36	38:48	3rd 30s
7) Serra Dittel-Payne 29	39:57	1st 20s
8) Anna Mills 8	46:50	1st 0-12
9) Kim Snider 62	47:14	3rd 60s
10) Marie Ballenger 32	49:18	4th 30s, 1st dog
11) Linda Hall 75	49:19	1st 70s
12) Therese Gallagher 51	51:02	2nd 50s
13) Patrice Carroll 60	51:05	4th 60s
14) Heather Bracken 70	51:53	2nd 70s
15) Adrienne Garcia 44	52:03	1st 40s
16) Diane Hill 62	55:43	5th 60s
17) Hillary Clinton 71	57:43	3rd 70s
18) Kellie Hill 32	57:47	5th 30s
19) Susan Ballenger 62	57:51	6th 60s
20) Chelsea Clinton 29	59:11	2nd 20s
21) Karen Reitz 81	61:54	1st 80s
22) Sheila Rabe 53	67:28	3rd 50s
23) Laurel Garcia 41	71:34	2nd 40s
24) Deanna Stillwell 49	71:50	3rd 40s
25) Danielle Mills 38	75:30	6th 30s
26) Lorelei Mills 6	75:30	2nd 0-12

Women’s 10K

1) Halley Winstead 32	49:01	1st 30s
2) Kim Kardashian 40	56:28	1st 40s
3) Karen Hopkins 39	64:57	2nd 30s
4) Carla Beauchamp 53	65:31	1st 50s
5) Sherrill St Germain 54	65:32	2nd 50s
6) Jill Race 51	65:33	3rd 50s
7) Krystal Cooper 49	65:47	2nd 40s
8) Jacqueline Clinton 56	57:03	4th 50s
9) June Montouri 64	70:14	1st 60s
10) Diane McEvoy 64	70:15	2nd 60s
11) Diane Kato 63	70:54	3rd 60s
12) Barbara Ash 69	74:22	4th 60s
13) Jen Arbitrario 46	74:31	3rd 40s
14) Annalee Clinton 36	88:54	3rd 30s
15) Alena Hanson 28	102:53	1st 20s

Men’s 5K

1) Andreas Bolin 36	25:08	1st 30s
2) Stephen Waterbrook 46	30:46	1st 40s
3) Sam Garcia 8	31:00	1st 0-12
4) Mike Locoti 67	33:09	1st 60s
5) Gordy Ainsleigh 71	33:37	1st 70s
6) Mark Allen 63	38:01	2nd 60s
7) Shikai Wang 42	38:23	1st 40s
8) Alex Dittel 58	40:35	1st 50s
9) Emir Savcin 16	40:53	1st 13-16
10) Dustin Wise 40	45:37	2nd 40s
11) Casey Mills 40	46:50	3rd 40s
12) Lawrence White 74	50:14	1st 70s
13) Darryl Beardall 82	51:13	1st 80s
14) Donald Trump Sr 49	52:42	4th 40s
15) TJ Bruce 54	52:42	2nd 50s
16) Donald Trump Jr 43	52:42	5th 40s
17) Alan Reid 78	54:18	2nd 70s oldest
18) Eric Trump 25	59:11	1st 20s
19) John McCracken 61	67:28	3rd 60s
20) Barron Trump 26	69:33	2nd 20s
21) Ansen Wang 9	70:30	2nd 0-12
22) Anjei Wang 6	71:33	3rd 0-12
23) Jake Gallagher 15	73:36	2nd 13-16

Men’s 10K

1) Whit Clark 38	48:54	1st 30s
2) Brandon Snider 35	50:39	2nd 30s
3) Anthony Jamal 36	53:25	3rd 30s
4) Tom Pearman 56	54:08	1st 50s
5) Jim Hill 64	56:24	1st 60s
6) Lawrence Cooper 63	58:46	2nd 60s
7) Gordy Ainsleigh 71	59:23	1st 70s
8) Fred Trump 27	61:31	1st 20
9) Eugene McQueen 18	64:56	1st 17-19
10) Anthony Gill 50	65:57	2nd 50s
11) Alan Kilgore 63	80:23	3rd 60s
12) John Trump 37	88:52	4th 30s
13) Jim Hopkins 69	89:32	4th 60s

Androgynous 5K

1) Leslee Trump, ageless	69:39	1st Androgyn
2) Sidney Clinton, ageless	73:03	2nd Androgyn
3) Charlie Clinton, ageless	73:03	3rd Androgyn
4) Finley Trump, ageless	73:04	4th Androgyn
5) Skyler Clinton, ageless	73:08	5th Androgyn
6) Oakley Trump, ageless	73:35	6th Androgyn

WELL! I decided to have a bit of fun with the race results this year, as so many of our participants didn’t fill out their tear-off tags, and some didn’t even get a colored sticker that indicated gender and age group. So here’s how the results work: If you didn’t fill out your tear-off tag, but you did get a color sticker, I was able to identify your age group and your gender, and place you in the results. However, since I didn’t know your name, I referred back to the last Presidential Election, and placed all the women in Hillary’s family, and all the men became members of Donald’s family. So you’ll notice that Hillary and Chelsea were both her for Christmas, as were Don Jr, Eric and Barron, albeit their ages are approximately those of the runners, as opposed to the actual ages of the elites. Now, for the participants who neither filled out their tags nor got a colored sticker, I decided to place y’all in a separate ageless, androgynous class, and call you all “androgyns”. It appears that all the androgyns did the 5K at a walk, and walked together until one speedster couldn’t stand it any longer, and ran in the last downhill mile to the finish.

COOL YULE 5K/10K—CHRISTMAS MORNING 2019

WOMEN'S 5K

1) Jesse Redding 13	23:58	1st 13-16
2) Micah Redding 11	28:22	1st 6-12
3) Rebbcca Redding 48	29:16	1st 40s
4) Christina Yasi 40	31:53	2nd 40s
5) No Name Jane 13-16	36:34	2nd 13-16
6) Devon Kim 45	36:48	3rd 40s
7) Ginny Powell 62	45:10	1st 60s
8) Linda Hall 76	53:23	1st 70s
9) Laura Giouzelis 41	54:38	4th 40s
10) Justine Hillis 49	56:26	5th 40s
11) Heather Bracken 71	56:38	2nd 70s
12) Susan Ballenger 65	56:38	2nd 60s
13) Erika Smith 32	57:28	1st 30s
14) Marie Ballenger 33	57:28	2nd 30s
15) Adrienne Garcia 45	58:25	6th 40s
16) Crystal Cooper 50	58:53	1st 50s
17) Elizabeth Cecil 49	59:03	7th 40s
18) Teresa Peterson 56	59:12	2nd 50s
19) Diana Land 58	59:13	3rd 50s
20) Alena Hansen 29	59:39	1st 20s
21) Rachel Kanowsky 57	65:30	4th 50s
22) Linda Fraguglia 57	65:57	5th 50s
23) Laurie Colombo 73	66:05	3rd 60s
24) Virginia Salazar 70	74:33	3rd 70s
25) Aimee Gunton 34	77:17	3rd 30s

WOMEN'S 10K

1) Bev Anderson-Abbs 55	44:37	1st 50s
2) Karen Hopkins 40	54:52	1st 40s
3) Kathrina de la Cruz 27	55:45	1st 20s
4) Linda Hurd 58	64:25	2nd 50s
5) Sharon Jaeger 62	66:43	1st 60s
6) Laurel Posey 61	67:43	2nd 60s
7) Amanda Green 38	70:40	1st 30s
8) Barbara Ashe 70	70:47	1st 70s
9) Anna Tortosa 41	70:59	2nd 40s
10) Diane McEvoy 65	71:51	3rd 60s
11) June Montuori 65	71:51	4th 60s
12) Sarah Waterbrook 37	73:14	2nd 30s
13) Linda Brown 49	97:51	3rd 40s

MEN'S 5K

1) Stevern Fraguglia 25	25:23	1st 20s
2) Sam Garcia 9	30:53	1st 6-12
3) Dan Garcia 45	30:54	1st 40s
4) Michael Wallace 39	31:52	1st 30s
5) Gordy Ainsleigh 72	33:24	
6) Jonathan Dear 38	34:22	2ne 30s
7) Jeremiah Bills 38	34:23	3rd 30s
8) Matthew Hillis 60	44:16	1st 60s
9) No Name Charley 7?	44:35	1st 70s
10) Barry Spitzer 56	51:46	1st 50s
11) Alberto Rocha 33	51:52	4th 30s
12) T J Bruce 55	51:55	2nd 50s
13) Laurence White 75	52:56	2nd 70s
14) Sam Giouzelis 12	53:48	2nd 6-12
15) Brodie Stephenson 7	58:00	3rd 6-12
16) Lawrence Cooper 64	58:53	2nd 60s
17) Sam Cecil 24	59:03	2nd 20s
18) Darryl Beardall 83	60:02	1st 80s
19) James Jacoby 65	60:04	3rd 60s
20) Tim Fraguglia 57	65:43	3rd 50s
21) Michael Fraguglia 27	64:43	3rd 20s
22) Dan Fraguglia 29	65:46	4th 20s
23) Aaron Pabst 45	74:33	2nd 40s
24) John Gunton 66	77:17	4th 60s

MEN'S 10K

1) Dylan Laidlaw 26	44:45	1st 20s
2) Anthony Jamal 37	51:56	1st 30s
3) Brandon Snider 36	58:40	2nd 30s
4) Stephen Waterbrook 41	58:57	1st 40s
5) Alan Abbs 50	64:25	1st 50s
6) Gordy Ainsleigh 72	68:09	
7) Travis Rose 53	70:47	2nd 50s
8) Michael McQuillan 40	73:25	2nd 40s
9) Ralph Wright 66	76:47	1st 60s
10) No Name No Age Group	88:06	
11) No Name, Age in 60s	88:52	2nd 60s
12) Ron Brown 52	97:50	3rd 50s
13) Jim Hopkins 70	106:46	1st 70s

Thank You all for coming to the 20th annual Cool Yule Jingle Jog 5K/10K on Christmas Morning, and contributing to trail recreation through your use of our trails and through your entry fees. There's generally not a lot left over after we pay for flyers, banners, shirts, wine, pot costs on Eisley's donated poinsettias, Christmas dinner for our volunteers, and numerous other expenses. There are years when we have gone in the red, but most years, some hundreds of dollars from your entry fees go to benefit trails and trail recreation... in addition to the main thing of getting everyone out on our scenic courses, reminding us of how good it can be to go running and walking on trails, and getting some wonderfully healthy exercise to put a glow on Christmas Day.

This year our numbers were smaller because the weather forecast was for rain. That, as usual, didn't happen because, way back in 2001, I scheduled the race to take place between 10:30 AM and 12:15, the time of day when the sun is heating the clouds most rapidly and the warming air can hold more and more moisture, making it the part of the day that is the least likely to have rainfall. We did have one very close call, when it was rainy and windy until 10:15. Then the rain abated, and started again at 12:15. This period of weather clemency has defied the weather prognosticators so routinely that, although it's based on science, I suspect that the angels are watching over the Cool Yule celebration of our wonderful bodies and wonderful Earth.

This year, it was CHICKS RULE AT COOL YULE. Thirteen-year-old speedster Jesse Redding from Meadow Vista was so far ahead of Meadow Vista's Steven Fraguglia, 25, that it took a while to persuade him that he wasn't the first person across the finish line. Jesse was out of sight already when Steven got to where the 5K and 10K go their separate ways. We foresee a course record from that young lady in the near future. Sacramento's Beverley Anderson-Abbs, 55, had to work a bit harder to beat out Meadow Vista's Dylan Laidlaw in the 10K by 8 seconds. Bev has quite a running history, having won many races from 10K to 100 miles, including several top-5 finishes in the famed Western States 100 miler. Darryl Beardall, 83, a past 50-mile national champion long ago, came back for a second time on his rolling walker and did the alternate paved 5K handicapped course in about an hour. Barbara Ashe, 70, turned in a remarkable 70:47 10K.

Putting this race on is a novel experience: ribboning the trail on Christmas eve by bicycle, finishing in the dark, then at 4:30 AM, driving the paved portions of the course on the wrong side of the road, throwing out the handfuls of lime that keep you going the right way. Our friends arrive at nine to move everything over to the park, set up, put on the race, then Paula goes home to put the turkey in. Most of our friends come to our house for warmth & fellowship; feel the love, drink the wine, bask in the happiness we have created, eat wonderful food, remember friends passed, and give thanks to God & angels for life & guidance on Paradise Earth.

COOL YULE JINGLE JOG, CHRISTMAS MORNING 2021

WOMEN'S 5K (longer course via detour)

1. Laurel Robinson, 26	34:11	1st 20s
2. Sara Senter, 45	38:25	1st 40s
3. Rita Alvarado, 31	42:12	1st 30s
4. Jessica Love, 43	44:56	2nd 40s
5. Margaret McGuire, 58	51:24	1st 50s
6. Kayla Alvarado, 33	53:18	2nd 30s
7. Mia Alvarado, 15	55:51	1st 13-16
8. CC Moore, 47	53:54	2nd 40s
9. Lindsey Manning, 28	57:24	2nd 20s
10. Julie Hamilton, 59	61:00	2nd 50s
11. Heather Bracken, 73	71:25	1st 70s
12. Cindy Pineau-Peters, 67	71:27	1st 60s 1st dog
13. Carol Daly, 62	82:07	2nd 60s
14. Katrina Thompson, 56	83:51	3rd 50s
15. Serra Dittel, 32	84:49	3rd 30s
16. Elena Hanson, 31	82:23	4th 30s
17. Sue Bell, 72	89:33	2nd 70s

WOMEN'S 10K

1. Beverley Anderson-Abbs 57	48:42	1st 50s
2. Linda Hurd 60	61:18	1st 60s
3. Mary Lambeth 60	65:44	2nd 60s
4. Claudia Rogus 62	67:32	3rd 60s
5. Anna Tortosa 43	85:53	1st 40s
6. Chelsea Wooden 38	85:54	1st 30s
7. Susan Ballenger 67	95:43	4th 60s

SPECIAL DIVISION: WOMEN'S 7K

1. Rebecca Carroll 60	timeless	1st 60s
2. Naomi Seastres 49	timeless	1st 40s

Thank you to all who contributed to the Cool Yule Jingle Jog this year by running, helping, buying a shirt, or staying home and watching it rain after paying for an entry. Thanks to all of you, the Placer Trails Conservancy has \$450 to put toward trail preservation, this time to the Open Trails Alliance to assist in their negotiations to reopen the trails on both sides of the Bear River Canal in Meadow Vista, access that had been open to the public for about 150 years, and used by the CYJJ for 20 years, 2000-2019, until closed in the last year or two.

This year, the "race that has never been rained on" was not an event for the timid. It rained and rained, generally a light rain to a drizzle, but when the wind gusted it could get difficult. One carful of 5 arrived, got out, looked around in the wind and rain, got back in their car and departed. However, as runner Alena Hanson said afterward on Facebook, "There's no such thing as bad weather; just bad clothing choices."

Among those who stayed, there was a lot of enthused body language, and conversations about how much fun it was...and not even a complaint from the group of 4 who breezed past the yellow ribbons on a fence that turned left, past the yellow ribbons on wooden stakes pounded into the ground, marking the way to the left, away from the canal and toward the finish, continuing on the canal berm until they came to one of the locked gates that we are working to have reopened. Logically, they turned around. But illogically, instead of retracing back to the last yellow streamers, they took the first rugged little trail down the bank between the homes, came out in Golden Oaks Acres, ironically passing by the house of the two women who chose to close our 150-year-old public trail, and found their way back to the Park. Even they said they had a wonderful run in the rain, and loved every one of their bonus miles through Meadow Vista's gorgeous by-ways.

Just like in 2019, we had a hard time persuading the first 5K man that he wasn't the first person across the finish line. Weimar's Ted Thompson had worked hard, put the pedal to the metal, and left behind every-

MEN'S 5K

1. Ted Thompson, 52	38:12	1st 50s
2. Mike Locati, 70	42:02	1st 70s
3. Alejandro Dittel, 61	50:37	1st 60s
4. Ben Daly, 31	57:26	1st 30s
5. Darryl Beardall 85	60:10	1st 80s
6. David Hamilton, 60	60:35	2nd 60s
7. Max Winner, 29	62:01	1st 20s
8. Bert TWG's human, 54	63:02	2nd 50s, 1st dog
9. John Daly, 62	82:08	3rd 60s
10. Chris Bell, 36	95:54	2nd 30s

MEN'S 10K

1. Andrew Snyder, 36	44:56	1st 30s
2. Toby Howard, 17	48:38	1st 17-19
3. Dan Roed, 53	48:39	1st 50s
4. Travis Rose 55	53:50	2nd 50s
5. Alan Abbs 52	55:18	3rd 50s
6. Joey Lan 36	58:10	2nd 30s
7. James Lambeth 59	65:44	4th 50s
8. Tom Harper 72	66:52	1st 70s
9. Randy Thompson 34	67:32	3rd 30s
10. Ken Campbell 70	71:49	2nd 70s
11. Tim Roberts 70	93:55	3rd 70s

SPECIAL DIVISION: MEN'S 7K

1. Thomas Carroll 64	timeless	1st 60s
2. Richard Alvarado 58	timeless	1st 50s

one he could see. But what he hadn't seen while he was in the press of 10K & 5K runners packed together for the first half mile, and dueling it out with Colfax's Mike Locati (who BTW is 70), was that far ahead, a small fleet figure had also turned right, and disappeared over a small rise before Ted and Mike got to that 5K turn. Ted's dreams of glory were shattered when he crossed the finish line and saw Meadow Vista's Laurel Robinson smiling for the camera, wearing her 5K bib, having finished 4 minutes earlier.

The 10K was also a runaway, with Los Angeles' Andrew Snyder also winning by a bit over four minutes. However, the race for second would have been something to watch, with Colfax's Toby Howard edging out Fairfield's Dan Roed by less than half a second. Sacramento's Beverley Anderson-Abbs was less than a minute behind at the finish, and I expect would have given the guys a show of her famous speed if it had been for "first across the line". But it wasn't, and she was far ahead of the next woman.

I'm thinking if Beverley and Laurel had been in the same race, it would have been quite a contest.

Santa Rosa's Darryl Beardall has turned 85 this year, and for the second time did his 5K around the half-mile paved park loop on his wheeled walker, timing in at 60:10. When I started running long distance on roads in 1972, Darryl was winning all the 50 and 100 mile road runs in the western United States. I suppose he could carpet the walls of his living room with the medals of his wins, and he just keeps running.

BTW, it's still true that the period between 10:00 and 1:00, when the cloud temperature is rising most quickly, is when it's least likely to rain, but this year made it clear that we should prepare for the weather report being right, perhaps a third of the time, and have appropriate clothing on rainy days, in case the cloud warming isn't enough.

One of the women who ended up at the locked gate, and came back to the park the long way, suggested that maybe a sign with an arrow would be necessary for trail novices who blithely run past ribboned turns. So next year there will be an arrowed sign. We hope to see you then,... with the berm trail ungated.