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

WOMEN'S 6K				MEN'S 6K			
1) Ali Valdrighi 22	30:33	20s	1st	1) Connor Ryan 15	21:48	13-16	1st **
2) June Montuori 61	34:00	60s	1st	2) Michael Fraguglia 23	26:30	20s	1st
3) Peuro Keys 28	34:53	20s	2nd	3) Bob Barton 53	26:57	50s	1st
4) Linda Fraguglia 53	35:15	50s	1st	4) Buddy Janieson 37	30:13	30s	1st
5) Teresa Peterson 52	35:26	50s	2nd	5) Joe Peterson 23	30:43	20s	2nd
6) Margaret DelMore 59	38:43	50s	3rd	6) John Valdrighi 52	30:53	50s	2nd
7) Shelby Weinberger 37	41:25	30s	1st	7) Glenn Nishimoto 61	32:09	60s	1st
8) Linda Hall 72	44:27	70s	1st	8) Bob Montuori 58	34:00	50s	3rd
9) Barbara Aragon 60	44:44	60s	2nd	9) Alex Caster 29	34:54	20s	3rd
10) Connie Wilson 67	46:07	60s	3rd	10) Joel Tochterman 51	38:14	50s	4th
11) Heather Aroe 46	48:55	40s	1st	11) Glen Del Sarto 65	39:06	60s	2nd
12) Claire Autry 19	51:00	17-19	1st	12) Evan Autry 22	42:57	20s	4th
13) Shirley Gage 53	51:01	50s	4th	13) Frank Jamieson 68	45:49	60s	3rd
14) Betts Strah 82	51:51	80s	1st **	14) Dave Losco 62	55:27	60s	4th
15) Regina Tochterman 47	55:05	40s	2nd	15) Ron Hayes 45	56:20	40s	1st
16) Crystal Cooper 46	56:29	40s	3rd	,	56:29	60s	5th
17) Lori Limbocker 51	56:49	50s	5th	16) Lawrence Cooper 60		60s	6th
18) Candace Rousselet 57	58:45	50s	6th	17) Toivo Valtatie 64	60:12		
	59:35	50s	7th	18) John Gunton 62	60:17	60s	7th
19) Nancy Contreras 59 20) Suzi Howe 69	62:31	60s	4th	19) Joe Contreras 69	59:34	60s	8th
21) Terri Rock 26	66:12	20s	3rd	20) Tim Fraguglia 53	60:49	50s	5th
,		50s	8th	21) Dan Fraguglia 25	60:49	20s	5th
22) Janice Kato 55	66:54	308	oui	22) Bill Howe 68	62:31	60s	9th
WOMEN'S 10V				23) Pat Rock 58	66:12	50s	6th
WOMEN'S 10K	40.00	<b>5</b> 0	1 4 ****	24) Joe McCladdie 78	66:54	70s	1st
1) Bev Anderson-Abbs 51	42:23	50s	1st ****	25) Thomas Dickson 60 66:54	60s	10th	
2) Michelle Jamieson 43	45:17	40s	1st	,	60s	10th	
<ul><li>2) Michelle Jamieson 43</li><li>3) Suzanne Cordes 56</li></ul>	45:17 51:52	40s 50s	1st 2nd	MEN'S 10K			d a diab
<ul><li>2) Michelle Jamieson 43</li><li>3) Suzanne Cordes 56</li><li>4) Karen McQuen 36</li></ul>	45:17 51:52 52:15	40s 50s 30s	1st 2nd 1st	MEN'S 10K 1) Lee McKinley 54	39:03	50s	1st **
<ul><li>2) Michelle Jamieson 43</li><li>3) Suzanne Cordes 56</li><li>4) Karen McQuen 36</li><li>5) Karyn Ryan 13</li></ul>	45:17 51:52 52:15 54:13	40s 50s 30s 13-16	1st 2nd 1st 1st **	MEN'S 10K 1) Lee McKinley 54 2) Kurt Lua 56	39:03 41:42	50s 50s	2nd
<ul> <li>2) Michelle Jamieson 43</li> <li>3) Suzanne Cordes 56</li> <li>4) Karen McQuen 36</li> <li>5) Karyn Ryan 13</li> <li>6) Elizabeth Del Sarto 26</li> </ul>	45:17 51:52 52:15 54:13 56:01	40s 50s 30s 13-16 20s	1st 2nd 1st 1st ** 1st	MEN'S 10K 1) Lee McKinley 54 2) Kurt Lua 56 3) Alan Abbs 46	39:03 41:42 44:42	50s 50s 40s	2nd 1st
<ul> <li>2) Michelle Jamieson 43</li> <li>3) Suzanne Cordes 56</li> <li>4) Karen McQuen 36</li> <li>5) Karyn Ryan 13</li> <li>6) Elizabeth Del Sarto 26</li> <li>7) Lily Chaput 54</li> </ul>	45:17 51:52 52:15 54:13 56:01 56:14	40s 50s 30s 13-16 20s 50s	1st 2nd 1st 1st ** 1st 3rd	MEN'S 10K 1) Lee McKinley 54 2) Kurt Lua 56 3) Alan Abbs 46 4) Steven Fraguglia 21	39:03 41:42 44:42 45:19	50s 50s 40s 20s	2nd 1st 1st
<ul> <li>2) Michelle Jamieson 43</li> <li>3) Suzanne Cordes 56</li> <li>4) Karen McQuen 36</li> <li>5) Karyn Ryan 13</li> <li>6) Elizabeth Del Sarto 26</li> <li>7) Lily Chaput 54</li> <li>8) Diane Kato 60</li> </ul>	45:17 51:52 52:15 54:13 56:01 56:14 57:07	40s 50s 30s 13-16 20s 50s 60s	1st 2nd 1st 1st ** 1st 3rd 1st	MEN'S 10K 1) Lee McKinley 54 2) Kurt Lua 56 3) Alan Abbs 46 4) Steven Fraguglia 21 5) Billy Groth 13	39:03 41:42 44:42 45:19 47:42	50s 50s 40s 20s 13-16	2nd 1st 1st 1st
<ul> <li>2) Michelle Jamieson 43</li> <li>3) Suzanne Cordes 56</li> <li>4) Karen McQuen 36</li> <li>5) Karyn Ryan 13</li> <li>6) Elizabeth Del Sarto 26</li> <li>7) Lily Chaput 54</li> <li>8) Diane Kato 60</li> <li>9) Laura Downing 28</li> </ul>	45:17 51:52 52:15 54:13 56:01 56:14 57:07 57:57	40s 50s 30s 13-16 20s 50s 60s 20s	1st 2nd 1st 1st ** 1st 3rd 1st 2nd	MEN'S 10K 1) Lee McKinley 54 2) Kurt Lua 56 3) Alan Abbs 46 4) Steven Fraguglia 21 5) Billy Groth 13 6) Joey Tajan 31	39:03 41:42 44:42 45:19 47:42 49:12	50s 50s 40s 20s 13-16 30s	2nd 1st 1st 1st 1st
<ol> <li>Michelle Jamieson 43</li> <li>Suzanne Cordes 56</li> <li>Karen McQuen 36</li> <li>Karyn Ryan 13</li> <li>Elizabeth Del Sarto 26</li> <li>Lily Chaput 54</li> <li>Diane Kato 60</li> <li>Laura Downing 28</li> <li>Woman With No Name</li> </ol>	45:17 51:52 52:15 54:13 56:01 56:14 57:07 57:57 58:40	40s 50s 30s 13-16 20s 50s 60s 20s ?	1st 2nd 1st 1st ** 1st 3rd 1st 2nd ?	MEN'S 10K 1) Lee McKinley 54 2) Kurt Lua 56 3) Alan Abbs 46 4) Steven Fraguglia 21 5) Billy Groth 13 6) Joey Tajan 31 7) Rich Cordes 55	39:03 41:42 44:42 45:19 47:42 49:12 57:52	50s 50s 40s 20s 13-16 30s 50s	2nd 1st 1st 1st 1st 3rd
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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!