

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) Rebecca 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 Grarcia	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 Eisleys'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.