

## COOL YULE JINGLE JOG 5K/10K CHRISTMAS MORNING 2024

### WOMEN'S 5K

|                               |       |           |
|-------------------------------|-------|-----------|
| 1) Julia Lind 26              | 28:15 | 1st 20s   |
| 2) Linda Tobia 59             | 30:50 | 1st 50s   |
| 3) Veronica Kessner 29        | 39:52 | 2nd 20s   |
| 4) Jennifer Arbitrario 52     | 45:39 | 2nd 50s   |
| 5) Liz Murphy 52              | 48:16 | 3rd 50s   |
| 6) Kamala Harris 50           | 48:18 | 4th 50s   |
| 7) Julia Harper 36            | 50:10 | 1st 30s   |
| 8) April Lico 37              | 51:33 | 2nd 30s   |
| 9) Cayla Powell McClintick 35 | 51:46 | 3rd 30s   |
| 10) Ginny Powell 68           | 51:48 | 1st 60s   |
| 11) Jasmin Fiandaca 49        | 53:29 | 1st 40s   |
| 12) Ruby Fiandaca 15          | 53:29 | 1st 13-16 |
| 13) Jeanette Hagan 70         | 55:19 | 1st 70s   |
| 14) Diane Hill 68             | 55:20 | 2nd 60s   |
| 15) Sandra McCoy 47           | 58:24 | 2nd 40s   |
| 16) Pamela Anderson 76        | 58:27 | 2nd 70s   |
| 17) Janet Pucci 76            | 62:59 | 3rd 70s   |
| 18) Barbara Bain 74           | 64:55 | 4th 70s   |
| 19) Heather Bracken 76        | 66:36 | 5th 70s   |
| 20) Susan Ballenger 70        | 66:38 | 6th 70s   |
| 21) Kathleen Bales 59         | 67:01 | 5th 50s   |
| 22) Caryl Daly 65             | 77:10 | 3rd 60s   |
| 23) Nanci Gabri 72            | 78:58 | 7th 70s   |

### WOMEN'S 10K

|                              |       |         |
|------------------------------|-------|---------|
| 1) Beverley Anderson-Abbs 60 | 46:37 | 1st 60s |
| 2) Rachael Chamacho 38       | 57:22 | 1st 30s |
| 3) Sabrina Horat 54          | 61:37 | 1st 50s |
| 4) Pam Grant 68              | 66:11 | 3rd 60s |
| 5) Caryn Slane 56            | 71:38 | 2nd 50s |
| 6) Jess Love 46              | 73:26 | 1st 40s |
| 7) Alena Hanson 34           | 85:52 | 2nd 30s |

### MEN'S 5K

|                         |       |          |
|-------------------------|-------|----------|
| 1) Paul Lind 57         | 28:15 | 1st 50s  |
| 2) Mike Locati 73       | 33:32 | 1st 70s  |
| 3) Gordy Ainsleigh 77   | 38:48 | 2nd 70s* |
| 4) Alexander Conheim 37 | 39:53 | 1st 30s  |
| 5) Tyler Murphy 32      | 48:12 | 2nd 30s  |
| 6) Marco Rubio 53       | 48:19 | 2nd 50s  |
| 7) Tom Harper 75        | 50:02 | 2nd 70s  |
| 8) Steve Lico 61        | 51:34 | 1st 60s  |
| 9) Brian Lewis 42       | 58:24 | 1st 40s  |
| 10) Matt Moore 42       | 58:53 | 2nd 40s  |
| 11) Raymond Santana 77  | 62:59 | 3rd 70s  |
| 12) Marvin Bain 72      | 64:59 | 4th 70s  |
| 13) Ken Bales 61        | 67:02 | 2nd 60s  |
| 14) John Daly 65        | 77:20 | 3rd 60s  |
| 15) Haywood Jablome 81  | 79:00 | 1st 80s  |

### MEN'S 10K

|                         |       |           |
|-------------------------|-------|-----------|
| 1) Cody Lind, 29        | 36:56 | 1st 20s   |
| 2) Jackson Yacullo 22   | 46:11 | 2nd 20s   |
| 3) Alan Abbs 55         | 49:49 | 1st 50s   |
| 4) Dash Fiandaca 14     | 52:08 | 1st 13-16 |
| 5) Andrew Gerhard 46    | 54:47 | 1st 40s   |
| 6) Merrick Slane 23     | 56:54 | 3rd 20s   |
| 7) Sam Fiandaca 52      | 57:09 | 2nd 50s   |
| 8) Michael Treichler 45 | 57:27 | 2nd 40s   |
| 9) Jim Hill 70          | 61:31 | 1st 70s   |
| 10) Steve Ettinger 55   | 66:11 | 3rd 50s   |
| 11) David Slane 62      | 70:32 | 1st 60s   |
| 12) Ted Thompson 55     | 77:00 | 4th 50s   |
| 13) Gordy Ainsleigh 77  | 79:54 | 2nd 70s*  |
| 14) Ken Campbell 73     | 85:30 | 2nd 70s   |

\* Gordy's runs were time trials run later, and do not affect age-group or overall placing during the races.

CHRISTMAS MORNING IN MEADOW VISTA—SUCH A PERFECT DAY FOR A WALK OR RUN Several days of rain prior to Christmas morning suggested a muddy trail, but there was no mud. The soil had absorbed the rain and was moist and firm. The one 10K creek was a mere rivulet, and barely required a change of stride. It was cool but not cold, and the sun came out warm as the race was drawing to a close.

The classic 5K course is now open again, thanks in part to your entry fees. Race director Gordy Ainsleigh expected Cody Lind and Emily Hawgood, both coached by Cody's father Paul Lind, to be back this year chasing the 5K records set by Michael Morgan and Jennifer Clothier in the first decade of this century. But the Lind Family had other plans: Emily was gone to Zimbabwe for Christmas, Cody's cousin Julia Lind could be expected to win the women's 5K. And if Cody would run the 10K instead of chasing the 5K record, Father Paul might be able to pull off a 5K win. And that's exactly the way it happened: the children and grandchildren of Dr Bob Lind pulled off winning three out of the four top spots available at this year's Cool Yule Jingle Jog.

It's the kind of stuff that happens when your race director invented and ran the first Western States 100 Mile Run in 1974. Dr Bob was there that day, and became the medical director of the Western States 100 for 26 years, and Gordy's dear friend. So the only winning slot not won by Dr Lind's progeny this year, the women's 10K, was won as usual by Beverly Anderson-Abbs, who just turned 60. In her early 40s Bev placed second three times in 2005-2007 during the 14-year Western States winning reign of the unbeatable Ann Trason.

The men's 70s age group in the 5K also had a lot of history echoes this year. Two years ago Meadow Vista's Kurt Barton and Colfax's Mike Locati were at the top of the last hill together, leading the whole race, when Mike proved he was the downhill master and zipped ahead to win the race. Last year Kurt trained harder than Mike and won the 70's by 3 minutes. So this year Mike trained REALLY hard, and knocked a massive 6 minutes off of his last year's time, ran 3 minutes faster than Kurt's time last year, and was only prevented from winning another 70s duel by lack of an opponent; a bicycle accident kept Kurt home. He says, "Next year!"

This year for the first time, one of our sponsors ran our race, and but for Cody Lind, would have won the men's 10K. That fleet-footed young man is Jackson Yacullo of Auburn's Grocery Outlet family, who provide many of the bottles of wine that go to every participant. On the opposite end of the wine price point is Auburn's Lone Buffalo Winery, which provided 4 of their premium cabs and zins and Syrahs to the 4 champions. And, continuing a tradition established by the Eisley nursery family 20 years ago, Green Acres provided big poinsettias for the winners, joggers and walkers. And last, when the huffing and puffing was all over, there were the best of organic mandarin oranges to be enjoyed from Jesus Martinez's Ophir orchard (916-872-3515).

Some remarkable age-defying performances deserve mention. Linda Tobia, 59, came within 2 minutes and 35 seconds of 26-year-old Julia Lind's winning 5K time. There were 7 women in their 70s who completed the 5K. And our oldest finisher was Haywood Jablome at 81. Good going, Haywood! You give us hope.