

# Big Sur HALF MARATHON on Monterey Bay

November 14, 2010



*Running on the Edge of the Western World*

# Greetings from the Race Director

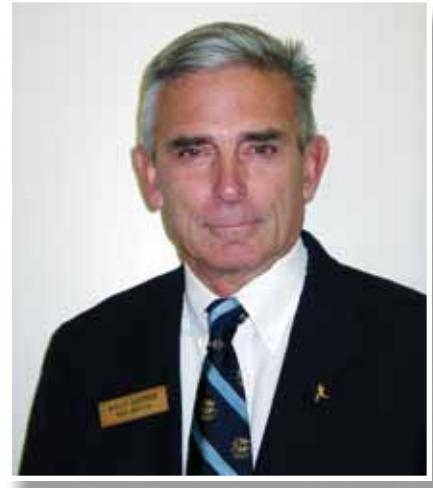
Dear Athletes and Friends...

Our 2010 Big Sur Half Marathon on Monterey Bay proved to be an outstanding event, complete with incredibly beautiful weather, a record number of finishers, and a new women's course record. Our ten wave start was successful and we received great positive feedback on the timing of the waves and the subsequent reduction of course crowding.

Our elite field was the strongest to date. Belainish Gebre's time of 1:09:43 smashed the prior record set by Jen Rhines in 2006 and Macdonald Ondara's 1:03:20 was the second fastest men's time in the race's history. We hope to increase the amount of elite prize money in 2011 and to continue to attract top notch elite competitors. Many runners commented that seeing the elites heading back to the finish was a huge inspiration and spurred them on to faster times. Three new men's divisional records were set along with four female divisional PRs.

We do apologize for the missing finisher medallions and event shirts but are pleased to announce that they have all been shipped to those who didn't receive one race weekend.

Our Run Forrest Run 5K and JUST RUN! Just Kids 3K also drew record numbers this year. The 5K had 757 finishers and



was won in a time of 14:53 by Daniel Tapia of Castroville, CA who was the 2010 winner of the Big Sur International Marathon. Heather Hunt of Monterey, CA won the women's race in 18:22. She will be participating as an elite in the 2011 Big Sur Marathon.

A major thank you to the cities of Monterey and Pacific Grove who are our hosts for this race; their support and cooperation is invaluable in staging this event. Because we impact Monterey with the tunnel closure on race morning, it is of greatest importance that all runners and walkers clear the tunnel in a timely fashion. Because there were still some walkers in the tunnel an hour into the race, there will not only be a strict enforcement of the 3 1/2 hour cut-off in 2011, but other time deadlines at various points along the course.

Finally, thank all of you who participated in the economic impact survey post-race. We have published many of the results on pages 6 and 7 of this booklet. We will be conducting a similar survey following our May 1 Marathon events and will then be able to present our complete findings and the impact of our events on the Monterey Peninsula to the various cities affected.

Registration for the November 20, 2011 Big Sur Half Marathon on Monterey Bay will open on April 1, 2011. We hope you'll join us once again, and be sure to spread the word to your friends as well!

A handwritten signature in black ink that reads "William W. Kastner".

Wally Kastner, Race Director



The start of the 2010 Big Sur Half Marathon on Monterey Bay

Marathon Foto

Cover Photos by Marathon Foto and Colleen Manni

# Our Elite Race Review

Nearly 6,000 runners awoke to ideal running conditions for the Eighth Presentation of the Big Sur Half Marathon on Monterey Bay. All participants enjoyed the perfect temperatures, blue skies and bright sunshine, but none more so than Belainesh Gebre, the 21-year old Ethiopian native who now trains in Flagstaff, AZ. Gebre not only dominated the women's field with her eight minute win over 2nd place finisher Kelly Calway, but her time of 1:09:43 shattered the standing course record set by Olympian Jennifer Rhines in 2006. Gebre's only real competition were the elite men; her blistering pace also placed her 9th overall in the exciting competition.

Kelly Calway, the 2008 US Army Athlete of the year, finished 2nd in 1:18:16. The 26 year old from Manitou Springs, CO held a comfortable lead over Heather Gibson and Lisa Harvey. Gibson, age 30 from Carpenteria, CA, out-sprinted Canadian Olympian Lisa Harvey to the finish in a time of 1:18:41. Harvey, who turned 40 this year, was only four seconds back in 1:18:45, and was also the first place Masters winner (age 40 and over). Mary Coordt, a two time Big Sur International Marathon champion, was 5th overall and 2nd Master in a time of 1:19:30. Jenny Wilson, hailing from Discovery Bay, CA, moved up two places from 2009 to finish 6th in 1:21:33. Rounding out the top 10 were: Nicole Fitzgerald, Boise, ID, 7th in 1:23:41; Aracelly Clouse, Santa Cruz, 8th in 1:24:19; Jackline Okemwa, Sunnyvale, 9th in 1:24:33; and Jennifer Galfano, West Chester, PA, 10th in 1:25:08. Molly Friel, from Fresno was the 3rd Master in a time of 1:29:35.



Ondara and Kirui were never far apart

While Belainesh Gebre was running away with the women's race, the men's race quickly turned into a two man battle between 2007 champion Macdonald Ondara and his teammate from the AmeriKeynan Running Club, Kiprotich Kirui. The two Kenyans were part of an eight runner pack that went through the

*Belainesh Gebre, our new course record holder, was never challenged for 13.1 miles*



*2nd place finisher Kelly Calway (above) finished 25 seconds ahead of Heather Gibson (right)*



All Photos by Marathon Foto

first mile in 4:50. The others in the lead pack, Shadrack Biwott, Matt Gabrielson, Mario Macias, Aziz Atmani, Brian Medigovich, and Nate Pennington began to lose contact with Ondara and Kirui after mile 2, and, by mile 4, it had become a two runner breakaway. Ondara, a Kenyan who trains in Santa Fe, NM, built a 8 – 10 second lead through much of the race and held off a furious sprint by Kirui at the finish to win in a time of 1:03:20. This is the 2nd win for Ondara and the 2nd fastest winning time in the race's eight year history. Kirui, was three seconds back in 1:03:23.

The second pack of runners slowly broke apart into three two runner pairings. Aziz Atmani, a Moroccan now living in Hebron, KY, finished 3rd in 1:04:33. He was followed nine seconds later by Mario Macias of Alamosa, CO, who finished 4th in 1:04:42. The next pair of runners also finished nine seconds apart were Shadrack Biwott, a Kenyan representing the Oregon Track Club, who finished 5th in 1:05:38. He was followed closely by Matt Gabrielson of Minneapolis, MN, who was 6th in 1:05:47. The final top ten finishers included Brian Medigov-

# Elite Review

(continued)



Aziz Atmani took 3rd

ich, originally from San Luis Obispo, CA and now living in Alamosa, CO, placing 7th in 1:07:17; Nate Pennington, a member of the Army World Class Athlete Program, finishing 8th in 1:08:59; Ezkyas Sisay, last year's runner up, finishing 9th in 1:09:48; and Ryan Hafer, the 2008 Big Sur International Marathon champion, finishing 10th in 1:10:02.

The men's Masters race saw a repeat champion as Kevin Sheehy of Boise, ID, who set the Masters course record last year, defended his title in a time of 1:11:16. Jim Scattini, the 2003 Masters champion from Salinas was 2nd in 1:18:46. Steve Abernethy from San Francisco placed 3rd in a time of 1:21:58.



Kevin Sheehy, 1st Master



Lisa Harvey on mile 4

From 11-year old Judith Sherman of San Diego, CA, to 82-year old Hai Chung of Monterey, the nearly 6,000 runners who finished the race were blessed with ideal weather and a breathtaking, fast course in Monterey and Pacific Grove. A new course record for the women and the second fastest winning time ever for the men are a tribute to the quality elite field that chose to race the Big Sur Half Marathon this weekend. Both winners expressed the desire to return next year and defend their titles which should make the Ninth Presentation of the Big Sur Half Marathon on Monterey Bay another amazing event.

*Submitted by Steve Butler and Sally Smith*



Heather Gibson, Lisa Harvey, and Kelly Calway strike a pose



Troy Harrison relaxes after the race

All Photos by Marathon Foto

# We're Listening... What our participants had to say

## EXIT POLL OVERALL APPROVAL RATINGS

<i>Course</i>	97%
<i>Volunteers</i>	96%
<i>Toilet Facilities</i>	96%
<i>Sweats Handling</i>	95%
<i>Finish Area</i>	93%
<i>Start Area</i>	92%
<i>Packet Pickup</i>	92%
<i>Event Organization</i>	92%
<i>Timing &amp; Results</i>	92%
<i>Registration Process</i>	91%
<i>Aid Stations</i>	91%
<i>Website</i>	88%
<i>Race Program</i>	88%
<i>Facebook Page</i>	88%
<i>Event Shirt</i>	88%
<i>Course Entertainment</i>	88%
<i>Number of Runners</i>	86%
<i>Post Race Refreshments</i>	84%
<i>Expo</i>	83%
<i>Merchandise</i>	83%

Post-event participant comments and evaluations provide the input that in turn helps the Big Sur organization to evaluate our strengths and weaknesses. Your positive comments and praise are always the “icing on the cake,” but we look carefully at the areas where we fell down as well.

While 2010 was probably our most successful year ever, we would like to apologize to those who did not receive their medallion at the race finish. Many deemed this “unacceptable” and we absolutely agree. Two boxes of the medallions were unfortunately misplaced and never made it to the finish. We are glad they were located the next day and subsequently shipped to all that didn’t receive one. While this doesn’t undo the disappointment of those who didn’t receive one that day, we are glad that everyone now has this event memento in hand. We promise it won’t happen again!

We also apologize for running short on some sizes of the participant shirt. Because we have to order our shirts months in advance of everyone registering for the race, it is a “guess-timate” on how many to order in which gender specific sizes and is inevitable that we run short on certain sizes. Shirts were re-ordered post event and all shirts have now been mailed to those who didn’t receive one.

We are excited to announce that we are creating a new set of Half Marathon mile markers for 2011. Designed by John Cerney, who created our amazing Marathon mile markers), these will be larger than life with an aquatic theme and very visible on the course.

Finally, to all those who didn’t get post race food... also unacceptable on our part. We are looking into ways to ensure that this is not repeated in 2011.

On the positive side...the elite race was incredible, with a new female course record set! The 10 wave start was flawless and the time between waves went a long way towards reducing course crowding. The entertainment was better than ever, the volunteers enthusiastic and that weather...was just perfect.

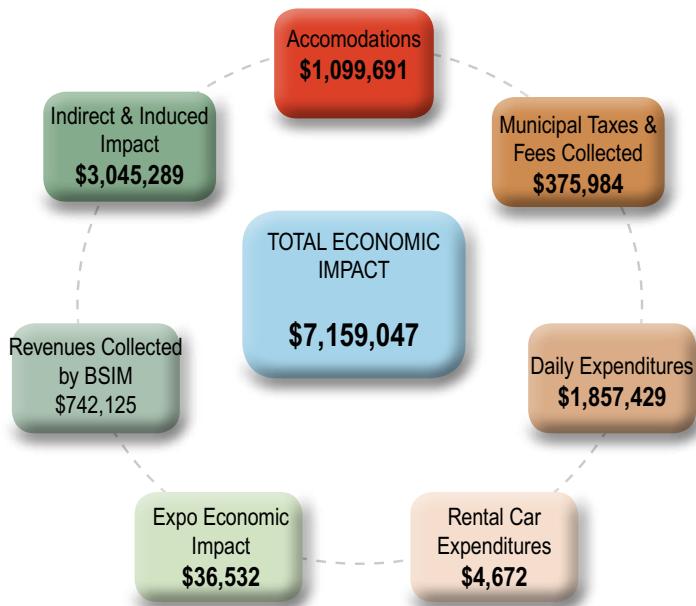


Running through historic downtown Monterey on a gorgeous late Autumn day

## We're Listening... (continued)

### Economic Impact of the Big Sur Half Marathon...

Our thanks to all of you who filled out the post race survey to determine the local economic impact of the Big Sur Half Marathon on Monterey Bay. The information gathered will help us when working with our city governments and local businesses in the future. We wanted to share some of the findings of the study with these brief highlights:



### Additional Statistics of Note...

- Out-of-town race participants: 4,819
- Total out of town race-related visitors: 8,154
- Total hotel visitors: 6,306
- Average travel party size: 2.3
- 21% travelled to the race by air (MRY - 3%; SFO - 9.3%; SJC - 7.9%; OAK - .98%)
- 54% of participants have a household income over \$100K per year (average annual income is \$141,269)
- 57% of participants are married
- 97% have a college degree or higher

*The 2010 Big Sur Half Marathon Economic Impact Report was prepared by Scott Minto, Director of the Sports MBA Program at San Diego State University*

### Some of our participants' comments included...

*"This was my first 1/2 marathon. I was born and raised in the outskirts of Monterey and now live elsewhere. I thought everything ran smoothly. I really enjoyed the entertainment on the track. Our hotel was absolutely great. Of course thanks for whoever was in charge of the great weather. Great event. I look forward to planning for it next year."*

*"My running buddies raved about this race, and told me if I was going to run any race the Big Sur 1/2 marathon is the best race to start with. And I can honestly say they are right. It was totally awesome, running along the coast , the view was breathtaking, the day spectacular. Volunteers, water stations and support throughout the race were plentiful. One of the best organized races for me so far. I plan to run this race next year and encourage others to do*



Near the Coast Guard Pier at mile 13

Robb Hallock

## We're Listening... (continued)

*so also. My only issue was the lack of vendors/suppliers at the Expo. Thanks to all the supporters and volunteers and organizers for putting this race together...GREAT JOB Monterey!!!*

*"This was a great race. The course was beyond beautiful. I could have used a couple more mile markers, but I understand that with the setting it might have been difficult. I loved the BYOB station--it was great to get my own bottle from my fuel belt refilled. I loved having so much entertainment on the course. The ending area was perfect for hanging out and finding family and friends. Thank you!"*

*"I'm glad you get your race shirt before the day of. I enjoy the music and the festive atmosphere at the finish. It's great. Also, a two-day Expo is perfect. I've enjoyed every year. I'll be signing up on April 1st! Thanks to the volunteer organizations and the die-hard running staff/directors."*

*"This race was amazing. Way better organized than other races I have run and the volunteers were awesome. I really appreciated how many water/Gatorade stops you had along the way, it made it relaxing and less stressful to keep running. The post-race food was awesome too, you thought of everything. The t-shirts were the best I've seen because the design was cool, the color graphic is nice, the color is great and the material is so soft! Will absolutely sign up with my friends again for this race next year."*

*"I have been running in various races for 20 years... this is by far the most organized race I have participated in. While the course was beautiful, the organization and the incredible volunteers*



Finished...at last!

Sally Smith

*made this race. The on-course entertainment was above and beyond what I could have ever hoped for. I hope to run this every year. What an amazing community in Big Sur. Thank you!!!"*

*"While running, I was grateful for the wonderful musicians who shared their talent and helped to keep us going. It was great running up the hill in Pacific Grove and someone holding a sign "Welcome to Pacific Grove" and a wooden butterfly there too. The volunteers in every part were great and helpful. Though I am a local and run the course area, it was a special day and everyone made it come together quite well. The weather, of course, was amazing. Thanks for all your hard work and attention to detail after detail. We appreciate it!"*

*"I have run 14 marathons and countless half-marathons and other race distances and this race had the best (variety and amount) music on the course. The general race-day atmosphere rivaled the Flying Pig Marathon - the absolute best ever in terms of fun and theme-specific atmosphere. Congrats! I will recommend it to all!"*



Almost there...

Gregory Wukie

# Top Times & Division Winners

## Overall Male Winners (gun time)

PL	NAME	GUN TIME	AGE	PACE
1	MacDonald Ondara	1:03:20	38	4:50
2	Kiprotich Kirui	1:03:23	23	4:51
3	Abdelaziz Atmani	1:04:33	40	4:56
4	Mario Macias	1:04:42	35	4:57
5	Shadrack Biwott	1:05:38	36	5:01
6	Matt Gabrielson	1:05:47	28	5:02
7	Brian Medigovich	1:07:17	23	5:08
8	Nate Pennington	1:08:59	20	5:16

## Overall Female Winners (gun time)

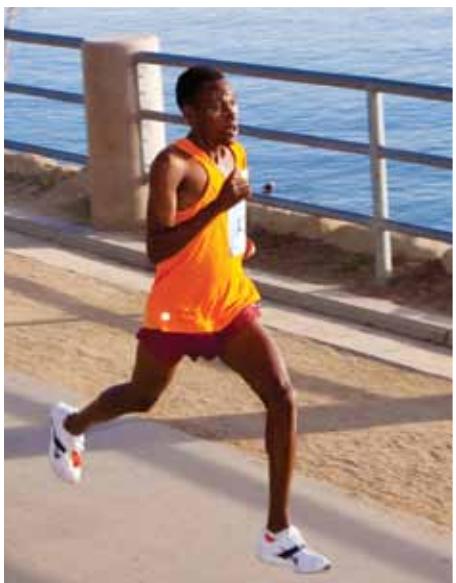
PL	NAME	GUN TIME	AGE	PACE
1	Belainish Gebre	1:09:43	21	5:20
2	Kelly Calway	1:18:16	26	5:59
3	Heather Gibson	1:18:41	30	6:01
4	Lisa Harvey	1:18:46	40	6:01
5	Mary Coordt	1:19:31	41	6:04
6	Jenny Wilson	1:21:34	27	6:14
7	Nicole Fitzgerald	1:23:42	26	6:24
8	Aracelly Clouse	1:24:20	37	6:26

## Top 3 Masters Male (gun time)

PL	NAME	GUN TIME	AGE	PACE
1	Kevin Sheehy	1:11:16	41	5:27
2	Jim Scattini	1:18:46	47	6:01
3	Steve Abernethy	1:21:58	44	6:16

## Top 3 Masters Female (gun time)

PL	NAME	GUN TIME	AGE	PACE
1	Lisa Harvey	1:18:46	40	6:01
2	Mary Coordt	1:19:31	41	6:04
3	Molly Friel	1:29:35	43	6:50



McDonald Ondara closes in on the finish

Gregory Witte

## Male Divisional Winners

PL	NAME	CHIP TIME	AGE	PACE
<b>MALE 12 - 15</b>				
1	Frank Carmody	1:25:52	15	6:33
2	Rohit Sarathy	1:37:25	15	7:26
3	Jensen Hsiao	1:48:00	14	8:15
4	Jonathan Yoo	1:51:34	13	8:31
5	Ryan Gildea	1:55:56	15	8:51
<b>MALE 16 - 19</b>				
1	Brenden Prieto	1:27:44	16	6:42
2	Callum Gilchrist	1:34:45	16	7:14
3	Bastian Fromherz	1:46:43	16	8:09
4	Patrick Kidder	1:49:27	19	8:21
5	Miguel Luna	1:57:37	18	8:59
<b>MALE 20 - 24</b>				
1	Brian Medigovich	1:07:17	23	5:08
2	Ezkyas Sisay	1:09:48	22	5:20
3	Ryan Hafer	1:10:02	24	5:21
4	Glenn Puzio	1:26:08	24	6:35
5	Eli Groener	1:29:29	24	6:50
<b>MALE 25 - 29</b>				
1	MacDonald Ondara	1:03:20	25	4:50
2	Kiprotich Kirui	1:03:23	25	4:51
3	Abdelaziz Atmani	1:04:33	28	4:56
4	Mario Macias	1:04:42	29	4:57
5	Shadrack Biwott	1:05:38	25	5:01
<b>MALE 30 - 34</b>				
1	Matt Gabrielson	1:05:47	32	5:02
2	Nate Pennington	1:08:59	34	5:16
3	Frank Woolstencroft	1:13:49	32	5:38
4	Chris Cozort	1:17:14	34	5:54
5	Mark McDermott	1:19:50	32	6:06
<b>MALE 35 - 39</b>				
1	Troy Harrison	1:10:10	35	5:22
2	Jorge Diaz	1:13:33	38	5:37
<b>MALE 40 - 44</b>				
1	Kevin Sheehy	1:11:16	41	5:27
2	Steve Abernethy	1:21:58	44	6:16
3	Christopher Bachl	1:18:39	37	6:00
<b>MALE 45 - 49</b>				
1	Dave Houts	1:29:11	47	6:49
2	Jeff Huston	1:29:17	46	6:49
3	Dave Espinola	1:29:43	45	6:51
4	Cormac Burke	1:30:00	49	6:52
5	Pierre Delforge	1:25:51	44	6:33
<b>MALE 50 - 54</b>				
1	Jonathan Geller	1:28:06	52	6:44
2	Kirk Flatow	1:32:21	51	7:03
3	Anthony Davitt	1:32:28	50	7:04
4	Bob Ghelfi	1:32:48	50	7:05
5	Gary Little	1:33:51	52	7:10
<b>MALE 55 - 59</b>				
1	Jim Tiffany	1:28:44	55	6:47
2	Cleveland Thayer Jr.	1:30:27	55	6:54
3	Mike Mulkey	1:30:55	55	6:57
4	Robin Blakley	1:31:55	58	7:01
5	Charles Black	1:33:57	58	7:10
<b>MALE 60 - 64</b>				
1	Mark Mochon	1:29:37	60	6:51
2	Dana Henderson	1:33:06	64	7:07
3	Michael Dove	1:33:10	63	7:07
4	John Finkner	1:38:27	60	7:31
5	Larry Feigenbaum	1:38:39	63	7:32
<b>MALE 65 - 69</b>				
1	David Cortez	1:39:56	65	7:38
2	Peter Krasa	1:44:45	66	8:00
3	Dick Gear	2:01:33	69	9:17
4	Habib Tobbagi	2:02:51	65	9:23
5	James Shields	2:08:31	68	9:49
<b>MALE 70 - 74</b>				
1	Rod MacKinlay	1:39:17	71	7:35
2	George Nye	1:49:44	70	8:23
3	Dennis Hartley	1:49:49	71	8:23
4	Robert Bebermeyer	1:54:41	70	8:45
5	Al Huelga	2:02:36	72	9:22
<b>MALE 75 - 79</b>				
1	Thomas Marrin	2:17:26	77	10:29
2	Robert Rigney	3:41:41	77	16:55
<b>MALE 80 - 84</b>				
1	Harrison Gill	2:52:32	80	13:10
2	Hai Chung	3:07:46	82	14:20



Belainish Gebre heading to a new women's course record

# Top Times & Division Winners

## Female Divisional Winners

PL	NAME	CHIP TIME	AGE	PACE	PL	NAME	CHIP TIME	AGE	PACE	PL	NAME	CHIP TIME	AGE	PACE																																																																																																																																																																																																																																																															
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2	Rebecca Werner	2:21:48	15	10:49	2	Jackline Okemwa	1:24:33	32	6:27	2	Erin Murphy	1:39:59	50	7:38																																																																																																																																																																																																																																																															
3	Kathryn McCulla	2:23:12	13	10:56	3	Jennifer Galfano	1:25:08	31	6:30	3	Susan Hayes	1:40:29	51	7:40																																																																																																																																																																																																																																																															
4	Jennifer Daniels	2:23:22	15	10:57	4	Mabelle Panlilio	1:29:07	31	6:48	4	Sarah Miles	1:43:46	52	7:55																																																																																																																																																																																																																																																															
5	Audrey Brown	2:24:31	15	11:02	5	Elizabeth Redmond	1:30:18	30	6:54	5	Robyn Schmidt	1:45:01	50	8:01																																																																																																																																																																																																																																																															
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2	Jenny Wilson	1:21:34	27	6:14	2	Catherine Fisse	1:37:37	43	7:27	2	Lynne Rosser	2:08:23	69	9:48																																																																																																																																																																																																																																																															
3	Nicole Fitzgerald	1:23:42	26	6:24	3	Ramona Young	1:41:51	45	7:47	3	Linda Sawdey	2:14:00	65	10:14																																																																																																																																																																																																																																																															
4	Taylor Lamme	1:30:52	26	6:56	4	Elizabeth Caraker	1:42:18	46	7:49	4	Carol Turner	2:23:09	65	10:17																																																																																																																																																																																																																																																															
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<b>FEMALE 30 - 34</b>																																																																																																																																																																																																																																																																													
1	Heather Gibson	1:18:41	30	6:01	1	Monika Modest	1:40:11	55	7:39	1	Libby James	1:53:15	74	8:39																																																																																																																																																																																																																																																															
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2	Therese Trujillo	1:34:21	35	7:12	2	Cathy Morgan	1:54:53	63	8:46	3	Kristina Heinz	1:35:38	39	7:18	3	Susan Cronk	1:55:55	63	8:51	4	Tina Le	1:37:15	36	7:26	4	Glenda Peterson	2:06:02	63	9:37	5	Kathy Moeller	2:16:43	65	10:26	5	Frances Shipnuck	1:38:25	36	7:31	5	Yunshik Linhardt	2:12:44	61	10:08	<b>FEMALE 40 - 44</b>															1	Lisa Harvey	1:18:46	40	6:01	1	Hansi Rigney	1:52:08	69	8:34	1	Female 60 - 64				2	Mary Coordt	1:19:31	41	6:04	2	Lynne Rosser	2:08:23	69	9:48	3	Molly Friel	1:29:35	43	6:50	3	Linda Sawdey	2:14:00	65	10:14	4	Tiffany Desuebio	1:34:36	44	7:13	4	Carol Turner	2:23:09	65	10:17	5	Kathy Moeller	2:16:43	65	10:26	5	Robbin Muller	1:35:51	43	7:19	5	Female 65 - 69				<b>FEMALE 45 - 49</b>															1	Angela Matthews	1:32:27	48	7:04	1	Libby James	1:53:15	74	8:39	1	Female 70 - 74				2	Catherine Fisse	1:37:37	43	7:27	2	Janet Holloway	2:11:19	74	10:02	3	Ramona Young	1:41:51	45	7:47	3	Ginger Bryan	2:14:52	70	10:18	4	Elizabeth Caraker	1:42:18	46	7:49	4	Carol Mikkelsen	2:23:09	72	10:56	5	Betty Frydrychowicz	2:23:30	70	10:57	5	Krista Leitham	1:42:43	48	7:51	5	Female 75 - 79				<b>FEMALE 50 - 54</b>															1	Stella Gibbs	1:37:43	51	7:28	1	Katherine Beiers	2:23:51	78	10:59	1	Female 80 +				2	Erin Murphy	1:39:59	50	7:38	2	Marlene Kinser	2:49:23	75	12:56	3	Susan Hayes	1:40:29	51	7:40	3	Gloria Dake	2:58:36	75	13:39	4	Sarah Miles	1:43:46	52	7:55	4	Carolyn McLane	3:23:00	75	15:30	5	Female 80 +				5	Robyn Schmidt	1:45:01	50	8:01	5	Female 80 +			
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2	Erin Murphy	1:39:59	50	7:38	2	Marlene Kinser	2:49:23	75	12:56	3	Susan Hayes	1:40:29	51	7:40	3	Gloria Dake	2:58:36	75	13:39	4	Sarah Miles	1:43:46	52	7:55	4	Carolyn McLane	3:23:00	75	15:30	5	Female 80 +				5	Robyn Schmidt	1:45:01	50	8:01	5	Female 80 +																																																																																																																																																																																																																																				
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Runners at mile 5 in lovely Pacific Grove













































# Run Forrest Run 5k

PL	NAME	TIME	AGE	PACE	PL	NAME	TIME	AGE	PACE	PL	NAME	TIME	AGE	PACE					
<b>Overall Male Winners</b>																			
1	Daniel Tapia	14:53	24	4:48	1	Heather Hunt	18:22	36	5:55	1	Peggy Legrand	22:50	24	7:21					
2	Andrew Pimlott	16:48	25	5:25	2	Darci Cassinelli	20:38	31	6:39	2	Jamie Lamarache	23:56	29	7:43					
3	Alex Hanakahi	17:31	18	5:39	3	Kate Deleal	20:56	30	6:45	3	Erica Ellebrecht	24:57	25	8:02					
4	Jon Kroll	17:49	38	5:44	4	Bonnie Schroeder	21:10	41	6:49										
5	Edgar Hernandez	18:14	19	5:52	5	Angela Hernandez	22:02	37	7:06	<b>Overall Female Winners</b>									
<b>Male Divisional Winners</b>																			
<b>MALE 5 - 8</b>					<b>FEMALE 5 - 8</b>					<b>FEMALE 20 - 29</b>									
1	Aren Salas	23:14	8	7:29	1	Natalie Mazaud	23:14	8	7:29	1	Peggy Legrand	22:50	24	7:21					
2	Liam McHugh	26:49	8	8:39	2	Teagan Brown	27:35	6	8:53	2	Jamie Lamarache	23:56	29	7:43					
3	Stuart Wasson	42:39	7	13:45	3	Dominique Wells	28:17	8	9:07	3	Erica Ellebrecht	24:57	25	8:02					
<b>MALE 9 - 11</b>					<b>FEMALE 9 - 11</b>					<b>FEMALE 30 - 39</b>									
1	Brian Hastings	21:37	10	6:58	1	Sabine McHugh	25:34	10	8:14	1	Heather Hunt	18:22	36	5:55					
2	Marcus Ordonez	23:19	9	7:31	2	Avery Blanco	26:32	10	8:33	2	Darci Cassinelli	20:38	31	6:39					
3	Daniel Cole	23:53	10	7:42	Ellie Cole	28:32	10	9:12	3	Kate Delearl	20:56	30	6:45						
<b>MALE 12 - 14</b>					<b>FEMALE 12 - 14</b>					<b>FEMALE 40 - 49</b>									
1	Andrew Walgren	18:52	13	6:05	1	Jessica Micallef	24:07	14	7:46	1	Bonnie Schroeder	21:10	41	6:49					
2	David Curry	20:13	12	6:31	2	Jenelle Flory	27:40	13	8:55	2	Deborah Leale	22:29	45	7:15					
3	Joshua Cunanan	20:43	14	6:40	3	Sarah Sutton	28:31	12	9:11	3	Mihaela Plummer	22:37	41	7:17					
<b>MALE 15-19</b>					<b>FEMALE 15-19</b>					<b>FEMALE 50 - 59</b>									
1	Alex Hanakahi	17:31	18	5:39	1	Stephanie Blalock	20:58	18	6:45	1	Amy Haberman	23:31	56	7:35					
2	Edgar Hernandez	18:14	19	5:52	2	Lily O'Mary	22:28	19	7:14	2	Molly Bahr	27:57	50	9:00					
3	Joshua Micallef	18:37	16	6:00	3	Montana Shaw	26:58	15	8:41	3	Betty Ann Berger	29:33	53	9:31					
<b>MALE 20 - 29</b>					<b>FEMALE 60 - 60</b>					<b>FEMALE 70+</b>									
1	Daniel Tapia	14:53	24	4:48	1	Clementina Doria	32:01	66	10:19	1	Betty Frydrychowicz	29:55	70	9:39					
2	Andrew Pimlott	16:48	25	5:25	2	Cathe Pleasant	33:35	62	10:50	2	Sharron Douglas	35:23	72	11:24					
3	Clayton Downer	19:25	22	6:15	3	Judith Jud Broers	34:34	67	11:09	3	Bonnie Alfriend	39:42	70	12:48					
<b>MALE 30 - 39</b>										 									
<b>MALE 40 - 49</b>					<p><b>Forrest Gump and the crew of Bubba Gump Shrimp Company would like to thank all participants of the 2010 Run Forrest Run 5K for joining us on November 13, 2010 for the seventh annual race.</b></p>					<p><b>We look forward to seeing you again in 2011!</b></p>									
<b>MALE 50 - 59</b>																			
1	Michael Plummer	20:34	52	6:38															
2	Daniel Napieralski	21:09	50	6:49															
3	Bob Hastings	21:37	52	6:58															
<b>MALE 60 - 60</b>																			
1	Anthony Fleming	20:54	63	6:44															
2	David Long	24:44	61	7:58															
3	Raul Nava	25:04	62	8:05															
<b>MALE 70+</b>																			
1	Ed Dally	40:53	79	13:11															
2	Gary Nagle	54:36	72	17:36															

# Half Marathon Memories



Sally Smith



Tom Rolander



Howard Jones



Howard Jones



Tom Rolander



Howard Jones



Gregory Witke



Howard Jones



Rob Hallock

# Our Volunteers

The Big Sur Marathon organization offers a world-class race on one of the most beautiful courses in the country manned by hundreds of hardworking, enthusiastic and energetic volunteers. Their dedication and commitment to the success of our events are what always earn them the highest approval rating in our Exit Poll.

Volunteers of all ages and all walks of life begin their work days in advance of the race. At the Expo they unpack and label concession items, hand out bibs and event shirts and set up tents and fencing in the finish area. Race day finds them on the course handing out water, Gatorade and GU, doing traffic control at intersections and manning the start corrals. At the finish they hang a finisher's medallion around your neck and load you up with post-event food and drink.

The bulk of our volunteers come from the military segment and are invaluable to our organization. With our race falling so close to Veteran's Day the military presence has special meaning. The Color Guard at the start of the race along with the National Anthem draws an emotional response from both runners and spectators.

Other key volunteer groups include the Central Coast Lighthouse Keepers who have helped out with our events for many years. They are joined by scout troops, track, cross country



Doling out gallons of Gatorade

Howard Jones



The Color Guard at the race start

Marathon Photo



Mother and daughter teamwork

Marathon Photo



Volunteers contributed to the success of our recycling efforts

Marathon Photo

and wrestling teams, along with just regular people who enjoy volunteering. The common bond is the desire to put together a successful race that will make all participants want to come back time and time again.

We never lose sight of the fact that without our "community of volunteers" there would be no Big Sur Half Marathon. So, to all our wonderful volunteers, we offer a heartfelt THANK YOU, THANK YOU, THANK YOU!

# Our Sponsors & Contributors

The Board of Directors and Staff of the Big Sur International Marathon would like to take this opportunity to thank our many wonderful sponsors, contributors and volunteers for their continuing support, generosity and hard work. Their commitment and dedication form the foundation that allows our organization to give back to the community each year, as well as to promote health and fitness.



## Sponsors



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*For sponsorship information and opportunities, please contact:*

Julie Armstrong  
Phone: 831.625.6226  
Email: julie@bsim.org