

SPRING LAKE PARK BESTS

2.0 mile course bests, established in 1987
More info at redwoodempirerunning.com/springlake

Boys



L-R Luis Luna, Reese Byers, Erik Olson

9:40 Erik Olson, **Novato** 2009
9:44 Jude Devries, **Montgomery** 2022
9:46 Luis Luna, **Piner** 2011
9:51 Luca Mazzanti, **Santa Rosa** 2016
9:53 Dawit Tesfasilassie, **Piner** 2003
9:53 Brian Schulz, **El Molino** 2016
9:54 Matt Creason, **Eureka** 1993
9:54 Ryan Mack, **Ukiah** 1998
9:54 Yosef Ghebray, **Logan** 2003
9:56 Daniel Pride, **Santa Rosa** 2015
9:56 Russell Sullivan, **Foothill** 2018
(11)
9:57 Lucas Chung, **Windsor** 2018
9:58 Reese Byers, **Santa Rosa** 2009
9:59 Celedonio Rodriguez, **Elsie Allen** 1998
9:59 Steve Laurie, **Maria Carrillo** 1998
9:59 Jordan Kinley, **Maria Carrillo** 1999

Girls



Julia Stamps

10:40 Julia Stamps, **Santa Rosa** 1996
10:42 Hanne Thomsen, **Montgomery** 2022
11:05 Sara Bei, **Montgomery** 1998
11:09 Jacque Taylor, **Casa Grande** 2009
11:20 Amber Trotter, **Ukiah** 2000
11:20 Rylee Bowen, **Sonoma Academy** 2014
11:22 Julie Nacouzi, **Montgomery** 2009
11:24 Morgin Coonfield, **McKinleyville** 2015
11:25 Trina Cox, **Santa Rosa** 1997
11:25 Gabrielle Peterson, **Healdsburg** 2018
(10)
11:28 Phylis Blanchard, **Rancho Cotate** 2003
11:30 Natalie White, **Oak Ridge** 2002
11:32 Jenny Aldridge, **Maria Carrillo** 2000
11:33 Michelle Gallagher, **Sacred Heart Cathedral** 2002
11:34 Mary Deeik, **Vintage** 2018
11:38 Shannon Rowbury, **Sacred Heart Cathedral** 2000

9:59 Shaun Lyle, Eureka 1999
 10:00 Rory McLeod, Santa Rosa 2008
 10:00 Emmanuel Guzman, **Vintage** 2018
 10:02 Matt Salazar, **Casa Grande** 2014
 (20)
 10:03 Brian Pruyn, Vintage 1995
 10:03 Paul Holden, Ukiah 2012
 10:04 Beau Bettinger, **Castro Valley** 2000
 10:05 Jaime Silva, Piner 2012
 10:07 Steve Guerrini, Santa Rosa 1990
 10:07 Alexi Taylor, **Cardinal Newman** 2011
 10:08 Blake McDowall, Montgomery 2006
 10:09 Nicholas Rauch, Casa Grande 2014
 (28)
 10:10 Juanjo Soriano, Santa Rosa 1991
 10:10 Tomas Garcia, **Watsonville** 1994
 10:10 Adam Grubbs, Eureka 1994
 10:10 Jim Nelson, **Napa** 1995
 10:10 Efren Reyes, Piner 2012
 10:10 Zachery Esponda, Casa Grande 2016
 10:10 Robert Swoboda, Ukiah 2016
 10:10 Andre Williams, **Sonoma Academy** 2018
 10:11 Scott Haycock, Napa 1994
 10:11 Jake Schmitt, **Redwood** 2002
 10:12 Lehrin Morey, Eureka 1999
 10:12 Wes Methum, **Rincon Valley Christian** 2016
 10:13 Aria Kiani, Montgomery 2008
 10:14 Mike Contos, Montgomery 1987
 10:14 Zach Price, Windsor 2013
 (43)

11:39 Delaney White, Santa Rosa 2015
 11:41 Nicole Lane, **EL Molino** 2011
 11:46 Sarah Sumpter, Healdsburg 2007
 11:47 Shelby Leland, Ukiah 2002
 (20)
 11:48 Kelly Rogers, Healdsburg 2000
 11:49 Nika Horn, Santa Rosa 1991
 11:50 Kate Bowen, Rincon Valley Middle 2015
 11:51 Kim Conley, Montgomery 2003
 11:52 Katy Lee, Sonoma Academy 2011
 11:57 Amy Robinson, Maria Carrillo 2002
 11:58 Sarah Hallas, **Ursuline/CN** 1996
 11:59 Pamela Richardson, Montgomery 1994
 12:00 Sarah Bashel, Montgomery 1998
 12:00 Amelie Maltz, **Lick Wilmerding** 2022
 (30)
 12:01 Lauren Kraus, Maria Carrillo 2010
 12:02 Mackenzie Mills, Vintage 2012
 12:02 Seelah Kittelstrom, Montgomery 2022
 12:03 Lauren Curtin, Maria Carrillo 2007
 12:03 Suzi Rozga, Santa Rosa 2008
 12:04 Ashley Moffett, Casa Grande 2011-12
 12:04 Leah Haley, Montgomery 2018
 12:04 Renae Searls, **Alhambra** 2021
 12:05 Hayley Ballard, **San Domenico** 2021
 12:05 Siena Brunetti, Cardinal Newman 2022
 12:06 Sara Jakel, **Sonoma Valley** 1993
 12:07 Celeste Berg, Montgomery 2008
 12:07 Isabel Moon, **Novato** 2012
 12:07 Alyssa Hammer, **Rincon Valley Christian** 2018
 (44)

Class Records

Senior 9:40 Erik Olson, Novato 2009
 Junior 9:53 Dawit Tesfasilassie, Piner 2003
 Sophomore 9:59 Jordan Kinley, Maria Carrillo 1999
 Freshman 10:24 Jordan Kinley, Maria Carrillo 1998
 Alumni 9:43 Dan Aldridge, Petaluma 1993

Senior 10:40 Julia Stamps, Santa Rosa 1996
 Junior 10:49 Julia Stamps, Santa Rosa 1995
 Sophomore 10:42 Hanne Thomsen, Montgomery 2022
 Freshman 11:07 Julia Stamps, Rincon. Vly. J.H. 1993
 Alumni 11:19 Shannon Sweeney, La Sierra 1992