

Riis Park Striders Results

January 23, 2016 Cold again

1.2 Miles	1. Luis Gomez	9:57	1st 40-49
	2. Mark Blaszczyk	12:44	1st M 60-69
	3. Ken Dietz	13:22	2nd M 60-69
	4. Ison Dampier	14:34	3rd M 60-69
	5. Cheryl Benson	14:43	1st F 60-69
	6. Felix Coleman	29:29	1st M 50-59

3.6 Miles	1. Michael Fleischhaker	27:57	1st M 50-59
	2. Paul Angarone	28:14	1st M 60-69
	3. Bob Chadwick	38:14	1st F 60-69
	4. Neil Gerlach	73:28	1st M 70+

7.2 Miles	1. Jay Hughston	67:15	1st M 50-59
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Luis celebrated his 48th birthday today by running under 10 minutes. Ison Dampier, Bob Chadwick, Jay Hughston as well as Kurt Lauer from Seattle joined the Striders for 2016. Remember, dues is \$20 and entitles you to a t-shirt and all the races you can endure at Riis for free! Next Saturday is Mike Fleischhaker's world famous Super Bowl Challenge! Pick your team and dress in its colors.

This Day In History (January 30)

1798 - The first one of these happened on the floor of the US House of Representatives.

1847 - The California town of Yerba Buena was renamed this.

1933 - This western show was heard for the 1st time on the radio and lasted 22 years

1956 - This rocker recorded "Blue Suede Shoes"

1994 - This recently deceased female singer sang the National Anthem at Super Bowl XXVIII.

Today's Joke

My grandfather always said, "Don't watch your money; watch your health." So one day while I was watching my health, someone stole my money. It was my grandfather.
(Jackie Mason)