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Results announced in 43rd annual Seaside Beach Run

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Seaside - Seaside Beach Run has announced the results of the 43rd annual Seaside Beach Run which took place July 26 in Seaside.

The annual event included 5K and 10K races on the beach, a noncompetitive 5K Prom Walk, and a Kids' Sand Dash and Treasure Hunt. This year, 255 runners, walkers, and dashers participated.

Proceeds from the event and contributions from sponsors are being used to provide free one-year youth fitness center memberships to Clatsop County junior and senior high school students; memberships are being provided by Sunset Family Fitness in Seaside; further details are available by calling (503) 738-8304 or by visiting the Beach Run's Web site, www.SeasideBeachRun.org.

The Seaside Beach Run dates back to 1966 when it was created by two local lifeguards, Ralph and Betty Davis. The annual event attracts recreational runners of all ages from throughout the Northwest. In recent years, most participants have been from the greater Portland and Seattle areas; this year, however, a greater focus was placed on increasing the number of participants from Clatsop County. The number of local runners (5K and 10K combined) tripled from 16 last year to 48 this year, and the number of walkers more than doubled:

Total 10K Runners: 49; 17 from Clatsop County.

10K Men's Overall Winner - Brett McLane; time 0:38:49, age 27, Portland.

10K Women's Overall Winner - Elizabeth Strain, time 0:51:50, age 28, Lacey, Wash.

Total 5K Runners: 72; 31 from Clatsop County.

5K Men's Overall Winner - Lars Gjovik; time 0:20:21, age 19, Astoria.

5K Women's Overall Winner - Jessica Crannell; time 0:23:21, age 20, Portland.

Total 5K Prom Walkers: 75; 39 from Clatsop County.

Additionally, 66 children participated in the Kids' Sand Dash, a free 25-yard dash in soft sand for children from ages 2 - 12. All dashers received participant ribbons, and the 1st, 2nd and 3rd place finishers from each age category won medals:

2-3 years old - 1st Place: Jamie Smith (Astoria), 2nd Place: Ryan Davis (Portland), 3rd Place: Sonja Stilwell (Warrenton)

4-6 years old - 1st Place: Luke Verley (Seaside), 2nd Place: Leo Senesac (Aloha), 3rd Place: Sean Cooney (Astoria)

7-9 years old - 1st Place: Jonathan Bartram (Seaside), 2nd Place: Bridgette Skiba (Portland), 3rd Place: Hayden Skiba (Portland)

10-12 years old - 1st Place: Skyeler Vogt (Missouri); 2nd Place: Noah Brien (Cannon Beach), 3rd Place: Patty Vogt (Missouri)

By making the Kids' Sand Dash a free event this year, participation also increased dramatically (number of participants from 2008 was not available).

A complete list of all 5K and 10 race results may be viewed at (www.racecenter.com).

For more details, call Michelle Brannon at (503) 738-8304 or e-mail her at ([info@SeasideBeach Run.org](mailto:info@SeasideBeachRun.org))

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