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NEWS RELEASE

FOR IMMEDIATE RELEASE
November 9, 2014

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CONGRATULATIONS TO THE WINNERS IN THE 8TH ANNUAL LOWELL JOINT EDUCATION FOUNDATION 5K TURKEY TROT

Congratulations to all of the age group winners in the 8th Annual 5K Turkey Trot held on Saturday, November 8, 2014. The 5K Turkey Trot and Wellness Fair was sponsored by the Lowell Joint Education Foundation and was a great way to get a healthy start to the Thanksgiving Holiday. Over 300 people registered to participate in the 5K this year. Participants received free refreshments, goodie bags, commemorative t-shirt, wellness fair activities, and special awards ceremony. The overall winning male and female finishers received a coupon for a free pair of running shoes courtesy of Snails Pace. Finish line results were calculated by Pacific Coast Race Timing. Bibs were provided by RoadID.

The following is a list of this year's winners and their times, by category:

Overall Winner – Male	Time		Overall Winner – Female	Time
Brian Valencia	17:56		Allyson Reeds	20:17
Age Group 1-8 Years – Male	Time		Age Group 1-8 Years – Female	Time
1. Shane Mansour	30:22		1. Tiffany Hart	26:31
2. Luke Castillo	39:52		2. Samantha Stacer	32:05
3. Ryan Caraway	47:17		3. Robin Hull	39:12
Age Group 9-12 Years – Male	Time		Age Group 9-12 Years – Female	Time
1. Jakob Makshanoff	20:09		1. Katie Herron	22:51
2. Ric Gonzalez	22:06		2. Lexine Quesada	24:31
3. Andres Estrada	22:26		3. Elizabeth Drelling	25:08

Age Group 13-19 Years – Male	Time		Age Group 13-19 Years – Female	Time
1. Brian Valencia	17:56		1. Heather Chow	22:54
2. Michael Gutierrez	19:01		2. Lauren Schiegel	25:18
3. Sho Omoto	19:41		3. Mia Mangiaterra	26:00
Age Group 20-29 Years – Male	Time		Age Group 20-29 Years – Female	Time
1. Andrew Olsen	23:15		1. Melody Foelsch	20:58
2. Kevin Williams	24:47		2. Kaylie Lopez	24:32
3. Eric Gardley	26:24		3. Shawna Shires	24:33
Age Group 30-39 Years – Male	Time		Age Group 30-39 Years – Female	Time
1. Anthony Ossa	18:12		1. Allyson Reeds	20:17
2. Jayson Loyola	22:02		2. Sameera Ekanayake	22:25
3. Brad Vargus	22:20		3. Julie Stewart	22:38
Age Group 40-49 Years – Male	Time		Age Group 40-49 Years – Female	Time
1. Alec Hull	18:51		1. Holly Park	22:58
2. Yong Park	18:58		2. Kj Gutierrez	24:55
3. Mark Marius	22:35		3. Ayumi Omoto	25:25
Age Group 50-59 Years – Male	Time		Age Group 50-59 Years – Female	Time
1. Mark Milam	20:14		1. Mary Gaede	29:48
2. Steve White	23:58		2. Nancy White	33:45
3. Bob Gallina	24:04		3. Naomi Morales	33:59
Age Group 60-69 Years – Male	Time		Age Group 60-69 Years – Female	Time
1. James Rodgers	21:03		1. Rosemary Hart	49:52
2. Tom Beamish	28:30		2. Jan Fukushima	50:16
3. Bill Hinz	29:33		3. Kathleen Mischo	54:39
Age Group 70+ Years – Male	Time		Age Group 70+ Years – Female	Time
1. Dave Caraway	57:05			

The Lowell Joint Education Foundation was established as a 501(c)(3) nonprofit organization in 2005 in response to the lack of state funding for academic enrichment and innovative programs in the Lowell Joint School District. The Foundation provides financial support to special programs such as Academic Excellence Day, technology grants for the schools, and the after-school sports program at Rancho-Starbuck Intermediate School. The Lowell Joint School District serves families in the communities of La Habra, La Habra Heights, and Whittier, California

Donors may contribute funds or products/services to help support the activities of the Lowell Joint Education Foundation. Donations are welcomed and maybe submitted via the Foundation's website at www.ljefonline.org. And, everyone is encouraged to save the date of March 16, 2015, for the 10th Annual Golf Classic sponsored by the Lowell Joint Education Foundation. The Golf Classic will be held at the Friendly Hills Golf Club again this year.

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