

REFNI

June - 2024

Issue No: 401



**Listy Finishes
Rock 'N' Roll
Marathon
for the
26th Time!
A True Legacy!**

The Gillingham Clan Takes over the Rock 'N' Roll Marathon

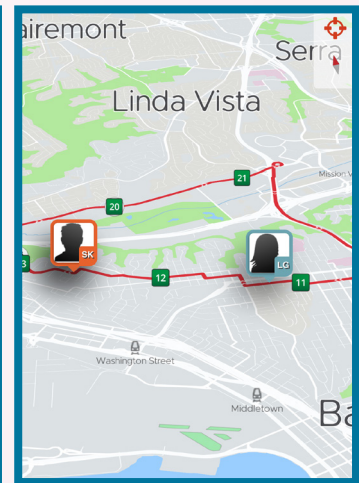
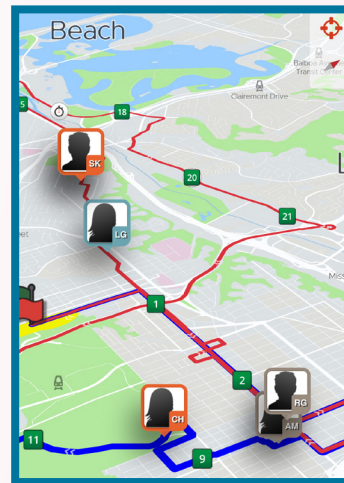
By Bob Gillingham

Light drizzle greeted our family marathoners this year as they began their 26.2 and 13.1 mile treks through the heart of San Diego. Listy, Kristy, and Seamus all ran the full marathon with 5,000-ish similarly-determined folks, while Annie and Kevin accompanied roughly 17,000 half-marathoners. Annie and Kevin were veterans at their distance, and they comfortably (a relative term) completed their race running together.





Kristy and Seamus had been encouraged for the last several years by their mother/mother-in-law to run their first-ever marathon, and they finally made the decision following Listy's 25th Rock 'N' Roll last year. Thus committed, they took on the challenge very seriously, running in several half-marathons, participating in daily gym workouts and, nearing race day, several 16+ mile runs, including a 22-miler. Both ran extremely well, finishing the distance in under 4 hours. Reflecting on the event, Kristy admitted that she couldn't imagine running a minute faster.



Seamus Keith
Marathon Bib
22042

Point	Time	Time of Day	Pace
Start	00:00:00	6:21:06 am	---
3.1 Mile	00:27:17	6:48:23 am	08:47
6.1 Mile	00:53:49	7:14:55 am	08:33
13.1 Mile	01:54:32	8:15:38 am	08:49
17.2 Mile	02:32:17	8:53:23 am	09:13
20 Mile	02:57:14	9:18:20 am	08:55
Finish	03:58:47	10:19:53 am	09:56

Avg. Pace **09:07**
min/mile

OK

Kristy Keith
Marathon Bib
22041

Point	Time	Time of Day	Pace
Start	00:00:00	6:21:07 am	---
3.1 Mile	00:27:17	6:48:23 am	08:47
6.1 Mile	00:53:49	7:14:56 am	08:33
13.1 Mile	01:54:32	8:15:38 am	08:49
17.2 Mile	02:32:17	8:53:23 am	09:13
20 Mile	02:57:14	9:18:20 am	08:55
Finish	03:58:47	10:19:53 am	09:56

Avg. Pace **09:07**
min/mile

OK



Listy continues to be a running machine, and she attributes much of this to members of her Running Club who meet her at the ungodly hour of 5 a.m. most days to run in Mission Trails Park. For the race, Cory Hoffman, a dear friend, paced her for the first 6 miles, getting her off to a strong start. Doug Farkas, her running partner of 37 years, met her at mile 13 and kept her going strong (despite well-worn, sometimes inappropriate jokes). Sarah Rizzo, an international marathoner and great friend, ran the last 13, including the dreaded uphill, slanted 163. Along the way, husband Bob, brother Bob, Birdy, friend Joyce Poblete, Peter Rizzo and many others cheered her on as she ran to a 3rd-place in her (young) age-group, finish in her 26th-straight event, making her one of 37 full-marathon Legacy runners who have run continuously since 1998.

Congratulations to all of our family runners for their hard work and great accomplishment.



Ann Mulholland
Half-Marathon
Bib 7108

Point	Time	Time of Day	Pace
Start	00:00:00	6:44:10 am	---
3.1 Mile	00:32:26	7:16:35 am	10:27
6.1 Mile	01:03:03	7:47:12 am	09:52
10 Mile	01:42:12	8:26:21 am	10:21
Finish	02:15:32	8:59:42 am	10:46

Avg. Pace **10:21**
min/mile

Kevin Mulholland
Half Marathon
Bib 25152

Point	Time	Time of Day	Pace
Start	00:00:00	6:44:10 am	---
3.1 Mile	00:32:25	7:16:35 am	10:26
6.1 Mile	01:03:03	7:47:12 am	09:52
10 Mile	01:42:12	8:26:21 am	10:21
Finish	02:15:32	8:59:42 am	10:46

Avg. Pace **10:21**
min/mile

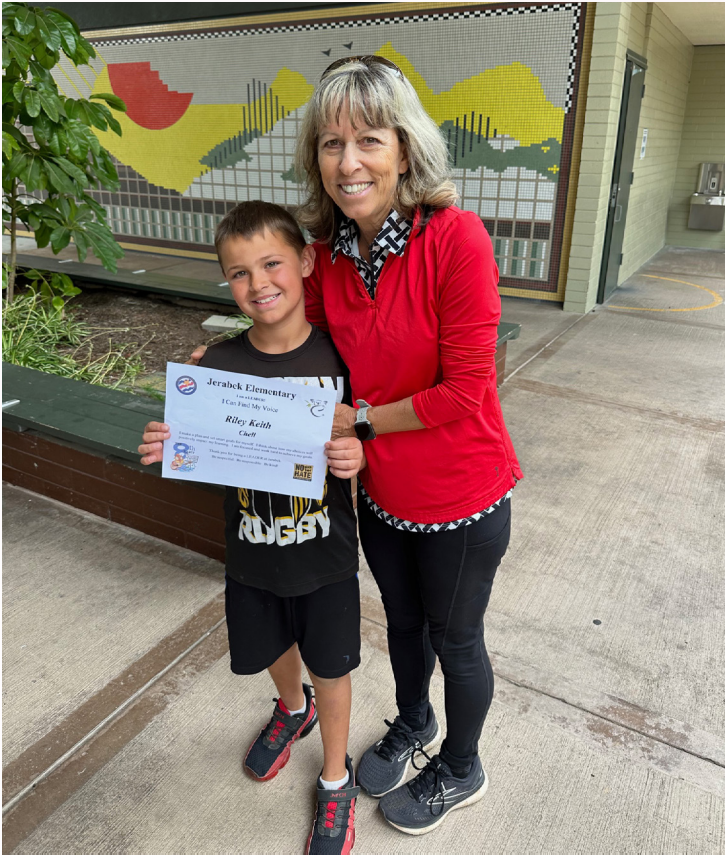
2024	2023	2022	2021	2020	2019	2018	2017
2023 Rock 'n' Roll San Diego Marathon							
Search listy		Category		Country			
Athlete						Finish	Overall Rank
Listy Gillingham		USA		5:06:46		3,014	
6		817		3014		Finisher	
DIV RANK		GENDER RANK		OVERALL RANK		DESIGNATION	
2024	2023	2022	2021	2020	2019	2018	2017
2024 Rock 'n' Roll San Diego Marathon							
Search listy		Category		Country			
Athlete						Finish	Overall Rank
Listy Gillingham		USA		4:55:02		3,591	
3		994		3591		Finisher	
DIV RANK		GENDER RANK		OVERALL RANK		DESIGNATION	

Not only did Listy finish the race, but she also improved from last year's results! Finishing 11:44 faster than last year! That's a pace of 11:16 per mile. To put it in some form of perspective that the non-runner can relate to: if 2023 Listy and 2024 Listy were racing at the same time, 2024 Listy would have beat 2023 Listy by a little over a mile!!!!

Keith Family News

By Listy Gillingham

Riley Keith was recognized at Jarabek Elementary for displaying his leadership by demonstrating “I Can Find My Voice” at school on May 23, 2024. Anyone who has met Riley knows that using his voice is something he does quite well, being the youngest of three boys at home. Students are recognized with this award for “making a plan and setting smart goals for themselves. They think about how their choices will positively impact their learning. They are focused and work hard to achieve their goals.” The ceremony was held in the assembly hall with Seamus and Listy in attendance.



The Keith boys had another round of fun playing baseball this season with Riley making the All-Star Team and getting another championship ring from their league play and Braeden and Liam made the All-Division Teams to extend their baseball season into June! We wish them good luck in their tournament play!



And finally, we were lucky to watch Braeden's promotion from elementary to middle school. All of the Keith family was there to recognize him along with his doting grandparents (Listy and Bob) and friends of the Keith family (Kristen and Mackenzie). That will leave one Keith brother to rule the elementary school and two Keith brothers to attend Marshall Middle School next year. Braeden was recognized at the ceremony for his outstanding crossing guard safety patrol services! We are so proud of our boys!



Keeping up with Our Grandkids

By Carol Benesch

We flew to New Jersey on a week-long visit in May to celebrate both the twin's 10th birthday and also see them in their school musical: Finding Nemo!

Their birthday outing included a visit to the Menlo Park Mall and Target (and, of course, the local ice cream shop!) to fulfill their shopping requirements. And we can safely say that they found plenty to buy! Who knew that Boba Tea was the newest (expensive) craze among kids!



Finding Nemo was a smashing success, with Mateo playing Professor Ray with a solo singing part, and Sofia doubling up as both Pearl, a classmate of Nemo, and a lobster, so she was on stage often and had speaking and singing parts. For an elementary school play, the kids were real pros, and the audience was thrilled with all the performances.



While in New Jersey and on a day when Jessica and Miguel both had to work, we took the kids to the movies and saw 2 recent films. Sofia and Grammy went to IF, which was about imaginary friends, and the boys and Grampa saw Fall Guy, a tribute to movie stuntmen. Both movies got good reviews from the Rios/Benesch clan.

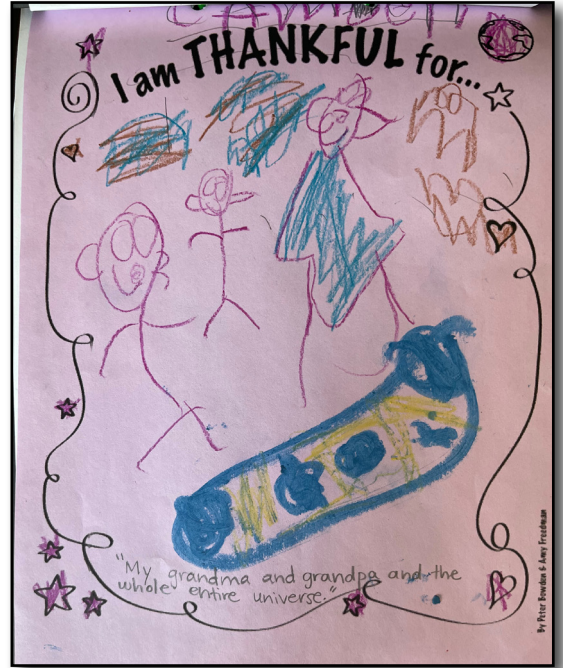
On our only rainy day, we went down to Point Pleasant, on the Jersey shore, and despite the inclement weather, the gang had a blast in the arcade. Several funnel cakes and ice cream cones later, we made it back to the Rios home in Edison. It was nice that Miguel and Jessica both had the day off and we all were together in the Rios van for the entirety of the trip through the scenic New Jersey countryside.



We also got to see one of Ben's baseball games. His team had beat every team except for the Mets, and of course, they were going to be playing the Mets. He told us not to expect much because the Mets were undefeated. We must have brought them good luck (or they were saving their best pitcher for the next game) they beat them handily!! It was a very exciting game right to the end! Ben was thrilled and we were happy to be able to see one of his games.



Locally, there's a lot going on with the Santee Benesch's, and we get to spend a lot of time with them. Cam has started playing rec basketball, in which he is busy learning the fundamentals, cheering on his teammates and refining his victory dances. He also made a stirring drawing of his Grandparents and the universe we all are part of.



Noah had a band concert we attended where he contributed to the percussion section. He also finished up his baseball season and is now playing competitive soccer at the club level with a Santee team called Legends. He's learning fast and plays both on the field and in goal.



Madeline's class had a publishing party that we all attended, we are very proud of her writing and the story she had published. She walked the red carpet and was very happy we were all there to cheer her on! Madeline has finished her soccer season, where her team, the Cartwheel Kickers, expertly coached by Jason, finished undefeated. She also was the recipient of her school's PAWS award, noting her proficiency in Safety Practices and Kindness towards others.





By Birdy Hartman-Hall

Lyle and I were off to Frisco, Texas in the middle of Tornado season (what?). Luckily, the weather was good for us. We just missed the golf ball sized hail and the tornados that wreaked havoc in Oklahoma instead of where we were. Phew! I have no desire to be anywhere near a tornado. We began our trip with a very special visit with Harris and Amy Hartman. They moved to Mineral Texas a couple of years ago, so it was a huge treat to get to catch up with my Father-in-law and his sweet wife, Amy. He is as healthy as he could be for a man approaching his 90th birthday this July. He mows acres of property and enjoys riding his horse with Amy by his side. They love the Texas lifestyle. Everyone is so friendly, and you can't go into town without talking to your neighbors. It suits them well and I was so pleased that we got to enjoy lunch together.

With a storm brewing, we decided to give up our planned golf game on Sunday. Instead, we walked through an indoor mall. When it was determined that the storm would be pushed off until late that night, we decided to play some Top Golf. If you have never played, it's a lot of fun. It is like going to a driving range, but you have electronic targets that you try to hit into. It is not as easy as you might think. And the games don't bring the handicap system into play, so Lyle can literally beat me without even trying. His range of hitting the ball certainly out passes mine. But we had a good time just getting out of the hotel for a day.



Monday and Tuesday the sun was shining but Lyle was stuck indoors for meetings. I met up with some friends and we had two great days golfing in Texas. The courses were pretty wet from the storms, but that didn't slow us down. We played and laughed while Lyle worked the day away. Sorry Lyle!

We stayed at the Omni in Frisco, Texas. It is a brand-new hotel with a PGA course surrounding the grounds. I wish we could have played on that course, but they were in the middle of a professional golf tournament. We did get to use the practice facility. They have one of the largest natural grass putting courses in the US. It is 2 acres with 36 holes for your putting enjoy-



ment. I am happy to report that I got two holes in one as we played. It was a fun way to “putt around” the day. Then we went to the top of the Omni and relaxed with their infinity pool that overlooks the beautiful course.

I did have one instance that kind of tainted my stay at the Omni. I was planning on meeting my friends for an early breakfast, but I did not know where the restaurant was located. My friends texted me and said that they were downstairs from the main lobby. I looked for a staircase but could only see an elevator. I noticed a pool below me, and I figured that the restaurant must be located next to the pool. I took the elevator down. On the left I could see a fitness center, and on the right was the spa that was closed. There was a door leading out where I could see the pool. I paused when I read on the door that there was no reentry, but I figured the worst thing that could happen is that I would have to walk around the building back to the entrance and start over. So, I exited the door. The pool was empty be-

cause it was for the spa, which was closed. The restaurant was not to the left as I had expected. What I saw was a driveway for emergency vehicles. I was clearly in the wrong place. There were 6 doors that would lead back into the hotel, but none of them had a key card access. I could get into the pool area but the exit out to the golf course and walkways were all locked. I went to the main gate expecting that I could push it open. Nope. I looked for a gate that I could flee from and there was none! I was caged in like a wild animal with not one escape route. I had to call my friend to come rescue me.

Now this really did not sit well with me. I thought about it for a couple of days and as I was preparing to leave, I decided that I wanted to talk to the manager about my experience. He listened very carefully but was not at all surprised or bothered by my experience. He told me that it has happened to other guests, and until they get enough complaints, there wasn't anything they can do. I told him that was unacceptable as the Omni is responsible for the safety of all their guests. I ranted about possible endangering situations like fires, bombs, gunmen, tornadoes, and rapists. I thought it was irresponsible to have an area where a person could be locked in and unable to find help.

So, I stewed on this for a day and then started writing a letter to Tiffany, the Loyalty Ambassador who had welcomed us to the Omni. I recounted my experience and asked to be connected to the head of security for the hotel and the general manager. She responded immediately to my request. I got letters from the general manager and from the man in charge of security promising me that their engineering team is working on creating safe exits for that space. They were all very apologetic about my experience and promised to do better for their guests. I felt good about pushing them on this topic and I have hopes that no one will be trapped in Texas, as I was.

So that's my Texas story. Yee haw!

Last month's contest answers:

Can you identify the month and year these headlines were in the RFNL?

Family celebrates Easter at Lake Murray Park

Parents beat kids at volley ball – Select group climbs Cowles Mountain

Month MAY

Year 1999

Get ready for Riel Bowl XIII!!!

Yes, it's almost time. Your RFNL crossword puzzle is attached. No cheating!! Check with Bob and Karla on what you will bring. There will be lots of fun and games, so be ready to celebrate.

Month December

Year 2003

IB REPRESENTATIVE REPLIES TO
EDITORIAL BY RIEL BOWL
COMMISSIONER, 1/1/97

Recently we received a communication from a self styled spokesman of an infamous group who sometimes identify themselves as "The Innocent

Month March

Year 1997

**Bob's 60th
Birthday Bash!**

Month June

Year 2015

Cross Country Road Trip in Harvey the RV Jessica, Carol, Ben, Sofie, Matty & Shelby

Month September

Year 2021

*** THANKSGIVING DAY FAMILY DINNER ***

Our annual Thanksgiving day celebration will be on Thanksgiving Day, as usual. Everyone is invited to Grandma's house, and she will cook the turkey. Bring your own kid's drinks and whatever else you want. Come about 11:00 in the morning, and we will "play it by ear" from then on. Lets all celebrate this great day!

Month November

Year 1992



Corbin has just completed his middle school education and is now moving on to High School! Congratulations and enjoy your next four years!

Month July
Year 2023

FIRST EDITION OF RIEL FAMILY NEWS LETTER PUBLISHED - This is the first issue of what we hope will become a regular event in the Riel family. Our objective is to help everyone keep up on what is going on in the family. In order to be successful we need input from everyone. Happenings, events ets, relayed by note or phone are solicited from all.

Month April
Year 1991

We have a winner!

Listy (7 of 8 correct) just narrowly beat Birdy (6 of 8 correct) to win the coveted RFNL Dinner. Thanks to all who participated!

FAMILY



SHORTS



Blake Riel was recently promoted out of fourth grade at his school, La Jolla Country Day. Now it's time for the summer with lots of surfing, camping and just plain old fun... Until 5th grade comes around!



This photo above is a hint and the photo to the left is about 20 years old. I'm fairly optimistic that you will recognize the two individuals in the photo. However, do you know where it was taken and what they were doing????