

Centipede adds extra feet to 5K race

Led by François Leonard (8656), the team of Ivan Antonov (8353), Jeremie Dernotte (8362), Tom Reynolds (8252), Anthony Ruiz (8351), and David Siegel (8656) won the centipede division of the May 27 5K run and walk with a time of 21:37. The team was also the only centipede entered in the race.

"We've been doing these 5K races for some time now, and often it ends up being a sprint finish amongst the same people," explains Francois. "I was looking for something to spice up the event, and in particular something with a team aspect."

Drawing inspiration from the Bay to Breakers, which features a centipede division composed of top collegiate runners, he asked several colleagues and running companions to join in. They created a centipede using collapsible tunnels and put the structure through a full design review and improvement process.

"I created an initial test design, which was tested by the other team members. The design was improved after their input, and we did a final test run to coordinate and fix the last bugs," says Francois. "I'm happy that Ivan, Jeremie, Tom, Anthony, and David were also willing to embarrass themselves for some fun."

The top three female finishers were Margot Hutchins (8116) [19:29.41], Marianne Paulson (LLNL) [22:16.26], and Kelly Nykodym (8522) [24:25.078]. The top three male finishers were Scott T. Peterson (8254) [18:36.13], Julien Manin (8362) [19:47.00], and Vince Lordi (LLNL) [20:05.00]. The centipede finished in 6th–11th place in the male division.

A total of 133 people—72 from Sandia and 61 from LLNL—participated in the 5K run and 1-mile walk. Thanks to all of the volunteers who helped the event run smoothly.

The next running/walking event is the Stars & Stripes 5K/1-mile on July 2 [link to flyer]. To prepare, consider joining the Monthly Mile on June 10 at 10:30 a.m. Register at saludca@sandia.gov and meet on Thunderbird Road just east of B928. Look for announcements from the Life Design Center with details on future Monthly Miles.

The weekly walk/jog training group will begin meeting on Wednesday between 7 and 9 a.m. in front of the Life Design Center. Walkers and runners of all ability levels are welcome to join for some early morning fresh air and physical activity.

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California site to host second annual Disaster Readiness Fair

On June 12, the California site will host its second annual Disaster Readiness Fair to help members of the workforce better prepare for the next emergency. Ana-Marie Jones, executive director of [Collaborating Agencies Responding to Disasters](#) (CARD), will give a keynote speech in building 904 from 10-11 a.m.

CARD, a nonprofit located in Alameda County, was created by local community agencies after the 1989 Loma Prieta earthquake. The organization trains and supports nonprofit and faith-based agencies in disaster preparedness, response, and recovery activities. Jones has served as CARD's executive director since 2000. She previously worked in the California Governor's Office of Emergency Services (now CalEMA).

"The fair's goal is to provide members of the workforce, as well as their friends and family, with the knowledge and resources to better prepare for and reduce the impacts of a major disaster," explains Jaime McLeod (8511). "It doesn't take very much to be prepared at a basic level, but most people just don't know where to start. That's where our guest speaker and vendors can help."

The safety fair will take place in the General Access Area Event Pad from 11 a.m. to 1 p.m. The event will feature over 20 vendors and information booths, three food vendors, and a raffle drawing with fantastic prizes. Highlights include:

- A gas shutoff demo at the PG&E booth.
- Samples of meals ready to eat (MREs) at the Emergency Management booth,
- Signups for an upcoming blood drive at the Stanford Blood Center booth.
- A video on active shooters and information on how to use a smartphone child ID app at the FBI booth.
- Search dogs at the Alameda County Search Rescue booth.
- Sandia booths featuring Community Emergency Response Teams (CERT); Health, Benefits & Employee Services; Emergency Management; Public Information Office; Chemical/Hazards; and Radio Amateur Civil Emergency Services (RACES) to help members of the workforce understand their resources following a disaster at work.
- Emergency supplies available for purchase from Ready America, Dom's Outdoor, Grainger, and Coast Fire.

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