

**Across the Bay 12K**  
(PA/USATF Championship)  
Sausalito to San Francisco, CA  
Sunday, March 16, 2014

(From Mark Winitz)

Men's winner **Sergio Reyes** (Los Osos, CA) and women's winner **Maggie Conley** (Portola Valley, CA) successfully defended last year's individual titles, making strong statements and leading 2,038 finishers at the 31st Annual Across the Bay 12K. Reyes garnered his sixth victory, the most by any athlete at this race that runs over the Golden Gate Bridge.

Capitalizing on near ideal running conditions, with temperatures in the mid 50s and low-hanging fog that shrouded the bridge on an otherwise clear day, Reyes took the lead from the starting gun at East Fort Baker in Sausalito and was unchallenged up the steep, winding roadway climb up to the bridge in the second mile.

"I think the fact that I'm a former winner sets some precedence that resonates within the camps," Reyes speculated. "I'm sure there are several Asics Aggies and other PA/USATF team members that can stay with me at this race, but have taken a more conservative approach to their race strategies. I just cruised the first mile to help encourage anyone who might want to go with me. But it looked as though they were choosing other battles, so I was on my own."

As Reyes disappeared into the fog that wrapped the Golden Gate, a chase pack of about half a dozen men followed. Eventually, 27:48 (10K) track man and sub-4 miler **Scott Bauhs** broke from the pack in pursuit of Reyes. Bauhs was then joined by two-time ATB 12K men's champion **Phillip Reid** in San Francisco's flat Crissey Field with about two miles remaining.

But it was Reyes' day once again as the Asics Aggies standout crossed the finish line near San Francisco's Aquatic Park in 36:30 for a convincing win. Bauhs (2nd, 37:17) narrowly out-kicked Reid (3rd, 37:18) over the final straight, making it a top threesome for the Aggies.

"Getting out-kicked by a 27:48 guy, it isn't such a bad day," reflected third-placer Reid.

After the race, Reyes related his strategy for success at ATB 12K, which any runner can benefit from: "The key is the bridge climb. Everything feels downhill from there, so

if you're looking to improve, work the hill climbs and don't be afraid to hurt that early in the race. It'll pass.”

In the women's race, Tamalpa Running Club's **Yiou Wang** led over the bridge, At about four miles, where a short out-and-back section of the course allows runners to see their competition up close at Fort Point, Maggie Conley assumed front-running duties and never yielded them.

“I raced it to win, and I feel good about it,” said Conley, a standout member of the New Balance Silicon Valley club. “At Fort Point I saw that (eventually third placer) **Jenny Kadavy** was really close behind me. I didn't want to get caught, so I made a move to the lead.”

Conley scored a winning women's time of 43:42, three seconds slower than her winning time last year. Kadavy, who won the Kaiser Permanente Napa Valley Marathon just two weeks earlier, was second in 43:52 followed by Wang in third at 44:10.

“I'm happy with my performance,” said runner-up Kadavy. “I didn't expect to get second. Just two weeks off a marathon, I felt my legs were recovering and I started to feel like mush in the last three miles. But I pushed through it and actually felt pretty good at the end.”

The masters winners were a pair of San Francisco 44-year-olds: **Jaime Heilpern** (39:44) and **Nancy Thomas** (48:51). A total of \$2,900 in prize money was awarded to top PA/USATF individuals and club teams. *Note:* PA/USATF teams had not yet been scored at the time this article was written.