



Robin Baker  
New Circuit Commander

Membership Meeting, Award & Party  
Arcata Neighborhood Center  
2:00 pm, Sat, Mar. 23, 2024

Jack West  
Circuit Commander of the first 22 years

# March Minutes

Wed., Mar. 6, 2024, 6:30 p.m. at Babe's Pizza & Pasta in Cutten.  
 Board members in attendance: **Juan Reyes, Sherry Myers, Laura Bringham, Marlene Allen, Karen Kidwell, Mark Ellis, Sarah Sullens, Thomas Nolan, Jessy Preciado, Jorge Preciado** and **Gary Timek**. Guests: **Cindy Timek** and **Jack West**.

## OLD BUSINESS

- A. Hour Run update (Sun., 2/18/24):** Good turnout, everyone had a great time. Might change venue to Arcata High school track in the future.
- B. HRRAY:** Track meets will start at the beginning of April with the first meets hopefully held at Cal Poly Humboldt. Check out HRRAY website <[www.hrray.org](http://www.hrray.org)> for the track season schedule.
- C. Shoe Fund & Scholarship update:** Information was included in the latest newsletter. If interested in a scholarship contact Yoshi <[maguro4u@gmail.com](mailto:maguro4u@gmail.com)> for an application. Coaches can contact Yoshi to enroll kids in the shoe fund.

### D. Stipends:

- Suggestion that race director stipends are not tied to a race budget since some races do not make enough to cover director stipends. Could be included as an income (transferred in from the general fund). Marlene motions to add a line item for the stipend in the income section of the budget and one in the expense section to see the stipend coming in and the stipend going out; the stipend will be provided from the club's general fund. Karen seconds. Motion passes.
- Newsletter editor would like \$100/month stipend increase. Jessy motions to pay the newsletter editor \$750 a month for the 2024 calendar year. Thomas seconds, motion passes.

## NEW BUSINESS

- A. FBMR (Noon & 2:00 pm, Sun., 3/10/24):** Everything is coming together and should be set to go.
- B. Arcata Community Forest Run (10 & 10:15 am, Sat., 3/23/24):** Permit is in, everything is good to go. Need a board member to help with registration.
- C. Membership Meeting (2:00 pm, Sat., 3/23/24):** Neighborhood

Center in Arcata (1301 D Street, Arcata). Will need help with set up at 1:00 pm.

- D. Master's Run (10:00 am, Sat., 4/13/24):** Permits are in.
- E. Sue-meg Park Run (10:00 am, Sat., 4/20/24):** Got the OK from the State, so everything is set to go.
- F. Conflict of Interest:** Board members and race directors need to fill out the form and return them at the next meeting.
- G. Other:**
  - ◊ Cal Poly Humboldt sports auction is on April 6<sup>th</sup>, club will get a table.
  - ◊ Remember to reach out to full membership to gather volunteers for events now that volunteering is a part of the circuit.
  - **Next meeting:** El Chipotle in Arcata; Dinner at 5:30, Meeting at 6:30 pm, Wed., Apr. 3, 2024. Ask Gary Timek <[gtimek@aol.com](mailto:gtimek@aol.com)> for details.



Matt & Karen Kidwell  
 Redwood Wild River Run  
 Sat., Mar. 16, 2024

photo by Marlene Allen

**Six Rivers Running Club** is incorporated under the laws of the State of California. Its goals are:

1. To encourage distance running both competitive and noncompetitive, by all interested people in the Humboldt County area;
2. To arrange and manage road races open to all who are interested;
3. To print and circulate a Club Newsletter to spread information about coming races, results of past races, and running tips; and
4. To encourage and support youth running.

### Third Class Mail is not forwarded!

Send address changes to:  
 ygk1@humboldt.edu  
 or Newsletter Editor  
 P.O. Box 214  
 Arcata, CA 95518-0214  
 (707)826-5399

### Submitting Material for Publication

Unsolicited material is welcome and will be used as space permits. Contributions of articles, race reports, art, and calendar listings may be submitted handwritten or typed. However, submission via E-mail, or digital form is preferable. Photographs are best mailed as prints or through special arrangement for electronic transfer. Digital photos should be at least 150 dpi at the dimensions to be printed. Articles are edited for size and content.

Send materials for publication by the **20<sup>th</sup> day** of each month to:

Six Rivers Running Club  
 Newsletter Editor  
 P.O. Box 214  
 Arcata, CA 95518-0214  
 e-mail: [ygk1@humboldt.edu](mailto:ygk1@humboldt.edu)

### SRRC BOARD OF DIRECTORS

#### 2024-2025

Marlene Allen      [allens@humboldt1.com](mailto:allens@humboldt1.com) 822-9115  
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 Sarah Sullens     [sarahsullens10@gmail.com](mailto:sarahsullens10@gmail.com) 845-9652

#### 2023-2024

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 Sherry Myers      [sherrymyers1956@gmail.com](mailto:sherrymyers1956@gmail.com) 839-1057  
 Thomas Nolan     [thomasnolan22@gmail.com](mailto:thomasnolan22@gmail.com) 834-7716  
 Jessy Preciado\*   [jenglishjohnson@gmail.com](mailto:jenglishjohnson@gmail.com) 845-6838  
 Gary Timek\*\*\*    [gtimek@aol.com](mailto:gtimek@aol.com) 845-5147

### SRRC OFFICERS

**President**\*\*                  Gary Timek  
    <[gtimek@aol.com](mailto:gtimek@aol.com)>  
**Vice President**\*\*        Matthew Kidwell  
    <[matthew5513@yahoo.com](mailto:matthew5513@yahoo.com)>  
**Secretary**\*                Jessy Preciado  
    <[jenglishjohnson@gmail.com](mailto:jenglishjohnson@gmail.com)>  
**Treasurer**                 Cindy Timek  
    <[ctimek@aol.com](mailto:ctimek@aol.com)>

### SRRC Newsletter Editor

Yoon G Kim <[ygk1@humboldt.edu](mailto:ygk1@humboldt.edu)>

Hello from the Bottom of the World

We were a bit sad to miss the club races thus far, but had a blast visiting Argentina and Chile. We got a fair bit of backpacking in enjoying the southern hemisphere's summer. See you soon! – Mark & TJ <tjandmark@gmail.com> wrote on Mon, Mar 18, 2024



## Track Is Beginning for Youth Runners

**Brianna Cahoon, Davita McGoldrick, Reed Elmore, Alysia Davidson** and I met for a dinner meeting in Arcata for HRRAY on March 14. The main topic was the upcoming 2024 track season. We have an early season since the Cal Poly Humboldt Track Team offered two meets for our youth program. The first meet will be for kindergarten to 4<sup>th</sup> graders and will be held on **Tuesday, April 2<sup>nd</sup>**. It will begin at 4:30 and end between 7 and 7:30 PM. The 50 meters, 100 meters, 400 meters, 800 meters for K-2<sup>nd</sup> graders, mile for 3<sup>rd</sup> and 4<sup>th</sup> graders, long jump and baseball throw will be the individual events. There will also be a 4x100 relay for each age group. All runners will receive ribbons. There is no entry fee, but each runner must have a "Release of Liability" form filled. You can find the form at <[www.hrray.org](http://www.hrray.org)>. Click the top middle box and it will take you to the Download page where you can download the last item.



The 5<sup>th</sup> through 8<sup>th</sup> grade track season begins on **Thursday, April 4<sup>th</sup>** at Cal Poly Humboldt. This meet costs \$5.00 per athlete, but many schools may cover the cost. All 5<sup>th</sup> to 8<sup>th</sup> grade athletes are welcome, but most will be representing one of our local schools. This also requires the same "Release of Liability" form. The meet will begin with the 3000 meters at 3:30 PM. The running events are 100 hurdles, 100, 200, 400, 800, 1500, 3000, 4x100 and 4x400 meters (if time). The field events are shot put, discus, high jump, long jump and triple jump. This meet will end when all events have been completed or 8:00 PM.

There will be a second K-4<sup>th</sup> grade meet on **Thursday, April 11<sup>th</sup>** at Arcata High School. The events will be the same as the Cal Poly events. There will be a different "Release of Liability" form required for this meet. It will soon be on the <[www.hrray.org](http://www.hrray.org)> website. There will be two more 5<sup>th</sup>-8<sup>th</sup> grade track meets, both held at Fortuna High School. The first will be held on **Thursday, April 25<sup>th</sup>**. It will be run on the same time schedule with the same events as the Cal Poly meet. The final meet will be the Humboldt County Championships, which will be held on **Saturday, May 11<sup>th</sup>**. This meet will begin at 10:00 AM will conclude fairly close to 2:00 PM. Ribbons will be given to the top 8 finishers in each division. The divisions are 5<sup>th</sup> girls, 5<sup>th</sup> boys, 6<sup>th</sup> girls, 6<sup>th</sup> boys, 7<sup>th</sup> girls, 7<sup>th</sup> boys, 8<sup>th</sup> girls and 8<sup>th</sup> boys.

Reed Elmore has worked with local high schools who are not able to run in the CIF high school track program to form the Coast League Track & Field. There will be four meets at Fortuna Middle School for these athletes. They are open for the public to watch. The events are shot put, standing broad jump, 50 meters, 200 meters and mile. The meets will be held from 3 PM to 4:30 PM on **Tuesdays, April 30, May 7, May 14 and May 21**.



Jack West <jandwest@yahoo.com>



# 46<sup>th</sup> Foggy Bottom Milk Run

The Foggy Bottom Milk Run was held on **Sunday, March 10** in Ferndale. Saturday was a beautiful day for registering and picking up numbers. However, that was not race day. Sunday was rainy and fairly miserable, especially during the 4-mile which began at noon. In spite of the rain, 129 runners braved the weather and ran the race. **West Wood** and **Rosa Granados** were the individual winners. There were awards for the top three finishers in every age group. You can see the results at <[www.hubertiming.com/results/2024FBMR](http://www.hubertiming.com/results/2024FBMR)>. Please let me know if you did not receive your medal by writing me at <[jandjwest@yahoo.com](mailto:jandjwest@yahoo.com)>.

The 2-mile was held at 2:00 PM and the rain was much lighter. 306 runners completed this race. This was a team championship for our local schools and clubs. This year's winners were: **New Life Christian** for the 10 & under boys, **Sunny Brae Middle School** for the 11-14 boys, **Fieldbrook School** for the 10 & under girls, **Fortuna/Toddy Middle Schools** for the 11-14 girls. The Club Coed Team winner was the **Eel River Rapids** Team. Congratulations to all. Each team gets to hold their division's Cow Trophy until next year's Foggy Bottom Milk Run.

**Thank you** to all the great **volunteers** who stayed on the roads throughout the rain. The volunteers came from the **Six Rivers Running**

**Club, Arcata High School, Eureka High School, McKinleyville High School and Fortuna High School.**

They did a terrific job of keeping everyone safe and going the right direction. The **Humboldt Amateur Radio Club**

was there to keep us informed. The **Ferndale Police Department** helped set up the race courses, put up barricades and were there all day to make sure things were safe. Along with the police, The local **Ferndale Community Emergency Response Team (CERT)** had members in dangerous areas to help runners reach the finish line safely.

Unfortunately, over 170 runners who entered the race did not show on race day. There are shirts left over, so you are eligible for your shirt. Please let me know if you would like to pick up your T-shirt by writing to the email above. - **Jack West** <[jandjwest@yahoo.com](mailto:jandjwest@yahoo.com)>



{[hubertiming.com](http://hubertiming.com) as of 10:00 am, Tue., 3/12/24}

Noon, Sun., Mar. 10, 2024

## 4M

OvP	Name	G/age	Time
1	West Wood	M21	22:38
2	Thomas Nolan	M30	23:43
3	Rosa Granados	F24	25:24
4	Tristan Cole	M32	26:06
5	Juan Ornelas	M??	26:19
6	Ayden Davis	M22	26:58
7	Chris Christianson	M47	27:52
8	Galen Hummitt	M32	28:22
9	Andrea Wright	F62	28:43
10	Angel Ramirez	M53	28:52
11	Kaden Lodes	M15	29:15
12	Nicholas Vidargas	M43	29:18
13	Doug Hartling	M40	29:19
14	Casey Ales	M41	29:33
15	Dustin Jackson	M29	29:35
16	Jeff Haag	M64	29:36
17	Todd Renner	M44	29:43
18	Jenna Larson	F37	29:45
19	Kobe Jackson	M??	30:16
20	Jose Ornelas	M36	30:31
21	Isabel Hirsch	F34	30:38
22	Cody Bognuda	M32	30:45
23	Sung Choi	M52	30:49
24	Sheryl Hinchliff	F57	30:51
25	Tim Burrus	M36	30:54
26	Lanore Bergenske	F66	30:55
27	Justin Crow	M49	31:59
28	Paul Kinsey	M68	32:04
29	Alisha Davey	F38	32:16
30	Shawn Magnuson	M54	32:18
31	Amy Sczepanski	F36	34:15
32	Jared Karp	M29	34:21
33	David Salladay	M59	34:27
34	Amber Coley	F53	34:52
35	Jordyn Davis	F25	34:52
36	Eric Coppa	M26	35:08
37	Cyril Carl	M76	35:29
38	Katie Karp	F27	35:49
39	Emmanuel Parage	M35	36:10
40	Fela Parage	M09	36:10
41	Angelica Perez	F23	36:47
42	Matthew Murrish	M38	36:48
43	Leslie Ota	F32	36:54
44	Tamia Crackel	F22	37:26

45	Lucy Crackel	F54	37:35
46	Melika Huneke	F46	37:35
47	Jessica Burns	F40	37:38
48	Crystal Ales	F40	37:40
49	Aaron Stephenson	M35	38:01
50	Madison Hagemann	F12	38:45
51	Brendan Madsen	M34	39:15
52	Christina Brown	F32	39:15
53	Graciela Guerrero	F33	39:16
54	Josh Ramsay	M36	39:34
55	Randell Emenaker	M73	40:06
56	Jasper	M26	40:07
57	Lucas Graves	M28	40:21
58	John Aryanpur	M65	40:30
59	Noah Elway	M13	41:01
60	Iain Harley	M46	41:21
61	Robin Fraser	F44	41:39
62	Emerson Okin	F10	41:45
63	Lena Neely-Mangos	F10	41:47
64	Hannah Graves	F32	41:48
65	Christina Torres	F35	41:58
66	Debbie Stamper	F70	42:09
67	James Phillips	M33	42:09
68	Leti Armenta	F32	42:10
69	Ari Velasquez	F10	42:12
70	Amy Taylor	F44	42:25
71	Allison Kelley	F30	43:45
72	Tyler Watkins	M32	44:50
73	Kanan Wilson	M40	45:03
74	Liz Wilson	F35	45:03
75	Jenna Adams	F37	45:13
76	Kate Russell	F39	45:13
77	Amanda Colegrove	F45	46:23
78	Kathlyn Kraus	F31	46:28
79	Shelby Beck	F28	46:37
80	Colby Kelley	M29	46:40
81	Cathryn Larochele	F33	46:44
82	Brian Buihner	M28	46:44
83	Ruby Richards	F39	46:59
84	Jon Fechner	M52	47:20
85	Eric Taylor	M54	47:23
86	Florentina Jones	F35	47:23
87	Sarah Sullens	F43	48:42
88	Michael Whiteley	F64	49:05
89	Corinne Brennan	F29	49:46
90	Oscar Gonzalez	M39	49:54
91	Wendy Cole	F71	51:08
92	Jack Sheppard	M54	51:23
93	Julia Sheppard	F20	51:23
94	Amy Duerfeldt	F49	51:58

95	Marcile Raney	F63	52:40
96	Jib Ray	M83	52:56
97	Dustin Newsom	M14	53:41
98	Brenda Juanez	F30	54:08
99	Dana Estevo	F40	54:24
100	Sherry Myers	F68	57:02
101	Jennifer Cormier	F32	57:19
102	Kyle Winton	M31	57:20
103	Elaine Hogan	F37	58:24
104	Jerry Fowler	M85	58:49
105	Bonnie Mathes	F73	1:00:25
106	Catrina Howatt	F57	1:02:40
107	Krista Marcelli	F23	1:04:45
108	Trista Mayhorn	F20	1:04:46
109	Jeff Bridge	M41	1:06:31
110	Danny Collenberg	M70	1:10:58
111	Michael Hogan	M65	1:10:59
112	Harry Kavich	M69	1:11:03
113	Cindy Herman	F64	1:12:23
114	Anthony Bognuda	M64	1:13:27
115	Terrie Bognuda	F62	1:14:46
116	Ryan Pryor	M41	1:14:47
117	Kayla Zarante	F25	1:16:17
118	Ayla Elway	F37	1:16:17
119	Loretta Davidson	F79	1:16:18
120	Christina Wilson	F13	1:16:18
121	Arianna Porter	F13	1:21:17
122	Felix Porter	M07	1:21:17
123	Westley Porter	M09	1:21:24
124	Shawn Porter	M42	1:21:46
125	Crystal Porter	F39	1:21:47
126	Macalia Bideaux	F27	1:24:10
127	Ryan Leary	F41	1:24:18
128	Becky Peterson	F73	1:24:49
129	Bonnie Cook	F77	1:24:55

2:00 pm, Sun., Mar. 10, 2024

## 2M

OvP	Name	G/age	Time
1	Noah Macknicki	M15	11:33
2	Owen Ingram	M13	12:52
3	Marcus Romero	M25	12:57
4	Soren James	M12	12:59
5	Asher Burman	M13	13:52
6	Micah Okin	M12	14:06
7	Sebastian Bunz	M12	14:22
8	Claire Renner	F14	14:40
9	Simon Dens	M12	14:41
10	Luke Scown	M42	14:46

11	Bret Rinehart	M44	14:49	86	Rion Hughes	M12	19:47	161	Dennis Taylor	M45	25:04
12	Holden Rinehart	M12	14:49	87	Mia Cahoon	F14	19:48	162	Brianna Colegrove	F16	25:06
13	Mateo Johnson-Bazan	M11	14:51	88	Kylie Hufford	F13	19:49	163	Javelin Samulski	M13	25:09
14	Benny (Zhuoli) Zhuang	M13	14:56	89	Dean Margell	M64	19:53	164	Fiona Lehr	F05	25:11
15	Lanore Bergenske	F66	14:56	90	Porscha Farfan	F36	19:56	165	Joshua Lehr	M34	25:11
16	Jacob Scown	M08	14:59	91	Miranda Seelye	F29	19:57	166	Lizzie Deshon	F10	25:14
17	Shawn Harnden	M14	15:03	92	Angelica Yarbrough	F31	19:59	167	Robyn Freitas	F07	25:15
18	Audrey Hayes	F11	15:15	93	Cora Osorio	F09	20:00	168	Norah Merideth-Sutke	F06	25:16
19	Kaleo Major	M11	15:16	94	Paloma Aberson	F13	20:03	169	Grace Mauney	F09	25:24
20	Kinsley Yarbrough	F11	15:25	95	Sahar Steward	F13	20:04	170	John Larson	M41	25:32
21	Colton Taylor	M13	15:27	96	Madison Hagemann	F12	20:05	171	Bobbie Waites	F12	25:41
22	Stacie Molyneaux	F40	15:29	97	Amira Ameduri	F14	20:15	172	Jeanette Suhay	F55	25:42
23	Sean Molyneaux	M43	15:30	98	Jon Larson	M09	20:25	173	Trinity Ferguson	F07	25:52
24	Camden Molyneaux	M08	15:30	99	Sean Larson	M42	20:26	174	Jen Waites	F42	25:56
25	Brida Gallegos	F10	15:33	100	Amy Taylor	F44	20:41	175	Alder Worley	M01	26:14
26	Cooper Hubbard	M13	15:34	101	Ale Gallegos	F34	20:48	176	Celeste Bountour	F30	26:15
27	Toby Schlachter	M13	15:35	102	Travis James	M49	20:53	177	Ashlee Moser	F33	26:17
28	Meztli Chinas	F14	15:47	103	Keeva James	F09	20:54	178	Sarah Hughes	F45	26:17
29	Zander Storm	M12	15:47	104	William Harvey	M11	20:55	179	Elizabeth Gibbons	F09	26:19
30	Gage Hardwick	M11	15:48	105	Allison Hannah	F33	20:56	180	Lindsay Neely-Mangos	F43	26:20
31	Jack Oney	M13	16:02	106	Emilie Margell	F37	21:00	181	Sloan Gullick	F06	26:22
32	Taz Demichiei	M13	16:03	107	Aidan O'connor	M09	21:05	182	Aubrae Gullick	F41	26:26
33	Mateo Osorio	M12	16:10	108	Heidi Bazan Beltran	F45	21:08	183	Logan Johnson	M08	26:27
34	Lucy Hayes	F07	16:15	109	Amelia Ice	F09	21:13	184	Amelia Evans	F09	26:29
35	Coral Ventuleth	F13	16:18	110	Carlee Mattz-Colegrove	F08	21:40	185	Kristopher Reeve	M33	26:29
36	Maddux Molyneaux	M10	16:28	111	Owen Quinn	M11	21:44	186	Heidi O'hara	F44	26:33
37	Sylvie Hunter	F13	16:39	112	Jaimoe Kibby	M48	21:45	187	Ruby O'hara	F11	26:33
38	Pearl Samulski	F09	16:39	113	Haylee Felber	F09	21:46	188	Raelynn Reeve	F05	26:33
39	Elizabeth Stevens	F14	16:41	114	Alex James	?13	21:55	189	Graham Reeve	M03	26:33
40	Parker O'hara	M11	16:41	115	Shaina Bateman	F09	21:56	190	Cali Franklin	F30	26:34
41	Kaiah Cahoon	F10	16:51	116	Bundles Kerrigan	F09	21:59	191	Jessica Reeve	F34	26:34
42	Macie Hagemann	F14	16:56	117	James Kerrigan	M53	22:00	192	Alyssa Thomsen	F30	26:34
43	Liam Hughes	M14	17:00	118	Alex Jimenez	M14	22:07	193	Akirra Daoro	F09	26:42
44	Mykah Tejada-Martinez	M13	17:06	119	Jesse Quinionez	M51	22:11	194	Tamara Jones	F51	26:42
45	Leland Lake	M12	17:06	120	Kinley Braud	F09	22:21	195	Kyah Hardwick	F08	26:44
46	Aliese Landry	F11	17:07	121	Scarlett Ferguson	F09	22:22	196	Ari Andersen	F09	26:44
47	Ethan Ramirez	M14	17:07	122	Hannah Kollias	F23	22:25	197	Brandy Montero	F36	26:47
48	Gabriel Hunter	M08	17:10	123	Anisa Sanchez	F28	22:26	198	Zoey Quinionez	F08	26:47
49	Oliver Jamison	M13	17:13	124	Josh Jimenez	M46	22:35	199	Owen Hufford	M07	26:48
50	Jeremy Johnson	M11	17:15	125	Charane Serrine	F44	22:35	200	Hannah Hufford	F10	26:51
51	Ethan Ghidinelli	M10	17:20	126	Alex Bateman	M33	22:38	201	Violet Lehr	F09	26:52
52	Kendra Moore	F24	17:20	127	Brylee Bateman	F07	22:39	202	Allison Hufford	F38	26:52
53	Taiki Shiraiishi	M12	17:31	128	Yavanna Reynolds	F43	22:48	203	Sheldon Hufford	M42	26:52
54	Miles Serrine	M13	17:41	129	Marina Nichols	F30	22:54	204	Michail Mcbeth	M08	27:07
55	Jacob Inman	M11	17:43	130	Nora Parag	F06	22:59	205	Princesa Gutierrez	F13	27:07
56	Levi Ice	M11	17:58	131	Trenton Crowl	M08	23:01	206	Alice Gibbons	F06	27:12
57	Maverick Chamberlain	M10	18:00	132	Tayshu Bommelyn	F44	23:02	207	Berkli Andersen	F08	27:13
58	Korah Brooks	F10	18:02	133	Carly Mauney	F11	23:05	208	Isla Christianson	F12	27:13
59	Grace Pinkerton	F09	18:04	134	Aunika Loomis	F15	23:06	209	Jocelyn Gibbons	F38	27:13
60	Aiden Hardy	M10	18:07	135	Lili Loomis	F14	23:07	210	David Dodge	M46	27:17
61	Kasen Pridock	M12	18:12	136	Jovani Montero	M17	23:14	211	Caitlin Taylor	F15	27:19
62	Carson Rogers	M09	18:15	137	Kara Pettit	F33	23:15	212	Johnny Diaz Talavera	M09	27:38
63	Bekah Brooks	F42	18:17	138	Tonja Pettit	F57	23:19	213	Maria Talavera	F40	27:38
64	Bernice Williams	F10	18:24	139	Olivia Osorio	F09	23:20	214	Maia Loomis	F11	27:41
65	Jared Daoro	M36	18:27	140	Zaiden Waid	M08	23:25	215	Agustin Garcia	M32	27:44
66	Violet Moore	F10	18:29	141	Alexander Wilson	M11	23:31	216	Lorenzo Garcia	M05	27:45
67	Daniel Inman	M09	18:32	142	Jordan O'connor	M09	23:41	217	Fern Dodge	F11	27:47
68	Isabella Garcia	F10	18:53	143	Bianca Lafranchi	F08	23:45	218	Samuel Pinkerton	M05	28:01
69	Jude Vidargas	M09	18:54	144	Jeremy Lafranchi	M42	23:47	219	Adam Pinkerton	M40	28:01
70	Angie Pearson	F47	18:58	145	Cody Lafranchi	M34	23:47	220	Aubree Wilson	F06	28:03
71	Sally Elway	F11	19:03	146	Olivia Murphy	F24	24:01	221	Mateo Serrano	M05	28:05
72	Elizabeth Garcia	F08	19:06	147	Jeremy Unruh	M10	24:04	222	Katie Loomis	F43	28:06
73	Sebastian Harnden	M12	19:09	148	Veronica Chamberlain	F46	24:11	223	Jose Serrano	M31	28:07
74	Duke Atkins	M08	19:15	149	Ashley Powell	F37	24:17	224	Alia Dunphy	F44	28:07
75	Sarah Mauney	F43	19:16	150	Roenne Powell	F06	24:18	225	Scarlet Midtun	F11	28:08
76	Amber Cavanaugh	F39	19:27	151	Majed Haddadin	M07	24:23	226	Evangeline Leary	F11	28:08
77	Clara Vidargas	F13	19:28	152	Wren Pittman	F09	24:29	227	Caitlin Scown	F41	28:09
78	Nick Vidargas	M43	19:28	153	Drew Shelton	F09	24:29	228	Claire Scown	F06	28:09
79	Karrera Mandon	F16	19:38	154	Braelee Moser	F08	24:30	229	James Midtun	M44	28:11
80	Michelle Hernandez	F50	19:38	155	Brooke Pittman	F44	24:34	230	Tara Lewis	F38	28:17
81	Emma Cahoon	F12	19:40	156	Skyler Moser	M37	24:35	231	Sailor Storer	F13	28:23
82	Esme Margell	F08	19:41	157	Sutton Waites	F07	24:58	232	Taylynn Giddings	F10	28:28
83	Lucia Aberson	F13	19:43	158	Petra Bunz	F13	25:01	233	Casen Rogers	M04	28:35
84	Sarah Hapgood	F54	19:45	159	Emma Hovie	F13	25:02	234	Steven Steward	M43	28:36
85	Lucca Schroeder	M07	19:47	160	Simeon Colegrove	M12	25:02	235	Sumra Steward	F10	28:37

236 Shazia Steward	F44	28:38
237 Katherine Dens	F40	28:38
238 Katie Rogers	F38	28:39
239 Justin Pryor	M37	28:46
240 Colton Pryor	M05	28:49
241 Myra Jones	F05	28:52
242 Emberly Elway	F06	28:52
243 Jim Nielsen	M53	28:53
244 Sarah Gregorio	F47	28:53
245 Easton Paz-Davis	M05	28:54
246 Portia Bramble	F39	28:55
247 Hayden Bramble	M08	28:56
248 Rebeca Herman	F48	28:58
249 Eliana Powell	F08	29:17
250 Letty Garcia-Johnson	F41	29:22
251 Collin Herman	M39	29:40
252 Hannah Herman	F09	29:42
253 Brady Stewart	M36	29:55
254 Quinn Stewart	F08	29:58
255 Cyrus Canter	M09	30:25
256 Meagan Canter	F44	30:25
257 Reece Merideth-Sutke	F10	30:46
258 Michelle Merideth	F43	30:51
259 Margot Bateman	F68	31:04
260 Holly Bateman	F34	31:06
261 Rachel Sollom	F30	32:10
262 Melynda Blaine	F35	32:11
263 Audrey Ice	F04	32:24
264 David Ice	M40	32:30
265 Adley Ice	F01	32:30
266 Kathryn Rivera	F41	33:11
267 Joseph Rivera	M08	33:12
268 Rachel Hagquist	F28	33:28
269 Arion Hagquist	M04	33:29
270 Javier Lopez Sanchez	M30	33:29
271 Camie Nielsen	F58	33:35
272 Lisa Nielsen	F35	33:36
273 Julie Rasmussen	F36	33:42
274 Jen Jacks	F43	33:42
275 Isabella Jimenez-Avelar	F???	33:45
276 Maryann Johnston	F69	33:47
277 Jessica Avelar	F49	33:51
278 Kieran Neely-Mangos	M09	33:55
279 Kate Porter	F47	33:57
280 Jessica Hoyderdahl	F42	33:58
281 Levi Okin	M10	34:00
282 Benjmain Okin	M52	34:02
283 Erica Williams	F42	34:45
284 Maya Williams	F08	34:45
285 Anna Cartee	F29	34:46

286 Nicole Campbell	F27	34:48
287 Sara Urbani	F37	35:35
288 Erin Carey	F49	35:36
289 Alice Woolace	F08	35:40
290 Adam Woolace	M47	35:46
291 Audra Woolace	F11	35:50
292 Adeline Woolace	F13	35:52
293 Amy Woolace	F46	35:52
294 Megan Sanderson	F43	35:57
295 Cindy Killingsworth	F63	35:59
296 Emily Nylander	F46	36:04
297 Jameson Cruz	M06	36:21
298 Maya Chinas	F08	37:35
299 Hillary Ade	F46	37:53
300 Aaron Pittman	M58	38:12
301 Laura Meglemre	F45	38:22
302 Irene Gonzalez	F30	38:24
303 Janeth Serrano	F32	38:28
304 Ruslan Elway	M05	41:40
305 Mandy Pinkerton	F40	41:42
306 Matthew Pinkerton	M02	41:43

## 2M SCHOOL TEAMS

### Girls 10 & Under

#### [1] Fieldbrook: {1:40:20}

Pl Name	Time
1 Esme Margell	19:41
2 Wren Pittman	24:29
3 Aubree Wilson	28:03
4 Claire Scown	28:09

### Girls 11~14

#### [1] Fortuna Middle School: {1:07:22}

Pl Name	Time
1 Audrey Hayes	15:15
2 Meztli Chinas	15:47
3 Elizabeth Stevens	16:41
4 Emma Cahoon	19:40

#### [2] Sunnybrae: {1:12:42}

Pl Name	Time
1 Coral Ventuleth	16:18
2 Sylvie Hunter	16:39
3 Lucia Aberson	19:43
4 Paloma Aberson	20:03

### Boys 10 & Under

#### [1] New Life Christian: {1:29:19}

Pl Name	Time
1 Maverick Chamberlain	18:00
2 Aiden Pryor	18:07
3 Majed Haddadin	24:23
4 Colton Pryor	28:49

### Boys 11~14

#### [1] Sunnybrae: {54:37}

Pl Name	Time
1 Owen Ingram	12:52
2 Soren James	12:59
3 Micah Okin	14:06
4 Simon Dens	14:41

#### [2] NPA: {1:02:11}

Pl Name	Time
1 Sebastian Bunz	14:22
2 Benny (Zhuoli) Zhuang	14:56
3 Zander Storm	15:47
4 Leland Lake	17:06

#### [3] St. Bernard's: {1:07:56}

Pl Name	Time
1 Jack Omev	16:02
2 Mykah Tejada-Martinez	17:06
3 Ethan Ramirez	17:07
4 Miles Sirrine	17:41

### Club Coed <= 14

#### [1] Eel River Rapids: {1:07:09}

Pl Name	Time
1 Camden Molyneaux	15:30
2 Maddux Molyneaux	16:28
3 Macie Hagemann	16:56
4 Carson Rogers	18:15

#### [2] Ambrosini: {1:10:30}

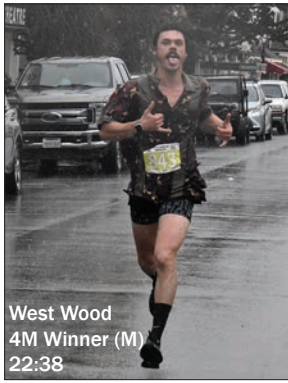
Pl Name	Time
1 Lucy Hayes	16:15
2 Kaiah Cahoon	16:51
3 Daniel Inman	18:32
4 Isabella Garcia	18:53

#### [3] Trillium: {1:28:16}

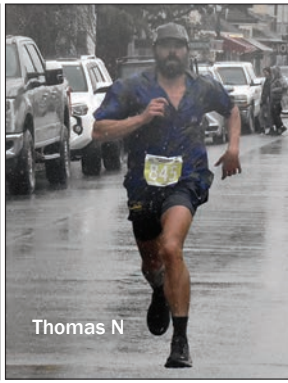
Pl Name	Time
1 Elizabeth Garcia	19:06
2 Lucca Schroeder	19:47
3 Carlee Mattz-Colegrove	21:40
4 Lorenzo Garcia	27:45



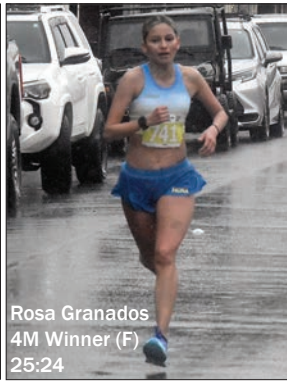
2M start, 2:00 pm



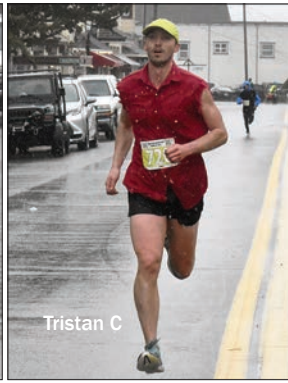
West Wood  
4M Winner (M)  
22:38



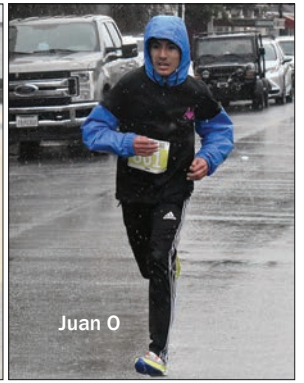
Thomas N



Rosa Granados  
4M Winner (F)  
25:24



Tristan C



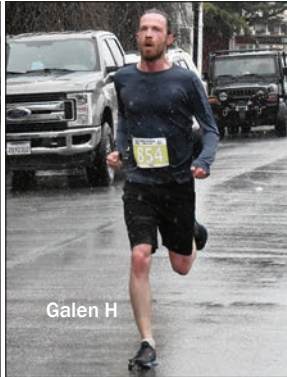
Juan O



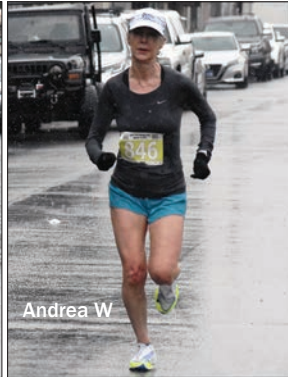
Ayden D



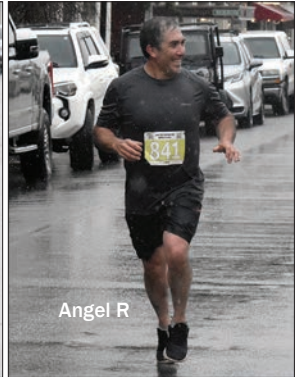
Chris C



Galen H



Andrea W



Angel R



Kaden L



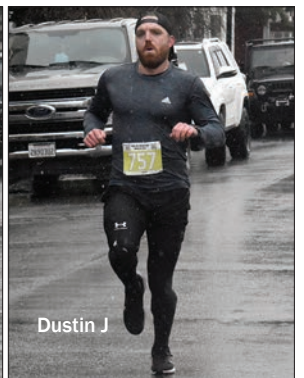
Nicholas V



Doug H



Casey A



Dustin J



Jeff H



Todd R



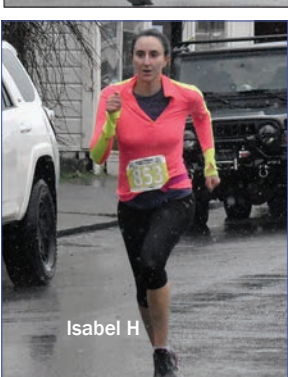
Jenna L



Kobe J



Jose O



Isabel H



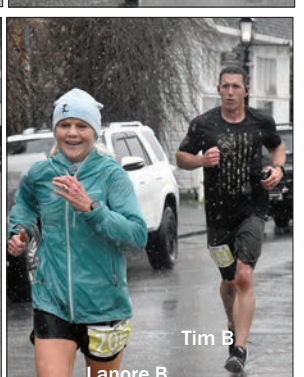
Cody B



Sung C



Sheryl H



Lanore B  
Tim B



Paul K

Justin C



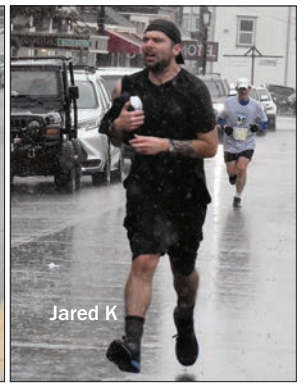
Alisha D



Shawn M



Amy S



Jared K

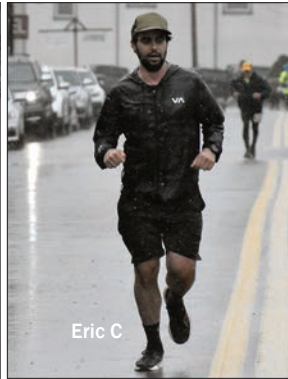


David S



Jordyn D

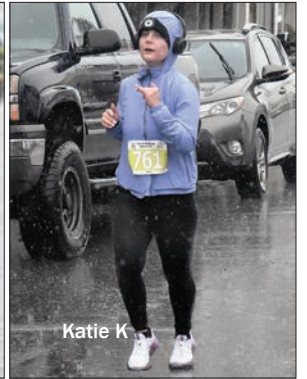
Amber C



Eric C



Cyril C

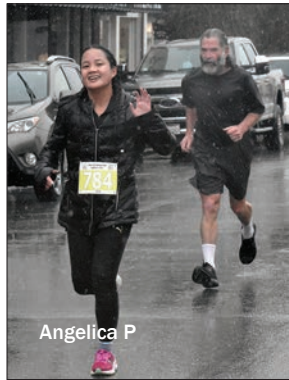


Katie K



Fela P

Emmanuel P



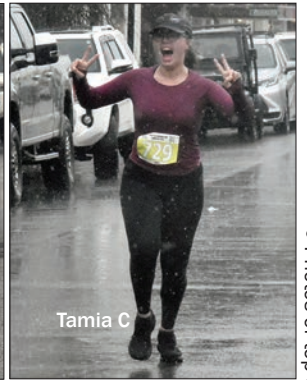
Angelica P



Matthew M



Leslie O

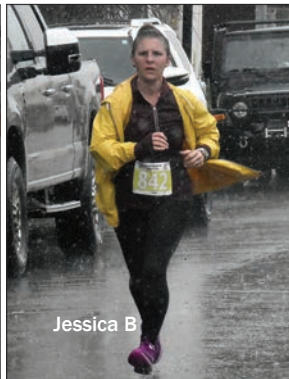


Tamia C



Melika H

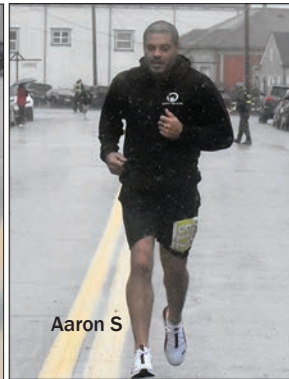
Lucy C



Jessica B



Chrystal A



Aaron S

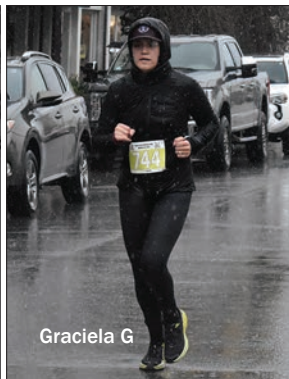


Madison H

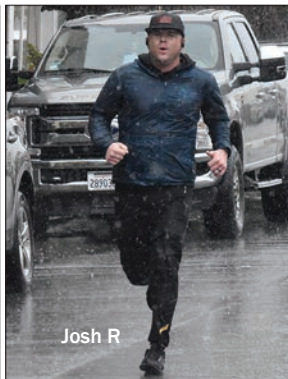


Christina B

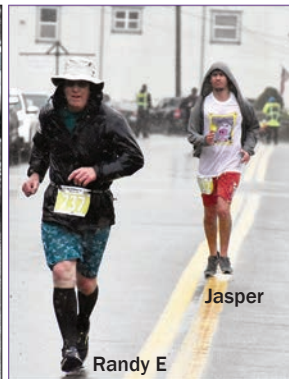
Brendan M



Graciela G



Josh R



Randy E

Jasper



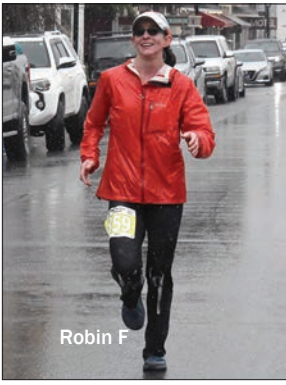
Lucas G

John A

• Photos of top 57 finishers are shown here. Visit <http://www.grrc.com> for the rest of the photos.



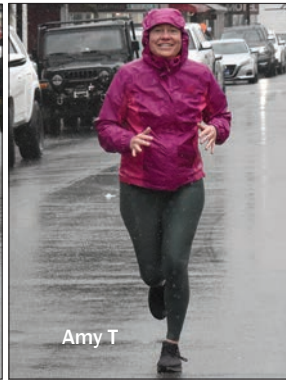
4M -- more finishers



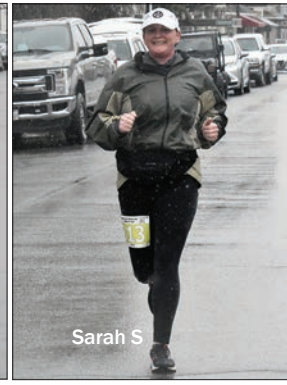
Robin F



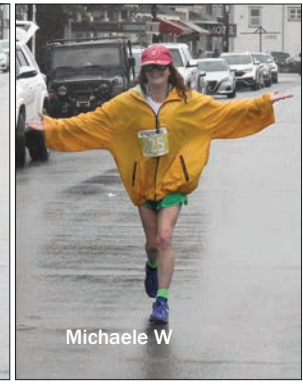
Debbie S



Amy T



Sarah S

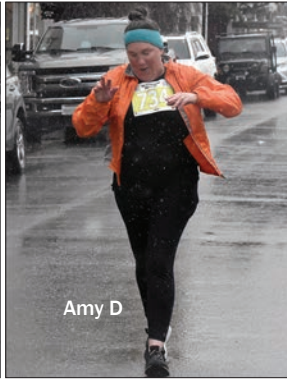


Micheale W

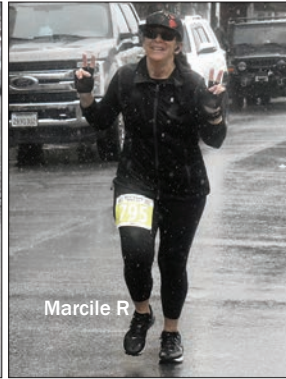


Julia S

Jack S



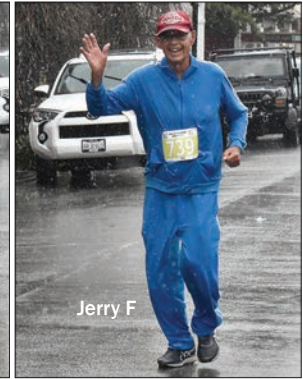
Amy D



Marcile R



Jib R

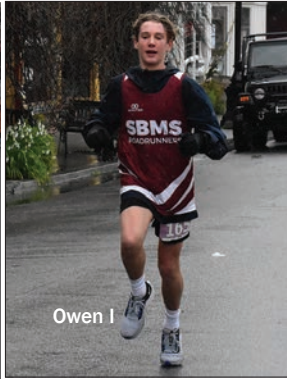


Jerry F

2M



Noah Macknicki  
2M Winner (M)  
11:33



Owen I

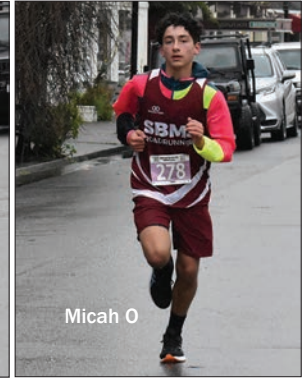


Soren J

Marcus R



Asher B



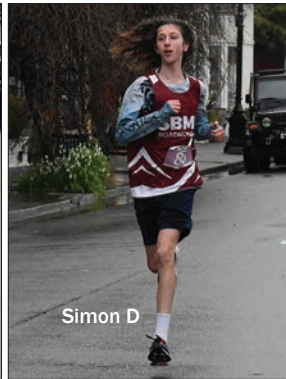
Micah O



Sebastian B



Claire Renner  
2M Winner (F)  
14:40



Simon D



Luke S

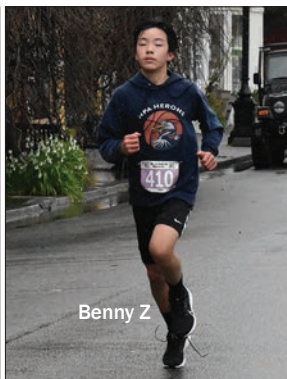


Holden R

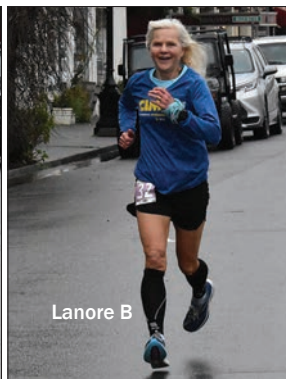
Bret R



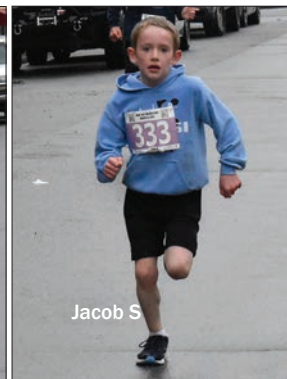
Mateo J-B



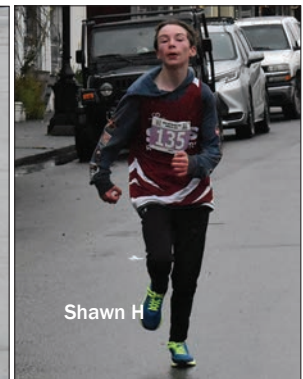
Benny Z



Lanore B



Jacob S



Shawn H

• Photos of top 17 finishers are shown here. Visit <http://www.Grrc.com> for the rest of the photos.



# Arcata Community Forest Run

## 2M

Place	Name	G/age	Time
1	Duke Atkins	M08	17:24
2	Zach Whitley	M30	17:25
3	Cooper Hubbard	M13	18:25
4	Olivia Spellmeyer	F08	19:18
5	Cyril Carl	M77	19:38
6	Amber Cavanaugh	F39	19:56
7	Tamia Crackel	F22	20:08
8	Sophia Spellmeyer	F11	20:27
9	Beth Spellmeyer	F40	21:35
10	Angie Pearson	F47	22:28
11	Maddie Ruiz	F28	23:57
12	Sage Hartling	F11	24:09
13	Nate Prince	M38	24:57
14	Chelsea Jensen	F40	25:16
15	Katrina Wright	F43	26:12
16	Julia Roybal	F09	26:22
17	Pep Roybal	F46	26:26
18	Laurie DeKeyser	F46	27:37
19	Nutthaporn Valdez	F40	28:00
20	Donny Holiman	M54	36:56
21	Evelyn Bertell	F52	37:06
22	MaryAnn Johnston	F69	44:12
23	Ryan Roybal	M11	44:35
24	Richard Roybal	M47	44:36

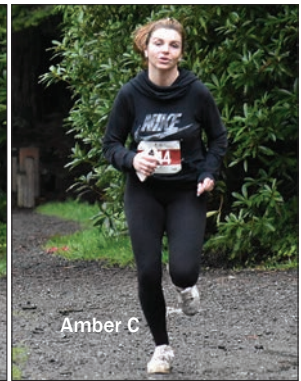
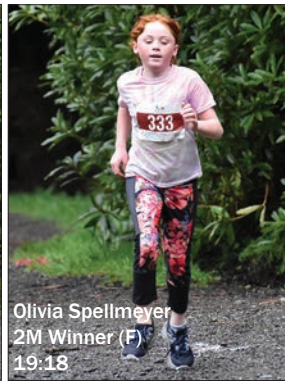
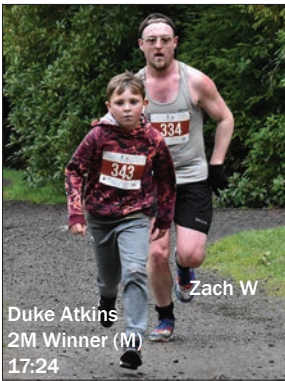
## 5.5M

Place	Name	G/age	Time
1	Drake Bernards	M32	38:13
2	Cove Bavin	M18	39:18
3	Matthew Kidwell	M42	41:28
4	Antonio Maggi-Brown	M24	42:05
5	Sebastian Amaro	M14	42:55
6	Caleb Hill	M28	43:06

7	Galen Hammitt	M32	43:55
8	Sky McKinley	M47	44:25
9	Chris Christianson	M47	44:55
10	Olivia Black	F24	45:48
11	Noah Angel	M24	46:36
12	Caleb Turner	M21	47:11
13	Doug Hartling	M40	47:48
14	Rob Amerman	M50	47:58
15	Dylan Fluet	M34	48:01
16	Jake Johnson	M48	48:32
17	Silvia Manzo	F40	49:52
18	Jenna Larson	F37	50:07
19	Juan Ornelas	M14	50:34
20	Jeff Haag	M64	51:01
21	Corey Matson	M39	51:07
22	Isabel Hirsch	F34	51:11
23	Jen Foesig	F51	51:28
24	Lanore Bergenske	F66	51:36
25	Sarah Sanders	F44	51:59
26	Richard Engel	M60	53:16
27	Jose Ornelas	M36	53:21
28	Alicia Mengel	F44	53:25
29	Robin Baker	F35	53:50
30	Mak Chapman	M64	53:56
31	Dave Park	M39	54:31
32	Kelley Sheehy	F58	54:54
33	Caroline Carson	F62	55:57
34	Pete Ciotti	M46	55:58
35	Shawn Magnuson	M54	56:11
36	Tom Davies	M58	56:32
37	Trevor Estlow	M52	58:24
38	Paul Kinsey	M68	59:24
39	Alan Grau	M70	1:00:20
40	Tom Dewey	M64	1:00:49
41	Tara Vu	F42	1:01:46
42	Simona Carini	F61	1:02:07

43	Jordyn Davis	F25	1:02:08
44	Kathleen Brubaker	F58	1:02:49
45	Amber Coley	F53	1:03:00
46	Marie Cappiello	F52	1:03:52
47	Erinn Knight	M47	1:04:16
48	Shannon Stacy	F45	1:05:51
49	Aaron Stacy	M46	1:05:51
50	Tom Martin	M76	1:06:05
51	Tj Chapman	F61	1:06:19
52	Marlene Allen	F68	1:06:29
53	Amy Taylor	F44	1:09:44
54	Robin Fraser	F45	1:09:45
55	Debbie Stamper	F70	1:10:34
56	Grant Bryant	M30	1:10:37
57	Dawn Durbin	F59	1:11:53
58	Randy Ememaker	M73	1:12:29
59	Bryan Ferguson	M70	1:12:45
60	Leah Stamper	F40	1:15:49
61	Berit Meyer	F66	1:16:39
62	Christina Torres	F36	1:18:07
63	Sandra Healy	F74	1:18:29
64	Jasper	M26	1:22:41
65	Naomi Stamper	F39	1:23:56
66	Marcile Raney	F63	1:26:09
67	David Turner	M46	1:31:59
68	Jib Ray	M83	1:35:28
69	Kathleen Lake	F67	1:36:39
70	Mr. Sunshine	M71	1:37:52
71	Shetty Myers	F68	1:39:30
72	Catrina Howatt	F57	1:41:08
73	Portia Matheson	F76	1:47:51
74	Lorraine Dillon	F73	1:47:52
75	Harry Kavich	M69	1:51:06
76	Brian Nolan	M52	1:51:07

## 2M





Sage H



Nate P



Chelsea J



Katrina W



Pep R

Julia R



Laurie D



Nutthaporn V



Evelyn B

Donny H



MaryAnn J



Ryan R

Richard R

5.5M



Drake Bernards  
5.5M Winner (M)  
38:13



Cove B



Matt K



Antonio M-B



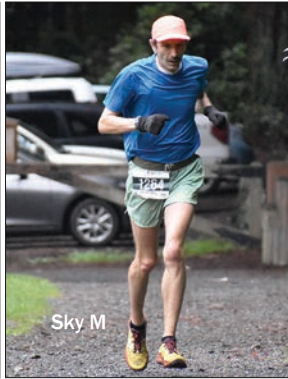
Sebastian A



Caleb H



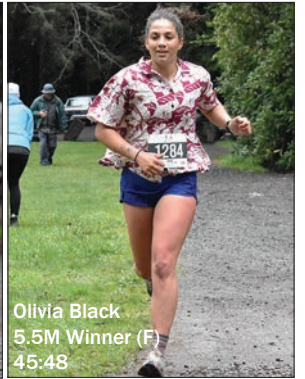
Galen H



Sky M



Chris C



Olivia Black  
5.5M Winner (F)  
45:48



Noah A



Caleb T



Doug H



Rob A



Dylan F



Jake J



Silvia M



Jenna L



Juan O



Corey M

Jeff H

• Top 21 runners are shown here. Please visit our webpage (<http://www.6rrc.com>, under 3/23/24) for the rest.



# SIX RIVERS 2024 23<sup>rd</sup> ANNUAL S R R C CIRCUIT

## Coming April events: Sue-meg Park 5K & 10K; Master's 10K

We are four races into this year's Circuit and despite the cold and wet weather, dedicated SRRC runners keep turning out and the competition has been heating up. Most brackets are too close to have a clear leader yet, but I'll be keeping my eye on a few in particular. My age group, 35-39 Female will be a tough one and it might just be the year that reigning Circuit Champion, Karen Kidwell, is unseated by Jenna Larson. Rob Amerman tells me he is going to win the 50-54 Male division, but Tony Sanchez might have something to say about that. Which competitions are you watching closely? Drop me a note at <[6rrccircuit@gmail.com](mailto:6rrccircuit@gmail.com)> and let me know. If you do, you may just win a running related prize (no, it won't be a bonus win in your division). Remember that in addition to running six races of at least three miles, you must complete a service component to complete this year's Circuit.

This month, I'll only be featuring runners who have completed at least two races.

### 14 & Under Male:

**Juan Ornelas** and **Sebastian Amaro** have both won two races this year but have only raced each other once at the Arcata Community Forest Run with Sebastian coming in ahead of Juan. **Felix Porter** and **Westley Porter** have completed three races. **Joseph Rivera** and **Oliver Stamper** have completed two races.

### 14 & Under Female:

**Sage Hartling** is leading this division with one first and one second place finish. **Arianna Porter** has completed three races. **Aileen Ornelas** and **Emily Hartling** have completed two races.

### 15-19 Male:

**Ocean Goodrich** has completed two races and came in first at the Hour Run. He has some fast competition, none of whom have yet completed more than one race.

### 20-24 Male:

**West Wood** has taken first in this division at Foggy Bottoms and the Hour Run. He has completed three races. **Ayden Davis** has completed two races coming in second to West both times.

### 20-24 Female:

**Elana Suarez** started out the year by winning this division at both the Resolution Run and Hour Run but she hasn't been to a race since.

### 25-29 Male:

**Jasper** has run all four races this year and is the only runner in his age group to complete more than one race.

### 25-29 Female:

**Jordyn Davis** ran Foggy Bottoms and the Arcata Community Forest race, taking first both times. She is also the only person in this division to have completed at least two races.

### 30-34 Male:

**Galen Hammitt** has completed three races and has come in first, second, and third. Still, he is the only runner to have completed more than one race.

### 30-34 Female:

New to the Club last year, **Isabel Hirsch** is quickly making her presence known. She has run three races this year, taking first each time.

### 35-39 Male:

**Doug Hartling** leads this division with four first place finishes. **Jose Ornelas** has also completed four races. **Tim Burres** and **Nathan Brinckhaus** have completed two races.

### 35-39 Female:

Gosh, do I feel sorry for anyone who must race in this division! These are some fast runners! **Jenna Larson** has completed three races, taking first each time including at the Resolution Run which was her only race against Karen Kidwell this year. **Christina Torres** has completed four races and came in first at the Hour Run. **Naomi Stamper** and **Crystal Porter** have completed three races. **Robin Baker** has completed two.

### 40-44 Male:

**Matthew Kidwell** ran the Resolution Run and Arcata Community Forest, taking first both times. **Shawn Porter** has completed three



by "Robin Baker" <[6rrccircuit@gmail.com](mailto:6rrccircuit@gmail.com)>

aces. **Casey Ales** and **Josh Rayburn** have both completed two races.

#### 40-44 Female:

This is another tough division! **Amy Taylor** has completed all four races. **Robin Fraser** has raced three times taking a first in this division at the Hour Run. **Leah Stamper** and **Sarah Sullens** have each completed three races. Boston Qualifier **Alicia Mengel** has completed two, taking first at the Resolution Run.

#### 45-49 Male:

**Chris Christianson** has run all four races with a first in his division at Foggy Bottoms. **Sky McKinley** has beaten Chris twice at the Hour Run and ACF. **Jake Johnson** has also completed three races. **Iain Harley** and **David Turner** have each completed two races.

#### 50-54 Male:

**Rob Amerman** is following through on his promise to win this division with first place finishes at the Hour Run and ACF. **Shawn Magnuson** has run all four races this year. **Tony Sanchez** and **Sung Choi** have each run two races.

#### 50-54 Female:

**Jen Foesig** took first in her division at the Resolution Run and ACF. **Amber Coley** has completed three races and came in first in the division at Foggy Bottoms. **Marie Cappiello**, **Becky Chapman** and **Susan House** have all completed two races.

#### 55-59 Female:

**Catrina Howatt** has completed three races. **Dawn Durbin** has completed two races.

#### 60-64 Male:

Can **Jeff Haag** hold on to his Circuit Champ title? So far, it looks promising as he has run three races, coming in first in his division in all three. **Tom Dewey** has also completed three races and took first in his division at the Hour Run.

#### 60-64 Female:

**Caroline Carson** has run three races, taking first in her division twice. She has a tough road ahead with newcomer **Andrea Wright** joining the Circuit. Andrea ran the Hour Run and Foggy Bottoms, taking first in her division at both. **Marcile Raney** has completed four races. **Michaele Whitely** has completed two.

#### 65-69 Male:

**Paul Kinsey** has competed in all four races and taken first in his division three times. **Harry Kavich** has run three races. **Mishka Straka** and **John Carson** have each completed two races.

#### 65-69 Female:

**Lanore Bergenske** is sweeping her competition, taking first place in her division at all four races. **Debbie Stamper** has also run all four races so far this year. **Marlene Allen** and **Sherry Myers** have run three and **Kathleen Lake** has run two.

#### 70-74 Male:

Could this be the year for **Randy Emenaker**? He's run all four races, finishing first at his division at the Resolution Run and Foggy Bottoms. **Alan Grau** has raced Randy twice and won both times. **Mr. Sunshine** has completed three races. **Brian Ferguson** has run two.

#### 70-74 Female:

**Lorraine Dillon** has completed two races and took first in her division at the Resolution Run.

#### 75-79 Male:

**Cyril Carl** is off to a strong start with three first place finishes. **Tom Martin** has completed two races, taking a first in his division at one.

#### 75-79 Female:

**Portia Matheson** has run three races and taken first at two.

#### 80-84 Male:

**Jib Ray** has run three races, with first in his division at all three.

#### 85-89 Male:

**Jurgen Giessel** has completed two races.



## April Races Lost or Morphed

April started as a relatively quiet month in SRRC land, but soon became relatively active. The **Hour Run** was the original race. I know; the race is still held on the HSU (CPH) track, and despite what physicist are saying about gravity bending time, still lasts for an earth hour, changes have occurred. In the first place, the track is now 400 meters in distance instead of 440 yds. There is a difference. Originally, the Hour Run was preceded by a 12 minute run. Now, accompanying events include a 400 m dash and the SRRC, and quite possibly the World championship mile run. Post race events have changed considerably over time. Back then other track events (thankfully no field ones), usually accompanied by considerable beer consumption, ensued. Time and University policy put an end to the run. 1976 witnessed an all-time great SRRC performance by HSU great **Chuck Smeed**, who raced for 12 miles and 300+ yards that day.

For a brief span, the **Avenue of the Giants Relay** graced the April calendar. Since the time was near to mark the course for the upcoming marathon, some folks decided to hold a four person relay covering the course. The first year's winner was no other than **Chuck Smeed** and his wife **Carol**. CHUCK RAN THE FIRST 20 AND Carol the last 6 plus, soundly defeating the four-person teams. My team that year was composed by a woman running with her little dog, a young man in tennis shoes who had never run more than a mile, and an older gentleman not known for speed. I anchored the team. By the time I finished, almost everyone was GONE! Thank goodness I have a patient wife. Interest waned, and the relay became a fond memory.

For a while the **Rhody Run 10K** gave runners a tune up for the Ave events held the following week. Held in conjunction with Eureka's Rhody celebration, the race attracted a goodly number of runners. The 10K was an out-and-back, starting and ending in Henderson Center. One year, an elderly woman drove her car through a barrier, nearly, but luckily not, wiping out several runners. Also, the race witnessed the only death. **Ed Taylor** was warming up on a side street when he was felled by a heart attack. His death wasn't known until after the race was over. At least he went out doing what he dearly loved to do. Logistics and insurance costs have rendered the Rhody Run a distant memory.

Finally, there is the **Masters 10K**. The brain child of artist **Hobart Brown**, the race is handicapped based on age and gender. (You have to be forty or over to enter.) Hobart envisioned runners wearing capes, but that idea fell flat. Originally held in Eureka, the race has been moved to the Clam Beach area, where it has seen a few course changes, one caused when a land slide blocked part of a frontage road. In the early years, **Bill Van Fleet**, an older and rather good runner, proved difficult to catch. Later on, **John Zinselmeir**, a gifted runner, put together an impressive string of victories. It wasn't a matter of if, but when, John would pass you. Today the championship seems wide open.

That about does it for April. In May, we shall encounter The Ave and Atlanta's Victory. -- **Bill Daniel** <drd4462@att.net>



# Awards, Meeting & Party



• Please visit our webpage (<http://www.Grrc.com>, under 3/23/24) for more photos.

# 560 miles in 6 days

## The World's Best Ultrarunner

by Sherman Schapiro <shsch1@gmail.com>

560 Miles in 6 Days: **Camille Herron** Sets New Women's World Record Run (old record stood for 34 years!) <irunfar.com>

American ultrarunner Camille Herron has set another world record.

This time, Herron ran 560.33 miles (901.8km) to set a new women's six-day world record at the 2024 lululemon FURTHER event in **La Quinta, California**.

The event ran **March 6-12, 2024** to coincide with International Women's Day on March 8. New Zealand's Sandra Barwick set the previous record of 549.063 miles in Australia in 1990, a record that's stood for 34 years.

Herron broke that record by more than 11 miles and also achieved at least 12 interim world records and milestones along the way. Her effort comes out to an average pace of at least 15:22 per mile over the entire six days. This includes hours of stopped time, which Herron used for sleeping, resting, eating, drinking, and more.

The race was held on a 2.55-mile loop made up of largely dirt. Herron ran 220 laps.

Here are the records, world bests, and other milestones that Herron hit en route.

- 48-hour USATF American road record – 247.7 miles
- 300 miles – 59:54:58 (hours:minutes:seconds)
- 500 kilometers – 62:50:45
- 3 days – 342 miles
- 600 kilometers – 81:23:38
- 400 miles – 88:34:26
- 4 days – 429.8 miles
- 700 kilometers – 98:33:59
- 800 kilometers – 117:44:55
- 500 miles – 118:19:17
- 5 days – 501.7 miles
- 900 kilometers – 142:40:58
- 6-day IAU world best performance benchmark – at least 560 miles



----- from Wikipedia -----

Jacquelyn Camille Herron is an American ultramarathon runner and scientist born on December 25, 1981 in Norman, Oklahoma.

## SRRC Crossword Puzzle

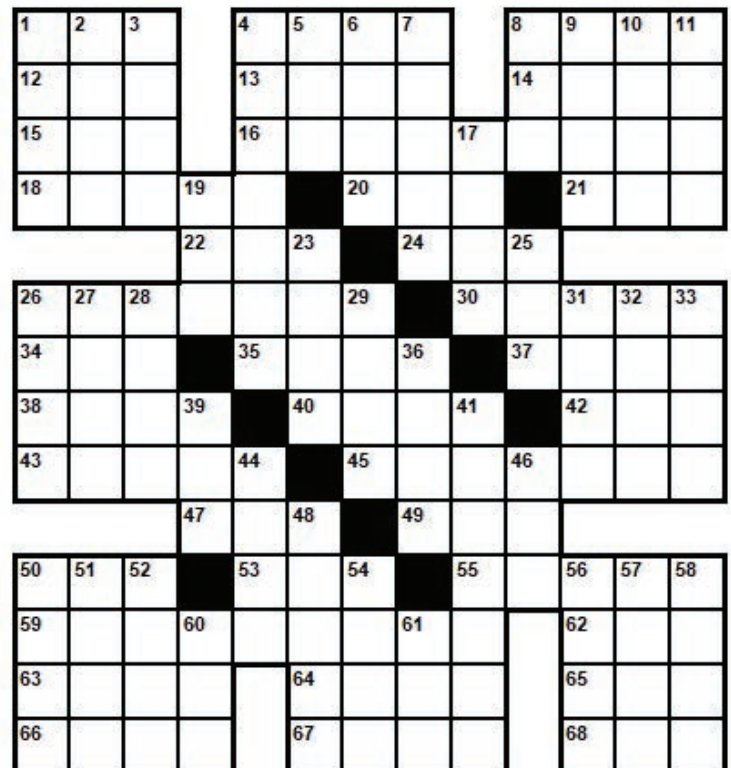
### ACROSS

- Die spot
- Slangy denial
- Church recess
- Our country
- Part of a superhero's costume
- Abbr. for one no longer working
- Boast for an alternative achievement, part 1
- Fix up, for short
- "Green" prefix
- Attempt
- Cushion
- Pull
- Boast for an alternative achievement, part 2
- Wanderer
- Get something wrong
- Beginning of a pirate's chant
- Fictional submarine captain
- "Gentlemen"
- Weakens
- Help
- Implicit
- Boast for an alternative achievement, part 3
- Road or roof repair material
- Swipe
- Request
- Honey maker
- Lawful
- Boast for an alternative achievement, part 4
- Flightless Australian bird
- At most
- Element 26
- The goal in some sports; the barrier in others
- Abominable snowman
- Book leaf
- Compass point

### DOWN

- Feline hum
- Aha!
- Trail
- Young parents' pride and joy
- Cheer at a corrida
- How fast one runs
- Pass, as legislation
- Play a role
- Section
- Horseman's heel appendage
- One, in a kid's counting rhyme
- Middy
- Liabile
- Pairs
- Finished first
- Celebration
- Operatic solo
- Us runners, collectively
- Melt
- Denote
- Surrounded by
- Extinct South Pacific bird
- Unrestricted
- Perch
- Asymmetrical triangle
- Forbidden (variant)
- Presidential nickname
- Fasten again, in a way
- Lawyer's abbr.
- Runner's gear
- Retained
- Old Testament book
- Certain DNA segment
- "You can say that again"
- Stringed instrument
- Greek consonant
- Felled tree trunk

Statue of Saint Nicholas Basilica in Bari, Italy Oct. 2023



"Ken Yanosko" <kenyanosko@sbcglobal.net>

# Upcoming Events

Six Rivers Running Club  
P.O. Box 214  
Arcata, CA 95518-0214

NONPROFIT  
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U.S. Postage  
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Eureka, CA  
Permit No. 43

SAT., APR 13, 2024 << **SRRC race** >>

**Master's Race.** {\$10 for nonmembers, free for SRRC members} **10K** at 10AM. Starts at the north parking lot of Clam Beach. This 10K race is for runners **40 years old and older.** It is age graded and your start time is based on your age, with the oldest starting first. So it will be a "staggered" start, which makes registration in advance very helpful. Visit our webpage ([www.6rrc.com](http://www.6rrc.com)) for **online signup.** For more information contact **Mark Ellis** at <[mg8ellis@gmail.com](mailto:mg8ellis@gmail.com)>.

SAT., APR 20, 2024 << **SRRC race** >>

**52<sup>nd</sup> Sue-Meg Park Run.** {\$10 for nonmembers, free for SRRC members} **5K** and **10K** at 10AM. Start and finish near the entrance to Sue-Meg (formerly Patrick's Point) State Park, north of Trinidad. This is a beautiful run through the park. Carpooling for this event is strongly encouraged because there will be a \$8 fee per vehicle! For more information contact **Jack West** at <[jandjwest@yahoo.com](mailto:jandjwest@yahoo.com)>.

SUN., MAY 5, 2024 << **SRRC race** >>

**52<sup>nd</sup> Avenue of the Giants.** {fees for all} For more information visit <https://theavev.org/>.

SUN., MAY 12, 2024 << **SRRC race** >>

**41<sup>st</sup> Atalanta's Victory Run.** {fees for all} For more information visit <https://www.atalanta-run.com/>.

## Sunday Morning Run.

Everyone is welcome. **Small group** meets at 7:30AM at the corner of L.K. Wood Blvd. and Granite Ave. in Arcata. Runs to the Arcata Marsh and back by 9:20AM or so. Ask **Gary Timek** <[gtimek@aol.com](mailto:gtimek@aol.com)> for more information.

## Saturday Morning Run.

Everyone is welcome. **Small group** meets across the 700 block of the Fickle Hill Road, next to the Arcata Community Forest at **9:00AM** and runs through Arcata Community Forest. Ask **Mishka Straka** <[pvpathway@gmail.com](mailto:pvpathway@gmail.com)> for more information.

## Wednesday Afternoon Run.

Everyone is welcome. Participants meet at a different place in Arcata or Eureka at **5:30PM** and (usually) runs through Arcata marsh or Eureka. Ask **Jeff Haag** <[haag@humboldt.edu](mailto:haag@humboldt.edu)> for more information.

- For more info, visit <http://www.6rrc.com>



### HUMBOLDT COUNTY ELEMENTARY/MIDDLE SCHOOL 2024 TRACK SCHEDULE K-8<sup>TH</sup> GRADE



DATE	MEET	LOCATION	START TIME	END TIME	GRADE
Wed. February 7	Track Meeting	Jacoby Creek Library	6:00 PM	7:00 PM	K-8 Coaches
Thurs. February 29	Track Clinic	College of the Redwoods	4:00 PM	6:00 PM	Coaches Parents
Tues. April 2	Cal Poly K-4 Meet Sarah Ingram	Cal Poly Humboldt	4:30 PM	7:30 PM	Kindergarten to 4 <sup>th</sup> Grade
Thurs. April 4	Cal Poly & CR S. Ingram/R. Elmore	Cal Poly Humboldt	3:30 PM	8:00 PM	5-8
Thurs. April 11	Arcata High Davita McGoldrick	Arcata High School	4:30 PM	7:30 PM	Kindergarten to 4 <sup>th</sup> Grade
Thurs. April 25	Fortuna Invitational	Fortuna High School	3:30 PM	8:00 PM	5-8
Sat. May 11	Championships Breanna Cahoon	Fortuna High School	10:00 AM	2:00 PM	5-8
Wed. May 15	Del Norte Invitational	Del Norte High School	3:30 PM	7:00 PM	6-8

All athletes must register on [Athletic.net](http://Athletic.net) in advance to compete. Results will be posted on [athletic.net](http://athletic.net). This meet offers a great experience for 6<sup>th</sup>-8<sup>th</sup> grade runners.

Please note: Ending times for all meets are approximate.

\*These meets are not guaranteed. We need to make sure we will be able to use the facilities.

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Ellie at Dr. Wonenberg, DDS



SOROPTIMIST INTERNATIONAL OF ARCATA  
SERVING THE GREATER MAD RIVER AREA