

The 22nd 4th of July Katherine McCaughey Memorial Run

Overcast skies did not keep runners away ... many comments about 'perfect running weather' were heard throughout the crowd. Personally, I was hoping for sun because I had 200+ pop-sicles in ice chests waiting for finishers!

We had 202 finishers, what a great turnout for this event! A really, really big thank you goes to **Yoon** - not only for all the photos on the website as usual, but especially for the results up on the website before we even had our race equipment cleaned up, out of the parking lot, and put back in storage!

Thank you to all our **volunteers** - **Becky, Michael O'Neill,** and **Yoshi Uemura** on traffic; **Sarah Landis, Carla Kraus, Cindy Timek, Sarah McCaughey,** and **Brian McCaughey** on registration (we registered 208 people in 1 hour and 4 minutes); **Reed Elmore** was our timer; **Holly Sage, Orlean, Carla,** and **Paul Kraus** worked the finish line and results boards; **Holly** and **Jasper** (the tallest man) also helped with our raffle and watermelon give away.



James Washington usually gets most of the course set-up the night before - but we had a slight mix-up this year and were scrambling in the early morning to get the course completed - thanks to **Yoshi** and **James** for getting the course marked, we started (almost) on time, and no one got lost! **Timothy McClure** - thank you for setting out the mile markers, everyone who helps is appreciated! It was a happy 4th of July!

This year we raised \$1,820 for the **Katherine McCaughey Memorial Scholarship Fund**. Katherine was an outstanding student, cross country runner, and track athlete at Arcata High School from 1993-1996. In July of 1997 James and I were putting together the 1st annual SRRC 4th of July 5K at the Arcata Marsh (formerly the SRRC 4th of July Jubilee 10K on the Arcata Plaza) Katherine was just home for the summer from her first year of college, and came out to run the 5K. We had 128 runners that year, she came in 30th, singing and dancing on the air like a butterfly, not touching down for long, then off fluttering around again saying hello to everyone, congratulating all the finishers behind her. She loved the Arcata Marsh. She loved how the city turned a sewer treatment plant into a beautiful place for winged creatures. Her excitement for life was infectious. 3 days later Katherine was killed by a hit and run driver in Eureka.

The Katherine McCaughey Memorial Scholarship Fund was set up that summer with the Humboldt Area Foundation by Sarah McCaughey, Brian McCaughey, and James Washington. With SRRC Board approval, entry fees from the 5K event are gifted to the HAF Fund each July. Recipients of the scholarships are then chosen by HAF staff administrators from all eligible applicants (AHS seniors who participated in cross country and/or track & field). Since 1998, scholarships in the amount of \$8,500 have been awarded to 17 students.

The Fund has grown considerably over the years, so with input from Gary Timek, Sarah, Brian, James, and myself, the HAF is making updates to the Fund which will allow for additional scholarships to be awarded each year, as well as opening the application process up to seniors from all Humboldt/Del Norte League high schools who participated in cross country and/or track & field. Katherine would have been proud of all of us for making these changes to include more student athletes, and from all of the HDN league high schools. Her memory lives on!

- **Marlene Allen** <allens@humboldt1.com>

Golden Gate Trail Run: 50K

Sat. July 7, 2018

Rodeo Beach, Sausalito, CA

Congrats!

Really beautiful course. 6,580' of elevation gain. Only drawback was course marking was the worst I had ever seen. For **West** it was his first ultra (and of course a PR). For myself I set my old man (after age 50) PR. West also snagged 2nd in age group and I took 3rd in age group (ten year brackets). The person that won the marathon had a 10:50 pace and West was still holding a 10:15 pace when he passed through 26.2 miles. So if West had run the marathon he would have won it. There were 48 finishers.

- **Mike Wood** <mikewoodbooks@gmail.com> wrote on Wed, Jul 18, 2018:

OvPl	Name	G/age	City	Time	Pace	AgeDiv
9	West Wood	M15	Trinidad, CA	5:39:25	10:57	2/2
18	Mike Wood	M59	Trinidad, CA	6:18:56	12:13	3/9

