



Fourth of July 5K  
Arcata Marsh  
9:30 am, Thur., July 4, 2024

# July Minutes

# Congratulations!

Wed., Jul. 10, 2024, 6:30 p.m. at El Chipotle in Arcata. Board members in attendance: **Juan Reyes, Jamey Harris, Mark Ellis, Marlene Allen, Sarah Sullens, Matthew Kidwell, Thomas Nolan, Jessy Preciado, Jorge Preciado** and **Gary Timek**. Guests: **Cindy Timek** and **Reed Elmore**.

## OLD BUSINESS

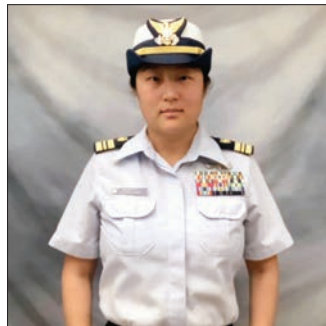
- A. Dow's Prairie 2M & 7.1M (Sat., 6/15/24) recap:** 75 finishers. Course had to be rerouted due to construction, making the race 7.1 miles. Other than that, everything went well.
- B. July 4<sup>th</sup> 5K (Thurs., 7/04/24) recap:** 204 finishers, great weather. The majority of the set up, clean up and day of help was done by AHS track team and staff. Matthew motions to donate proceeds (\$1,300) from the race to AHS track, Juan seconds. Motion passes.
- C. The Ave financial statement:** Another financially successful event.

## NEW BUSINESS

- A. First Aid:** Jessy will check first aid kits in the shed. A defibrillator will be purchased and present at all races.
  - B. Rode Run 5K (9:00 am, Sun., 7/14/24) recap:** Permits are in, everything is set to go ahead as usual.
  - C. Sand Dollar Shuffle Run 5M (9:00 am, Sat., 8/03/24):** Everything is in the works and should be set to go.
  - D. CR Sports Auction & Dinner (5:00 pm, Thurs., 8/15/24):** 5-9 pm at the CR Gym, club will purchase a table.
  - E. Other:** Hammond Trail 5K (9:00 am, Sat., 9/07/24) will need volunteers, contact Sarah Sullens <sarahsullens10@gmail.com> if interested.
- **Next meeting:** Babe's in Cutten; Dinner at 5:30, Meeting at 6:30 pm, Wed., Aug. 7, 2024. Ask Gary Timek <gtimek@aol.com> for details.



Jiah Barnett has been promoted to Lt. Commander. US Coast Guard, June 2024.



Rodeo Run, Fortuna July 14, 2024



**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

### SRRC BOARD OF DIRECTORS

#### 2024-2025

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 Jessy Preciado\*\* jenglishjohnson@gmail.com 845-6838  
 Gary Timek\*\*\* gtimek@aol.com 845-5147

### SRRC OFFICERS

**President\*\*\*** Gary Timek  
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**Vice President\*\*** Matthew Kidwell  
<matthew5513@yahoo.com>  
**Secretary\*** Jessy Preciado  
<jenglishjohnson@gmail.com>  
**Treasurer** Cindy Timek  
<ctimek@aol.com>

### SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>

# Hola from El Camino de Santiago

Mike Wood <oneononerunner@gmail.com> wrote on Wed, Jun 26, 2024:

Hello Everyone,

In May, **West Wood** and I ran **El Camino de Santiago**. We started in St. Jean Pier de Port in France and finished on the Spanish coast at Noia. We ran a total of **535 miles** while carrying all of our own gear. It took us **nineteen days** and that included two rest days. We passed a total of 3,146 other pilgrims. Other than bike riders, no one passed us. My partner, **Kate Gentry**, biked alongside us for the final 120 miles. I've attached a selection of photos.

Thanks,  
Mike Wood



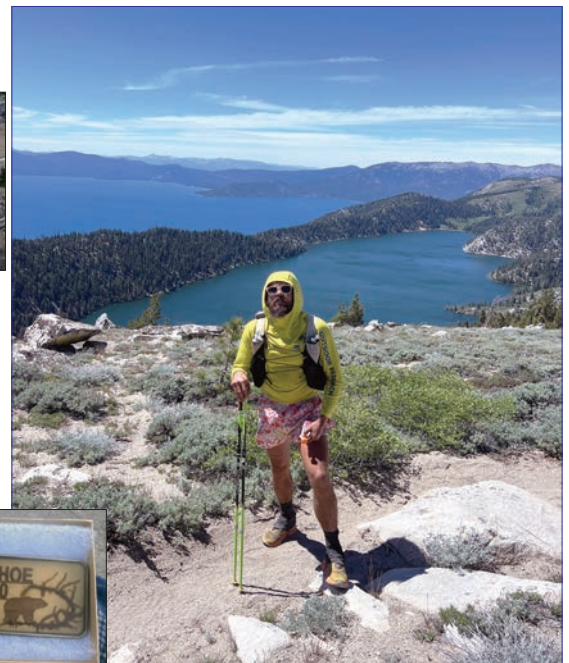
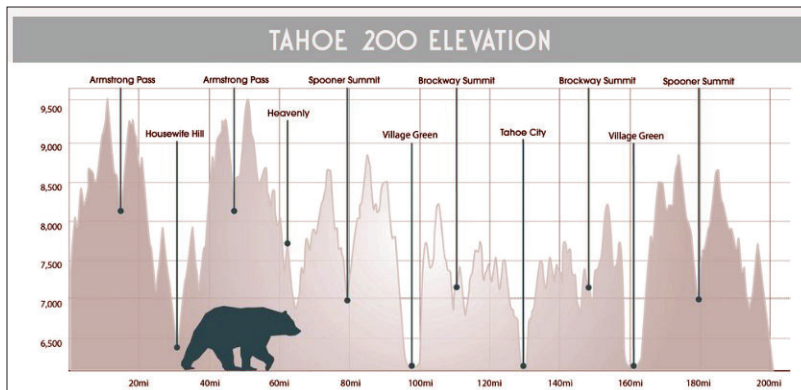
## Lake Tahoe 200-M Endurance Run

Thomas Nolan <thomasnolan22@gmail.com>

### Lake Tahoe 200-Mile Endurance Run

9:00 am, Fri., Jun. 14, 2024

OvP Name	G/age	Home	Time
42 Thomas Nolan	M30	McKinleyville	80:34:59





# 4<sup>th</sup> of July 5K -- Arcata Marsh

by "Marlene Allen" <allens@humboldt1.com>

**Thank you** from **James Washington & Marlene Allen** to all our volunteers – **Sherry** and **Lorraine** at registration, **Paul, Jack, Yoshi, Brandon, Don,** and **Carla** at the finish line, **Reed** for leading the way on his bike, **AHS students and parents** for all the course monitoring positions.

Over 200 registrants, over 200 popsicles consumed, and over 70 degrees at the finish. As always – plenty of watermelons, yogurt coupons, and pizza coupons for a fun time on the 4th. SRRC will donate proceeds of \$1,300.00 to AHS Track. Thanks everyone! – **Marlene Allen**



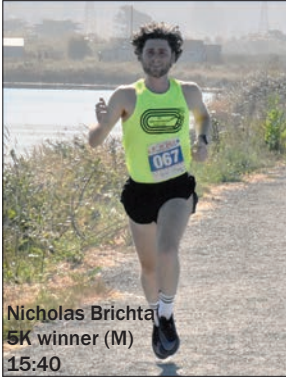
**Thank you** to all of our volunteers, donors, and participants. A special **THANK YOU** to **Murphy's Markets, Safeway, Westside Pizza, Jogg'n Shoppe, Redwood Yogurt, SRRC, Marlene Allen, Sherry Myers, Dave & Kim, Jack West, Yoshi Uemura, Reed Elmore, Toby Shao, Carrie Browne, Brandon Browne, Levi Browne, Clark Browne, Sydney Ventuleth, Evan Poston, Dave Kitchen, Hanh Trieu, Andrew Trieu, Madison Trieu, Yogi Trieu, Brock Rosales, Serah Blackstone-Fredericks, Nehla Espiritu-Blackstone, Zoë Cappuccio, Eóin McGoldrick, and Erik McGoldrick.**  
– **James Washington**

Place	Name	G/age	Time				
1	Nicholas Brichta	M24	15:40	58	Brayden Ford	M14	26:49
2	Christopher Dudley	M29	17:44	59	Rebecca Matias	F33	27:33
3	Tommy Becannon	M21	17:57	60	Mike Williams	M63	27:37
4	Tegan Thompson	M24	18:28	61	Summer Morales	F16	27:44
5	Henry Hashem-Lamb	M24	18:35	62	Aaron Morales	X49	27:46
6	Rowan Magnuson	M16	19:25	63	Michael Reinman	M57	27:57
7	Everett Docherty	M17	19:30	64	Colleen Carrer	F39	28:06
8	Brent Ritschel	M30	19:50	65	Katrin Lemmon	F34	28:11
9	Brooke Coelho	F28	20:07	66	Kathleen Brubaker	F59	28:15
10	Amelia Jackson	F28	20:08	67	Bob Powers	X53	28:19
11	Galen Hammitt	M33	20:25	68	Tristan Giacomini	M09	28:24
12	Paige Wagar	F28	20:52	69	Cal Willey	M08	28:33
13	Andrew Jones	M47	20:56	70	Marley McClure	M24	28:33
14	Sebastian Amaro	M14	20:58	71	Tj Chapman	F61	28:40
15	Steven Haug	M31	21:04	72	Chris Chu	M28	28:44
16	Caleb Turner	M21	21:06	73	Olivia Spellmeyer	F08	28:50
17	Noah Macknicki	M16	21:09	74	Pat Spellmeyer	M39	28:54
18	Doug Hartling	M40	21:27	75	Lynn Jones	F45	29:05
19	Brendan Lewis	M24	21:31	76	Natasha Niclai	F30	29:06
20	Parker Pierson	M14	21:40	77	Tom Martin	M77	29:10
21	Jake Johnson	M48	21:50	78	Colleen Toste	F61	29:16
22	Mariska Kessler	F21	21:58	79	Randy Emenaker	M73	29:27
23	Jon Crackel	M61	22:00	80	Hope Von Werlhof	F34	29:34
24	Jeff Haag	M65	22:02	81	Irelynn Schmid	F22	29:39
25	Jenna Larson	F38	22:19	82	Holly Hiatt	F24	29:39
26	Elizabeth Uemura	F25	22:21	83	Lucy Crackel	F54	29:42
27	Isabel Hirsch	F35	22:33	84	Becky Chapman	F53	29:55
28	Mark Chapman	M64	22:46	85	Kristin Chu	F24	29:57
29	Benjamin Powers	M19	22:50	86	Andrew Gerhard	M35	31:05
30	Hayden Smith	M29	22:52	87	Robin Fraser	F45	31:51
31	Che Jimenez	M21	22:56	88	Robert Ayers	M66	32:05
32	Jennifer Heidmann	F54	23:08	89	Shelley Tran	F25	32:20
33	Kieran Powers	M18	23:21	90	Lypin Lee	M25	32:20
34	Oscar Mogollan	M27	23:21	91	Mateo Murillo	M12	32:23
35	Richard Engel	M61	23:29	92	John Carson	M66	32:26
36	Zack Whitley	M30	23:35	93	Kaya Murillo	F19	32:31
37	Lanore Bergenske	F66	23:44	94	Kai Murillo	F50	32:31
38	Cedar Bunch Cramer	M15	23:49	95	Nat Maldonado	M29	32:41
39	Rob Amerman	M50	23:56	96	Crystal McKinney	F27	32:46
40	Kate Eilers	F32	24:18	97	Jasper	M27	33:05
41	Adam Ho	M41	24:29	98	Michaela Whiteley	F64	33:07
42	Dehority Jackson	M17	24:44	99	Marinna Gagnon	F16	33:11
43	Pam Willey	F44	24:53	100	Alena Gagnon	F19	33:12
44	Emma Knepp	F24	25:11	101	Amy Ziegler	F59	33:31
45	Shawn Magnuson	M54	25:17	102	Evan Von Werlhof	M32	34:16
46	Catherine Daum	F22	25:20	103	Amanda Colegrove	F46	34:25
47	Jonah Veerkamp	M12	25:28	104	Carrie Browne	F49	34:30
48	Zoë Ziegler	F27	25:29	105	Ryan Kerker	M41	34:43
49	Clark Browne	M14	25:39	106	Sage Hartling	F11	35:29
50	Caroline Carson	F62	25:40	107	Sofia Pereira	F36	35:42
51	Michael Gordon	M35	25:51	108	Felicia Yang	F29	36:17
52	Tanya Trump	M54	25:56	109	Stephanie Yang	F31	36:18
53	Tamia Crackel	F22	26:18	110	Hunter Kralj	M19	36:26
54	Bob Moore	M61	26:28	111	Alia Prentiss	F18	36:26
55	Robin Baker	F35	26:38	112	Ashtyn Campbell	F33	36:54
56	Illiana Banda	F23	26:39	113	Michael Gagnon	M50	37:06
57	Raja Bradford	F20	26:48	114	Rich Baker	M62	37:06
				115	Lori Gagnon	F48	37:08
				116	Lorraine Dillon	F73	37:09
				117	Mary Daniels	F67	37:11
				118	Cheryl Kelly	F66	37:33
				119	Debbie Stamper	F70	37:37
				120	Gabriella Balandran	F27	37:41
				121	Sophia Spellmeyer	F11	37:57
				122	Graciela Leal	F30	37:59
				123	Mei Hendrickson	F22	37:59
				124	Beth Spellmeyer	F40	38:21
				125	Rara Willey	F10	38:40
				126	Jonathan Nateras	M30	38:47
				127	Daniel Lipiec	M68	38:50
				128	Katelyn Warbritton	F26	39:05
				129	Marcilee Raney	F64	39:15
				130	Panchee Vang	F28	39:24
				131	Mr. Sunshine	M71	40:32
				132	Deanne Newhouse	F63	40:36
				133	Adriana Mendel	F31	41:08
				134	Liam Taylor	M16	41:26
				135	Azalea Wiseman	F06	41:27
				136	Doug Nelson	M52	41:28
				137	Rachel Wiseman	F45	41:29
				138	Jib Ray	M84	41:40
				139	Sarah Sullens	F44	41:41
				140	Sheyda Belmar	F09	41:57
				141	David Turner	M46	42:29
				142	Catrina Howatt	F57	42:34
				143	Sherry Myers	F68	42:36
				144	Linda Forbes	F81	42:43
				145	Malinda Damme	F??	42:49
				146	Mona Giacomini	F37	42:50
				147	Sophia Giacomini	F06	42:50
				148	Sheyda Gomez	F41	42:53
				149	Emily Hartling	F14	42:55
				150	Amira Ameduri	F14	43:16
				151	Lucas Ameduri	M44	43:17
				152	Maggi Gerhard	F36	43:59
				153	Chloë Cappuccio	F12	44:18
				154	Michael Gagnon	M13	44:18
				155	Mira Gagnon	F10	44:20
				156	Isla Archibald	F06	44:58
				157	Jo Archibald	F42	44:59
				158	Isabella Garcia	F26	45:20
				159	Sandy Lovfald	F65	45:36
				160	Bethany Haug	F28	45:37
				161	Rachel Wade	F38	45:37
				162	Jurgen Giessel	M87	46:17
				163	Sonya Jackson	F52	47:04
				164	Alia Dunphy	F45	47:19
				165	Meg Stampe	F34	47:31
				166	Kit Meyer	F43	47:32
				167	Linda Small	F29	47:38
				168	Cameron Small	M28	47:39
				169	Paul Murillo	M53	47:40
				170	Amy Turner	F46	48:18
				171	Ira Blatt	M78	48:50
				172	Portia Matheson	F76	49:32
				173	Dean Matheson	M65	49:35

174 Linda Vang	F29	50:03
175 Aileen Martin	F73	50:11
176 Maryann Johnston	F69	51:16
177 Oliver Wassom-Stamper	M03	51:50
178 Naomi Stamper	F39	51:50
179 Forrest Stamper	M80	51:51
180 Judith Cappuccio	F72	53:01
181 Jenny Cappuccio	F51	53:01
182 Deirdre Amaro	F50	53:19
183 Stacey Milica	F65	53:30
184 Whitney Petrey	F41	55:00
185 Michele Stover	F??	58:03
186 Stephanie Stover	F32	58:04
187 Aubrey Radford	F14	58:05
188 Lawrence Cappuccio	M73	58:30

189 Frank Cappuccio	M50	58:31
190 Nadya Ameduri	F11	59:59
191 Alice Finen	F46	1:00:01
192 Cate Be	F41	1:00:43
193 Gihane Hyphen	F35	1:02:15
194 Tracy Matthews	F48	1:03:52
195 Kayleigh Folden	F30	1:06:47
196 Craig Wasko	M52	1:07:54
197 Tiger Bel Wasko	F05	1:07:54
198 Jolene Bourassa	F43	1:07:54
199 Marlena Folden	F53	1:08:34
200 Dan Collenberg	M70	1:15:03
201 Carolyn Kavich	F73	1:15:04
202 Karan Collenberg	F70	1:15:05
203 Zoë Cappuccio	F15	1:15:06

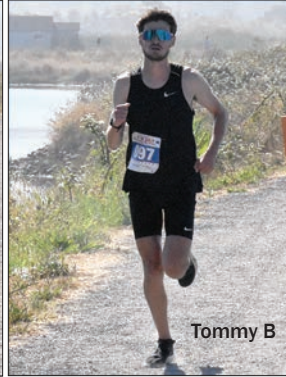
204 Harry Kavich	M70	1:15:07
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Nicholas Brichta  
5K winner (M)  
15:40



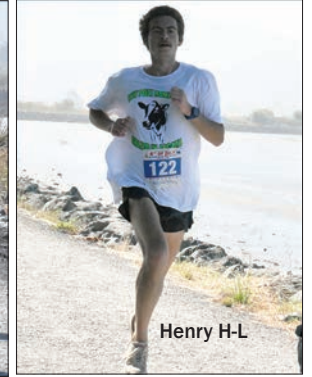
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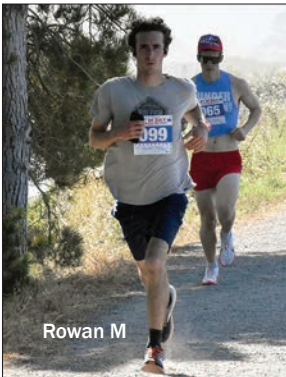
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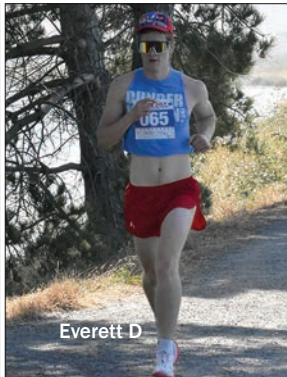
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Henry H-L



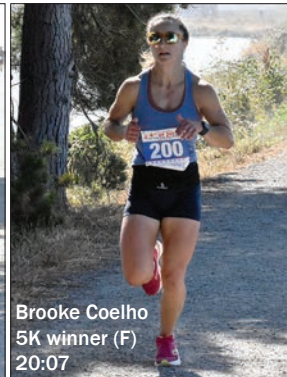
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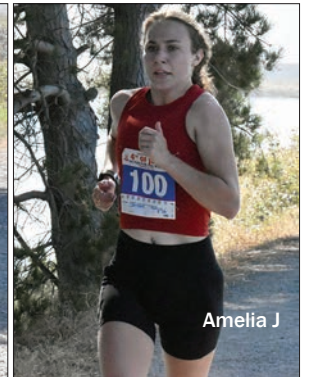
Everett D



Brent R



Brooke Coelho  
5K winner (F)  
20:07



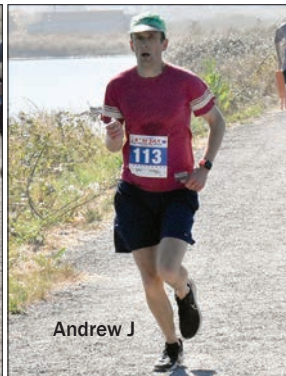
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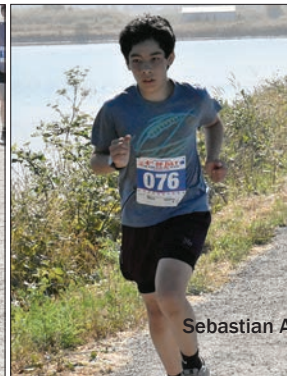
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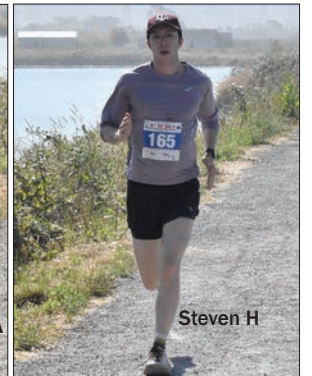
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Andrew J



Sebastian A

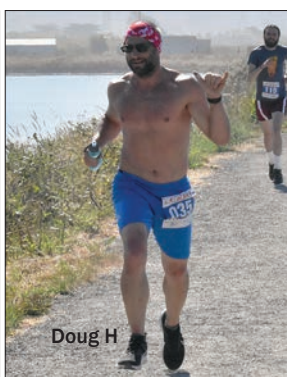


Steven H



Noah M

Caleb T



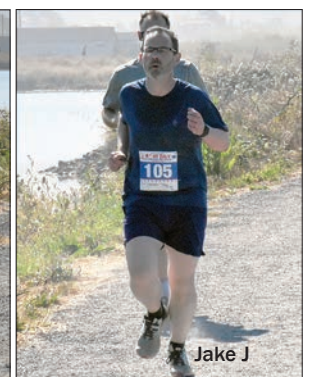
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Brendan L



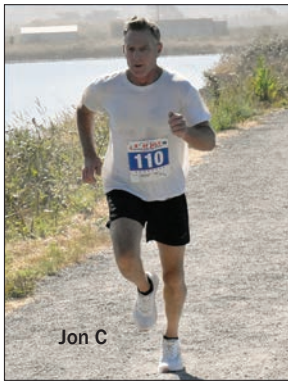
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Jake J



Mariska K



Jon C



Jeff H



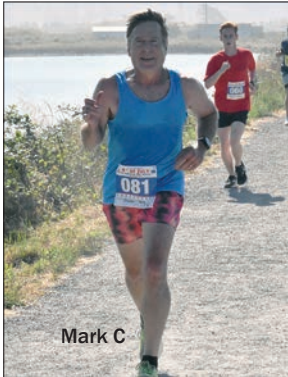
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Elizabeth U



Isabel H



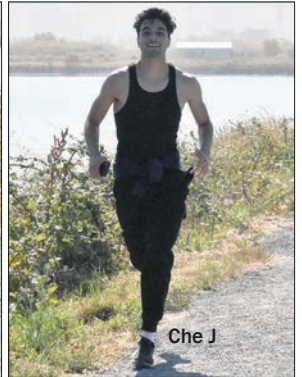
Mark C



Benjamin P



Hayden S



Che J



Jennifer H



Kieran P

Oscar M



Richard E



Zack W



Lanore B



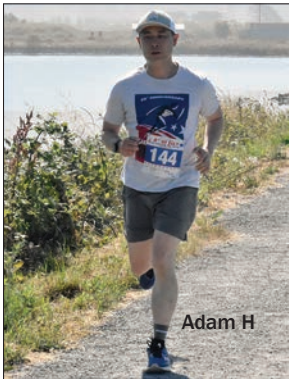
Cedar B C



Rob A



Kate E



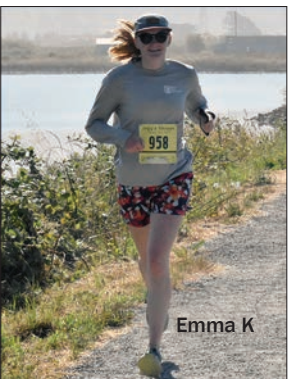
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Dehority J



Pam W



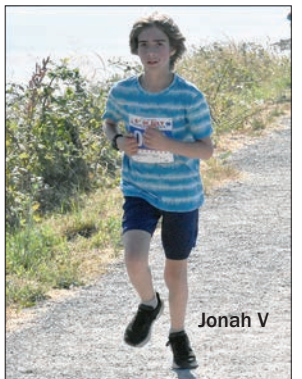
Emma K



Shawn M



Catherine D



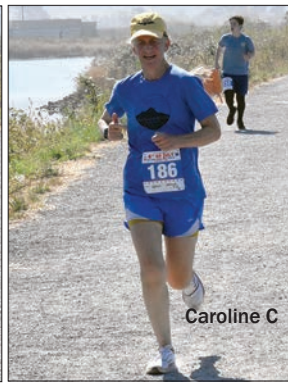
Jonah V



Zoe Z



Clark B



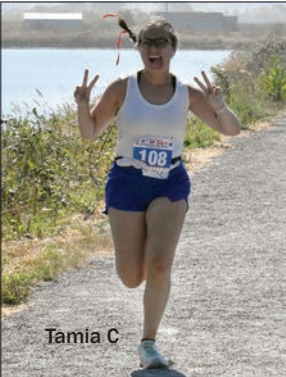
Caroline C



Michael G



Tanya T



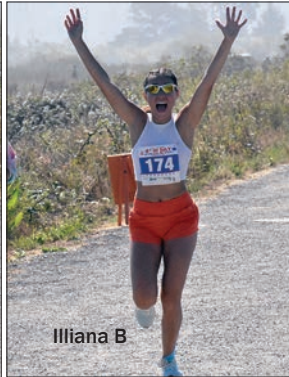
Tamia C



Bob M



Robin B



Illiana B



Raja B



Brayden F



Rebecca M



Mike W



Summer M



Aaron M



Michael R



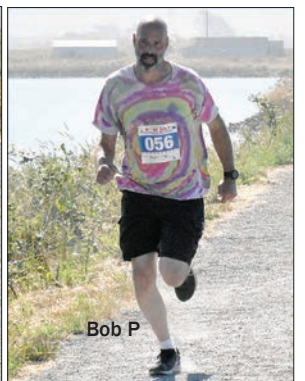
Colleen C



Katrin L



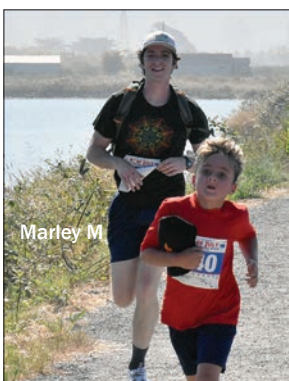
Kathleen B



Bob P



Tristan G



Marley M



Tj C



Chris C



Pat S

Olivia S



Lynn J



Natasha N



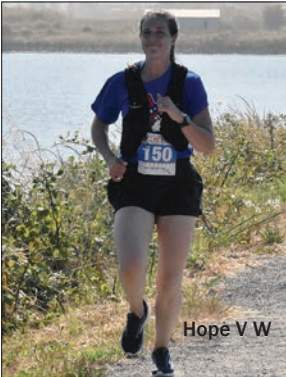
Tom M



Colleen T



Randy E



Hope V W



Holly H

Irelynn S

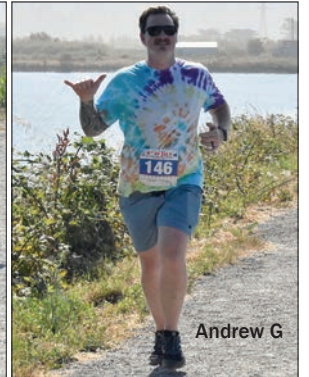


Lucy C



Becky C

Kristin C



Andrew G



Robin F



Robert A



Shelley T

Lypin L



John C



Mateo M

Kai M

Kaya M



Nat M



Crystal M



Michael W

Jasper



Marinna G

Alena G



Amy Z



Evan V W



Amanda C



Carrie B



Ryan K



Sage H

Sofia F





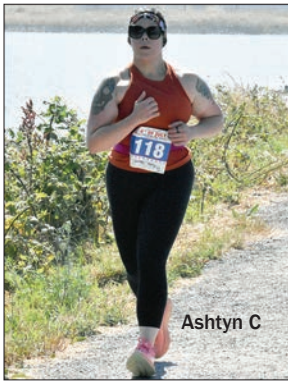
Felicia Y

Stephanie Y

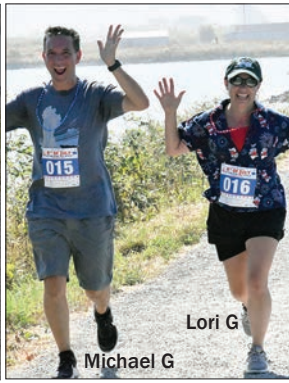


Alia P

Hunter K



Ashtyn C

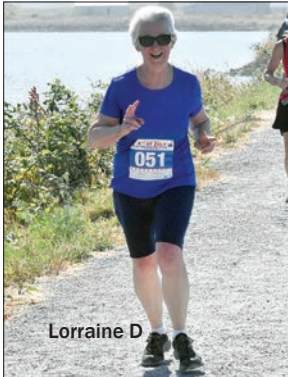


Michael G

Lori G



Rich B



Lorraine D



Mary D



Cheryl K



Debbie S



Gabriella B



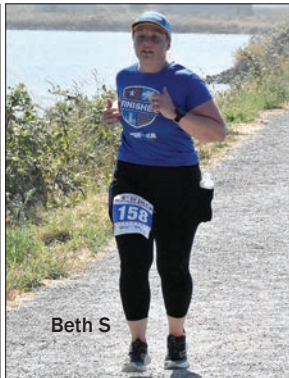
Sophia S



Graciela L



Mei H



Beth S



Rara W



Jonathan N



Daniel L



Katelyn W



Marcile R



Panchee V



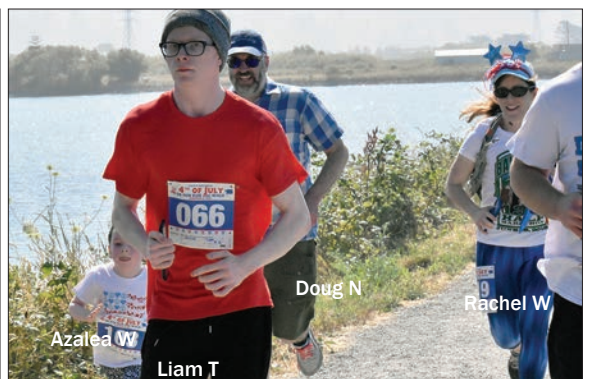
Mr. S



Deanne N



Adriana M

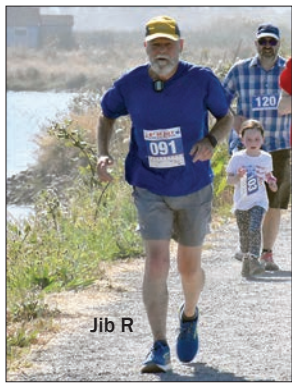


Azalea W

Liam T

Doug N

Rachel W



Jib R



Sarah S



Sheyda B



David T



Catrina H

Sherry M



Linda F



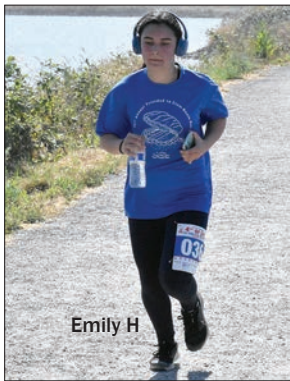
Malinda D



Sheyda G

Sophia G

Mona G



Emily H



Lucas A

Amira A



Maggi G



Chloe C

Michael G



Mira G



Jo A

Isla A



Isabella G



Sandy L



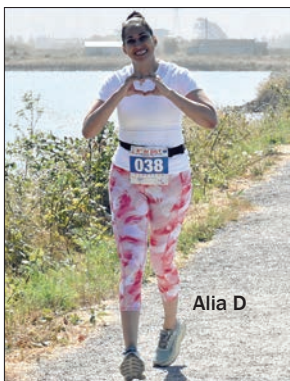
Rachel W Bethany H



Jurgen G



Sonya J

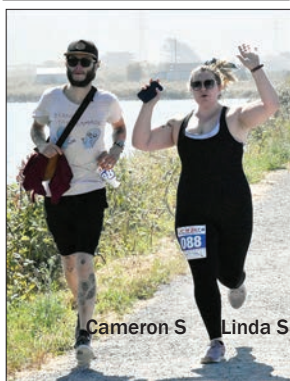


Alia D



Kit M

Meg S



Cameron S

Linda S



Paul M



Amy T



Ira B

◊ Top 171 finishers are shown here. Please visit our webpage (<http://www.grc.com>) to see the rest.

# Fortuna Rodeo Run

by "Thomas Nolan" <thomasnolan22@gmail.com>

## 5K

Pl	Name	G/age	Time
1	Juan Ornelas	M14	18:00
2	Aaron Campbell	M31	18:04
3	Matthew Kidwell	M43	18:18
4	<b>Amy Alzina</b>	<b>F47</b>	<b>19:29</b>
5	Doug Hartling	M40	21:21
6	Angel Ornelas	M21	22:01
7	Jake Johnson	M48	22:03
8	Rob Amerman	M50	22:38
9	Zack Whitley	M30	22:44
10	<b>Lanore Bergenske</b>	<b>F66</b>	<b>22:50</b>
11	Mishka Straka	M66	23:21
12	Marcus Torres	M32	23:34
13	<b>Sheri Culver</b>	<b>F59</b>	<b>23:54</b>
14	Jose Ornelas	M36	24:06
15	Tony Sanchez	M55	24:54
16	<b>Olivia Scilacci</b>	<b>F14</b>	<b>24:56</b>
17	KJ D	M23	25:02
18	Daniel Vargas	M25	25:46
19	Mason Town	M14	26:02
20	<b>Margaret Konecky</b>	<b>F20</b>	<b>26:20</b>
21	Cyril Carl	M77	26:32
22	Arthur Barker	M62	26:40
23	Brian Butler	M44	26:52
24	<b>Crystal Sweaney</b>	<b>F38</b>	<b>27:54</b>
25	Randy Emenaker	M73	28:05
26	Gunner Bertain	M18	28:25
27	<b>Katrin Lemmon</b>	<b>F34</b>	<b>28:31</b>
28	<b>Emily Walker</b>	<b>F31</b>	<b>28:37</b>
29	<b>Brida Lester</b>	<b>F16</b>	<b>28:40</b>
30	<b>Amy Aubuchon</b>	<b>F16</b>	<b>28:41</b>
31	David Briseno	M16	28:58
32	Gabriel Briseno	M19	29:07
33	Luis Matias	M26	29:09
34	Cody Hurst	M26	29:34
35	<b>Melissa Essiq</b>	<b>F36</b>	<b>29:34</b>
36	Robb Foley	M51	29:36
37	Jorge Matias	M57	29:38
38	<b>Alondra Ramirez</b>	<b>F18</b>	<b>29:53</b>
39	Luisa Angchi	F39	30:10
40	Dalas Hayes	F26	30:12
41	<b>Marlene Allen</b>	<b>F68</b>	<b>30:16</b>
42	Pepe Matias	M59	30:30
43	<b>Anastasia Borissenko</b>	<b>F31</b>	<b>30:40</b>
44	<b>Karlie Gurney</b>	<b>F13</b>	<b>30:41</b>
45	Easton Essiq	M13	30:44
46	<b>Beth Bailey</b>	<b>F42</b>	<b>30:49</b>
47	<b>Michaele Whitley</b>	<b>F64</b>	<b>31:09</b>
48	<b>Debbie Stamper</b>	<b>F70</b>	<b>31:15</b>

49	<b>Ale Gallegos</b>	<b>F35</b>	<b>31:32</b>
50	<b>Kirsten Foley</b>	<b>F40</b>	<b>31:39</b>
51	<b>Mavelyn Socha</b>	<b>F46</b>	<b>31:40</b>
52	<b>Darly Diaz</b>	<b>F22</b>	<b>32:08</b>
53	Carlos Diaz	M47	32:09
54	<b>Pamela Gallegos</b>	<b>F27</b>	<b>32:28</b>
55	<b>Amy Boatman</b>	<b>F47</b>	<b>32:33</b>
56	<b>Graci Elmore</b>	<b>F15</b>	<b>32:54</b>
57	<b>Maria Jose Cuevas</b>	<b>F08</b>	<b>33:09</b>
58	Rafael Cuevas Uribe	M47	33:10
59	<b>Victoria Olea</b>	<b>F47</b>	<b>34:23</b>
60	<b>Haydee Hopkins</b>	<b>F56</b>	<b>34:38</b>
61	<b>Lorraine Dillon</b>	<b>F73</b>	<b>35:42</b>
62	<b>Coral Ciarabellini</b>	<b>F22</b>	<b>36:32</b>
63	Nathan Brinckhaus	M39	36:38
64	<b>Yolanda Ornelas</b>	<b>F11</b>	<b>37:01</b>
65	Jose Ornelas-Ruiz Jr	M10	37:42
66	<b>Marcile Raney</b>	<b>F64</b>	<b>37:43</b>
67	<b>Christina Bragg</b>	<b>F38</b>	<b>38:49</b>
68	Justin Bragg	M44	38:50
69	<b>Guadalupe Briseno</b>	<b>F06</b>	<b>38:54</b>
70	Jose Bariel Briseno	M49	38:55
71	Pete Ciarabellini	M61	39:44
72	<b>Elibe Noriega</b>	<b>F48</b>	<b>39:49</b>
73	Ryder Sweaney	M11	39:59
74	<b>Marisol Rodriguez</b>	<b>F43</b>	<b>40:04</b>
75	<b>Jiah Barnett</b>	<b>F41</b>	<b>40:14</b>
76	Jib Ray	M83	40:47
77	Oliver Wassom-Stamper	M03	41:24
78	<b>Naomi Stamper</b>	<b>F39</b>	<b>41:25</b>
79	<b>Catrina Howatt</b>	<b>F57</b>	<b>41:28</b>
80	<b>Sherry Myers</b>	<b>F68</b>	<b>41:29</b>
81	<b>Nadiena Estevez</b>	<b>F07</b>	<b>41:44</b>
82	Octavio Estevez	M34	41:46
83	<b>Adela Yanez</b>	<b>F50</b>	<b>42:00</b>
84	<b>Aileen Ornelas-Ruiz</b>	<b>F06</b>	<b>42:06</b>
85	<b>Alia Dunphy</b>	<b>F45</b>	<b>42:08</b>
86	<b>Irene Gonzalez</b>	<b>F30</b>	<b>42:10</b>
87	<b>Carla Diaz</b>	<b>F45</b>	<b>42:21</b>
88	<b>Lulu Briseno</b>	<b>F53</b>	<b>42:24</b>
89	<b>Norma Rodriguez</b>	<b>F47</b>	<b>42:25</b>
90	<b>Shelby Ornelas-Ruiz</b>	<b>F12</b>	<b>43:52</b>
91	Renato Precichi	M05	44:04
92	<b>Genika Soltero</b>	<b>F46</b>	<b>44:05</b>
93	<b>Fatima Ornelas</b>	<b>F07</b>	<b>44:21</b>
94	<b>Laura Ornelas</b>	<b>F46</b>	<b>44:24</b>
95	<b>Amaya Burgoa</b>	<b>F07</b>	<b>44:39</b>
96	<b>Guadalupe Olea</b>	<b>F40</b>	<b>44:40</b>
97	<b>Jill Ceffalo</b>	<b>F49</b>	<b>44:54</b>
98	Jurgen Giessel	M87	45:20



99	<b>Tristyn Church</b>	<b>F13</b>	<b>45:50</b>
100	Jose Valdovinos	M64	47:06
101	<b>Valeria Cuevas</b>	<b>F10</b>	<b>47:42</b>
102	Forrest Stamper	M80	47:47
103	<b>Robyn Freitas</b>	<b>F07</b>	<b>47:49</b>
104	<b>Barbara La Haie</b>	<b>F60</b>	<b>47:53</b>
105	<b>Patricia Church</b>	<b>F33</b>	<b>47:55</b>
106	<b>Fatima Soltero</b>	<b>F04</b>	<b>49:19</b>
107	<b>Fenni Rodriguez</b>	<b>F11</b>	<b>49:20</b>
108	<b>Megan Nativo</b>	<b>F37</b>	<b>51:11</b>
109	<b>Jennifer Springer</b>	<b>F42</b>	<b>51:12</b>
110	<b>"Cain" K9</b>	<b>M05</b>	<b>52:08</b>
111	Dennis Stevens	M52	52:09
112	<b>Olivia Town</b>	<b>F15</b>	<b>52:34</b>
113	<b>MaryAnn Johnston</b>	<b>F69</b>	<b>52:39</b>
114	<b>Cathrine Lamb</b>	<b>F34</b>	<b>52:42</b>
115	Malcolm	M05	52:43
116	<b>Angela Estevez</b>	<b>F16</b>	<b>53:05</b>
117	<b>Guadalupe Rodriguez</b>	<b>F42</b>	<b>53:08</b>
118	Mason Kamplain	M04	54:46
119	Jacob Kamplain	M38	54:47
120	Harry Kavich	M70	54:53
121	Dan Collenberg	M70	54:54
122	<b>Nayeli Hernandez</b>	<b>F15</b>	<b>54:56</b>
123	Kanen Ishimoto	M29	54:57
124	Edgar Diaz	M48	55:47
125	<b>Christine Tabligan</b>	<b>F29</b>	<b>59:56</b>
126	<b>Isabel Molintas</b>	<b>F69</b>	<b>59:57</b>
127	<b>Iris Rodriguez</b>	<b>F34</b>	<b>1:01:11</b>
128	Jose Herrera_Modesto	M53	1:01:12
129	<b>Evangalina H-Martinez</b>	<b>F44</b>	<b>1:01:13</b>
130	<b>Abigail H-Martinez</b>	<b>F10</b>	<b>1:01:13</b>
131	<b>Kelly Orellana</b>	<b>F24</b>	<b>1:01:17</b>
132	Jesus Rodriguez	M43	1:01:18
133	Oliver Cruz	M02	1:01:47
134	<b>Guadalupe Cruz</b>	<b>F32</b>	<b>1:01:48</b>
135	Gary Cruz	M29	1:01:48
136	<b>Michelle L-Rodriguez</b>	<b>F41</b>	<b>1:05:47</b>
137	<b>Fabiola Luna Siloa</b>	<b>F31</b>	<b>1:05:48</b>
138	<b>Amparo Mendez</b>	<b>F83</b>	<b>1:06:12</b>
139	<b>Olivia Matias</b>	<b>F63</b>	<b>1:06:13</b>



Rodeo Run 5K  
Main St., Fortuna  
9:00 am, Sun., July 14, 2024



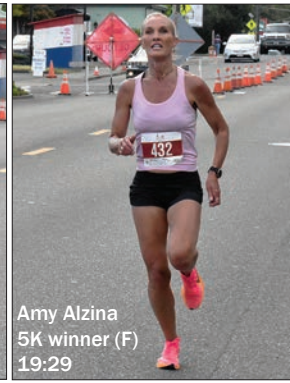
Juan Ornelas  
5K winner (M)  
18:00



Aaron C



Matthew K



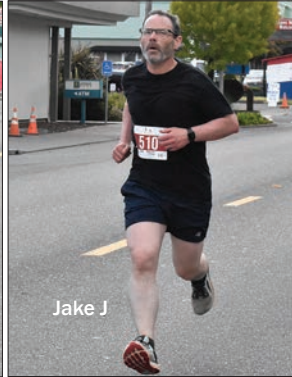
Amy Alzina  
5K winner (F)  
19:29



Doug H



Angel O



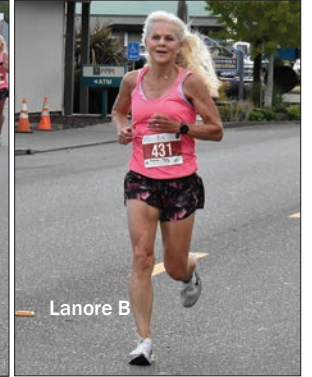
Jake J



Rob A



Zack W



Lanore B



Mishka S



Marcus T



Sheri C



Jose O



Tony S



Olivia S



KJ D



Daniel V



Mason T



Margaret K



Cyril C



Arthur B



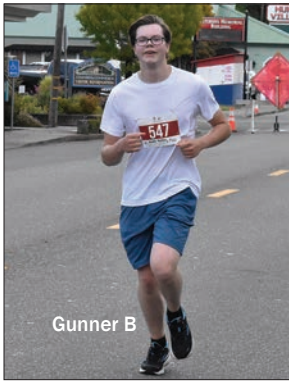
Brian B



Crystal S



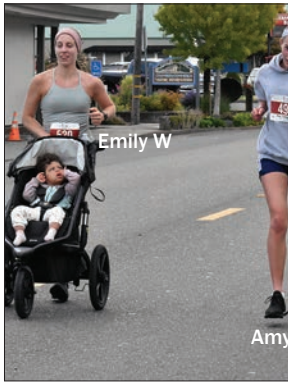
Randy E



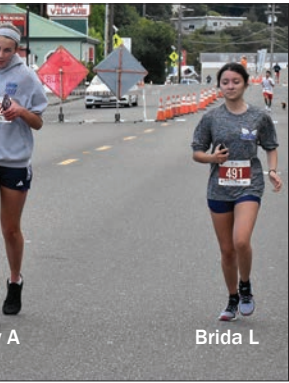
Gunner B



Katrin L



Emily W



Amy A

Brida L



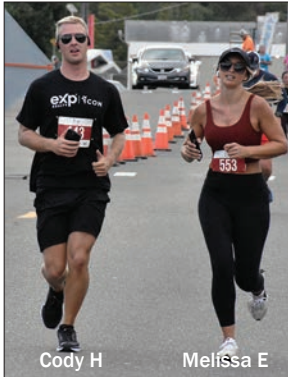
David B



Gabriel B



Luis M



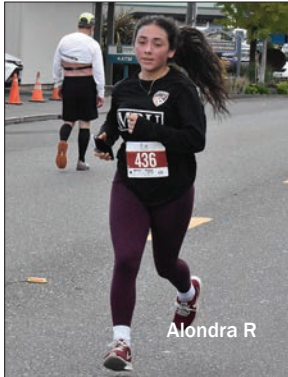
Cody H

Melissa E

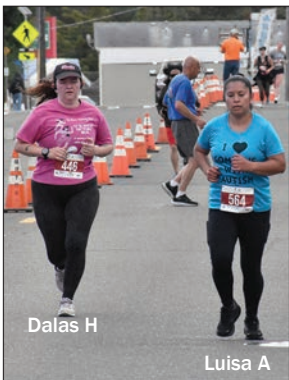


Jorge M

Robb F

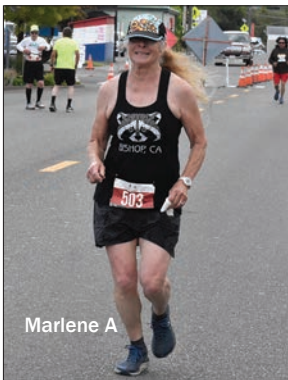


Alondra R



Dalas H

Luisa A



Marlene A



Pepe M



Anastasia B

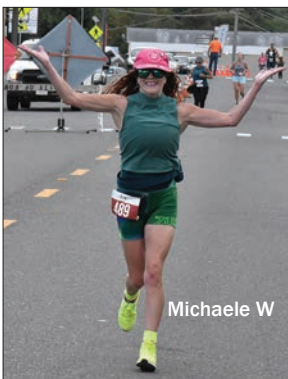


Karlie G

Easton E



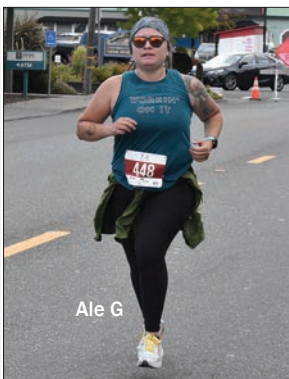
Beth B



Micheale W



Debbie S



Ale G



Kirsten F



Mavelyn S

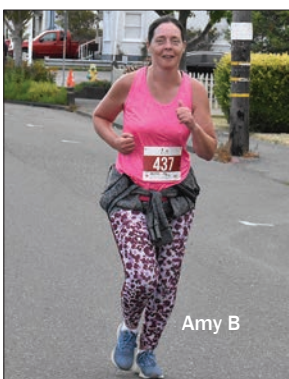


Carlos D

Daryl D



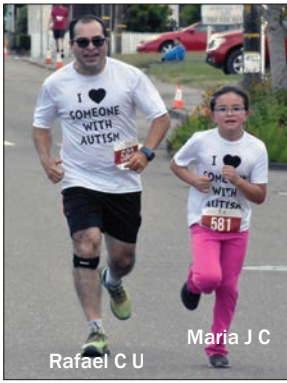
Pamela G



Amy B

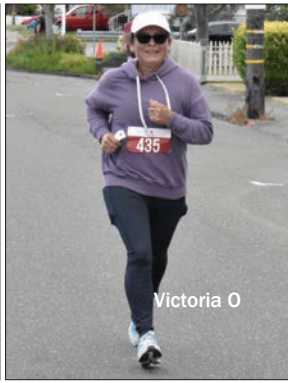


Graci E



Rafael C U

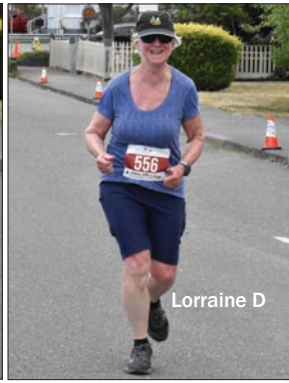
Maria J C



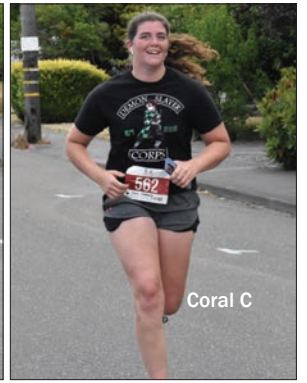
Victoria O



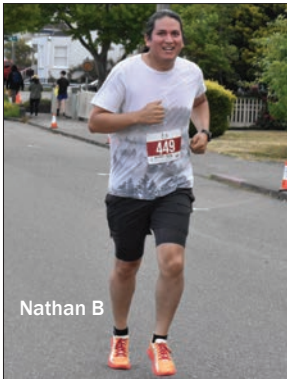
Haydee H



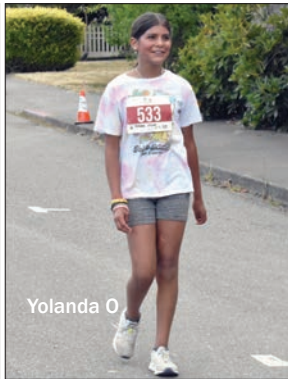
Lorraine D



Coral C



Nathan B



Yolanda O



Jose O-R



Marcile R



Christina B

Justin B

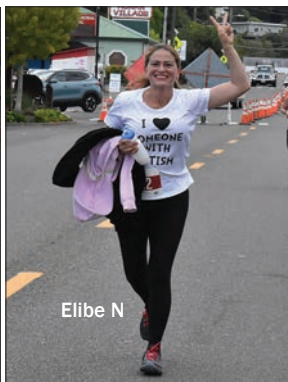


Jose B-B

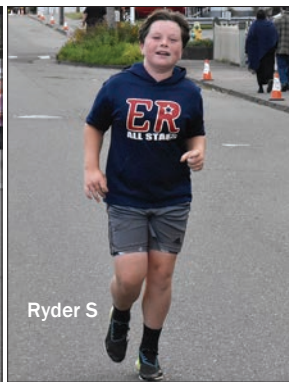
Guadalupe B



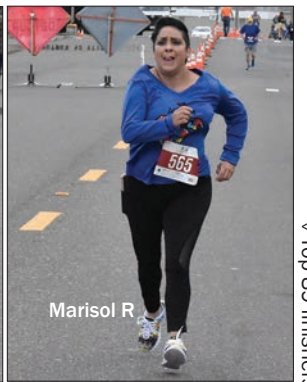
Pete C



Elibe N



Ryder S



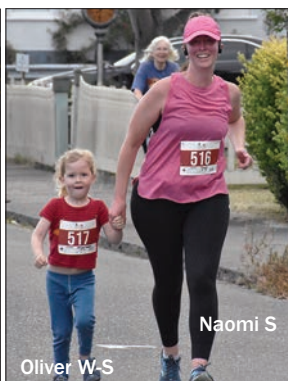
Marisol R



Jiah B



Jib R



Oliver W-S

Naomi S



Catrina H

Sherry M



Nadiena E

Octavio E



Adela Y

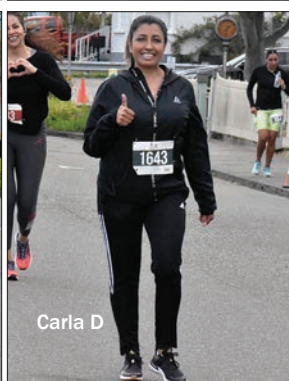


Aileen O-R



Irene G

Alia D



Carla D



Norma R

Lulu B

◊ Top 89 finishers are shown here. Please visit our webpage (<http://www.Grrc.com>) to see the rest.



# SRRC Crossword Puzzle

## ACROSS

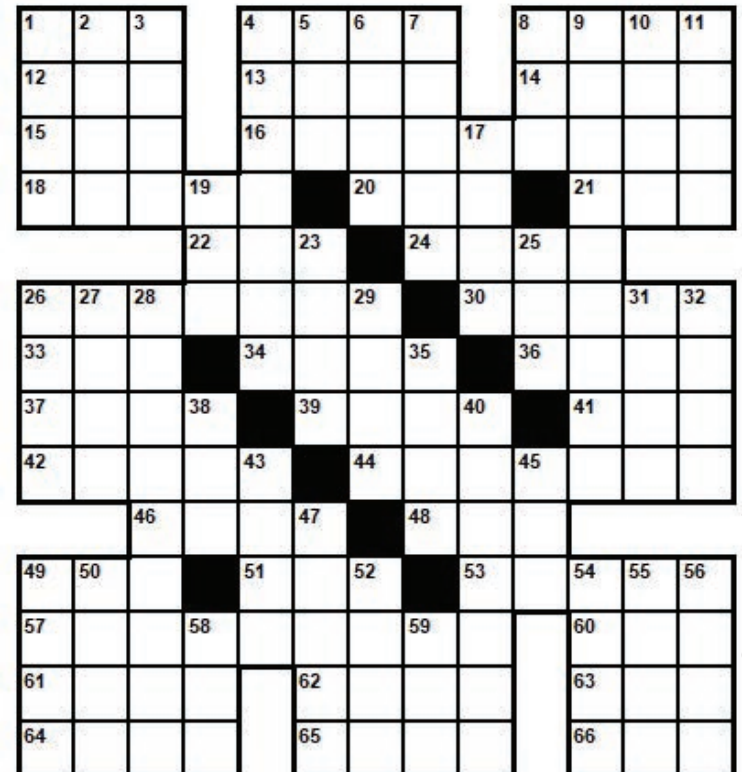
- 1 Prohibit
- 4 Successful takeover
- 8 Uptight, colloquially
- 12 Clean air grp.
- 13 In addition
- 14 Frilly material
- 15 Primary color
- 16 Temperature-related advice, part 1
- 18 Fruit of the vine
- 20 Stupid retort, often used sarcastically
- 21 \_\_ Lingus
- 22 Downs' opposites
- 24 Fence support
- 26 Temperature-related advice, part 2
- 30 Trinity River community
- 33 Spanish gold
- 34 Invalid
- 36 Our org.
- 37 Beat up badly
- 39 Beg
- 41 Charged particle
- 42 Spanish hero of the 11th century
- 44 Temperature-related advice, part 3
- 46 Obey
- 48 Hubbub
- 49 Evil
- 51 Young man
- 53 Picture puzzle
- 57 Temperature-related advice, part 4
- 60 Some number of
- 61 Cut, as timber
- 62 Flightless birds of Australia
- 63 Container, often for waste
- 64 Trigonometric function
- 65 Observes
- 66 And so forth, in short

## DOWN

- 1 German mountain
- 2 Copycat
- 3 Nothing in Spain
- 4 Baker's container
- 5 Spanish cheer
- 6 Pre-owned
- 7 Internet annoyance
- 8 European mountain
- 9 Swimming pools
- 10 Be sore
- 11 Ogle
- 17 Cry of dismay
- 19 Young dog
- 23 Atlantic foodfish, also called a porgy
- 25 "Help us" letters
- 26 Abode
- 27 By mouth
- 28 Football score
- 29 Songstress Fitzgerald
- 31 Bk. after Psalms
- 32 Teens' skin affliction
- 35 Songstress Horne
- 38 Falsehood
- 40 Speak to
- 43 Small valley
- 45 Garden tool
- 47 Challenges
- 49 Fish with a low voice?
- 50 Tropical berry
- 52 British female knight
- 54 Child or sweetheart
- 55 Single thing
- 56 Get in step
- 58 Single thing
- 59 Hint



Arcata  
May 25, 2024



"Ken Yanosko" <kenyanosko@sbcglobal.net>

# Upcoming Events

SAT., AUG 3, 2024 << **SRRC race** >>

**Sand Dollar Shuffle Run 5M.** {\$10 for nonmembers, free for SRRC members} At 9:00AM. Start and finish at the south end of the Clam Beach. For more information, contact **Paul Kraus** at <paulkraus59@gmail.com>.

SUN., AUG 11, 2024 << **NOT SRRC race** >>

**Humboldt Bay Marathon & Half.** {Fees for all} (by HumboldtBayMarathon.com) Marathon at 7:00AM & Half Marathon at 8:00AM (both races at 1st & C St., Eureka). For more information please visit <HumboldtBayMarathon.com>.

SAT., AUG 17, 2024 << **NOT SRRC race** >>

**Yurok Salmon Festival Ney-puy 5K Run/Walk in Klamath.** {Fees for all} 9:00 am. Visit our webpage for a link to online registration & more information.

SAT., AUG 24, 2024 << **NOT SRRC race** >>

**Kevin Ebbert Memorial Run.** {Fees for all} (by HealthSPORT) Start and finish at Arcata Community Forest. 10K+ at 9:00AM & 2-Mile at 9:30AM. For more information contact **Jamie Hinckley** at <jhinckley@healthsport.com>.

SAT~MON., AUG 31~SEP 2, 2024 << **NOT SRRC race** >>

**North Coast Go!** {Fees for all} **Adventure Running Festival – three 5K events & 10K (or 5M);** At Samoa Dunes at 3PM Sat; Sequoia Park (Eureka) at 10AM Sun; Ferndale at 10AM Mon. For more information & online registration, please contact **Rex Winterbottom** at <rex@terraloco.com> or call him at (510)681-6181.

## 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> 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> 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> for more information.

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



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

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Eureka, CA  
Permit No. 43



# James Birthday Dash 5K 10:00 am, Sat., 8/10/24 at AHS

## (3<sup>rd</sup> Annual) James Washington Birthday Dash 5K Run/Walk

- Arcata High School Track
- 10:00 am, Sat., Aug. 10, 2024
- Registration on race day: 8:00~9:45 am, Sat., 8/10/24, Arcata HS track
- \$15 adults; \$5 age 13 & under
- Visit <http://www.6rrc.com> for the registration form (pdf)



James & friends  
Aug. 6, 2023

## Join the fun! Sign up to start your journey with SRRC!

Looking for motivation, camaraderie, set a new PR, challenge all-time age group records, and a healthier lifestyle? Look no further! SRRC is the perfect place for beginners and seasoned runners alike to reach their goals, make friends, and have a blast doing it.

To join:

- [1] Visit <http://www.6rrc.com/> and click "Join" OR
- [2] Visit <https://runsignup.com/Club/CA/Arcata/SixRiversRunningClub>  
\$30 for "individual"  
\$40 for "family"

