



Mary Daniels

Mark Ellis

Gary Timmek

Micheale Whiteley

Jack West

Jeff Haag

Marlene Allen

Dave Ryan

Yosni Uemura

Blue Lake Fish Hatchery Run 2M & 4M
9:30 am, Sun., Nov. 3, 2024

Jen Foiesig <jenfoiesig3@gmail.com> wrote on Tue, Oct 22, 2024:

Kristin, Casse and I just participated in the **Rogue Gorge Half Marathon**. It was a beautiful, mostly single track trail race, along the river. Fall colors were amazing. Highly recommend! Thanks,
 -- Jen

Rogue Gorge Half Marathon
 Union Creek, OR
 8:00 am, Sun., Oct. 20, 2024



OvP Name	G/age	Time	Home
50 Jen Foiesig	F52	2:15:08	McKinleyville
69 Kristin Lane	F49	2:23:32	Arcata
89 Casse Weaver	F47	2:34:15	Eureka



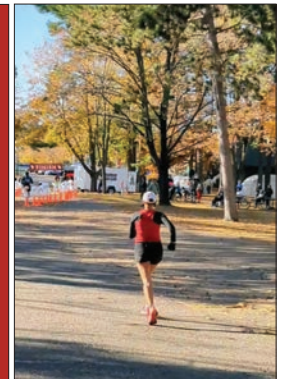
Karen Kidwell <karenrhoffman@hotmail.com> on Sun, 11/03/24

Last weekend, Matt and I ran the **Carson Park 10 Mile** in **Eau Claire, Wisconsin**. We were in town for my grandma's 100th birthday party and found a local club event to run.

Matt won the race in 1:04, taking home their \$200 cash prize. I ran my longest race since having a pulmonary embolism in July and finished in 1:23. It was the perfect Midwest fall day with the crisp air and fall colors. -- Karen Kidwell

Carson Park 5 & 10/Logging Miles
 Eau Claire, WI
 8:30 am CDT, Sat. Oct., 26, 2024

OvP Name	G/age	Home	Time	Bib#
1 Matthew Kidwell	M43	Eureka	1:04:08	904
23 Karen Kidwell	F40	Eureka	1:23:58	903





Blue Lake Fish Hatchery Run

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

2M

Place	Name	G/age	Time
1	Jake Johnson	M48	13:29
2	Doug Hartling	M40	14:10
3	Matthew Shiney	M33	14:21
4	Bret Rinehart	M44	14:30
5	Mateo Johnson-Bazan	M12	14:35
6	Rowan Magnuson	M16	14:42
7	Mason Hemmingsen	M13	14:47
8	Andrew Lennon	M43	14:50
9	Beau Parker	M13	15:13
10	Lucas Johnson-Bezan	M10	15:15
11	Richard Engel	M61	15:18
12	Iver Vu	M09	15:22
13	Jonathan Schram	M42	15:26
14	Jen Foesig	F52	15:51
15	Olivia Spellmeyer	F09	16:23
16	Matt House	M52	16:38
17	Holden Rinehart	M13	16:58
18	Jon Larson	M09	17:13
19	Avery Rinehart	M10	17:32
20	Ivan Larson	M06	17:35
21	Jenna Larson	F38	17:37
22	Kira Larson	F08	17:42
23	Sean Larson	M42	17:43
24	Thomas Nolan	M30	17:45
25	Tom Davies	M59	17:45
26	Shawn Magnuson	M55	17:57
27	Arthur Barker	M63	18:05
28	Pat Spellmeyer	M39	18:15
29	Rob Hemmingsen	M47	18:17
30	Caroline Carson	F62	18:41
31	Niall Vu	M06	19:01
32	Kelvin Vu	M42	19:02
33	Amy Taylor	F45	19:09
34	Rachel Shiney	F34	19:27
35	Kate Gentry	F64	20:12
36	Mike Wood	M65	20:13
37	Michaele Whiteley	F64	21:05
38	Echo Rinehart	F09	22:00
39	Shannon Rinehart	F42	22:02
40	Sophia Spellmeyer	F11	22:03
41	Mary Daniels	F67	22:17
42	Beth Spellmeyer	F40	22:24
43	Jose Amaral	M35	22:30
44	Christina Torres	F36	22:35
45	Amy Livingston	F48	22:46
46	Isla Archibald-Buchanan	F06	23:04
47	Jo Archibald	F42	23:04
48	Brian Buchanan	M46	23:05
49	Tayshu Bommelyn	F45	23:57
50	Joseph Rivera Jr.	M09	24:00
51	Olivia Rivera	F06	24:22
52	Kathryn Rivera	F42	24:23
53	Kit Meyer	F44	24:48
54	Alia Dunphy	F45	24:58
55	Donny Holiman	M55	24:58
56	Tammy Nieri	F42	26:44
57	Chris Wild	M44	26:44
58	Emilia Wright	F08	27:17
59	Jeremy Wright	M44	27:17
60	Caitlin Taylor	F15	28:42
61	Dennis Taylor	M45	28:42
62	Aubrey Wright	F08	32:36
63	Hannah Wright	F42	32:37
64	Joseph Rivera Sr.	M50	34:08
65	Onyx Kamplain	M02	39:31
66	Mason Kamplain	M05	39:32
67	Catherine Lamb	F34	39:33
68	Nicole Hugelshofer	F44	42:00

69 Tracy Matthews F48 42:01

4M

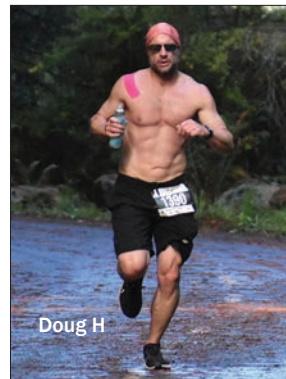
Place	Name	G/age	Time
1	West Wood	M21	24:11
2	Matthew Kidwell	M43	24:43
3	Eyan Smith	M19	26:30
4	Sky McKinley	M48	26:37
5	Niall Williams	M30	27:02
6	Tristan Cole	M33	27:05
7	Andrew Jones	M47	27:44
8	Ivan Medel	M40	28:09
9	Cedric Latreille	M47	28:14
10	Thomas Nolan	M30	28:19
11	Lucas Yatch	M35	28:26
12	Andrea Wright	F63	28:54
13	Jenna Larson	F38	28:59
14	Tom Davies	M59	29:05
15	Rowan Magnuson	M16	29:13
16	Paul Kinsey	M69	29:19
17	Elise Evans	F19	29:23
18	Doug Hartling	M40	29:28
19	Vitek Jirinec	M38	29:41
20	Annie Fehrenbach	F36	29:52
21	Briscoe Darling	M59	30:13
22	Simon Stampe	M37	31:06
23	Mark Chapman	M65	31:26
24	Cecilia Guerre	F31	31:58
25	Richard Engel	M61	32:08
26	Sarah Sanders	F45	32:27
27	Tara Vu	F42	32:38
28	Rob Amerman	M50	32:43
29	Kelley Sheehy	F59	32:58
30	Jeremy Wright	M44	33:12
31	Jen Foesig	F42	33:30
32	Caroline Carson	F62	34:34
33	Shawn Magnuson	M55	34:35
34	Simona Carini	F61	34:53
35	Lily Simmons	F24	35:45
36	Matt House	M52	36:40
37	Amber Coley	F53	37:50
38	Brent Coley	M59	37:50
39	Hope Von Werlhof	F34	38:08
40	Tj Chapman	F61	38:17
41	Alex Wright	M33	38:29
42	Evan Von Werlhof	M32	38:44
43	Arthur Barker	M63	38:55
44	Nellie Sandstorm	F54	39:13
45	Randy Emenaker	M73	39:16
46	Katrin Lemmon	F34	39:30
47	Sage Hartling	F11	40:08
48	Amanda Lee	F32	41:19
49	John Carson	M66	42:07
50	Matt Leverett	M49	42:40
51	Amy Taylor	F45	42:56
52	Debbie Stamper	F70	43:41
53	Dawn Durbin	F60	44:57
54	Susan House	F50	44:58
55	Mark Ellis	M69	45:51
56	Juan Reyes	M43	46:59
57	Angela Democko	F48	47:11
58	Emily Hartling	F14	48:55
59	Oliver Stamper	M04	55:14
60	Leah Stamper	F41	55:15
61	Naomi Stamper	F39	55:16
62	Mr. Sunshine	M71	55:42
63	Kathleen Lake	F67	1:00:06
64	Jurgen Giessel	M87	1:00:07
65	Kit Meyer	F44	1:04:52
66	Meg Stampe	F35	1:04:52
67	Drew Meyer	M50	1:08:24

68	Felix Porter	M08	1:13:08
69	Crystal Porter	F40	1:13:21
70	Shawn Porter	M42	1:13:46
71	Arianna Porter	F14	1:13:51
72	Westley Porter	M10	1:13:53

2M



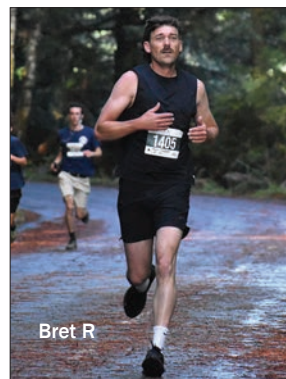
Jake Johnson
13:29
2M Winner (M)



Doug H



Matthew S



Bret R





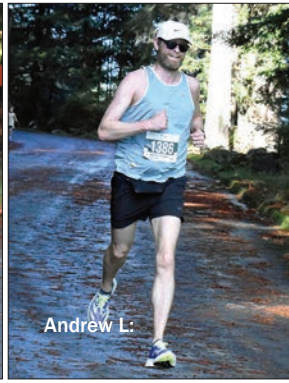
Mateo J-B



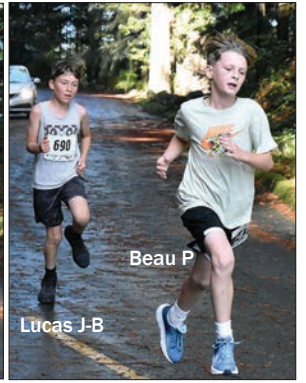
Rowan M



Mason H



Andrew L



Lucas J-B

Beau P



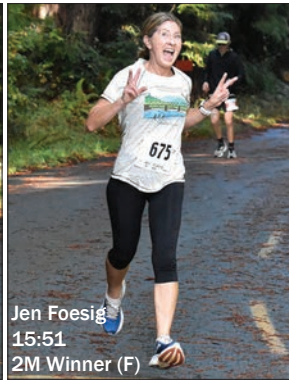
Richard E



Iver V



Jonathan S



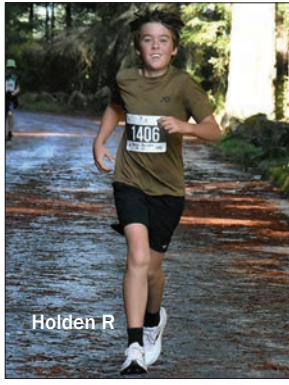
Jen Foesig
15:51
2M Winner (F)



Olivia S



Matt H



Holden R



Jon L



Avery R



Ivan L

Jenna L



Sean L

Kira L



Tom D

Thomas N



Shawn M



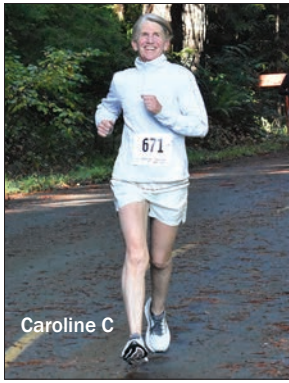
Arthur B



Pat S



Rob H



Caroline C

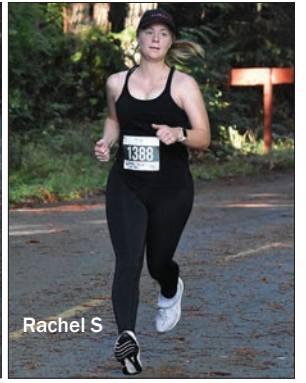


Niall V

Kelvin V



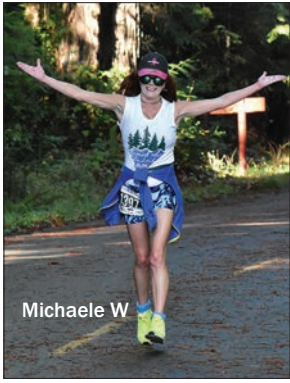
Amy T



Rachel S



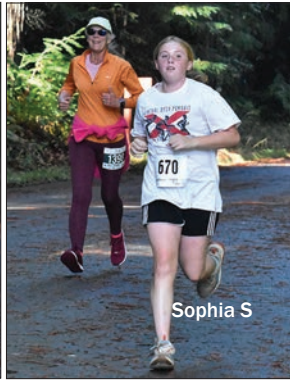
Kate G Mike W



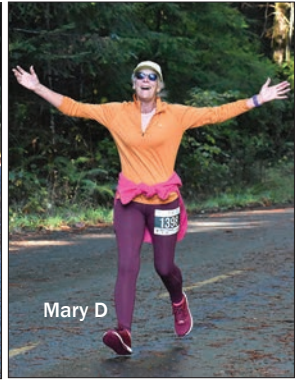
Michael W



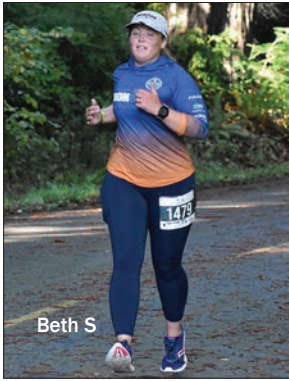
Shannon R Echo R



Sophia S



Mary D



Beth S



Christina T Jose A



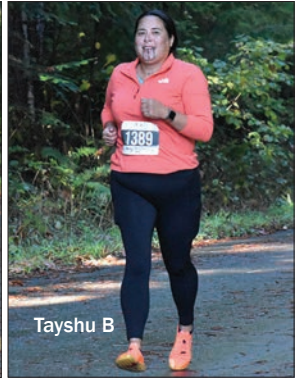
Amy L



Brian B

Jo A

Isla A-B



Tayshu B



Joseph R Jr.

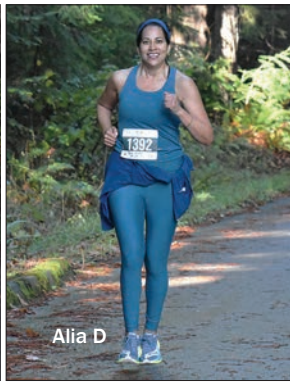


Olivia R

Kathryn R



Kit M



Alia D



Donny H



Tammy N

Chris W



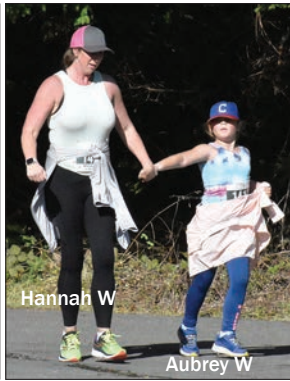
Jeremy W

Emilia W



Caitlin T

Dennis T



Hannah W

Aubrey W



Joseph R Sr.



Catherine L

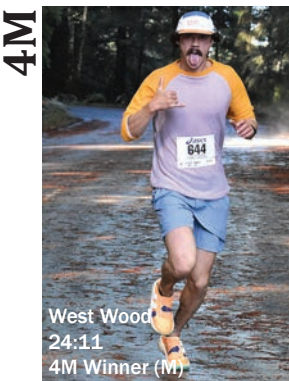
Onyx K

Mason K



Tracy M

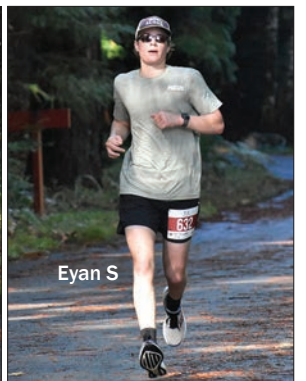
Nicole H



West Wood
24:11
4M Winner (M)



Matthew K



Eyan S

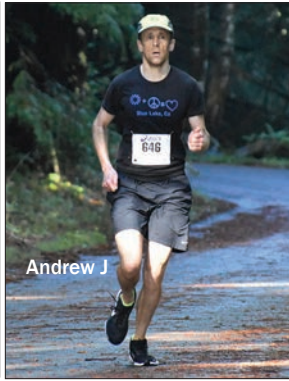


Sky M



Niall W

Tristan C



Andrew J



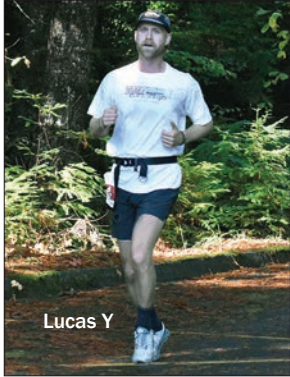
Ivan M



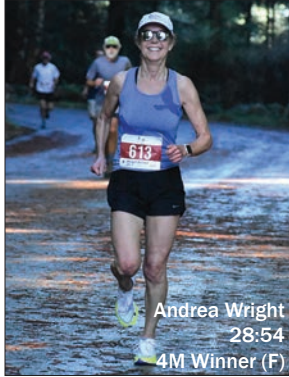
Cedric L



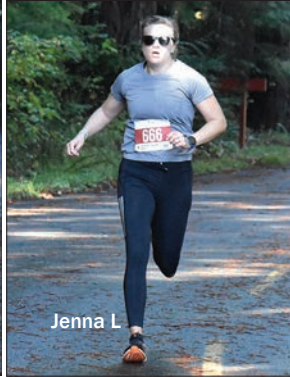
Thomas N



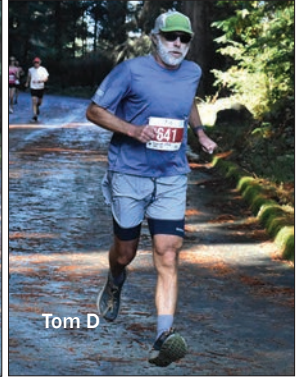
Lucas Y



Andrea Wright
28:54
4M Winner (F)



Jenna L



Tom D



Rowan M



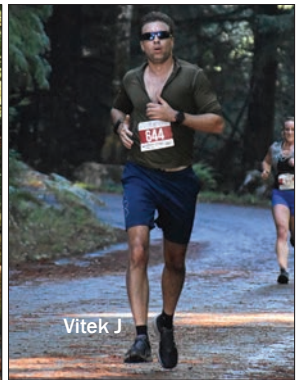
Paul K



Elise E



Doug H



Vitek J



Annie F



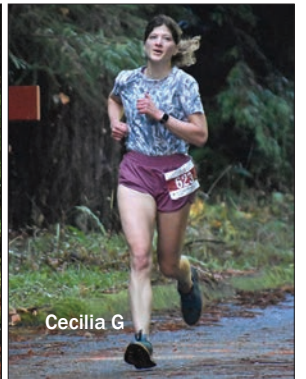
Briscoe D



Simon S



Mark C



Cecilia G



Richard E



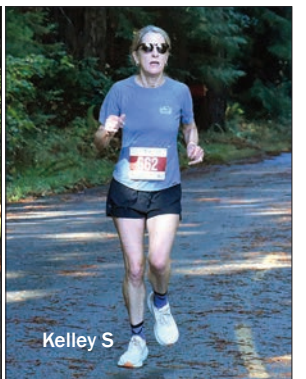
Sarah S



Tara V



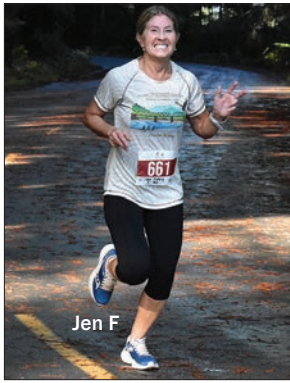
Rob A



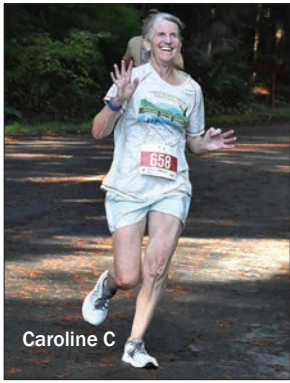
Kelley S



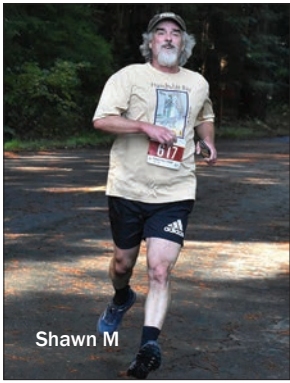
Jeremy W



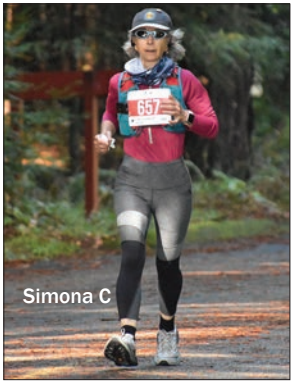
Jen F



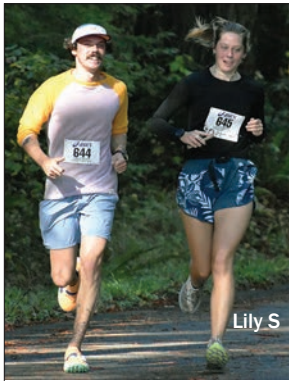
Caroline C



Shawn M



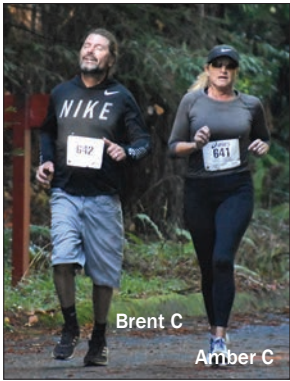
Simona C



Lily S



Matt H



Brent C

Amber C



Hope VW



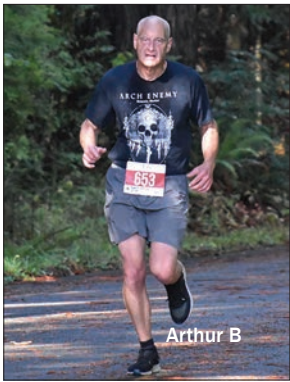
Tj C



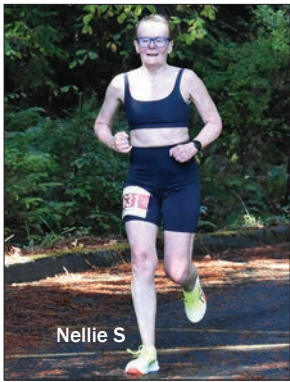
Alex W



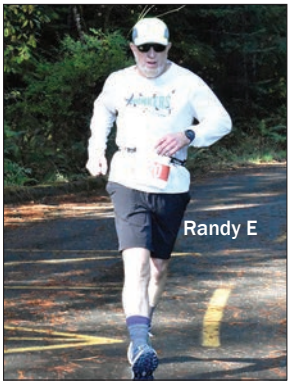
Evan VW



Arthur B



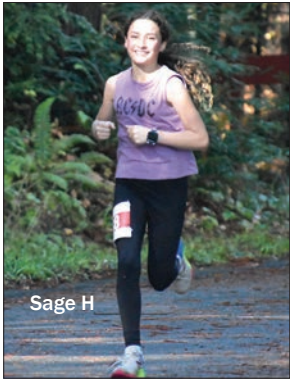
Nellie S



Randy E



Katrin L



Sage H



Amanda L



John C



Matt L



Amy T



Debbie S



Dawn D

Susan H



Mark E



Juan R



Angela D



Emily H



Leah S

Oliver S

Naomi S



Mr. S



Kathleen L



Jurgen G



Kit M

Meg S



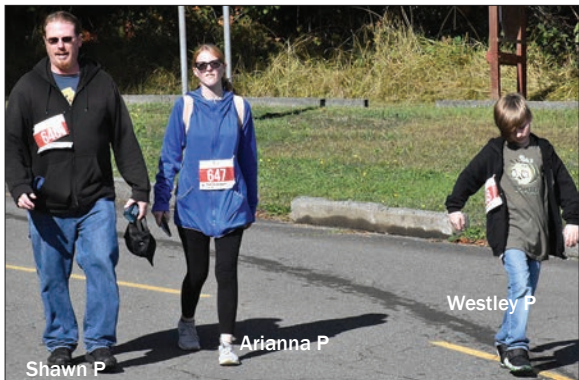
Drew M



Felix P



Crystal P



Shawn P

Arianna P

Westley P



636

635

636



644

645



Veteran's Day 5K & 10K

McKay Tract, Eureka
10:00AM, Sat., Nov. 9, 2024

5K

Pl	Name	G/age	Time
1	Ryder Bullman	M14-18	16:57
2	Everett Docherty	M14-18	17:53
3	Aidan Davis	M19	18:28
4	Mike Price	M39	18:30
5	Ashton Aessinger	M19	18:40
6	Lennox Rowlett	M18	18:59
7	Eli Chiles	M18	19:22
8	Victor Church	M21	19:38
9	Liam Whitney	M15	19:39
10	Wyatt Davis	M12	20:18
11	Seth Beres	M25	20:40
12	Anna Grimmet	F19	20:45
13	Carson DeGarmo	M19	21:11
14	Kaden Goodman	M14-18	21:23
15	Jackson Stratman	M14-18	21:24
16	Parker Blasi	M12	21:47
17	Paul Stiles	M28	22:01
18	Chase Jimenez	M14-18	22:04
19	David Villaseñor	M48	22:27
20	William Powers	M14-18	22:40
21	Richard Roybal	M48	22:51
22	Andrew Lennon	M43	23:15
23	Alexis Price	F09	23:16
24	Brandon Hamblock	M33	23:37
25	Sean Michael-Fitzgerald	M26	23:42
26	Luke Blessecker	M44	23:49
27	Holden Rinehart	M13	24:02
28	Bret Rinehart	M44	24:03
29	Ryan Rousseau	M40	24:19
30	Emmet Davison	M14-18	24:26
31	Robert Pitts	M14-18	24:28
32	Summer Morales	F14-18	24:29
33	Rosie Davis	F14-18	24:29
34	Rathlin Hemmingsen	F14-18	24:30
35	Mike Davis, Jr.	M47	24:40
36	Bryce Davey	M09	24:43
37	Granite Price	M07	24:48
38	Mikayla Cooper	F23	24:49
39	Jonathan Schram	M42	24:54
40	Danielle Hann	F20	24:58
41	Emery Biesecker	M14	25:24
42	Trey Hoffman	M12	25:39
43	Marcus Appy	M50	25:46
44	Adam Ho	M41	25:55
45	Jessica Day	F29	25:58
46	Aaron Morales	M49	26:03
47	Julian Gordon	M14-18	26:26
48	Oscar Crowley	M18	26:29
49	Eric Coppa	M27	26:46
50	Dustin Jackson	M29	26:47
51	James Telloian	M11	27:15
52	Khon Thepavongsa	M38	27:28
53	Nick Esquivel	M35	27:46
54	Lucas Graves	M29	27:46
55	Lily Fitzpatrick	F14-18	27:59
56	Ellie Hemmingsen	F14-18	28:01
57	Edwin Espinoza	M30	28:03
58	Aubrey Lloyd	F14-18	28:04
59	Maya Velasquez	F14-18	28:05
60	Cyril Carl	M77	28:07
61	James Hinton	M46	28:21
62	Savanna Johnston	F09	29:17
63	Theodore Barriquandi	M10	29:55
64	George Corbett	M35	30:03
65	Dawn Durbin	F60	30:05

66	Daniel Price	M72	30:28
67	Dani Estrella	F14-18	30:29
68	Eli Asarian	M47	30:38
69	Tess Weathers	F40	30:47
70	Christa Meingast	F32	30:48
71	Sydney Telloian	F13	31:05
72	Aaron Telloian	M36	31:05
73	Blake Sample	M13	31:20
74	Pearl Smith	F16	31:25
75	Harper Appy	F16	31:26
76	Duane Smith	M61	31:26
77	Michelle Hunt	F37	31:49
78	Harper Hunt	F10	31:49
79	Andrew Hunt	M38	32:13
80	Dylan Burris	M07	32:35
81	Jessica Burris	F35	32:36
82	Grace Cunningham	F24	32:40
83	Jose Amaral	M36	33:16
84	Christina Torres	F36	33:17
85	Malia Timarong	F15	33:20
86	Ruth Espinoza	F22	33:57
87	Darlene Galvin	F20	33:58
88	Joe Sample	M37	34:19
89	Ryan Reyes	M43	34:36
90	Jenn Waites	F42	34:47
91	Amy Livingston	F48	35:06
92	Sarah Gunther	F28	35:23
93	Chanel Leipzig	F34	35:28
94	Peter Leipzig	M34	35:28
95	Cathryn LaRochelle	F34	35:34
96	Wilson Alburo	M49	35:39
97	Hannah Graves	F33	36:01
98	Becky Chapman	F54	36:33
99	Michael Chapman	M65	36:34
100	Clay Rasmussen	M07	36:38
101	Dean Rasmussen	M09	36:39
102	Alisha Davey	F39	36:40
103	Savannah Rousseau	F09	36:41
104	Alicia Rousseau	F35	36:42
105	Danielle Buckingham	F35	37:42
106	Rylee McBeth	F09	37:43
107	Brian Ferguson	M71	37:51
108	Jessamyn Docherty	F44	37:59
109	Dana Estevo	F41	38:12
110	Kristina Butler	F39	38:14
111	Chance Hoffman	M17	38:16
112	Shayla Hoffman	F15	38:16
113	Giles Kosits	M12	38:40
114	Sarah Bopp	F35	38:53
115	Armand Prieditis	M63	38:54
116	Christopher Wild	M44	39:05
117	Tammy Nieri	F42	39:10
118	Jessica King	F38	39:17
119	Lauren Larsen	F33	39:19
120	Nolan Davison	M10	39:35
121	Melody Telloian	F08	40:07
122	Sarah Telloian	F35	40:10
123	Elena Cudahy	F10	40:24
124	Pooja Rekha	F38	40:26
125	Hanna Sample	F36	40:33
126	Zaza Kosits	F09	41:04
127	Eliana Powell	F09	41:09
128	Nancy Corran	F51	41:10
129	Jameson Ybarra	M09	41:44
130	Kallie Ybarra	F37	41:48
131	Alia Dunphy	F45	41:52
132	Emma Caldwell	F20	43:11
133	Elena Tellez	F52	43:43
134	Remi Craps	F07	43:45
135	Aubrey Wright	F08	43:58
136	Emilia Wright	F08	43:58

137	Hannah Wright	F42	44:01
138	Kaia Barnes	F05	44:20
139	Jenny Villaseñor	F40	44:21
140	Dennis Taylor	M45	44:22
141	Noelani Villaseñor	F06	44:39
142	Elizabeth Gibbons	F10	44:50
143	Alice Gibbons	F07	44:50
144	Hayden Winn	F06	45:01
145	Sarah Visser	F33	45:02
146	John Waters	M67	45:12
147	Monica Rondon	F58	45:13
148	Markel Appy	F43	45:19
149	Sherrie Sample	F61	46:22
150	Arnold King	M37	46:36
151	Selkie King	F07	46:47
152	Tyler Johnston	M15	47:14
153	Jared Johnston	M13	47:17
154	Beth Johnston	F46	47:19
155	Luka Bjorn	M17	47:29
156	Sophia Effa	F23	47:29
157	Trey Sundquist	M26	48:16
158	Melissa Hurtado	F31	48:26
159	Titus Harvey	M12	48:36
160	Hudson Caldwell	M14	48:39
161	Mary Ann Johnston	F69	48:39
162	Melinda Bacon	F61	49:16
163	Mel Sample	M63	49:41
164	Charles Young	M61	50:53
165	Shannon Cavness	F53	51:05
166	Josiah Harvey	M13	51:06
167	Matt Harvey	M46	51:33
168	Justin Fox	M54	51:34
169	Catherine Croteau	F38	51:35
170	Jamie Barney	M34	52:49
171	Ron Lyons	M54	52:54
172	Brian Buihner	M34	53:25
173	Emily Lyons	F49	53:29
174	Cathy Schlerf	F69	53:37
175	Larry Gray	M??	54:12
176	Marie Gray	F??	54:12
177	Forest Harpham	F45	54:15
178	Christina Wagner	F45	54:16
179	Anna O'Gorman	F41	54:23
180	Max Soeth	M44	54:50
181	Matthew Froeming	M34	55:38
182	Sydney Arnold	F34	55:39
183	Krystal Soeth	F34	55:39
184	Jill Short	F55	55:40
185	Myrin Short	M55	55:45
186	Maureen Brundage	F72	55:45
187	Diana Nyoos	F74	55:46
188	Pat Basham	F72	55:46
189	Patricia Evansizer	F79	55:46
190	Kristy Evansizer	F53	55:49
191	Teresa Sabers	F66	56:05
192	Jeffrey Sabers	M65	56:06
193	Terri Bronder-Lewis	F64	56:24
194	Karen Reynolds	F64	56:24
195	Karen Price	F69	56:31
196	Kathleen Lair	F64	56:39
197	Colleen Thompson	F64	56:40
198	Jenn Winton	F33	56:41
199	Jocelyn Gibbons	F39	56:42
200	Tim Barris	M35	56:49
201	Midalia Garcia	F19	56:53
202	Lewis Caldwell	M50	56:54
203	Larissa Caldwell	F47	57:04
204	Sara Urbani	F37	59:17
205	Kristin Byrd	F26	59:45
206	Carolyn Taberner	F75	59:51
207	Colin Blasi	M10	59:52

208 Ashley Nieman	F41	1:00:22
209 Arli Nieman	F11	1:00:23
210 Trudie Blasi	F47	1:00:26
211 Debbie Neeson	F73	1:00:28
212 Mike Strande	M76	1:00:31
213 Allie Rodgers	F36	1:00:57
214 Diana Carlson	F59	1:00:58
215 Paul Carlson	M63	1:00:59
216 Tina Vaughan	F70	1:01:01
217 Stefan Vaughan	M67	1:01:02
218 Rachel Harmeling	F33	1:01:03
219 Brittany Meeker	F37	1:01:04
220 Lorraine Lara	F59	1:01:05
221 Elizabeth Rose-Marini	F62	1:01:07
222 Chelsea Tuck	F55	1:01:12
223 Braandon Rasmussen	M39	1:01:13
224 Chris Craps	M39	1:01:14
225 Roger Miller	M81	1:01:54
226 Connie Miller	F80	1:01:55
227 Dillon Cudahy	M07	1:04:26
228 Danielle LeFever	F42	1:04:27
229 Kaileigh Vincent-Welling	F31	1:05:13
230 Aryanna Walker	F29	1:05:14
231 Kim Vincent-Layton	F55	1:05:15
232 Abraxas Layton	M51	1:05:38
233 John Calkins	M77	1:06:10
234 Terri Vroman-Little	F62	1:06:11
235 Vanessa Kerr	F39	1:07:35
236 Janne Rasmussen	F39	1:07:35
237 Christian Agricola	M46	1:07:36
238 Josephine Agricola	F45	1:07:37
239 Sebastian Agricola	M09	1:07:38
240 Julian Agricola	M12	1:07:38
241 Jake Den Ouden	M73	1:10:14
242 Leila Castro	F10	1:11:48
243 Johnny Castro	M16	1:11:49
244 Brandy Castro	F36	1:11:50
245 Hylia Johnston	F04	1:12:05
246 Tom Harvey	M82	1:12:07
247 Alejandro Salinas	M20	1:12:07
248 Cameron Pelham	F27	1:12:08
249 Jamie Arnold	F20	1:12:09
250 Easton Lansing	M05	1:14:17
251 Katie Lansing	F34	1:14:18
252 Imelda Crummett	F60	1:14:19
253 Tawnya Morris	F49	1:15:43
254 Jakey Morris	M05	1:15:45
255 Thomas Lukins	M49	1:16:07
256 Rosalyn Lukins	F03	1:16:08
257 Darcie Rutter	F53	1:19:13
258 Jessica Rutter	F20	1:19:14
259 Leroy Maire	M77	1:47:35
260 Linda Maire	F75	1:47:36
261 Marcus Cox	M21	1:47:37

10K

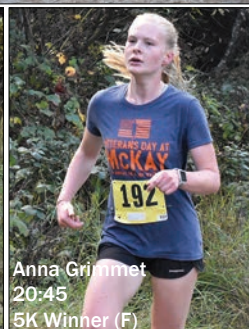
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1	Marcus Romero	M25	41:17
2	Mariah Smither	F30	42:15
3	Wyatt Eglan	M28	44:28
4	James Coleman	M18	44:36
5	Benjamin Wartburg	M44	44:40
6	Liam Richardson	M25	45:38
7	Stephanie Wortman	F30	46:06
8	William English III	M27	46:17
9	Joseph Best	M29	46:23
10	Douglas Hartling	M40	46:25
11	Tommy Thompson	M29	46:27
12	John Nicklas	M45	46:30
13	Andrew Pillari	M31	46:44
14	Jenna Larson	F38	46:56
15	Kendall Martin	F32	47:00
16	Lanore Bergenske	F67	48:26
17	Rebecca Brennan	F43	51:58
18	Zach Taberner	M35	52:05

19 Chrissie Keeney	F35	52:10
20 Isaiah Kibby	M32	52:28
21 Courtney Carlson	F32	52:40
22 Jen Foesig	F52	53:14
23 Sharlo Kelly	M42	53:35
24 Jeremy Wright	M44	53:38
25 Claire Gast	F15	53:40
26 Julia Sheppard	F17	53:40
27 Rebecca Matias	F34	54:07
28 Rachel Pesch	F50	54:36
29 Scott Pesch	M57	54:38
30 Cliff LaMastus	M37	54:43
31 Kristin Lane	F49	54:54
32 Ivey Long	M21	55:53
33 Robin Baker	F36	55:55
34 Caroline Carson	F62	55:57
35 Hunter Worthen	M22	56:15
36 Cory Crowley	M28	56:33
37 Lina Crowley	F32	56:34
38 Benjamin Reed	M24	57:23
39 Casey Ales	M42	58:13
40 Garrett Sieloff	M32	58:18
41 Michael Gordon	M36	58:27
42 Katrin Lemmon	F34	58:48
43 Hope von Werlhof	F34	58:57
44 Ryan Cooper	M39	59:41
45 Jessy Whitehead	F35	59:42
46 Sarah McGraw	F34	59:52
47 Mario Minder	M36	59:53
48 Scott Williams	M32	59:58
49 Thomas Dewey	M65	1:00:44
50 Isaac Croteau	M40	1:01:26
51 Joanny Barriquand	M46	1:01:32
52 John Aryanpur	M65	1:01:34
53 Tamara Barriquand	F45	1:01:38
54 Katie Bisson	F52	1:01:48
55 Edmund Foster	M43	1:02:35
56 Evan von Werlhof	M32	1:02:39
57 Scoitt Washington	M42	1:02:46
58 Amy Taylor	F45	1:02:58
59 Chrystal Ales	F41	1:03:14
60 Eric Cortopassi	M41	1:04:03
61 Rikki Cortopassi	F46	1:04:31
62 Angie Pearson	F48	1:04:46
63 Mavelyn Socha	F46	1:04:47
64 McKenna LeClair	F27	1:04:57
65 Mahreya Cornejo-Kelly	F29	1:04:59
66 Michelle Hernandez	F50	1:05:13
67 Jennifer Grimmert	F49	1:05:14
68 James Griffiss	M39	1:05:19
69 Chrystina Johnson	F46	1:05:20
70 Luta Belcher	M51	1:06:00
71 Lucy Ingrey	F54	1:06:58
72 Nicole Hill	F46	1:07:20
73 Julie Alderson	F53	1:07:22
74 Julia Sway	F38	1:09:03
75 Karen adams	F65	1:09:04
76 Pamela Jensen	F52	1:09:20
77 Kathlyn Kraus	F32	1:09:43
78 Brita Goldstein	F32	1:12:57
79 Valerie Elder	F32	1:13:06
80 Carrie Levy	F53	1:13:09
81 Lynn Cunningham	F75	1:13:11
82 Mickey Harris	F73	1:15:15
83 Angela Stacey	F40	1:15:47
84 Gary Cunningham	M76	1:18:17
85 Sarah Johnston	F32	1:26:08
86 Justin Johnston	M38	1:34:34
87 Celeste Redner	F45	1:34:38
88 Sandrine Thompson	F32	1:34:38
89 Elana Kennedy	F28	1:34:39
90 Robert Redner	M18	1:39:57
91 Maria Hurtado	F33	1:39:59
92 Ron Sligh	M58	1:40:15
93 Annette Sligh	F57	1:40:16

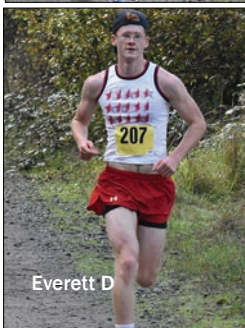
94 Becky MacQuarrie	F57	1:46:38
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96 Gigi Rivinus	F62	1:47:27
97 Francis Rivinus	M77	1:47:28
98 Laura Smither-Rice	F38	1:51:46
99 Michelle Smither	F59	1:51:47
100 Sydney McCarty	F31	1:59:54
101 Sol McCarty	M34	1:59:46
102 Aletta Sauer	F60	2:26:47
103 George Zibilich	M76	2:26:48
104 Tony Curtis	M99	2:26:53
105 Ryan Yakely	M26	2:26:54
106 Edgar Roberts III	M56	2:26:55
107 Quinn McCutchen	F13	2:27:09
108 Tommy McCutchen	M55	2:27:10
109 Laysha Roberts	F51	2:27:11



Ryder Bullman
16:57
5K Winner (M)



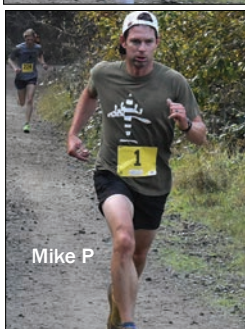
Anna Grimmert
20:45
5K Winner (F)



Everett D



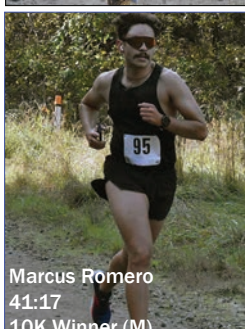
Aidan D



Mike P



Ashton A



Marcus Romero
41:17
10K Winner (M)



Mariah Smither
42:15
10K Winner (F)

• Please visit our webpage (<http://www.grc.com>, undet 11/09/24) for the photos of all runners.

THE 2024 HUMBOLDT COUNTY YOUTH CROSS COUNTRY CHAMPIONSHIPS

396 Youth Runners Compete in the Humboldt County Cross Country Championships



The Humboldt County Youth Cross Country Championships were held October 17, 2024, at the Arcata Community Center. There were three races: Kindergarten to 2nd graders, 3rd to 5th graders and 6th to 8th graders. The kindergarten to 2nd graders ran one mile and the 3rd to 8th graders ran two miles.

Top ten awards were given out to each grade level after the girls and boys were separated, so there were eighteen divisions for awards. Of the 396 runners who competed in the three races, 180 of them received a top ten award.

There were also team awards. The top two teams in each division (kindergarten to 2nd grade, 3rd to 5th grade and 6th to 8th grade) received plaques for their schools. The divisions for the plaques were the same as the grouping for the races, so twelve 1st or 2nd place plaques were given to the schools. This was the final race of the season for these runners. They had to compete in at least two of the six regular season races in order to compete in the finals.

Team winners were:

K-2nd grade girls:

1 Ambrosini Elementary, 2 Fuente Nueva Charter

K-2nd grade boys:

1 Jacoby Creek Elementary, 2 Sequoia Homeschool Running Club

3rd-5th grade girls:

1 Jacoby Creek Elementary, 2. Garfield Elementary

3rd-5th grade boys:

1 Fuente Nueva Charter, 2 Trinidad Elementary

6th-8th grade girls:

1 McKinleyville Middle, 2 Jacoby Creek Elementary

6th-8th grade boys:

1 Sunny Brae Middle, 2 McKinleyville Middle

Humboldt Sponsors and **Schmidbauer Family Foundation** are our main sponsors, but on this championship day the **Sunrise Rotary of Arcata** set up their podium, provided all the awards and announced the 180 winners. It was a great event for the runners and the hundreds of parents, coaches and spectators who attended. We have many other sponsors who have helped support our track and cross-country programs. Please thank our many supporters. The sponsors can be found at <<https://hrray.org/sponsors>>.

HRRAY (Humboldt Redwoods Running Association for Youth) put the youth season together, with seven races including this championship meet. The committee that heads HRRAY is made up of four busy people. **Davita McGoldrick**, who is a coach for Arcata High School, helped organize the Jacoby Creek program that included over 90 runners this year. **Breanna Cahoon** has two daughters who ran in the races. Her high school daughter, **Mia**, helped with some of the races and her husband, **Derek**, helped at every meet. Her youngest daughter, **Kaiah**, was the 5th grade County Champion. **Alysia Davidson** has no children in the program, but comes early to every event and does a lot of the heavy work. I am the final member. I continue working with this program because I believe it is good for SRRC and I enjoy working with such a fine group of people. I also enjoy the support and help from SRRC.

SRRC is essential to the HRRAY program. The Club supports all of our activities, but, more importantly, supplies helpers for our races. President **Gary Timek** goes to every meet with his clocks, including the big clock. He and **Mark Ellis** or **Harry Kavich** time

every event and help with the finish line. **Catrina Howatt**, **Marlene Allen** and **Sherry Myers** are the experts on the finish line, keeping the 100+ kids in each race stay in order as they stick the finish tags on the finish board. **Randy Emenaker**, **Yoshi Uemera** and **Jan West** helped in many ways, doing anything they were asked. **Denise Walker-Brown** coached NPA Middle School runners, but also put on the Redwood Park Race and practically ran the Coaches' Clinic, where we help train our local coaches for the running season. Thanks to all of you. **Sarah Elie**, former committee member, organized the Blue Lake Race. One Hundred and 43 runners traveled all the way to Willow Creek this year for a race put on by **Shari Provolt** from Trinity Valley Elementary School.

We will have a track and field season in the spring for K-8th graders. Watch for more information in the SRRC newsletter and at <www.hrray.org>.

Here are the top 10 finishers in kindergarten to 8th grade divisions:

Kindergarten Girls: One Mile

1	Alexa Thompson	Trinidad	8:47
2	Audrey Byrum	Ambrosini	9:38
3	Gigi Vasterling	Garfield	10:00
4	Tiger Bel Wasko	Jacoby Creek	10:31
5	Meekoy Moorehead	Independent	10:35
6	Cora Yost	Fuente Nueva	10:39
7	Mia McConnell-Sanchez	Dow's Pr.	10:45
8	Tilly Landis	Jacoby Creek	10:59
9	Isla Almas	Jacoby Creek	11:06
10	Indie McCovey	Trinidad	11:38

Kindergarten Boys: One Mile

1	Augie Cartledge	Jacoby Creek	8:38
2	Zev Cowan	Jacoby Creek	8:40
3	Armand Garcia	Jacoby Creek	8:50
4	Saint Hackaday	Garfield	9:03
5	Crew Trimm	Dow's Prairie	9:07
6	Noble Benavidez	Bridgeville	9:10
7	Emmit Hunsinger	Blue Lake	9:11
8	Zion Smith	SHRC	9:20
9	Oliver Beck	Jacoby Creek	9:32
10	Jordan Comarsh	Bridgeville	9:44

1st Grade Girls: One Mile

1	Serafina Fosnaugh	Northern United	8:39
2	Pippa Nottingham	Fuente Nueva	8:57
3	Aileen Ornelas-Ruiz	Ambrosini	8:58
4	Kaydenca Rossig-Roth	Dow's Prairie	9:05
5	Emile Bryne	Fuente Nueva	9:36
6	Joie Centoni	Dow's Prairie	9:40
7	Adrianna Carlson	Blue Lake	9:43
8	Violet Sperling	Jacoby Creek	10:01
9	Sylvie Sperling	Jacoby Creek	10:09
10	Maevyn Cordisco-Guild	Coastal Gr.	10:11

1st Grade Boys: One Mile

1	Luca Krcmar	Trinidad	7:47
2	Ivan Larson	Dow's Prairie	7:54
3	Griffin Folger	Jacoby Creek	7:56
4	Iver Skavdal	Cuddeback	7:57
5	Caleb Larson	Jacoby Creek	8:03
6	Niall Vu	Fuente Nueva	8:16
7	Curren Johnson	Fieldbrook	8:18
8	Jordan Hadley	Jacoby Creek	8:21
9	River Johnson	Fieldbrook	8:25
10	Oke'ot Moorehead	Jacoby Creek	8:26

2nd Grade Girls: One Mile

1	Lucy Hayes	Ambrosini	6:59
2	Gaelen Estlin	Hydesville	7:17
3	Sylvie Davis	Garfield	7:51
4	Marleigh LaPlante	Fuente Nueva	7:55
5	Charlotte Torres	Ambrosini	8:14
6	Lyla Cristobal	Fuente Nueva	8:17

7	Maddie Kaiser	Garfield	8:36
8	Twylia Byrum	Ambrosini	8:49
9	Renata Alvarez	Fuente Nueva	8:54
10	McKenzie Martin	Arcata Christian	8:55
2nd Grade Boys: One Mile			
1	Granite Price	Ridgewood	7:07
2	Sage Farrell	Garfield	7:32
3	Haiden O'Donnell	Jacoby Creek	7:33
4	Wesley Haffschildt	Garfield	7:34
5	Lewis Gent	SHRC	7:42
6	Leo Blair	Jacoby Creek	7:50
7	Alexander Pearson	Jacoby Creek	7:50
8	Felix DeSocio	Trinidad	7:58
9	Owen Lockwood	SHRC	8:09
10	Oscar Smith	Fuente Nueva	8:13
3rd Grade Girls: Two Miles			
1	Kira Larson	Morris	16:06
2	Sylvia Tout	Garfield	16:07
3	Preslie Lester	Cuddeback	16:26
4	Charlotte Landis	Jacoby Creek	16:55
5	Roslyn Bumgardner	Garfield	17:07
6	Echo Rinehart	Garfield	17:13
7	Ayla Walker	Jacoby Creek	18:50
8	Veronika Dzhinovi	Jacoby Creek	19:42
9	Elise Jeandet	Jacoby Creek	21:18
10	Sydney Kuehn	Arcata Christian	22:06
3rd Grade Boys: Two Miles			
1	Cal Willey	Jacoby Creek	13:58
2	Cameron Croan	Arcata Elem	14:12
3	Luke Thompson	Trinidad	14:31
4	Jacob Scown	Fieldbrook	14:42
5	Edwin Garcia	Jacoby Creek	14:51
6	Seppy Thomas	SHRC	15:08
7	Brandon Benavidez	Bridgeville	15:22
8	Emory Thoreson-Veeh	Garfield	15:31
9	Phoenix Bullock	Seaforth Mont	16:40
10	Joseph Birnie, Jr.	Arcata Christian	16:54
4th Grade Girls: Two Miles			
1	Grace Vigil	Fieldbrook	13:49
2	Tesa Lockhart	Morris	13:53
3	Olivia Spellmeyer	Jacoby Creek	14:20
4	Teigan Anderson	Hydesville	14:33
5	Elsie Chisholm	Jacoby Creek	15:24
6	Scarlet Miner	Trinidad	16:30
7	Charlotte Hamilton	Jacoby Creek	16:41
8	Trinity Gagne	Seaforth	16:43
9	Emily Masters	Morris	16:49
10	Aurelia Fornaugh	Northern United	16:52
4th Grade Boys: Two Miles			
1	Trystan Cavanaugh	Trinidad	12:58
2	Hudson Hall	Pacific Union	13:11
3	Jules Davis	Garfield	13:17
4	Iver Vu	Fuente Nueva	13:20
5	Kai Mykham	Pacific Union	13:47
6	Arley Ruiz	Pacific Union	13:56
7	Kane Casey	Seaforth Mont	14:11
8	Asher Neyra	Jacoby Creek	14:13
9	Maddison Hadley	Jacoby Creek	14:43
10	Jonah Hoffman	Jacoby Creek	14:47
5th Grade Girls: Two Miles			
1	Kaiah Cahoon	Hydesville	13:43
2	Madeleine Ferguson	Jacoby Creek	14:06
3	Heidi Tout	Garfield	14:44
4	Key-se-loh Reed	Jacoby Creek	14:49
5	Kyla Fleming	Jacoby Creek	15:49
6	Hazel Willor	Jacoby Creek	16:27
7	Jaxine Brownfield	Pacific Union	17:45
8	Pella Chausse	Pacific Union	19:19
9	Zandy Brooke	Burnt Ranch	20:24
10	Autumn Gerbic	Cutten	20:50
5th Grade Boys: Two Miles			
1	Juan Emilio Flores	Fuente Nueva	12:49
2	Maverick Chamberlain	New Life	13:00

3	Alex Armstrong-Penney	Trinidad	13:06
4	Ian Sowerwine	Fuente Nueva	13:09
5	Fela Parage	Garfield	13:15
6	Dimitri Cypert	Jacoby Creek	13:57
7	Bernardo Freitas	Northern United	14:00
8	Lucas Johnson-Bazan	Fuente Nueva	14:24
9	Rogan Cooney	Burnt Ranch	14:34
10	Fox Fisher	Seaforth Mont	14:38
6th Grade Girls: Two Miles			
1	Kinsley Yarbrough	Cutten	12:36
2	Emerson Okin	RCM	13:15
3	Seren Thomas	SHRC	13:19
4	Olivia Pimentel	McKinleyville	13:30
5	Lizzy Pimentel	McKinleyville	13:32
6	Linnea McDonald	Jacoby Creek	14:05
7	Yolanda Ornelas	Fortuna	14:46
8	Nevi Weldon	McKinleyville	14:56
9	Cadence Subia	McKinleyville	15:24
10	Maeve Warburton	Sunny Brae	16:14
6th Grade Boys: Two Miles			
1	Anthony Som	McKinleyville	11:58
2	Rhett Menexas	Trinidad	12:08
3	Jonathan Tyburczy	McKinleyville	12:20
4	James Miner	Trinidad	12:30
5	Evan Klingonsmith	Jacoby Creek	13:22
6	Cedar Farrell	Garfield	13:25
7	Demetri Gai	Jacoby Creek	13:29
8	Callum Macdonald	Garfield	14:18
9	Flynn Hunt	Sunny Brae	14:22
10	Remy McCovery	Trinidad	14:41
7th Grade Girls: Two Miles			
1	Audrey Hayes	Fortuna	12:57
2	Rosa Nofsinger	NPA	12:58
3	Sienna Pulley	Sunny Brae	13:38
4	Eliana Lindsay	NPA	13:58
5	Rylie Krcmar	Trinidad	14:08
6	Cora Sheppard	NPA	14:31
7	Joelina McGurn	Winship	14:48
8	Zoey Gai	Jacoby Creek	15:19
9	Chloe Cappuccio	Jacoby Creek	15:25
10	Elliot Bloedon	NPA	16:06
7th Grade Boys: Two Miles			
1	Soren James	Sunny Brae	11:15
2	Liam Whitney	Sunny Brae	11:39
3	Giovanni Esparza	Fortuna	11:57
4	Felix Felsenthal	Coastal Grove	12:39
5	Xavier Madrone	Trinidad	12:42
6	Jonah Veerkamp	Coastal Grove	12:55
7	Mateo Johnson-Bazan	Sunny Brae	13:17
8	Tehsaanxwe Cooper	Trinidad	13:27
9	Braden Hamm	Jacoby Creek	13:31
10	Mateo Osorio	Sunny Brae	13:52
8th Grade Girls: Two Miles			
1	Kjersti Mcadonald	Jacoby Creek	12:28
2	Willow Avelar	Pacific Union	13:26
3	Johana Olson	Sunny Brae	13:36
4	Luna Chisholm	Jacoby Creek	15:13
5	Amaya Teroka	McKinleyville	15:14
6	Vera Norkunas	Fortuna	15:45
7	Emma Cahoon	Fortuna	15:48
8	Ceiba Dehority	Jacoby Creek	17:09
9	Stella Jeandet	Jacoby Creek	17:29
10	Rachel Creighton	Fortuna	17:46
8th Grade Boys: Two Miles			
1	Owen Ingram	Sunny Brae	11:04
2	Micah Okin	Sunny Brae	11:37
3	Jaxon Lewis	Blue Lake	11:38
4	Brogan Winkelman	McKinleyville	11:40
5	Benny Zhuang	NPA	11:51
6	Lucas Wiegandt	Winship	12:01
7	Ezra Mrotzek	SHRC	12:04
8	Asher Riley	Trinidad	12:05
9	Jaden Soto	McKinleyville	12:25
10	Albee McCovey	Trinidad	12:44



4th grade girl winners: 1 Grace Vigil, Fieldbrook; 2 Tesa Lockhart, Morris; 3 Olivia Spellmeyer, Jacoby Creek



6th grade boy winners: 1 Anthony Som, McKinleyville; 2 Rhett Menexas, Trinidad; 3 Jonathan Tyburczy, McKinleyville; 4 James Minor, Trinidad



8th grade girl winners: 1 Kjersti Macdonald, Jacoby Creek; 2 Willow Avelar, Pacific Union; 3 Johana Olson, Sunny Brae



6th Leaders Anthony Som and Rhett Menexas



6th-8th start



6th-8th start

HRRAY photos by Jack West



3rd-5th start

HRRAY photo by Jack West

SRRC Crossword Puzzle

Art Gallery of Ontario, Toronto
Oct., 2024



ACROSS

- 1 Waterless
- 4 Long story
- 8 Baseballer's apparatus
- 12 Fish eggs
- 13 Surrounded by
- 14 Chills and fever
- 15 Patriotic chant
- 16 Master
- 17 Musical tone
- 18 Soccer star Lionel
- 20 Rhyming advice, part 1
- 22 Egg cells
- 24 Neither's correlative
- 25 Rhyming advice, part 2
- 29 Ingested
- 33 Celestial bear
- 34 Close securely
- 36 Numbered hwy.
- 37 French dance
- 38 And others, briefly
- 39 Microscopic arachnid
- 40 In the air
- 42 Rhyming advice, part 3
- 44 Japanese airline inits.
- 46 Moral transgression
- 47 Rhyming advice, part 4
- 51 Dainty flower
- 55 Heroic
- 56 Price
- 58 ___-Magnon
- 59 Prefix for one
- 60 Popular sandwich cookie
- 61 Biblical vessel
- 62 Soon
- 63 Snare
- 64 High card

DOWN

- 1 Beatable instrument
- 2 Elegant flower
- 3 Affirmatives
- 4 Spit, formally
- 5 Yo te ___
- 6 Bind up
- 7 Something extra
- 8 Hindu chant
- 9 Mad scientist's assistant. often
- 10 Ballerina's skirt
- 11 Adolescent
- 19 Couch
- 21 Christmas carol
- 23 Helper, briefly
- 25 Big brass, in an orchestra
- 26 By mouth
- 27 Norwegian capital
- 28 Blue-green
- 30 Threesome
- 31 Caesar's lament to Brutus
- 32 At no time for a poet
- 35 Strong brews
- 38 Sicilian volcano
- 39 Starling relative
- 41 Raptor
- 43 Excellent
- 45 Foppish neckwear
- 47 Government disaster assistance grp.
- 48 Atop
- 49 Spanish lad
- 50 Unit of barometric pressure
- 52 College athletic grp..
- 53 This bunch
- 54 Harness for draft animals
- 57 Ocean

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19			20		21				
			22		23		24					
25	26	27				28		29		30	31	32
33					34		35			36		
37					38					39		
40			41			42		43				
			44		45		46					
47	48	49				50		51		52	53	54
55						56		57		58		
59						60				61		
62						63				64		

"Ken Yanosko" <kenyanosko@sbcglobal.net>

Upcoming Events

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

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SAT., DEC 14, 2024 << **SRRC race** >>

Jammie-Jog 12K & 5K for the Holidays.

(\$10 for nonmembers, free for SRRC members) 12K at 9:00AM and 5K at 9:15AM. Please wear holiday attire - your "ugliest" sweater! Start and finish by St. Mary's School on Janes Road in Arcata. Due to these start times it will not be possible to participate in both runs. For more information, contact **Sherry Myers** at <sherrymyers1956@gmail.com>.

WED., JAN 1, 2025 << **SRRC race** >>

Resolution Run at the Eureka Waterfront Trail.

(\$10 for nonmembers, free for SRRC members) Start at 10AM. 5K Start and finish at the Del Norte Street Pier parking lot (foot of Del Norte Street in Eureka along the Bay). The race will head south along the Waterfront Trail to the Hikshari' Trail and back. {20:25 Challenge!} Run 20:25 or faster and receive a special commemorative award. Only SRRC members will be eligible. For more information, contact **Jamey Harris** at <jeh43@humboldt.edu>.

SAT., JAN 25, 2025 << **SRRC event** >>

Award, Membership Meeting & Party.

At 2 pm. Celebration of running in 2024 at the Neighborhood Center in Arcata (1301 D St., Arcata, CA). Pizzas & drinks are provided.

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>



2024 Team Garfield, photo by Jack West



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"

