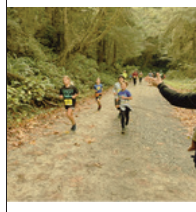




Jammie Jog 3M & 12K
 Janes Road, Arcata
 9:15 am, Sat., Dec. 14, 2024

December Minutes

• Next meeting: Chin's in Eureka; Dinner at 5:30, Meeting at 6:30 pm, Wed., Jan. 8, 2025. Ask Gary Timek <gtimek@aol.com> for details.



Thank You from Veteran's Day Run

Thank You -Valued Sponsor-

Because of your generosity, the 4th Annual Veterans Day at McKay was another HUGE Success! Over 370 people completed the race and \$3600 were raised in support of local veteran outdoor recreation and creative arts. This would not be possible without YOU! We look forward to your support again next year!

Wed., Dec. 11, 2024, 6:30 p.m. at Timek's home in Arcata. Board members in attendance: **Sherry Myers, Mark Ellis, Jorge Preciado, Jessy Preciado** and **Gary Timek**. Guests: **Catrina Howatt, Cindy Timek, Jack West** and **Michele Gerdes**.

OLD BUSINESS

- A. Veteran's Day Run 5K & 10K (Sat., 11/09/24) recap:** 370 runners. Thank you to SRRC for helping out and attending.
- B. HRRAY:** The current HRRAY group will be looking to step down from leadership within the next two years. Anyone interested in helping to keep this great organization going, please reach out to Jack West.
- C. Sue-meg Park Run 5K & 10K:** Has been moved to Sat., April 5, to avoid issues with the weather in January.

NEW BUSINESS

- A. Jammie Jog 5K & 12K (9:00 am, Sat., 12/14/24):** Set to go!
- B. Resolution Run 5K (10:00 am, Wed., 1/01/25):** Will check with race director to make sure everything is on track.
- C. Awards & Membership Meeting (2:00 pm, Sat., 1/25/25):** Celebration of running in the year 2024 at the Neighborhood Center in Arcata (1301 D St., Arcata, CA). Pizza from Babe's in Cutten. SRRC members are all invited.
- D. Hour Run (440 yds at 9:00 & 9:30 am, Sun., 2/16/25):** Will be moving to the Arcata High track this year.
- E. FBMR 2M (2:00 pm), 4M & 10M (Noon, Sun., 3/09/25):** Everything is moving smoothly, new 10 mile course is getting certified. Registration is open.
- F. Fortuna Rodeo Run 5K (9:00 am, Sun., 7/13/25):** Catrina Howatt has volunteered to take over as race director. Thank you!
- G. Other:**
 - Trinidad to Clam Beach Run 5¾ Mile (11:00 am, Sat., 2/08/25) will have a lot of the original runners coming up to run this year.
 - Avenue of the Giants (Sun., 5/04/25) is almost sold out. If you want to register, do it now!
 - Club will have an accounting firm to handle the taxes and 1099's this year.

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 **20th 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

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Secretary* Jessy Preciado
<jenglishjohnson@gmail.com>
Treasurer Cindy Timek
<ctimek@aol.com>

SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



2024 Circuit Winners

SRRC heroes!

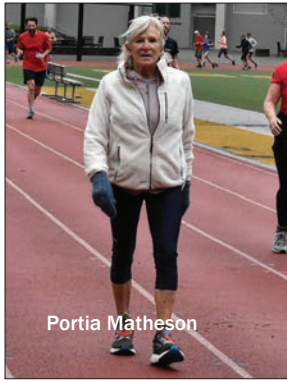
by "Robin Baker" <6rrcircuit@gmail.com>



Jürgen Giessel



Jib Ray



Portia Matheson



Cyril Carl



Lorraine Dillon



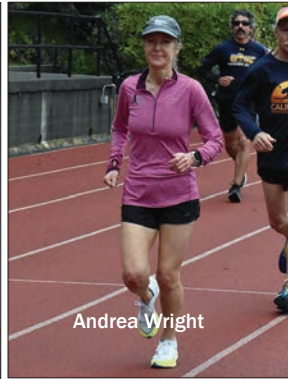
Randy Emenaker



Lanore Bergenske



Paul Kinsey



Andrea Wright



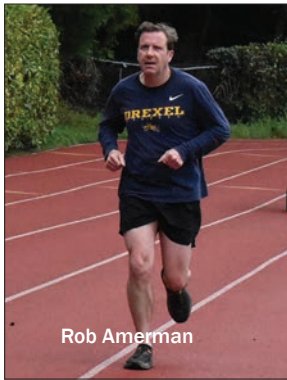
Jeff Haag



Kelley Sheehy



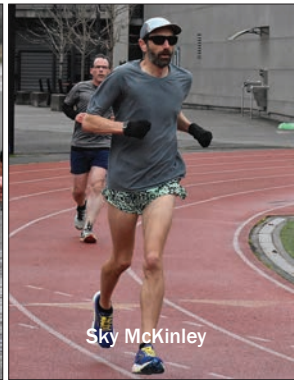
Jen Foesig



Rob Amerman



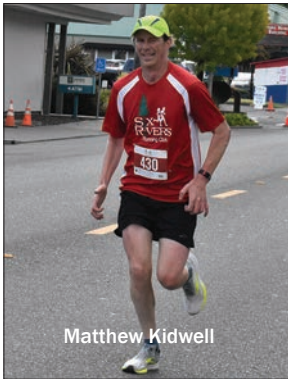
Angie Pearson



Sky McKinley



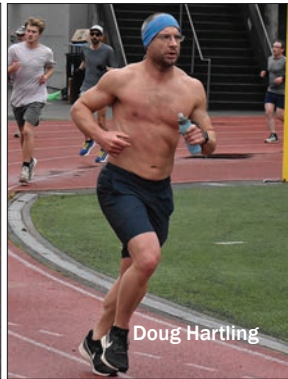
Sarah Sullens



Matthew Kidwell



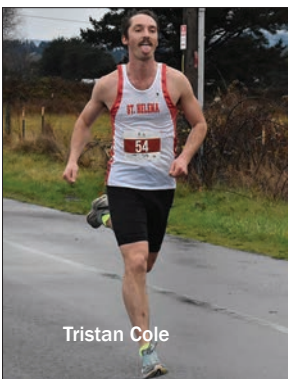
Jenna Larson



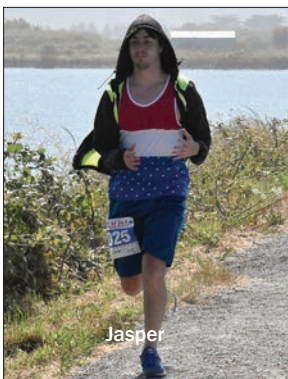
Doug Hartling



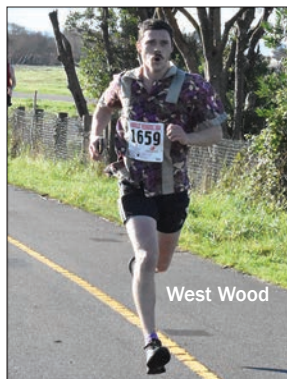
Isabel Hirsch



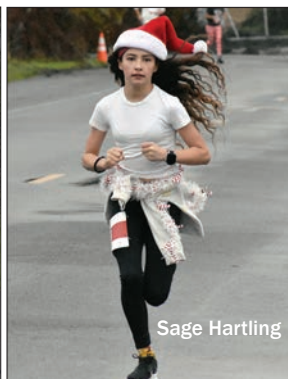
Tristan Cole



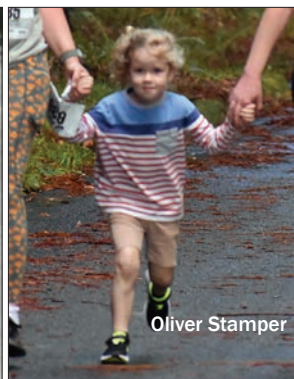
Jasper



West Wood



Sage Hartling



Oliver Stamper



Old Town Turkey Trot 5K

9:00AM Thurs., Nov. 28, 2024

≈5K (2.96 miles exactly)

Pl	Name	G/age	Time
1	Nicholas Brichta	M25	13:41
2	Mario Giannini	M20	13:42
3	Christian Coley	M25	14:56
4	Nathan Whitney	M18	15:23
5	Daniel Shaver	M19	15:24
6	Henry Hashem-Lamb	M24	15:28
7	Ryder Bullman	M15	15:47
8	Thomas Becannon	M21	15:48
9	Corey Phillips	M44	16:21
10	?? ??	???	16:24
11	Della Molina	F26	16:25
12	Ocean Walker	M16	16:34
13	Christopher Dudley	M30	16:42
14	Chase Jimenez	M17	16:56
15	Tega Thompson	M??	16:57
16	Agnieszka Lubowska	F22	17:07
17	Matty G. (roller blade)	M34	17:22
18	Tony T. (roller blade)	M43	17:23
19	Marcus Romero	M25	17:33
20	Matthew Kidwell	M43	17:37
21	Eli Chiles	M15	17:38
22	?? ??	???	17:41
23	Daniil Oxyuk	M21	17:56
24	Amelia Jackson	F28	17:56
25	Dusty Diller	M40	18:00
26	Noah Macknicki	M16	18:03
27	Adam Vera	M23	18:16
28	Viktor Coonrod	M21	18:21
29	Ashton Plessinger	M19	18:22
30	Wyatt Davis	M??	18:41
31	Isaac Lockwood	M??	18:43
32	Wyatt Eglian	M28	18:44
33	Sky McKinley	M48	18:45
34	Michelle Kim	F29	18:55
35	Owen Ingram	M14	18:59
36	Liam Whitney	M13	19:01
37	Jason Weldon	M16	19:05
38	Tyler Lovio-Coley	M32	19:05
39	Cedric Latreille	M47	19:08
40	Elizabeth Uemura	F25	19:09
41	Miriam Brichta	F23	19:16
42	Soren ?	???	19:17
43	Matthew Nelson	M??	19:18
44	Erich Coulter	M31	19:24
45	Jonah Morgan	M16	19:36
46	Isaac Ingram	M15	19:44
47	Timothy Taft	M21	19:45
48	Kaleb Ashton-Brown	M21	19:48
49	Wyatt Zerlang	M18	19:55
50	Lucas Ditch	M35	19:55
51	Steven Stockdale	M40	19:58
52	Ai-Lan McGoldrick	F19	19:59
53	Mile Mateer	M??	20:07
54	John Nicklas	M45	20:08
55	Brett Docherty	M41	20:09
56	Juliano Pereira	M32	20:11
57	Sarah McGraw	F34	20:12
58	Spencer Olson	M??	20:15
59	Jake Johnson	M48	20:21
60	Jonathan Merrill	M31	20:25
61	Ford Brayden	M14	20:27
62	Everett Docherty	M18	20:28
63	Koa Walker	M14	20:33
64	Casey Waterman	F44	20:38
65	Clark Gast	F15	20:40
66	Bassem Alsady	M47	20:41

67	Antonya Diller	F36	20:45
68	Lewis Brendan	M24	20:46
69	Micah Okin	M13	20:46
70	Summer Morales	F16	20:48
71	William Salamunovich	M20	20:54
72	Jenna Larson	F38	20:55
73	Paul Kinsey	M69	20:56
74	Brynn Hales	F21	21:02
75	Andrew Cavinta	M24	21:05
76	Bret Rinehart	M44	21:08
77	Ben Laybourne	M20	21:09
78	John Powers	M17	21:10
79	William Powers	M15	21:16
80	Mike Pigg	M60	21:17
81	Bill Prescott	M52	21:17
82	Scott Pesch	M58	21:23
83	Lanore Bergenske	F67	21:29
84	Rob Decou	M43	21:30
85	Frankie Rojas	M39	21:32
86	Tiffany Knot	F36	21:37
87	John Adams	M16	21:38
88	Zack Cox	M45	21:41
89	Cecilia Guerre	F31	21:42
90	Luke Biesecker	M44	21:44
91	Thomas Okane	M49	21:47
92	Karen Kidwell	F40	21:48
93	Brendan ??	M??	21:49
94	Mason Hemmingsen	M13	21:59
95	Simon Stampe	M38	22:03
96	Vivian Adams	F14	22:13
97	Ettian Prescott	M14	22:15
98	Meg Turner	F28	22:16
99	Aidan Stephens	M35	22:23
100	Michele Gerdes	F45	22:29
101	Lars Gerdes	M16	22:34
102	Andy Beronilla	M29	22:36
103	Nikolay Zappeyev	M39	22:36
104	Toby Mattole	M14	22:37
105	Jeff Drier	M40	22:38
106	Jen Foesig	F??	22:42
107	Peyman Aryanpur	M37	22:43
108	Jason Poindexter	M36	22:48
109	Rosie Davis	F18	22:49
110	Isaiah Kibby	M33	22:51
111	James Tevini	M36	22:54
112	Christine Mateer	F??	23:02
113	Mike Williams	M63	23:10
114	Brendan McNulty	M65	23:16
115	Harmony Safier	F42	23:16
116	Eric Cortopassi	M41	23:25
117	Joe Beau	M36	23:26
118	Yvette Ferreira	F50	23:34
119	Chrissie Keeney	F35	23:40
120	Kanan ??	???	23:42
121	Rebecca Matias	F34	23:44
122	Rathlin Hemmingsen	F16	23:46
123	Elliot Kundinger	M10	23:57
124	Marcos Tejada	M13	23:58
125	Mateo Osorio	M13	23:59
126	Emmerson Okin	F11	24:08
127	Jules Davis	M09	24:08
128	Kinsley Yarbrough	F11	24:09
129	?? ??	???	24:10
130	Ace Boling	M11	24:10
131	Scott Rose	M54	24:11
132	Travis ??	M??	24:12
133	Uriel Esteves	M18	24:16
134	Kiara Weldon	F16	24:17
135	Bob Moore	M61	24:19
136	Aaron Morales	M49	24:30
137	Karl Bruhns	M73	24:36

138	Mason Sand	M25	24:38
139	Wyatt Obog	M17	24:39
140	Rachel Pesch	F50	24:49
141	Carter Eichin	M18	24:50
142	Aaron Ostrom	M45	24:51
143	Robin Baker	F36	25:00
144	Sam Goldstein	M30	25:01
145	Nick Kaufman	M34	25:12
146	Louisa Haumeder	F10	25:21
147	Angela Viale	F44	25:22
148	Blair Colwell	F40	25:25
149	Jon ??	M??	25:27
150	Christian Samalska	M63	25:28
151	Hope Kibby	F22	25:31
152	Sheri Jensen	F60	25:36
153	Nevi Weldon	F11	25:37
154	Ali Deyhim	M48	25:39
155	Lily Pendley	F27	25:41
156	Travis Pendley	M25	25:43
157	Bryce Mateer	M26	25:45
158	Joseph Matriccinni	M02	25:45
159	Netra Khatri	M47	25:46
160	Mikee Davis	M??	25:47
161	Heidi O'Hanan	F40	25:50
162	Adrienne Davis	F46	25:52
163	Ethan Bush	M28	25:53
164	Emilie Uemura	F??	25:54
165	Jessy Preciado	F34	25:55
166	Jorge Preciado	M??	26:00
167	Jaimoe Kibby	M21	26:00
168	Michelle Hernandez	F50	26:01
169	Mollie Hernandez	F20	26:06
170	Simon Dens	M13	26:06
171	Trey Vera	M25	26:07
172	Sophia Gallegos	F??	26:07
173	Reed Obog	M??	26:14
174	Rachael Green	F28	26:15
175	Lily Simmons	F25	26:15
176	West Wood	M22	26:16
177	Luta Belcher	M51	26:19
178	Samantha Charlesworth	F36	26:19
179	Brent Coley	M59	26:20
180	Amber Coley	F54	26:24
181	Ronnie Webb	M34	26:25
182	Katrin Lemmon	F34	26:25
183	?? ??	???	26:26
184	Claire Walker	F36	26:27
185	Micheol Psyse	M45	26:28
186	Jenny Clemmens	F36	26:32
187	Sylvie Davis	F07	26:36
188	Rob Hemmingsen	M47	26:37
189	Olivia Black	F24	26:37
190	Rocco Previde	M20	26:38
191	Austin Nolan	M26	26:42
192	Thomas Nolan	M30	26:43
193	Colleen Toste	F61	26:44
194	Eddy ??	M??	26:44
195	Kwan Jimmeron	M17	26:45
196	Joslynn Knox	F??	26:45
197	Gabriel Levy	M52	26:46
198	Alysia Lovio-Coley	F30	26:46
199	Rikki Cortopassi	F47	26:47
200	Corey Colteaux	M39	26:47
201	Doug Hagge	M51	26:49
202	?? ??	???	26:50
203	Jacqueline ??	F??	26:55
204	Cody Thompson	M47	26:56
205	Adriene Jimmeron	F44	26:57
206	Christina ??	F??	27:03
207	Greg Allen	M54	27:04
208	Emily Pesch	F18	27:06

209 Marin Matteoli	F18	27:07	284 Douglas Mansalud	M59	29:19	359 Eileen Verbeck	F47	31:58
210 Karen Pope	F56	27:08	285 Tommy Brown	M28	29:20	360 Moi Velasquez	M12	31:59
211 Elizabeth ??	F13	27:11	286 Kim Bergel	F58	29:21	361 Emily Baird	F29	32:00
212 Emmett ??	M14	27:11	287 Jayme Clark	F44	29:23	362 Jordan Baird	M30	32:01
213 Mavelyn Socha	F46	27:12	288 Jason Franklin	M36	29:23	363 Anna Osorio	F47	32:01
214 Olivia Spellmeyer	F09	27:14	289 Anna Branson	F30	29:26	364 Natalia Collier	F48	32:02
215 Amber Thompson	F47	27:16	290 Rachel Goodrich	F25	29:27	365 Adam Molofsky	M49	32:04
216 Craig Woods	M34	27:16	291 Jackie Moore	F57	29:30	366 Owen Patrick	M62	32:05
217 TigerLily C-Fitzpatrick	F16	27:17	292 Dana Reynolds	F36	29:31	367 Rakelle Ludwig	F15	32:06
218 Garrett Jacobs	M31	27:18	293 Alea Van Asuber	M30	29:31	368 Franny Chiang	F41	32:07
219 Jamie Gillespie	F30	27:20	294 Ava Deyhim	F14	29:32	369 Oliver Creech	M??	32:09
220 Wyatt Wheatley	M24	27:20	295 Michael Whiteley	F65	29:33	370 Ross Creech	M39	32:09
221 Joshua Jimenez	M47	27:21	296 Olivia Symanovich	F47	29:33	371 Theodore Creech	M10	32:12
222 Emily Bothfeld	F36	27:23	297 Betsy Braun	F25	29:36	372 Stevon Campbell	M53	32:14
223 Ella Jimenez	F19	27:23	298 Tim Olson	M??	29:38	373 Felicia Yang	F??	32:14
224 Sophia Sambo	F36	27:24	299 ?? Katri	M??	29:40	374 Carrie Levy	F53	32:16
225 Eduard Carpenter	M24	27:28	300 Erica Telvini	F35	29:41	375 Angela Democko	F48	32:16
226 Olivia Railsback	F19	27:29	301 Nicole Collins	F36	29:47	376 ?? ??	???	32:17
227 Alauna Thompson	F19	27:29	302 Donnie Myers	M28	29:48	377 Rose Haumeder	F08	32:18
228 Anaury Poulain	M07	27:34	303 Trinity Moore	F16	29:49	378 Ruth Jones	F34	32:18
229 Melchior Poulain	M09	27:37	304 Naiva Anderson	F21	29:50	379 Gordon Jones	M69	32:22
230 Kieran Poulain	M34	27:38	305 Cynthia Thao	F??	29:54	380 Penelope Boldway	F14	32:23
231 Emma Wilson	F20	27:39	306 Jennifer Grimmatt	F??	29:55	381 Tamara Fortney	F62	32:24
232 Kylie Mosley	F20	27:44	307 Talon Vigil	M18	29:58	382 Hunter Hagge	M??	32:26
233 Henry Pernedde	M24	27:48	308 Stephanie Yang	F31	29:59	383 Christina Torres	F36	32:27
234 Matt Murriam	M39	27:49	309 Malia Masayos	F15	30:00	384 Avni Madhak	F10	32:30
235 Vlad ??	???	27:49	310 Ivan McBeth	M24	30:01	385 Jose Amaral	M36	32:31
236 Jordan Kauffman	F30	27:50	311 Roy Baker	M32	30:04	386 Mary Daniels	F67	32:31
237 Jordyn Davis	F26	27:51	312 Lukas Kugi	M13	30:05	387 Kona Shaw	F30	32:36
238 Max Franklin	M24	27:52	313 Vincent Weldon	M41	30:06	388 Jen Smith	F51	32:48
239 Mark Samalska	M58	27:54	314 Zion Ludwig	M07	30:09	389 Vanesa Carillo-Salas	F30	32:52
240 Ellie Pesch	F20	27:55	315 Dan Branson	M31	30:12	390 Sarah Green	F60	32:53
241 Owen Wolf	M17	27:56	316 Jaalen Aubrey	M13	30:14	391 ?? ??	???	32:59
242 Ari Velasquez	F11	27:57	317 Killsam Paye	M15	30:18	392 Ayla Walker	F08	33:00
243 Jakob Clark	M24	27:58	318 Kurt Dervedde	M61	30:19	393 Devin Walker	M47	33:02
244 Zackary Davis	M37	28:01	319 James Morrison	M??	30:20	394 Kristi Giori	F25	33:02
245 Elizabeth Okin	F48	28:02	320 Bryce Jimmerson	M42	30:22	395 Shana Langer	F58	33:03
246 Larissa Stevenson	F57	28:05	321 Zac Goodrich	M34	30:25	396 Dylan Haumeder	M40	33:04
247 Chris Stevenson	M64	28:06	322 Cecelia Diaz	F11	30:31	397 Ronnie Shelly	M49	33:09
248 Ayla Wiseman Moonasar	F12	28:06	323 Sam Diaz	M50	30:35	398 Isla Archibald-Buchanan	F06	33:15
249 Jonathan Reynoso	M31	28:09	324 Jiah Barnett	F42	30:38	399 Laura Levy	F35	33:18
250 Trevor Harper	M50	28:11	325 Abiona Katri	F24	30:45	400 Jo Archibald	F42	33:19
251 Issac Ostrom	M13	28:11	326 Sophia Bates	F17	30:47	401 Sophia Spellmeyer	F11	33:20
252 Malik Jimmerson	M12	28:12	327 Samana Lake	F58	30:49	402 Carolina Perez	F36	33:22
253 Martha Jain	F62	28:15	328 ?? ??	F19	30:50	403 Wilson Alburo	M49	33:22
254 Julian Gordon	M15	28:19	329 Carly Strand	F??	30:51	404 Oscar Diaz	M14	33:23
255 Erika Benson	F45	28:23	330 Erin Bryant	F47	30:55	405 Hannah Graves	F33	33:27
256 Kirsten Foley	F40	28:24	331 Jake Kidd	M??	30:57	406 Lucas Graves	M29	33:28
257 Aubrey Tupper	F20	28:25	332 Amanda Colegrove	F46	30:58	407 Stephen Buck	M72	33:31
258 Merek Segis	M22	28:27	333 Lauren Lynch	F44	30:58	408 Beth Spellmeyer	F41	33:35
259 Elhayn Hemmingsen-Moon	F14	28:29	334 Emery Biesecker	M14	30:59	409 Harlow Brawner	F07	33:42
260 Ethan Shaw	M32	28:30	335 Shaya Robinson	F19	31:02	410 Braden Brawner	M50	33:43
261 Grace Pinkerton	F10	28:31	336 Janine Susilia	F62	31:06	411 Lyra Hindbaugh	F61	33:43
262 Amelia Sattler	F41	28:33	337 Olivia Osorio	F10	31:08	412 Ember Hindbaugh	F14	33:44
263 Aubrey Lloyd	F14	28:35	338 Arren Corbett	M06	31:15	413 Rebecca Deyhim	F47	33:47
264 Adam Pinkerton	M41	28:38	339 Austin Corbett	M35	31:17	414 Sarah Bopp	F32	33:48
265 Tom Martin	M77	28:42	340 Lora Osorio	F10	31:19	415 Donald Moore	M25	33:49
266 Ferris Drier	M10	28:43	341 Keeva ??	???	31:19	416 Arlene Woody	F63	33:49
267 Wyland Karevoll	M09	28:44	342 ?? ??	???	31:23	417 Nat Maldonado	M29	33:50
268 Jennifer Karevoll	F35	28:45	343 ?? ??	???	31:27	418 Marayah Kaiser	F11	33:51
269 Carmela Rivera	F17	28:47	344 Kerry McNamee	F40	31:28	419 Chelsea Osa	F24	33:52
270 Clark Browne	M15	28:47	345 Dayspring Mattole	F42	31:30	420 Trace Osa	M25	33:54
271 Scarlett Zerlang	F15	28:50	346 Nate Schlachter	M45	31:35	421 Madelyn Kaiser	F??	34:02
272 Will Zerlang	M44	28:50	347 Emily Chiang	F06	31:40	422 Melissa Kaiser	F43	34:03
273 Becky Chapman	F54	28:51	348 Robin Fraser	F45	31:44	423 Nicholas Esquivel	M35	34:03
274 Michael Chapman	M65	28:52	349 John Aryanpur	M65	31:44	424 Nicole Obog	F48	34:04
275 Pat Spellmeyer	M39	28:58	350 Jasper	M27	31:45	425 Leanne Louch	F54	34:10
276 Roman Ludwig	M11	29:00	351 Maggie Brown	F28	31:46	426 Greg G	M31	34:10
277 Israel Ludwig	M09	29:01	352 Libby Brown	?30	31:46	427 Gideon Turner	M14	34:16
278 Lisa Hansen	F49	29:03	353 Della Brown	F27	31:47	428 Erika Guynn	F57	34:26
279 Hannah Pereira	F23	29:04	354 Nicole Hill	F46	31:48	429 Azalea Wiseman Nelson	F06	34:28
280 Hope Von Werlhof	F34	29:06	355 Julie Alderson	F53	31:49	430 Doug Nelson	M52	34:29
281 Kathryn Kraus	F32	29:08	356 Michael McNicholas	M31	31:51	431 Rachael Wiseman Nelson	F45	34:30
282 Laura Shaver	F48	29:16	357 Alexandra McNicholas	F30	31:52	432 Jacob Tabares	M33	34:32
283 Marylan Jaso	F42	29:17	358 Lindsey Grossman	F43	31:55	433 Jackie Daw	F29	34:35

434 Brynne Gerardi	F33	34:37	509 Beck Wansen	M05	38:51	584 Charlie ??	M??	44:00
435 Sandra Mendoza	F56	34:41	510 Aren Hansen	M46	38:59	585 Jon ??	M??	44:05
436 Nurma Day	M50	34:42	511 Sarah ??	F??	39:03	586 Aaron ??	M??	44:05
437 Cody Towns	M09	34:55	512 Cindy Scott	F48	39:08	586 Beth ??	F??	44:05
438 Sara Towns	F38	34:55	513 Abbey Lynch	F11	39:21	587 ?? ??	???	44:11
439 Jennifer Buck-Diaz	F49	34:56	514 Camilia Sherwood	F??	39:22	588 ?? ??	???	44:11
440 Melissa Domenigini	F48	34:58	515 Travis Sherwood	M??	39:23	589 Braiden Laughlin	???	44:14
441 Rich Baker	M63	34:59	516 Sam Pinkerton	M06	39:23	590 Gavin Laughlin	?30	44:16
442 Sarah Larsen	F42	35:00	517 Matt Pinkerton	M03	39:29	591 David Turner	M??	44:26
443 Valerie Bowser	F22	35:00	518 Mandy Pinketron	F41	39:37	592 Amy Turner	F??	44:26
444 Danielle Ludwig	F34	35:01	519 Daniel Cavanaugh	F39	39:43	593 ?? ??	???	44:31
445 Dawn Posh	F43	35:06	520 Susan Wolf	F47	39:49	594 ?? ??	???	44:32
446 Melia Adams	F07	35:11	521 Bri Cavanaugh	F32	39:52	595 ?? ??	???	44:35
447 Kate Sipma	F43	35:11	522 Tyler Rheinholdt	M28	39:52	596 Doug Dertinger	M51	44:58
448 Kennedi Ludwig	F17	35:13	523 Chris Kunding	M42	39:52	597 Aniyah Sargent	???	44:59
449 Susan Radebaugh	F71	35:13	524 Naia Kindinger	F07	39:54	598 Tatiana ??	F??	45:11
450 Ina Shelly	F48	35:14	525 Mary ??	F??	40:01	599 Keenan Pool	M44	45:12
451 Emerson Turner	M11	35:16	526 Jamie McMullen	F??	40:01	600 Annalise Pool	F09	45:13
452 Bill Little	M68	35:18	527 Kinsley Bryant	F14	40:02	601 Aileen Martin	F73	45:40
453 Grace Rosebrook	F23	35:27	528 Tim Clide	M16	40:07	602 Nina Aryanpur	F65	45:43
454 Graham Obog	M11	35:29	529 Geri Bullard	F59	40:10	603 Claudia Aryanpur	F37	45:47
455 Brian Obog	M52	35:32	530 Gerald Crnich	M78	40:40	604 Rebecca Twiss	F55	45:54
456 Payten Sargent	???	35:37	531 Annie Elfing	F38	40:41	605 Michael Best	M40	46:06
457 Paul Johnson	M??	35:38	532 Noe Villasenor	F06	40:42	606 Aimee Furlong	F40	46:07
458 Mae Mazza	F26	35:38	533 Jenny Villasenor	F06	40:42	607 Thomas Bryant	M47	46:08
459 Kristie G	F54	35:39	534 Tommy Rollins	M49	40:47	608 Ethan Pesch	M21	46:08
460 Jasmine Younger	F25	35:40	535 Kari Hemmingsen	F47	40:51	609 Lindsey Harris	F24	46:09
461 ?? ??	???	35:41	536 Lily Williamson	F18	40:56	610 Emily Cornish	F11	46:10
462 Adara Lewis	F22	35:42	537 Kacy Tonkin	F34	40:57	611 ?? ??	???	46:13
463 Evelyn Strand	F??	35:44	538 Martha Mendoza	F45	40:58	612 Patricia Evansizer	F79	46:13
464 Caitlin Terry	F40	35:46	539 Mary Jane Schilz	F74	41:03	613 Kristen Evansizer	F53	46:14
465 ?? ??	???	35:48	540 Isabella Archibald	F34	41:17	614 Owens Secor	F??	46:15
466 Rachel Shiney	F34	35:51	541 ?? ??	???	41:18	615 ?? ??	???	46:16
467 Matthew Shiney	M33	35:52	542 Alicia Tuso	F57	41:18	616 ?? ??	???	46:20
468 Brynn Crosswhite	F13	35:57	543 Lawren Pottker	F40	41:21	617 Ashley Lewis	F32	46:25
469 Alexis Lopez	M30	36:03	544 Josh Pottker	M40	41:21	618 Alexandra Creech	F38	46:26
470 Antonia Navarte	F26	36:06	545 Arya Hindbaugh	F14	41:22	619 Matthew Rollins	M21	46:27
471 Caren Coonrod	F50	36:12	546 Marie Williamson	F48	41:23	620 Alder Corbett	M04	46:28
472 Paul ??	M??	36:20	547 Reece Emenaker	M04	41:44	621 Danielle Corbett	F34	46:28
473 Adonias Clark	M14	36:21	548 Gavyn Arpin	M09	41:45	622 Meg Stampe	F35	46:39
474 Vivien ??	F??	36:32	549 Evelyn Arpin	F07	41:47	623 Kit Meyer	F44	46:39
475 Madelyn ??	F??	36:32	550 Paul Arpin	M40	41:51	624 Kimberly McBeth	F??	46:40
476 Cooper Karevoll	M06	36:33	551 Olivia Rose	F19	41:51	625 Jessica McBeth	F51	46:42
477 Victoria Salles	F28	36:37	552 Corrinne Hauger	F22	41:52	626 Lucy Olson	F09	46:47
478 Richard Karevoll	M41	36:48	553 Mila Powell	F06	41:53	627 Josie Olson	F11	46:49
479 Emilee Kovar	F??	36:49	554 Vicki Vasconi	F58	42:07	628 Matt Olson	M45	47:03
480 Charity Murphy	F29	36:51	555 Heather Ochoa	F40	42:09	629 Amy McBeth	F??	47:09
481 Christina Mehr	F22	36:54	556 Stephanie Rivera	F32	42:11	630 Addison Hagge	F??	47:09
482 Scarlet Buuman	F12	36:55	557 Amanda Belmar	F10	42:13	631 Maryhall Harper	???	47:14
483 Delcie Hemmingsen-Moore	F40	37:13	558 ?? ??	???	42:15	632 Olivia Eads	F18	47:16
484 Aaron Ashcom	M47	37:22	559 KC Esmana	F79	42:20	633 Hannah Eads	F10	47:17
485 Molly Ashcom	F45	37:33	560 Weslyn Bryant	F11	42:21	634 Rose Harper	F16	47:22
486 Jennifer Winton	F??	37:34	561 Alondra Adkins	F20	42:36	635 Teryn Vallerga	F19	47:24
487 Alexis Contreras	F33	37:35	562 Sheyda Gomez	F41	42:37	636 Iris Coonrod	F19	47:30
488 Nessa Carlson	F10	37:35	563 Harry Ohanen	M04	42:52	637 Amaya Vravidez	F19	47:30
489 Trevor Carlson	M45	37:40	564 John Foley	M25	42:56	638 Briana Turnbull	F22	47:36
490 Noah Levy	M??	37:41	565 Jean Chiles	F46	42:57	639 Sarah Van Dissel	F43	47:37
491 Bryleigh Busick	F23	37:43	566 Joshua Nicely-Alsaro	M10	42:58	640 Jennie Jimenez	F45	47:38
492 Jameson Ybarra	M09	37:44	567 Hope Aurora	F36	43:03	641 Alex Jimenez	M14	47:40
493 Kallie Ybarra	F37	37:47	568 Lizzy Renz	F??	43:04	642 Brandon Hubbard	M27	47:41
494 Renee Wescott	F24	37:57	569 Kerri Renz	F??	43:06	643 Alyssa Day	F26	47:52
495 Lila Wolf	F19	37:58	570 Gina Espinosa	F61	43:07	644 David Vallerga	M51	47:53
496 Kathy Spott	F26	38:00	571 Maria Fernanda Alsaro	F45	43:10	645 MaryAnn Johnston	F69	48:04
497 Sofia Pereira	F37	38:01	572 Gaelen Bryant	M16	43:10	646 Dawn Durbin	F60	48:04
498 E. Dominick	M06	38:02	573 Catrina Howatt	F58	43:21	647 Elena Eckart	F57	48:10
499 Dulce Ziegler	F47	38:26	574 Sherry Myers	F68	43:22	648 Anna Eckart	F24	48:15
500 Joaquin Dominick	M46	38:26	575 Caitlin Sard	F09	43:27	649 Jake Hayes	M??	48:20
501 Jasmine Sarp	F36	38:31	576 Mario Ruiz	M38	43:29	650 Tom Hiller	M68	48:20
502 Christina Lewis	F46	38:32	577 Kathy Sattler	F74	43:30	651 Susanne Hiller	F72	48:21
503 Bailey-Jean Pontoni	F19	38:34	578 Nolan Davison	M11	43:34	652 Joey Hiller	M??	48:22
504 Wanda Baird	F57	38:35	579 Ashlynn Barbee	F21	43:39	653 Melanie Casillas	F35	48:25
505 Max Capps	M66	38:36	580 Stephanie Weldon	F04	43:40	654 Olivia Biesecker	F??	48:38
506 ?? ??	???	38:39	581 John Manni	M69	43:43	655 Alyssa Biesecker	F45	48:39
507 Juanita Villareal	F41	38:46	582 Claire LaFrance	F08	43:46	656 Walter Biesecker	M17	48:39
508 Pax N.	M32	38:49	583 Diann LaFrance	F43	43:47	657 B. Smile	F36	48:40

658 Deedee Vallerga	F53	48:41	718 Deborah Neeson	F73	52:37	780 Henry Chiles	M57	55:23
659 Matilda ??	F??	48:42	719 Lisa Gorge	F54	52:38	781 Patrick ??	M??	55:23
660 Maverick Schneider	M??	48:43	720 Alex Gorge	M20	52:39	782 David Caudill	M38	55:24
661 Corbin Sargent	???	48:44	721 Kelly Thompson	F43	52:39	783 Sam Caudill	F33	55:25
662 Carolyn Ybarra-Pontous	F19	48:51	722 Robin Wilson	M48	52:42	784 Cassandra Huffancia	F09	55:25
663 Jim ??	M??	48:51	723 Grace Davenport	F17	52:43	785 Penelope Waitmore	F11	55:36
664 ?? ??	???	48:52	724 Tommy Rotberg	M18	52:44	786 Francis Bothfeld	F35	55:40
665 Sarah Brewer	F31	48:55	725 Jason Yarbrough	M39	52:47	787 Brown Bothfeld	M07	55:41
666 Poppy Brewer	F07	48:56	726 Angelica Yarbrough	F32	52:49	788 Dakota Michael	M25	55:44
667 David Brwere	M31	49:04	727 Stephanie Kamberg	F??	52:55	789 Kylee Durrett	F27	55:44
668 Randi Larkin	F40	49:07	728 Stephanie Stover	F??	52:58	790 Lori Durrett	F??	55:47
669 Paulina Crowley	F32	49:18	729 Aubrey Radford	F??	53:05	791 ?? ??	???	55:48
670 Olivia Kernen	F32	49:19	730 Hayden Kamberg	???	53:07	792 Kevin ??	M??	55:50
671 Hazel Kernen	F02	49:20	731 Kari Samlaska	F60	53:16	793 Erik Effes	M04	55:51
672 Leni Mazza	M27	49:25	732 Paula Mushrush	F??	53:33	794 ?? ??	???	56:04
673 Jennifer Rosebrook	F54	49:38	733 Sanoy Newman	F65	53:33	795 Dave Schneider	M76	56:05
674 G. Hurburt	M65	49:42	734 Renee Laughlin	F60	53:34	796 Suz Franklin	F60	56:28
675 Joy Hanson	F20	49:43	735 Bruce Laughlin	M60	53:35	797 Phoebe Marsh	F27	56:28
676 Ryan Chapman	M20	49:43	736 Coraline Notman	F??	53:36	798 Isaac Kioa	M26	56:30
677 Serrina Chapman	F??	49:44	737 Jill Short	F55	53:37	799 Angelica Rivera	F47	56:40
678 Marie Chauffour	F39	49:57	738 David Johnson	M75	53:39	800 Thomas Murphy	M53	56:47
679 Tricia Bruhns	F70	49:58	739 Ophelia Natran	F??	53:40	801 Giovanni Rivera	M51	56:50
680 Drew Olyer	M50	50:00	740 Tahlia Curtice	F??	53:41	802 Liz ??	F??	56:52
681 Lynn Casillas	F67	50:02	741 Carrie Kelly	F47	53:42	803 Teresa ??	F??	56:55
682 Benoil Dens	M49	50:03	742 Christy Khattab	F51	53:52	804 Melodie George-Moore	F57	56:56
683 Katie Dens	F41	50:04	743 Erin McCann	F37	53:54	805 Glenn Moore	M54	56:58
684 Emily ??	F49	50:07	744 Ben Davenport	M49	53:55	806 Jenni Phillips	F30	56:59
685 Brian ??	M29	50:13	745 Emily Davenport	F48	53:57	807 Tammy Lindblom	F56	57:00
686 Tanya Crowley	F61	50:25	746 James Gannett	M06	54:01	808 Cheryl Phillips	F62	57:05
687 Kelley Hurlburt	F65	50:27	747 Megan Yarnall	F40	54:02	809 Tracey Wells	F58	57:06
688 Heidi Schneider	F??	50:30	748 Debra Bowman	F68	54:05	810 Amy Nilsen	F48	57:08
689 Ryan Schneider	M??	50:33	749 Keith Bowman	M71	54:06	811 Kathy Dvais	F63	57:09
690 Chris Sargent	???	50:41	750 Kathy Tupper	F70	54:15	812 Chris Hale	M29	57:11
691 Tamara Tafoya	F64	50:55	751 Melinda Swank	F63	54:15	813 Steve Hale	M??	57:12
692 Lydia Gerdes	F14	51:02	752 Belinda Hill	F57	54:16	814 Maria Hale	F??	57:14
693 Joan Williams	F76	51:08	753 Rihanna Camilli	F??	54:16	815 Jennifer Burlison	F52	57:15
694 Mark Wheatley	M65	51:11	754 Phoebe Marsh	F61	54:17	816 Darrell Burlison	M55	57:15
695 Kim ??	F??	51:16	755 James Marsh	M52	54:18	817 Donna Huffancia	F37	57:17
696 Carla Tafoya	F55	51:17	756 ?? ??	???	54:19	818 Rendell Repair	F28	57:18
697 Maureen Brundage	F72	51:18	757 ?? ??	???	54:19	819 Mary Ann Van Curk	F69	57:21
698 Marin Short	M55	51:23	758 Ken Yatch	M80	54:20	820 Jason Buck	M52	57:23
699 Steve Larsen	M73	51:25	759 Jeanne Yatch	F79	54:21	821 Emryn Arpin	F05	57:24
700 Lyn Alburo	F44	51:27	760 Daniel Doble	M73	54:22	822 Carolyn Arpin	F40	57:25
701 Mark Salamunovich	M26	51:28	761 Sheri Schlesinger	F52	54:30	823 Sandra Wise	F71	57:26
702 Dana Zurasky	F62	51:31	762 Shelly Davis	F63	54:31	824 ?? ??	???	57:45
703 Kay Zurasky	F27	51:33	763 Levi Okin	M11	54:39	825 ?? ??	???	57:45
704 Diane Zurasky	F63	51:34	764 Benjamin Okin	M52	54:41	826 Anthony ??	M??	57:50
705 Veronica Schneider	F42	51:34	765 Celia Wilson	F42	54:43	827 Monnery McGraw	F69	57:51
706 Oceana ??	???	51:37	766 Danah Palmer	F49	54:43	828 Eric Chiang	M43	57:58
707 Kenton ??	???	51:38	767 ?? ??	???	54:44	829 Ryan Chiang	M08	57:58
706 Jim Fleshman	M74	51:39	768 Callen Towns	M03	54:45	830 ?? ??	???	58:11
707 Ruth Fleshman	F74	51:40	769 Dan Carlin	M??	54:46	831 ?? ??	???	58:11
708 Elise Poindexter	F39	51:42	770 Sarah Hemmingsen	F30	54:50	832 ?? ??	???	58:12
709 Mark Poindexter	M74	51:44	771 Trish Carlin	F??	54:51	833 Jessica ??	F??	58:13
710 Ilene Poindexter	F??	51:45	772 Toby H.	M??	55:02	834 Jordan ??	???	58:20
711 Destinee ??	F??	51:52	773 Owen ??	???	55:02	835 Tom McNicholas	M70	58:43
712 Miranda Perez	F28	51:54	774 Mark ??	???	55:11	836 Martha McNicholas	F70	58:44
713 Alissa ??	F??	52:01	775 Brian Hemmingsen	M44	55:12	837 Elizabeth Pimentel	F57	58:57
714 Gavin Whitmore	M08	52:02	776 ?? ??	???	55:13	838 Joshua Nicely	M43	58:58
715 Merly Whitmore	F39	52:03	777 ?? ??	???	55:14	839 Joah Nicely-Alfaro	M09	58:59
716 Ashley Nieman	F41	52:32	778 Garrett ??	M??	55:20	840 Robbin Kohn	F67	58:09
717 Arli Nieman	F12	52:33	779 Martha ??	F??	55:22			



Eureka
Thanksgiving 2024



Jammie Jog 3M & 12K

directed by "Sherry Myers" <sherrymyers1956@gmail.com>

Well the rain held off for us, except for a few sprinkles. First let me apologize for calling the short race a 5K. It is officially a 3 mile race.

These races couldn't be put on without all the help of our volunteers. I want to thank **Marlene** for getting permits, marking the course with husband **Casey** and always willing to help. **Catrina** for helping make awards and setting up all that was needed in the early morning, so we could flour the course because of earlier rain. I had awesome help from **Christina Torres, Karla, Paul, Harry, Yoshi, Mark** and **Leah Stamper** that brought refreshments. Thank you to **Margaret Morris** for helping at the aid station. Thank you to **Yoon** for doing results and pictures, having them posted so fast after the race. Special thanks to **Matt Filar** from the Mad River Union for all his pictures that are posted on Facebook.

I'm excited for next year! -- Sherry



12K

Place	Name	G/age	Time
1	Ryder Bullman	M15	51:44
2	Wyatt Eglan	M28	52:25
3	Sky McKinley	M48	52:44
4	Craig Wasko	M53	52:58
5	Doug Hartling	M40	56:45
6	Annie Fehrenbach	F36	56:54
7	Wyatt Davis	M12	58:37
8	Courtney Carlson	F32	1:03:41
9	Tara Vu	F43	1:06:20
10	Caroline Carson	F62	1:08:03
11	Paul Kinsey	M69	1:08:03
12	Hope Von Werlhof	F34	1:08:46
13	Shawn Magnuson	M55	1:11:23
14	Tj Chapman	F61	1:12:07
15	Mark Chapman	M65	1:13:06
16	Rowan Magnuson	M16	1:13:28
17	Tom Martin	M77	1:17:56
18	Christina Torres	F36	1:20:54
19	Dennis Dille(*)	M73	1:20:54
20	Kerri Renz	F40	1:25:18
21	Amanda Colegrove	F46	1:30:06

3M

Place	Name	G/age	Time
1	Tristan Cole	M33	18:49
2	Jake Johnson	M49	19:30
3	Andrea Wright	F63	20:19
4	Zachary Chapman	M43	20:21
5	Richard Roybal	M48	20:32
6	Jenna Larson	F38	20:46
7	Caleb Turner	M22	21:44
8	Summer Morales	F16	22:06
9	Sarah Sanders	F45	22:08
10	Kelley Sheehy	F59	22:17
11	Rebecca Matias	F34	22:40
12	Richard Engel	M61	22:47
13	Jesus Herrera	M17	23:10
14	Meztli Chinas	F15	24:38
15	Jon Merrill	M31	25:04
16	Eric LeBlanc	M33	25:05
17	Tanya Trump	F55	25:30
18	Adrienne Davis	F46	25:39
19	Mike Davis Jr.	F47	25:39
20	Aaron Morales	M49	25:52
21	Dave Ryan	M67	26:31
22	Randy Emenaker	M73	26:53
23	Alondra Ramirez	F18	27:00
24	Jasper	M27	27:20
25	Sage Hartling	F11	27:26
26	John Carson	M66	27:49
27	Michael Wharton	M60	27:59
28	Alan Lowry	M75	29:21
29	Joe Sample	M31	29:34
30	Robin Fraser	F45	30:57
31	Blake Sample	M13	31:57
32	Kyersten Sancho	F23	32:17

33	Cassie Peterson	F24	32:17
34	Hanna Sample	F36	34:36
35	Vincent Weldon	M41	35:45
36	Alia Dunphy	F45	36:03
37	Victoria Olea	F47	36:12
38	Kit Meyer	F44	37:47
39	Roenne Powell	F07	37:53
40	Emily Hartling	F14	39:03
41	Eliana Powell	F09	39:28
42	David Turner	M46	39:33
43	Ashley Powell	F37	39:38
44	Ira Blatt	M78	41:09
45	Stephanie Weldon	F47	43:16
46	Emilia Wright	F08	43:23
47	Jeremy Wright	M44	43:23
48	Mary McCulloch	F68	46:06
49	MaryAnn Johnston	F70	46:26
50	Portia Matheson	F77	47:05
51	Lorraine Dillon	F74	47:06
52	Maya Chinas	F09	51:40
53	Modesto Olea	M35	53:42
54	Jada De Los Santos	F08	54:31
55	Veronica Olea	F50	54:40
56	Arianna Porter	F14	54:55
57	Felix Porter	M08	54:55
58	Westley Porter	M10	54:55
59	Crystal Porter	F40	55:20
60	Shawn Porter	M42	55:21
61	Robbin Kohn	F68	1:05:05

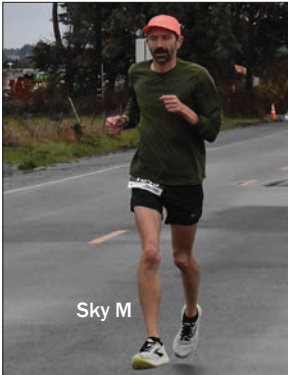
12K



Ryder Bullman
12K winner (M)
51:44



Wyatt E



Sky M



Craig W



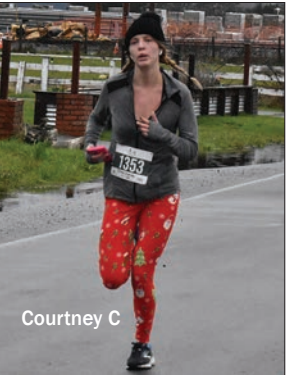
Doug H



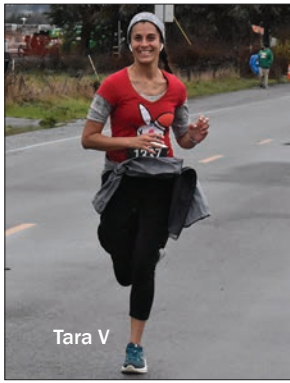
Annie Fehrenbach
12K winner (F)
56:54



Wyatt D



Courtney C

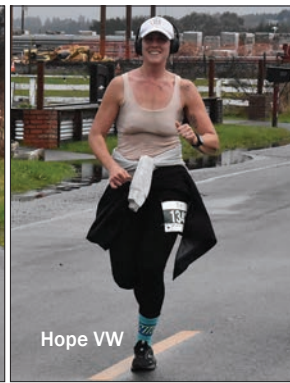


Tara V



Paul K

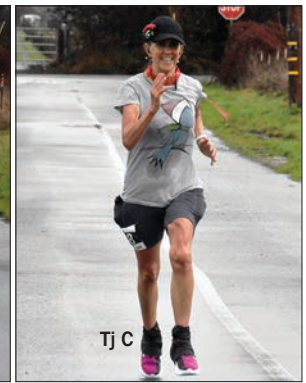
Caroline C



Hope VW



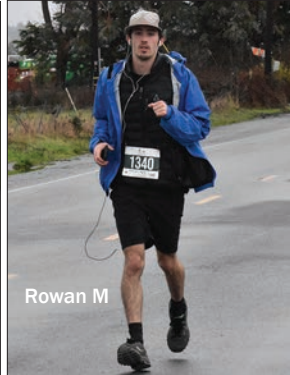
Shawn M



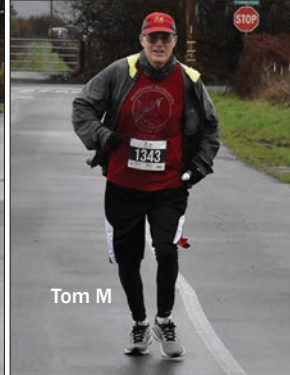
Tj C



Mark C



Rowan M



Tom M



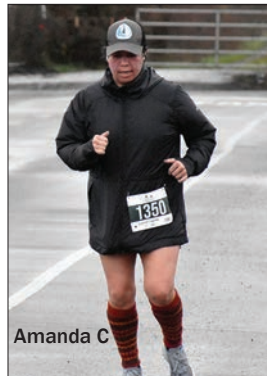
Christina T



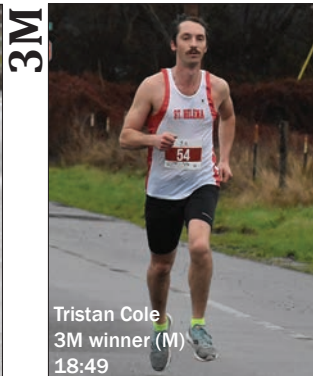
Dennis D



Kerri R



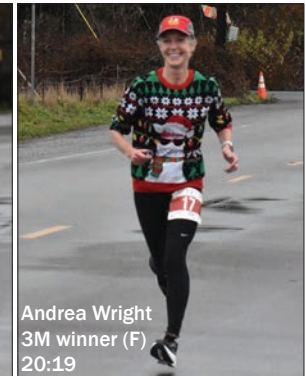
Amanda C



Tristan Cole
3M winner (M)
18:49



Jake J



Andrea Wright
3M winner (F)
20:19



Zachary C



Richard R



Jenna L



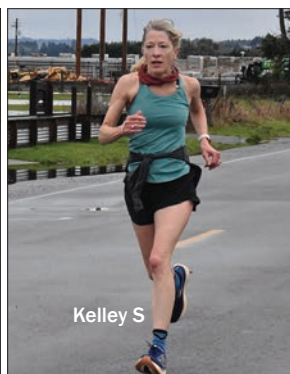
Caleb T



Summer M



Sarah S



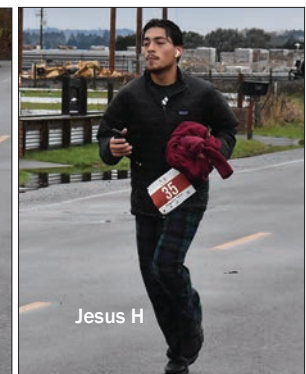
Kelley S



Rebecca M



Richard E



Jesus H

3M



Meztli C



Eric L Jon M



Tanya T



Mike D Adrienne D



Aaron M



Dave R



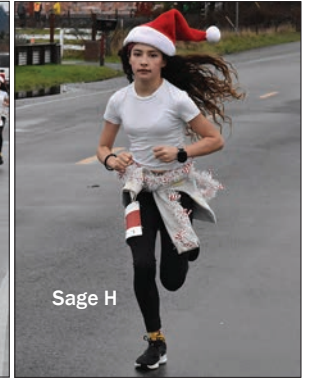
Randy E



Alondra R



Jasper



Sage H



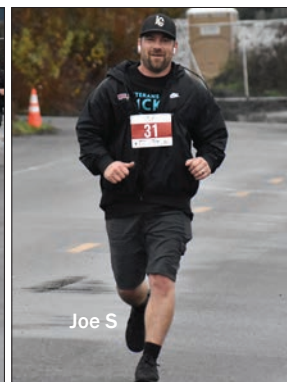
John C



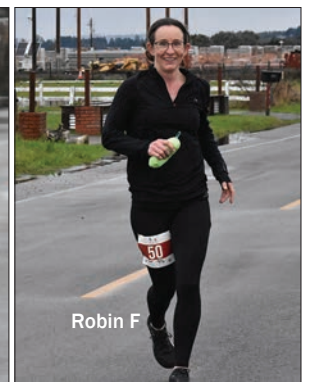
Michael W



Alan L



Joe S



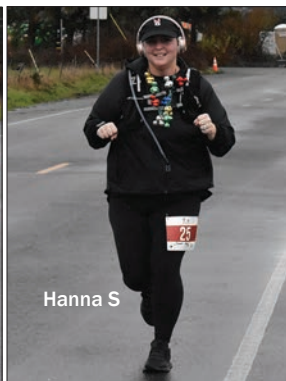
Robin F



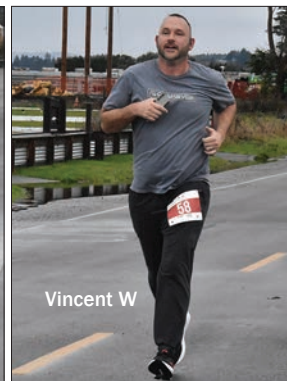
Blake S



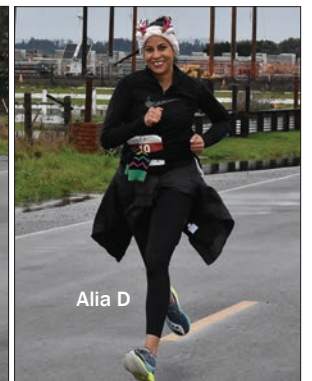
Kyersten S Cassie P



Hanna S



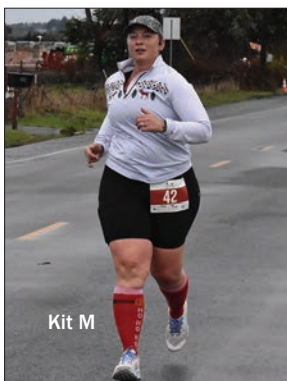
Vincent W



Alia D



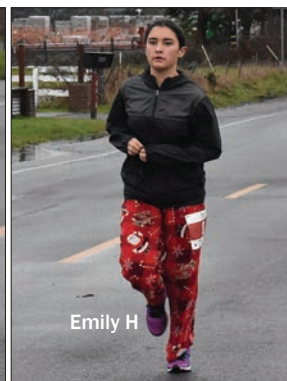
Victoria O



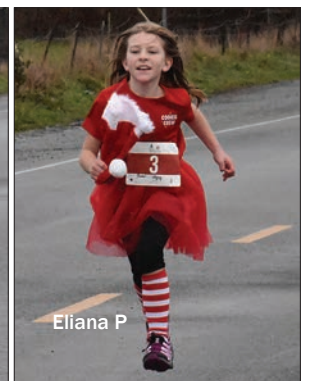
Kit M



Roenne P



Emily H



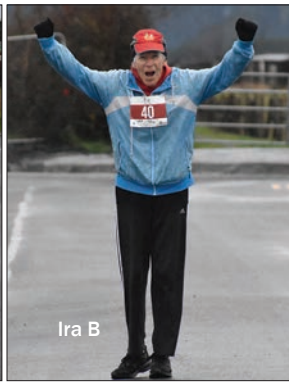
Eliana P



David T



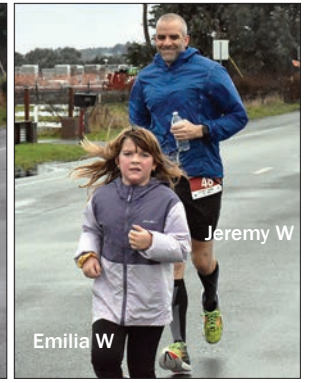
Ashley P



Ira B



Stephanie W



Jeremy W

Emilia W



Mary M

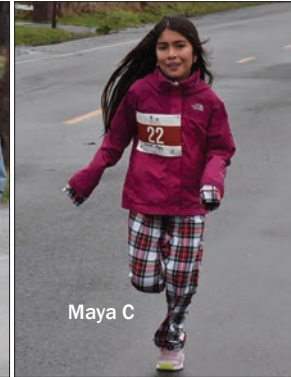


MaryAnn J



Portia M

Lorraine D



Maya C



Modesto O



Jada DLS



Veronica O



Felix P

Arianna P

Westley P



Crystal P

Shawn P



Robbin K





2024

23rd ANNUAL S R R C CIRCUIT

by "Robin Baker" <6rrccircuit@gmail.com>

Results: Jammie Jog 3M & 12K

Upcoming: Resolution Run 5K (1/01/25) + Membership Meeting (1/25/25)

Congratulations to the **2024 Six Rivers Running Club Circuit!** It's time to announce the official winners of the **2024 Six Rivers Running Club Circuit!** We hope you'll join us at the Running Club party to celebrate your running pals and receive your official SRRC Circuit certificates. Remember, to complete the Circuit you must have run at least six races and volunteered. There are about a dozen folks who ran enough races to complete the Circuit but did not volunteer. If that's you and you'd like to help me make certificates, email me at <6RRCcircuit@gmail.com>.

Managing the Circuit this year has certainly been a learning experience. Fortunately, I've got a team of folks ready to help next year. Send your thanks to **Sky McKinley, Matthew Kidwell, Alia Dunphy, Mary Ann Johnston, Mischka Straka, and Angie Pearson.**

If you'd like to help next year by entering results, writing an article, or creating certificates, you can still sign up. Finally, thank you to **Jenna Larson, Galen Hammitt and Angie Pearson** for helping with the 2024 certificates.

Questions or catch a mistake? Email me at <6RRCcircuit@gmail.com>.



- 14 & Under Male:** 2024 Circuit Champion = **Oliver Stamper**
 ◇ Certificate Winners: **Juan Ornelas, Westley Porter, Felix Porter**
- 14 & Under Female:** 2024 Circuit Champion = **Sage Hartling**
 ◇ Certificate Winners: **Emily Hartling, Arianna Porter**
- 20-24 Male:** 2024 Circuit Champion = **West Wood**
 ◇ Certificate Winner: **Caleb Turner**
- 25-29 Male:** 2024 Circuit Champion = **Jasper**
- 30-34 Male:** 2024 Circuit Champion = **Tristan Cole**
 ◇ Certificate Winner: **Galen Hammitt**
- 30-34 Female:** 2024 Circuit Champion = **Isabel Hirsch**
- 35-39 Male:** 2024 Circuit Champion = **Doug Hartling**
- 35-39 Female:** 2024 Circuit Champion = **Jenna Larson**
 ◇ Certificate Winners: **Annie Fehrenbach, Leah Stamper, Christina Torres, Robin Baker, Crystal Porter**
- 40-44 Male:** 2024 Circuit Champion = **Matthew Kidwell**
- 40-44 Female:** 2024 Circuit Champion = **Sarah Sullens**
- 45-49 Male:** 2024 Circuit Champion = **Sky McKinley**
 ◇ Certificate Winners: **Jake Johnson, David Turner**
- 45-49 Female:** 2024 Circuit Champion = **Angie Pearson**
- 50-54 Male:** 2024 Circuit Champion = **Rob Amerman**
- 50-54 Female:** 2024 Circuit Champion = **Jen Foesig**
 ◇ Certificate Winners: **Tanya Trump, Marie Capiello**
- 55-59 Female:** 2024 Circuit Champion = **Kelley Sheehy**
 ◇ Certificate Winner: **Catrina Howatt**
- 60-64 Male:** 2024 Circuit Champion = **Jeff Haag**
 ◇ Certificate Winner: **Mark Chapman**
- 60-64 Female:** 2024 Circuit Champion = **Andrea Wright**
 ◇ Certificate Winners: **Caroline Carson, Marcile Raney, Tj Chapman, Simona Carini**
- 65-69 Male:** 2024 Circuit Champion = **Paul Kinsey**
 ◇ Certificate Winners: **Mischka Straka, John Carson, Harry Kavich**
- 65-69 Female:** 2024 Circuit Champion = **Lanore Bergenske**
 ◇ Certificate Winners: **Debbie Stamper, Sherry Myers**
- 70-74 Male:** 2024 Circuit Champion = **Randy Emenaker**
 ◇ Certificate Winners: **Mr. Sunshine, Alan Grau**
- 70-74 Female:** 2024 Circuit Champion = **Lorraine Dillon**
- 75-79 Male:** 2024 Circuit Champion = **Cyril Carl**
 ◇ Certificate Winner: **Tom Martin**

- 75-79 Female:** 2024 Circuit Champion = **Portia Matheson**
- 80-84 Male:** 2024 Circuit Champion = **Jib Ray**
- 85-89 Male:** 2024 Circuit Champion = **Jurgen Giessel**

You are cordially invited to
Six Rivers Running Club
Annual Member Appreciation + Award Pizza Party
Neighborhood Center (1301 D St., Arcata)
2:00 pm, Sat., 1/25/25

- The pizza, beer, & soda are on us so please come to our annual party.
- We'll be presenting the much coveted Circuit Awards as well as the "Red Jacket" award for super runner, super volunteers, the Elite Runner Singlet, and many raffle prizes.



59TH ANNUAL TRINIDAD TO CLAM BEACH RUN

Coast Central Credit Union

STUDENTS REGISTER FOR FREE

Lanore Bergenske <lbergenske@fortunaesd.com> wrote Tue, Dec 10, 2024:

Alicia Mengel and I traveled to Sacramento for the **CIM** marathon. The weather conditions were perfect as was the Capitol and lighted Christmas Tree!! We both did well. Alicia 3:36:31 and Lanore 3:37:15! I ran my first negative split and was first in AG!! This was my **10th CIM** and **105th Marathon or Beyond!!** Feeling Blessed!! ❤️ -- Lanore

California International Marathon

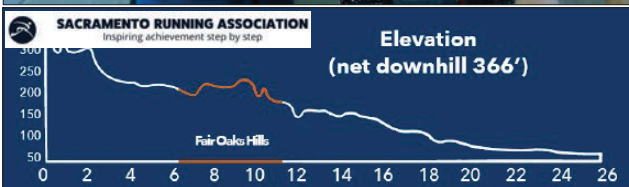
Sacramento, CA
Sun., Dec. 8, 2024



CALIFORNIA International Marathon

Dec. 8, 2024

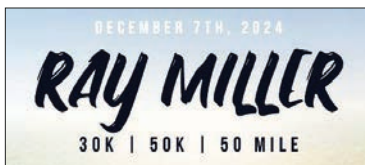
OvPl	Name	G/age	Time	Home
1148	Isaiah Oliver	M26	2:59:12	Trinidad
1497	Zachary Schaidle	M29	3:05:40	Eureka
2408	Sarah McGraw	F34	3:19:34	Eureka
3558	Alicia Mengel	F45	3:36:31	McKinleyville
3607	Lanore Bergenske	F67	3:37:15	Fortuna
4631	Eric Coppa	M27	3:52:39	Eureka
6869	Taryn Sanborn	F23	4:44:58	Fortuna

Karen Adams <kadiadams@yahoo.com> wrote on Sun, Dec 8, 2024:

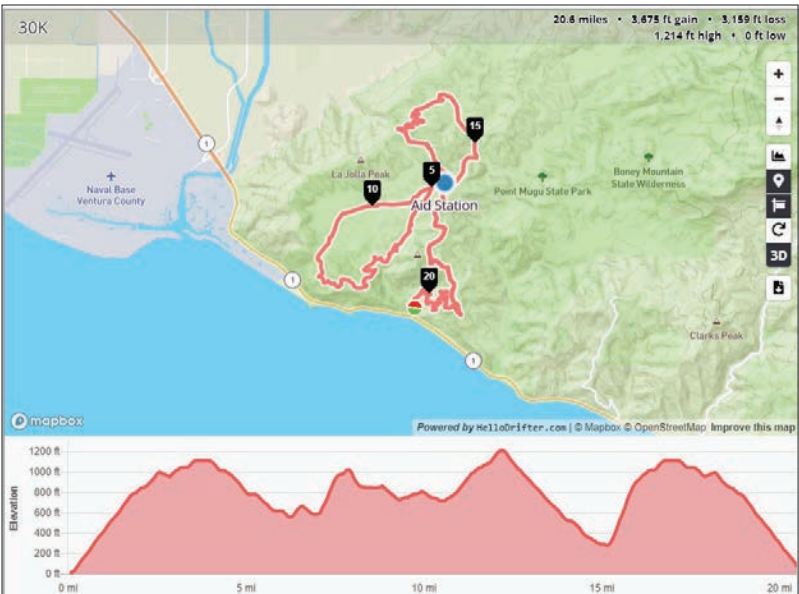
Hi. Here is a pic of me right after the Ray Miller 30K trail run at Point Magu State Park yesterday.

Ray Miller 50M/50K/30K
Malibu, CA
Sat. Dec. 7, 2024



30K, 7:30 am, Sat., 12/07/24

OvP	Name	G/age	Time	Home
102	Karen Adams	F65	5:41:35	Weaverville



THANK YOU from Fox Trot Run

Dear Gary,

Thank you for giving us the color ful flags that adorn the track all day. If it weren't for them, the day would feel lacking in color and excitement. They make the event feel so much more genuine, but in a fun way!

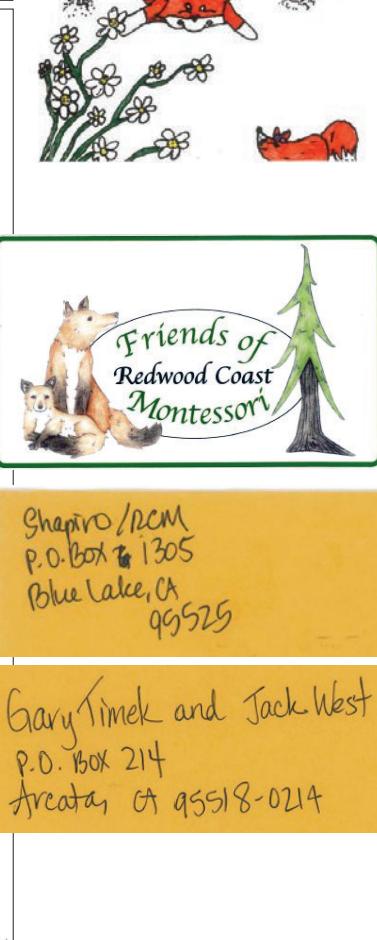
Noel
 Lu
 Aina
 Ali
 Koa
 Carson
 AMIC
 S
 MATT
 Xena
 Maddie
 FG
 Josh
 M
 Menna



Dear Jack,

Thank you so much for letting us use the timer! Thank you as well for showing us how to use it! Thank you for doing it year after year! We could not have done it without you.

Josh
 Cam
 Baxter
 Jess
 Thank you! Mica MATS
 Frances
 Leo
 Hendrik
 Thank you! -myzes
 Lincoln
 Oliver
 Josh
 Menna
 Lui
 Noel
 Menna



THANK YOU

Rousseau
 PD BOX 782
 Blue Lake, CA 95524 PM 1 L.



Thank You to HRRAY

thank you Alyson
 thank you McKenzie
 Lorelai
 Joseph !sawannah!
 Thank you! Sydney
 Onnikd
 Deah
 ol the p

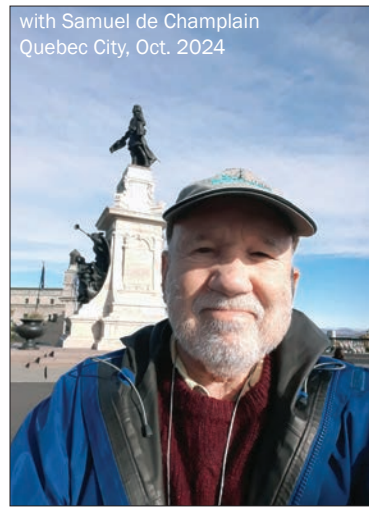
Dear Six Rivers Running Club,
 Thank you for your continued support of the youth cross country through HRRAY! We appreciate your help at the meets and have the best time running ☺ ACS had a team of nine runners this season and look forward to next year.

Sincerely,
 Alicia Rousseau
 Coach, Arcata Christian School

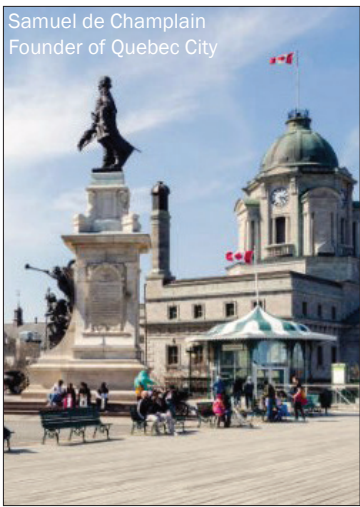
SRRC Crossword Puzzle

- ACROSS**
- Treaty
 - Natural wound protector
 - Cleopatra's viper
 - Farm unit
 - Ballet pose
 - Italian monk
 - Advice on how to raise your spirits, part 1
 - Curve
 - Novel
 - Globe
 - Coerce
 - Ditch
 - IV times XIII
 - Artist's model
 - Advice on how to raise your spirits, part 2
 - Tribulations
 - Den
 - Prefix for something that is rejuvenated
 - Heavenly lion
 - Sound of an air leak
 - Leading actor
 - Advice on how to raise your spirits, part 3
 - Coastline
 - Industrious insect
 - Cost
 - Listened to
 - Strong brew
 - Primate
 - Chemical prefix
 - Advice on how to raise your spirits, part 4
 - Scot's negative
 - Toward the sunrise
 - Hero
 - Printers' measures
 - Cart
 - Domestic animals

- DOWN**
- Chess piece
 - Be sore
 - Squad
 - Common race length, in km
 - Athletics
 - Part of 10 down
 - Atmosphere
 - More muscular
 - At a distance
 - This org.
 - Minutes per mile
 - Second person's possessive
 - Lubricant
 - Legal matter
 - Hawaiian garlands
 - Medical dose
 - Butter substitute
 - Not speedy
 - Not 26 down
 - From outside
 - Close
 - Blood and guts
 - Catalogue
 - 4 down squared
 - Feminine pronoun
 - Glass container
 - Ooze
 - High-pitched but musical
 - Sharpen
 - Scholastic assessment
 - Affirmative votes
 - Round handle
 - Assistant
 - Scheme
 - Building extensions
 - Egy+Syrr in 1958-1961
 - Major body joint



with Samuel de Champlain
 Quebec City, Oct. 2024



Samuel de Champlain
 Founder of Quebec City

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		

"Ken Yanosko" <kenyanosko@sbcglobal.net>

Upcoming Events

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

Resolution Run at the Eureka Water-front 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). {20:25 Challenge!} Run 20:25 or faster. For more information, contact **Jamey Harris** at <jeh43@humboldt.edu>.

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

Award, Membership Meeting & Party. {Free for SRRC members} 2:00 pm. Celebration of running in 2024 at the Neighborhood Center in Arcata (1301 D St., Arcata, CA). For more information contact **Gary Timek** at <gtimek@aol.com>.

SAT., FEB 8, 2025 << **NOT SRRC race** >>

59th Trinidad to Clam Beach. {\$60 before Jan. 18 (includes shirt)/\$40 without shirt; \$50 Late Registration after Jan. 18 (no shirt)} 5&3/4 mile at 11:00AM. Race starts at Saunder's Park (400 Janis Ct., Trinidad, Ca; behind the Chevron Station). Registration for students FREE (by Coast Central CU). Visit <https://www.exploretrinidadca.com/tcbr> for online registration and more information.

SUN., FEB 16, 2025 << **SRRC race** >>

HOOR Run. {\$10 for nonmembers, free for SRRC members} 440yd at 9:00AM, 1M at 9:10AM, and Hour Run at 9:30AM. Run on the Arcata High School track. For more information contact **Jamey Harris** at <jamey@humboldt.edu>.

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>

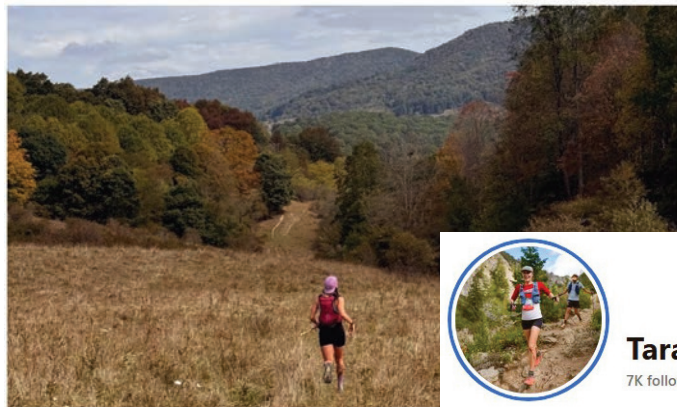


Six Rivers Running Club
P.O. Box 214
Arcata, CA 95518-0214

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



How Tara Dower finished the 2,100-mile Appalachian Trail in a record 41 days



Tara Dower
7K followers • 13 following

Sherman Schapiro <shsch1@gmail.com> wrote on Sat, Nov 16, 2024:

New Appalachian Trail Record: The **Appalachian Trail** stretches 2,190-miles (3,524 km) across the Appalachian Mountains through 14 states, much of it in wilderness. Most who successfully complete the route from Maine to Georgia (or the reverse) will need five to seven months to do so. But on September 21, American ultrarunner, 31 year old **Tara Dower**, completed the course in a time of 40 days, 18 hours, and 5 minutes, a time which required her to average over 2 hilly trail marathons a day. This is a record for either sex, pending verification, and lowered the previous best by over 13 hours.

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"
\$50 for "family"

