



Grasshopper Peak Redwoods Run
8:00 am, Sat., Jun. 1, 2024

June Minutes

Wed., June 5, 2024, 6:30 pm at Chin's in Eureka. Board members in attendance: **Juan Reyes, Laura Bringham, Karen Kidwell, Matthew Kidwell, Mark Ellis, Jorge Preciado, Jessy Preciado, Sherry Myers, Gary Timek** and **Jamey Harris**. Guests: **Cindy Timek** and **Yoshi Uemura**.

OLD BUSINESS

- A. Avenue of the Giants (Sun., 5/05/24) recap:** 1,925 finishers (467 marathon, 929 half marathon, 529 10K), great day, lots of positive feedback. Parking and traffic backing up continue to be an issue. Registration for 2025 is open.
- B. Atalanta's Victory (Sun., 5/12/24) recap:** Good turnout, despite being unable to use the Co-op parking lot. Everything went smoothly. RCMBBA timing system worked great. Thanks to all who ran and volunteered.
- C. Grasshopper Peak Redwoods (Sat., 6/01/24) recap:** Sold out. 110 finishers, 75 in the 10.5 mile, 35 in the 30K. Everything went well.
- D. Scholarship/Shoe Fund:** 3 scholarship applicants. Matthew motions to award scholarships to top two candidates, Karen seconds the motion. Motion passes. 7 of the 9 shoe recipients picked up their shoes.
- E. FBMR Final Budget:** Bad weather and low turnout negatively affected the finances.

NEW BUSINESS

- A. HRRAY:** Planning ahead: AHS will sponsor the regional HS track and field meet on May 17, 2025, and will need 70+ volunteers.
- B. Dow's Prairie Run (10:00 am, Sat., 6/15/24):** Everything is on track, Sherry will meet with Jeff to get items from the shed.
- C. Fourth of July Run (9:30 am, Thur., 7/04/24):** Permits should be in the works.
- D. Fortuna Rodeo Run (9:00 am, Sun., 7/14/24):** Permits are in and on track.
- E. CR Sports Auction & Dinner (5:00 pm, Thur., 8/15/24):** Club

will get a 10 person table.

F. OTHER:

- Question on how to handle non-binary runners in the circuit. Circuit director will add a third category to each age group.
- July's meeting has been rescheduled to Wed., July 10th due to 4th of July holiday.
- Next meeting: El Chipotle in Arcata; Dinner at 5:30, Meeting at 6:30 pm, Wed., Jul. 10, 2024. Ask Gary Timek <gtimek@aol.com> for details..



Auspicious solar halo
Gold Beach, Oregon, June 14, 2024
photo: by Catrina Howatt

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

SRRS BOARD OF DIRECTORS

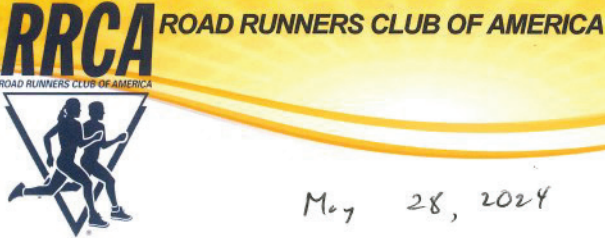
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Juan Reyes	violate2much@yahoo.com (915)276-7642		
Sarah Sullens	sarahsullens10@gmail.com 845-9652		

SRRS OFFICERS

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

SRRS Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



May 28, 2024

Dear 6 Rivers Running Club,
 As my term as RRCA President and my time with the RRCA comes to the end, I convey my utmost heartfelt gratitude for your strong and warm support of the RRCA and myself. I'm so happy that The Ave was awarded Road Race of the Year.
 You have been my Humboldt County family to me as I love coming up. You have done great work! Thanks for being a member of the RRCA, I will see you soon as citizen runner! Sincerely,
www.RRCA.org George Rehm
 RRCA Prez 2020-24

Thank You to SRRC

George Rehm, former president of RRCA
 2022 Avenue of the Giants
 George came & ran the full marathon



ROAD RUNNERS CLUB OF AMERICA
 GEORGE REHMET
 PRESIDENT
 President@RRCA.org
 RRCA National Office
 1591 Lee Highway, Suite 140
 Arlington, VA 22204 p: 703.525.3800
 www.RRCA.org

6 Rivers Running Club
 BOARD
 P.O. BOX 214
 Arcata, CA 95518-0214

95518-021414



Not Just a Sneaker

Little Known Facts by Chaz Allen <www.littleknownfactsshow.com>

It has been hailed as one of the greatest boons to science in history. Well, at least to the research of ocean currents anyway. For the first time, oceanographers were able to calculate with uncanny certainty the actual tracts, currents and eddies of the Pacific Ocean.

The date was May 1990, and sailors and scientists for nearly three centuries had been watching, sailing and tracking the currents of America's westward ocean. But never had there been such an opportunity to watch it happen.

Seattle-based oceanographer Curtis Ebbesmeyer jumped right on it. Curtis recognized this as an opportunity to confirm a few theories of his own about the Pacific Ocean currents, and to debunk a few others that had been fairly prevalent in the past years. He wasn't going to miss this chance. And what he found brought him worldwide fame and recognition in the world of science and studying ocean currents.

Well, for one thing, he found the currents didn't exactly flow the way that most of the charts indicated. Unlike some of our winds, which seem to have a definite point of origin, often created by a specific weather pattern on the globe, the ocean currents didn't have that point of origin.

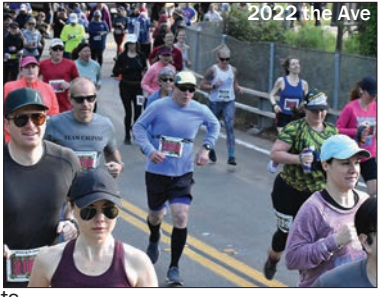
And while we have known for years that the tides are somewhat a result of the moon's position and orbit, currents are not affected by that same phenomenon. What seemed to originate in Asia was really just a continuation of currents that, earlier in the year, were off the coast of Canada's British Columbia. But those same currents wound up back off the coast of Japan months later. And often, didn't move at all.

Curtis was able to track these currents on a computer, chart them, and compare them to the known historical data that had been used for years. The results were pretty revealing, and it did change a great many of the ocean navigational charts over the next few years. It has been hailed as a significant piece of work in the world of oceanography.

And you might be asking, how come? We had computers and computer tracking before .1990. Scientists have been watching the seas for years. So what made this so different? Well, it was Nike! Yeah, the shoe company. They did it. Of course they didn't mean to do it.

But it's a *Little Known Fact* that in 1990 the cargo ship Hansa, en route from Korea to America with a load of Nike Trainers shoes, sank. But the shoes floated. And thousands and thousands of Nike Trainers wound up on beaches all over the Pacific.

By tracking the shoes, Curtis was able to confirm many of the known ocean currents and correct many others. Never before had scientists had such a huge amount of material actually in the ocean that could be traced. It was major breakthrough in ocean science, made possible by a bunch of tennis shoes. Sounds like a good thing came out of it, because I'm sure anyone who found those saltwater-soaked shoes didn't get much use out of them.



contributed by "Randy Emenaker" <premenaker@att.net>

by "Karen Kidwell" <karenrhoffman@hotmail.com>



9th Grasshopper Peak Redwoods Run

10.5 Mile

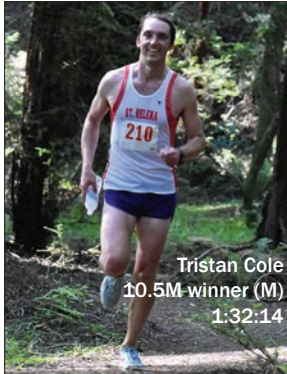
Pl	Name	G/age	Time
1	Tristan Cole	M32	1:32:14
2	Galen Hammitt	M33	1:38:15
3	Caleb Turner	M21	1:38:56
4	John Zwick	M24	1:39:23
5	Douglas Hartling	M40	1:40:04
6	Anne Fehrenbach	F36	1:40:42
7	Stephanie Wortman	F30	1:44:23
8	Jen Foesig	F51	1:47:44
9	Isabel Hirsch	F35	1:48:49
10	Jessica Howlett	F47	1:50:35
11	Tami Quan	F60	1:52:28
12	Trevor Estlow	M53	1:52:30
13	Ian Hart	M44	1:53:46
14	Justin Crow	M49	1:54:17
15	Jesse Taylor	M45	1:55:05
16	Kristin Lane	F48	1:55:52
17	Mishka Straka	M66	1:55:54
18	Terri Vroman Little	F61	1:55:55
19	Mark Chapman	M64	1:59:19
20	Christopher West	M43	2:02:35
21	Molly Murtaugh	F35	2:03:22
22	Simona Carini	F61	2:05:13
23	Thomas Dewey	M64	2:05:17
24	Leonard Lathrop	M58	2:06:07
25	Jen Olson	F42	2:06:23
26	Matthew House	M51	2:06:29
27	Pierce Crosswhite	M12	2:08:22
28	Marie Cappiello	F53	2:10:06
29	Adam Ho	M41	2:11:15
30	James Crosswhite	M45	2:12:57
31	Noah Crosswhite	M16	2:12:58
32	Tj Chapman	F61	2:13:38
33	Casse Weaver	F47	2:14:58
34	Netra Khatri	M46	2:15:02
35	Graciela Guerrero	F33	2:17:19
36	Kyle Ontiveros	M35	2:18:47

37	Sara Klobucar	F49	2:25:22
38	Angie Pearson	F48	2:30:58
39	Sydney Telloian	F13	2:31:08
40	Aaron Telloian	M36	2:31:10
41	Nayo Sicard	F49	2:32:21
42	Robin Fraser	F45	2:32:38
43	Christina Torres	F36	2:34:48
44	Stephen Buck	M72	2:35:08
45	Julie Velazquez	F36	2:35:56
46	Sarah Wennerholm	F35	2:36:42
47	Gelareh Rahbar	F52	2:38:13
48	Alyssa Taylor	F43	2:38:49
49	Alejandra Gallegos	F35	2:38:51
50	Kristina Darby	F54	2:39:01
51	Sandra Healy	F74	2:40:09
52	Pauls Krasts	M53	2:41:02
53	Bright Gipson	M19	2:47:14
54	Marcile Raney	F64	2:50:02
55	Bethany Hailstone	F37	2:52:19
56	Steven Campbell	M53	2:57:10
57	Gordon Johnson	M78	2:59:53
58	Cindi Kiehn-Mola	F51	3:00:36
59	Alyse Nichols	F43	3:00:37
60	Nate Downey	M43	3:00:40
61	Jennefer Padula	F39	3:06:23
62	Eileen Verbeck	F46	3:06:24
63	Lindsey Grossman	F43	3:06:26
64	Sara Starr	F67	3:12:56
65	Dean Matheson	M65	3:13:53
66	Cathryn LaRochelle	F33	3:14:58
67	Brian Buihner	M29	3:15:12
68	Julie Jonte	F68	3:16:43
69	Kit Boisvert Meyer	F43	3:21:00
70	Susan House	F50	3:21:00
71	Melissa Glass	F51	3:21:01
72	Portia Matheson	F76	3:26:04
73	David Turner	M46	3:30:16
74	Tj Rollins	M49	3:40:51
75	Stacey Milich	F55	4:27:42

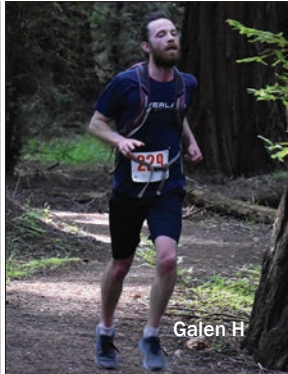
30K

Pl	Name	G/age	Time
1	Mica Mills	M23	2:34:28
2	Ryan Thompson	M41	2:43:00
3	Elliott Portillo	M24	2:43:31
4	Drake Bernards	M32	2:44:21
5	Matthew Kidwell	M43	2:46:23
6	Andrew Nelson	M31	2:51:09
7	Jacob Grajeda	M23	2:55:35
8	Dalton Olson	M34	2:56:09
9	Sky McKinley	M47	2:59:52
10	Emmanuel Parage	M38	3:01:03
11	Paige Wagar	F28	3:05:29
12	Ocean Goodrich	M15	3:06:03
13	Isaac Lockwood	M16	3:06:44
14	Kyle Faucher	M34	3:09:20
15	Noah Eikens	M26	3:16:23
16	Nick Vidargas	M43	3:19:51
17	Steven Haug	M31	3:27:06
18	Paul Kinsey	M69	3:37:22
19	Erica Caddell	F40	3:42:07
20	Samuel Clairmont	M29	3:43:06
21	Jeff Haag	M64	3:45:07
22	Cory Beattie	M27	3:46:45
23	Erik Short	M27	3:46:47
24	Pete Ciotti	M46	3:53:04
25	Jeremy Wright	M43	3:54:52
26	Tanya Trump	F54	4:01:37
27	Daniel Emmenecker	M35	4:06:54
28	Mike Railton	M30	4:17:58
29	Tyson Siphavong-Mille	M26	4:18:02
30	Mark Bernards	M59	4:19:08
31	Anthony Klobucar	M17	4:19:10
32	Courtney Ladika	F44	4:37:50
33	Jose Ornelas	M14	4:39:39
34	Tammy Moore	F57	4:47:23
35	Michael Glass	M52	4:50:04

10.5M



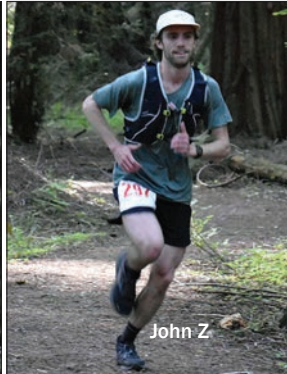
Tristan Cole
10.5M winner (M)
1:32:14



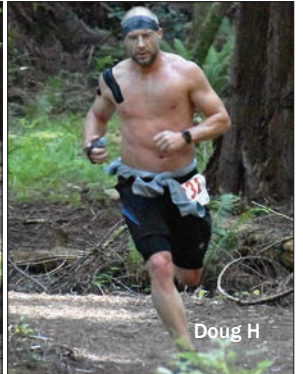
Galen H



Caleb T



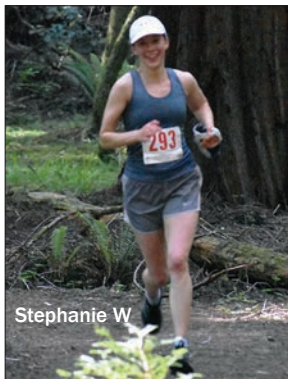
John Z



Doug H



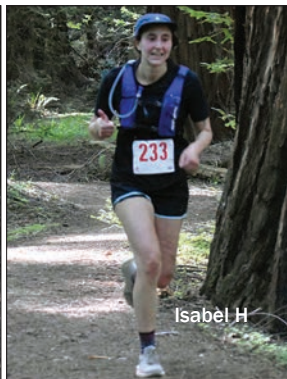
Anne Fehrenbach
10.5M winner (F)
1:40:42



Stephanie W



Jen F



Isabel H



Jessica H



Tami Q



Trevor E



Ian H



Justin C



Jesse T



Kristin L



Mishka S



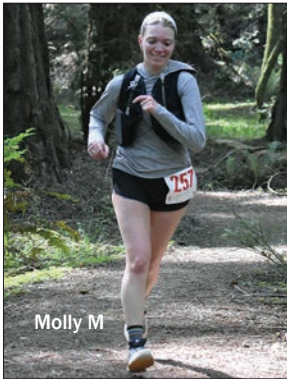
Terri VL



Mark C



Christopher W



Molly M



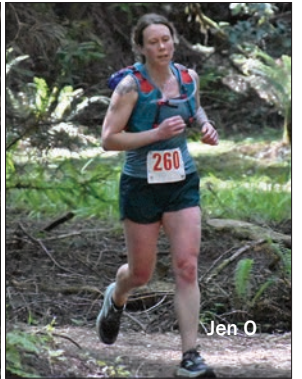
Simona C



Thomas D



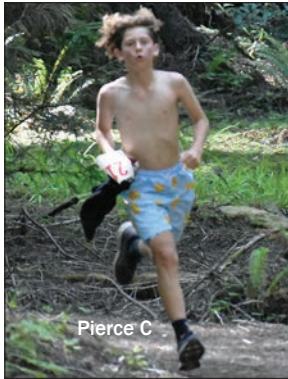
Leonard L



Jen O



Matthew H



Pierce C



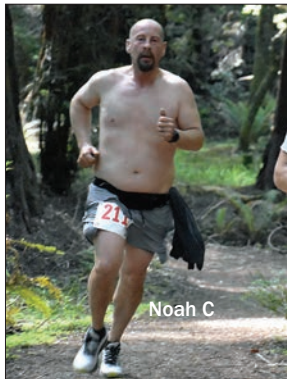
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Adam H



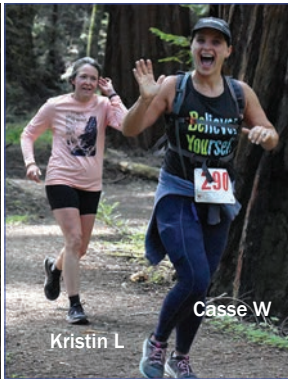
James C



Noah C



TJ C



Kristin L Casse W



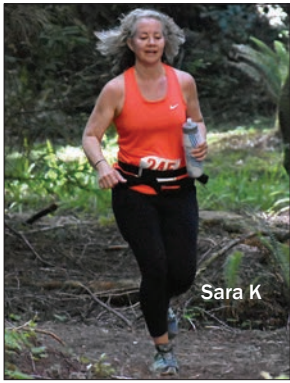
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Graciela G



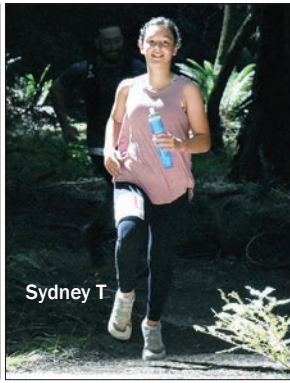
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Sara K



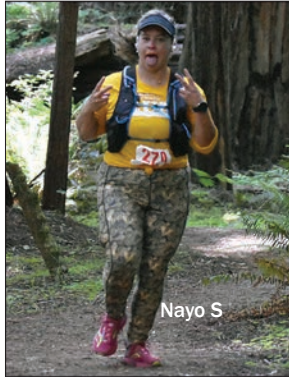
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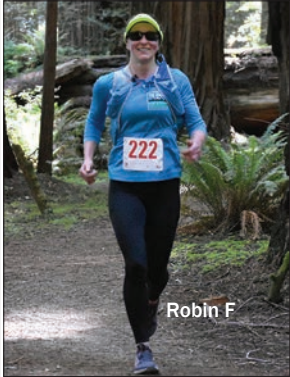
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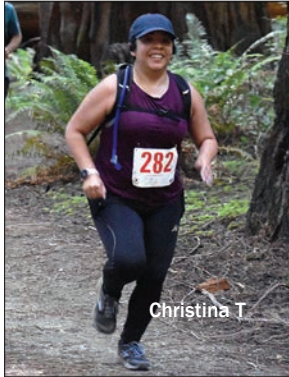
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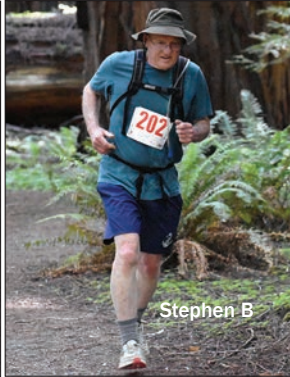
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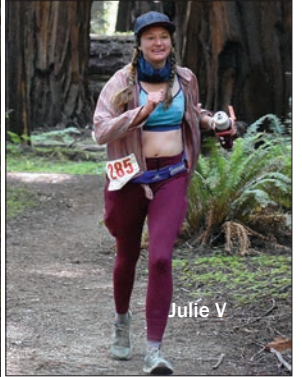
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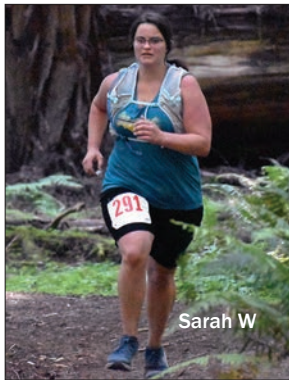
Christina T



Stephen B



Julie V



Sarah W



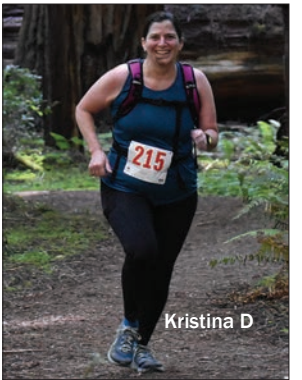
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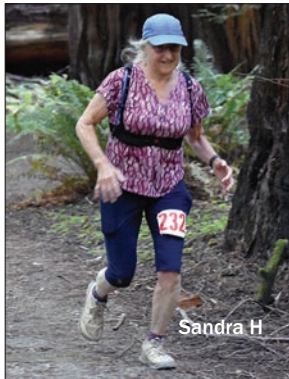
Alyssa T



Alejandra G



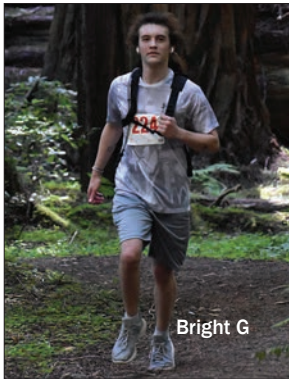
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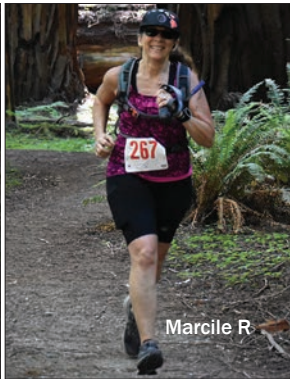
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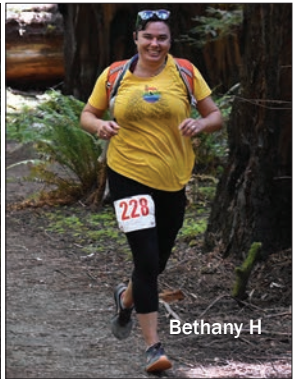
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Bright G



Marcile R



Bethany H



Steven C

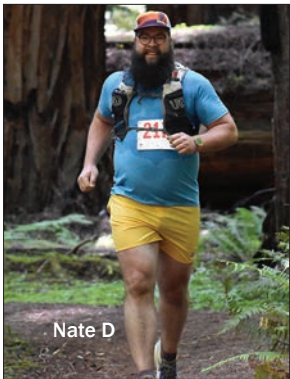


Gordon J



Cindi K-M

Alyse N



Nate D



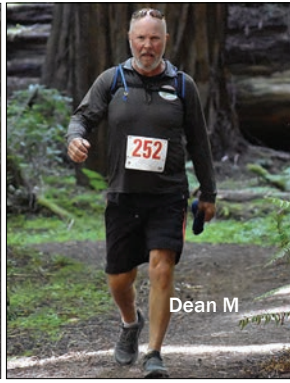
Lindsey G

Eileen V

Jen P



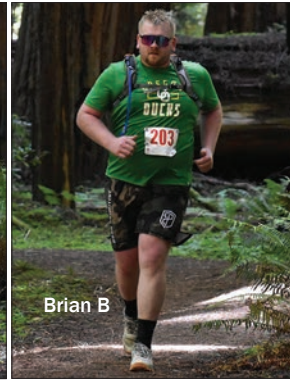
Sara S



Dean M



Cathryn L



Brian B



Julie J



Melissa C

Susan H

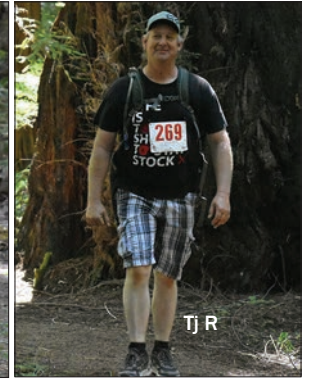
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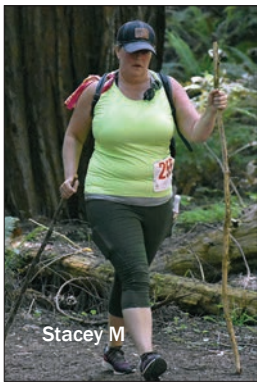
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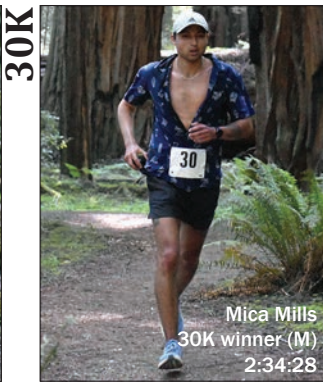
David T



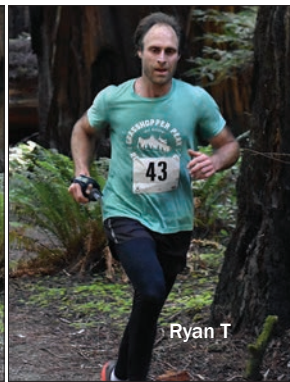
TJ R



Stacey M



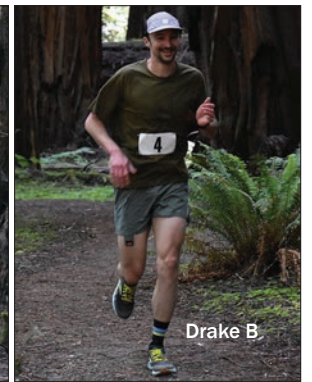
Mica Mills
30K winner (M)
2:34:28



Ryan T



Elliott P



Drake B



Matt K



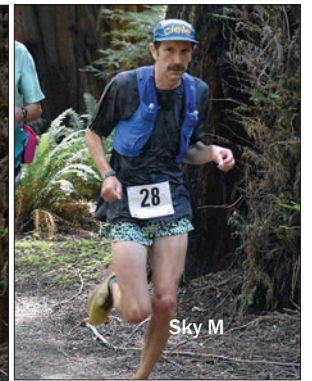
Andrew N



Jacob G



Dalton O



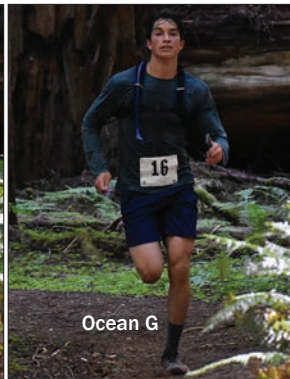
Sky M



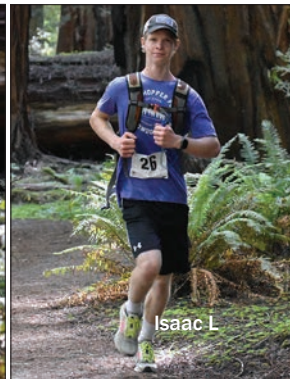
Emmanuel P



Paige Wagar
30K winner (F)
3:05:29



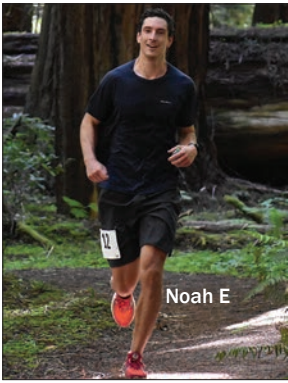
Ocean G



Isaac L



Kyle F



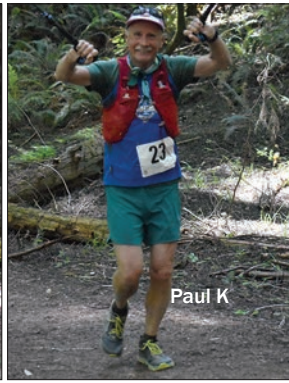
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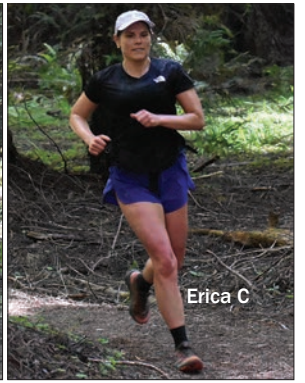
Nick V



Steven H



Paul K



Erica C



Samuel C



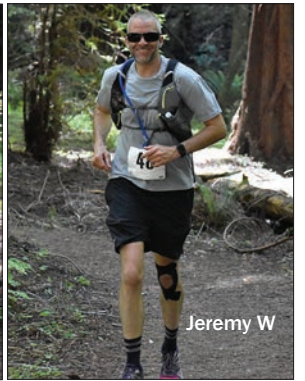
Jeff H



Erik S Cory B



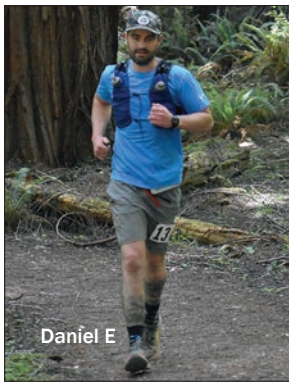
Pete C



Jeremy W



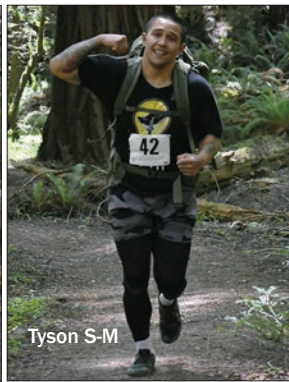
Tanya T



Daniel E



Mike R



Tyson S-M



Mark B



Anthony K



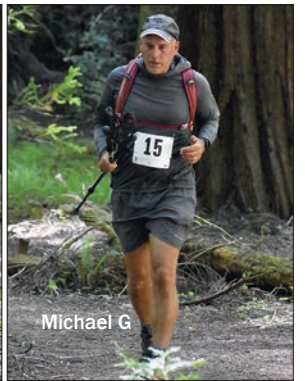
Courtney L



Jose O



Tammy M



Michael G



Karen K Race Director



The 35th Dow's Prairie Run -- The Extra Mile

Race day began inauspiciously. Construction on Central Avenue necessitated a course change, and a locked parking lot at the staging area led to pre-race congestion. But the crew of volunteers went the extra mile to ensure a safe and hospitable event was efficiently run. And the 6.1 mile runners also went an extra mile. Literally.

Logistical hurdles were overcome and 75 runners towed the line. Less than 12 minutes after the start **Levi Browne** returned, winning the 2-mile race. **Zack Whitley** was second, and Levi's younger brother **Clark** finished third. Coming in fourth and fifth were the first two females, **Cheri Culver** and **Jen Foesig**. A total of 39 runners finished the 2-mile course, including two **Gonzalezs**, three **Brownes**, four **Turners** and **Roybals**, and five **Herrerass** and **Garcias**!

In the 7.1 mile race runners went from the ocean, white with foam, to the mountains, to the prairie. Then, singing happily, they turned around and ran back! **Galen Hammitt** arrived first, in 51:42, followed closely by **Caleb Turner** and **Andrea Wright**. And two **Chapmans** ran in this race.

Complete race results and photographs can be found online at <<http://www.6rrc.com>>.

This event was made possible and pleasant by the help of several volunteers, including the aforementioned two **Chapmans**, (**Tj** and **Mark** transported logistical supplies), three **Hartlings**, (**Douglas** worked registration, **Emily** and **Sage** directed runners on course), and five **Porters** (**Shawn**, **Westley**, and **Felix** were at the mid-race aid station while **Crystal** and **Arianna** handled post-race refreshments). **Lorraine Dillon** (registration), **Harry Kavich** and **Jack West** (timing), **Sherry Myers** and **Mark Ellis** (transportation), and **Yoon Kim** (photographs and race results) also volunteered. We are immensely grateful for everyone's help. And we look forward to the 36th Annual Dow's Prairie Run!

Thank you all. -- **Jeff Haag**, Dow's Prairie Run Race Director.

2M

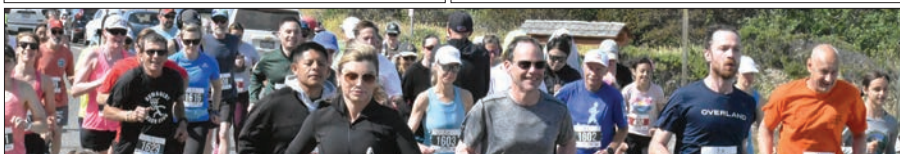
Pl	Name	G/age	Time
1	Levi Browne	M16	11:50
2	Zack Whitley	M30	14:31
3	Clark Browne	M14	14:51
4	Cheri Culver	F50	15:31
5	Jen Foesig	F51	16:13
6	Duke Atkins	M08	17:24
7	Rebecca Matias	F33	17:45
8	Zinia Vollmann	F03	18:10
9	Silvia Manzo	F40	18:10
10	Amber Cavanaugh	F39	19:27
11	Gideon Turner	M13	19:46
12	Carrie Browne	F49	21:27
13	Neva Herrera	F12	21:37
14	Frank Herrera	M56	21:37
15	Bella Garcia	F26	24:44
16	Roger Garcia	M68	24:45
17	Philip Turner	M20	24:54
18	Tayshu Bommelyn	F44	25:32
19	Julia Roybal	F09	25:59
20	Elizabeth Garcia	F08	26:06
21	Agustin Garcia	M32	26:07
22	Richard Roybal	M47	26:14
23	Alia Dunphy	F45	27:03
24	Evie Herrera	F14	27:26
25	Lorenzo Garcia	M06	27:30
26	Dusty Downing	F45	27:30
27	Sherry Myers	F68	28:12
28	Catrina Howatt	F57	28:13
29	Kimberly Gonzalez	F17	30:43
30	Irene Gonzalez	F30	30:48
31	David Turner	M46	30:56
32	Amy Turner	F46	30:57
33	Wendy Herrera	F48	32:22
34	Maryann Johnston	F69	33:17
35	Cathy Schlerf	F69	36:43
36	Matthew Hadley	M41	36:55
37	Nicole Hugelshofer	F44	36:56
38	Ryan Roybal	M11	46:00
39	Pep Roybal	F47	46:04

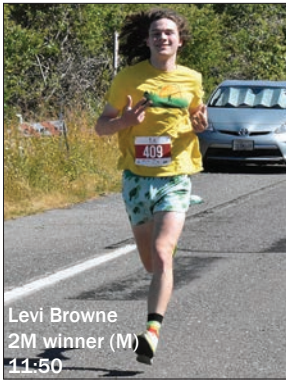
7.1M (normally 6.1M)

Pl	Name	G/age	Time
1	Galen Hammitt	M33	51:42
2	Caleb Turner	M21	52:36
3	Andrea Wright	F62	52:54
4	Doug Hartling	M40	54:39
5	Stephanie Wortman	F30	55:15
6	Annie Fehrenbach	F36	56:26
7	Jake Johnson	M48	56:29
8	Jenna Larson	F38	56:48
9	Kerry Byrne	F42	56:50
10	Rob Amerman	M50	57:23
11	Sung Choi	M53	58:01
12	Paul Kinsey	M69	59:07
13	Richard Engel	M60	59:23
14	Jonathan Schram	M42	1:00:07
15	Mark Chapman	M64	1:00:12
16	Isabel Hirsch	F35	1:00:29
17	Caroline Carson	F62	1:01:29
18	Sarah Sanders	F44	1:01:45
19	Jacob Rojas	M28	1:02:55
20	Jen Marlow	F43	1:03:47
21	Shawn Magnuson	M54	1:04:00
22	Simona Carini	F61	1:04:32
23	Shar-lo Kelly	M42	1:04:33
24	Robin Baker	F35	1:05:18
25	Alan Grau	M70	1:05:30
26	Trevor Estlow	M53	1:05:34
27	Cyril Carl	M77	1:07:13
28	Tj Chapman	F61	1:11:20
29	Lauren Matson	F40	1:11:52
30	Arthur Barker	M62	1:12:46
31	Randy Ememaker	M73	1:18:53
32	Debbie Stamper	F70	1:21:36
33	Nancy Cicatelli	F68	1:22:28
34	Rebecca Harris	F47	1:23:56
35	Jasper	M27	1:26:16
36	Mei Hendrickson	F22	1:26:57



photo: by Sung Choi

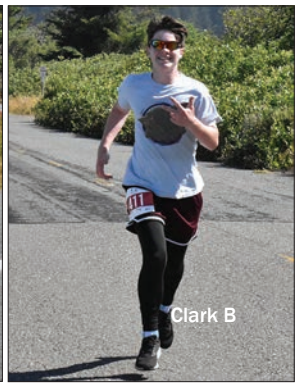




Levi Browne
2M winner (M)
11:50



Zack W



Clark B



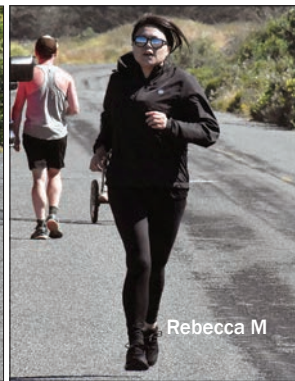
Cheri Culver
2M winner (F)
15:31



Jen F



Duke A



Rebecca M



Silvia M

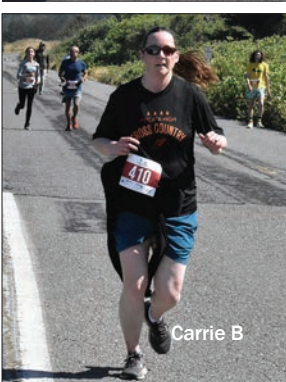
Zinia V



Amber C



Gideon T



Carrie B



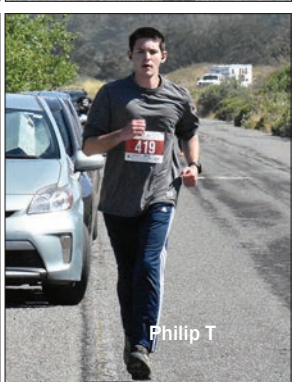
Neva H

Frank H



Roger G

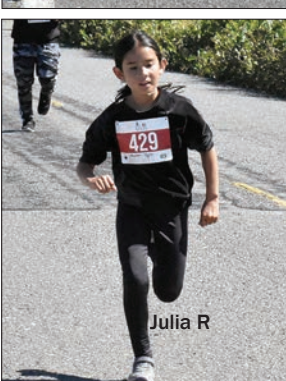
Bella G



Philip T



Tayshu B

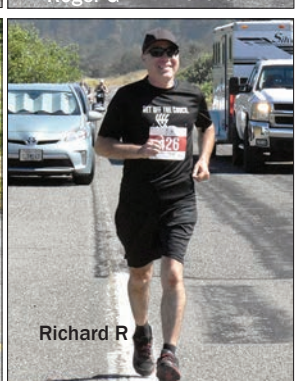


Julia R



Elizabeth G

Agustin G



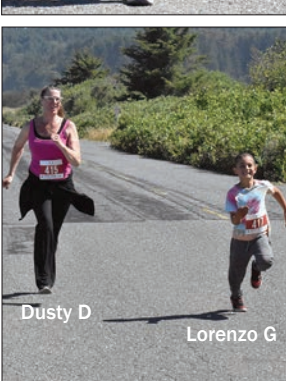
Richard R



Alia D



Evie H



Dusty D

Lorenzo G



Shery M

Catrina H



Kimberly G



Irene G



David T

Amy T



Wendy H



Maryann J

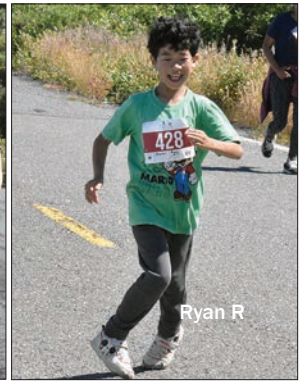


Cathy S



Matthew H

Nicole H

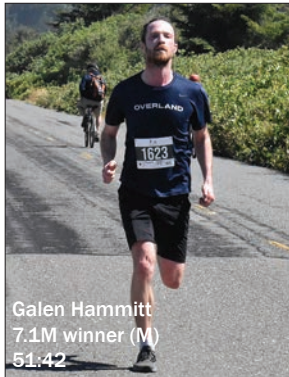


Ryan R

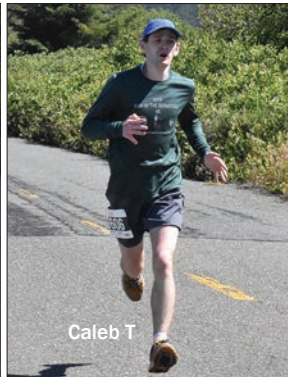


Pep R

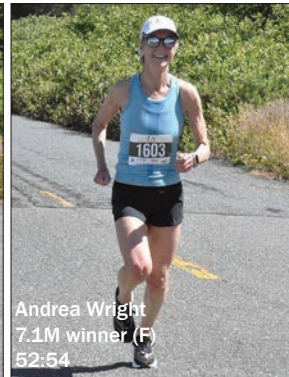
7.1M



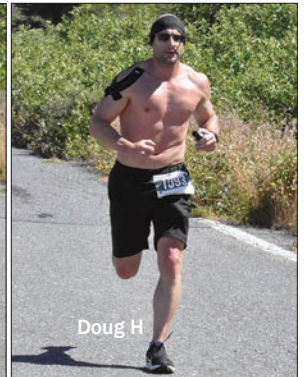
Galen Hammitt
7.1M winner (M)
51:42



Caleb T



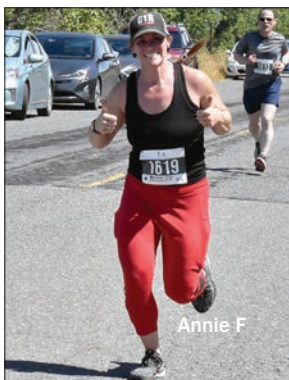
Andrea Wright
7.1M winner (F)
52:54



Doug H



Stephanie W



Annie F



Jake J



Kerry B

Jenna L



Rob A



Sung C



Paul K



Richard E



Jonathan S



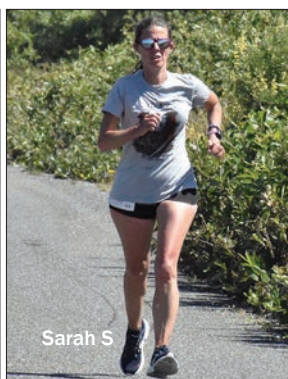
Mark C



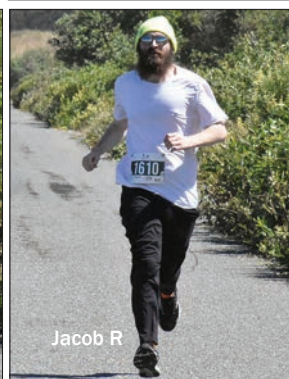
Isabel H



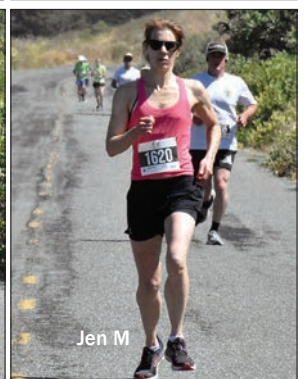
Caroline C



Sarah S



Jacob R



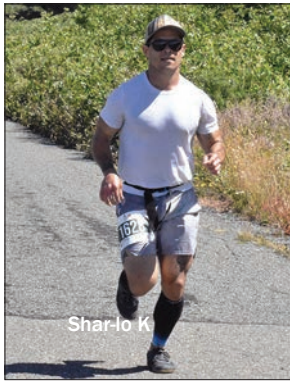
Jen M



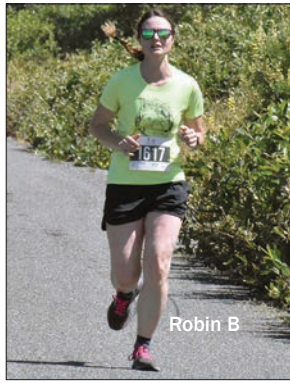
Shawn M



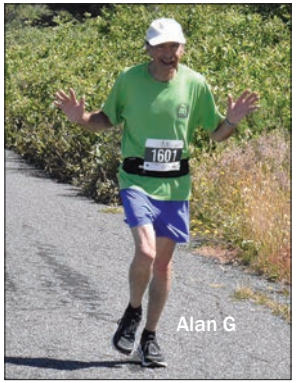
Simona C



Shar-lo K



Robin B



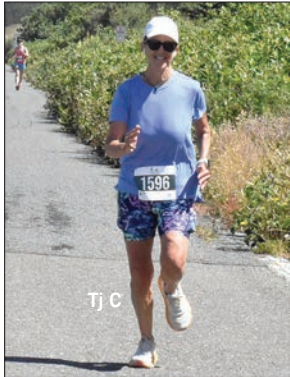
Alan G



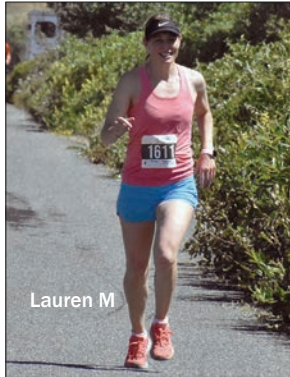
Trevor E



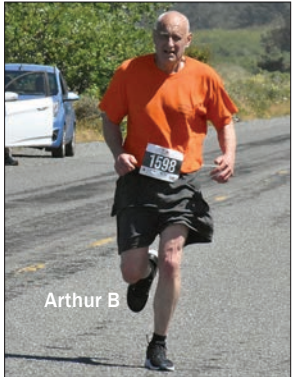
Cyril C



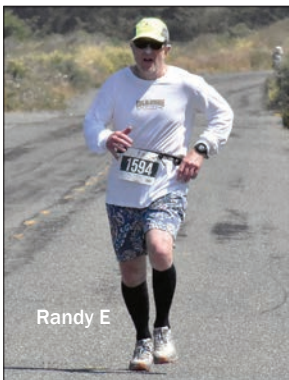
Tj C



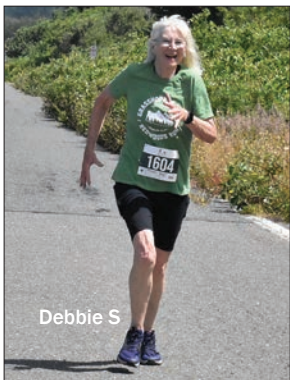
Lauren M



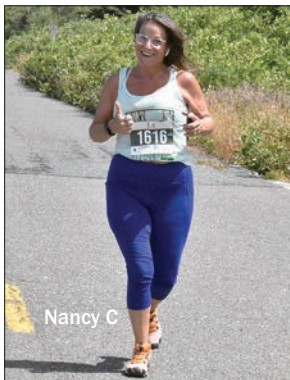
Arthur B



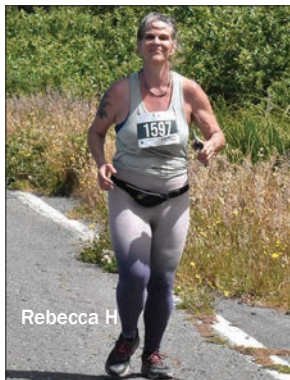
Randy E



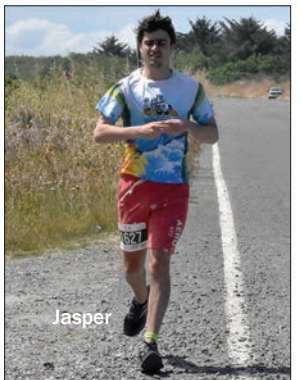
Debbie S



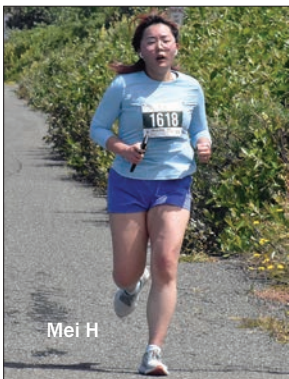
Nancy C



Rebecca H



Jasper



Mei H





2024

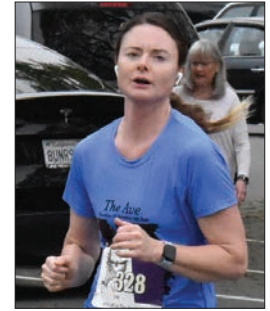
23rd ANNUAL S R R C CIRCUIT

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

Upcoming events: Fourth of July 5K; Fortuna Rodeo 5K

Happy Summer, Six Rivers Running Club! Since the last Circuit update, four races have been added. They are **Avenue of the Giants, Atalanta** (results will only be included for women and non-binary runners), **Grasshopper Peak**, and **Dow's Prairie**. Speaking of Dow's Prairie, let's take a moment to talk about the modified course.

If you've ever run with **Jeff Haag** before, you already know he likes a good adventure run. This year, due to "road construction", the 10K race had to be re-routed as an out and back. Jeff sent us out without him for seven miles of suffering. Midway through the run, when it became clear that I'd neither catch the women in my age group nor beat my time from last year, I decided to slow down and chat with my fellow runners about the modified course. "My calves feel like they're going to explode," stated **Shar-lo Kelly** who joined us for his first run of the year. **Trevor Estlow** said, "this might be harder than Grasshopper" and **Shawn Magnuson** quipped, "this is a long 10K, for a mathe-magician, what was Jeff thinking?" Still, it was a great day to run, and we appreciate Jeff for the work he put into making sure the race could still happen despite the construction.



As we are halfway through the year, I'll only be featuring runners who have completed at least three races. We're adding a non-binary category to each age bracket. As there are not yet any brackets with non-binary runners who have completed three or more races, you won't yet see them listed.

14& Under Male: Juan Ornelas leads this group with four races and three first place finishes. **Felix Porter** and **Westley Porter** have completed three races. **Jose Ornelas** has completed just two races but took first in this division in the Grasshopper 30K.

14 & Under Female: Sage Hartling and **Emily Hartling** have run four races and were a big help at Dow's Prairie where they let the two-mile racers know when to split off. **Arianna Porter** has run four races.

15-19 Male: Ocean Goodrich is the only runner in this age group to have completed two races. He took first place in the Grasshopper 30K.

20-24 Male: Caleb Turner is having an excellent season. He has completed five races and took first at both the Grasshopper 10.5 mile and Dow's Prairie races. **West Wood** has run four races and had three first place finishes.

25-29 Male: Jasper has completed the Circuit by running six races. He has one first place finish.

25-29 Female: Jordyn Davis has completed three races, taking first in all of them.

30-34 Male: Galen Hammitt took first in the Dow's Prairie race and completed his sixth race of the season. With two first place finishes, he may be on track to win this bracket. **Tristan Cole** has completed three races, taking first at both Sue-Meg and Grasshopper, where he beat **Galen** both times.

30-34 Female: Isabel Hirsch has completed six races. She took first place in both the Grasshopper 10.5 mile and Dow's Prairie races. **Graciela Guerrero** has completed three races.

35-39 Male: Doug Hartling is having a remarkable year. He has completed nine races, taking first in all of them. **Jose Ornelas** has completed five races and has one first place finish.

35-39 Female: Jenna Larson leads this division with seven races and five first place finishes. **Annie Fehrenbach** is back after missing several races and is faster than ever. She has two first place finishes, including Dow's Prairie, where she beat Jenna. **Karen Kidwell** was first in her age group at The Ave Half Marathon and has completed three races. **Christina Torres** has completed six races, **Robin Baker** and **Naomi Stamper** have completed five, and **Crystal Porter** has completed four.

40-44 Male: Matthew Kidwell is leading this division with four races and three first place finishes including the Ave Half Marathon.

Casey Ales, Jeremy Wright, and Shawn Porter have completed three races.

40-44 Female: Kerry Byrne and **Alicia Mengel** lead this particularly fast group of runners with four races and two first place finishes each. They have raced each other only once, at Atalanta, where Kerry took third in this division and Alicia took fifth. **Robin Fraser** has completed seven races and has one first place finish. **Chrystal Ales** has finished six races. **Sarah Sanders** has completed four races and has come in second to both Kerry and Alicia. **Sarah Sullens** has completed five races. **Leah Stamper, Amy Taylor, and Kathryn Rivera** have completed four races. **Tara Vu** and **Silvia Manzo** have both completed three races and both have one first place finish.

45-49 Male: Sky McKinley and **Chris Christianson** have both completed the Circuit with six races. Sky was first in this division at the Grasshopper 30K, taking his fifth first place finish of the year. **Jake Johnson** has completed five races and took first in this age group at Dow's Prairie. **Pete Ciotti** has also run five races and has one first place finish. **David Turner** has completed five races.

45-49 Female: Nearly 30 runners have competed in this division but only **Angie Pearson** has completed more than two races. She has completed four races and has one first place finish.

50-54 Male: Rob Amerman's recent vacation to Ireland didn't slow him down. He took first at Dow's Prairie for his fifth race and fifth first place finish this year. With one more race, he will complete the Circuit. **Shawn Magnuson** has completed seven races, including Dow's Prairie, where we briefly ran together before he overtook me. **Sung Choi** has run five races, coming in second at three of them. **Trevor Estlow** and **Matt House** have both completed three races. **Tony Sanchez** has completed just two races, but I didn't get the chance to mention him in the last newsletter. He took first at the Resolution Run and volunteered at Atalanta. We hope to see him racing again soon.

50-54 Female: Jen Foesig is having a phenomenal season. She has completed seven races, taking first in this division in all of them. **Marie Cappiello** has run five races and has one first place finish. **Tanya Trump** has run four races and took first at two of them, including the Grasshopper 30K. **Becky Chapman, Susan House, and Amber Coley** have each run three races.

55-59 Male: Ed Kallen took first in this division at the Ave Marathon, his third first for the year.

55-59 Female: Kelly Sheehy leads this division with three races and three first place finishes, her most recent being the Ave Half. **Catrina Howatt** has completed five races and **Dawn Durbin** has

completed three.

60-64 Male: Heff Haag was first in the Grasshopper 30K, taking his fifth first place finish for the year. **Mark Chapman, Richard Engel,** and **Tom Dewey** have all completed four races. Richard and Tom each have one first place finish and Mark has two.

60-64 Female: My apologies to the women in this group for missing several of you in the last article. These are runners to watch! **Andrea Wright**, a relative newbie in the club has been updating all-time records in the 60-64 group. She has run six races and taken first in all of them. **Caroline Carson** has also run six races. She has two first place finishes and has finished second to Andrea four times. **Marcile Raney** has completed nine races, including the Grasshopper 10.5 mile race. **Tj Chapman** completed five races. **Simona Carini** and **Michaele Whiteley** have both completed four races.

65-69 Male: Mountain athlete, **Paul Kinsey**, took first place in both the Grasshopper 30K and Dow's Prairie Races. He has completed eight races taking first in seven of them. **Mishka Straka** has completed three races and has two first place finishes, including the Hour Run where he took first over Paul. **John Carson** has run four races and took first in this division at the Sue-Meg 5K. **Harry Kavich** has completed three races.

65-69 Female: Lanore Bergenske ran her 101st Marathon at Avenue of the Giants, taking her fifth first place finish for the year

in this age group. **Debbie Stamper** has completed eight races and took first in four of them including Atalanta and Dow's Prairie. **Sherry Myers** has completed six races. **Marlene Allen** has completed four and **Kathleen Lake** has completed three.

70-74 Male: Alan Grau leads this division with five races and four first place finishes. **Randy Emenaker** is not far behind. He has taken first in three of the eight races he has run. **Mr. Sunshine** has completed four races and has one first place finish.

70-74 Female: Lorraine Dillon was first in this age group at Atalanta for her third race of the year.

75-79 Male: Cyril Carl took first in this division at Dow's Prairie for his fifth first place finish of the year. **Tom Martin** has completed four races, taking first in two of them.

75-79 Female: Portia Matheson has completed the Circuit with seven races and five first place finishes with her most recent at the Grasshopper 10.5 mile race.

80-84 Male: Jib Ray has run four races and taken first in all four.

85-89 Male: Jurgen Giessel has completed three races but we haven't seen him since the Master's Run. We hope to see him out on the course again soon.

-- **Robin Baker** <6rrccircuit@gmail.com>



VOLUNTEERS

Mid-Year Service Requirement Update

As noted in the January Newsletter, the Board of Directors has added a service requirement to the Circuit this year. That means, in addition to completing at least six races over two miles in length, you must also volunteer at a race to finish the Circuit. What counts as volunteering? Physically assisting with the production of a race. This might mean working registration, timing, course monitoring, traffic control, etc. Karen Kidwell shared that at Grasshopper Peak volunteers helped with registration, parking, traffic control, timing, food table at finish line, first aid stations, course marking, loading equipment and transport to and from the shed, and finish line tag tearing/awards.

Service requirements may also be fulfilled by serving on the SRRC board, editing the newsletter, managing a race, serving as a scholarship coordinator or on a committee, coordinating the Shoe Fund, serving on the HRRAY committee or managing the Circuit (like me!)

The list below is everyone who has volunteered at a race in 2024. If you believe that I have missed you, please email me at <6rrcircuit@gmail.com> and let me know which race you supported.

Alan Grau	Damian Dinan	Jiah Barnett	Mark Chapman	Sherry Myers
Alyse Nichols	David Turner	Jib Ray	Mark Ellis	Silvia Manzo
Arianna Porter	Dawn Durbin	John & Caroline Carson	Marlene Allen	Simona Carini
Ayden Davis	Dean Matheson	Jorge Preciado	Matthew Kidwell	Sky McKinley
Bill Daniel	Don Brubaker	Karen Kidwell	Mishka Straka	Stephany Joy
Bob Peck	Douglas Hartling	Karen Nava	Paul Kinsey	Tanya Trump
Brandy Castro	Emily Hartling	Kathleen Brubaker	Paul Kraus	Terri Vroman-Little
Brett Ritschel	Felix Porter	Kelley Sheehy	Portia Matheson	Thomas Bernota
Caleb Turner	Gary Timek	Kerry Byrne	Rachel Neu Cardoza	Thomas Nolan
Carla Kraus	Gwen Neu	Kris Cunningham	Rob Amerman	Tj Chapman
Caroline Carson	Harry Kavich	Lanore Bergenske	Robert Ayers	Tony Sanchez
Catrina Howatt	Jack West	Laura Bringhurst	Robin Baker	West Wood
Cedar Smith	Jake Johnson	Laura McNulty	Rocco Previde	Westley Porter
Cessair McKinney	Jan West	Leslie Ames	Sage Hartling	Yoon Kim
Cheryl Johnson	Jasper	Lorraine Dillon	Sam Pasewark	Yoshi Uemura
Cindy Timek	Jenna Larson	Marcile Raney	Sarah Sullins	Zachary Chapman
Crystal Porter	Jennifer Marlow	Marie Cappiello	Sebatian Amaro	
Cyril Carl	Jessy Preciado	Mark Chapman	Shawn Porter	



Thom "Mr. Sunshine" Boswell <thomboz@yahoo.com> wrote on Mon, Jun 3, 2024:

Here is an amazing group shot of **Team Swing Kids** after the finish line (photo on the right). See video on **YouTube** at **thomboz1** ... Dead Man's drop, Sand, and Sinking in Bay (photo on the left). -- Thom



Kinetic Grand Championship
May 2024

SRRC Crossword Puzzle

ACROSS

- 1 Health resorts
- 5 Long story
- 9 Retirement id.
- 12 Ride for hire
- 13 Geograph. datum
- 14 Greek consonant
- 15 Runners' ditty, part 1
- 17 Reel's companion
- 18 Marry
- 19 Not safe, in baseball
- 20 Runners' events
- 22 Vessel
- 23 Sack
- 24 Adventurous exploit
- 27 Runners' ditty, part 2
- 31 Stir up
- 32 Foundation
- 33 French island
- 34 Academic url suffix
- 35 Type style
- 36 Skin blemishes
- 37 Runners' ditty, part 3
- 39 Lieu
- 40 Furrow
- 41 Shade tree
- 42 Document
- 45 Reproductive cells
- 46 Inquire
- 49 Certain savings plan initials
- 50 Runners' ditty, part 4
- 53 Nothing
- 54 Posterior
- 55 Old-fashioned card game
- 56 Floppy hat
- 57 Blackthorn berry
- 58 Worry

DOWN

- 1 One-pot meal
- 2 Lay concrete
- 3 Cut off
- 4 Knight's title
- 5 Arrangement
- 6 Landed
- 7 Jewel
- 8 So-so
- 9 This org.
- 10 Where the runner meets the road
- 11 Assents, voicelessly
- 16 Possessive adjective
- 21 In the past
- 22 Third letter
- 23 Optimal
- 24 Team
- 25 Assistant
- 26 Stopper
- 27 Crave
- 28 Oriental staple
- 29 Arm bone
- 30 Require
- 32 Boxing match
- 35 Quarters
- 36 Money dispenser initials
- 38 Raw material
- 39 Eastern European
- 41 Get away from
- 42 Half a quart
- 43 Operatic solo
- 44 Tropical tree
- 45 Cry of dismay
- 46 At a distance
- 47 Certain
- 48 Fastening technique
- 51 Lubricant
- 52 Sixth letter

Rooftop View, Santiago, Chile
Oct., 2022



Santiago, Chile



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				
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42	43	44				45				46	47	48
49					50	51				52		
53					54					55		
56					57					58		

"Ken Yanosko" <kenyanosko@sbcglobal.net>

Upcoming Events

THUR., JUL 4, 2024 << **SRRC race** >>

Arcata Marsh Fourth of July 5K. {\$10 or \$5 age 17 or under} At 9:30AM. Start and finish at the Arcata Marsh by Klopp Lake. Race day registration is 7:30-9:15 am before the start. Parking is limited, so park on I St and walk in. For more information, contact **Marlene Allen** at <allens@humboldt1.com>.

THUR., JUL 4, 2024 << **NOT SRRC race** >>

Crescent City 4th of July 5K. (Fees for all) At 10:00AM. Visit the Redwood Wild River Run page <http://www.rwrr.org/> or <http://www.6rrc.com> (under 7/04/24) for the registration form. For more information contact **Michelle Martinich** at <martinichm@gmail.com> or call her at (707)954-4987.

SUN., JUL 14, 2024 << **SRRC race** >>

Fortuna Rodeo Run 5K. {\$10 for nonmembers, free for SRRC members} (USATF certified course) At 9:00AM. Please show up **AT LEAST 30-40 MINUTES early** to register. Start and finish in the parking lot of Redwood Café (corner of 12th & Main Street in Fortuna). For more information, contact **Thomas Nolan** at <thomasnolan22@gmail.com>.

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

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

Sunday Morning Run.

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

Saturday Morning Run.

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

Wednesday Afternoon Run.

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

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



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

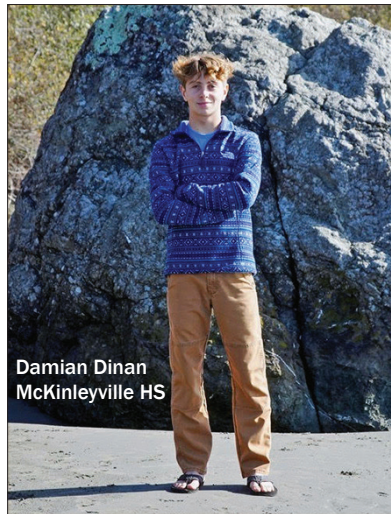
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Eureka, CA
Permit No. 43



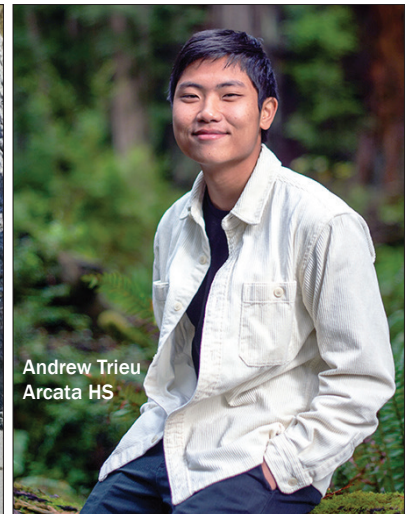
Congratulations!

Proud Recipients of the 2024 SRRC Scholarship

Annually, Six Rivers Running Club awards graduating high school seniors from a Humboldt County School, that have ties to SRRC and/or participated in activities that helped the running community, with money for college expenses. – Yoshi Uemura <maguro4u@gmail.com>



Damian Dinan
McKinleyville HS



Andrew Trieu
Arcata HS

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"