



58th Trinidad to Clam Beach 5 3/4 M
 Clam Beach 1
 11:00 am, Sat., Feb. 3, 2024

February Minutes

Wed., Feb. 7, 2024, 6:30 p.m. at Babe's Pizza & Pasta in Cutten.
Board members in attendance: **Mark Ellis, Karen Kidwell, Marlene Allen, Thomas Nolan, Laura Bringham, Jorge Preciado, Jessy Preciado, Gary Timek** and **Sherry Myers**. Guests: **Cindy Timek, Peter Carlson** and **Jack West**.

OLD BUSINESS

- A. Sue-meg Park Run 5K & 10K (To be rescheduled):** Postponed due to weather, potential new date April 20th if the Park approves it.
- B. HRRAY:** Track is starting soon, check out <www.hrray.org> for schedule. Volunteers always welcome!

NEW BUSINESS

- A. Humboldt Bay Trail:** Peter Carlson with the Humboldt Trails council interested in partnering with SRRC to put on a race celebrating the completion of the trail between Arcata and Eureka. Currently scheduled to be finished in October. Could be a 6-8 mile race depending on start and finish location. Possibly a half marathon? Thomas is interested in helping to make this race happen.
- B. Election Results:** All those who ran have been re-elected.
- C. Election of Officers:** Gary Timek remains as president, Matthew Kidwell remains as vice president, Jessy Preciado remains as secretary, Cindy Timek is nominated by Marlene Allen to become treasurer, Mark Ellis seconds, nomination passes.
- D. HOUR Run (from 9:00 am, Sun., Feb. 18th):** Will be starting at 9 am to make sure that everything is packed up in time for another event at the track. Arcata High track might be available next year.
- E. FBMR 4M & 2M (Noon & 2:00 pm, Sun., Mar. 10th):** Met with Ferndale Chamber of Commerce. Everything is moving forward. Volunteers welcome, contact Laura.
- F. Arcata Community Forest Run 5.5M & 2M (10 & 10:15 am, Sat., Mar. 23rd):** Permit is in to the City, should be all set to go ahead.
- G. Membership Meeting (2:00 pm, Sat., Mar. 23rd):** Neighborhood Center (1301 D St., Arcata). Ice cream social this year!
- H. The Ave proposed budget:** Race has already sold out (2,400 total) with an extensive wait list. Marlene motions to approve proposed budget, Thomas seconds, budget passes.

I. Atalanta proposed budget: Marlene suggests that race director stipend should not be included in the budget in order to let small races present a positive balance. Thomas motions for budget to pass, Laura seconds, budget passes.

J. Other:

- Grasshopper Peak budget: Thomas motions to approve, Marlene seconds, budget passes.
- Blood Bank reached out about a collaborative blood drive, Marlene will respond.
- Treasurer would like board to approve a monthly stipend for Yoon's services (photos, website, newsletter).
- A service requirement was added to the circuit, which has never been implemented. Karen suggests that each race director passes a list of volunteers to Robin, so she can track those who have met the requirement. Need to put a volunteer reminder in the newsletter so club members are aware of this requirement.
- **Next meeting:** Babe's in Cutten; Dinner at 5:30, Meeting at 6:30 pm, Wed., Mar. 6, 2024. Ask Gary Timek <gtimek@aol.com> for details.

R.I.P

The men's marathon world record holder, Kenya's Kelvin Kiptum, 24, has died in a road accident in his home country.

He was killed alongside his coach, Rwanda's Gervais Hakizimana, in a car on a road in western Kenya on Sunday, February 11, 2024. Kiptum made a breakthrough in 2023 as a rival to compatriot Eliud Kipchoge - one of the greatest marathon runners. Kiptum bettered Kipchoge's record, clocking the 26.2 miles (42km) in two hours and 35 seconds in Chicago last October.



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

2024-2025		2023-2024	
Marlene Allen	allens@humboldt1.com 822-9115	Karen Kidwell	karenhoffman@hotmail.com 444-2546
Laura Bringham	laura@humboldtsmokehouse.com 601-4010	Sherry Myers	sherrymyers1956@gmail.com 839-1057
Mark Ellis	mg8ellis@gmail.com 442-7235	Thomas Nolan	thomasnolan22@gmail.com 834-7716
Jamey Harris	jamey@humboldt.edu 826-5955	Jessy Preciado	jenglishjohnson@gmail.com 845-6838
Matthew Kidwell	matthew5513@yahoo.com 444-2546	Gary Timek	gtimek@aol.com 845-5147
Jorge Preciado	ramirez_xc@yahoo.com (818)478-6636		
Juan Reyes	violate2much@yahoo.com (915)276-7642		
Sarah Sullens	sarahsullens10@gmail.com 845-9652		

SRRC 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 >

SRRC Newsletter Editor
Yoon G Kim <ygk1@humboldt.edu>



58th Trinidad to Clam Beach Run

11:00AM, Sat., Feb. 3, 2024

{ Results shown below are from **www.enmotive.com**. Please send any corrections to <tcurtis@enmotive.com> }

5³/₄M

Pl	Name	G/age	Time
1	Austin Nolan	M25	33:32
2	Charles Mullane	M54	33:54
3	Ryder Bullman	M14	35:11
4	Elliott Portillo	M24	35:34
5	Nash Martinez	M16	35:49
6	Ellis Brandt	M21	36:03
7	Dylan Fluet	M33	37:00
8	Forest Arnold	M28	37:15
9	Sean Morris	M15	37:36
10	Bri Tiffany	F29	37:42
11	Nicholas Gezon	M32	37:54
12	Bobby Boucher	M18	38:02
13	Bryan Berry	M15	38:09
14	Erin Ponte	F38	38:12
15	Tristan Cole	M32	38:18
16	Cessair McKinney	F25	38:28
17	Ryan Putt	M29	38:54
18	Everett Dogherty	M17	39:13
19	Dalton Olson	M34	39:35
20	Carrie Mangiapane	F49	39:43
21	Galen Hammitt	M32	39:52
22	Noah Macknicki	M15	40:00
23	Andrew Kovanis	M30	40:16
24	Chase Jinenez	M17	40:39
25	Sebastian Amaro	M13	40:50
26	Sean Berry	M32	41:07
27	Max Murphy	M26	41:12
28	Michael Pirie	M47	41:13
29	Bryce King	M29	41:25
30	Cedric Latreille	M46	41:25
31	Mitch Garrett	M60	41:36
32	Corrina Kamoroff	F34	41:39
33	Koen Kingstron	M18	41:45
34	Kaden Lindskog	M20	41:47
35	Richelle Moon	F41	41:53
36	Bret Rinehart	M44	41:54
37	Patrick Honsinger	M58	42:02
38	Matt Wells	M42	42:26
39	Jesse Hicks	M19	42:31
40	Rowan Magnuson	M16	42:32
41	Luke Padilla	M16	42:37
42	Casey Ales	M41	42:44
43	John Adams	M15	42:45
44	Mason Blair	M16	42:49
45	Izzy Mandelbaum	M58	42:53
46	Casey Waterman	F43	42:55
47	Rize De Oliveira	F21	43:10
48	Hannah Batchelor	F25	43:13
49	Ian Jewett	M39	43:18
50	Andrew Mangiapane	M19	43:20
51	Jake Johnson	M48	43:20
52	Ayden Davis	M22	43:21
53	Thomas Parker	M54	43:22
54	Benjamin Wartburg	M43	43:31
55	Douglas Hartling	M40	43:32
56	Niko Hrdy	M37	43:33
57	Jenna Larson	F37	43:47
58	Melissa Tucker	F40	43:52
59	Rogue Cutler	F14	44:05
60	Lane Bolton	M19	44:21
61	Bill Prescott	M51	44:45
62	Jay Stewart	M36	44:46
63	Kevin Roberts	M45	44:53
64	Rob Amerman	M50	45:04

65	Kelley Sheehy	F58	45:09
66	Isabel Hirsch	F34	45:12
67	Lanore Bergenske	F66	45:22
68	Dan Franz	M25	45:24
69	Jaime Garcia	M28	45:25
70	Giovanni Calabrese	M20	45:32
71	Ed Laskey	M23	45:32
72	Claire Durbin	F22	45:34
73	Joel Graves	M37	45:37
74	Forest Kirk	M40	45:38
75	Carlos Bautista	M25	45:46
76	Annie Fehrenbach	F35	45:50
77	Orion Roberson	M25	46:00
78	Michael Straka	M66	46:05
79	Isaiah Oliver	M26	46:09
80	Carol Keller	F64	46:13
81	Jonathan Schram	M41	46:19
82	Jen Foesig	F51	46:26
83	Clarke Stevenson	M30	46:27
84	Rhett Bechler	M10	46:31
85	Henry Sanders	M31	46:31
86	James Miner	M11	46:39
87	Richard Roybal	M47	46:40
88	Braden Padilla	M14	46:41
89	Sara Jung	F34	46:48
90	Andrew Miner	M49	46:55
91	Isaac Coppock	M30	46:57
92	Craig Lurey	M49	47:01
93	Jennifer Heidmann	F54	47:03
94	Daniel Valdivinos	M30	47:20
95	Danny Emmenecker	M35	47:22
96	Timothy Pletcher	M67	47:33
97	Andrea Lovio	F41	47:39
98	Chelsea Reed	F36	47:42
99	John Loera	M59	47:47
100	Kate Bradshaw	F31	47:47
101	Zachary Caldwell	M43	47:49
102	Michele Gerdes	F44	48:06
103	Loran Pace	M31	48:07
104	Jessie Hunt	F52	48:07
105	Jacob Rojeski	M28	48:14
106	Caroline Carson	F62	48:14
107	Catie Barr	F26	48:18
108	Jefferson Silver	M47	48:19
109	Julia Jackson	F17	48:19
110	Alisha Davey	F38	48:20
111	Brittany Tonks	F34	48:23
112	Drake Newell	M19	48:24
113	Elizabeth Matsumoto	F47	48:32
114	Shawn Magnuson	M54	48:33
115	Ben Marshall	M35	48:33
116	Robin Baker	F35	48:41
117	Catherine Hrdy	F36	48:46
118	Kristin Lane	F48	48:55
119	Rico Garcia	M60	48:56
120	Manuel Lewis	M35	49:00
121	Ada Erlewine	F24	49:09
122	James Woodworth	M36	49:12
123	Thomas Stull	M40	49:21
124	Yarrow Zogg	F32	49:26
125	Hope Von Werlhof	F33	49:29
126	Ryan Cooper	M38	49:29
127	Shannon Thompson	F42	49:30
128	Vivian Adams	F13	49:33
129	Jaime Lancaster	F47	49:51
130	Michael Reinman	M56	49:54
131	Matt Jost	M35	49:55
132	Adam Glaser	M48	49:58
133	Nala Carl	F11	49:59
134	Chris Perez	M23	50:03
135	Courtney Carlson	F31	50:07

136	Holden Rinehart	M12	50:10
137	Roman Futoma	M42	50:13
138	Trace Osa	M24	50:17
139	Seren Thomas	F11	50:19
140	Hayley Seckman	F38	50:21
141	Tim Olson	M53	50:26
142	Katie Poburko	F47	50:32
143	Peter Martin	M63	50:35
144	Jared Karp	M29	50:40
145	Isaiah Kibby	M32	50:41
146	Taryn Sanborn	F22	50:43
147	Kai Riddle	M21	50:51
148	Beija Carl	F11	50:51
149	Paul Morga	M31	50:54
150	Victor Perez	M37	51:00
151	Paul Madeira	M46	51:01
152	Joe Snipes	M36	51:01
153	Scott Leonhardt	M38	51:03
154	Victoria Budke	F24	51:06
155	Mike Cannon	M69	51:06
156	Evan Von Werlhof	M32	51:06
157	Allan Grau	M70	51:14
158	Karen Cole	F46	51:14
159	Lauren Hogan	F36	51:33
160	Wendy Ramirez	F29	51:42
161	Bodhi M Waller	M43	51:46
162	Maddie McNerthney	F28	51:54
163	Holly Hayes	F39	51:56
164	Steve Bachmann	M58	51:59
165	Hope Kibby	F26	52:01
166	Meredith Velazquez	F43	52:01
167	Doug Hayduk	M27	52:03
168	Lily Griffith	F38	52:03
169	Lindsay Caldwell	F36	52:04
170	Udo Dirkschneider	M53	52:07
171	Veronica Rios	F40	52:07
172	Jim Adams	M70	52:08
173	Sarah McGraw	F33	52:11
174	Mario Minder	M35	52:12
175	Sara Groban	F33	52:17
176	Marco Martinez	M45	52:22
177	Alyce Parks	F64	52:27
178	Nathan Baxley	M43	52:32
179	Kyla Baxley	F39	52:32
180	Kristin Minugh	F57	52:33
181	Kim Forsythe	F39	52:34
182	Jeffrey Delgadillo	M36	52:53
183	Jordyn Davis	F25	52:54
184	Jazmen McGinnis	F29	52:55
185	Jodi Marthaller	F63	52:57
186	Brianna Cavanaugh	F31	53:04
187	Marina Miller	F12	53:08
188	Savannah Steffen	F28	53:18
189	Alexander Romero	M29	53:20
190	Amber Coley	F53	53:39
191	Melissa Merryman	F61	53:39
192	Madeleine Kinder	F29	53:40
193	Caitlin Getchell	F409	53:41
194	Sadie Alves	F47	54:04
195	Valerie Elder	F33	54:04
196	Craig Goucher	M69	54:08
197	Tom Griffin	M56	54:12
198	Tyren Sanborn	M15	54:19
199	Luta Belcher	M50	54:27
200	Steve Taylor	M53	54:31
201	Charlie Wilson	M09	54:33
202	Basil Cahill	M31	54:35
203	Rosie Harris	F33	54:35
204	Meghan Brinson	F40	54:39
205	Leigha Roeder	F30	54:44
206	Andrew Harris	M37	54:44

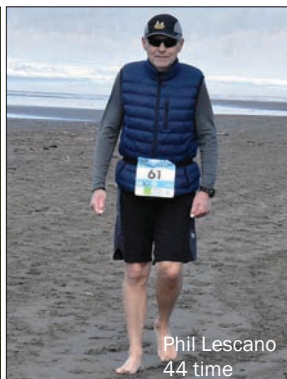
207 Sean Wilson	M46	54:50	282 Aliah Guerrero	F26	1:02:17	357 Adeleine Kennedy	F11	1:08:58
208 Rose Tatman	F41	55:10	283 Nat Allen	F19	1:02:21	358 Lauren Lynch	F43	1:09:02
209 Cedar McCulloch-Clow	M46	55:17	284 Chelsey Castiglione	F32	1:02:23	359 Karen Templeton	F68	1:09:05
210 Matt Manago	M45	55:21	285 Katie Parker	F32	1:02:24	360 Jai Kibby, Sr.	M48	1:09:05
211 Michaela Hasler	F34	55:22	286 Linda Harbour	F56	1:02:24	361 Erin Zulliger	F36	1:09:11
212 Loretta Sandstorm	F53	55:22	287 Emmery Parker	?27	1:02:25	362 Teresa Ferrari	F52	1:09:12
213 Colleen Toste	F60	55:32	288 Kerry Smith	M65	1:02:29	363 Zee Inam	M41	1:09:19
214 Chris Dazzi	M49	55:46	289 Jadis Storrs	F25	1:02:31	364 Ashley Powell	F36	1:09:32
215 Katie Karp	F27	56:08	290 Justina Madrigal	F27	1:02:45	365 Emily Seal	F35	1:09:48
216 Sophia Nielsen	F25	56:13	291 Richard Cordone	M74	1:02:48	366 Victoria Ordway	F59	1:09:51
217 Da Al	M36	56:14	292 Brittney Tresenrider	F28	1:02:51	367 Ginevra Ryman	F38	1:09:59
218 Sarah Knight	F59	56:22	293 Warren Read	M56	1:02:53	368 Jennifer Grimmert	F48	1:10:02
219 Patrick Owen	M61	56:32	294 Jessica M Benoit	F41	1:03:02	369 Michelle Hernandez	F49	1:10:02
220 Robert O'Callaghan	M52	56:37	295 Iain Harley	M46	1:03:05	370 Katrina Wright	F43	1:10:05
221 Zack Cox	M44	56:39	296 Lauren Matson	F40	1:03:06	371 Allison Smith	F47	1:10:15
222 Tara Simonson	F44	56:40	297 Jennifer Stansell	F40	1:03:07	372 Dave Lawell	M54	1:10:16
223 Alissa Fogg	F44	56:40	298 Jocelyn Gibbons	F38	1:03:12	373 Todd Mickalowski	M41	1:10:30
224 Kelie Haigh	F51	56:40	299 Steve McShane	M53	1:03:24	374 Bethany Hailstone	F36	1:10:30
225 Tammie Chapman	F61	56:41	300 Christian Martinez	M15	1:03:29	375 Jeannie Steffan	F51	1:10:31
226 Isaac Kibby	M27	56:44	301 Jonelle Farr	F65	1:03:34	376 Sarah Murrietta	F36	1:10:33
227 Thomas Dewey	M64	56:47	302 Suzanne Pletcher	F70	1:03:34	377 Flynn Dazzi	F10	1:10:33
228 Dana Merrill	F29	56:53	303 Julio Martinez	M29	1:03:43	378 Madison Wiekling	F29	1:10:37
229 Sarah Van Wesep	F40	56:56	304 Terra McAuliffe	F31	1:04:01	379 Amy Livingstone	F47	1:10:44
230 Alysia Bixler	F35	57:15	305 Michaelae Whiteley	F64	1:04:04	380 Janene Romero	F30	1:10:48
231 Heidi O'Hanen	F39	57:19	306 Pamela Jensen	F51	1:04:18	381 Jon Shawhan	M72	1:10:49
232 Alexandria Long	F34	57:37	307 Christina Torres	F35	1:04:30	382 James Clover	M81	1:10:52
233 Greg Collins	M50	57:48	308 Crystal Yaede	F38	1:04:37	383 Bob Vaughn	M84	1:10:57
234 Ade Romesburg	F40	57:52	309 Dylan Pearce	M27	1:04:39	384 Joey Latkiewicz	M42	1:11:02
235 Adam Carter	M39	57:57	310 Gwen Paliotti	F45	1:04:45	385 Ryleigh Latkiewicz	F13	1:11:02
236 Tristan Giacomini	M09	58:00	311 Mike Shanahan	M36	1:05:07	386 Sandra Healy	F74	1:11:04
237 John Carson	M65	58:03	312 Karen Adams	F64	1:05:09	387 Heidi Heim	F54	1:11:14
238 Ben Schwab	M30	58:04	313 Angie Pearson	F47	1:05:10	388 Travis Vega	M42	1:11:32
239 Annie Woodworth	F32	58:04	314 Michelle Brown	F61	1:05:15	389 Meagan I Bet	F35	1:12:04
240 Violet Orozco	F42	58:11	315 Jennah Brown	F28	1:05:16	390 Kathleen Meng	F60	1:12:05
241 Martha Jain	F61	58:14	316 Travis Massey	M30	1:05:20	391 Bryan Bet	M39	1:12:05
242 Mona Giacomini	F36	58:20	317 Gabrielle D-Price	F42	1:05:21	392 Marco Brine	M34	1:12:08
243 Emerson Okin	F10	58:25	318 Rachel Sechan	F32	1:05:21	393 Kristina Darby	F54	1:12:08
244 Ryan Stephenson	M34	58:29	319 Katie Cavanagh	F42	1:05:24	394 Jill Forman	F40	1:12:28
245 Elaine Ruprecht	F57	58:31	320 Leopold Slauson	M11	1:05:25	395 Jessica Reeve	F34	1:12:30
246 Lena Neely-Mangos	F10	58:31	321 Deborah Stamper	F69	1:05:27	396 Celeste Bountour	F30	1:12:31
247 Martina Miller	F29	58:32	322 Hank Carl	M33	1:05:36	397 Paul Harig	M33	1:12:38
248 Amy Taylor	F44	58:37	323 Maverick Carl	M08	1:05:37	398 Kristin Hicks	F48	1:12:38
249 Evan Laughlin	F25	58:57	324 Monica Dukes	F52	1:05:40	399 Chris Gardner	F57	1:12:57
250 Jason Osburn	M51	59:16	325 Lindsay Martien	F32	1:05:51	400 Alanna Gafford	F28	1:12:58
251 Elizabeth Okin	F47	59:19	326 Michael Gulyas	M24	1:05:54	401 Jade Grenier	F32	1:13:06
252 Karl Lisle	M52	59:25	327 Kim Bergel	F57	1:05:58	402 Zoey Cardoza	F24	1:13:07
253 Katrina Henderson	F29	59:26	328 Brandon Dazzi	M13	1:06:06	403 Donny Holiman	M54	1:13:25
254 Bruce Theisen	M71	59:30	329 Susan Garrett	F59	1:06:06	404 Joni Hammond	F62	1:13:25
255 Ed Kallen	M58	59:34	330 Arion Zapper	M11	1:06:16	405 Julia Sheppard	F20	1:13:45
256 Chrystal Ales	F40	59:39	331 Noopuan Paperata	F64	1:06:17	406 Porti Bramble	F39	1:14:04
257 Mike Smith	M53	59:42	332 Angie Grytness	F33	1:06:21	407 Dennis Grady	M71	1:14:12
258 Cyril Carl	M76	59:44	333 Dan Nelson	M65	1:06:23	408 Elizabeth Martella	F44	1:14:28
259 Ashley Sommerfeld	F37	59:50	334 Aubrey Almas	F40	1:06:24	409 Nancy Cicatelli	F58	1:14:31
260 William Rodstrom	M74	59:51	335 Naseema Khan	F44	1:06:24	410 Rachael Davis	F38	1:14:48
261 Jai Kibby, Jr.	M20	59:51	336 Eric Coppa	M26	1:06:25	411 Melanie Barnett	F36	1:14:48
262 Raina McConnell	F24	59:55	337 Luc Landrum	M24	1:06:27	412 Christopher Drogan	M26	1:14:57
263 Katie Bisson	F52	1:00:08	338 Tamara Honrado	F43	1:06:41	413 Sandi Potter	F63	1:15:16
264 Lucas Graves	M28	1:00:13	339 Shane Smith	M36	1:06:44	414 Allison Kelley	F30	1:15:17
265 Dina Hutt	F57	1:00:16	340 Joshua Burge	M26	1:06:45	415 Kathlyn Kraus	F31	1:15:17
266 Chrystyna Johnson	F45	1:00:36	341 J Thompson	M53	1:06:47	416 Mahreya Cornejo-Kelly	F29	1:15:18
267 Brandi Lisle	F51	1:00:51	342 Bob Buck	M75	1:06:48	417 Laura Coppini	F57	1:15:19
268 Casse Weaver	F46	1:00:55	343 Malinda Damme	F38	1:07:01	418 Heather Malloy	F37	1:15:22
269 Brida Lester	F15	1:01:11	344 Ryan Kerker	M41	1:07:02	419 Marina Nichols	F30	1:15:31
270 Alicia Kiefler	F20	1:01:16	345 Wendy Burns	F51	1:07:15	420 Sarah Hapgood	F53	1:15:31
271 Daniel Hapgood	M45	1:01:17	346 Bonnie Hrdina	F65	1:07:16	421 Johnny Castro	M15	1:15:37
272 Jolene Kingsley	F53	1:01:25	347 Margaret Moore	F52	1:07:24	422 Ruth Magee	F24	1:15:38
273 Hannah Graves	F32	1:01:31	348 Robert Kennedy	M45	1:07:36	423 Sharon Stewart	F66	1:15:48
274 Masood Ahmad	M68	1:01:33	349 Dalas Hayes	F26	1:07:36	424 Brannen Holmes	M11	1:15:52
275 Leah Stamper	F40	1:01:35	350 Mark Ellis	M69	1:07:51	425 Raymury Palacios	M45	1:15:55
276 Randy Emenaker	M72	1:01:36	351 Gelareh Rahbar	F52	1:08:11	426 Nate Mckeever	M44	1:15:55
277 Jacob Dukes	M50	1:01:40	352 Sara Klobucar	F49	1:08:17	427 Tobias Holmes	M43	1:15:56
278 Missy Kobetsky	F34	1:01:45	353 Becky Chapman	F53	1:08:19	428 Sally Mander	F18	1:15:58
279 Tyler Bramble	M52	1:01:47	354 Stacy Antoniadis	F70	1:08:29	429 Maria Tobar	F49	1:16:10
280 Kevin Rhoda	M51	1:01:55	355 Rachel Smith	F58	1:08:32	430 Sarah Sanders	F33	1:16:20
281 Catherine Munsee	F59	1:02:00	356 Julia Martien	F29	1:08:37	431 Tiffany Thomsen	F57	1:16:27

432 Sara Starr	F67	1:16:37	484 David Voyles	M66	1:26:14	536 Cassandra Telles	F55	1:44:19
433 Hayden Dark	F08	1:16:38	485 Joseph Carroll	M76	1:26:18	537 Helen Law	F63	1:44:31
434 Jaymi Dark	F41	1:16:39	486 J.Paul Palacio	M46	1:26:20	538 Toni Loera	F33	1:44:49
435 Janese Summit	F68	1:16:39	487 Lisa Andreatta	F60	1:26:20	539 Barbara Loera	F65	1:44:50
436 Brandy Scriptor	F45	1:16:42	488 Sue Grigsby	F67	1:26:24	540 Jon Fisher	M45	1:44:51
437 Cathie Childs	F62	1:17:07	489 Colleen Murrish	F69	1:26:26	541 Wendy Parkhurst	F56	1:45:16
438 Erika Ray	F29	1:17:12	490 Robin Hamlin	F70	1:26:31	542 Meg Altman	F30	1:46:31
439 Jennifer Morton	F38	1:17:13	491 Diane McIntire	F70	1:26:52	543 James Alspach	M23	1:46:32
440 John Crowe	M76	1:17:27	492 Christopher Woodman	M43	1:26:56	544 Sonia De Leon	F24	1:46:37
441 Don Bradbury	M76	1:17:41	493 Madelyn Woodman	F38	1:26:58	545 James Baker	M79	1:47:19
442 Bella Waters	F43	1:17:45	494 Owen Witek	M33	1:26:59	546 Carol Edwards	F71	1:48:34
443 Jennifer Curtis	F55	1:17:46	495 Don Witek	M74	1:27:01	547 Sherry Keyes	F53	1:48:35
444 Lisa Gorge	F53	1:17:56	496 Patrick Shapeero	M64	1:27:31	548 Paige Edwards	F15	1:48:37
445 Eric Taylor	M54	1:18:00	497 Francis Rain	M39	1:27:48	549 Cheyenne Edwards	F44	1:48:37
446 Mary Landis	F73	1:18:06	498 Allen Lund	M68	1:27:57	550 Kristen Evansizer	F52	1:53:08
447 Laurie Dekeyser	F46	1:18:09	499 Sherry Baum	F63	1:27:59	551 Patricia Evansizer	F78	1:53:08
448 Sean Rune	M36	1:18:09	500 Mary Stansell	F69	1:28:00	552 Allan Renger	M55	1:53:09
449 Whit Rune	?31	1:18:11	501 Jason O'Connell	M30	1:28:15	553 Grahm Lawell	M15	1:53:29
450 Gabriel Deborde	M25	1:18:15	502 Paulina Close	F28	1:28:17	554 Anita Thomas	F43	1:54:13
451 Heather Gray	F24	1:18:15	503 Shawn Vieira	M56	1:29:21	555 Robert Johnson	M73	1:54:38
452 David Tanner	M54	1:18:24	504 Tyler Holmes	M73	1:29:37	556 Martha Johnson	F73	1:54:40
453 Tyler Bradbury	F45	1:18:29	505 Haley Calderon	F24	1:29:38	557 Terry Wilson	F72	1:54:57
454 Eileen Wolf	F60	1:18:38	506 Sam Padilla	F27	1:29:38	558 Aubrey Gates	F39	1:56:05
455 Lillian McKee	F15	1:19:00	507 Jerry Fowler	M84	1:30:08	559 Kristen De Vasquez	F39	1:56:05
456 Tayshu Bommelyn	F44	1:19:11	508 Elaine Hogan	F37	1:31:13	560 Dana Peterson	F57	1:57:08
457 Xenia Bixler	F64	1:19:28	509 Emily Hartling	F13	1:31:49	561 Lisa Lawell	F48	1:57:10
458 Jamie McKee	F39	1:19:42	510 Sage Hartling	F11	1:31:51	562 Terry Gardner	M59	1:57:53
459 Brandy Castro	F35	1:20:01	511 Stephen Romero	M62	1:32:37	563 Fred Long	M72	1:57:55
460 Katrina Taylor	F54	1:20:35	512 Wayne Arrison	M64	1:32:45	564 Elizabeth Wardell	F69	1:57:57
461 Gordon Johnson	M78	1:20:43	513 Mary Vancott	F71	1:33:05	565 Brent Rasmussen	M66	1:57:59
462 Marcile Raney	F63	1:21:11	514 Jennifer Payne	F51	1:33:46	566 Bonnie Etz	F72	1:58:05
463 Amanda Colegrove	F45	1:21:13	515 Jeff Payne	M53	1:33:49	567 Jan West	F76	1:58:06
464 Tyler Watkins	M32	1:21:13	516 Emily Bacon	F19	1:33:51	568 David Wallen	M75	1:58:27
465 Tatjana Halda	F61	1:21:54	517 Annette Parsons	F72	1:34:21	569 Scott Chapmen	M37	1:59:09
466 Annie Sabanovich	F42	1:22:01	518 Gret Templeton	M68	1:34:36	570 Mason Lester	M08	1:59:10
467 Jessica Riske-Gomez	F45	1:22:01	519 Leticia Rosado	F58	1:34:56	571 Courtney Chapmen	F33	1:59:10
468 Philip Lescano	M69	1:23:46	520 Ellen Taylor	F81	1:35:18	572 Patricia Fleschner	F77	1:59:50
469 Cliff Vancott	M66	1:24:06	521 James Johnson	M85	1:36:20	573 J. Douglas Van Sant	M81	2:00:05
470 Jill Ceffalo	F49	1:24:17	522 Rosebud Cope	F19	1:37:29	574 Jonny Long	M71	2:00:31
471 Gary Timek	M76	1:25:14	523 Darrin Neidlinger	M54	1:39:34	575 Jeff Farmer	M52	2:01:55
472 Brandon Jordan	M49	1:25:22	524 Vonnie Fierro	F49	1:39:41	576 Kelly Freeman	F46	2:02:10
473 Jo Archibald	F41	1:25:23	525 Laura Silva	F59	1:39:41	577 Mike Freeman	M48	2:02:12
474 Isabella Archibald	F34	1:25:23	526 Dan Collenberg	M70	1:40:57	578 Lena Martin	F51	2:02:53
475 David Lonn	M69	1:25:28	527 Lisa Hemphill	F69	1:42:08	579 James Alspach	M50	2:02:54
476 Mariah Jordan	F49	1:25:28	528 Sue Anderson	F70	1:42:09	580 Ursula Parker	F53	2:03:09
477 Valerie Rose	F38	1:25:31	529 Kanen Ishimoto	M28	1:42:14	581 Michelle Hanson	F40	2:03:13
478 Dylan Tellesen	M48	1:25:31	530 Zach Farmer	M51	1:42:14	582 Cynthia Herman	F63	2:05:56
479 Tianna Nourot	F48	1:25:59	531 Ashley Fleschner	M52	1:42:20	583 Rebeca Herman	F48	2:05:59
480 Daniel Lehner	M72	1:26:04	532 Pamela Lee	F60	1:43:16	584 Hannah Herman	F09	2:06:00
481 Arlene Lurey	F49	1:26:10	533 Richard Bottomley	M67	1:43:34	585 John Schafer	M82	2:33:42
482 Andrew Davis	M41	1:26:10	534 Perry King	M54	1:43:47	586 Bentley C-Murray	M75	2:33:49
483 Michelle Voyles	F64	1:26:12	535 Larisa King	F46	1:43:49	587 Micalia Bideaux	F27	2:35:21

TCBR heroes!



Stephen R
Wayne Arrison
48 time



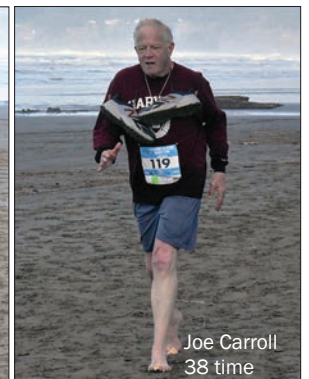
Phil Lescano
44 time



Jerry Fowler
42 time



Gary Timek
40 time

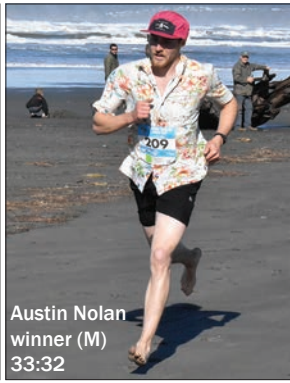


Joe Carroll
38 time

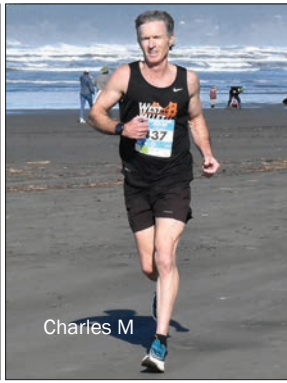




Gordon Johnson
37 time



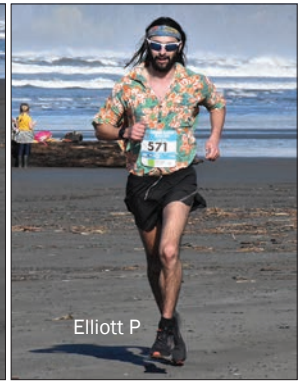
Austin Nolan
winner (M)
33:32



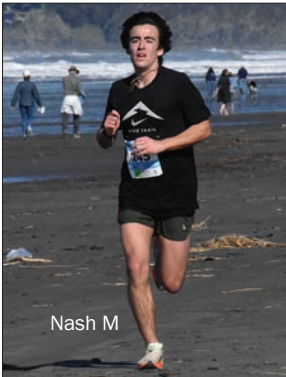
Charles M



Ryder B



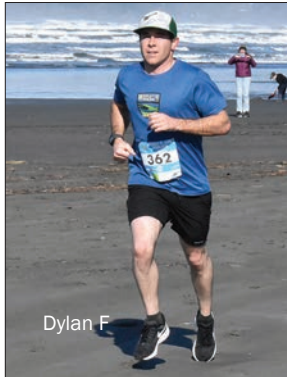
Elliott P



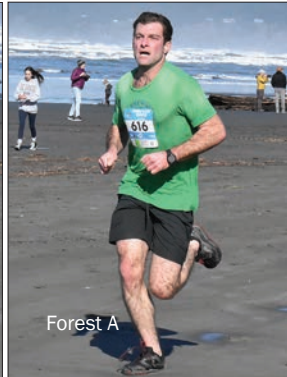
Nash M



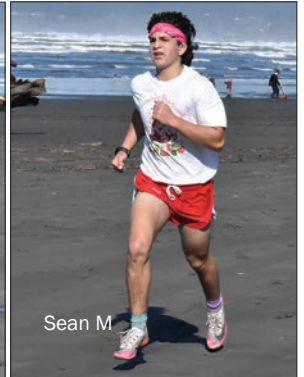
Ellis B



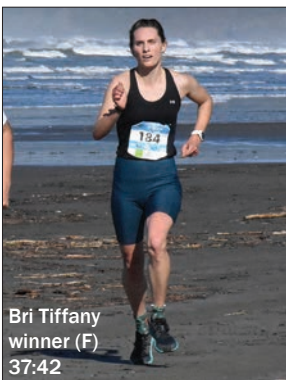
Dylan F



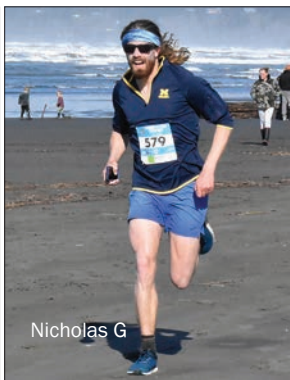
Forest A



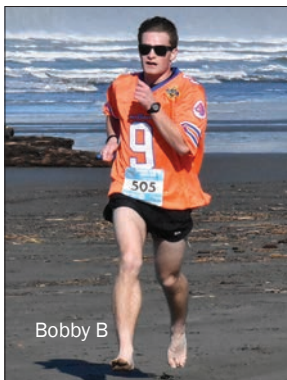
Sean M



Bri Tiffany
winner (F)
37:42



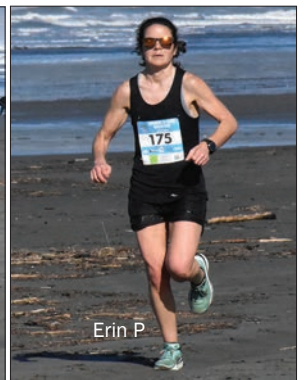
Nicholas G



Bobby B



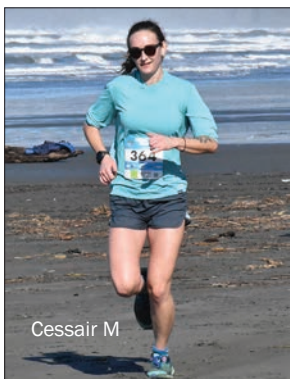
Bryan B



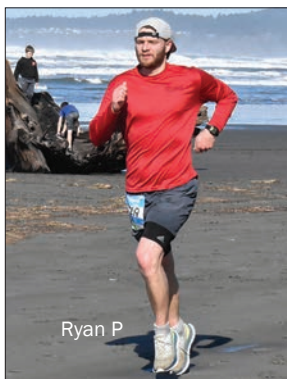
Erin P



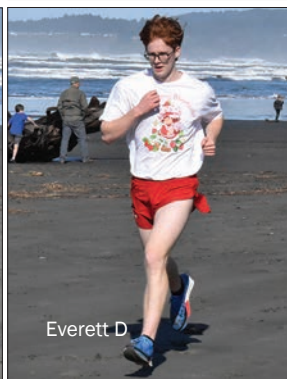
Tristan C



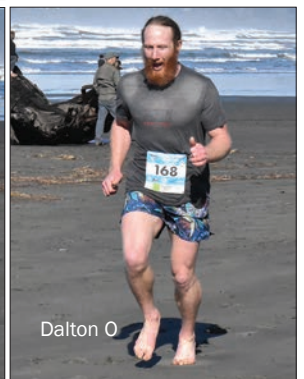
Cessair M



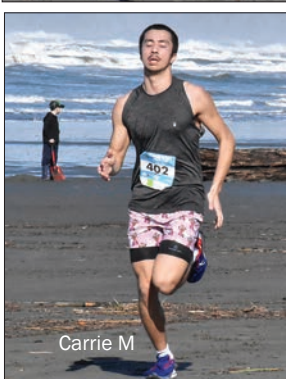
Ryan P



Everett D



Dalton O



Carrie M



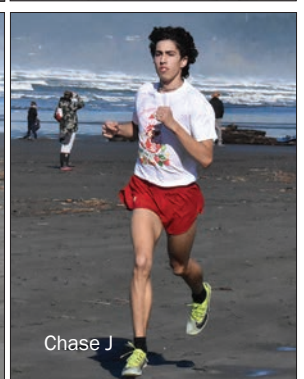
Galen H



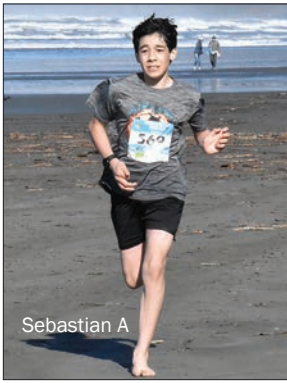
Noah M



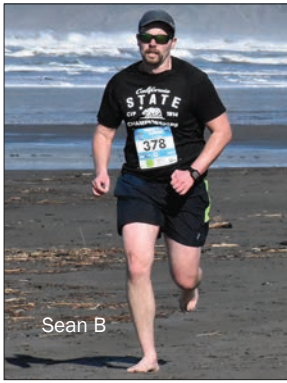
Andrew K



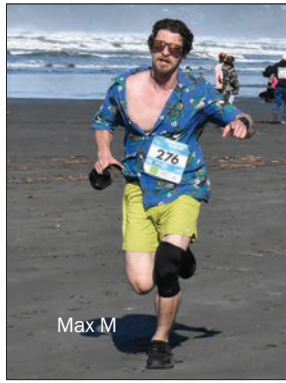
Chase J



Sebastian A



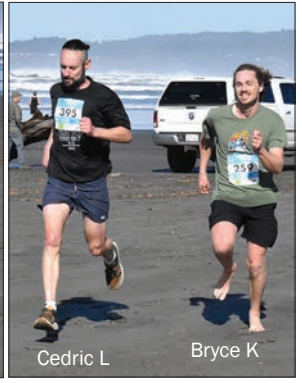
Sean B



Max M

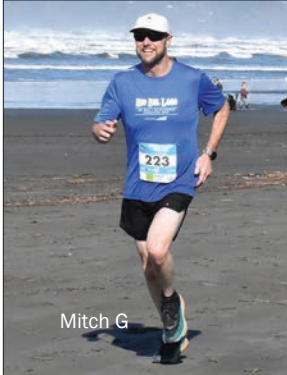


Michael P

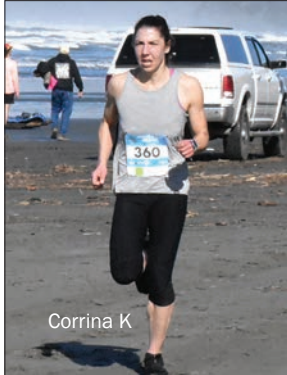


Cedric L

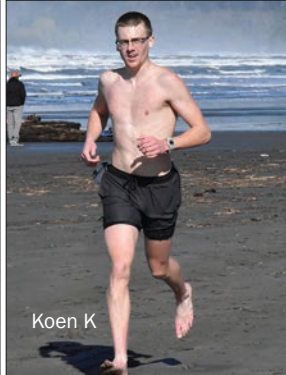
Bryce K



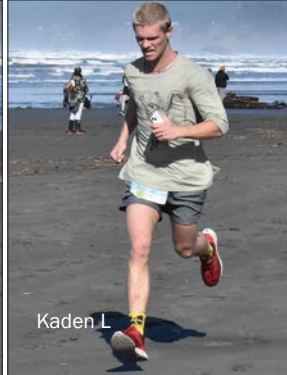
Mitch G



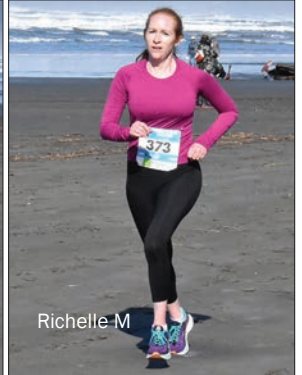
Corrina K



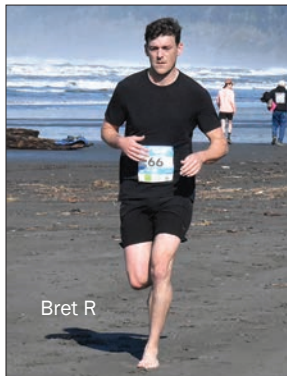
Koen K



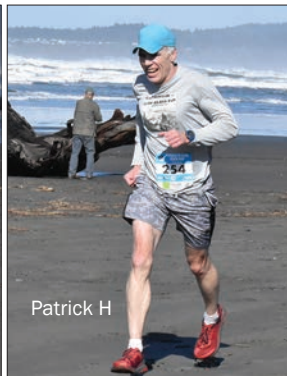
Kaden L



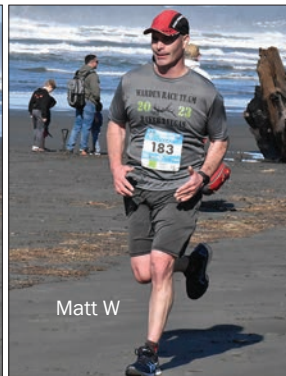
Richelle M



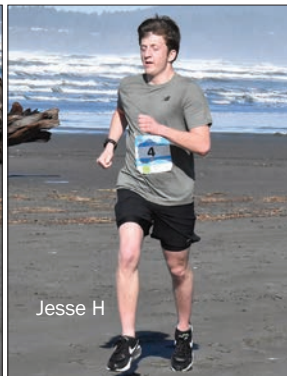
Bret R



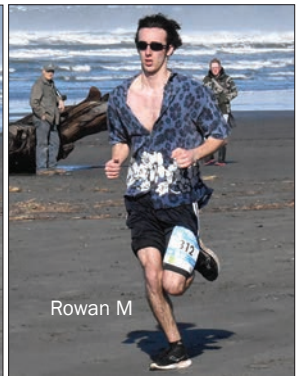
Patrick H



Matt W



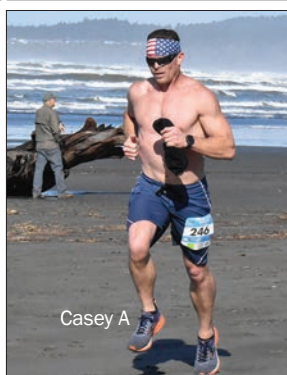
Jesse H



Rowan M



Luke P



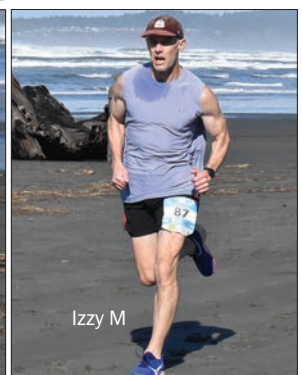
Casey A



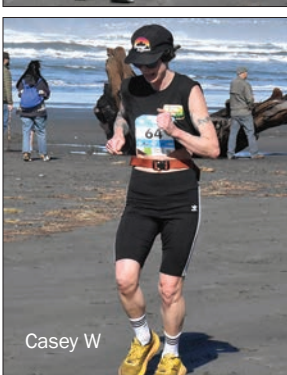
John A



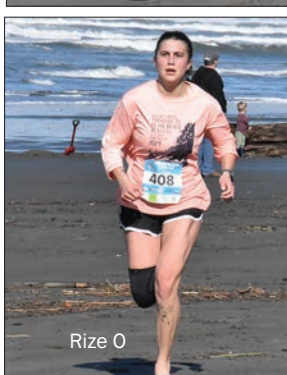
Mason B



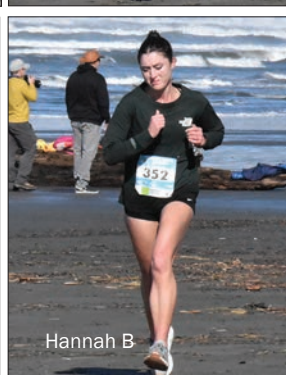
Izzy M



Casey W



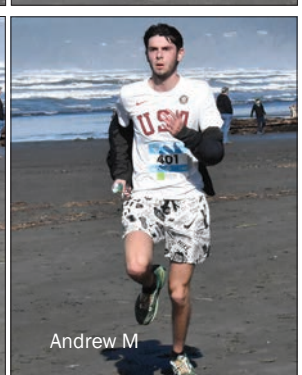
Rize O



Hannah B



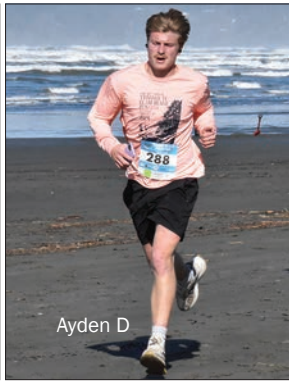
Ian J



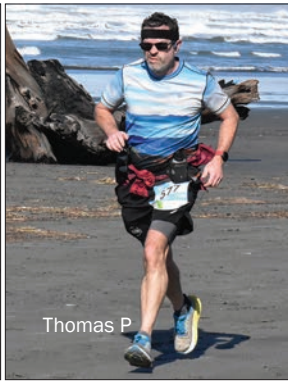
Andrew M



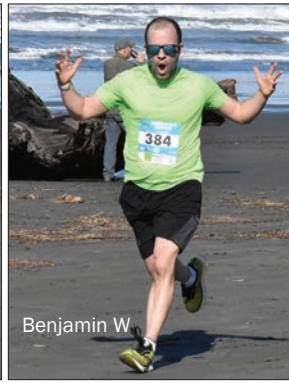
Jake J



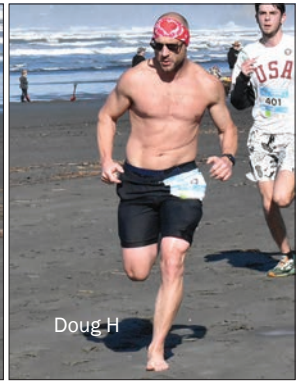
Ayden D



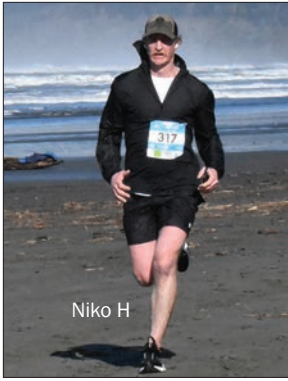
Thomas P



Benjamin W



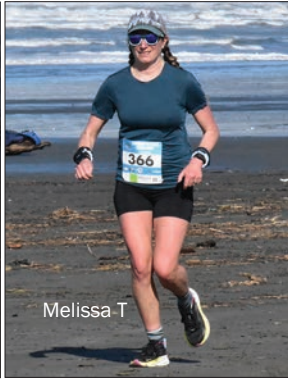
Doug H



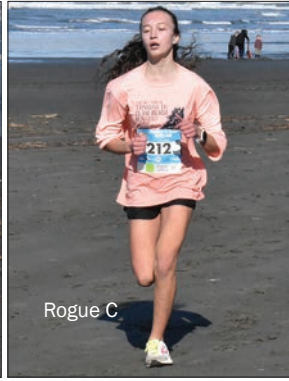
Niko H



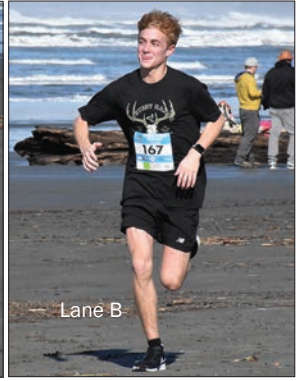
Jenna L



Melissa T



Rogue C



Lane B



Bill P



Jay S



Kevin R



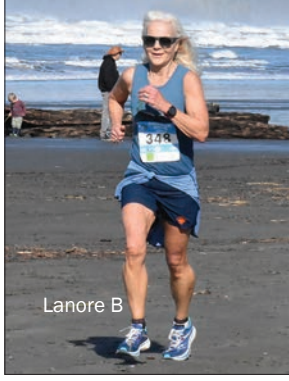
Rob A



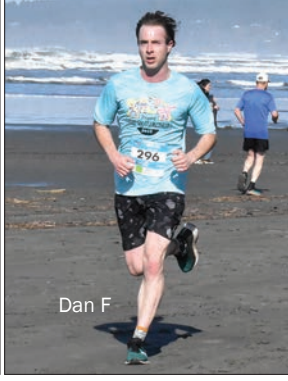
Kelley S



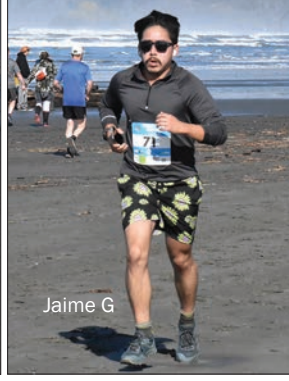
Isabel H



Lanore B



Dan F



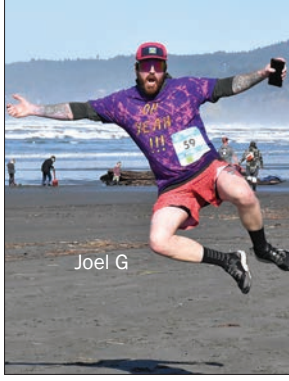
Jaime G



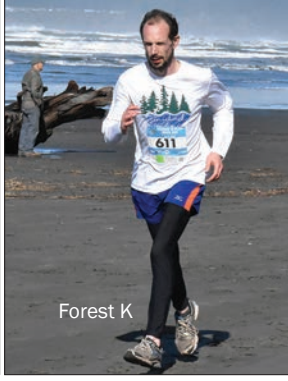
Giovanni C



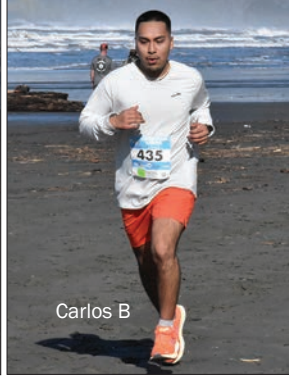
Claire D Ed L



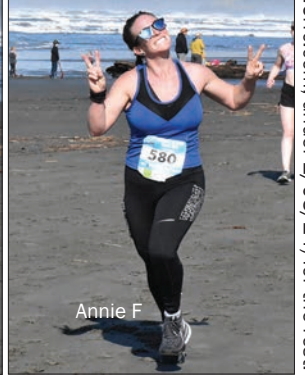
Joel G



Forest K



Carlos B



Annie F

• Top 76 finishers are shown here. Please visit our webpage (<http://www.grc.com>, under 2/03/24) for the rest.

Some SRRC Members -- in random order



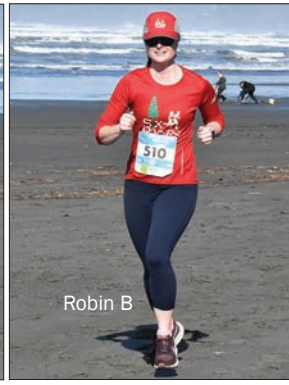
TJ C



Thomas D



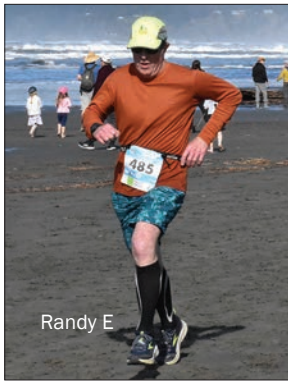
Shawn M



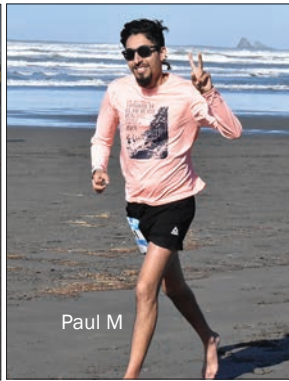
Robin B



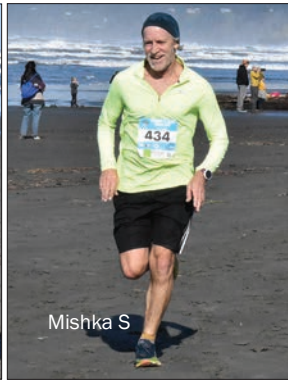
Richard R



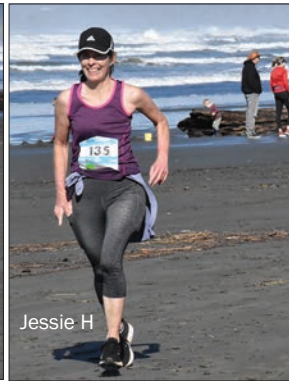
Randy E



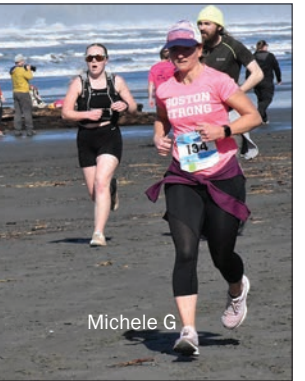
Paul M



Mishka S



Jessie H



Michele G



John C



Jen F

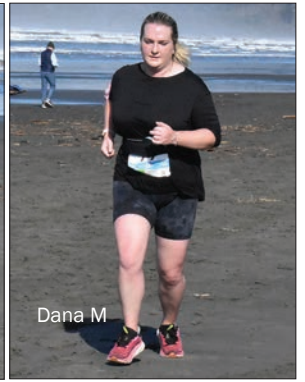
Jonathan S



Jennifer H



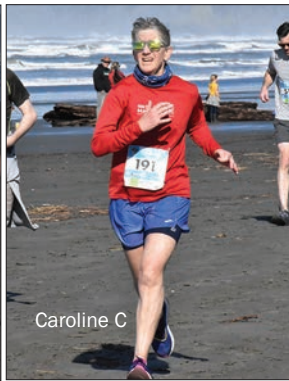
Danny E



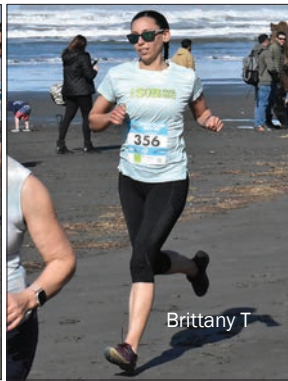
Dana M



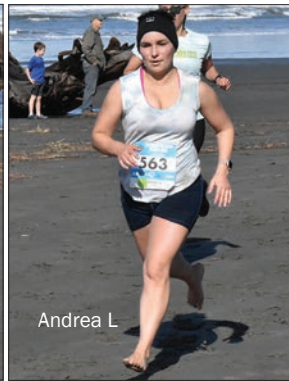
Cyril C



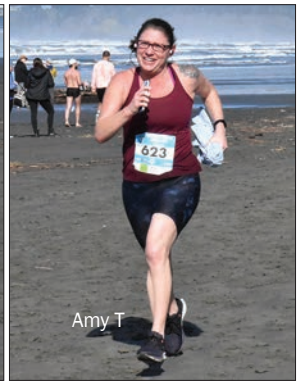
Caroline C



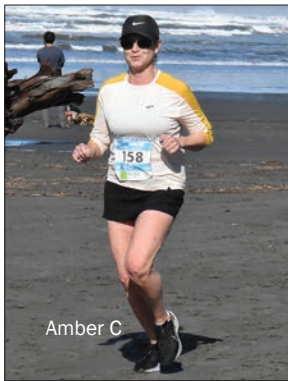
Brittany T



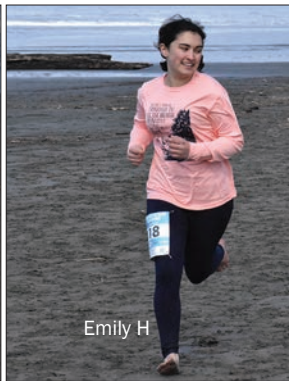
Andrea L



Amy T



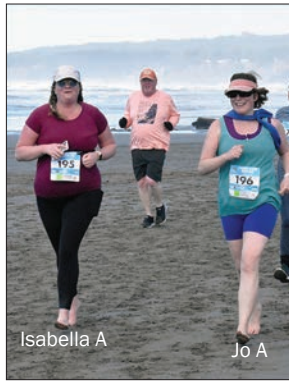
Amber C



Emily H



Sage H



Isabella A

Jo A



Tony S



Hour Run

440 Yards

Pl	Name	G/age	Time
1	Ocean Goodrich	M15	1:05
2	Josh Rayburn	M40	1:08
3	Rob Amerman	M50	1:16
4	Tony Sanchez	M54	1:25
5	Joseph Rivera Jr.	M08	1:33
6	Rocco Pearson	M08	1:38
7	Cyril Carl	M76	1:43
8	Angie Pearson	F47	1:53
9	Addy Aigner-Lowe	F06	2:03
10	Isla Archibald-Buchanan	F05	2:04
11	Olivia Rivera	F05	2:06
12	Kathryn Rivera	F41	2:07
13	Jo Archibald	F41	2:15
14	Nathaniel Rayburn	M04	2:36
15	Ian Pearson	M04	4:25
16	Ariella Rayburn	F02	4:51
17	Ariana Rayburn	F36	4:52
18	Zena Merrill	F02	4:55
19	Jonathan Merrill	M30	4:56
20	Reece Emenaker	M03	6:19
21	Ryan Emenaker	M46	6:20

Mile Run

Place	Name	G/age	Time
1	West Wood	M21	5:14
2	Ocean Goodrich	M15	6:27
3	Rob Amerman	M50	6:49
4	Tony Sanchez	M54	7:21
5	Sung Choi	M52	7:22
6	Sage Hartling	F11	8:13
7	Doug Hartling	M40	8:23
8	Rocco Pearson	M08	8:37
9	Fred Dellagatta	M65	8:51
10	Emily Hartling	F13	9:25
11	Angie Pearson	F47	9:30
12	Robin Fraser	F44	9:49
13	Sofia Pereira	F36	9:59
14	Nathaniel Rayburn	M04	10:45
15	Josh Rayburn	M40	10:45

Hour Run

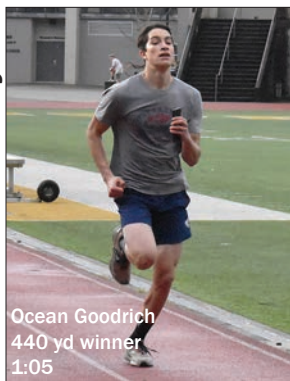
Place	Name	G/age	Distance (laps)
1	West Wood	M21	9.500 mi (38 laps + 000 yds)
2	Sky McKinley	M47	8.840 mi (35 laps + 158 yds)
3	Chris Christianson	M47	8.380 mi (33 laps + 229 yds)
4	Doug Hartling	M40	8.375 mi (33 laps + 220 yds)
5	Juan Ornelas	M14	8.225 mi (32 laps + 396 yds)
6	Galen Hammitt	M32	8.175 mi (32 laps + 308 yds)
7	Andrea Wright	F62	8.040 mi (32 laps + 071 yds)
8	Lanore Bergenske	F66	7.820 mi (31 laps + 123 yds)
9	Josh Rayburn	M40	7.750 mi (31 laps + 000 yds)
10	Ayden Davis	M22	7.750 mi (31 laps + 000 yds)
11	Jake Johnson	M48	7.720 mi (30 laps + 387 yds)
12	Mishka Straka	M66	7.700 mi (30 laps + 352 yds)
13	Ocean Goodrich	M15	7.700 mi (30 laps + 352 yds)
14	Paul Kinsey	M68	7.600 mi (30 laps + 176 yds)
15	Elena Suarez	F22	7.600 mi (30 laps + 176 yds)
16	Rob Amerman	M50	7.594 mi (30 laps + 165 yds)
17	Tom Davies	M58	7.500 mi (30 laps + 000 yds)
18	Tony Sanchez	M54	7.500 mi (30 laps + 000 yds)
19	Caroline Carson	F62	7.114 mi (28 laps + 200 yds)
20	Alan Grau	M70	7.000 mi (28 laps + 000 yds)
21	Jose Ornelas	M36	7.000 mi (28 laps + 000 yds)
22	Shawn Magnuson	M54	7.000 mi (28 laps + 000 yds)
23	Matt House	M50	6.600 mi (26 laps + 176 yds)
24	Marie Cappiello	F53	6.500 mi (26 laps + 000 yds)
25	Thomas Dewey	M64	6.420 mi (25 laps + 300 yds)
26	Cyril Carl	M76	6.364 mi (25 laps + 200 yds)
27	Isabel Hirsch	F34	6.270 mi (25 laps + 035 yds)

28	Paul Kraus	M63	6.250 mi (25 laps + 000 yds)
29	Yvette Ferreira	F49	6.219 mi (24 laps + 385 yds)
30	Randy Emenaker	M72	6.185 mi (24 laps + 326 yds)
31	Robin Fraser	F44	6.125 mi (24 laps + 220 yds)
32	Marlene Allen	F67	6.050 mi (24 laps + 088 yds)
33	Sung Choi	M52	5.875 mi (23 laps + 220 yds)
34	Amy Taylor	F44	5.750 mi (23 laps + 000 yds)
35	Jasper	M26	5.719 mi (22 laps + 385 yds)
36	Debbie Stamper	F69	5.688 mi (22 laps + 330 yds)
37	John Carson	M66	5.614 mi (22 laps + 200 yds)
38	Christina Torres	F35	5.600 mi (22 laps + 176 yds)
39	Robert Eury	M62	5.563 mi (22 laps + 110 yds)
40	Donny Holiman	M54	5.300 mi (21 laps + 128 yds)
41	Nathan Brinckhaus	M39	5.290 mi (21 laps + 070 yds)
42	Kathryn Rivera	F41	5.281 mi (21 laps + 055 yds)
43	Becky Chapman	F53	5.250 mi (21 laps + 000 yds)
44	Leah Stamper	F40	5.125 mi (20 laps + 220 yds)
45	Mark Ellis	M69	5.063 mi (20 laps + 110 yds)
46	Jack West	M72	5.000 mi (20 laps + 000 yds)
47	Susan House	F50	5.000 mi (20 laps + 000 yds)
48	Angie Pearson	F47	4.910 mi (23 laps + 282 yds)
49	Rocco Pearson	M08	4.750 mi (19 laps + 000 yds)
50	Daniel Lipiec	M67	4.750 mi (19 laps + 000 yds)
51	Jib Ray	M83	4.557 mi (18 laps + 100 yds)
52	Sage Hartling	F11	4.500 mi (18 laps + 000 yds)
53	Joseph Rivera	M08	4.500 mi (18 laps + 000 yds)
54	Andrew Wright	M63	4.500 mi (18 laps + 000 yds)
55	Jo Archibald	F41	4.500 mi (18 laps + 000 yds)
56	Marcile Raney	F63	4.375 mi (17 laps + 220 yds)
57	Jurgen Giessel	M87	4.188 mi (16 laps + 330 yds)
58	Emily Hartling	F13	4.000 mi (16 laps + 000 yds)
59	Kathleen Lake	F67	3.875 mi (15 laps + 220 yds)
60	Mr. Sunshine	M71	3.800 mi (15 laps + 088 yds)
61	Naomi Stamper	F38	3.750 mi (15 laps + 000 yds)
62	Matt Pearson	M52	3.550 mi (14 laps + 088 yds)
63	Blanca Ruiz	F30	3.500 mi (14 laps + 000 yds)
64	Portia Matheson	F76	3.450 mi (13 laps + 352 yds)
65	Aileen Ornelas	F05	3.250 mi (13 laps + 000 yds)
66	Ariana Porter	F13	3.250 mi (13 laps + 000 yds)
67	Ian Pearson	M04	3.188 mi (12 laps + 330 yds)
68	Felix Porter	M07	3.000 mi (12 laps + 000 yds)
69	Westley Porter	M09	3.000 mi (12 laps + 000 yds)
70	Shawn Porter	M42	3.000 mi (12 laps + 000 yds)
71	Crystal Porter	F39	3.000 mi (12 laps + 000 yds)
72	Oliver Stamper	M03	1.000 mi (04 laps + 000 yds)
73	Isabella Archibald	F34	Did not report
74	Avery Neurath	F44	Did not report
75	Alex Lowe	M41	Did not report

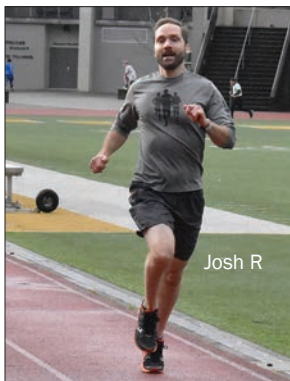


HOUR Run start
9:30 am

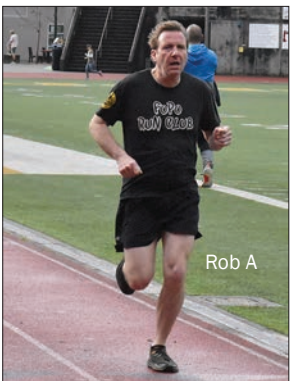
440 yds



Ocean Goodrich
440 yd winner
1:05



Josh R



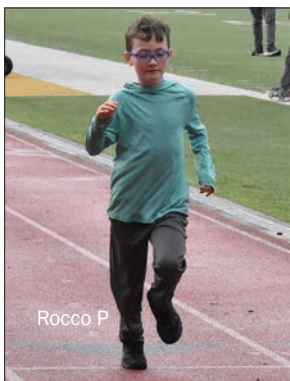
Rob A



Tony S



Joseph R



Rocco P



Cyril C



Angie P



Addy A-L

Isla A-B

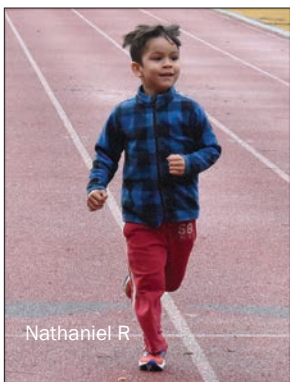


Olivia R

Kathryn R



Jo A



Nathaniel R



Ian P



Ariana R

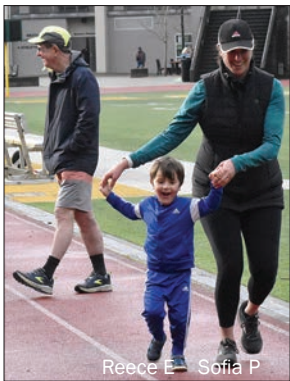


Ariella R



Jonathan M

Zena M



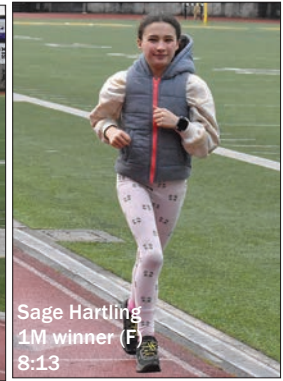
Reece E Sofia P



West Wood
1M winner (M)
5:14



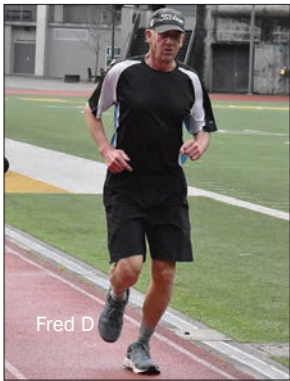
Sung C



Sage Hartling
1M winner (F)
8:13



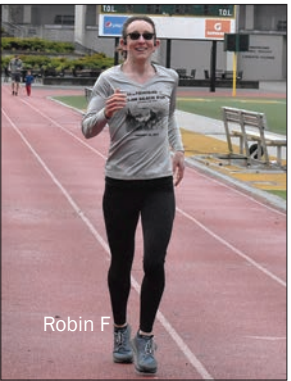
Doug H



Fred D



Emily H



Robin F



Sofia P

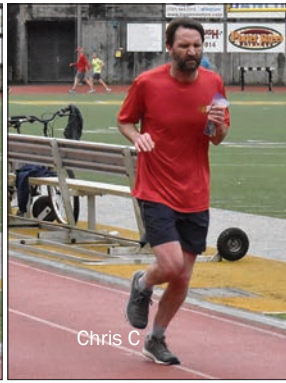
1M



West Wood
winner (M)
38 laps (9.5 M)



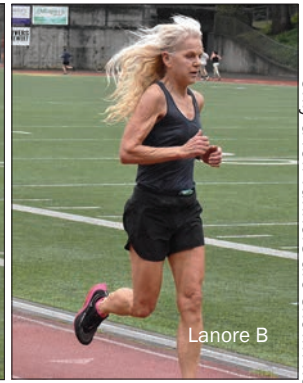
Sky M



Chris C



Andrea Wright
winner (F)
32 laps, 71 yds (8.04 M)



Lanore B



Jake J



Bob E

Mishka S



Jib R



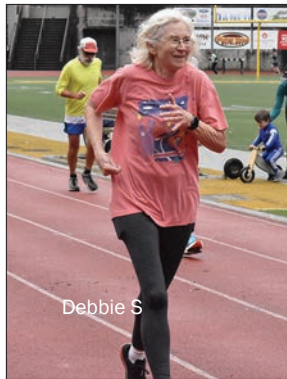
Paul K



Marlene A



Thomas D



Debbie S



• Only a few runners are shown here. Please visit our webpage (<http://www.6rrc.com>, under 2/18/24) for the rest.



March Races Lost or Morphed

"Bill Daniel" <drd4462@att.net>

March, in early SRRCland started out as a relatively quiet month. The **Rhonerville 5 mile run** served as the monthly SRRC race. It was never heavily attended. Local ultra-marathoners participated in a series of fifty-milers, some out on the bottoms and around the bay, others on the HSU track. When the Southern Oregon folks initiated a regional 50-miler at Grants Pass in the 1980's, SRRC attention focused there. Local runners did quite well. The Club was known to aid other organizations hold fund raisers, and for a few years the **March of Dimes 10K** was the recipient of such aid.

Things would pick up considerably in 1978. Dr. Larry Wieland proposed, and the Club agreed to sponsor, the **Foggy Bottoms Run**. The original approximately 8-mile course started at the Fairgrounds, wound its way through Ferndale and the Eel River Bottoms and finished back at the fairgrounds. Though the race fell short of its expected 1,000 participants, the response generated enough enthusiasm to warrant continuation. 1980 witnessed a near disaster when a pregnant cow became excited and aborted her calf as she tried to keep up with the runners. The farmer threatened to sue. Luckily Ferndale's Dr. Gary Baker came to the rescue. He placated the farmer and created a new event, known as the **Foggy Bottom 10, 4, and 2 mile run**. For obvious reasons, a cow has figured prominently in the race symbology. The 10 and 4 (actually 4.1) miler started on Main Street, with the 10 miler being an out and back, heading to Centerville Beach and the 4 miler becoming a loop, ending where it started. Often, runners would encounter heavy winds, sometimes from the north, and sometimes from the south. Eventually nature, along with human endeavor caused severe problems. The Salt River decided to flow across a road, and water also inundated the turnaround. For years, Marlene Allen tried to find a suitable 10 mile course. Eventually, that became impossible. Today, the Foggy Bottom Milk Run consists of a certified 4 and 2 mile course. The 2 mile event has become a grand event for school competition featuring hundreds of participants. If you don't run, come and cheer on the participants. It's a fun event starting at noon on Sunday, March 10.



FBRM 2009



Foggy Bottom Milk Run 2M & 4M

It's just about time for another Foggy Bottom Milk Run; in fact, the 46th annual (almost). The race is **Sunday, March 10**. The 4-mile is the Circuit race and it has a great history, although the course has been changed a few times. You can see the records on the SRRC website at 6rrc.com/FBMRRecords2.htm. The 10-mile has not been reinstated since it is hard to find a course that is reliable and/or safe. That is too bad, since some of the best times in SRRC history were run in Ferndale. The 2-mile is a wild race with lots of kids from very young to teenagers, but anyone is welcome. Come run with your son or daughter or on your own. This is not a Circuit Run.

We already over 100 registered runners in the 2 and 4-mile, so be sure to get signed up soon. We will have team championships for the schools in the 2-mile with perpetual cow trophies which remain at the schools for the next year. We will be collecting last year's trophies won by Cutten School (10 & under girls), Garfield School (10 & under boys), Fortuna Middle School (11-14 girls) and Sunny Brae Middle School (11-14 boys). There is also a trophy for clubs. Teams are made up of five runners from each school in each category.

The 4-mile race begins at noon and the 2-mile at 2:00 pm. We expect 600 to 1,000 runners depending on weather, and parking can be very difficult, so come early. However, although the 2-mile is two hours after the 4-mile, it can be difficult to get into the center of town while the 4-mile is in progress. It would be best to come early and enjoy shopping or eating lunch while cheering on the 4-mile runners.

I hope you can join us. Information can be found at the FBMR web site <https://www.foggybottommilkrun.com/>. If you have any questions, you may contact me at (707)845-6382 or foggybottommilkrun@gmail.com. -- **Jack West** jandjwest@yahoo.com



Sue-meg Park Run 5K & 10K

THE SUE-MEG 5K AND 10K IS BACK: Saturday, April 20, 2024

Although Sue-meg State Park personnel have not yet been informed of a new date for the Sue-meg run, the central office has cleared the new date for the 5K and 10K run for Saturday, April 20, 2024. This should be a better weather day for the run. However, last year it was moved to April 1st and it rained all day. However, rain or shine, it will be held this time. Please mark your calendar for that date and we will have a great race.

The race will begin at 10 AM for both the 5K and 10K. The parking will be difficult, so please try to plan ahead to carpool. Be sure to come early so, if there are a lot of runners, you can find parking and register.

There is no charge for this race since everyone who enters the park needs to pay the \$8.00 park fee. If you don't have to pay to enter, or if would like to help the club, there will be a tip jar. There will be very little parking outside of the park since volunteers will have reserved parking. Some of the parking requires a little bit of walking to the registration area and all registration is done at the park.

I hope you can make it. It will be the 52nd running of this race, so come enjoy the fun. You can find information on the website at <http://www.6rrc.com/>. You may also email me at jandjwest@yahoo.com if you have questions. If you would like to volunteer, please let me know. -- **Jack West** jandjwest@yahoo.com



THE TRACK SEASON IS ABOUT TO BEGIN

The 2024 track season is arriving quickly. We will have three 5th to 8th grade track meets and two K-4 track meets this year. Although we are fairly sure of this schedule, there is one K-4 track meet and one 5th-8th grade track meet that still need to be confirmed (marked by an asterisk in the schedule below).

Schedule:

Tues., April 2	K-4 th Grade Meet	Cal Poly, Humboldt	4:30-7:30PM
Thurs., April 4	5 th -8 th Grade Meet	Cal Poly, Humboldt	3:30-8:00PM
*Thurs., April 11	K-4 th Grade Meet	Arcata High School	4:30-7:30PM
Thurs., April 25	5 th -8 th Grade Meet	Fortuna High School	3:30-8:00PM
*Sat., May 11	5 th -8 th Grade Championships	Fortuna High School	3:30-8:00PM

Sixth to eighth graders are also invited to attend a meet at Del Norte High School:
Wed., May 15 See the schedule at <https://hrray.org/schedule> for special instructions.



Thanks to the Six Rivers Running Club and our many sponsors for helping us continue to put on events for our local youth runners. Please find our many sponsors at <https://hrray.org/> and thank them, if possible. Please come to some of our meets, and, if you would to help, please call me at (707)845-6382 or contact HRRAY at hrray707@gmail.com. -- **Jack West** jandjwest@yahoo.com



2024 SRRC SCHOLARSHIP

- Annually in May or June, **Six Rivers Running Club** (SRRC) awards graduating high school seniors from a Humboldt County School, which have ties to SRRC and/or participated in activities that helped the running community, money for college expenses.
- Ties to SRRC shall include:
 - **Volunteering at SRRC races; Running SRRC races; Being a member of SRRC.**
- Additional criteria will also be considered in the selection process.
- A one-time scholarship award of up to \$500 will be presented in June for each recipient.
- Two scholarships may be awarded: One to a male and another to a female. If only one gender is represented by the applicants, then two scholarships may be awarded to two applicants of the represented gender.
- SRRC has the discretion to cancel or modify this scholarship at any time.
- Applications must be requested individually by U.S. Postal Service mail.
 - **It is a two-step application process:**
 1. **Request** the application form by submitting a formal written letter.
 2. Fill out the application and **submit** the original application form.
- Mail the request and completed application to:

SRRC SCHOLARSHIP COMMITTEE
P.O. BOX 214
ARCATA, CA 95518-0214
- Only the original completed application must be received by us no later than **May 21st**. No additional forms attached. Postmarks will not be accepted.
- Verification of receipt will be sent by e-mail.
- Award winners will be notified by e-mail.
- Additional questions may be sent to the same address.



Spring 2024 SRRC Shoe Fund Application

The goal of the Shoe Fund is to provide youth, in need, free running shoes to participate in their school's or organization's running program and have fun.

Six Rivers Running Club (SRRC) provides the majority of the funds for their Youth Running Shoe Fund.

The Shoe Fund provides running shoes redeemable at **The Jogg'N Shoppe, 1090 "G" Street, Arcata.**

THE FORM MUST BE FILLED OUT COMPLETELY - TO BE ELIGIBLE FOR CONSIDERATION*

- **Where does the Shoe Fund come from?** **Six Rivers Running Club** (SRRC) administers the Shoe Fund and purchases the running shoes from **The Jogg'N Shoppe.**
 - Application process for K through 12th graders: **Submitted by the team coach only.**
 - Application available by contacting this e-mail: [<maguro4u@gmail.com>](mailto:maguro4u@gmail.com)
 - 1. Your application must be legibly filled out **completely**, including an **email** and **phone number**. You can use your coach's e-mail if one is not available. Failure to fill out the form legibly hand printed and completely will result in rejection of the application.
 - 2. **Coach's contact information, signature and approval of the coach are required.**
 - 3. A parent or guardian must approve their child's application with a hand signed **signature**.
 - 4. Deadline to submit applications is **April 30, 2024**. The deadline may be extended.
 - 5. **Eligibility:** Humboldt County youth, grades K through 12th, participating in organized running programs, Cross Country, Track & Field. **Shoes must be picked up before May 31, 2024.**
 - 6. Low income youth should have initial preference. The team's coach will decide on recipients.
 - 7. Only 1 pair of shoes in a 12-month period is allowed.
 - 8. Each participating school or organization will receive at least 1 shoe scholarship, more if the budget allows.
 - 9. No personal information will be released to the public.
 - 10. SRRC reserves the right to cancel this program at any time.
 - Team Coach returns the hand-signed form, scanned individually as a "pdf", by e-mail to [<maguro4u@gmail.com>](mailto:maguro4u@gmail.com)
- OR coach mails completed forms to:**
- SRRC SHOE FUND, P.O. BOX 214, ARCATA, CA 95518**



Lanore Bergenske <lbergenske@fortunaesd.com> wrote on Tue, Jan 23, 2024:

Alicia Mengel and I braved the snowy roads to run in the Redding Marathon. The weather race day was chilly and dry. We ran into Terry, Jesse, and Sasha who were there running the Marathon Relay.

Redding Marathon, Marathon Relay & 5K Redding, CA

8:00 am, Sun., Jan. 14, 2024

OvP	Name	G/age	Time	Home
18	Alicia Mengel	F44	3:37:55	McKinleyville
32	Lanore Bergenske	F66	3:48:09	Fortuna
58	Tyler Watkins	M32	4:13:38	Arcata
77	Tara Logan	F29	4:33:27	McKinleyville

SRRC Crossword Puzzle

ACROSS

- 1 Pierce
- 5 Block
- 9 Double curve
- 12 Hawaiian dance
- 13 Two-thirds of a jolly laugh
- 14 Man, in Latin
- 15 "Pictures __ Exhibition"
- 16 Dealing with something
- 17 Go wrong
- 18 Injury progression, step 1
- 20 Elixir
- 22 High card
- 23 Also
- 24 Reproach
- 27 Injury progression, step 2
- 31 Atmosphere
- 32 Daze
- 34 Astronomical body
- 35 Stride
- 37 From outside of
- 39 Clean air grp.
- 40 Injury progression, step 3
- 42 Acted silently
- 44 Unified
- 45 Supporter
- 46 Become accustomed
- 49 Injury progression, step 4
- 53 Not good
- 54 Dutch cheese
- 56 Prayer ending
- 57 Greek vowel
- 58 Major food grain
- 59 Farewell
- 60 Brimless cap
- 61 Require
- 62 Send out

DOWN

- 1 Former Iranian leader
- 2 Ballerina skirt
- 3 Winglike
- 4 Diminutive fowl
- 5 Glowed
- 6 Extended, in time or distance
- 7 Yellowfin tuna
- 8 Lowest part
- 9 Level
- 10 Voice of Apple
- 11 The Club
- 19 Cools
- 21 Clumsy person's cry
- 23 Color
- 24 Whack
- 25 Lo-cal
- 26 Region
- 27 Breathing organ
- 28 Article
- 29 Back of the neck
- 30 School alum
- 33 Fork part
- 36 Splash
- 38 Middle East country
- 41 Trainee
- 43 Congenital
- 45 Seethed
- 46 Urge
- 47 Facts
- 48 Biblical ancestor
- 49 Club event
- 50 Muslim cleric
- 51 Nasal cleansing device
- 52 Tiny insect
- 55 Expire



At the Propylaea Königsplatz Gate in Munich Oct. 2023

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

"Ken Yanosko" <kenyanosko@sbcglobal.net>

Upcoming Events

SUN., MAR 10, 2024 << **SRRC race** >>

45th Foggy Bottom Milk Run.

{fees for all} **2M** at 2PM, and **4M** at NOON. Start and finish in downtown Ferndale. Start and finish in downtown Ferndale. Visit the FBMR's website (<https://www.foggybottommilkrun.com/>) for more information, course maps, and online registration, or contact race director at <foggybottommilkrun@gmail.com>.

SAT., MAR 16, 2024 << **NOT SRRC race** >>

Redwood Wildriver Run.

{fees for all} 5K and 15K at 11AM. 15K walkers start at 9AM. Start and finish in Crescent City. Check the homepage (<http://www.rwrr.org/>) for more information & online registration. For more information contact **Michelle Martinich** at <martinichm@gmail.com> or call her at (707)954-4987..

SAT., MAR 23, 2024 << **SRRC race** >>

Arcata Community Forest Run. {\$10 for non-members, free for SRRC members} The **5.5 mile** run will start at 10:00 and the **2 mile** run will start at 10:15. Start & finish near the playground of the Arcata Redwood Park. For more information, contact **Thomas Nolan** at <thomasnolan22@gmail.com>.

SAT., MAR 23, 2024 << **SRRC event** >>

Award, Membership Meeting & Party.

{Free for SRRC members} 2:00 pm. Celebration of running in 2023 at the Neighborhood Center in Arcata (1301 D St., Arcata, CA). For more information contact **Gary Timek** at <gtimek@aol.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

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



To Complete the SRRC Circuit ... Service Required Now!

SRRC is a big part of my husband's and my life here in Humboldt County. Without family nearby, this club has become our family. I've made friends by high fiving my competition at the finish line and also while I sell t-shirts at the marathon or help tear tags at a finish line. When we moved here from Alaska in 2010, we never imagined we would stay here this long, but we hadn't anticipated the family we have found with this truly special running community.

In order to further strengthen our running community and boost involvement for everyone, the SRRC board has decided to implement a **service requirement** to complete the circuit. In addition to completing six races of 3 miles or longer, runners will also need to **help** at one club event.

Please email the director of the race you choose **1-2 weeks in advance** for small club runs and **2-4 weeks** for Foggy Bottom, Avenue, Atalanta, Grasshopper, and Humboldt Redwoods.

The more notice you give, the more it helps with planning. You can also have your pick of the fun jobs if you're one of the first to ask. This position is typically only a few hours the day of the race. Since this requirement is for everyone, duties will be tailored to ability level. Small children must be accompanied by their adult.

Completion of this requirement will be determined by the race director. Please check the next month's newsletter to be sure your name was mentioned in the thank you note listed above the run results.

Service positions could include: registration table, traffic control/parking, course monitor, finish line crew, course marking, etc.

- **Karen Kidwell**
<karenrhoffman@hotmail.com>

