



Paul Kinsey
48:20

Andrea Wright
44:14

THE AVE
10K
284
Hill - off of The Hogan Shop

THE AVE
10K
44:14
Hill - off of The Hogan Shop

Master's Run 10K
10:00 am, Sat., Apr. 13, 2024

April Minutes

Wed., Apr. 3, 2024, 6:30 p.m. at El Chipotle in Arcata. Board members in attendance: **Thomas Nolan, Juan Reyes, Mark Ellis, Marlene Allen, Sarah Sullens, Gary Timek, Matthew Kidwell, Laura Bringham** and **Jorge Preciado**. Guests: **Cindy Timek** and **Jack West**.

IDEAS for BUSINESS

A. Sidnie Frisbie and **Joey Kobar (Boots and Brews)**: Starting a mobile coffee vending business. Interested in selling drinks and treats for participants and spectators at club races. Race directors can contact Sidnie if interested <bootsandbrewz@gmail.com>.

B. Travis James (Redwood Coast Mountain Bike Association): The association recently purchased a timing system so they don't have to use outside vendors for timing. They are interested in a potential partnership with SRRC by offering their timing system as an affordable local alternative to out of the area timing companies. Potentially could train the club to use the equipment in order to lower costs and share volunteers/resources.

OLD BUSINESS

A. FBMR (recap, Sun., 3/10/24): Smaller turnout than expected and not the best weather but people still had a good time! Thanks to all who participated and volunteered. Will be looking for a new person to work with HRRAY to put on the race next year, contact Gary if interested.

B. Arcata Community Forest Run (recap, Sat., 3/23/24): Over 100 runners total, went smoothly and weather cooperated.

C. Newsletter contents: Question about whether or not the club should print results from non-club races in the newsletter. Club runs should always get preference and be the cover photo, not non-club runs. Might be good to include non-club race results but not necessary to include all photos.

D. Conflict of Interest: Sign and return if you are a race director or board member.

NEW BUSINESS

A. Membership Meeting: Feedback that maybe it shouldn't be on

the same day as a race so that people don't have to rush home and back. Earlier in the year is better because it makes more sense with the circuit.

B. HRRAY: Track season has started, the first meet went well, everyone had a good time. Come out and help or just watch. April 25th meet in Fortuna. May 11th Championship meet in Fortuna, help needed.

C. Master's Run (10:00 am, Sat., 4/13/24): Everything is moving along nicely, if you can help with registration contact **Mark Ellis** <mg8ellis@gmail.com>.

D. Sue-meg Park Run (10:00 am, Sat., 4/20/24): All set to go, hopefully the weather will cooperate!

E. The Ave (7:45 am, Sun., 5/05/24): No updates.

F. Atalanta Run (10:00 am, Sun., 5/12/24): New this year -- Team fundraising for the Breast Health Project. Check out the website to register as a team.

G. Cal Poly Humboldt Sports Auction & Dinner (Sat., 4/06/24): SRRC has a table.

H. OTHER:

- Marlene motions that the club removes Bill Daniel from the checking account at Coast Central Credit Union as he is no longer the treasurer. Cindy Timek needs to be added to the checking account as the new treasurer. Sarah Ellie needs to be removed from the Foggy Bottom Milk Run Coast Central account as she is no longer a race director. The Foggy Bottom Milk Run account will be administered by the current treasurer until further notice. Sarah Sullens seconds the motion. All present are in favor, motion passes.

- Vacation Races <https://www.vacationraces.com/> is interested in potentially taking over the Humboldt Redwoods marathon. Might be good to meet with them further to get more details about what they are thinking.

- Next meeting: Babe's Pizza & Pasta in Cutten; Dinner at 5:30, Meeting at 6:30 pm, Wed., May 1, 2024. Ask Gary Timek <gtimek@aol.com> for details.

Six Rivers Running Club is incorporated under the laws of the State of California. Its goals are:

1. To encourage distance running both competitive and noncompetitive, by all interested people in the Humboldt County area;
2. To arrange and manage road races open to all who are interested;
3. To print and circulate a Club Newsletter to spread information about coming races, results of past races, and running tips; and
4. To encourage and support youth running.

Third Class Mail is not forwarded!

Send address changes to:
ygk1@humboldt.edu

or Newsletter Editor
P.O. Box 214
Arcata, CA 95518-0214
(707)826-5399

Submitting Material for Publication

Unsolicited material is welcome and will be used as space permits. Contributions of articles, race reports, art, and calendar listings may be submitted handwritten or typed. However, submission via E-mail, or digital form is preferable. Photographs are best mailed as prints or through special arrangement for electronic transfer. Digital photos should be at least 150 dpi at the dimensions to be printed. Articles are edited for size and content.

Send materials for publication by the **20th day** of each month to:

Six Rivers Running Club
Newsletter Editor
P.O. Box 214
Arcata, CA 95518-0214
e-mail: ygk1@humboldt.edu

SRRC BOARD OF DIRECTORS

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

SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



May Races Lost or Morphed

May 1972 ushered in the first **Avenue of the Giants** Marathon, a.k.a, **The Ave**. The Ave was not the first marathon held in Humboldt County, but it was the first directed by SRRC. When three area runners needed to run a marathon in order to qualify for the national trials, SRRC initiated the race. It started at the Albee Creek campground, now the 5.5 mile mark; went up Bull Creek Road 1.5 miles to the first turn around, then to Dyerville Bridge and onto The Avenue to the second turn around; and then back to the starting line. The last 5.5 was essentially up hill, not fun. 32 runners started and 30 finished. All three runners qualified for the nationals. Then participation rapidly increased to the point where, in 1977, the original course was no longer workable. At the suggestion of Gaylou Gilchrist, the starting line was moved to its present location. The course has been modified slightly to accommodate other races. In order to accommodate those who were runners, but not marathoners, the 10K was added in 1992. That course remains the same. In 2000 the Club experimented with a two-person marathon relay, but logistics proved to be a nightmare. Thus, in 2002, the relay was dropped and a half marathon was added. The weather gods blocked Bull Creek Road last year forcing the marathon to feature two out and backs on the Avenue of the Giants. The road has been cleared so that this May 5, the regular course will be in place. There are many Ave stories to recount, but that's for another time.

Each Mother's Day, hundreds of women participate in the **Atalanta's Victory Run**. The date was moved from late February to Mother's Day and the course has undergone only slight modifications. I'm not sure, however, the term "Victory" is apropos. Atalanta was a huntress whom the gods wished to tame through marriage. She said she would only marry one who could beat her on a foot race. Anyone who raced her and lost would lose his head. One young man decided to use trickery to win a beautiful bride and keep his head on his shoulders. He brought three golden apples with him and threw them in front of Atalanta. Her curiosity got the better of her each time and she stopped to pick them up. With his last toss the man was able to beat her to the finish line. The two were married, but alas, they sinned in front of the gods and were turned to stone. Victory? You be the judge.

Stay tuned, for next month we shall visit a fun filled June. – **Dr. D** <drd4462@att.net>



9th Boston, 100th Marathon ≥

Lanore Bergenske <lbergenske@fortunaesd.com> wrote on Fri, Apr 19, 2024:

This was my 9th Boston marathon and my 100th marathon or beyond! Even though it wasn't the finish time I had trained and hoped for, it was still pretty amazing!! Hoping to make the

Avenue my 101 off the 101   smiles. – Lanore

128th Boston Marathon
Hopkinton~Boston, MA
Mon., Apr. 15, 2024



OverP	Name	Group	Time	Bib#
13257	Alicia Mengel	F40-44	3:45:31	17378
21295	Lanore Bergenske	F65-69	4:43:00	19529



Master's Race 10K

10:00 am, Sat., Apr. 13, 2024

The 10K Masters Run started in 1976 and as noted by Bill Daniel in the last newsletter, was started by artist **Hobart Brown**, who is best known for the Kinetic Sculpture Race. He transferred the **Masters Run** to our club and included the wonderful trophies that he made. As in previous years, the top three men and women finishers, handicapped by age and gender, will have their names engraved on the trophies.

"Staggered" start

Start time after

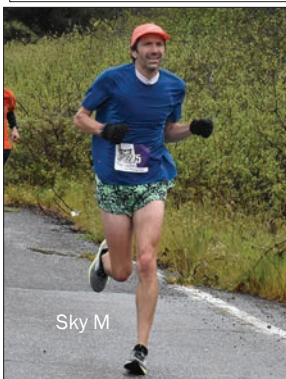
10:00AM Age Runners (Women start with men 10 yrs older)

0:00	87	Jurgen G
0:50	86	
1:40	85	
2:30	84	
3:20	83	
4:10	82	
5:00	81	
5:50	80	Debbie S
6:30	79	
7:10	78	Sherry M
7:50	77	Cyril C
8:30	76	Tom M
9:10	75	
9:50	74	
10:30	73	Randy E, Marcile R
11:10	72	Andrea W , Jack W••
11:50	71	Mr. S, Tj C
12:30	70	Alan G
13:00	69	
13:30	68	Paul K, Kelley S •
14:00	67	Catrina H
14:30	66	John C
15:00	65	
15:30	64	Mark C
16:00	63	Becky C
16:30	62	Arthur B
17:00	61	Jen F
17:30	60	Richard E
17:50	59	
18:10	58	Angie P
18:30	57	
18:50	56	Francisco H
19:10	55	Robin F
19:30	54	
19:50	53	
20:10	52	Sung C, Kerry B
20:30	51	Kathryn R
20:50	50	Rob A, Silvia M , Chrystal AC
21:00	49	
21:10	48	Jake J
21:20	47	Christopher C, Sky M
21:30	46	
21:40	45	
21:50	44	
22:00	43	
22:10	42	
22:20	41	
22:30	40	Doug H

•• Started 40 seconds late
• Started 2:20 seconds early

Overall Place	Name	G/age	Race Time	Actual Time	Place @5K
1	Andrea Wright	F62	0:55:24	44:14	1
2	Kelley Sheehy	F58	1:01:22	50:12	3
3	Paul Kinsey	M68	1:01:50	48:20	5
4	Sky McKinley	M47	1:03:14	41:54	13
5	Cyril Carl	M77	1:03:20	55:30	2
6	Kerry Byrne	F42	1:04:32	44:22	15
7	Chris Christianson	M47	1:04:43	43:23	16
8	Mark Chapman	M64	1:04:47	49:17	9
9	Jack West	M72	1:05:50	54:00	7
10	Francisco Herrera	M56	1:06:06	47:16	14
11	Jake Johnson	M48	1:06:35	45:25	18
12	Alan Grau	M70	1:06:58	54:28	8
13	Rob Amerman	M50	1:06:59	46:09	20
14	Jen Foesig	F51	1:07:04	50:04	12
15	Silvia Manzo	F40	1:07:13	46:23	21
16	Richard Engel	M60	1:07:26	49:56	16
17	Debbie Stamper	F70	1:07:48	1:01:58	4
18	Tom Martin	M76	1:08:38	1:00:08	6
19	Doug Hartling	M40	1:09:34	47:04	24
20	Sung Choi	M52	1:10:12	50:02	23
21	Tj Chapman	F61	1:12:09	1:00:19	11
22	Randy Emenaker	M73	1:13:59	1:03:29	10
23	Arthur Barker	M62	1:14:10	57:40	22
24	Chrystal Ales	F40	1:20:40	59:50	30
25	Becky Chapman	F53	1:21:59	1:05:59	26
26	John Carson	M66	1:23:01	1:08:31	25
27	Robin Fraser	F45	1:23:15	1:04:05	29
28	Angie Pearson	F48	1:23:22	1:05:12	31
29	Kathryn Rivera	F41	1:28:28	1:07:58	32
30	Jurgen Giessel	M87	1:30:14	1:30:14	19
31	Sherry Myers	F68	1:32:03	1:24:53	27
32	Marcile Raney	F64	1:32:16	1:21:46	28
33	Mr. Sunshine	M71	1:38:35	1:26:45	33
34	Catrina Howatt	F57	1:41:15	1:27:15	34

Congratulations to the winners! **Thanks to all** who ran despite the light rain. **Thanks** also to **Gary Timek, Yoon Kim, Paul & Carla Kraus, Yoshi Uemura, David & Caleb Turner, and Jack West** for their help. See all the top three finishers over the years at <http://www.6rrc.com/MasterRun.htm>. -- **Mark**



Mark Ellis <mg8ellis@gmail.com>



Jack W



Francisco H



Jake J



Alan G



Rob A



Jen F



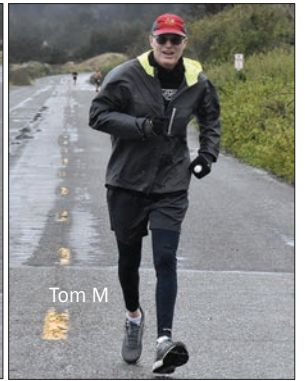
Silvia M



Richard E



Debbie S



Tom M



Doug H



Sung C



Tj C



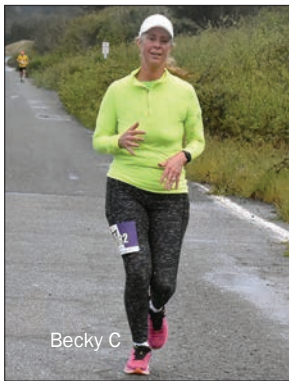
Randy E



Arthur B



Chrystal A



Becky C



John C



Robin F



Angie P



Kathryn R



Jurgen G



Sherry M



Marcile R



Mr. S



Catrina H

52nd Sue-meg Park Run

10:00 am, Sat., Apr. 20, 2024

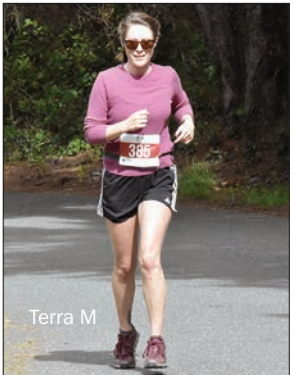
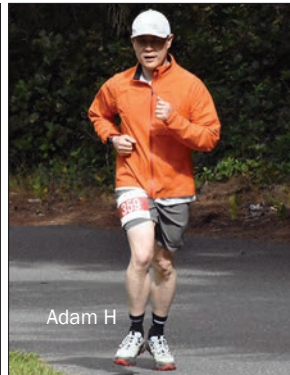
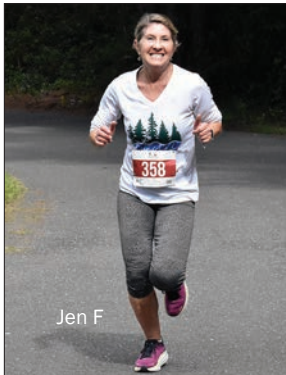
The second **Sue-meg Run** of the year turned out to be on a great day. On Saturday, April 20, 80 runners ran one of the two races on a very nice, sunny morning. In the 5K, 8th grader, **Juan Ornelas**, came all the way from Fortuna to beat **Brent Ritschel** by seven seconds. **Alicia Mengel** barely held off **Jen Foiesig**, giving us two great 5K races. **West Wood** and **Andrea Wright** were easy winners in the 10K, each winning by over two minutes. There were 38 finishers in the 5K and 42 in the 10K.

Because of the twists and turns in the park, it takes a lot of volunteers. **Mark Ellis** and **Harry Kavich** ran the clocks for each race and saved me a lot of time by assisting with clean-up. My wife, **Jan West**, worked with 8th grader, **Sebastian Amaro**, pulling tags for the 5K and part of the 10K. **Kelley Sheehy** helped with the tags for the 10K, but she also organized the food table, and she brought some delicious home-made cookies. **Thomas Bernota**, **Don Brubaker**, **Bob Peck**, **Jib Ray** and **Silvia Manzo** helped direct runners and keep them safe. **Alan Grau**, **Dawn Durbin** and **Tanya Trump** worked with Jan to register everyone. **Holly Sage** and **Jen Foiesig** also were there to assist with the races. Thank you to all the terrific volunteers who completed their volunteer requirement for the Circuit. If you would like to help, please contact the race director of any our races.

I appreciate all the support from the people who helped and all the kind words from the runners. There are a lot more races this season, so please keep enjoying the SRRC races. -- **Jack West** <jandjwest@yahoo.com>

5K			10K		
Pl	Name	G/age Time	Pl	Name	G/age Time
1	Juan Ornelas	M14 19:21	1	West Wood	M21 36:49
2	Brent Ritschel	M30 19:28	2	Steven Winn	M18 38:55
3	Roy Rieder	M27 19:38	3	Tristan Cole	M33 40:26
4	Jose Ornelas	M36 22:12	4	Galen Hammitt	M32 41:08
5	Alicia Mengel	F44 23:26	5	Rowan Magnuson	M16 41:49
6	Jen Foiesig	F51 23:28	6	Sky McKinley	M47 41:54
7	Adam Ho	M41 25:48	7	Chris Christianson	M47 42:26
8	Katrina Henderson	F30 27:21	8	Andrea Wright	F62 44:53
9	Matt Lewis	M35 28:35	9	Doug Hartling	M39 45:27
10	Terra Mcauliffe	F31 28:50	10	Casey Ales	M41 45:31
11	Weston Ciotti	M12 29:26	11	Caleb Turner	M21 46:31
12	Pete Ciotti	M46 29:27	12	Rob Amerman	M50 46:35
13	Laura Shinn	F40 29:47	13	Isabel Hirsch	F34 46:55
14	John Carson	M66 30:00	14	Jeff Haag	M64 47:26
15	Gideon Turner	M13 30:34			
16	Debbie Stamper	F70 31:24			
17	Miranda Seelye	F29 32:00			
18	Duke Atkins	M08 33:06			
19	Amber Cavanaugh	F39 33:07			
20	Cynthia Thao	F28 33:09			
21	Felicia Yang	F28 33:36			
22	Robert Ayers	M66 33:37			
23	Naomi Stamper	F39 34:42			
24	Allison Hannah	F33 35:31			
25	Jasper	M27 35:41			
26	Erika Guevara	F45 36:03			
27	Hilary Lewkowitz	F42 36:03			
28	Katrina Wright	F43 36:06			
29	Deanne Newhouse	F63 36:09			
30	Marcile Raney	F63 37:12			
31	Rachee Vang	F27 41:52			
32	Emily Hartling	F13 43:03			
33	Alia Dunphy	F45 43:22			
34	Sage Hartling	F11 43:25			
35	Mr. Sunshine	M71 46:14			
36	Forrest Stamper	M79 47:19			
37	Mary Ann Johnston	F69 47:56			
38	Amy Turner	F45 49:08			
15	Richard Engel	M60 47:42			
16	Jen Larson	F38 47:52			
17	Annie Fehrenbach	F36 49:02			
18	Shawn Magnuson	M54 50:32			
19	Caroline Carson	F62 52:01			
20	Alan Grau	M70 53:23			
21	Tanya Trump	F54 55:19			
22	Tara Vu	F42 55:29			
23	Chrystal Ales	F40 1:00:07			
24	Tom Martin	M77 1:00:54			
25	Sarah Jensen	F22 1:01:39			
26	Jordyn Davis	F25 1:01:40			
27	Randy Emenaker	M73 1:02:26			
28	Ed Kallen	M59 1:02:42			
29	Brendan Madsen	M34 1:02:52			
30	Christina Brown	F35 1:02:57			
31	Robin Fraser	F45 1:03:52			
32	Christina Torres	F36 1:06:54			
33	Marie Cappiello	F52 1:07:25			
34	Dawn Durbin	F59 1:07:25			
35	Janette Parsons	F37 1:14:06			
36	Lisa Davison	F51 1:14:07			
37	Gelareh Rahbar	F52 1:20:22			
38	Maryam Keshmiri	F54 1:20:23			
39	Sara Klobucar	F49 1:20:24			
40	Pete Carlson	M62 1:22:30			
41	David Turner	M46 1:27:25			
42	Portia Matheson	F76 1:41:31			

5K





Weston C
Pete C



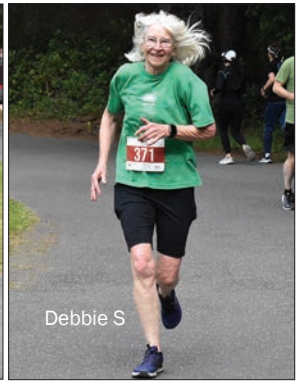
Laura S



John C



Gideon T



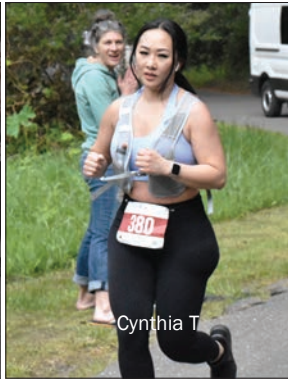
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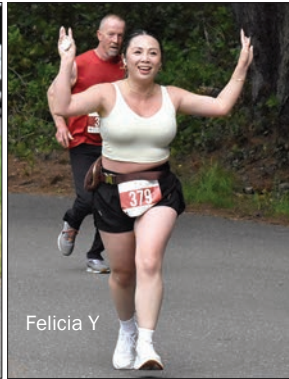
Miranda S



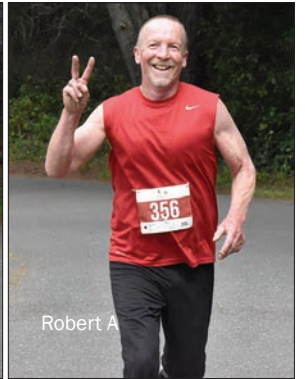
Duke A
Amber C



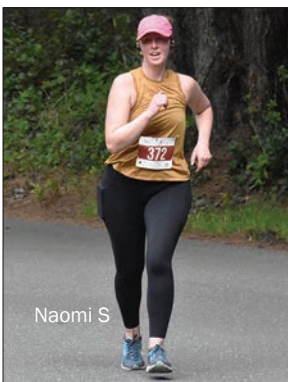
Cynthia T



Felicia Y



Robert A



Naomi S



Allison H



Jasper



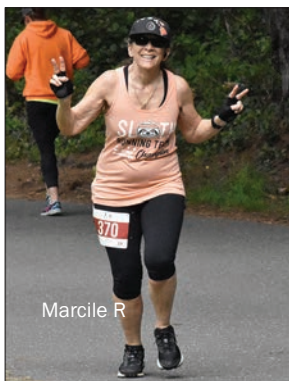
Erika G
Hilary L



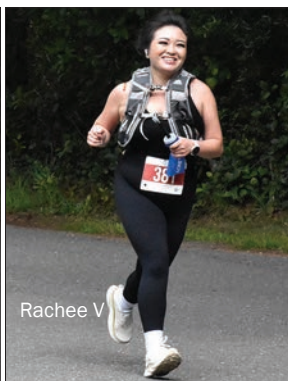
Katrina W



Deanne N



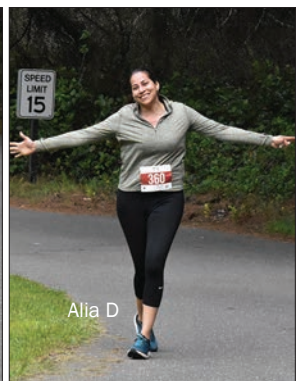
Marcile R



Rachee V



Emily H



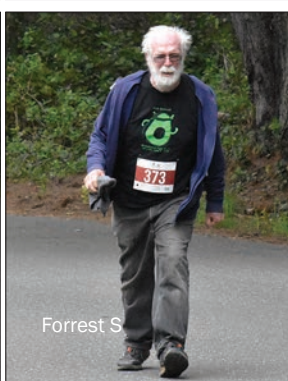
Alia D



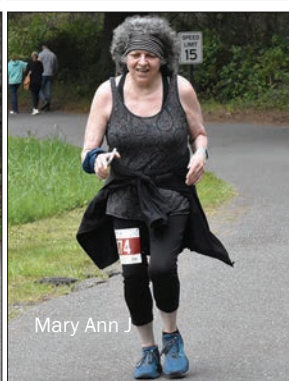
Sage H



Mr. S



Forrest S



Mary Ann J



Amy T



West Wood
10K winner (M)
36:49



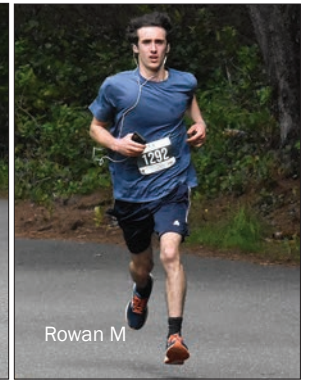
Steven W



Tristan C



Galen H



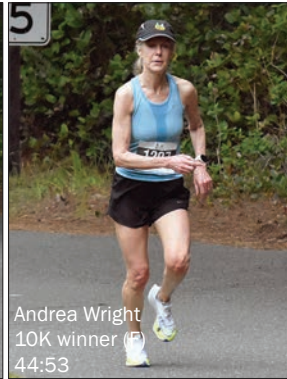
Rowan M



Sky M



Chris C



Andrea Wright
10K winner (F)
44:53



Doug H



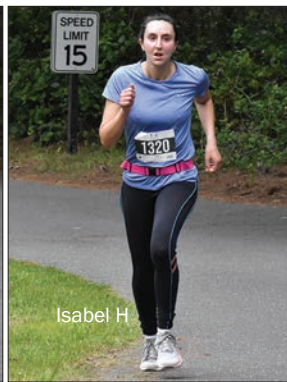
Casey A



Caleb T



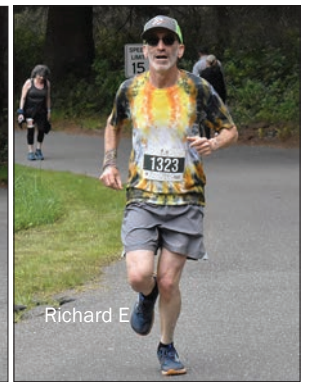
Rob A



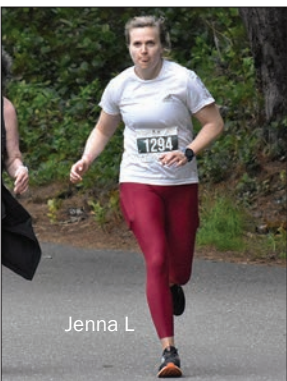
Isabel H



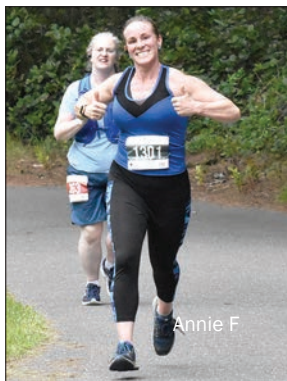
Jeff H



Richard E



Jenna L



Annie F



Shawn M



Caroline C



Alan G



Tanya T



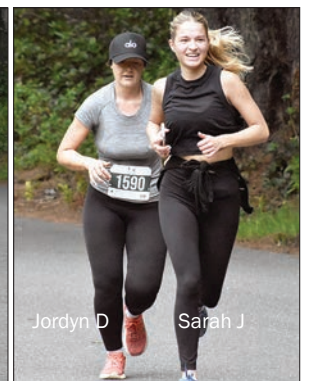
Tara V



Chrysta A



Tom M



Jordyn D

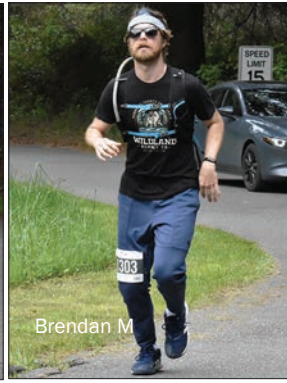
Sarah J



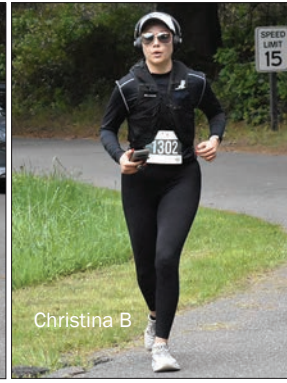
Randy E



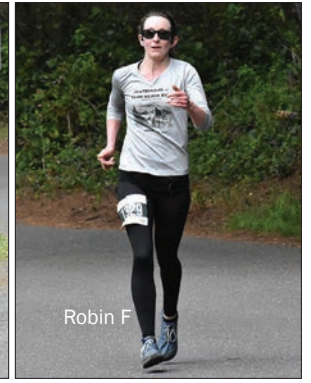
Ed K



Brendan M



Christina B



Robin F



Christina T



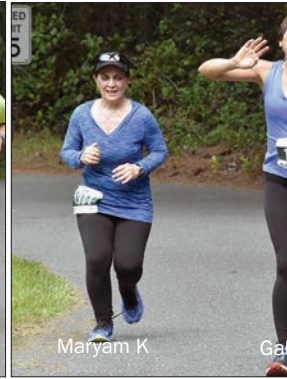
Dawn D

Marie C



Lisa D

Janette P



Maryam K

Galareh R

Sara K



Pete C



David T



Portia M



**50th Anniversary, 75th Birthday!
Only For the Few & the Brave!**



Congratulations!

50th Wedding Anniversary and 75th Birthday Celebrations for Bob & Bonita Peck with grandchildren Orion Peck, Minta, Beatrix and Violet Hillman – Aug. 2023, Bob Peck <robertpeck2124@gmail.com>

HRRAY

*Humboldt Redwoods Running Association
for Youth*

Jack West <jandjwest@yahoo.com>

K-8th Grade Track Season

The HRRAY track season began in early April at Cal Poly Humboldt. The track coach at Cal Poly, Sarah Ingram, worked with HRRAY to organize two track meets on their beautiful track. The track meet was run by the Cal Poly Track and Field Team, giving the youth runners a chance to run on the track and receive awards and encouragement from the Cal Poly team. It was a great motivator for our local youth.

Tuesday, April 2, the kindergarten to 4th grade runners ran a fairly short event schedule which include the 50 and 100 meter dashes, 4X100 relay, the 400 meters, 800 meters, 1500 meters, long jump and baseball throw. Over 100 youth runners ran in the meet.

On **Thursday, April 4**, the Cal Poly team returned to put on a much bigger meet for 5th to 8th graders. Over 400 runners competed in a full track meet. In this meet, all results were kept for every event, and every athlete received a ribbon for every event he or she ran. About 1,200 ribbons were handed out. The Cal Poly Track Team worked with the athletes in every event, including all the field events.

This was a fantastic opportunity for young runners to be encouraged by the older runners and parents to see a meet at this fine facility. For SRRC and HRRAY, I want to thank Cal Poly for the willingness to work with the community and support our local runners, jumpers and throwers.

On **Thursday, April 11**, the second K-4 meet was held at Arcata High School on their very nice facility. Over 150 K-4 runners ran in the second and final meet for the younger runners. The Arcata High Track Team stayed until late to help with the meet. This was another terrific meet and it was great to have the support of the Arcata High School Track and Field Team.

There are two more meets this season, both at Fortuna High School. Vince Zinselmeir is using his track athletes to help run the meet on **April 25th**. By the time this newsletter comes, it should be completed. It will be a complete 5th-8th grade track meet.

The final meet will be held on **Saturday, May 11th**. It will be the Humboldt County Youth Championships. We will not have any of the track teams available to help, so we are dependent on coaches and volunteers. The meet begins at 10 AM and will be completed by 2:00 to 2:30 PM depending on how fast the events can be run. If you would like to volunteer, please let me know by emailing me at <hrray707@gmail.com>.

Thanks to SRRC for helping keep our youth program working and for the

support of
the many who
help at our
meets.



Thank You Notes to HRRAY

Kerry Byrne <Kerry.Byrne@humboldt.edu> wrote on Fri, Apr 12, 2024:

Jack,

Just a quick note of thanks for the amazing track meets that HRRAY has put on the past 2 weeks. I wasn't exposed to track and field until I was a freshman in high school, and I think it's truly a gift to all of these young students to expose them to the joy of running at the young age of kindergarten.

My daughter (kinder) had such a great time and was so happy/proud to compete yesterday (and last week) and get her special 1st place ribbons :). Once I'm out of the young kid time trap (my daughters are 4 and 6 and I work full time, so right now is the busy season of life) I hope/vow that I will volunteer with HRRAY to keep these meets going in the future. The service to children in the community is invaluable.

With immense gratitude – Kerry



Thank You!

Kerry Byrne <Kerry.Byrne@humboldt.edu> wrote on Fri, Apr 12, 2024:

Hi Yoon,

I hope you are doing well. I'm back in Humboldt after a semester at Boise State University, but I'm still enjoying sabbatical here. Just a quick note of thanks for the FANTASTIC photos you took at HRRAY track meets. You took some great ones of my daughter who is in kindergarten! I'm so grateful for the track meets that HRRAY puts on - what a gift to expose children to the love of running from such a young age! I didn't have track and field available until high school, but I still remember the first road race I did with my father in 3rd grade. I won a bag of apple bagels!!

Thanks again. – Kerry

SRRC Crossword Puzzle

ACROSS

- 1 Raise up
- 5 Bum
- 9 Pop
- 12 Smell
- 13 Wicked
- 14 Regret
- 15 Confederate
- 16 Slothful
- 17 Ingested
- 18 __ Norte
- 19 __ vous plait
- 20 Engine
- 22 Streaked gemstone
- 24 Hoppy brew style, abbr.
- 25 Might
- 27 First letter
- 31 Rewrite
- 32 Our org.
- 33 U.S. cryptology org.
- 34 German one
- 35 Similar
- 36 At a distance
- 37 Areas
- 39 Military group
- 40 Frozen water
- 41 Equestrian sport
- 42 Leg bone
- 45 Tree fluid
- 46 Pro basketball org.
- 49 Anger
- 50 Places
- 52 Renowned British prep school
- 53 Russian fighter plane
- 54 Dryer accumulation
- 55 Was conveyed
- 56 Double curve
- 57 Youth grp. that inspired a popular song
- 58 Movie title: “__ Good Men”

DOWN

- 1 Cargo
- 2 Not working
- 3 Opposite of 28 down, in a race
- 4 Attempt
- 5 DNA shape
- 6 Ellipse
- 7 Show __
- 8 Washington peninsula
- 9 Mild expletive
- 10 Personal vehicle
- 11 Horned ruminant
- 19 Neighbor of Isr.
- 21 Cereal grain
- 23 Web
- 24 With regard to
- 25 Social equal
- 26 Garfield's pal
- 27 Irritates
- 28 Opposite of 3 down, in a race
- 29 “I need it yesterday”
- 30 Scandinavian male surname
- 32 Trigonometric function
- 35 In the neighborhood
- 36 One-time dominant internet portal
- 38 IV minus I
- 39 Policeman, colloquially
- 41 Italian cuisine staple
- 42 Race result
- 43 Eye part
- 44 Entreats
- 45 Match up
- 47 Portend
- 48 From the beginning
- 51 Goal
- 52 Historical period



Löwenbräukeller Beer Palace, München, 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		

"Ken Yanosko" <kenyanosko@sbcglobal.net>

Upcoming Events

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

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SUN., MAY 5, 2024 << **SRRC race** >>

52nd Avenue of the Giants. {fees for all} {USATF certified course} {RRCA West Regional Championship Marathon} **Marathon** (at 7:45AM), **half-marathon** (at 8:30AM) and **10K** (at 8:30AM). Start and finish at Dyerville Bridge. For more information see the Avenue's website <https://theaveve.org/>.

SUN., MAY 12, 2024 << **SRRC women's run** >>

41st Atalanta's Victory Run. {fees for all} On Mother's Day Sunday. **2M** and **5M** at 10:00AM. Start and finish at the Arcata Co-op parking lot. Everyone must pre-register online (<https://www.atalanta-run.com/>) or by mail.

SAT., JUN 1, 2024 << **SRRC race** >>

9th Grasshopper Peak Redwoods Run. {fees for all} **10.5M** and **30K** at 8AM. Start and finish at the Grasshopper Trail/Bull Creek Road junction about five miles west of Hwy 101 heading towards Honeydew within Humboldt Redwoods State Park. Parking at Albee Campground. For more information contact Karen Kidwell at <karenrhoffman@hotmail.com>.

SAT., JUN 15, 2024 << **SRRC race** >>

Dow's Prairie Run. {\$10 for nonmembers, free for SRRC members} **2M** and **6.1M** at 10AM. (No walkers for 6.1M Please.) Please show up AT LEAST 20~30 MINUTES early to register. Start and finish at the north parking lot of the Clam Beach Frontage Road. For more information, contact Jeff Haag at <haag@humboldt.edu>.

Sunday Morning Run.

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

Saturday Morning Run.

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

Wednesday Afternoon Run.

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

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

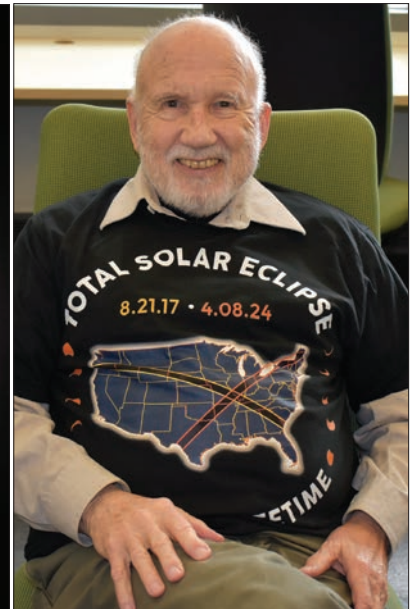


Total eclipse of the Sun in Ohio, Apr. 8, 2024

Photo by Ken Yanosko

Three days later.

Cal Poly Humboldt



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"





2024 23rd ANNUAL SRRC CIRCUIT

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

Coming in May: The Ave Marathon, Half & 10K; Atalanta's Run 2M & 5M

With April behind us, this month's Circuit sees the addition of results from the **Master's Race** as well as the **Sue-meg 5K and 10K**. The folks in the 40s and over among us have now had six chances to race, meaning some people have already completed the Circuit.

No one took me up on my offer for a running-related prize in exchange for a note about which competition you're keeping a close eye on. If you had, you'd have gotten a tin of homemade salve with laughable art by yours truly. This month, the invitation to drop me a note is less personal and the prize less exciting. Email me at <6rrccircuit@gmail.com> about which animal you think has the funniest run. Bonus points if you include a video.

I'll only be featuring runners who have completed **at least two** races. I'll also occasionally mention folks who have completed their service requirement but not every time. So don't worry if you don't see it listed alongside your races just yet.



14& Under Male:

With four races completed and three wins, **Juan Ornelas** has a strong lead in this age group. **Felix Porter** and **Westley Porter** have completed three races. **Sebastian Amaro**, **Joseph Rivera** and **Oliver Stamper** have completed two races.

14 & Under Female:

Sage Hartling and **Emily Hartling** have run three races. Taking second and first in the Sue-meg 5K. **Arianna Porter** has run three races. **Aileen Ornelas** has completed two.

15-19 Male:

Ocean Goodrich is the only runner in this age group to have completed two races. He took first in the Hour Run.

20-24 Male:

West Wood was the overall winner of the Sue-Meg 10K. He has three first place finishes and has completed his service requirement, putting him on track to win this age group. However, it was whispered to me this weekend that West will be out of town for the summer. Can he maintain his lead? **Caleb Turner** has completed three races and his service requirement. **Ayden Davis** has also completed his service requirement and two races.

20-24 Female:

Elana Suarez has completed two races, taking first in her age group both times.

25-29 Male:

Jasper has completed five races and took second in this age group in the Sue-meg 5K.

25-29 Female:

Jordyn Davis took first in this age group at the Sue-meg 10K and has completed three races.

30-34 Male:

There are five runners who have taken first in their age group in this division but only three of them have completed more than one race and they've yet to all race each other. **Tristan Cole** has completed two races, taking first in this division at the Sue-meg 10K. Right behind Tristan was **Galen Hammitt** who has completed four races, taking first in one. **Brent Ritschel** was second place overall and first in this division for the Sue-meg 5K. He has completed only two races this year but won both.

30-34 Female:

Isabel Hirsch is still leading this division with four first place finishes, including her most recent at the Sue-meg 10K. **Christina Brown** has completed two races.

35-39 Male:

Doug Hartling ran the Master's race for the first time this year and was first in his age group. He was also first in this division at the Sue-meg 10K. He was first in his age group for all six races he has completed. Once he finishes his service requirement, he will have

completed the Circuit. **Jose Ornelas** was first in this age group at the Sue-meg 5K and has completed five races. **Nathan Brinckhaus** and **Tim Burrus** have completed two races.

35-39 Female:

Jenna Larson continues to hold the lead in this division with four first place finishes including her most recent at the Sue-meg 10K. **Christina Torres** and **Naomi Stamper** have completed four races. **Crystal Porter** has run three. **Annie Fehrenbach** and **Robin Baker** have completed two.

40-44 Male:

Like the 30-34 age group, this division has five runners who have taken first but only four runners who have completed more than one race. **Casey Ales** was first in this age group at the Sue-meg 10K and has completed three races. **Shawn Porter** has run three races. **Matthew Kidwell** and **Josh Rayburn** have both completed two races.

40-44 Female:

Despite running the Boston Marathon less than one week before Sue-meg, **Alicia Mengel** was the first woman to finish the Sue-meg 5K. She has completed three races, taking first in two. **Robin Fraser** has run five races this year. **Chrystal Ales** and **Amy Taylor** have run four. **Leah Stamper**, **Kathryn Rivera** and **Sarah Sullens** have completed three and **Silvia Manzo** has run two.

45-49 Male:

It's a close competition between **Chris Christianson** and **Sky McKinley**. Last year, Chris won this division. This year, he's trailing Sky's wins four to one. Chris has run six races and just needs to complete his service requirement to complete the Circuit. Sky has run five races, taking first in four of them. **Jake Johnson** has also run four races. **Pete Ciotti** and **David Turner** have run three and **Iain Harley** has run two.

45-49 Female:

Angie Pearson is the only woman to have completed two races in this age group. She took first in the Master's Run.

50-54 Male:

Rob Amerman was first in his age group at both the Master's and Sue-meg 10K races. He has run four races, taking first in each. **Shawn Magnuson** has run five races. **Sung Choi** has run three. **Tony Sanchez**, **Matt House** and **Donny Holiman** have run two.

50-54 Female:

Jen Foesig ran the Master's and Sue-meg 5K and was first in her age group at both. She has completed four races. **Marie Cappiello**, **Becky Chapman** and **Amber Coley** have each completed three races. **Tanya Trump** and **Susan House** have run two.

55-59 Male:

Ed Kallen has run two races, taking first in this age group in both.

55-59 Female:

Dawn Durbin was first in this age group at the Sue-meg 5K. She has completed three races. **Kelly Sheehy** has completed two and was first in the Master's race. **Catrina Howatt** has completed four races. All three have completed their service requirement.

60-64 Male:

Jeff Haag's trip to the path of totality didn't get in the way of his trip to win this division. He was first in the age group at the Sue-meg 10K and has won all four races he has run. **Tom Dewey** and **Richard Engel** have run three races. **Peter Carlson** has run two.

60-64 Female:

Marcile Raney has run six races. Once she volunteers at a race, she will complete the Circuit.

65-69 Male:

Paul Kinsey has run five races and took first in this age group in four of them, including the Master's Race. **John Carson** has run four races and was first in his age group at the Sue-meg 5K. **Harry Kavich** has run three races. **Mishka Straka** has run two.

65-69 Female:

Debbie Stamper was first in this division at the Master's and Sue-meg 5K races. She has completed six races. **Sherry Myers** and **Lanore Bergenske** have both run four races. **Marlene Allen** has run three and **Kathleen Lake** has run two.

70-74 Male:

Jack West took first in this division at the Master's Run but has only run two races. **Alan Grau** was first in this age group at the Sue-meg 10K and took second to Jack at the Master's Run. He has run four races. **Randy Emenaker** has completed six races, taking first in two of them. **Mr. Sunshine** has run five races and was first in this age group at the Sue-meg 5K. **Brian Ferguson** has completed two races.

70-74 Female:

Lorraine Dillon has completed two races.

75-79 Male:

After finishing the Master's Race, **Cyril Carl** has four first place finishes for this division. **Tom Martin** has also completed four races, winning two.

75-79 Female:

Portia Matheson has completed four races, taking three firsts.

80-84 Male:

Jib Ray has completed three races.

85-89 Male:

Jurgen Giessel has completed three races.



Sue-meg Park 5K & 10K
10:00 am, Sat., Apr. 20, 2024

