

Walkers
Welcome

SIX RIVERS
Running Club

Kelley Sheehy

Jake Johnson

Francisco Herrera

Rob Amerman

Humboldt Redwoods Marathon, Half & 5K
Dyerville Bridge
8:30 am - Sun., Oct. 13, 2024

October Minutes

SRRRC members went to Chicago
Chicago Marathon
Sun., Oct. 13, 2024

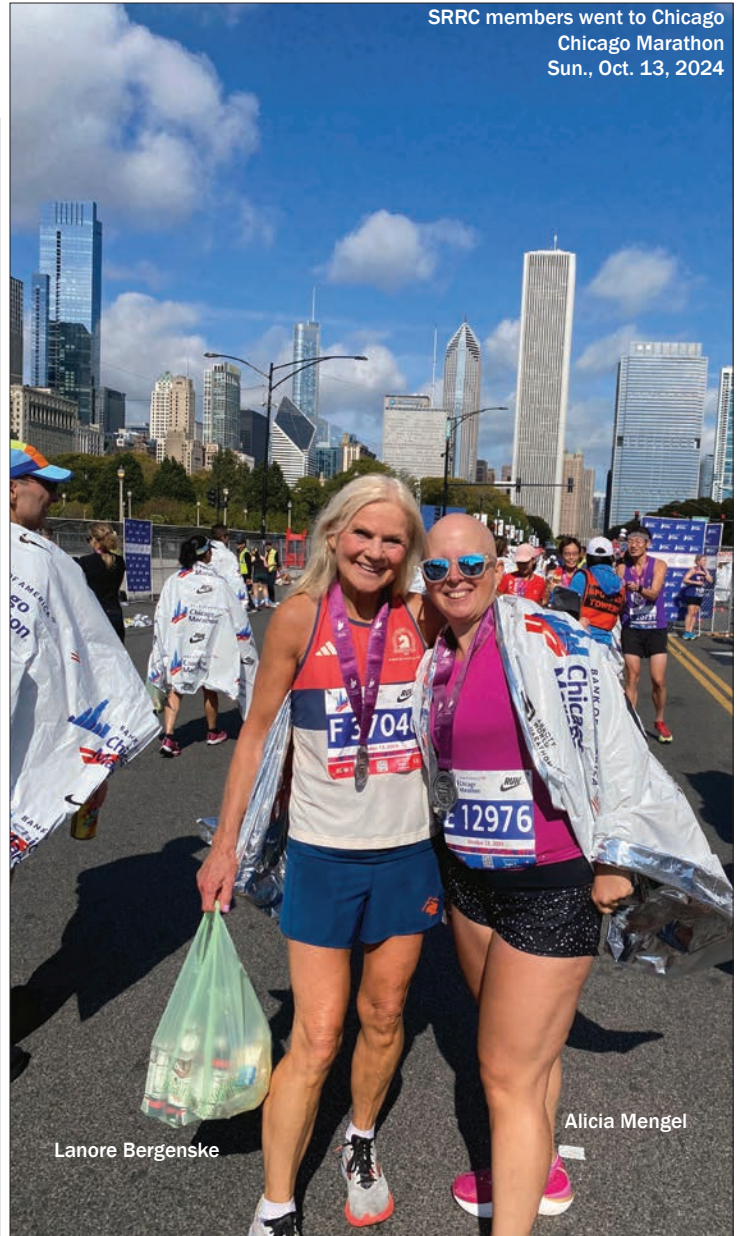
Wed., Oct. 2, 2024, 6:30 p.m. at El Chipotle in Arcata. Board members in attendance: **Matthew Kidwell, Karen Kidwell, Mark Ellis, Jamey Harris, Laura Bringham, Juan Reyes, Jessy Preciado, Jorge Preciado, Thomas Nolan, Sarah Sullens** and **Gary Timek**. Guests: **Cindy Timek, Jack West, Jessie Hunt** and **Michele Gerdes**.

OLD BUSINESS

- A. Hammond Trail 5K (Sat., 9/07/24) recap:** 85 runners, all went well even with the soccer jamboree happening at the same time.
- B. HRRAY:** 3 races so far 350+ kids running each race! Lots of positive feedback from families. Oct 17th will be the championship race at the Arcata Community Center at 4:00 pm.
- C. Shoe Fund:** 17 pairs of shoes given out so far this fall.

NEW BUSINESS

- A. HRM (8:30 & 9:00 am, Sun., 10/13/24):** Everything is on track.
- B. Blue Lake Fish Hatchery Run (9:30 & 10:00 am, Sun., 11/03/24):** Permits are in, courses will be the same as last year.
- C. Veterans Day Run at McKay Tract (10:00 am, Sat., 11/09/24):** 5K and 10K, they will also have community tabling at the start line. There will also be a pre-race party at Humboldt Cider Co. on Hubbard. Friday, 11/8/24.
- D. Financial Report:** Club is doing well financially, up nearly \$100K from last year, in part due to increased turnout at races like Avenue and HRM and interest earned on savings certificates.
- E. FBMR:** 2025 proposed budget presented. Jamey motions to approve the budget, Karen seconds, motion passes. Race directors are planning to bring back the 10-mile race.
- F. Membership Meeting:** Time to start planning. Will probably hold it at the D St., Neighborhood Center in Arcata, in late January or early February 2025.
- **Next meeting:** Chin's Cafe in Eureka; Dinner at 5:30, Meeting at 6:30 pm, Wed., Nov. 6, 2024. Ask Gary Timek <gtimek@aol.com> for details.



Lanore Bergenske

Alicia Mengel

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

SRRRC BOARD OF DIRECTORS

2024-2025

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Treasurer Cindy Timek
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Yoon G Kim <ygk1@humboldt.edu>

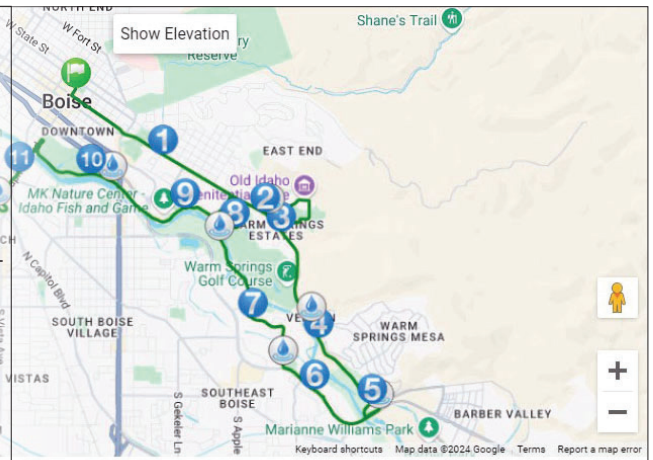
Mark & Tj Chapman <tjandmark@gmail.com> wrote on Mon, Sep 30, 2024:

To celebrate Mark's 65th birthday we traveled to Boise, Idaho for another 'run-cation'. This race was a bit short in distance, but made up for it in community support. Wow! We've never been cheered for this much. This is our eighth state completed, in our quest to do a **half marathon in every state**. We began this pursuit a couple years ago, as impetus to keep our aging bodies active, and see a bit of each of our lovely states. So far, we have enjoyed the places and the people we've met. Boise was very, clean, safe, and walkable with lots of trails and bike lanes. The Boise River runs right through town too, for fishing and floating, as well as the 25 miles of pathway alongside that connects over 850 acres of parks. -- **Tj Chapman**

St. Luke's FitOne Half Marathon
Boise, Idaho
<https://www.fitoneboise.org/>
 7:15 am, Sat., Sep. 21, 2024.



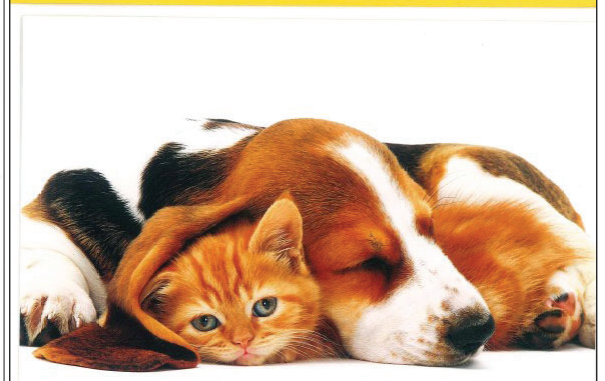
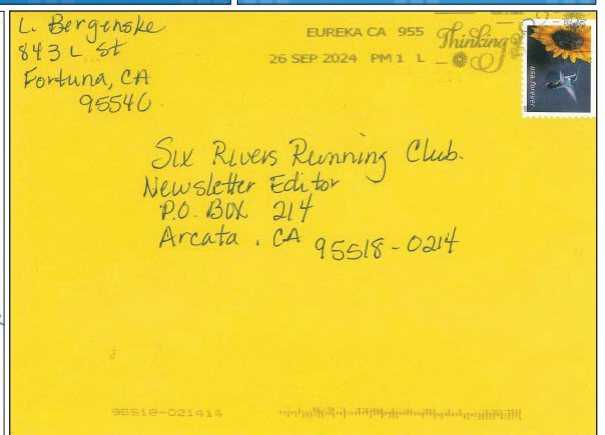
OvP	Name	G/age	Home	Time
447	Mark Chapman	M65	Miranda, CA	1:51:22
859	Tj Chapman	M65	Miranda, CA	2:05:36



Thank You!
SRRC shoe fund

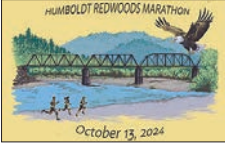
Thank You for Supporting Our Cross-Country Teams!
 Dear Six River Running Club, + Yoshi & Mike Williams
 On behalf of Fortuna Middle School's cross-country teams (Ambrosini, Toddy Thomas, Fortuna Middle School and Fortuna High School, I would like to extend a heart-felt thank you for your generous donation of running shoes. Your continued support makes a significant difference to our student-athletes, many of whom rely on this assistance to participate fully in the sport.
 With sincere appreciation,
 Lanore Bergenske
 Cross Country Coach
 Fortuna School District

Thank you from Willy
 thank you for the Running Shoes i love them - Shelby
 thank you for the shoes Jose
 Aileen
 Alex





44th Humboldt Redwoods



Another year, another HRM in the books. Don't ever thank the race director for putting the race on. **Thank every volunteer** you see out there. From those doing registration, passing out shirts, making food, answering your questions in the info booth, announcing your name as you finish and handing you water at the aid stations. Thank them. This race director doesn't deserve the credit.

-- **Jorge Preciado, Race Director** <humboldtredwoodsmarathon@gmail.com>

Marathon

8:30 am., Sun., 10/13/24

Pl	Name	G/age	ChipT
1	Diego Honda	M21	2:53:10
2	Josh Frees	M34	2:54:42
3	Liam Magerr	M29	3:09:20
4	Sean Dugdale	M29	3:25:34
5	Benjamin Flaherty	M21	3:25:34
6	Matt Kuda	M28	3:34:43
7	Anna Landler	F24	3:34:50
8	Kerynne O'Malley	F42	3:34:52
9	Brandon Knauf	M27	3:36:43
10	Brendan Shaw	M30	3:39:07
11	Julian Avalos	M30	3:39:07
12	Benjamin Morrison	M27	3:41:27
13	Victor Dupont	M42	3:42:15
14	Andrew McIntire	M31	3:42:29
15	Chris Browne	M29	3:42:36
16	Andrew Nelson	M32	3:43:00
17	Brooke Buchanan	F36	3:43:55
18	Dan Thatford	M51	3:44:37
19	Dalton Olson	M35	3:45:00
20	Bree Frees	F33	3:45:41
21	Scott Hatfield	M31	3:45:58
22	Dolan Dillon	M29	3:47:28
23	Daniel Gromik	M35	3:51:44
24	Haley Brogan	F30	3:52:32
25	Andrew Larose	M33	3:52:46
26	Chalyse Armstrong	F32	3:53:30
27	Nicholas Garcia	M28	3:54:10
28	Jonas Lapier	M26	3:59:29
29	Florian Bach	M30	4:02:18
30	Stephanie Wortman	F30	4:02:37
31	Sydney Sundell	F28	4:03:48
32	Billy Rickards	M52	4:04:08
33	Tony Augimeri	M70	4:05:01
34	Francisco Herrera	M56	4:05:59
35	Laurel Bennion	F27	4:07:36
36	Joshua Riege	M44	4:08:33
37	Michaelah Mcanelly	F34	4:09:57
38	Alexander Markovits	M30	4:10:34
39	Zack Rooney	M25	4:11:12
40	Sanjay Chauhan	M54	4:11:20
41	Christopher Nares	M25	4:13:23
42	Isaac Lau	M24	4:13:30
43	Emily Voelkner	F38	4:15:45
44	Julianne Gaul	F34	4:15:54
45	Theo Aronow	M17	4:16:47
46	Addison Eftekhari	F23	4:16:55
47	Robin Lancaster	M28	4:17:20
48	David Gondek	M48	4:17:49
49	Caleb Zingelman	M28	4:18:33
50	Laura Middleton	F42	4:19:39
51	Logan Kyle	M25	4:19:52
52	Jonathan Shirley	M50	4:21:26
53	Sarah Wenzel	F24	4:22:40
54	Christina Chen	F26	4:23:01
55	Jeremy Wright	M44	4:23:34
56	Grace Metos	F26	4:24:43
57	Thomas Elemetry	M28	4:24:59
58	Sunil Kumar	M50	4:27:07
59	Sandra Urta	F56	4:27:08
60	Jaideep Joshi	M33	4:27:41
61	Nick Entsminger	M45	4:28:38

62	Charlotte Stevens	F20	4:31:38
63	Ryan Guslani	M35	4:32:51
64	Kevin Camidge	M29	4:33:11
65	Sterling Bennion	M25	4:35:07
66	Jennifer Heidmann	F55	4:36:34
67	Tyler Di Miceli	M31	4:36:48
68	Zach Ross	M33	4:37:24
69	Madeleine Kinder	F29	4:38:20
70	Jennifer Martinez	F31	4:38:54
71	Matthew Christensen	M48	4:39:04
72	Matt Skinner	M47	4:39:13
73	Alexander Shutin	M43	4:39:56
74	Melinda Levy	F48	4:39:58
75	Parag Chitalia	M60	4:41:57
76	Austin Barr	M29	4:44:01
77	Ellen Brodrick	F55	4:45:11
78	Matthew Dees	M23	4:46:38
79	Elizabeth Costley	F23	4:47:18
80	Megan Power	F34	4:51:10
81	Humberto Felix	M29	4:51:28
82	C. Michael Mcginley	M49	4:55:03
83	Ethan Reger	M20	4:59:29
84	Gabe Aronow	M55	5:00:32
85	Grace Bulson	F25	5:01:32
86	Prasad Tota	M42	5:02:19
87	Nilesh Maheshwari	M50	5:02:57
88	Kanan Wilson	M41	5:04:52
89	Robert Ginnow	M66	5:06:17
90	Brenda Rosales Coria	F26	5:06:49
91	Spencer Green	F26	5:06:49
92	Akshit Meghawati	M32	5:07:19
93	Ashley Motley	F28	5:13:18
94	Josh Sweeney	M41	5:15:48
95	Rachna Tiwary	F45	5:16:20
96	Todd Montgomery	M56	5:16:39
97	Alex Zelenty	M31	5:17:25
98	Suresh Bhatia	M43	5:17:40
99	Harsha Bhat	M37	5:17:50
100	Jesse Hayter	M40	5:18:28
101	Lauren Bachman	F27	5:20:14
102	Sara Hamel	F38	5:23:56
103	Ravi Kanchan	M42	5:25:34
104	Craig Garmendia	M42	5:25:58
105	Mel Estella	F38	5:26:56
106	Caroline Barr	F34	5:27:33
107	Rhythym McCollum	F33	5:27:53
108	Maria Tsanai	F33	5:29:37
109	Niki Xenia Alygizou	F33	5:29:38
110	Ioanna Kavvada	F33	5:29:38
111	Trish Silva	F55	5:30:22
112	Richard Claytor	M29	5:34:52
113	Maylo Barnuevo	M51	5:34:58
114	Anil Madhireddy	M49	5:36:46
115	Hailey Brown	F21	5:37:55
116	Autumn Barnes	F28	5:37:56
117	Terri Flaherty	F64	5:39:48
118	Neetish Pathak	M33	5:39:51
119	Ronald Stamm	M70	5:39:56
120	Deo Jaravata	M59	5:40:24
121	Debapriya Banerjee	F47	5:41:34
122	Larry Phung	M34	5:44:20
123	Laura Bishop	F59	5:49:19
124	Rebecca Pappas	F36	5:50:40
125	Vishnu Venkatachalam	M36	5:52:27
126	Patrick Flaherty	M63	5:52:36
127	Rasika Shellikeri	F43	5:52:45

128	Reshu Jain	F52	5:52:46
129	Eileen Gross	F58	6:15:29
130	Rupali Kandharkar	F48	6:18:31
131	Savita Mithbaokar	F48	6:18:35
132	Chiaven Phen	F51	6:18:35
133	Atharv Sule	M21	6:22:54
134	Rahul Sule	F51	6:24:06

1/2 Marathon

8:30 am., Sun., 10/13/24

Pl	Name	G/age	ChipT
1	Andres Beltran	M26	1:22:40
2	Daniel Gober	M20	1:23:45
3	Lukas Michalek	M32	1:24:02
4	Ian Shirley	M33	1:25:00
5	Travis Sanborn	M36	1:25:23
6	Dave Martinsky	M30	1:25:48
7	Sean Banko	M23	1:26:43
8	Michael Zalenski	M34	1:27:34
9	Kevin Krause	M27	1:29:04
10	Anton Bulyenov	M38	1:29:37
11	Erin Kaspar	F44	1:29:42
12	Carlos Duarte-Garcia	M23	1:29:56
13	Tim Stafford	M59	1:30:38
14	Krista Drechsler	F34	1:30:57
15	Michael Liu	M35	1:31:47
16	Russell Banzon	M31	1:33:08
17	Isaac Lockwood	M16	1:34:18
18	Michael Railton	M31	1:34:48
19	David Park	M40	1:34:54
20	Sara Kato	F30	1:34:54
21	Yasmine White	F35	1:35:01
22	Gretchen Forrey	F36	1:35:43
23	Rachel Neu Cardoza	F36	1:35:53
24	Nancy Aguilar	F32	1:36:21
25	Ethan Richardson	M35	1:36:51
26	Sarah Nelson	F36	1:37:57
27	Joaquin Flaherty	M17	1:38:35
28	Kevin Maier	M34	1:39:23
29	Brady Moir	M38	1:39:44
30	Sumanth Nayak	M40	1:40:01
31	Claire Buckholz	F25	1:40:08
32	Craig Wasko	M52	1:40:10
33	Kerri Wasko	F27	1:40:21
34	Maksim Leanovich	M34	1:40:37
35	Christopher Christianson	M47	1:41:17
36	Wyatt Eglan	M28	1:41:29
37	Christopher Nguyen	M34	1:41:33
38	Doug Hartling	M40	1:41:50
39	Megan Auernig	F25	1:42:02
40	Sung Choi	M52	1:42:02
41	Michelle Stone	F34	1:42:06
42	Jenna Larson	F38	1:42:43
43	Cole Salmon	M33	1:42:46
44	Jeremy Strouse	M47	1:42:58
45	Galen Hammitt	M33	1:43:09
46	Trisha Arbogast-Kluge	F64	1:43:12
47	Owen Ferrari	M18	1:43:40
48	Silvia Manzo	F41	1:43:40
49	Paul Kinsey	M69	1:43:43
50	Kat Washido	M31	1:43:52
51	Steven Moreno	M34	1:45:00
52	Jeff Haag	M65	1:45:08
53	William English Iii	M27	1:45:19
54	Stanley Tack	M36	1:45:29

Humboldt County runners are highlighted

<< by hubertiming.com, 5PM Tue. 10/15/24 >>

55	Brendan Ashworth	M25	1:45:47	131	Charles Irsch	M65	1:58:40	207	Richard Rummell	M65	2:10:36
56	Kristal Mendez	F42	1:46:02	132	Spencer Chase	M34	1:58:41	208	Nathan Yoon	M28	2:10:42
57	Jun Takahashi	M31	1:46:08	133	Santosh Vadlamani	M35	1:58:43	209	Heather Waltmon	F34	2:10:55
58	Carol Madison	F59	1:46:26	134	Richard Newens	M28	1:59:04	210	Mojave Rose	F34	2:11:24
59	Daniel Von Wolzogen	M28	1:46:34	135 Zachary Taberner	M35	1:59:05	211	Piriyaadharshini Devendran	F38	2:11:25	
60	Casey Waterman	F44	1:47:05	136	Alex Corbisiero	M29	1:59:16	212	Alison Kelman	F37	2:11:29
61	Selim Sami	M34	1:47:54	137	Alexey Skrobov	M48	1:59:39	213	Emily Bury	F26	2:11:56
62	Riley Newman	M41	1:47:57	138	Kathryn Boyd-Batstone	F31	1:59:52	214	Gregory Coleman	M62	2:11:59
63	Annie Kepler	F61	1:48:03	139	Ronan Agnew	M19	2:00:10	215	Bill Mitberg	M52	2:12:01
64	Chris Keller	M39	1:48:25	140	Artiom Vysotski	M39	2:00:13	216 Tabatha Miller	F56	2:12:03	
65	Joe Best	M29	1:48:26	141	Elliott Blakslee	M37	2:00:42	217	Shannon Fisher	F42	2:12:03
66	Nick Phiengsai	M26	1:48:31	142	Tonya Bloomer	F34	2:00:51	218	Greg Holness	M54	2:12:08
67	Jake Johnson	M48	1:48:32	143 Caroline Carson	F62	2:01:04	219	Anna Anisimova	F31	2:12:11	
68	Aline Gonzalez	F27	1:48:35	144	Lauren Thompson	F28	2:01:18	220	Mckennan Bertsch	F31	2:12:40
69	Isabel Hirsch	F35	1:48:45	145	Michael Bruck	M30	2:01:24	221	Carlton Mcmillan	M40	2:12:40
70	Matthew Carter	M42	1:48:51	146	Aimee Averett	F44	2:01:32	222	Cameron Caldwell	M32	2:12:52
71	Jeffrey Chuc	M34	1:49:04	147	Carina Kan	F27	2:01:55	223	Audrey Sadra	F25	2:12:59
72	Nadine Goldhammer	F30	1:49:06	148	Ena Luis	F30	2:01:56	224	Bella-Ngoc Huynh	F25	2:13:00
73	Taylor Gowan	F25	1:49:24	149	Nick Yonkos	M25	2:01:57	225	Vito Travolini	M30	2:13:16
74	Paige Gowan	F27	1:49:34	150	Reed Goldberg	M28	2:02:14	226	Trisha Mitberg	F48	2:13:36
75	Cody Bognuda	M33	1:50:27	151 Kristin Lane	F49	2:02:25	227	Sarah Soares	F24	2:13:39	
76	Avery Conybeare	F26	1:50:38	152	Michiel Van Haren	M43	2:02:26	228 Sage Johnson	M25	2:13:54	
77	Danny Emmecker	M36	1:51:05	153 Amber Coley	F53	2:02:26	229	Miranda Blankenship	F48	2:13:54	
78	Josue Lopez	M30	1:51:12	154 Tyren Sanborn	M16	2:02:26	230	Iлона Jurujova	F47	2:14:18	
79	Carol Gu	F29	1:51:18	155	Nick Carlevaris-Bianco	M40	2:02:54	231	Tara Durboraw	F27	2:14:47
80	Jennifer Marlow	F44	1:51:30	156	Gary Zhang	M25	2:03:07	232	Stephanie Kunkel	F45	2:14:51
81	Jordan Celaya	M26	1:51:39	157	Arpawan Yoon	F29	2:03:17	233	Fiona Senchyna	F31	2:15:07
82	Matt McCarthy	M23	1:52:01	158	Zinnia Xu	F34	2:03:26	234	Luke Albertson	M22	2:15:12
83	Chase Sumner	M24	1:52:15	159	Andrea Guzman	F43	2:03:26	235	Liz Albertson	F59	2:15:13
84	Lyssette Barbosa	F46	1:52:18	160	Marcus Nova	M42	2:03:31	236	Madeline Grubman	F34	2:15:21
85	Jorge Escobar	M35	1:52:19	161	Anirudh Lanka	M33	2:03:32	237 Casse Weaver	F47	2:15:30	
86	Timothy Mahoney	M37	1:52:20	162 Amber Bishop	F29	2:03:56	238	Kristen Kohler	F40	2:15:30	
87	Michele Gerdes	F45	1:52:20	163	Nick Owen	M32	2:04:00	239	Spencer Cox	M26	2:15:36
88	Scott Shelton	M42	1:52:52	164	Margaret Walker	F29	2:04:01	240 Laurie Clendenen	F68	2:15:38	
89	Leighton Cusack	M35	1:53:05	165	Alice Roberts	F46	2:04:15	241	Amanda Cardenas	F27	2:15:56
90	Heather Kyte	F39	1:53:18	166	Vivek Correa	M63	2:04:16	242	Dianne Weinthal	F32	2:16:18
91	Lucas Brambrink	M34	1:53:19	167	Madeline Baer	F39	2:04:23	243 Chrystyna Johnson	F46	2:16:32	
92	William Rhoads	M54	1:53:30	168 Matt Jost	M36	2:04:23	244	Scott Zagar	M52	2:16:59	
93	B Sweeney	F32	1:53:42	169	Carolyn Link	F43	2:04:27	245	Bianca Bisson	F32	2:17:10
94	Kayla Parr	F29	1:53:50	170	Zanique Albert	F33	2:04:40	246 Marie Cappiello	F53	2:17:27	
95	Chloe Dinsdale	F19	1:53:59	171	Jason Vogt	M44	2:04:45	247	Richard Barnes	M33	2:17:30
96	Kelsey Jones	F28	1:54:23	172	Jennifer Larson	F44	2:04:55	248	Michael Nartker	M41	2:17:38
97	Jonathan Haley	M54	1:54:42	173	Ryan Leaderman	M49	2:05:07	249	Abigail Nartker	F35	2:17:38
98	David Schriber	M60	1:54:43	174	Anthony Celaya	M53	2:05:19	250 Anthony Alonzo	M32	2:17:56	
99	Aiyue Guo	M32	1:54:52	175	Charlene Rowland	F50	2:05:21	251	Alex Wright	M33	2:18:04
100	Sheryl Hinchliff	F57	1:55:03	176	Michelle Botma	F31	2:05:27	252	Manish Gupta	M46	2:18:17
101	Lauro Vazquez	M36	1:55:06	177 Trudie Blasi	F47	2:05:40	253	Robert Bliss	M76	2:18:20	
102	Alon Averbuj	M27	1:55:09	178	Gregory Lilly	M35	2:05:40	254	Michael Prowatzke	M46	2:19:13
103	Andre Jacobs	M40	1:55:18	179	Elizabeth Cohan	F28	2:05:49	255 Greg Carlson	M45	2:19:36	
104	Taylor Johnson	F23	1:55:34	180	Holy Vo	F32	2:06:01	256	Rick Finley	M73	2:19:37
105	Emmet Morgridge	M23	1:55:36	181	Courtney Manning	F33	2:07:00	257	Mackenzie Krieser	F31	2:19:38
106	Thomas Thompson	M29	1:55:43	182	Daniel Manrique	M35	2:07:00	258	Brian Carlson	M49	2:19:39
107	Kevin Rojo	M29	1:55:55	183	Michael Harthen	M39	2:07:21	259	Matthew Draluck	M31	2:19:40
108	Jen Foesig	F52	1:56:14	184	Erin Harthen	F37	2:07:25	260 Tucker Labs	M30	2:19:42	
109	Ashley Vande Kieft	F44	1:56:17	185	Adam Young	M42	2:07:26	261	Alexandra Gabrek	F34	2:19:46
110	Tara Vu	F42	1:56:22	186	Anna Guzhavina	F48	2:07:27	262	Jamie Loeber	F27	2:19:56
111	Vern Smith	M66	1:56:38	187 Taryn Sanborn	F23	2:07:28	263	Amanda Szarkowski	F42	2:19:58	
112	Rob Amerman	M50	1:56:47	188	Macadam Lojowsky	M46	2:07:34	264	Emily Duquette	F30	2:20:01
113	Edward Coppini	M57	1:57:13	189	Deepak Kumar	M29	2:07:38	265	Mulan Zhao	F25	2:20:06
114	Maya Baumer	F30	1:57:20	190	Lena Araya	F21	2:07:39	266	Jeffrey Tsaw	M25	2:20:32
115	Abraham Lin	M34	1:57:27	191	Amber Nova	F43	2:07:44	267	Cory Keith	M36	2:21:02
116	Kim Mcallister	F52	1:57:30	192	Mandy Sutter	F31	2:08:03	268 Laura Shinn	F40	2:21:02	
117	Rebecca Matias	F34	1:57:30	193 Christopher West	M44	2:08:35	269	Carol Sims	F54	2:21:11	
118	Emily Batini	F37	1:57:44	194	Nathan Leal	M40	2:08:40	270	Sarah Gallager	F44	2:21:20
119	Debaditya Chatterjee	M48	1:57:47	195	Nicole Guest	F44	2:08:48	271	Philip Belzeski	M32	2:21:37
120	Brandon Carter	M53	1:57:51	196	Crystal Chen	F24	2:08:54	272	Lucas Vieira	M28	2:21:44
121	Victoria Salova	F28	1:57:52	197	Jennifer Brazinsky	F56	2:09:00	273	Bernadette Bernacer	F32	2:21:58
122	Patrick Leung	M45	1:57:54	198	Robert Leuzinger	M62	2:09:10	274	David Douglas	M28	2:21:58
123	Jordyn Davis	F26	1:58:07	199	Andrea Castelli-Mccourt	F48	2:09:29	275	Michael Ballas	M73	2:22:05
124	Max Franklin	M24	1:58:07	200	Richard Geiger	M62	2:09:36	276	Emmie Berlin	F22	2:22:46
125	Adriana Dantas	F53	1:58:09	201	Elizabeth Skowron	F58	2:09:37	277	Hannah Nordquist	F26	2:22:46
126	Eric Coppa	M27	1:58:10	202 Colleen Toste	F61	2:09:48	278	Lexi Doughty	F27	2:22:47	
127	Erik Dreher	M57	1:58:13	203	Rohit Sheth	M31	2:10:11	279 Scott Washington	M42	2:22:55	
128	Glenn Thomas	M41	1:58:17	204	Vrushali Mahajan	F31	2:10:12	280	Michael Diamond	M61	2:23:02
129	Tamia Crackel	F23	1:58:24	205	Russell Morgan	M65	2:10:14	281	Karla Meza	F27	2:23:21
130	Dustin Jackson	M29	1:58:24	206	Noori Farzad	M56	2:10:34	282	Stephanie Eberly	F26	2:23:30

283 Brenda Contreras	F30 2:23:33	359 Ruth Nelson	F25 2:40:14	435 Chandra Becka	F38 3:08:55
284 Renea Greenberg	F58 2:23:37	360 Ivan Diaz	M26 2:40:21	436 Ryan Bielenberg	M38 3:09:02
285 Manan Khattar	M24 2:23:41	361 Raiza Noelia	F36 2:40:26	437 Ash Fairchild	X37 3:09:28
286 Kyle Johnson	M31 2:24:00	362 Steven Sosa	M53 2:41:11	438 Magdaline Call	F34 3:11:17
287 Angela Colabella	F35 2:24:15	363 Angie Pearson	F48 2:41:13	439 Julie Krim	F62 3:11:18
288 Melissa Corona	F34 2:24:34	364 Amy Daley	F69 2:41:25	440 Elizabeth Heinberger	F43 3:12:25
289 Dane Roesle	M33 2:24:37	365 Lauren Then	F39 2:41:35	441 Barbara Rausch	F58 3:12:28
290 Jose Corona	M40 2:24:37	366 Jamie Spielmann	F43 2:42:12	442 Benjamin Ingalls	M18 3:13:17
291 Molly Breitmum	F41 2:24:39	367 Ivan Corona	M25 2:42:53	443 Bethany White	F32 3:13:47
292 Francesca Mateo	F33 2:25:00	368 Cathy Canepa	F30 2:43:49	444 Anshu Pahadia	F38 3:14:34
293 Socorro Galindo	F25 2:25:10	369 Ron Kogan	M68 2:44:21	445 Jenner Howland	F48 3:16:11
294 Lily Yau	F24 2:25:12	370 Ann Elston	F77 2:45:39	446 Jib Ray	M84 3:16:12
295 Natalie Lindsey	F58 2:25:19	371 Tyrone Clemons	M67 2:45:56	447 Joseph Coppini	M67 3:16:34
296 Michael McCall	M32 2:25:26	372 Emily Mcneil	F18 2:45:58	448 Kanan Puntambekar	F48 3:16:38
297 Celeste Redner	F45 2:25:29	373 Aarin Mowbray	F45 2:46:21	449 Elizabeth Tjader	F67 3:16:57
298 Skyler Tulley	M37 2:25:33	374 Lauri Rail	F62 2:46:39	450 Jennifer Hogan	F62 3:17:54
299 Krishna Myneni	M32 2:25:54	375 Ashley Blake	F23 2:46:50	451 Nicole Delaine	F51 3:19:02
300 Aaron Leavitt	M49 2:26:05	376 Olivia Greenwood	F21 2:46:54	452 Terry Assavapisitkul	M60 3:19:06
301 Debbie Spangler	F54 2:26:08	377 Hsiu Chuang	F45 2:47:12	453 Kara Hetrick	F43 3:19:18
302 Gregg Whitnah	M74 2:26:34	378 Raphael Kruczkowski	M43 2:47:13	454 Tiara Zahler	F29 3:19:50
303 Victoria Clemons	F26 2:26:36	379 Amy Speakman	F48 2:47:18	455 Manjula Vikram	F50 3:19:56
304 Nicole Jurgens	F36 2:26:38	380 Maribeth Murray	F38 2:47:25	456 Lizzie Rooble	X32 3:20:27
305 Vishal Garg	M44 2:26:49	381 Tom Murray	M43 2:47:25	457 Charlotte Perry-Houts	F32 3:20:28
306 Jaswanth Yella	M32 2:26:54	382 Mary Bennett	F69 2:48:40	458 Hannah Yoo	F40 3:20:31
307 Shannon Kao	F41 2:26:59	383 Marjorie Faulstich	F64 2:49:47	459 Pamela Wilber	F63 3:20:57
308 Paul Sopocy	M49 2:27:13	384 Brent Murphy	M53 2:50:05	460 Rafael Hernandez	M46 3:22:05
309 Dror Levy	M59 2:27:16	385 Cameron Piper	F28 2:50:38	461 Montara Strawn	F42 3:23:03
310 Alexandria Jeanpierre	F26 2:27:35	386 Debora Daponte	F55 2:50:45	462 Carla Brown	F55 3:23:57
311 Audrey Day	F40 2:27:35	387 Arushi Hanjyur	F22 2:51:32	463 Steve Smith	M60 3:26:14
312 Kendall Brockelman	F23 2:28:56	388 Chris Kimes	M52 2:51:46	464 Rahbin Shyne	F58 3:26:15
313 Pam Middings	F58 2:28:57	389 Nadine Coles	F61 2:51:46	465 Monica Hicks	F44 3:26:42
314 Eric McCown	M35 2:29:14	390 Brian Cabrera	M59 2:52:39	466 Jeremiah Hernandez	M36 3:26:43
315 Nicole Harper	F50 2:29:15	391 Matthew Okane	M38 2:53:34	467 Cathie Wilhoite	F62 3:27:03
316 Lisa Topiol	F36 2:29:15	392 Karen Adams	F65 2:54:22	468 Roxanne Angelopoulos	F58 3:29:37
317 Anne Han	F44 2:29:52	393 Ryan Perry	M42 2:54:35	469 Andrea Meza	F32 3:33:44
318 Meghan Uruburu	F35 2:30:04	394 Magdalena Perry	F42 2:54:36	470 Jen Lorenzen	F46 3:34:19
319 Dylan Drotman	M33 2:30:08	395 Jonah Kolkman	M19 2:55:00	471 Bobbie Henry	F81 3:34:21
320 Therese Vaninger	F30 2:30:18	396 Kalyan Hari	M31 2:55:08	472 Nancy Sanders	F71 3:34:22
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322 Andreas Larsen	M28 2:30:28	398 Malinda Painter	F42 2:55:10	474 Briana Turnbull	F22 3:35:38
323 Chris Larkin	M65 2:30:45	399 Landon Painter	M43 2:55:10	475 Sarah Van Dissel	F43 3:35:38
324 Javier Villela	M36 2:31:00	400 Laura Hosier	F39 2:55:13	476 Ed Roberts	M56 3:36:31
325 Jennifer Desideri	F47 2:31:43	401 Lais Oliveira	F39 2:55:14	477 Chanel Yeoman	F31 3:37:25
326 Miranda Seelye	F30 2:31:56	402 Pamela Gallegos	F27 2:55:14	478 Tammie Wagner	F65 3:39:58
327 Bruin Hinton	M25 2:32:14	403 Dagmar Stonas	F52 2:55:28	479 Katrina Gustafson	F56 3:41:29
328 Jaideep Joshi	M51 2:32:35	404 Timothy Doman	M41 2:55:33	480 Mabel Lopez	F37 3:42:01
329 Thomas Orr	M36 2:33:21	405 Michael Jitosh	M34 2:55:54	481 Margie Whitnah	F76 3:42:08
330 Samuel Stolz	M32 2:33:24	406 Alyse Nichols	F43 2:56:00	482 Marisol Velazquez	F46 3:44:26
331 Robert Stolz	M35 2:33:27	407 Macarena Elverdin	F33 2:57:48	483 Laina Rose	F28 3:45:30
332 Charles Navarro	M42 2:33:45	408 Sandrine Thompson	F32 2:57:48	484 Grace Rose	F36 3:45:33
333 Vivek Agarwal	M46 2:34:12	409 Troy Vanhoesen	M54 2:57:52	485 Kristin Lujan	F36 3:45:38
334 Jennifer Grimmett	F49 2:34:14	410 Melissa Pallares	F27 2:57:57	486 Jill Guidry	F68 3:45:51
335 Michelle Hernandez	F50 2:34:14	411 Candi Running Bear	F45 2:58:12	487 Dan Coyne	M34 3:47:47
336 Yuri Mercado	M37 2:34:37	412 Gelareh Rahbar	F53 2:58:46	488 Jessica Cross	F30 3:47:47
337 Jay Dibley	M57 2:35:01	413 Carrie Levy	F53 2:58:56	489 Hannah Kolkman	F21 3:47:54
338 Meghan Dibley	F34 2:35:01	414 Kailee Finkbeiner	F29 2:59:18	490 Jeni Wages	F50 3:48:18
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341 Steve Jenkins	M69 2:36:30	417 Shannon Welch	F38 3:00:47	493 Terry Wilson	F73 3:49:21
342 Ann Ramage	F68 2:36:42	418 Michael Machado	M33 3:00:58	494 Samantha Smith	F53 3:49:50
343 Haley Benbow	F24 2:36:53	419 Samantha Stivers	F35 3:01:13	495 Disa Allen	F42 3:50:48
344 Gianni Guccione	M28 2:36:54	420 Rodney Stivers	M31 3:01:13	496 Kelly Traverso	F38 3:50:48
345 Jerry Persky	M75 2:37:09	421 Shari Satko	F34 3:01:30	497 Sylvia Nellis	F53 3:51:32
346 Katherine Futhey	F31 2:37:35	422 Monali Jain	F48 3:02:05	498 Julia Ramage	F38 3:53:27
347 Judith Martinez	F35 2:37:48	423 Michelle Murphy	F52 3:02:08	499 Kathryn Korhonen	F35 3:55:35
348 Clara Stamulis	F65 2:38:01	424 Susan Jenkins	F68 3:02:22	500 Ginger Carter	F41 3:57:25
349 Pamela Jensen	F52 2:38:10	425 Poliana Vantassell	F39 3:04:36	501 Leah Pearl	F59 3:57:42
350 Jaimie Oertel	F33 2:38:14	426 Sarah Wennerholm	F36 3:07:14	502 Stacey Mortensen	F61 3:57:42
351 Hannah Richardson	F32 2:38:32	427 Canyon Smith	M27 3:07:45	503 Emily Zajackowski	F31 3:58:13
352 Michelle Perin	F49 2:39:05	428 Jennifer Zelenty	F34 3:07:46	504 Kinga Faulkner	F41 3:58:15
353 Kathryn Rivera	F41 2:39:07	429 Amanda Colegrove	F46 3:07:56	505 Ryan Faulkner	M39 3:58:15
354 Adam Parent	M43 2:39:13	430 Micah Skinner	F24 3:08:00	506 Lucinda Mendoza	F55 4:03:56
355 Massimo Perucchini	M57 2:39:18	431 Caleb Harris	M24 3:08:00	507 Kathleen Merz	F55 4:03:57
356 Danny Dube	M32 2:39:48	432 Chelsey Castiglione	F32 3:08:11	508 Amelia Haueter	F45 4:04:24
357 Seth Peterson	M45 2:40:01	433 Lilly Bielenberg	M18 3:08:12	509 Breckindri Van Puffelen	F45 4:04:24
358 Alexander Bauer	M27 2:40:13	434 Lindsay Curtis	F40 3:08:49	510 Sarah Stratton	F44 4:04:24

511 Mary Kavanaugh	F44	4:07:28
512 Manish Kumar	M57	4:08:25
513 Bill Towler	M76	4:12:36
514 Kay Johnson	F77	4:12:37
515 Terry Allen	F69	4:12:48
516 Mary Smith	F65	4:12:53
517 Dana Yarbrough	F43	4:15:37
518 Sarah Hernandez	F42	4:15:38
519 Nancy Williams	F55	4:19:38
520 Robert Frayer	M73	4:26:26

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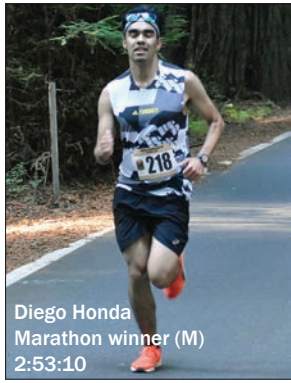
9:00 am., Sun., 10/13/24

Pl	Name	G/age	ChipT
1	Matthew Kidwell	M44	18:34
2	Francisco Pulido	M36	20:20
3	Cessar Soto	M22	22:35
4	Jack Stringham	M29	22:52
5	Matthew Shiney	M33	22:54
6	Earl Dippre	M34	23:18
7	Jess Adams	M30	23:29
8	Joel Grosh	M33	23:47
9	Jack Cameron	M25	23:54
10	Karen Kidwell	F40	24:02
11	Sage Hartling	F11	24:36
12	Kelley Sheehy	F59	24:54
13	George Evans	M30	25:01
14	Andrew Lennon	M43	25:20
15	Kaimana Ibrahim	M10	25:44
16	Ivan Tolstov	M34	25:59
17	Allison Baker	F39	26:14
18	Sarah Shuhaibar	F35	26:38
19	Isaac Soto	M35	26:38
20	Cody Cook	M33	26:49
21	Hannah Greenfeld	F34	27:04
22	Vikram Haniyur	M58	27:18
23	Aaron Jeyaraj	M26	27:28
24	Kathleen Brubaker	F59	27:36
25	Finn Castelli-Mccourt	M08	27:46
26	Dylan Lacy	M42	27:52
27	Javier Martinez	M17	27:59
28	Nicole Aponte	F33	28:02
29	Kat Brackenbury	F36	28:11
30	Alex Johnson	F28	28:26
31	Jamie Henson	F44	28:27
32	Julia Hirsch	F38	28:42
33	Anthony Rogers	M29	28:54
34	Randy Emenaker	M73	29:18
35	Chantel Lapins	F26	29:19
36	Cyril Carl	M77	29:34
37	Juan Matias	M38	29:37
38	Niha Gottiparthi	F29	29:38
39	Zafar Inam	M42	29:40
40	Adam Fisher	M43	29:46
41	Mavelyn Socha	F46	30:08
42	Andrea Brunzman	F45	30:12
43	Linnea Warburton	X26	30:43
44	Anastasiia Latyshova	F29	30:50
45	Kathy McCarthy	F44	30:55
46	Penny Dellapelle	F21	30:58
47	Todd Snyder	M55	31:01
48	Andres Gutierrez	M25	31:07
49	Arleene Vasquez	F30	31:20
50	Matthew Leverett	M49	31:24
51	Asha Dreher	F13	31:35
52	Camryn Scheer	F21	31:37
53	Sundara Collier	F48	31:40
54	Hannah Rogers	F28	31:41
55	Chris Gardner	F58	31:48
56	Jennifer Owen	F65	31:57
57	Bridgette McElearney	F32	31:57
58	Sky Waite	F12	31:59
59	Hannah Yan	F25	32:06
60	Daniel Magana	M27	32:08
61	Samantha Chavez	F31	32:08
62	Bob Fredenburg	M72	32:21

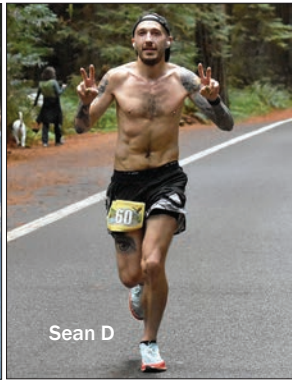
63 Steven Campbell	M53	32:26
64 Marion Lennon	F41	32:37
65 Kavi Dreher	M10	32:47
66 Bob Beede	M71	32:54
67 Dana Royle	F50	33:26
68 Joseph Walls	M54	33:27
69 M. Dusty McCourt	M53	33:40
70 Shawnee Jones	F49	33:57
71 Jeffrey Murray	M32	34:01
72 Randall Starba	M29	34:03
73 Emily Hartling	F14	34:07
74 Kristy McCarthy	F42	34:17
75 Andrew Near	M38	34:23
76 Luis Higareda	M27	34:24
77 Marrina Lunas	F29	34:37
78 Jackson Rourke	M09	34:43
79 Datsjo Perkins	F44	34:54
80 Amy Livingston	F48	34:55
81 Angela Zhang	F23	35:03
82 Benjamin Bartos	M48	35:05
83 Zach Combs	M27	35:05
84 Matt Simpson	M41	35:06
85 Emelia Castelli-McCourt	F10	35:22
86 Cassandra Burzinski	F33	35:30
87 Julia Sway	F38	35:36
88 Aries Mclean	F29	35:37
89 Megan Rourke	F36	35:38
90 Sarah Odell	F34	35:41
91 Daniela Bogarin	F26	35:55
92 Lorien Hunter	F43	35:55
93 Xander Nichols	M17	35:59
94 Michaele Whiteley	F64	36:04
95 Jasmin McLean	F40	36:08
96 Amelia Murphy	F37	36:14
97 Paulina Close	F29	36:20
98 Lisa Smith	F57	36:20
99 Cody Mandeville	M31	36:31
100 Gigen Mammoser	M39	36:38
101 Nataly Torres	F26	36:47
102 Embry Waite	F15	36:49
103 Becky Solomon	F42	37:09
104 Shannon Legge	F29	37:51
105 Jeannette Legge	F61	37:53
106 Sari Tedesco	F45	37:59
107 Miguel Camarena	M23	38:15
108 Ben Lam	M47	38:18
109 Mauro Lopez	M17	38:18
110 Scott Riley	M54	38:19
111 Katrina Wright	F43	38:19
112 Sara Pinedo	F39	38:20
113 Tony Gomez	M50	38:22
114 Brad Krillenberg	M46	38:31
115 Marina Bowley	F26	38:32
116 Natalia Ustimenko	F31	38:33
117 Kelsie Kingston	F24	39:06
118 Talan Kingston	M24	39:07
119 Diana Borghi	F35	39:11
120 Mary Sandberg	F62	39:11
121 Alia Dunphy	F45	39:19
122 Rachael Nichols	F20	39:30
123 Juan Reyes	M43	39:31
124 Stephen Lalonde	M64	39:40
125 Evran Delaine	M12	39:41
126 Summi Kaipa	F48	39:43
127 Albina Rogulina	F30	40:16
128 Lindsay Wolfe	F25	40:17
129 Kristina Biddle	F29	40:18
130 Shiang-Jong Hsu	F28	40:26
131 Elizabeth Celaya	F48	40:57
132 Brian Madison	M63	41:37
133 Glenn Ross	M62	42:57
134 Laura Ross	F62	42:57
135 Milevic Mojica	F47	44:00
136 Gerald Crnich	M78	44:08
137 Kandace Geldmeier	F46	44:31
138 Kay McClendon	F57	45:04
139 Raj Yella	M35	45:14

140 Sue Morse	F77	45:19
141 Kyle Winton	M32	45:32
142 Jennifer Cormier	F33	45:33
143 Pam Fredenburg	F71	46:02
144 Terry Gardner	M61	46:21
145 Kirsten Vitrikas	F51	46:24
146 Victoria Nichols	F05	46:24
147 Bryce Mussey	M06	46:39
148 Ember Lasbury	F31	46:40
149 Carol Torres Ferreris	F37	46:47
150 Sara Barber	F51	46:53
151 Karen Ries	F58	47:00
152 Trevur Keyes	M29	47:21
153 Breann Davis	F27	47:22
154 Linda Stansberry	F42	47:56
155 Stephanie Combs	F30	48:07
156 Maryann Johnston	F69	49:31
157 Carole Bliss	F75	49:45
158 Ginger Finley	F69	49:50
159 Megan Van Sant	F49	50:21
160 Michelle WilhoYTE	F28	50:41
161 Max Serrano	M26	50:54
162 Mary Wells	F70	51:08
163 Nicole Zander	F42	51:09
164 Brent Rasmussen	M66	51:32
165 Linda Rasmussen	F67	51:32
166 Dean Matheson	M65	51:33
167 Katie Loomis	F44	51:58
168 Jessie Johnson	F41	51:58
169 Cathy Schlerf	F69	53:01
170 Nancy Stivers	F61	53:12
171 Jack Guccione	M68	53:32
172 Arlene Guccione	F65	53:33
173 Shane Reynolds	M41	54:10
174 Andrea Blado	F48	54:12
175 Alivia Graham	F21	54:16
176 Chrissy Young	F52	55:34
177 Clifford Newman	M63	55:42
178 Joseph Amandoli	M59	55:54
179 Shawn Amandoli	F60	56:00
180 Noe Estrella	M30	56:34
181 Emma Close Estrella	F33	56:40
182 Janet Mills	F65	57:17
183 Kathy Keefe	F68	57:20
184 Kiyoka Akimoto	F36	58:05
185 Zarana Parekh	F30	58:19
186 Manini Pattnayak	F34	58:20
187 Himal Chitalia	F55	58:21
188 Kate Ifversen	F44	59:42
189 Riki Mitzel	F41	59:43
190 Tika Squires	F63	1:00:42
191 Talia Squires	F39	1:00:42
192 Nithesh Nelvoy	M32	1:01:06
193 Susan Dibley	F57	1:01:06
194 Hazel Donaldson	F77	1:01:47
195 Sage Delaine	F15	1:01:59
196 Heather Maynard	F35	1:02:27
197 Judy Zettle	F60	1:02:36
198 Denise Detrano	F64	1:03:02
199 Carol Theisen	F67	1:03:23
200 Zoey Quinionez	F09	1:03:57
201 Jovani Montero	M18	1:04:17
202 Monti Povirk	M13	1:04:27
203 Anthony Bognuda	M64	1:04:50
204 Genesis Celaya	F21	1:07:53
205 Dulce Celaya	F31	1:07:56
206 Bridget Lackamp	F33	1:08:51
207 Sandy Romero	F41	1:09:14
208 Heather Flores	F36	1:09:17
209 Maryn Weightman	F27	1:14:23
210 Scott Spangler	M56	1:14:25
211 Carolyn Veek	F56	1:24:16
212 Jennifer Ruzicka Lee	F52	1:30:57
213 Georgia Lee	F12	1:30:58
214 Calista Ruzicka	F71	1:31:03
215 Julie Navarro	F72	1:59:07

Marathon - winners & local runners



Diego Honda
Marathon winner (M)
2:53:10



Sean D



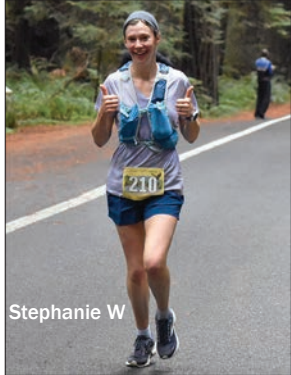
Anna Landler
Marathon winner (F)
3:34:50



Dalton O



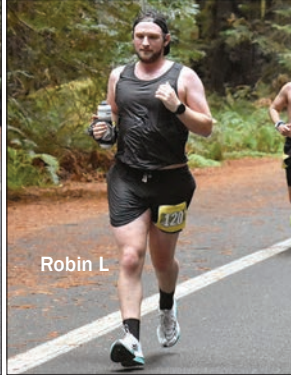
Dolan D



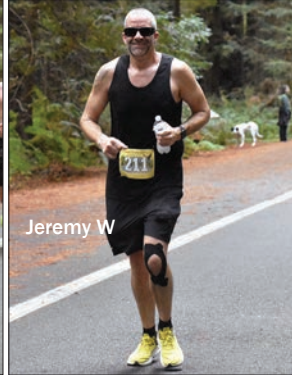
Stephanie W



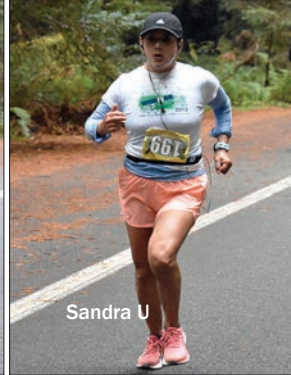
Francisco H



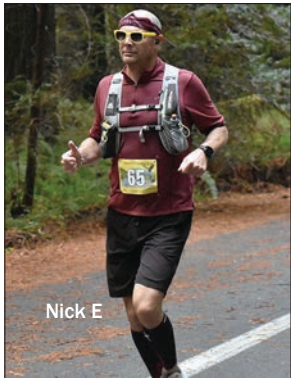
Robin L



Jeremy W



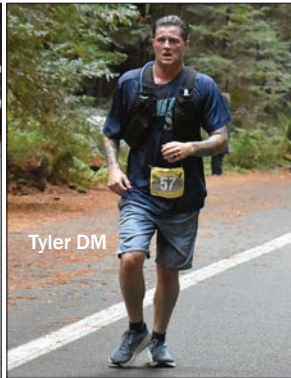
Sandra U



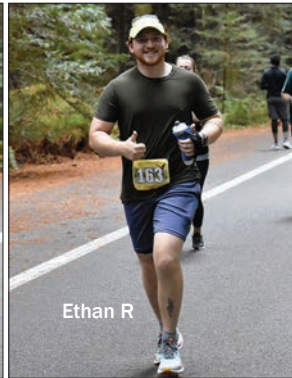
Nick E



Jennifer H



Tyler DM



Ethan R



Kanan W

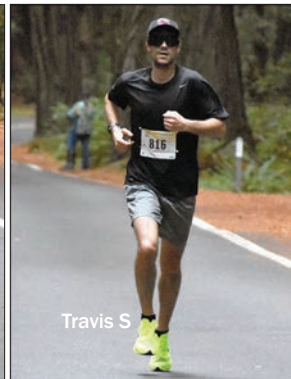


Rhythm M

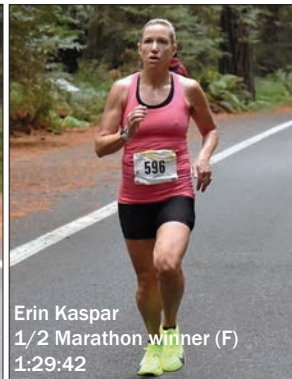
Half Marathon



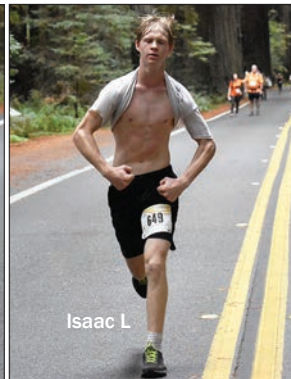
Andres Beltran
1/2 Marathon winner (M)
1:22:40



Travis S



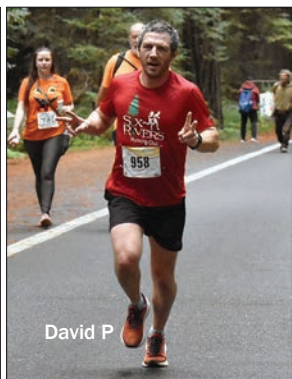
Erin Kaspar
1/2 Marathon winner (F)
1:29:42



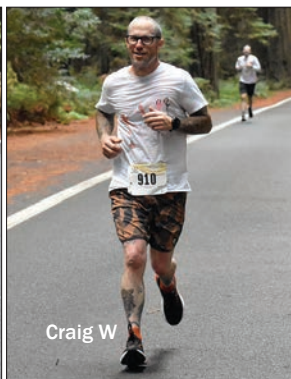
Isaac L



Michael R



David P



Craig W



Chris C



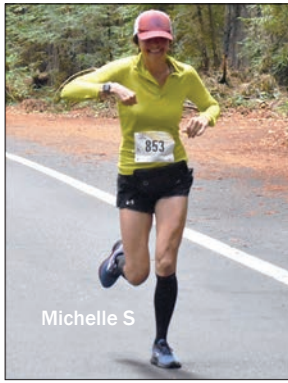
Wyatt E



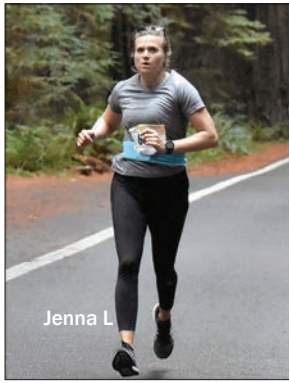
Doug H



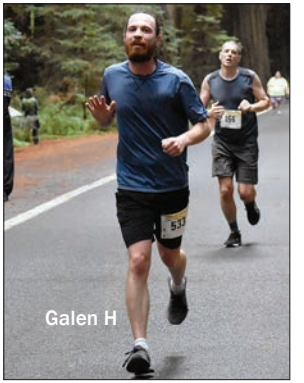
Sung C



Michelle S



Jenna L



Galen H



Silvia M



Paul K



Steven M



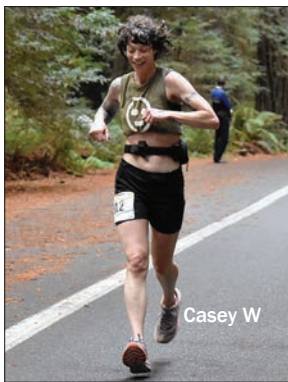
Jeff H



William E



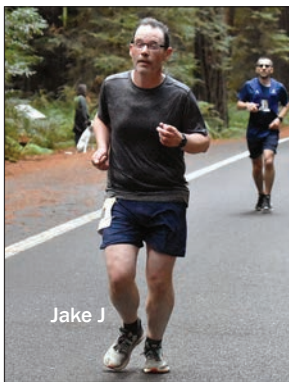
Kristal M



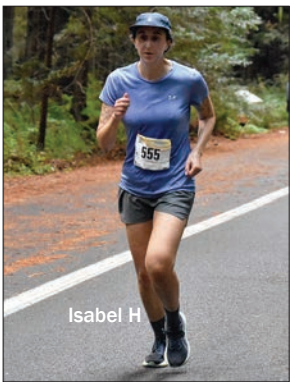
Casey W



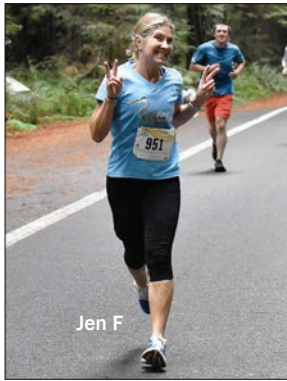
Nick P



Jake J



Isabel H



Jen F



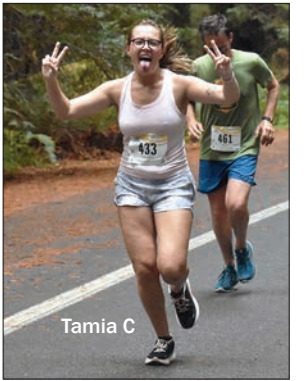
Rob A



Tara V



Ed C



Tamia C



Caroline C



Colleen T

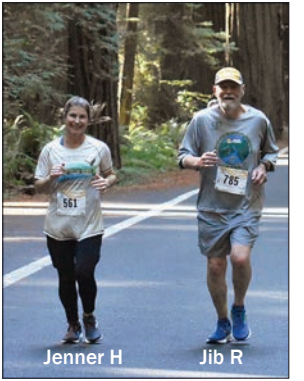


Marie C



Brian C

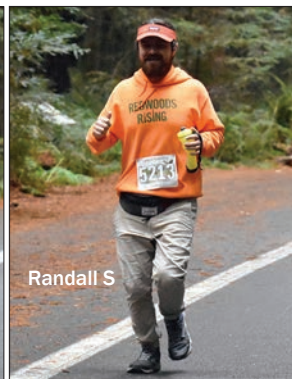
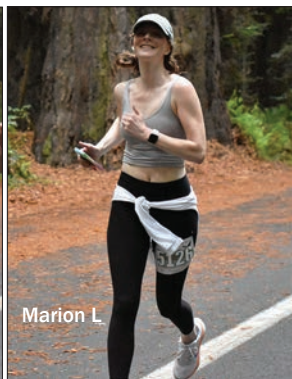
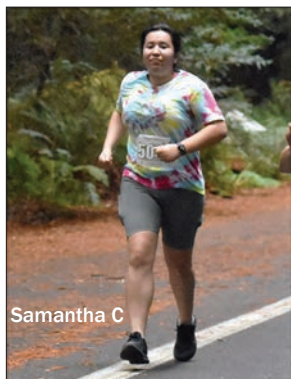
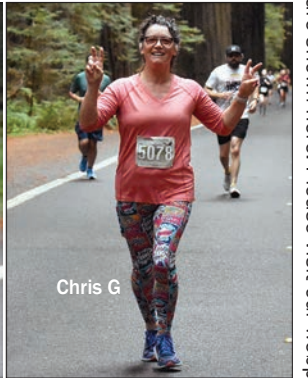
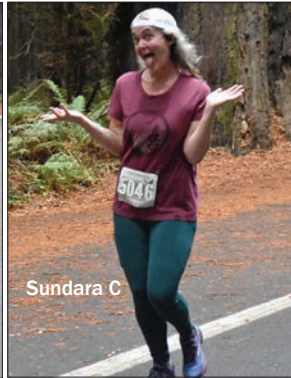
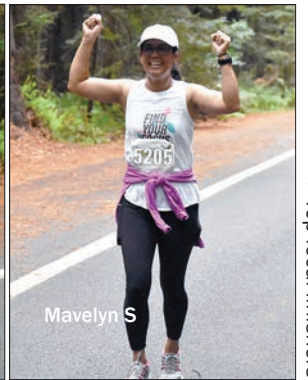
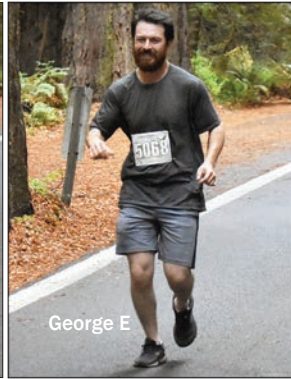
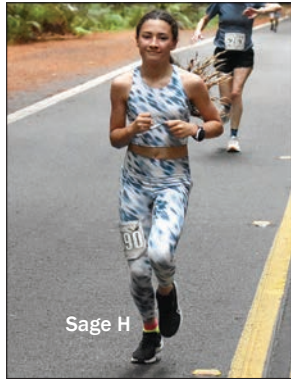
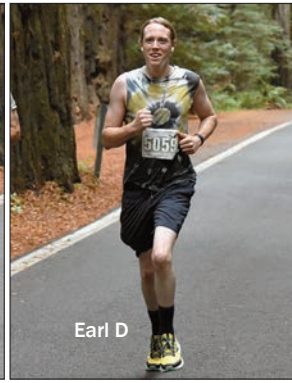
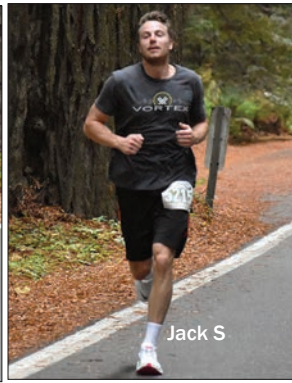
Greg C



Jenner H

Jib R

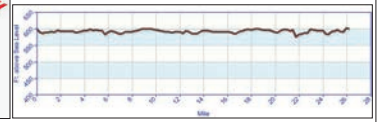
5K - winners & local runners



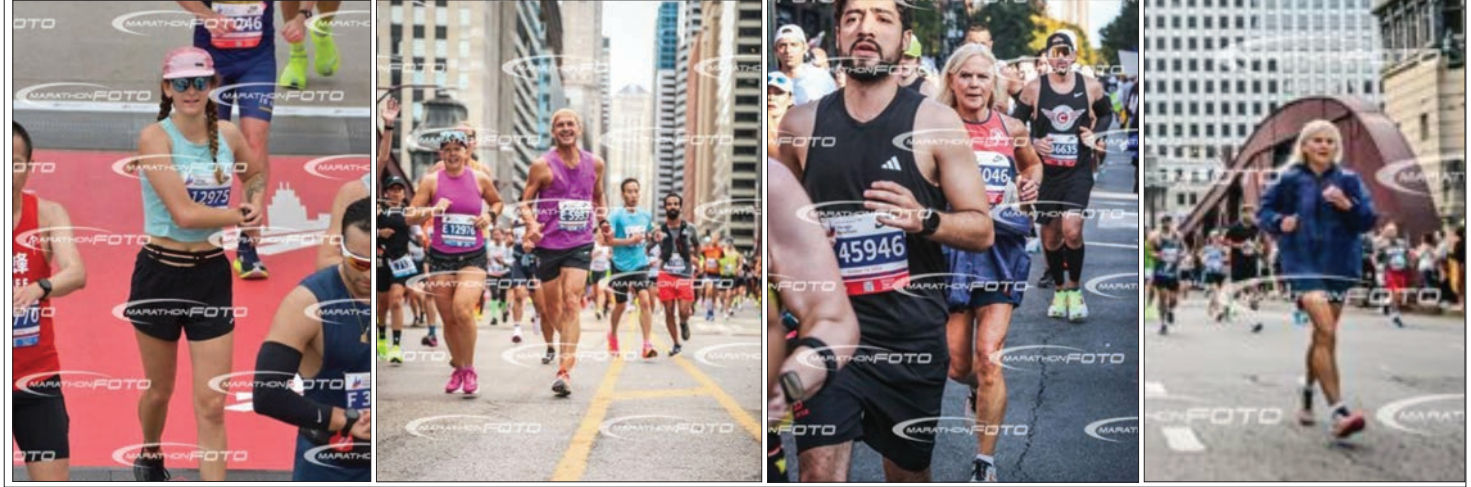
• Top local finishers are shown here. Please visit our webpage (<http://www.6rcc.com>) for the rest.

2024 Chicago Marathon

Sun., Oct. 13, 2024



OvPl	Name	G/AgeG	Time	Home	Bib#
8956	Cessair McKinney	F25-29	3:22:23	McKinleyville	12975
13867	Alicia Mengel	F45-49	3:37:00	McKinleyville	12976
16679	Lanore Bergenske	F65-69	3:44:45	Fortuna	37046



SRRC Crossword Puzzle

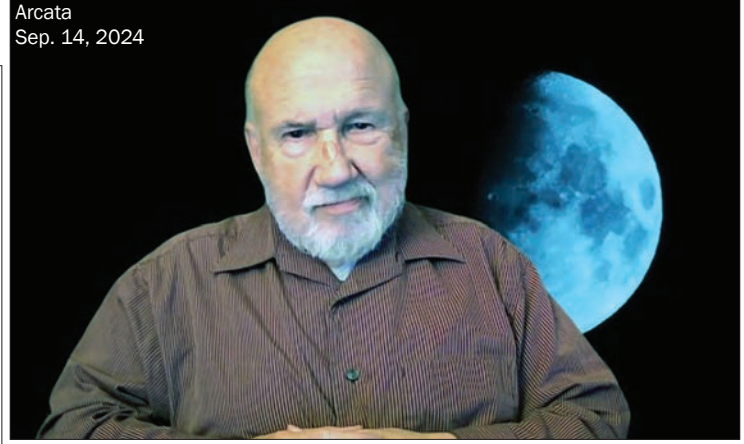
ACROSS

- 1 Club event
- 5 Univ. teacher
- 9 Health resort
- 12 Building extensions
- 13 Midwestern state
- 14 Protruding part
- 15 Feelings of self-esteem
- 16 Lie around
- 17 Night before
- 18 French lake
- 19 Family nickname
- 20 Coat part
- 22 Render unconscious, slangily
- 24 Canine
- 25 Mini-municipalities
- 27 Towards the finish line
- 31 Ardent
- 32 No. crunchers
- 33 Historical period
- 34 __ Vegas
- 35 Landmasses in 18 across
- 36 Shock
- 37 Washed
- 39 Water channel
- 40 Close pal, familiarly
- 41 Portal
- 42 Coherent light beam
- 45 The most
- 46 Compass point
- 49 Make a mistake
- 50 Unrestricted
- 52 Medicinal plant
- 53 Gentleman's title
- 54 Orderly
- 55 Allot
- 56 Anatomical pouch
- 57 Story
- 58 Got older

DOWN

- 1 Spool
- 2 Pond scum organism
- 3 The wrong way around the track
- 4 Double curve
- 5 Nearly-eradicated neural disease
- 6 Greek consonants
- 7 Lubricant or fuel
- 8 Is behind
- 9 A single one of these begins every run
- 10 Surface a road
- 11 Biblical brother
- 19 __op (computer manager)
- 21 Turkish gentleman
- 23 In addition
- 24 Molecular blueprints for various organisms
- 25 Soft mineral
- 26 Flattened circle
- 27 Newspaper essay, shortly
- 28 Second half of an out-and-back
- 29 Percussion instrument
- 30 Of sound mind
- 32 Musical symbol
- 35 Leading
- 36 Cal Poly site (not here)
- 38 Presidential nickname
- 39 Sly one
- 41 "Paradise Lost" author
- 42 Not as much
- 43 Operatic solo
- 44 Our org.
- 45 Repast
- 47 Brief letter
- 48 Undesirable garden plant
- 51 Legume
- 52 Doctors' grp.

Arcata
Sep. 14, 2024



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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Permit No. 43

SUN., NOV 3, 2024 << **SRRC race** >>

Blue Lake Fish Hatchery Run/Walk. {\$10 for nonmembers, free for SRRC members} 2M at 9:30AM and 4M at 10AM. Registration at 8:00~9:15AM. Start and finish at the Mad River Fish Hatchery. For more information, contact **Marlene Allen** at <allens@humboldt1.com>.

SAT., NOV 9, 2024 << **NOT SRRC race** >>

Veterans' Day Run at McKay. {\$20 for individuals, \$15 for teams, \$5 for kids; FREE for Veterans & Active Duty} 5K & 10K Run/Walk and Community Connections Fair. At 10:00AM. On the McKay Community Forest, 3100 Harris St., Eureka. Join us Friday Nov. 8th at Humboldt Cider Co from 4:00-9:00 pm to enjoy cider in support of local veteran recreation, pick up your bibs and purchase merch (shirts, hats & sweat-shirts!). All parking will be across Harris Street; People can also park at Redwood Acres but that is mainly reserved for the Fig Twig event. We are hosting a PreParty at Humboldt Cider's new location on Hubbard St., Fri., Nov. 8, 4-9:00 pm. All cider proceeds will benefit local veteran recreation, people can get their bibs and purchase event merch. For more information, contact **Ella Price** at (707)616-8494 or e-mail <Ella.Price@va.gov>.

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

Arcata Bottoms Run. 12K at 9:00AM and 3M at 9:15AM. Start and finish by St. Mary's School on Janes Road in Arcata. For more information, contact **Sherry Myers** at <sherry-myers1956@gmail.com>.

Sunday Morning Run.

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



23rd ANNUAL SRRC CIRCUIT



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

Help Shape the Future of The Circuit

Have ideas for how the Circuit can improve? Go to <bit.ly/6RRCCircuit>, scan the QR Code below, or email me at 6rrccircuit@gmail.com.

With nearly a year of managing the Circuit behind me, I've gained a deeper appreciation for just how much work it requires. If you haven't yet thanked Jack West for his many years of service to the Circuit, make sure that you do.

I'm hoping to get a little help managing next year's competition. This will count toward your volunteer requirement. If you'd like to enter race results into the master spreadsheet, write an article, or help with the creation of the certificates for the annual party, **please take a moment to fill out the survey at <bit.ly/6RRCCircuit>** or scan the QR Code below. You may also email me at 6rrccircuit@gmail.com.

<https://bit.ly/6RRCCircuit>.



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"

