



Hammond Trail Six
9:00 am, Sat., Sep. 7, 2024

September Minutes

Wed., Sep. 4, 2024, 6:30 p.m. at Babe's in Cutten. Board members in attendance: **Sherry Myers, Karen Kidwell, Sarah Sullens, Mark Ellis, Jessy Preciado, Jorge Preciado, Gary Timek** and **Juan Reyes**. Guests: **Yoshi Uemura, Jessie Hunt, Michele Gerdes, Terri Vroman-Little** and **Jamie Hinckley**.

OLD BUSINESS

A. Kevin Ebbert Memorial Run (Sat., 8/24/24) recap: 112 finishers with \$1,500 raised for the Boys and Girls club. Thank you for all the help!

B. Shoe Fund: Coaches have been notified and it has been advertised in the newsletter. If anyone is interested in taking over running the shoe fund in the future, please reach out to Gary (this will count as your volunteer service towards the circuit).

NEW BUSINESS

A. Redwood Coast Montessori: Coast League XC league for small schools. Looking for timing help for a XC meet on 10/4/24 at 11:30 am, at 1611 Peninsula Drive, in Manila. Ask Terri Little for more information.

B. HRRAY: Coaches clinic 9/8/24 at the Arcata Community Center 11:00 am ~ 1:00 pm, check HRRAY website for full xc schedule.

C. FBMR: Mark motions that Jessie Hunt and Michele Gerdes take over as race directors. Sarah seconds the motion. Motion passes.

D. Hammond Trail 5K (9:00 am, Sat., 9/07/24): Ready to go ahead. Mark motions to move next year's race to the second Saturday of September to avoid various community conflicts. Sherry seconds, motion passes.

E. Community Fund Request: Request for funding 8 runners to represent the Six Rivers Running Club to attend the Lake Sonoma 100 mile Relay (\$750 total). Karen motions to deny the request, Juan seconds, motion passes.

F. HRM (8:30 & 9:00 am, Sun., 10/13/24): Race director will reach out with volunteer needs. HRM will be the RRCA state Half Marathon championship race.

G. Blue Lake Fish Hatchery Run 2M & 4M (9:30 & 10:00 am, Sun., 11/03/24): Will discuss more next month.

H. Financials: All races with a budget need to turn in their annual financial report.

I. Other:

- Humboldt County Sheriff's Office Search and Rescue is asking to collaborate with the Arcata Bottoms race to rebrand as the "Jammy Jog" with race proceeds going to support their organization. Mark motions that if the Humboldt County Sheriff's Office Search and Rescue is a nonprofit the club will give race proceeds to them. Sarah seconds, motion passes.
- Grasshopper Run final budget was presented.
- Next meeting: El Chipotle in Arcata; Dinner at 5:30, Meeting at 6:30 pm, Wed., Oct. 2, 2024. Ask Gary Timek <gtimek@aol.com> for details.

INDIVIDUAL \$20
TEAM \$15
KIDS \$5

VETERANS & ACTIVE DUTY FREE

REGISTER





VETERANS DAY AT
MCKAY

5K/10K **WALK/RUN**

SATURDAY, NOV 09, 2024
10 AM START

BBQ & AWARDS IMMEDIATELY FOLLOWING

3110 HARRIS ST, EUREKA, CA 95503

REGISTER AS AN INDIVIDUAL OR TEAM HERE:
[HTTPS://RACEROSTER.COM/EVENTS/2024/94054/4TH-ANNUAL-VETERANS-DAY-AT-MCKAY](https://raceroster.com/events/2024/94054/4th-annual-veterans-day-at-mckay)

Annual Veterans' Day at McKay
5K & 10K, 10:00 am, Sat., 11/09/24

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

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

Third Class Mail is not forwarded!

Send address changes to:
ygk1@humboldt.edu

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

Submitting Material for Publication

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

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

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

SRRS BOARD OF DIRECTORS

2024-2025

Marlene Allen allens@humboldt1.com 822-9115
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2023-2024

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SRRS OFFICERS

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

SRRS Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>

Kevin Ebbert Memorial Run

by "Jamie Hinckley" <jhinckley@healthsport.com>

2M

9:30 am, Sat., Aug. 24, 2024

Pl	Name	G/age	Time
1	Ean Hollis	M14	19:30
2	Jeff Usry	M46	20:19
3	Robert Dedekam	M16	20:40
4	Kyle Hollis	M38	20:58
5	Ursula Ebbert	F42	21:09
6	Brett Docherty	M41	21:10
7	Isaiah Shahid	M13	21:14
8	Theodore Barriquand	M10	23:51
9	Julia Roybal	F09	24:38
10	Richard Roybal	M48	24:46
11	Scott Townsend	M13	25:29
12	Bethany Haug	F28	25:42
13	Sarah Shahid	F43	25:54
14	Sarah Bopp	F35	25:56
15	Armand Prieditis	M63	25:56
16	Susan Jansson	F71	28:02
17	Tiffany Needham	F37	28:53
18	Gideon Needham	M04	28:53
19	Andrew Needham	M35	28:54
20	Nina Cunha	F25	28:55
21	Heather Reynolds	F40	28:57
22	Kathy Spott	F26	28:57
23	Hannah Golden	F43	28:59
24	Elizabeth Kraus	F40	29:34
25	Markel Appy	F43	29:36
26	Jeff Haug	M58	30:07
27	Judy Haug	F54	30:17
28	Taysha Bommelyn	F45	30:20
29	Samantha Martinez	F43	31:31
30	Selkie King	F07	32:04
31	Antoine Barriquand	M05	32:32
32	Joanny Barriquand	M42	32:32
33	Jessica King	F38	32:39
34	Anastasia Martinez	F22	32:57
35	Felipe Martinez	M42	32:58
36	Evelyn Kauffman	F08	36:15
37	Lisa Morrison	F51	37:30
38	Mia Bressler	F73	38:52

39	Breanne Docherty	F05	39:11
40	Jessa Docherty	F44	39:11
41	Anya Collingwood	F21	39:30
42	Kat Stidston	F29	39:38
43	Ryan Roybal	M11	39:46
44	Pep Roybal	F47	39:46
45	Tessa Scothorn	F30	40:28
46	Grey Kauffman	M05	40:57
47	Chrissie Keeney	F34	42:03
48	Maria Murphy	F30	42:03
49	Angelica Matias	F26	42:04
50	Pamela Ritter	F61	42:05
51	Jim Ritter	M64	42:06
52	Kathy Yorks	F49	42:11
53	Ivory Marx	F32	42:12
54	Laila Castro	F10	43:09
55	Johnny Castro	M16	43:10
56	Hylia Johnston	F04	43:11
57	Brandy Castro	F36	43:12
58	Elaine Frayer	F63	49:02
59	Heather Malloy	F37	50:02
60	Tenaya Farrell	F23	50:04
61	Angelica Flores-Cruz	F27	50:05
62	Augustine Townsend	M10	52:11
63	Dan Close	M63	52:21
64	Danielle De Martini	F33	53:03
65	Nathan Wells	M26	53:03
66	Anndrea Olsen	F24	54:54
67	Kristie Clark	F33	54:54

10K

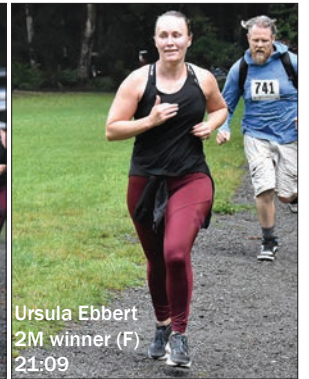
9:00 am, Sat., Aug. 24, 2024

Pl	Name	G/age	Time
1	Everett Docherty	M17	49:53
2	Ryder Bullman	M15	49:58
3	Evan Hollis	M16	50:43
4	Matthew Kidwell	M43	1:00:02
5	Jake Johnson	M48	1:00:14
6	Jenna Larson	F38	1:01:50
7	Owen Ingram	M13	1:02:24
8	Jen Foesig	F52	1:02:25
9	Richard Engel	M61	1:02:27

10	Dustin Jackson	M29	1:02:31
11	Stephanie Wortman	F30	1:02:59
12	Marcus Appy	M50	1:04:53
13	Jeff Haug	M65	1:06:12
14	Isabel Hirsch	F35	1:06:13
15	Albie Rumpfelt	M46	1:07:10
16	Thomas Nolan	M30	1:07:30
17	Morton Damian	M30	1:07:31
18	Kristal Mendez	F42	1:09:03
19	David Herman	M55	1:09:25
20	Uriel Esteves	M18	1:09:57
21	Becky Brennan	F43	1:11:05
22	Summer Morales	F16	1:11:09
23	Kristin Lane	F49	1:12:02
24	Emily Perry	F32	1:12:07
25	Chrissie Keeney	F34	1:12:23
26	Thomas Dewey	M65	1:21:16
27	Olivia Moskowitz	F29	1:22:14
28	Julia Sheppard	F20	1:22:15
29	James Houston	M29	1:22:16
30	Ethan Bush	M28	1:23:57
31	Rondie Buzzard	M42	1:27:01
32	Robin Baker	F36	1:27:27
33	Steven Haug	M31	1:31:13
34	Sandra Healy	F75	1:33:50
35	Angie Pearson	F48	1:33:56
36	Tamara Barriquand	F45	1:37:33
37	Julie Alderson	F53	1:57:15
38	Alex Wright	M33	1:57:16
39	Sara Krobucar	F49	1:59:07
40	Gelereh Rahbar	F52	1:59:08
41	Bethanni Shahid	F12	1:59:09
42	Sandy Aguilar	F58	1:59:12
43	Kristina Darby	F55	1:59:17
44	Robert Frayer	M73	2:01:38
45	Portia Matheson	F76	2:08:20
*	Jacob Rojeski	M29	DNF
*	Elijah Chiles	M15	DNF
*	Vincent Grose	M16	DNF
*	Chase Jimenez	M17	DNF

9:00 am, Sat., Aug. 24, 2024

2M





Scott T



Bethany H



Sarah S

Armand P

Sarah B



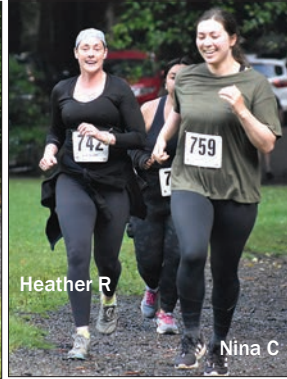
Susan J



Gideon N

Andrew N

Tiffany N



Heather R

Nina C



Kathy S



Hannah G



Elizabeth K

Markel A



Jeff H



Judy H



Taysha B



Samantha M



Selkie K



Antoine B

Joanny B

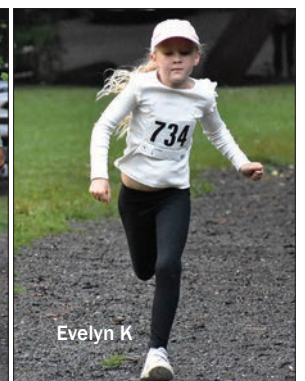


Jessica K



Felipe M

Anastasia M



Evelyn K



Lisa M



Mia B



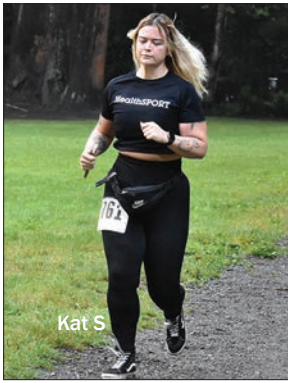
Breanne D



Jessa D



Anya C



Kat S



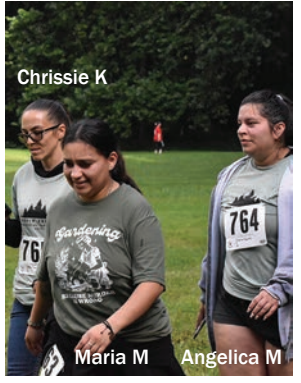
Pep R Ryan R



Tessa S



Grey K



Chrissie K
Maria M Angelica M



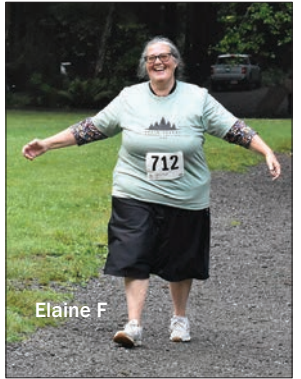
Jim R Pamela R



Ivory M Kathy Y



Laila C Hylia J Johnny C Brandy C



Elaine F



Angelica F-C Tenaya F Heather M



Dan C Augustine T



Danielle D Nathan W



Andrea O Kristie C

10K



Everett Docherty
10K winner (M)
49:53



Ryder B



Evan H



Matt K



Jake J



Jenna Larson
10K winner (F)
1:01:50



Owen I



Jen F Richard E



Dustin J



Stephanie W



Marcus A



Jeff H

Isabel H

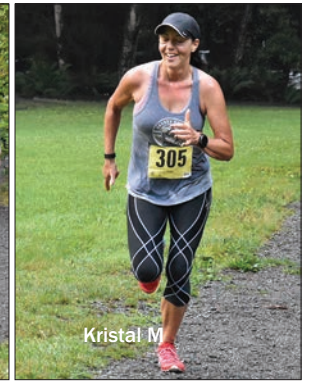


Albie R



Thomas N

Morton D



Kristal M



David H



Uriel E



Becky B



Summer M



Kristin L



Emily P



Chrissie K



Thomas D



Olivia M

Julia S



James H



Ethan B



Rondie B



Robin B



Steven H



Sandra H



Angie P



Tamara B



Julie A



Alex W



Bethanni S



Sara K

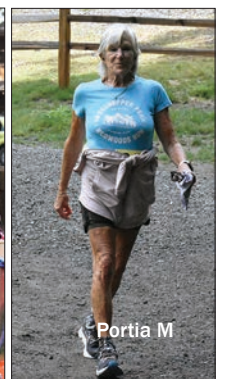
Sandy A

Kristina D

Geleleh R



Robert F



Portia M

Hammond Trail 5K

by "Sarah Sullens" <sarahsullens10@gmail.com>

5K

Place	Name	G/age	Time
1	Ryder Bullman	M15	17:19
2	Lennox Rohlett	M18	17:38
3	West Wood	M21	18:27
4	Matthew Kidwell	M43	18:37
5	Aidan Davis	M19	19:33
6	Tristan Cole	M33	19:46
7	Sky McKinley	M47	21:15
8	Galen Hammit	M33	21:17
9	Colton Taylor	M14	21:19
10	Jeff Haag	M65	21:33
11	Doug Hartling	M40	21:46
12	Jake Johnson	M48	21:48
13	Jon Crackel	M61	21:58
14	Ivan Medel	M40	21:59
15	Zack Whitley	M30	22:07
16	Jenna Larson	F38	22:15
17	Carson DeGarino	M19	22:38
18	Mark Chapman	M64	22:55
19	Sung Choi	M52	22:57
20	Mishka Straka	M66	23:32
21	Richard Roybal	M48	23:57
22	Sarah Sanders	F44	24:25
23	Karen Kidwell	F39	24:27
24	Cooper Hubbard	M14	24:52
25	Tamia Crackel	F22	25:04
26	Lily Simmons	F24	25:30
27	Francisco Herrera	M56	25:32
28	Caroline Carson	F62	25:40
29	Tanya Trump	F55	25:45
30	Sage Hartling	F11	25:54
31	Rebecca Matias	F34	25:58
32	Robin Baker	F36	27:28
33	Kathleen Brubaker	F59	27:38
34	Joanny Barriquand	M42	27:53
35	Arthur Barker	M63	27:54
36	Tj Chapman	F61	28:08
37	Paul Kraus	M63	28:30
38	Peter Martin	M64	29:12
39	Alex Wright	M33	29:15
40	Amy Taylor	F45	29:24
41	Randy Ememaker	M73	30:10
42	Marie Cappiello	F54	31:11
43	Dawn Durbin	F60	31:22
44	John Carson	M66	31:39
45	Robin Fraser	F45	31:56
46	Sierra Wood	F24	31:57
47	Adriana Mendel	F31	32:00
48	Amanda Lee	F32	32:13
49	Jasper	M27	32:28
50	Scott Park	M52	32:43
51	Emily Hartling	F14	33:35
52	Theodore Barriquand	M10	35:57
53	Daniel Lipiec	M68	36:26
54	Lorraine Dillon	F73	36:38
55	Cassie Peterson	F23	36:59
56	Kyersten Sancho	F22	37:00
57	Andrea Nicole	F39	38:38
58	Katelyn Warbritton	F26	39:10
59	Evie Herrera	F14	40:31
60	Neva Herrera	F12	40:31
61	Meg Stampe	F35	41:35
62	Kit Meyer	F44	41:36
63	Isabella Garcia	F26	42:29
64	David Turner	M46	42:49
65	Catrina Howatt	F58	44:07
66	Sherry Myers	F68	44:08
67	Linda Small	F29	44:30
68	Caitlin Taylor	F15	46:42

69	Denise Taylor	M45	46:43
70	Oliver Stamper	M03	47:27
71	Naomi Stamper	F39	47:28
72	Leah Stamper	F41	47:29
73	Wendy Herrera	F48	48:56
74	Mary Ann McCulloch	F68	50:05
75	Portia Matheson	F76	50:06
76	Mia Bressler	F73	50:19
77	Mary Ann Johnston	F69	52:58
78	Molly Kavich	F34	54:51
79	Harry Kavich	M70	54:52
80	Crystal Porter	F40	57:40
81	Shawn Porter	M42	57:42
82	Westley Porter	M10	57:45
83	Felix Porter	M07	57:46
84	Arianna Porter	F14	57:47
85	Mary Zinselmeir	F77	58:05



Ryder Bullman
5K winner (M)
17:19



Lennox R



West W



Matt K



Aidan D



Tristan C



Sky M



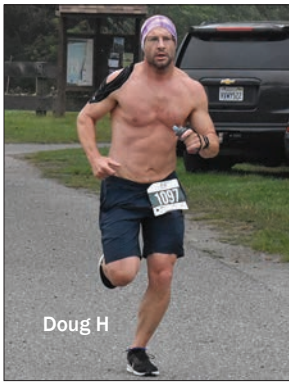
Galen H

Colton T



Jeff H





Doug H



Jake J



Jon C



Ivan M



Zack W



Jenna Larson
5K winner (F)
22:15



Carson D



Mark C



Sung C



Mishka S



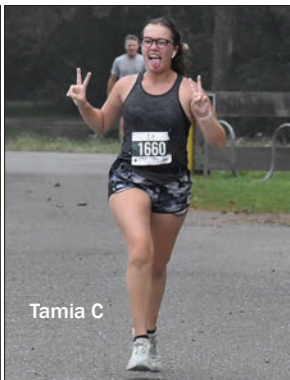
Richard R



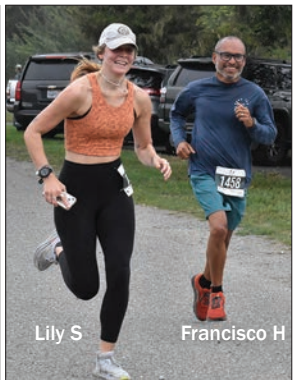
Karen K Sarah S



Cooper H



Tamia C



Lily S Francisco H



Caroline C



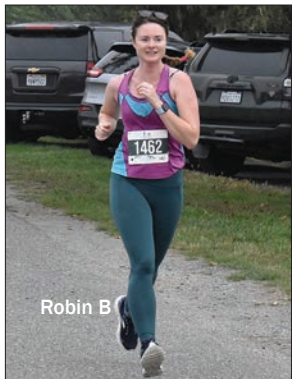
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Sage H



Rebecca M



Robin B



Kathleen B



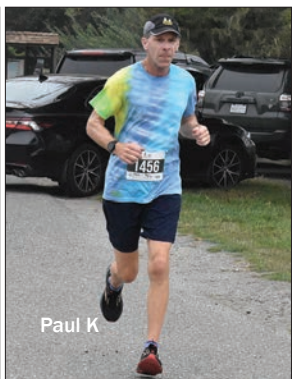
Joanny B



Arthur B



TJ C



Paul K



Peter M



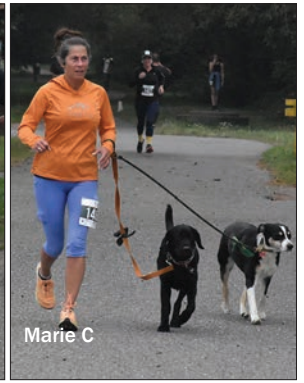
Alex W



Amy T



Randy E



Marie C



Dawn D



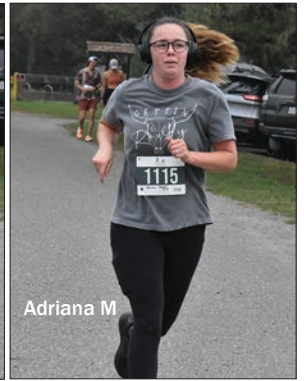
John C



Robin F



Sierra W



Adriana M



Amanda L



Jasper



Scott P



Emily H



Theodore B



Daniel L



Lorraine D



Cassie P

Kyersten S



Andrea N



Katelyn W



Evie H

Neva H



Kit M

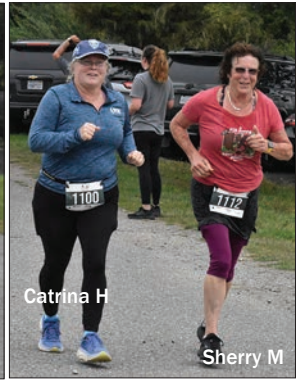
Meg S



Isabella G



David T



Catrina H

Sherry M



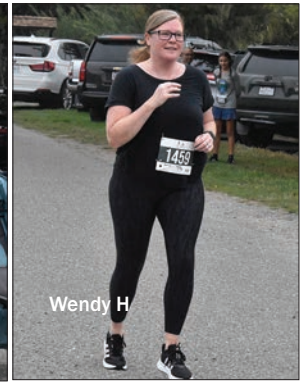
Linda S



Caitlin T Denise T



Naomi S Oliver S Leah S



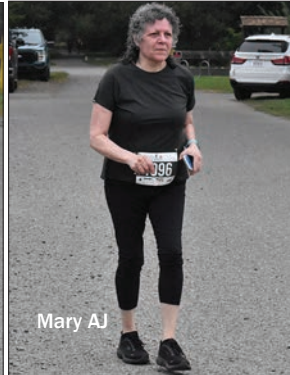
Wendy H



Mary AM Portia M



Mia B



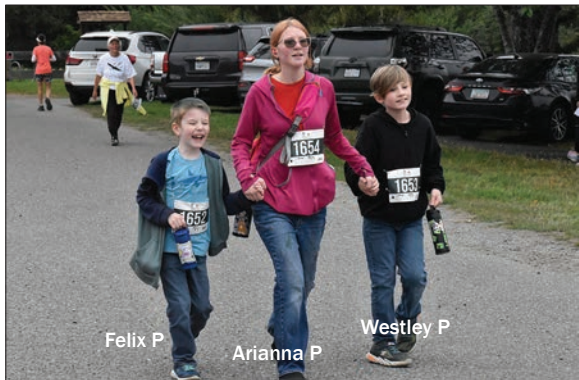
Mary AJ



Molly K Harry K



Crystal P Shawn P



Felix P Arianna P Westley P



Mary Z





2024

23rd ANNUAL SRRC CIRCUIT

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

Upcoming: HRM (Marathon, half & 5K on 10/13/24)

"Runners are the worst. They never want to rest," my friend who is a physical therapist recently said to me. I don't know what she's talking about. I took a WHOLE WEEK off from running after a recent injury.

It was great to be back with the 6RRC crew at the Hammond Trail 5K. **Doug Hartling** "needs a new shoulder." **Francisco Herrera** "cracked a rib" and said he needed to "not breathe too hard." **Caroline Carson** reported some ongoing hamstring tightness. But there we all were, anyway, cheering on our fellow runners and swapping stories and strategies for dealing with the inevitable aches and pains of running.

I was in Paris for the Olympics in August, and I have to say, 6RRC, those Olympians are just like us. (See Gold Medal winner, Noah Lyles.) But where Olympic athletes and fans can't compete with our beloved 6RRC is our enthusiasm. There's nothing like being on the course and getting to cheer for each other or having **Debbie Stamper** in her shiny hat ring a cowbell and shower you in bubbles as you run by, or having **Yoon Kim** say "go, baby (your name here)" as you approach the finish line.

With three races left this year, there are just three more chances to clinch your win, beat your toughest opponent, and, most importantly, be out there with your favorite running club pals. Over 850 people have competed in at least one 6RRC race this year. Only racers who have **completed three races** are listed below. Questions or catch a mistake? Email me at <6RRCcircuit@gmail.com>.



14 & Under Male: Juan Ornelas holds a strong lead with four first place finishes. He needs to complete one more race to complete the Circuit. If **Sebastian Amaro** makes it to the final three races of the year, he still has a chance to win this division. He currently has three first place finishes but hasn't run since the 4th of July. **Westley Porter** and **Felix Porter** completed their fourth races at the Hammond 5K taking 3rd and 5th places with **Oliver Wassom-Stamper** coming in 4th for his 5th race of the year. **Jose Ornelas** completed three races.

14 & Under Female: Sage Hartling took 1st at the Sand Dollar Shuffle and Hammond 5K. She's completed the Circuit and will get a framed certificate if she returns for the last three races. **Emily Hartling** has completed the Circuit with six races and one first place finish. **Arianna Porter** needs to run just one more race to complete the Circuit. **Aileen Ornelas** has run three races and needs three more to complete the Circuit.

15-19 Male: Ocean Goodrich took 1st at the Rodeo 5K for his 3rd race of the year. He needs to run all the remaining races to complete the Circuit.

20-24 Male: Caleb Turner has completed the Circuit with seven races and three first place finishes, most recently at the Sand Dollar Shuffle. **West Wood** missed a few races this summer but came back strong for a first-place finish at the Hammond 5K, his 4th win in this division of the season.

20-24 Female: Tamia Crackel has run three races and took first at the Hammond 5K. She'll need to complete the final three races of the year to complete the Circuit.

25-29 Male: With 9 races and three 1st place finishes, **Jasper** will complete the Circuit and win this division.

25-29 Female: Jordyn Davis took 1st in this age group at the Sand Dollar Shuffle for her 4th race of the year. If she completes two more races, she will complete the Circuit and win this division. **Katelyn Warbritton** got a late start to the competition with her first race of the year being the Ave 10k. She has completed three races and was 1st in this age group at the Hammond 5K.

30-34 Male: Galen Hammitt has completed the Circuit with 9 races and two 1st place finishes in this division. He'd have to run all three remaining races and take first in the division to beat **Tristan Cole** who has run 5 races. **Tristan** took 1st in this group at the Sand Dollar

Shuffle and Hammond 5K. He needs one more race to complete the Circuit. **Zach Whitley** joined the competition late in the year. His first race was the 4th of July 5K and he hasn't missed a race since. He needs to run two more to complete the Circuit. **Brent Ritschel** has run 3 races and took 1st in all of them.

30-34 Female: Isabel Hirsch leads this competitive group of runners with 8 races and 6 1st place finishes. **Rebecca Matias** took first in this age group at the Hammond 5K for her 4th race of the year. **Katrin Lemmon, Meg Stamp, Graciela Guerrero, Adriana Mendel** and **Ale Gallegos** have each completed three races and need three more to complete the Circuit.

35-39 Male: Doug Hartling has run and won every chance he's had this year. With 13 races and 13 wins, he will win this division. **Jose Ornelas** completed the Circuit with 6 races and one 1st place finish. **Pat Spellmeyer** and **Nathan Brinckhaus** have completed three races.

35-39 Female: Seven runners are on track to complete the Circuit in this age group and **Jenna Larson** leads them all. **Jenna** took her seventh win of the year at the Hammond 5K and has completed ten races. **Annie Fehrenbach** outpaced **Jenna** at the Sand Dollar Shuffle for her third 1st place finish of the year. She needs to run one more race to complete the Circuit. **Naomi Stamper** completed her 8th race of the year at the Hammond 5K. **Christina Torres** and **Robin Baker** have completed the Circuit with 7 races each. **Crystal Porter** needs one more race to complete the Circuit. **Karen Kidwell** has run 4 races and has one 1st place finish. She must run two more races to complete the Circuit.

40-44 Male: Matthew Kidwell took 1st in this division at the Hammond 5K for his 6th race and 5th win of the year. He has completed the Circuit and will win this division. **Jeremy Wright** has completed four races and needs to run two more to complete the Circuit. **Adam Ho** and **Casey Ales** have run three races.

40-44 Female: With 14 runners vying for 1st, this is 6RRC's most crowded competition and who will win, is not yet clear. **Kerry Byrne** holds the most wins with 4 completed races and three 1st place finishes but she still needs to run two races to complete the Circuit. **Alicia Mengel** has also run 4 races and won 2. **Robin Fraser, Sarah Sanders, Beth Spellmeyer, Silvia Manzo** and **Tara Vu** all have taken 1st one race. **Sarah Sullens** and **Chrystal Ales** have completed

the Circuit with 6 races. **Leah Stamper** and **Amy Taylor** have run 5 races and **Kathryn Rivera, Kit Meyer** and **Alyse Nichols** have run 4.

45-49 Male: With 8 completed races and 6 wins, **Sky McKinley** looks like he'll win this division. However, **Andrew Jones** has taken a 1st in this group for all three races he has run. If he runs the last three races, he could still take the win from **Sky**. **Jake Johnson** has completed the Circuit with 9 races and 2 wins. **David Turner** completed the Circuit at the Sand Dollar Shuffle and ran his 6th race at the Hammond 5K. **Chris Christianson** has completed the Circuit with 6 races but we haven't seen him since the Master's race. **Pete Ciotti** has run 5 races and needs to run 1 more to complete the Circuit.

45-49 Female: **Angie Pearson** is leading here with 5 races and 2 first place finishes in this age group, most recently at the Sand Dollar Shuffle. She must complete one more race to complete the Circuit. **Amanda Colegrove, Alia Dunphy** and **Victoria Olea** all need to run 3 more races to complete the Circuit.

50-54 Male: **Rob Amerman** has completed 10 races and taken first in this age group in all of them. **Shawn Magnuson** has completed the Circuit with 9 races. **Sung Choi** was first in this age group at the Hammond 5K for his 6th race of the year. **Tony Sanchez** is back at the races after an injury. He needs to complete 2 more races to complete the Circuit. **Matt House** and **Trevor Estlow** have run 3 races and must run 3 more to complete the Circuit.

50-54 Female: **Jen Foesig** has completed the Circuit and will win this division with 7 completed races, taking first in this group at all of them. **Tanya Trump** and **Marie Cappiello** have also both completed 7 races. **Tanya** was first in this age group at 4 of them. **Becky Chapman** has run four races and needs to complete two more to finish the Circuit. **Susan House, Amber Coley** and **Gelareh Rahbar** have completed 3 races.

55-59 Male: **Ed Kallen** currently leads this division with 4 races and 3 wins but **Francisco Herrera** could take the win if he runs the last three races. He has run 3 races and took first in this age group in all 3.

55-59 Female: **Catrina Howatt** has completed the Circuit with 9 races. **Dawn Durbin** has completed 4 races. **Kathleen Brubaker** and **Kelley Sheehy** have completed 3 races. **Kelley** has finished 1st among this group at every race she has run. If she runs the remaining 3 races, she will win this division.

60-64 Male: **Jeff Haag** has run 8 races and took first in this age

group at all but one of them. **Tom Dewey, Mark Chapman** and **Arthur Barker** have all completed 5 races and need 1 more to complete the Circuit. **Richard Engel** has run 4 races.

60-64 Female: **Andrea Wright** leads here with 6 first place finishes. **Caroline Carson** can still win this division as she has completed 8 races and taken first at 5 of them. **Marcile Raney** has run 12 races and has more than completed the Circuit. **Tj Chapman** has completed the Circuit with 6 races. **Simona Carina** and **Michaele Whiteley** have run 5 races and must run 1 more to complete the Circuit.

65-69 Male: **Paul Kinsey** has run 9 races and finished first in this group at 8 of them. **Mishka Straka, John Carson** and **Harry Kavich** have all completed the Circuit with 6 races. **Daniel Lipiec** has run 4 races and **Dean Matheson** has run 3.

65-69 Female: **Lanore Bergenske** will win this division with 8 races and 8 first place finishes. **Debbi Stamper** has had a strong season with 11 races and 4 first place finishes. **Sherry Myers** has also had a busy year with 10 races. She was first in this age group at the Hammond 5K. **Mary Ann Johnston** and **Marlene Allen** completed the Circuit with 6 races. **Kathleen Lake** has run 3 races.

70-74 Male: **Randy Emenaker** has run 12 races and took first in this division at half of them, most recently at the Hammond 5K. **Alan Grau** has a chance to win this division with 5 first place finishes and six races. **Mr. Sunshine** has completed the Circuit with 6 races.

70-74 Female: **Lorraine Dillon** has run five races this year and took 1st in four of them. **Sandra Healy** has run three and took first in all three. She needs to run the remaining three races to complete the Circuit.

75-79 Male: **Cyril Carl** was 1st the Rodeo 5K and Sand Dollar Shuffle. He has run and won 7 races this year and has completed the Circuit. **Tom Martin** has completed five races. **Forrest Stamper** has completed three races and needs to run three more to complete the Circuit.

75-79 Female: With 10 races and 8 first place finishes, **Portia Matheson** has completed the Circuit and will get a framed certificate.

80-84 Male: **Jib Ray** has completed the Circuit with 6 first place finishes most recently at the Rodeo 5K.

85-89 Male: **Jurgen Giessel** took first at the Sand Dollar Shuffle and Rodeo 5K for his 5th and 6th wins of the season. He has completed the Circuit.

Service Requirement Update:

As noted in the January Newsletter, the Board of Directors has added a service requirement to the Circuit. That means, in addition to completing at least six races over two miles in length, you must also volunteer at a race to finish the Circuit. What counts as volunteering? Physically assisting with the production of a race. This might mean working registration, timing, course monitoring, traffic control, etc.

Service requirements may also be fulfilled by serving on the SRRC board, editing the newsletter, managing a race, serving as a scholarship coordinator or on a committee, coordinating the Shoe Fund, or serving on the HRRAY committee.

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

A: Alan Grau, Alyse Nichols, Andrea Wright, Arianna Porter, Ayden Davis, **B:** Bill Daniel, Bob Peck, Brandy Castro, Brett Ritschel, **C:** Caleb Turner, Carla Kraus, Caroline Carson, Catrina Howatt, Cedar Smith, Cessair McKinney, Cheryl Johnson, Cindy Timek, Crystal Porter, Cyril Carl, **D:** Damian Dinan, David Turner, Dawn Durbin, Dean Matheson, Debbie Stamper, Don Brubaker, Douglas Hartling, **E:** Emily Hartling, **F:** Felix Porter, **G:** Gary Timek, Gwen Neu, **H:** Harry Kavich, **I:** Isabel Hirsch, **J:** Jack West, Jake Johnson, Jan West, Jasper, Jenna Larson, Jennifer Marlow, Jessy Preciado, Jiah Barnett, Jib Ray, John Carson, Jorge Preciado, Jurgen Geisel, **K:** Karen Kidwell, Karen Nava, Kathleen Brubaker, Kelly Sheehy, Kerry Byrne, Kris Cunningham, **L:** Lanore Bergenske, Laura Bringhurst, Laura McNulty, Leslie Ames, Lorraine Dillon, **M:** Marcile Rainey, Marie Cappiello, Mark Chapman, Mark Ellis, Marlene Allen, Matthew Kidwell, Mishka Straka, **N:** Naomi Stamper, **O:** Oliver Stamper, **P:** Paul Kinsey, Paul Kraus, Portia Matheson, **R:** Randy Emenaker, Rachel Neu Cardoza, Rob Amerman, Robert Ayers, Robin Baker, Rocco Previde, **S:** Sage Hartling, Sam Pasewark, Sarah Sullins, Sebastian Amaro, Shawn Porter, Sherry Myers, Silvia Manzo, Simona Carini, Sky McKinley, Stephany Joy, **T:** Tanya Trump, Terri Vroman-Little, Thomas Bernota, Thomas Nolan, Tj Chapman, Tom Martin, Tony Sanchez, Tristan Cole, **W:** West Wood, Westley Porter, **Y:** Yoon Kim, Yoshi Uemura, **Z:** Zachary Chapman



Fall 2024 SRRC Shoe Fund Information

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 did 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.**
 - Applications available by contacting this e-mail: <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 **Oct. 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 Nov. 22, 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>

OR coach mails completed forms to:

SRRC SHOE FUND, P.O. BOX 214, ARCATA, CA 95518



Jen Foesig <jenfoesig3@gmail.com> wrote on Tue, Sep 10, 2024:

SRRC members,

If anyone finds themselves in PA, the first weekend after Labor Day, I highly recommend the **Bird-in-Hand Half Marathon**. It takes place in Amish Country, also known as the Plain Community. A weekend of festivities, rolling hills and horseshoe medals. It was a fantastic, well-run event! See you at HRM. – Jen Foesig

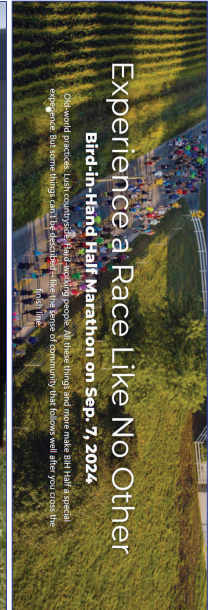
Bird-in-Hand ½ Marathon, 5K & Kid’s Fun Run

Bird-in-Hand, PA

Fri. 9/06/24~ Sat. 9/07/24

Half Marathon

OvP Name	G/AgeG Home	Time	Bib#
460 Jen Foesig	F50-54 McKinleyville	2:01:35	3558



SOB (Siskiyou Out Back) Running Festival
Ashland, OR

Sat~Sun, 7/13~14/24

50 Miler

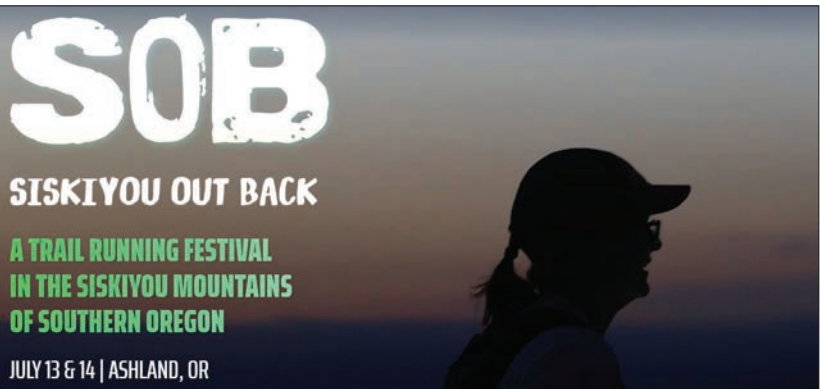
OvP Name	G/age Home	Time
2 Drake Bernards	M32 Arcata	9:03:55

50 K

OvP Name	G/age Home	Time
125 Jeff Haag	M65 McKinleyville	7:16:59
188 Mark Chapman	M64 Miranda	8:22:15

15 K

OvP Name	G/age Home	Time
136 Tj Chapman	M61 Miranda	1:56:55



Lanore Bergenske <lbergenske@fortunaesd.com> wrote on Tue, Aug 27, 2024:

I celebrated my birthday running the **Santa Rosa Marathon**!! #103 marathon or beyond.
 -- Lanore

Santa Rosa Marathon
 Santa Rosa, CA
 Aug. 24-25, 2024



OvP Name G/age Home Time Bib#
 453 Lanore Bergenske F67 Fortuna 3:48:21 1551



SRRC Crossword Puzzle

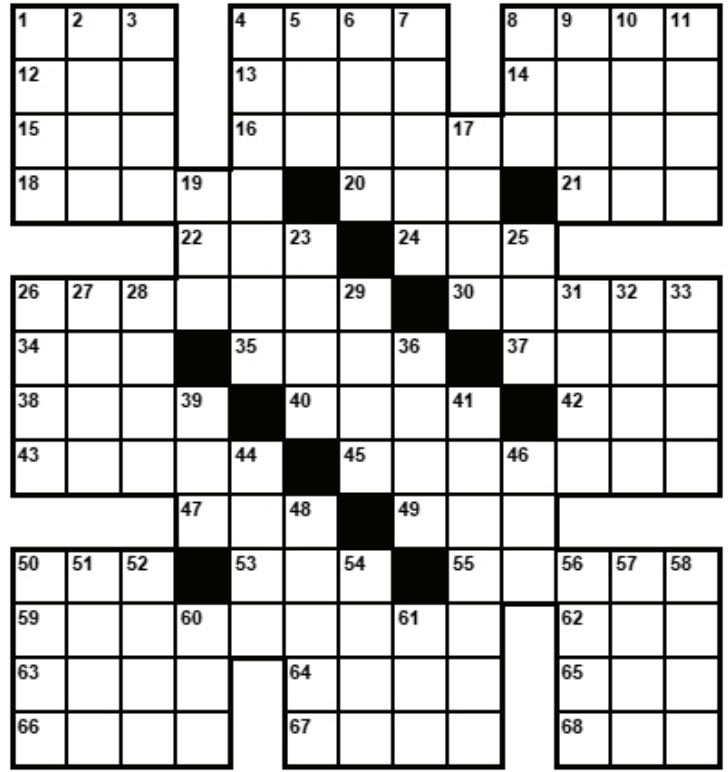
Arcata
 Aug. 17, 2024

ACROSS

- 1 Historical period
- 4 Biblical brother
- 8 Eurasian mountain
- 12 Container
- 13 "The bad guy" in police jargon
- 14 Flatbread
- 15 Autonomous computer program
- 16 Runner's lament, part 1
- 18 Leg extender
- 20 Affirmative
- 21 K-O connector
- 22 Greek goddess of the dawn
- 24 Attempt
- 26 Runner's lament, part 2
- 30 "Family" car
- 34 Tic-tac-toe winner, perhaps
- 35 Greek god of love
- 37 Big book
- 38 Gumbo ingredient
- 40 Greek vowels
- 42 Colorant
- 43 Runner's lament, part 3
- 47 In the manner of
- 49 Type of med. insurance
- 50 Poisonous snake
- 53 Spanish cheer
- 55 Aquatic mammal
- 59 Runner's lament, part 4
- 62 Simian
- 63 Wealthy person's suffix
- 64 Eastern continent
- 65 Centering prefix
- 66 The Club
- 67 Desires
- 68 Conservationist's prefix

DOWN

- 1 Recedes
- 2 Civil disturbance
- 3 Oppositionist's prefix
- 4 Idealized example
- 5 Ocean
- 6 Military force
- 7 Dismayed
- 8 Happy moods
- 9 Streamlet
- 10 Particle
- 11 Turf
- 17 Paddles
- 19 Island garland
- 23 Arid
- 25 Until now
- 26 Tie up, as a ship
- 27 Harness
- 28 Ripped
- 29 Flatbread
- 31 Extinct land bird
- 32 Certain five-carbon chemical group
- 33 Require
- 36 Clothing accessory
- 39 High bond rating
- 41 Asian pastries
- 44 Internet journal
- 46 Negative adverb
- 48 Put to rest
- 50 Exclamations of discovery
- 51 French evening
- 52 Contented cat sound
- 54 Loosen
- 56 Domesticate
- 57 Long story
- 58 Fix a botched job
- 60 Kind of room
- 61 Moral transgression



"Ken Yanosko" <kenyanosko@sbcglobal.net>

Upcoming Events

SUN., OCT 13, 2024 << **SRRC race** >>

44th Humboldt Redwoods. {Fees for all} Marathon & Half-marathon at 8:30AM, 5K at 9AM. Start and finish at Dyerville Bridge. Visit the HRM website <redwoodsmarathon.com> for more information.

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. Park at Redwood Acres. Post Race Community Connections Fair at Humboldt Cider Garden! For more information, contact **Ella Price** at (707)616-8494 or e-mail <Ella.Price@va.gov>.

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. Please ask **Jeff Haag** <jeffreybhaag@gmail.com> 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



Humboldt County Beer Runners

524 followers • 14 following

Please contact **Jeff Haag** at <jeffreybhaag@gmail.com> to know more about Wednesday Beer Runners. You can also look at the Facebook.

Wed., Sept. 4, 2024



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"

