



Sand Dollar Shuttle Run 5M  
Clam Beach  
9:00 am, Sat., Aug. 3, 2024



# August Minutes

Wed., Aug. 7, 2024, 6:30 p.m. at Babe's in Cutten. Board members in attendance: **Laura Bringham, Sherry Myers, Marlene Allen, Matthew Kidwell, Mark Ellis, Thomas Nolan, Jorge Preciado, Jessy Preciado** and **Gary Timek**. Guests: **Yoshi Uemura, Jack West, Cindy Timek, Jamie Hinckley** and **Reed Elmore**.

## OLD BUSINESS

- A. Fortuna Rodeo Run 5K (Sun., 7/14/24) recap:** 75 finishers. Course had to be rerouted due to construction, making the race 7.1 miles. Other than that, everything went well.
- B. Sand Dollar Shuffle Run 5M (Sat., 8/03/24) recap:** 58 finishers. Fog made it tough but everyone had a good time.
- C. HRRAY:** Finalizing the schedule for the fall. First meet will probably be held on September 24.
- D. Foggy Bottom Milk Run:** Looking for a new race director, if interested reach out to Gary.
- E. Fall Shoe Fund:** Matthew motions to continue the shoe fund with a maximum of 40 pairs, Mark seconds, motion passes. Information will be passed to local schools.

## NEW BUSINESS

- A. Kevin Ebbert Memorial Run (9:00 & 9:30 am, Sat., 8/24/24):** At Arcata Community Park, 10K+ at 9:00AM & 2-Mile at 9:30AM. Raising money for the Boys and Girls Club. Would like to use club equipment and have some club volunteer support. Registration starts at 8:00AM.
- B. Hammond Trail 5K (9:00 am, Sat., 9/07/24):** At Hiller Park in McKinleyville. Volunteer help is needed, please contact Sarah Sullens.
- C. CR Invitational (10:30 & 11:30 am, Sat., 8/24/24):** At the Arcata Marsh, volunteer help needed. Would also like to borrow the club's clock.
- D. HRM (Sun., 10/13/24):** Planning is coming along well
- E. Financials:** All race directors need to submit their year end financial reports to Cindy.
- F. Other:**

- Jorge will roll the Coast Central CD's into new ones.
- Club has purchased a defibrillator that should be on hand at all races and updated supplies for the first aid kit.
- **Next meeting:** Babe's in Cutten; Dinner at 5:30, Meeting at 6:30 pm, Wed., Sept. 4, 2024. Ask Gary Timek <gtimek@aol.com> for details.



Sand Dollar Shuffle Run  
Sat., Aug. 3, 2024



**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 **20<sup>th</sup> 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  
Laura Bringham laura@humboldtsmokehouse.com 601-4010  
Mark Ellis mg8ellis@gmail.com 442-7235  
Jamey Harris jamey@humboldt.edu 826-5955  
Matthew Kidwell\*\* matthew5513@yahoo.com 444-2546  
Jorge Preciado ramirez\_xc@yahoo.com (818)478-6636  
Juan Reyes violate2much@yahoo.com (915)276-7642  
Sarah Sullens sarahsullens10@gmail.com 845-9652

#### 2023-2024

Karen Kidwell karenhoffman@hotmail.com 444-2546  
Sherry Myers sherrymyers1956@gmail.com 839-1057  
Thomas Nolan thomasnolan22@gmail.com 834-7716  
Jessy Preciado\*\* jenglishjohnson@gmail.com 845-6838  
Gary Timek\*\*\* gtimek@aol.com 845-5147

### SRRS OFFICERS

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

### SRRS Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



# Sand Dollar Shuffle Run

by "Paul Kraus" <paulkraus59@gmail.com>

Thanks to all the runners who showed up to run the extremely foggy Sand Dollar Shuffle today and Special thanks to the **volunteers** that made the event run so smoothly:

- Registration: **Carla Kraus, Sherry Meyers, Catrina Howatt and Isabel Hirsch**
- Finish Line: **Harry Kavich, Tom Martin, Andrea Wright**
- Timing: **Gary Timek and Mark Ellis**
- Results and Photos: **Yoon Kim**
- Gear Haulers: **Gary, Harry, Carla, Juergen Geisel, Mark, Andrea, Catrina, Sherry and Tom**
- Flamingo Retrieval Relay: **Sherry and Catrina** handing off to **Lanore** in the final mile

Huge thanks to **Carla** for baking the sand dollar cookies, preparing the watermelon, shopping with me and general event organization. Thanks again everyone. It is always fun and uplifting. – **Paul Kraus and Carla Kraus**



## 5M

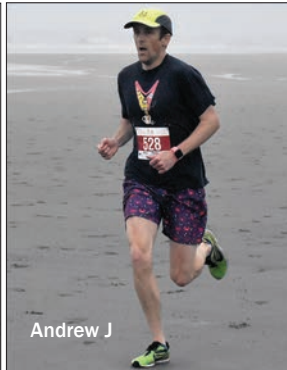
Place	Name	G/age	Time
1	Tristan Cole	M32	34:11
2	Andrew Jones	M47	34:55
3	Doug Hartling	M40	35:09
4	Galen Hammitt	M33	35:14
5	Jeff Haag	M65	35:17
6	Caleb Turner	M22	35:56
7	Jake Johnson	M48	36:09
8	Juliano Pereira	M32	36:52
9	Paul Kinsey	M69	37:28
10	Francisco Herrera	M56	37:30
11	Annie Fehrenbach	F36	37:33
12	Jenna Larson	F38	37:40
13	Sky McKinley	M47	38:02
14	Mishka Straka	M66	38:29
15	Rob Amerman	M50	39:08
16	Chris Welsh	M62	39:32
17	Zack Whitley	M30	39:41
18	Richard Roybal	M48	39:53
19	Mark Chapman	M64	39:58
20	Lanore Bergenske	F66	40:18
21	Jason Yost	M44	40:42

22	Tony Sanchez	M55	40:58
23	Jeremy Wright	M43	41:36
24	Isabel Hirsch	F35	41:39
25	Shawn Magnuson	M54	41:48
26	Lauren Matson	F40	42:36
27	Simona Carini	F61	43:28
28	Alan Grau	M70	44:11
29	Cyril Carl	M77	44:12
30	Rebecca Matias	F34	45:18
31	Alex Wright	M33	45:24
32	Tanya Trump	F54	46:02
33	Jordyn Davis	F25	46:05
34	Thomas Nolan	M30	46:06
35	Tara Vu	F42	46:38
36	Sage Hartling	F11	47:11
37	Arthur Barker	M62	48:22
38	Marie Cappiello	F53	48:40
39	Ed Kallen	M59	49:14
40	Randy Emenaker	M73	51:58
41	Eric LeBlanc	M33	52:36
42	Debbie Stamper	F70	52:46
43	Robin Fraser	F45	52:57
44	Angie Pearson	F48	53:00
45	Tom Nolan	M60	55:41

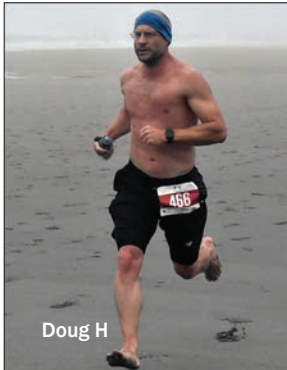
46	Christina Torres	F36	55:50
47	Jasper	M27	57:33
48	Sandra Healy	F74	59:33
49	Daniel Lipiec	M68	59:57
50	Daniel Welsh	M63	1:01:01
51	Marcile Raney	F64	1:04:39
52	David Turner	M46	1:13:49
53	Catrina Howatt	F57	1:14:02
54	Sherry Myers	F68	1:14:07
55	Ira Blatt	M78	1:15:37
56	Jurgen Giessel	M87	1:16:28
57	Portia Matheson	F76	1:17:33
58	Jerry Fowler	M85	1:26:40



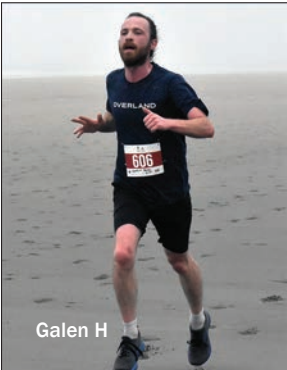
Tristan Cole  
5M winner (M)  
34:11



Andrew J



Doug H



Galen H



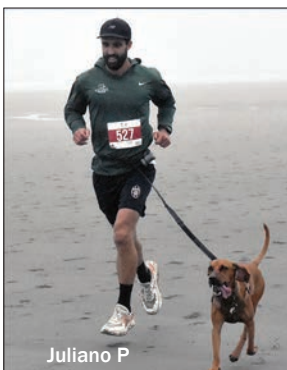
Jeff H



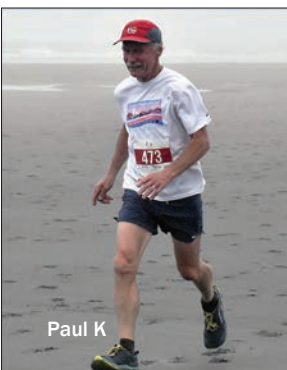
Caleb T



Jake J



Juliano P

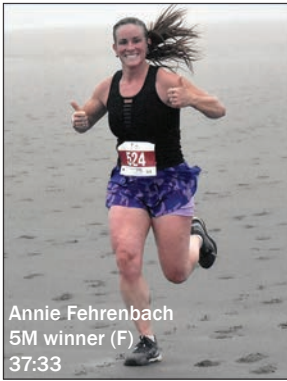


Paul K

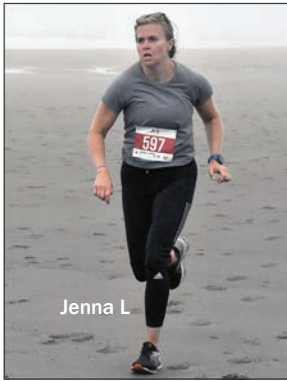


Francisco H

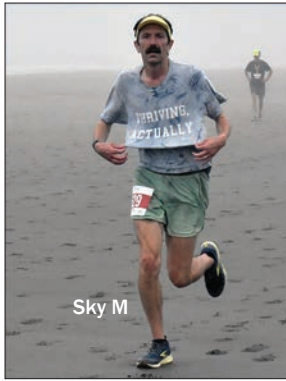




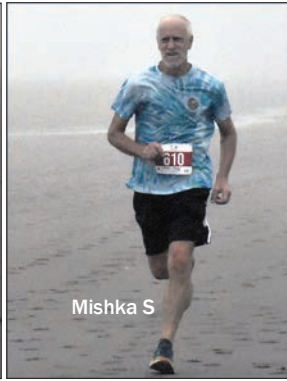
Annie Fehrenbach  
5M winner (F)  
37:33



Jenna L



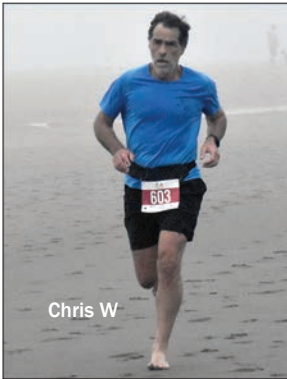
Sky M



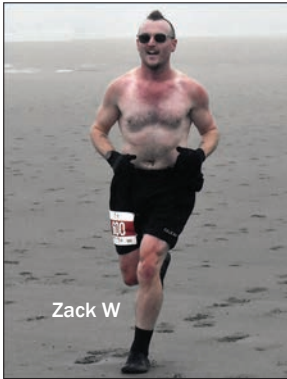
Mishka S



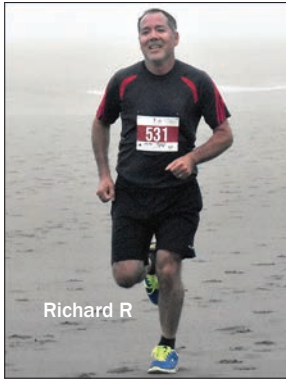
Rob A



Chris W



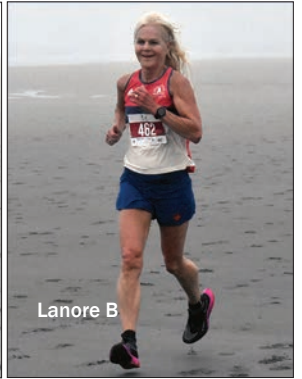
Zack W



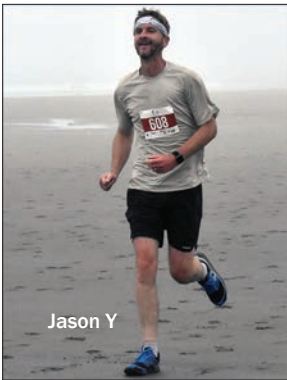
Richard R



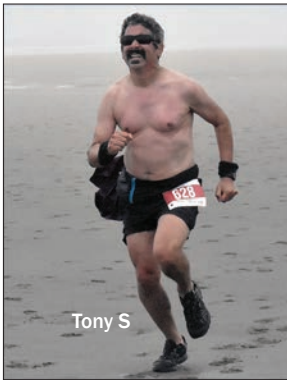
Mark C



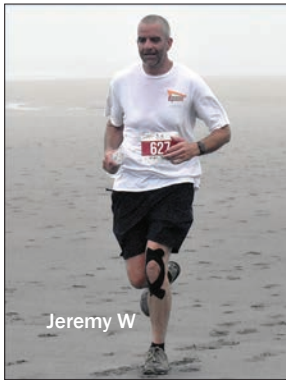
Lanore B



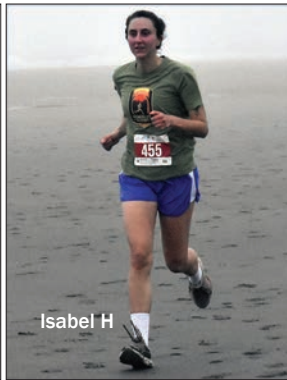
Jason Y



Tony S



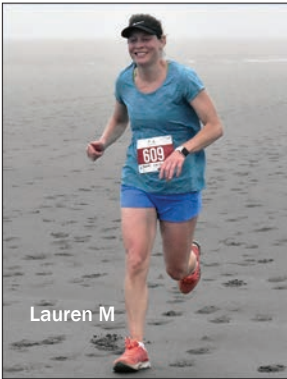
Jeremy W



Isabel H



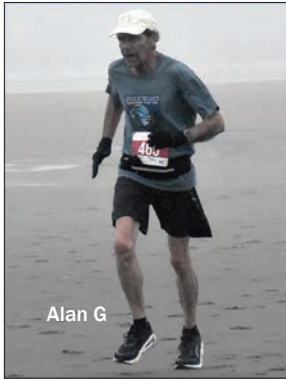
Shawn M



Lauren M



Simona C



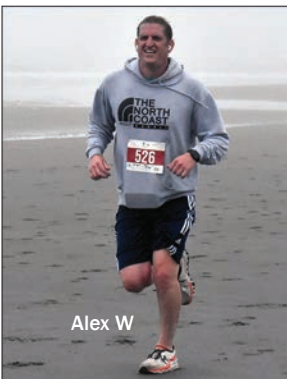
Alan G



Cyril C



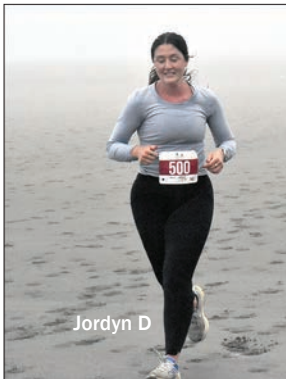
Rebecca M



Alex W



Tanya T



Jordyn D

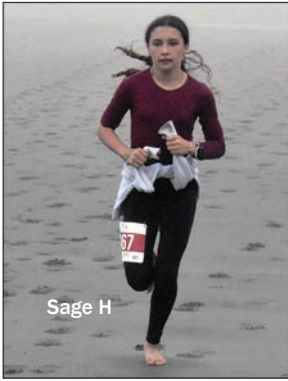


Thomas N

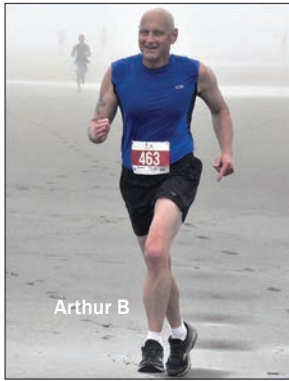


Tara V

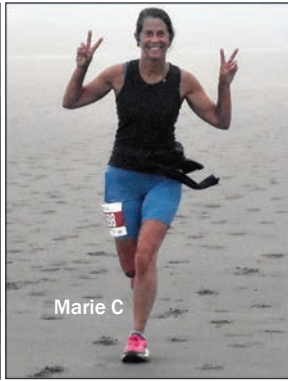




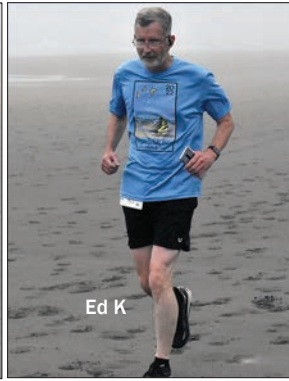
Sage H



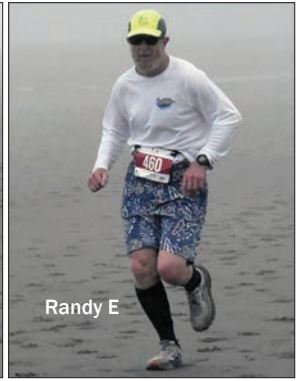
Arthur B



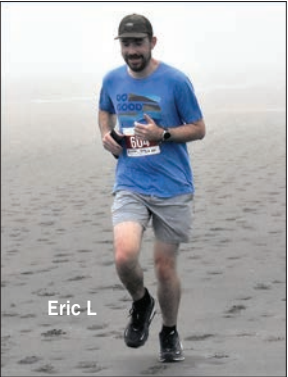
Marie C



Ed K



Randy E



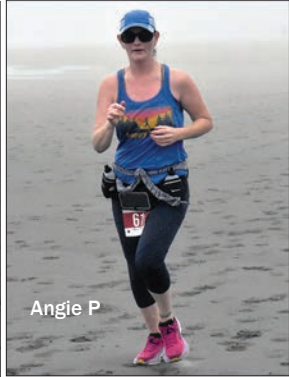
Eric L



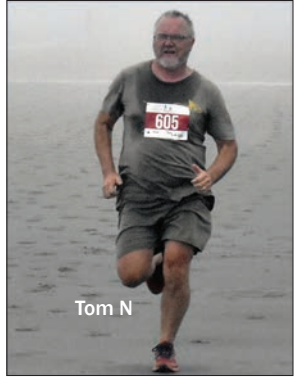
Debbie S



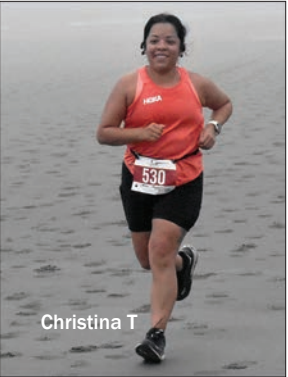
Robin F



Angie P



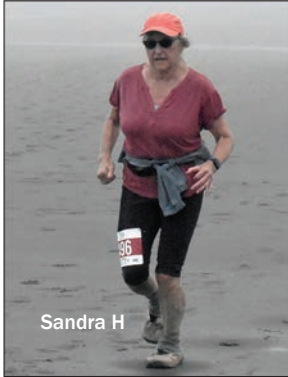
Tom N



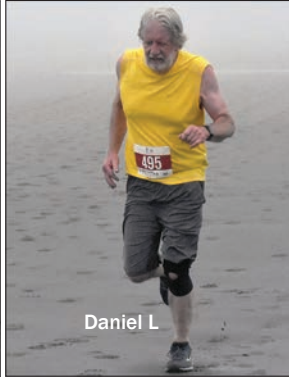
Christina T



Jasper



Sandra H



Daniel L

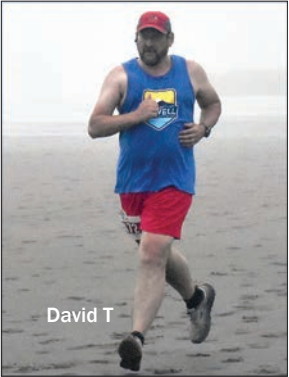


Daniel W

Chris W



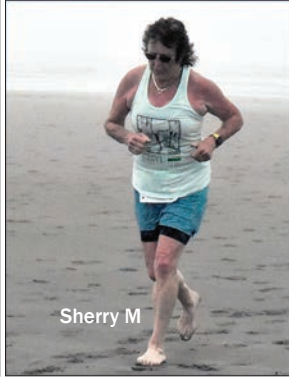
Marcile R



David T



Catrina H



Sherry M



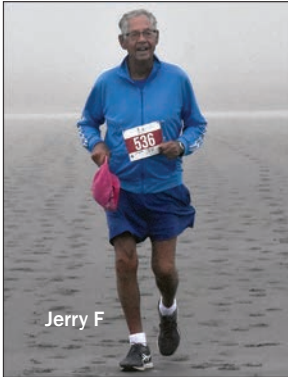
Ira B



Jurgen G



Portia M



Jerry F





# James Washington Birthday Dash 5K

by "Davita McGoldrick" <damgoldrick@gmail.com>

P1	Name	G/age	Time
1	Kai Frimodig	M18	19:19
2	Damian Dinan	M18	19:49
3	Sabastian Amaro	M14	20:08
4	Andrew Jones	M47	22:01
5	Cedar Cramer	M15	22:10
6	Pete Cloth	M46	23:01
7	Colton Smith	M15	23:10
8	Richard Roybal	M48	23:20
9	Tony Sanchez	M55	23:26
10	Benjamin Cramer	M41	23:32
11	Lanore Bergenske	F66	23:34
12	Jen Foesig	F52	24:20
13	Jonathan Schram	M42	24:27
14	Jacob Rojeski	M29	24:34
15	Sean Palmer	M39	24:51
16	Brayden Ford	M14	25:13
17	Tyler Hooker	M41	27:14
18	Thomas Nolan	M30	27:15
19	Cameron Roberts	M31	27:16
20	John Aryanpur	M65	27:20
21	Kathleen Brubaker	F59	28:06
22	Charlotte Landis	F08	28:18
23	Colleen Toste	F61	28:28
24	Peter Carlson	M62	29:02
25	Lynn Jones	F45	29:22
26	Kaylee Woodson	F12	29:25
27	Penelope Landis	F01	29:39
28	Matilda Landis	F05	29:40
29	Sarah Landis	F39	29:41
30	Mike Dronkers	M47	30:15
31	Brighton Winfield	M12	30:16
32	Scott Winfield	M63	30:24
33	Marke Woodson	F13	31:07
34	Andrew Gallegos	M30	31:08
35	Nathaniel Maldonad	M29	32:00
36	Anselm Cramer	M11	32:17
37	Linda Forbes	F81	32:25
38	Mya Collenberg	F15	35:39
39	Skyler Collenberg	M16	36:05
40	Camden Corse	M11	36:51
41	Marcile Raney	F64	36:57
42	Caleb Corse	M07	37:12
43	Cynthia Corse	F38	37:13
44	Sheyda Gomez	F40	38:40
45	Ryan Emenaker	M46	39:52
46	Amanda Belmar	F09	40:11
47	David Belmar	M37	40:12
48	Jaclyn Dair	F29	40:18
49	Erica Gallegos	F33	40:23
50	Andrew Gallegos	M05	40:24
51	Catrina Howatt	F57	42:31
52	Sherry Myers	F68	42:37
53	Daniel Branco	M81	43:39
54	Shelley Johnson	F64	45:31
55	Sandy Padlicki	F64	45:32
56	Portia Matheson	F76	45:36
57	Selkie King	F07	46:18
58	Jessica King	F38	46:21
59	Kush Rawal	M27	49:46
60	Andy Collenberg	M46	51:59
61	Daniel Collenberg	M70	52:00
62	Patty McHaney	F62	55:44
63	Steve McHaney	M60	55:47



Kai Frimodig  
5K winner (M)  
19:19



Damian D



Sebastian A



Andrew J



Cedar C



Pete C



Colton S



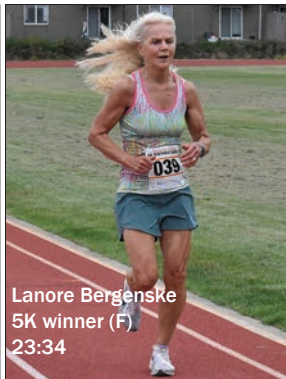
Richard R



Tony S



Benjamin C



Lanore Bergenske  
5K winner (F)  
23:34



Jen F







Jonathan S



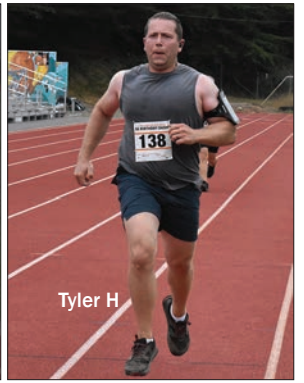
Jacob R



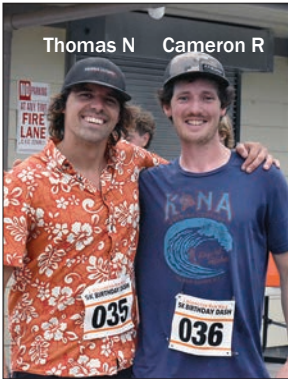
Sean P



Brayden F



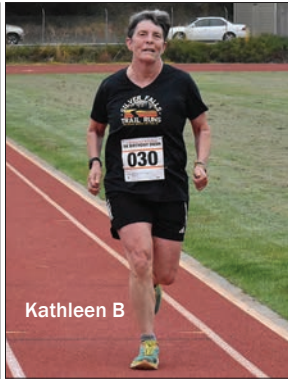
Tyler H



Thomas N Cameron R



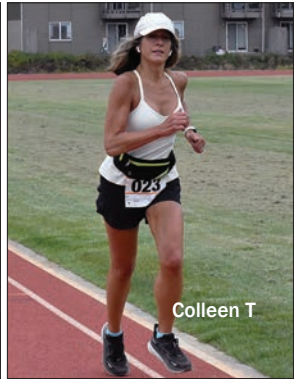
John A



Kathleen B



Charlotte L



Colleen T



Peter C



Lynn J



Kaylee W



Penelope L

Matilda L

Sarah L



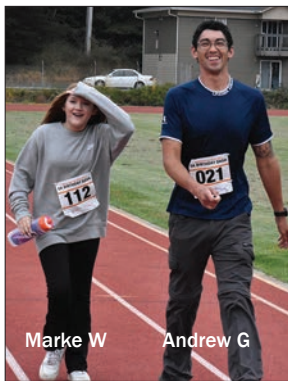
Mike D



Brighton W



Scott W



Marke W

Andrew G



Nathaniel M

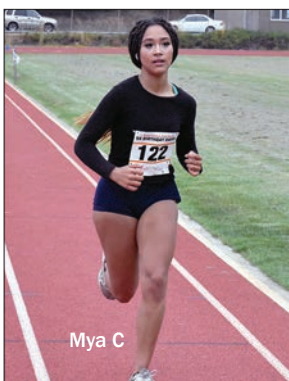


Benjamin C

Anselm C



Linda F



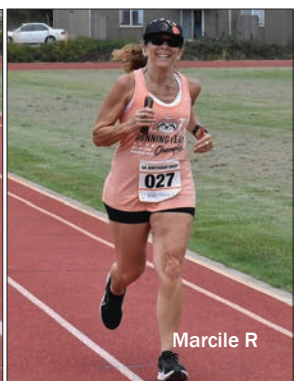
Mya C



Skyler C



Camden C



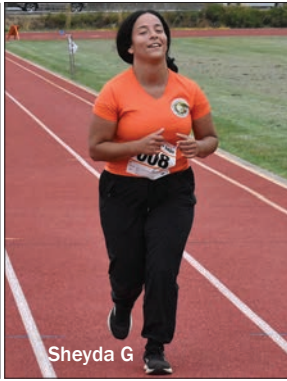
Marcile R





Cynthia C

Caleb C



Sheyda G

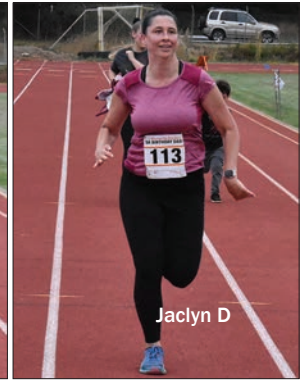


Ryan E

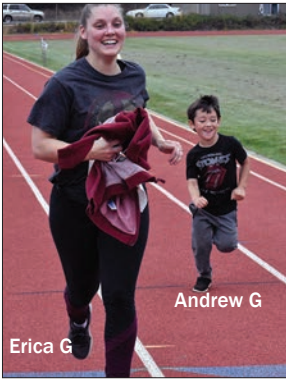


Amanda B

David B

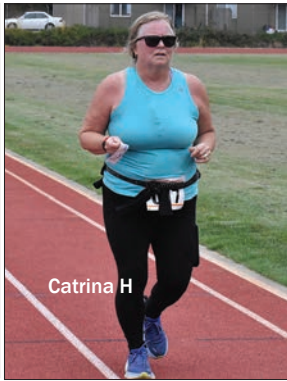


Jaclyn D



Erica G

Andrew G



Catrina H



Sherry M



Daniel B



Jessica K

Selkie K



Sandy P

Pörtia M

Shelley J



Kush R



Andy C

Daniel C

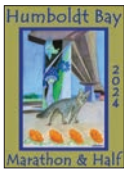


Patty M

Steve M







# 9<sup>th</sup> Humboldt Bay Marathon & Half

## Marathon

Eureka, CA, 7:00am, Sun., Aug. 11, 2024

Pl	Name	G/age	Time
1	Charles Sauter	M33	2:38:18
2	David Horton	M49	3:00:12
3	Adán Rivas	M30	3:06:15
4	Terrance Stevenson	M48	3:13:19
5	John Best	M37	3:15:04
6	Spencer Fluetsch	M24	3:15:13
7	Mike Railton	M31	3:17:59
8	Benjamin Choe	M19	3:18:05
9	Cole Sandrich	M15	3:18:23
10	Alessandro Maraniello	M51	3:18:46
11	James McCanne	M44	3:21:37
12	Jacob Thrap	M34	3:22:01
13	<b>Michelle Joyce</b>	<b>F25</b>	<b>3:22:02</b>
14	Hayden Holmlund	M27	3:22:52
15	Joshua Slaughter	M27	3:23:12
16	Tristan Ebert	M27	3:23:47
17	<b>Romney Resney</b>	<b>F56</b>	<b>3:29:34</b>
18	<b>Kristen Steudel</b>	<b>F24</b>	<b>3:30:44</b>
19	Max Franklin	M24	3:33:45
20	Jim Harvey	M61	3:34:45
21	<b>AnnaLise Sandrich</b>	<b>F20</b>	<b>3:38:19</b>
22	<b>Sequoia Ashby</b>	<b>F18</b>	<b>3:39:11</b>
23	Jonathan Carey	M60	3:42:50
24	<b>Renee Landart</b>	<b>F39</b>	<b>3:45:47</b>
25	<b>Maria Vieyra</b>	<b>F25</b>	<b>3:46:30</b>
26	Bradley Fenner	M60	3:46:46
27	Mike Gossman	M64	3:47:11
28	<b>Karen Wan</b>	<b>F19</b>	<b>3:48:03</b>
29	Matt Boren	M35	3:48:41
30	Ronald Almasy	M53	3:49:05
31	<b>Alicia Mengel</b>	<b>F45</b>	<b>3:49:31</b>
32	Alex Stoll	M31	3:51:56
33	Javier Enriquez	M36	3:54:43
34	Tegan Thompson	M24	3:58:39
35	Alejandro Cortes	M26	3:59:28
36	Brett Hoeffcker	M38	4:00:01
37	<b>Youa Xiong</b>	<b>F44</b>	<b>4:04:06</b>
38	<b>Caroline Zhang</b>	<b>F24</b>	<b>4:05:36</b>
39	<b>Stacy Anderson</b>	<b>F57</b>	<b>4:06:22</b>
40	<b>Melissa Gossman</b>	<b>F63</b>	<b>4:14:23</b>
41	<b>Sheri Jensen</b>	<b>F59</b>	<b>4:23:10</b>
42	William Zhang	M21	4:24:18
43	<b>Lanore Bergenske</b>	<b>F66</b>	<b>4:24:19</b>
44	Jay Donovan	M31	4:25:55
45	Steve Symanovich	M66	4:35:25
46	Kyle Resnik	M45	4:39:53
47	Peter Ciotti	M46	4:39:54
48	Jonathan Choe	M50	4:42:41
49	<b>Kelly Ridgway</b>	<b>F38</b>	<b>4:44:42</b>
50	<b>Holly Vanderpool</b>	<b>F37</b>	<b>4:44:57</b>
51	<b>Jordyn Davis</b>	<b>F26</b>	<b>4:50:50</b>
52	Thomas Nolan	M30	4:50:51
53	Damian Morton	M30	4:50:52
54	Garrett Sieloff	M31	4:56:36
55	<b>Agnes Sheldon</b>	<b>F59</b>	<b>5:00:55</b>
56	<b>Jasmine Agundez</b>	<b>F24</b>	<b>5:01:50</b>
57	Elijah Hernandez	M21	5:09:37
58	Drake Heffington	M21	5:13:03
59	<b>Julia Croteau</b>	<b>F54</b>	<b>5:13:21</b>
60	Tyler Lacroix	M29	5:17:17
61	<b>Isla Steven-Schneider</b>	<b>F20</b>	<b>5:17:17</b>
62	Jesus Mendez	M33	5:19:28
63	Ed Kallen	M59	5:31:29
64	Alex Wright	M33	5:34:53
65	John Zhang	M56	5:44:29
66	Taylon Bradbury	M23	5:49:46

67	<b>Peyng Lee</b>	<b>F31</b>	<b>6:02:58</b>
68	Thomas Orr	M36	6:39:25
69	Jib Ray	M84	6:45:20
70	Tony Symanovich	M75	6:51:32

## Half Marathon

Eureka, CA, 8:00am, Sun., Aug. 11, 2024

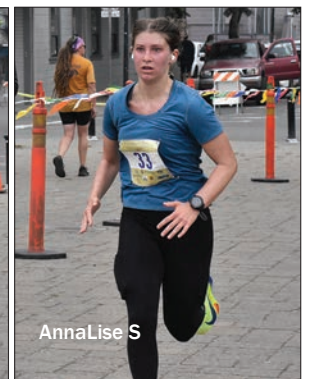
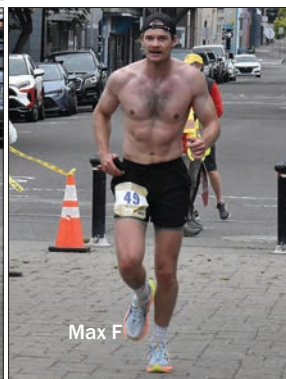
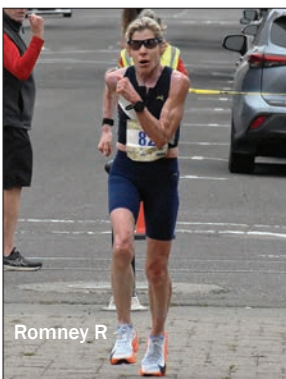
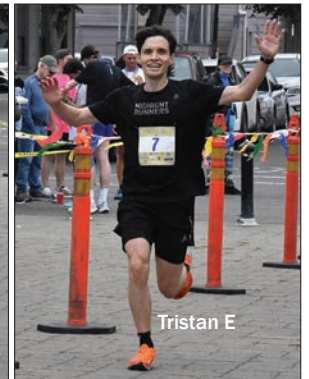
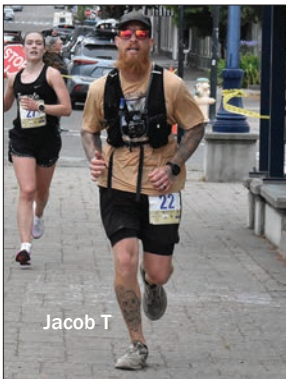
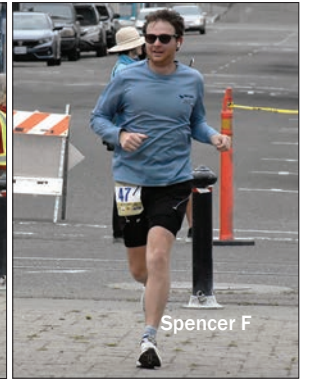
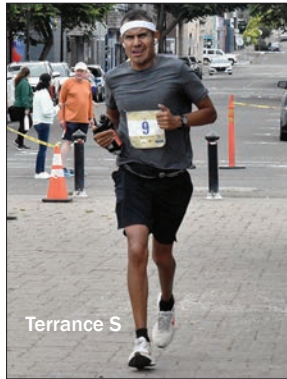
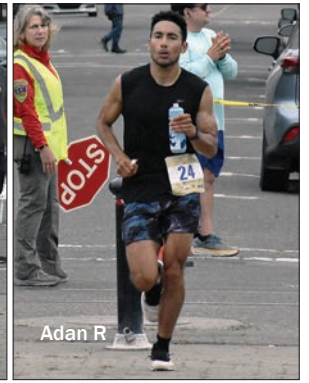
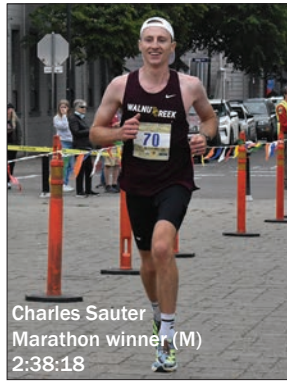
Pl	Name	G/age	Time
1	Jack Chandler	M20	1:19:52
2	Aaron Hansen	M43	1:21:28
3	Ryder Bullman	M15	1:24:05
4	Everett Dochenty	M17	1:25:59
5	Cassidy Parker	M27	1:26:17
6	Travis Sanborn	M35	1:27:19
7	Michael Zaleski	M34	1:28:43
8	<b>Pamela Naylor</b>	<b>F44</b>	<b>1:28:45</b>
9	Matthew Kidwell	M43	1:29:48
10	<b>Day Robins</b>	<b>F28</b>	<b>1:32:03</b>
11	Michael Marshino	M46	1:32:49
12	Wayne Patton	M49	1:33:56
13	Chase Jimenez	M17	1:35:24
14	Nicholas Andersen	M28	1:36:05
15	Jake Johnson	M48	1:39:48
16	Luke Padilla	M16	1:40:34
17	<b>Cedar Smith</b>	<b>F43</b>	<b>1:42:01</b>
18	<b>Antonya Diller</b>	<b>F36</b>	<b>1:43:14</b>
19	<b>Caitriona Parker</b>	<b>F26</b>	<b>1:43:35</b>
20	Steven Haug	M31	1:44:10
21	Mark Ortiz	M27	1:44:57
22	<b>Kathy Shockley</b>	<b>F50</b>	<b>1:45:08</b>
23	Brian Shockley	M24	1:45:08
24	<b>Jennifer Heidmann</b>	<b>F54</b>	<b>1:45:14</b>
25	Andrew Arvin	M37	1:45:34
26	<b>Olivia Black</b>	<b>F24</b>	<b>1:45:42</b>
27	William English III	M27	1:45:44
28	<b>Katie Choe</b>	<b>F17</b>	<b>1:45:54</b>
29	Eric Coppa	M27	1:46:01
30	Dustin Jackson	M29	1:46:01
31	<b>Kristal Mendez</b>	<b>F42</b>	<b>1:46:07</b>
32	David Macauley	M62	1:46:54
33	Matt Cover	M44	1:46:56
34	<b>Kaylee Mueller</b>	<b>F24</b>	<b>1:47:19</b>
35	Michael Straka	M66	1:47:33
36	Imre Meszaros	M60	1:47:35
37	Rob Amerman	M50	1:47:41
38	James Pacelli	M51	1:48:15
39	Jeffrey Haag	M65	1:48:36
40	Ian Jewett	M40	1:48:45
41	Uriel Esteves	M18	1:49:50
42	Tony Gigliani	M48	1:50:33
43	<b>Roxi Mueller</b>	<b>F54</b>	<b>1:51:42</b>
44	Vern Smith	M66	1:51:48
45	Shawn Magnuson	M55	1:52:31
46	Danny Schmiegel	M23	1:53:23
47	Michael Shockley	M22	1:53:32
48	Robin Lancaster	M28	1:53:49
49	<b>Teagan Perry</b>	<b>F28</b>	<b>1:53:59</b>
50	Tongshuang Li	M60	1:55:41
51	<b>Molly Dixon</b>	<b>F26</b>	<b>1:55:42</b>
52	Christopher Flaherty	M28	1:55:44
53	Craig Anderson	M60	1:55:49
54	Braden Padilla	M15	1:56:32
55	Tim Carroll	M64	1:57:11
56	Hank Seemann	M53	1:58:19
57	Jude McNeil	M16	1:58:28
58	Silas Botk	M14	1:58:28
59	Felizaldy Salimo	M54	1:59:14
60	Logan Lancaster	M26	1:59:41
61	<b>Lily Simmons</b>	<b>F24</b>	<b>1:59:53</b>

62	<b>Kim Perry</b>	<b>F55</b>	<b>1:59:54</b>
63	Sung Jae Choi	M52	1:59:55
64	Netra Khatri	M46	2:01:47
65	<b>Sumer Morales</b>	<b>F16</b>	<b>2:03:05</b>
66	Daniel Jones	M46	2:04:30
67	<b>Kaylee Holland</b>	<b>F28</b>	<b>2:04:39</b>
68	<b>Emily Batini</b>	<b>F37</b>	<b>2:04:47</b>
69	<b>Ember Lasbury</b>	<b>F31</b>	<b>2:05:26</b>
70	<b>Amber Coley</b>	<b>F53</b>	<b>2:05:29</b>
71	Adam Ho	M41	2:06:40
72	<b>Jordan Kauffman</b>	<b>F31</b>	<b>2:06:43</b>
73	<b>Dawn Arledge</b>	<b>F48</b>	<b>2:06:49</b>
74	<b>Jocelyn Kang</b>	<b>F25</b>	<b>2:07:29</b>
75	Javier Villalvazo	M28	2:07:44
76	<b>Aubrey Whittington</b>	<b>F33</b>	<b>2:08:06</b>
77	<b>Torie Mather</b>	<b>F45</b>	<b>2:08:30</b>
78	Jesse Schwarz	M36	2:09:19
79	<b>Jennifer Kass</b>	<b>F47</b>	<b>2:09:37</b>
80	<b>Kathy Mellado</b>	<b>F26</b>	<b>2:09:47</b>
81	<b>Heidi O'Hanen</b>	<b>F39</b>	<b>2:09:48</b>
82	<b>Laura Holt</b>	<b>F46</b>	<b>2:10:12</b>
83	<b>Jen Olson</b>	<b>F43</b>	<b>2:10:14</b>
84	<b>Tara Logan</b>	<b>F30</b>	<b>2:11:09</b>
85	Tyren Sanborn	M16	2:11:16
86	<b>Taryn Sanborn</b>	<b>F22</b>	<b>2:11:16</b>
87	<b>Beth Hansen</b>	<b>F39</b>	<b>2:11:17</b>
88	Mike Hansen	M46	2:11:23
89	Rob Lindley	M51	2:11:48
90	<b>Savannah Steffen</b>	<b>F28</b>	<b>2:12:00</b>
91	<b>Jenavieve Hatch</b>	<b>F34</b>	<b>2:12:33</b>
92	<b>Rhythym McCollum</b>	<b>F32</b>	<b>2:13:14</b>
93	Darin Alley	M58	2:16:07
94	<b>Elena Shatalova</b>	<b>F36</b>	<b>2:16:45</b>
95	<b>Debbie Symanovich</b>	<b>F68</b>	<b>2:17:14</b>
96	Po Cheng Chen	M34	2:17:41
97	Moises Melendez	M32	2:18:02
98	Jose Mier	M33	2:18:50
99	<b>Leah McNeil</b>	<b>F12</b>	<b>2:18:52</b>
100	<b>Ella McNeil</b>	<b>F14</b>	<b>2:18:58</b>
101	<b>Silvia Manzo</b>	<b>F40</b>	<b>2:19:08</b>
102	Aaron Morales	M49	2:19:16
103	<b>Jennifer Desideri</b>	<b>F47</b>	<b>2:19:42</b>
104	<b>Loren Osborn</b>	<b>F44</b>	<b>2:20:22</b>
105	<b>Christina Brown</b>	<b>F32</b>	<b>2:20:22</b>
106	<b>Alexis Neal</b>	<b>F26</b>	<b>2:21:25</b>
107	Jasper Z.	M27	2:21:50
108	<b>Tonya Geers</b>	<b>F66</b>	<b>2:23:54</b>
109	Jakob Clark	M24	2:24:54
110	Seth McNeil	M43	2:25:44
111	<b>Claire Dolan</b>	<b>F40</b>	<b>2:26:14</b>
112	Brett Mack	M54	2:26:14
113	<b>Addison Wilhite</b>	<b>F16</b>	<b>2:26:29</b>
114	<b>Christina Torres</b>	<b>F36</b>	<b>2:27:34</b>
115	Chris Chandler	M52	2:28:42
116	<b>Morgan Gard</b>	<b>F37</b>	<b>2:29:07</b>
117	<b>Alyssa Rempel</b>	<b>F39</b>	<b>2:29:42</b>
118	<b>Abiona Katri</b>	<b>F24</b>	<b>2:30:12</b>
119	<b>Kathryn Rivera</b>	<b>F41</b>	<b>2:31:27</b>
120	<b>Mary Anderson</b>	<b>F33</b>	<b>2:32:20</b>
121	<b>Ale Gallegos</b>	<b>F35</b>	<b>2:35:16</b>
122	Jack Archey	M53	2:35:51
123	<b>Dalas Hayes</b>	<b>F26</b>	<b>2:38:02</b>
124	Hank Payne	M66	2:38:28
125	<b>Rachel Ross</b>	<b>F65</b>	<b>2:38:51</b>
126	Creston Marshino	M67	2:41:07
127	<b>Royce Fonseca</b>	<b>F44</b>	<b>2:41:15</b>
128	<b>Sara Pinedo</b>	<b>F39</b>	<b>2:42:02</b>
129	<b>Cathryn LaRochelle</b>	<b>F33</b>	<b>2:45:18</b>
130	Jeff Haug	M58	2:46:54

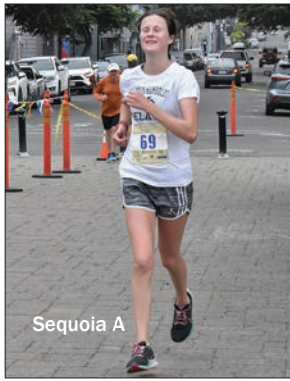


131	Judy Haug	F54	2:46:54
132	Eduardo Alatorre	M23	2:47:11
133	Frances Baca	F41	2:50:05
134	Hoa On	F52	2:50:37
135	Gursimrat Kaur	F41	2:52:40
136	Edmundo Vitacruz	M57	2:53:51
137	Kari Steen	F38	2:55:18
138	Brenda Garcia	F33	2:55:55
139	Sherri McCovey	F51	3:00:26
140	Adam Malavasic	M41	3:02:44
141	Christine Wright	F54	3:04:03
142	Alicia Lopez	F35	3:04:04
143	Gelareh Rahbar	F52	3:06:05
144	Nikki Payne	F62	3:06:48
145	Alisa Tubbs	F65	3:07:22
146	Rhonda Flaherty	F56	3:07:54
147	B Dahl	F49	3:11:37
148	Joseph Coppini	M67	3:18:34
149	Valerie Stevens	F28	3:18:58
150	Wesley Paden	M32	3:18:59
151	Wohali Bishop	M31	3:37:54
152	Kanen Ishimoto	M29	3:44:45
153	Dennis Mori	M77	3:49:43
154	Joni Hammond	F63	4:07:12
155	Sara Starr	F67	4:07:13
156	Amita Khazanie	F45	4:24:14
157	Vicki Hayler	F51	4:24:22
158	Carla Parker	F58	4:26:09
159	Thomas McCutchen	M50	4:35:12

# Marathon



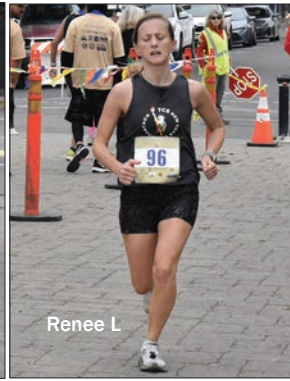




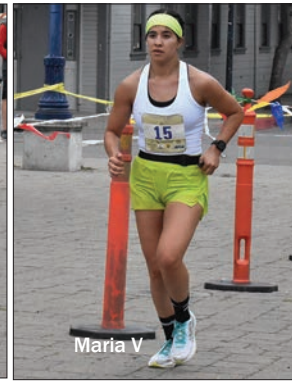
Sequoia A



Jonathan C



Renee L



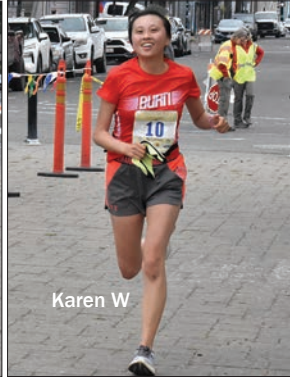
Maria V



Bradley F



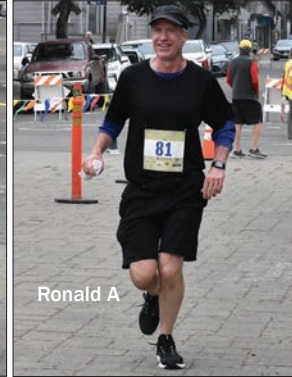
Mike G



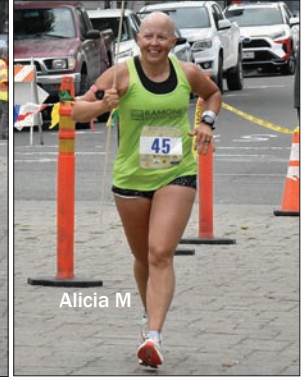
Karen W



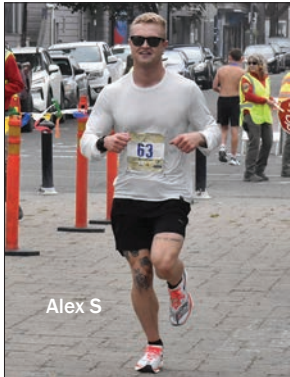
Matt B



Ronald A



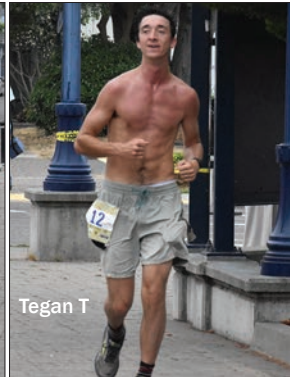
Alicia M



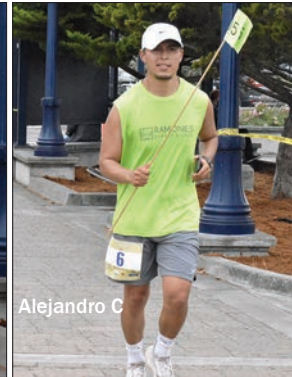
Alex S



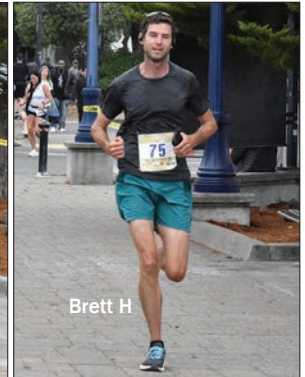
Javier E



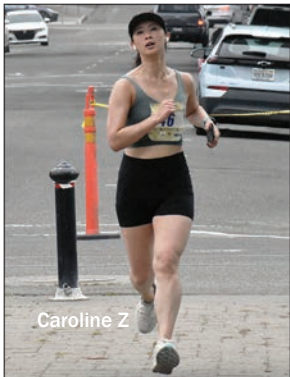
Tegan T



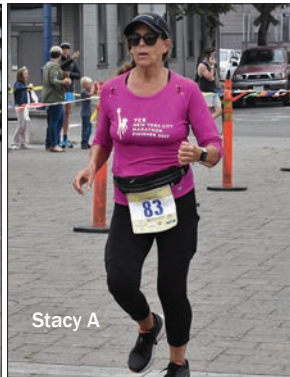
Alejandro C



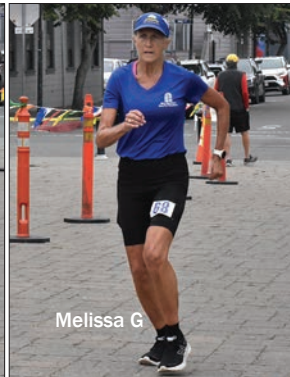
Brett H



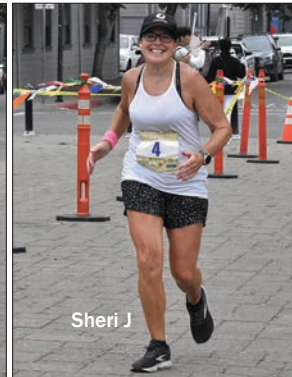
Caroline Z



Stacy A



Melissa G



Sheri J



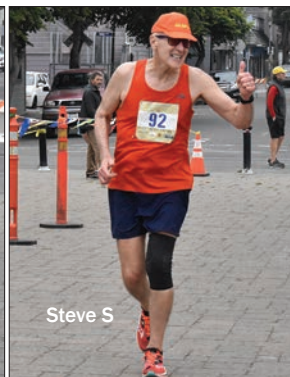
William Z



Lanore B



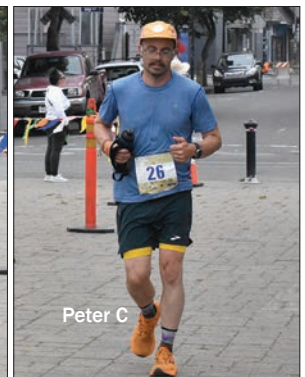
Jay D



Steve S



Kyle R

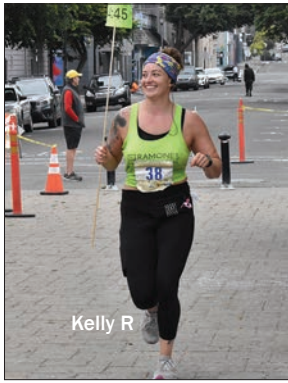


Peter C

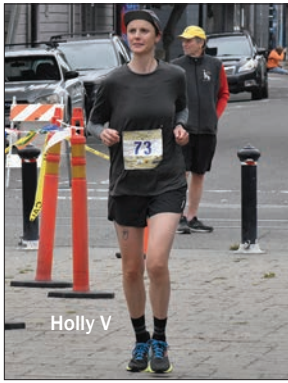




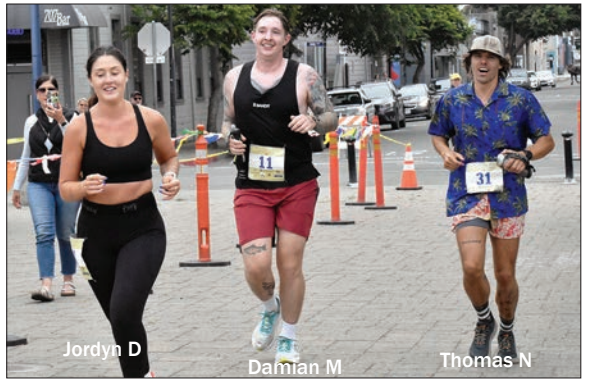
Jonathan C



Kelly R



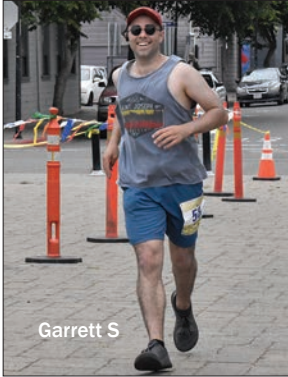
Holly V



Jordyn D

Damian M

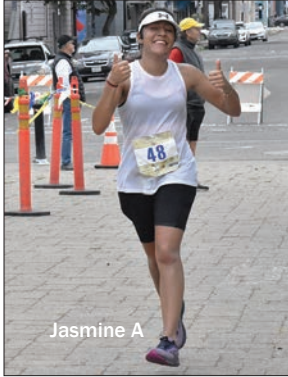
Thomas N



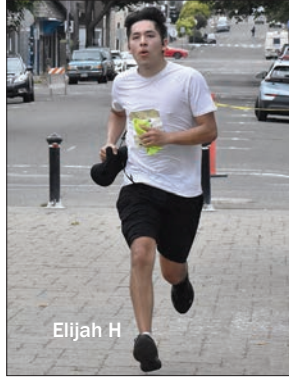
Garrett S



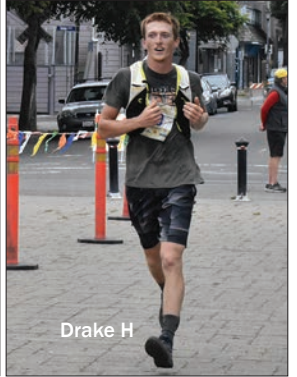
Agnes S



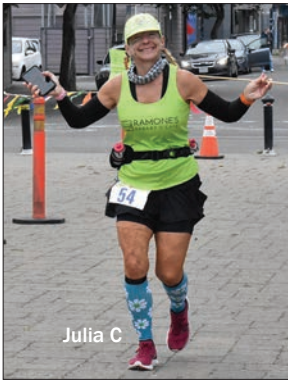
Jasmine A



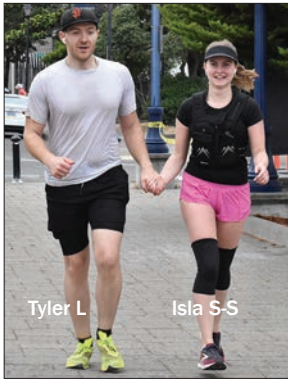
Elijah H



Drake H



Julia C



Tyler L

Isla S-S



Jesus M



Ed K



Alex W



Taylon B



Peying L



Thomas O

Jib R



Tony S



Half Marathon



Jack Chandler  
1/2 Marathon winner (M)  
1:19:52



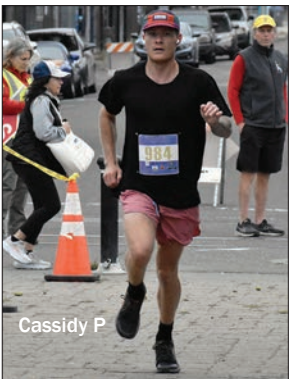
Aaron H



Ryder B



Everett D



Cassidy P





Travis S



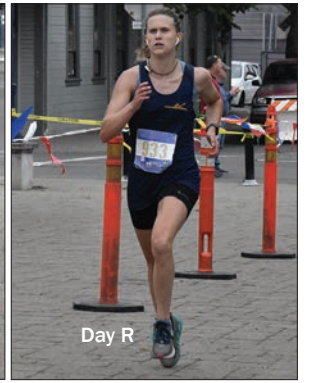
Michael Z



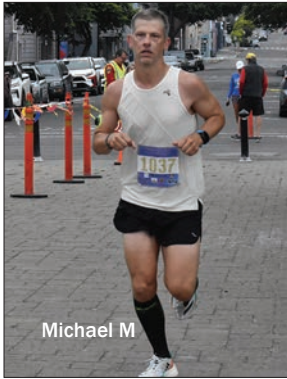
Pamela Naylor  
1/2 Marathon winner (F)  
1:28:45



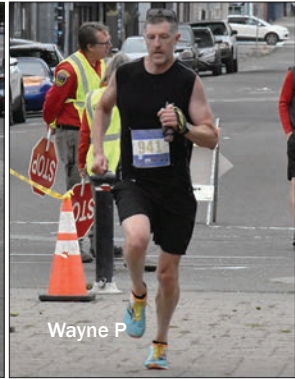
Matt K



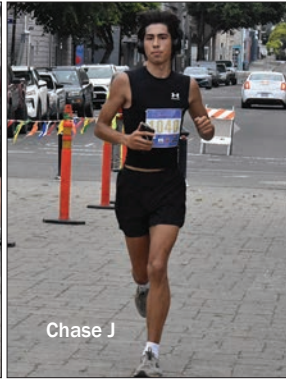
Day R



Michael M



Wayne P



Chase J



Nicholas A



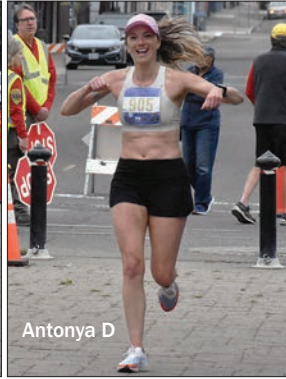
Jake J



Luke P



Cedar S



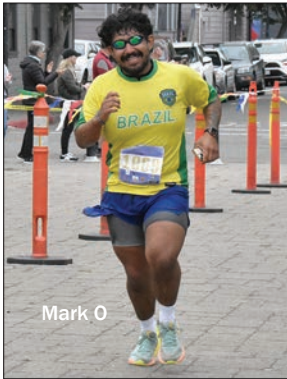
Antonya D



Caitriona P



Steven H

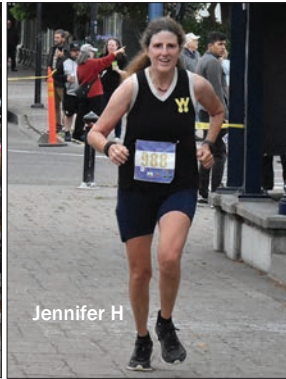


Mark O



Kathy S

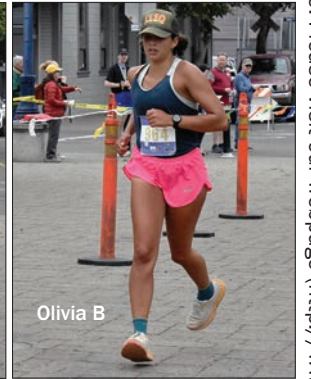
Brian S



Jennifer H



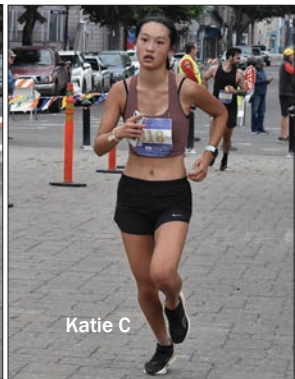
Andrew A



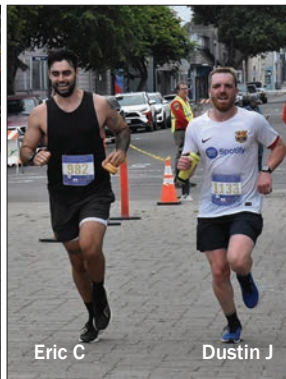
Olivia B



William E



Katie C



Eric C

Dustin J



Kristal M



David M

● All marathoners & top 47 half marathoners are shown here. Please visit our webpage (<http://www.Grc.com>) for the rest of the photos.





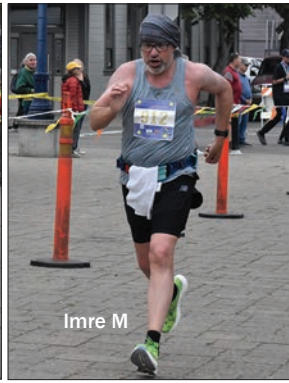
Matt C



Kaylee M



Michael S



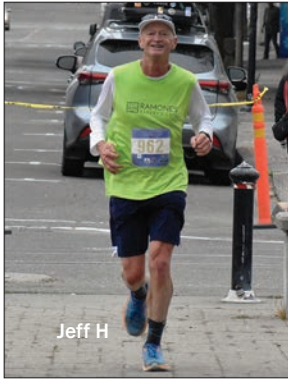
Imre M



Rob A



James P



Jeff H



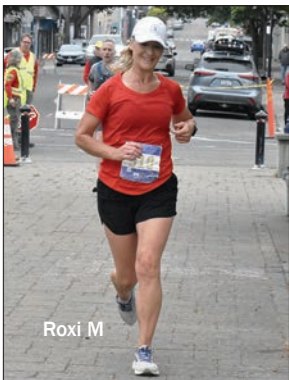
Ian J



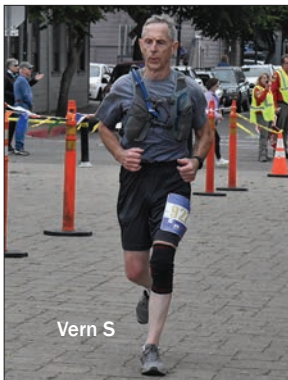
Uriel E



Tony G



Roxi M



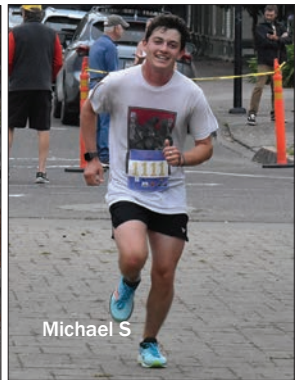
Vern S



Shawn M



Danny S



Michael S

## The 2024 Youth Cross Country Season Is About to Begin

HRRAY met recently to begin the work of starting the 2024 cross country season. The season will start on September 8 with the Coaching Clinic. We will hold a clinic for any coaches in the area that would like to have some help getting a program started. Here is the rest of the youth season:



Date	Location	Time Races Begin
Tuesday, September 24	Winship Middle School, Eureka	4:00 PM
Thursday, September 26	Perigot Park, Blue Lake	4:00 PM
Tuesday, October 1	Redwood Park, Arcata	4:00 PM
Thursday, October 3	Bigfoot Golf Course, Willow Creek	4:00 PM
Tuesday, October 8	Rohner Park, Fortuna	4:00 PM
Thursday, October 10	Hammond Trail, McKinleyville	4:00 PM
Thursday, October 17	Championships, Arcata Community Center	4:00 PM

All races include kindergarten to 8<sup>th</sup> grade divisions. The races vary in length for each division. The kindergarten to 2<sup>nd</sup> grade division begins with races a little less than 1/2 mile and builds to 1 full mile. The 3<sup>rd</sup> to 5<sup>th</sup> grade division begins at about 3/4 of a mile and builds to 2 miles. The final division, the 6<sup>th</sup> to 8<sup>th</sup> graders, run from 1 to 2 miles. There are three races at each meet, combining the boys and girls. The genders are separated for the results. The meets are a lot of fun to watch and, by helping, you can get close to the action.

**Davita McGoldrick, Breanna Cahoon, Alysia Davidson, Sarah Elie, Shari Hostler, Denise Walker-Brown** and I will be putting on the meets with the help of many members of Six Rivers Running Club. Please let me know if you would like to help at any of the meets. **Arcata Sunrise Rotary** will be at the Humboldt County Youth Championships on October 17 at the Arcata Community Center. This is our biggest meet where, with the help of the Arcata Sunrise Rotary, 180 youth runners will receive top 10 awards by running 1 mile for kindergarten to 2<sup>nd</sup> grade and 2 miles for 3<sup>rd</sup> to 5<sup>th</sup> grade and 6<sup>th</sup> to 8<sup>th</sup> grade. It is a great finale to our cross country season and we would love to have SRRC support. Please help or come watch. You can get more information at <[www.hrray.org](http://www.hrray.org)>. -- **Jack West** <[jandjwest@yahoo.com](mailto:jandjwest@yahoo.com)>, **HRRAY** <[hrray707@gmail.com](mailto:hrray707@gmail.com)>





# SRRC Crossword Puzzle

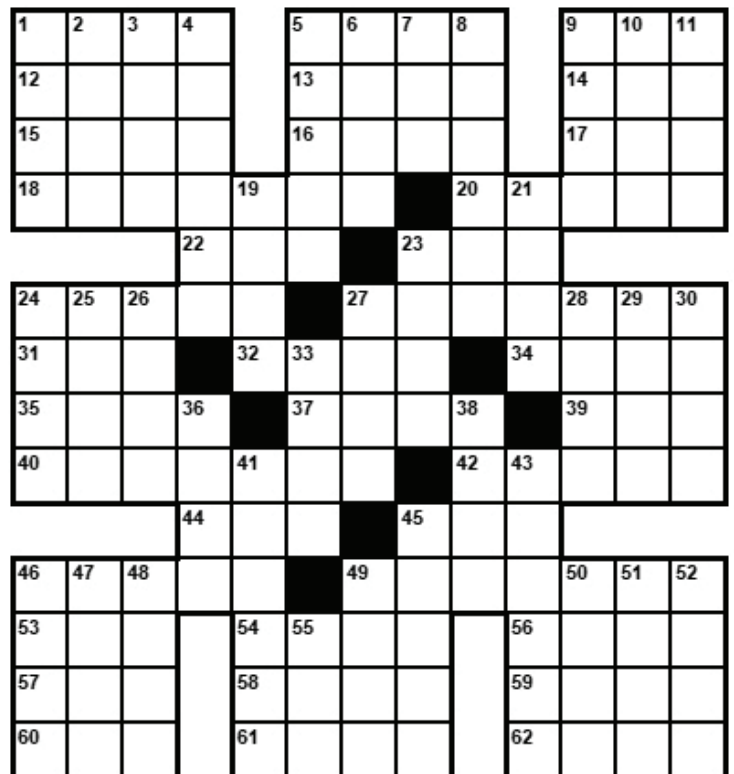


## ACROSS

- 1 French head
- 5 Fly high
- 9 In favor of
- 12 "That's funny!"
- 13 Garfield's pal
- 14 Strong beer
- 15 High cards
- 16 Caps
- 17 Was in front
- 18 A mystery to be explained (part 1)
- 20 Ice house
- 22 Sound detector
- 23 US secret code org.
- 24 Begin a race
- 27 A mystery to be explained (part 2)
- 31 Fall behind
- 32 Went fast
- 34 Farming prefix
- 35 Graven image
- 37 Defeat
- 39 Sea eagle
- 40 A mysterious explanation (part 1)
- 42 Fragment
- 44 Before, in poems
- 45 Light brown
- 46 Backbone
- 49 A mysterious explanation (part 2)
- 53 French lake
- 54 Upon
- 56 Move out of danger, shortly
- 57 Environmental prefix
- 58 Fastening strip
- 59 Clean slate: tabula \_\_\_
- 60 Lair
- 61 Former significant others
- 62 Grade school abbr.

## DOWN

- 1 Melt
- 2 Every one of
- 3 Those ones
- 4 Less difficult
- 5 Of the sun
- 6 Norse god
- 7 Help
- 8 Fight back
- 9 Tumble
- 10 Butter substitute
- 11 Go back to the beginning
- 19 Felines
- 21 Formal party
- 23 Gives assent, wordlessly
- 24 Skinny
- 25 Triumphant exclamation
- 26 Enthusiastic
- 27 Element 10
- 28 Architectural molding
- 29 This org.
- 30 German article
- 33 Ballet movement
- 36 Legal claim
- 38 Hot tubs
- 41 Make
- 43 Answer to "Where are you?" perhaps
- 45 Kinds
- 46 Snow glider
- 47 Speed
- 48 Clickable graphic
- 49 Sulk
- 50 Ellipse
- 51 Effortlessness
- 52 Cheat
- 55 Government levy



"Ken Yanosko" <kenyanosko@sbcglobal.net>



# Upcoming Events

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

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

SAT~MON., AUG 31~SEP 2, 2024 << **NOT SRRC race** >>

**North Coast Go!** {Fees for all} **Adventure Running Festival – three 5K events & 10K (or 5M);** At Samoa Dunes at 3PM Sat; Sequoia Park (Eureka) at 10AM Sun; Ferndale at 10AM Mon. For more information & online registration, please contact **Rex Winterbottom** at <rex@terraloco.com> or call him at (510)681-6181.

SAT., SEP 7, 2024 << **SRRC race** >>

**Hammond Trail 5K.** {\$10 for nonmembers, free for SRRC members} At 9:00AM. Start and finish at Hiller Park in McKinleyville. No early registration – show up in the morning, sign up, and you're ready to go. For more information contact **Sarah Sullens** at <sarahsullens10@gmail.com>.

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

**44<sup>th</sup> Humboldt Redwoods.** {Fees for all} Marathon & Half-marathon at 8:30AM, 5K at 9AM. Start and finish at Dyererville 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>.

## 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>



James Washington Track  
Sat., Aug. 10, 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"

