



Mike Williams

Foggy Bottom Milk Run 2M Start  
Ferdale  
2:00 pm, Sun., Mar. 9, 2025

# March Minutes

Wed., Mar. 5, 2025, 6:30 p.m. at El Chipotle in Arcata. Board members in attendance: **Mark Ellis, Sherry Myers, Marlene Allen, Sarah Sullens, Gary Timek, Jessy Preciado, Jamie Hinckley, Karen Kidwell, Matthew Kidwell** and **Jorge Preciado**. Guests: **Jack West, Cindy Timek, Catrina Howatt, Jessie Hunt** and **Michele Gerdes**.

## OLD BUSINESS

**A. Hour Run (9:30 pm, Sun., 2/16/25) recap:** Worked out well at the new location on the AHS track. About 72 runners total in spite of the rain.

**B. HRRAY:** The first track season meets will be Tues., 3/25/25 (K-4<sup>th</sup>) and Thurs., 3/27/25 (5<sup>th</sup>-8<sup>th</sup>) at Cal Poly Humboldt. Come out and watch or volunteer! See full schedule at <www.hrray.org>.

**C. Shoe Fund/Scholarship update:** No scholarship applications yet. Shoe requests are coming in.

## NEW BUSINESS

**A. FBMR (Noon & 2:00 pm, Sun., 3/09/25):** 750 people pre-registered so far. Weather looks like it will be good, no rain!

**B. Arcata Community Forest Run (10 & 10:15 am, Sat., 3/22/25):** Permits are in, everything is set to go.

**C. Sue-Meg Park Run (10:00 am, Sun., 4/06/25):** Everything is in good shape and ready to go. Parking will be tight, so come early and carpool if you can.

**D. Master's Run (10:00 am, Sat., 4/12/25):** Permits are in and things are on track.

**E. New Board Member:** Laura Bringhurst will be stepping down from the board. Marlene motions to appoint Catrina Howatt to the vacant position, Mark seconds. The motion passes.

**F. Grasshopper Peak Redwoods Run (8:00 am, Sat., 6/07/25):** Proposed budget was presented by race director, Marlene motions to approve it. Sarah seconds, the motion passes.

**G. Humboldt Bay Trail Ribbon Cutting (Sat., 6/28/25):** SRRC is invited to put on a race that day to help celebrate. Instead of an

official event, the board recommends advertising the ribbon cutting in the newsletter and encouraging club members to get out and run on the trail that day.

### H. Other:

- **Cal Poly Humboldt Sports Auction** (Sat., 4/05/25): SRRC will have a table.
- Will revisit the board member code of conduct at the next meeting.
- **Next meeting:** El Chipotle in Arcata; Dinner at 5:30, Meeting at 6:30 pm, Wed., Apr. 2, 2025. Ask Gary Timek <gtimek@aol.com> for details.



Photo by Michele Gerdes

**2025 FBMR** was a successful event. Thanks to the efforts of the new race directors, Jessie Hunt & Michele Gerdes, and many helpers including Ryan Baltor, artist.



**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

### SRRC BOARD OF DIRECTORS

#### 2025-2026

Jamie Hinckley mrs.jamie.hinckley@gmail.com 599-7820  
Catrina Howatt catrina.howatt@gmail.com 971-9080  
Karen Kidwell karenhoffman@hotmail.com 444-2546  
Sherry Myers sherrymyers1956@gmail.com 839-1057  
Jessy Preciado jenglishjohnson@gmail.com 845-6838  
Gary Timek\*\*\* gtimek@aol.com 845-5147

#### 2024-2025

Marlene Allen  
Mark Ellis  
Jamey Harris  
Matthew Kidwell\*\*  
Jorge Preciado  
Juan Reyes  
Sarah Sullens

allens@humboldt1.com 822-9115  
mg8ellis@gmail.com 442-7235  
jamey@humboldt.edu 826-5955  
matthew5513@yahoo.com 444-2546  
ramirez\_xc@yahoo.com (818)478-6636  
violate2much@yahoo.com (915)276-7642  
sarahsullens10@gmail.com 845-9652

### SRRC OFFICERS

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

### SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



# 47<sup>th</sup> Foggy Bottom Milk Run

{hubertiming.com as of 5:00 pm, Fri., 3/14/25}

## 10M

Noon, Sun., Mar. 9, 2025

OvP	Name	G/age	Time
1	Travis Sanborn	M36	59:25
2	Matthew Kidwell	M43	1:04:58
3	Pamela Naylor	F45	1:08:41
4	Erich Coulter	M32	1:09:14
5	Dylan Fluett	M35	1:09:59
6	Erin Ponte	F39	1:10:25
7	Craig Wasko	M53	1:10:42
8	Kori Gilley Snider	F30	1:11:41
9	Corrina Kamoroff	F35	1:11:48
10	Michelle Kliim	F29	1:12:11
11	Dolan Dillon	M30	1:15:05
12	Andrea Wright	F63	1:15:06
13	Sean Berry	M33	1:15:11
14	Ryder Bullman	M15	1:16:04
15	Lanore Bergenske	F67	1:16:09
16	Peter Ciotti	M47	1:16:14
17	Sky McKinley	M48	1:16:42
18	Galen Hammitt	M33	1:17:24
19	Anne Fehrenbach	F36	1:17:59
20	Kaleb Traficante	M23	1:18:06
21	Wyatt Eglion	M29	1:18:33
22	Sean Gordon	M28	1:18:58
23	Jennifer Heidmann	F55	1:19:20
24	Kerry Byrne	F42	1:19:42
25	Elizabeth Odell	F22	1:19:52
26	Angel Ornelas	M21	1:20:38
27	Jenna Larson	F38	1:20:46
28	Taryn Sanborn	F23	1:20:47
29	Javier Villalvazo	M28	1:20:59
30	Casey Waterman	F44	1:21:06
31	Isabel Hirsch	F35	1:21:18
32	Peter Ciotti	M17	1:21:51
33	Courtney Carlson	F32	1:22:07
34	Karen Kidwell	F40	1:23:03
35	Jennifer Marlow	F44	1:23:27
36	Alicia Mengel	F45	1:24:11
37	Austin Grissom	M32	1:24:43
38	Sheryl Hinchliff	F58	1:24:52
39	Jennifer Karevoll	F35	1:25:15
40	Isaac Croteau	M40	1:25:15
41	Anthony Fleming	M77	1:25:29
42	Cody Bognuda	M33	1:25:35
43	Brayden Ford	M15	1:25:52
44	Becca Matias	F34	1:25:59
45	Gage Bock	F49	1:26:19
46	Grady Titus	M29	1:27:05
47	Caroline Carson	F63	1:27:36
48	Zachary Taberner	M36	1:28:52
49	Monika Phelan	F27	1:28:55
50	Kyler Becksted	M23	1:29:04
51	Aidan Stephens	M35	1:29:08
52	Mark Chapman	M65	1:30:37
53	Anthony Agpaoa	M35	1:30:38
54	Gabriel Abundis	M26	1:31:30
55	Mari-Helen Saarna	F34	1:31:48
56	Pieter Dalmolen	M46	1:31:48
57	Simona Carini	F62	1:33:45
58	Christopher West	M44	1:34:03
59	Yvette Ferreira	F50	1:34:12
60	Jasper	M27	1:34:12
61	Giovanni Esparza	M13	1:34:20
62	Mahreya Cornejo-Kelly	F30	1:34:53
63	Ted McArthur	M50	1:36:09
64	Trace Osa	M25	1:38:59
65	Graciela Guerrero	F34	1:39:58

66	Brian Celio	M25	1:40:17
67	Kaylee Schoenfield	F29	1:40:31
68	Kristy Bentz	F40	1:40:49
69	Trevor Bentz	M39	1:40:49
70	Lily Pendley	F27	1:41:28
71	Tj Chapman	F62	1:41:52
72	Kayla Costello	F27	1:42:30
73	Damian Morton	M30	1:42:32
74	Max Franklin	M25	1:43:03
75	Jordyn Davis	F26	1:43:03
76	Cole Sharbonow	M26	1:44:03
77	Mckenna Leclair	F27	1:45:16
78	Aubrey Whittington	F34	1:45:56
79	Joe Riemann	M47	1:46:32
80	Meredith Wolfe	F51	1:48:39
81	Casse Weaver	F47	1:48:59
82	Richard Green	M32	1:49:03
83	Carl Maloney	M42	1:49:07
84	Chrystyna Johnson	F46	1:49:12
85	Javier Romero	M26	1:51:02
86	Christina Torres	F36	1:52:21
87	Olivia Symanovich	F48	1:52:27
88	Christina Brown	F33	1:52:39
89	Karen Adams	F65	1:53:05
90	Hannah Mandy	F26	1:54:39
91	Molly Bongio	F28	1:54:39
92	Randy Emenaker	M74	1:55:04
93	Kristina Darby	F55	1:57:41
94	Emma King	F23	2:05:21
95	Arryana Borrayo	F26	2:07:08
96	Timothy Doman	M42	2:09:21
97	Garth Bonomini	M33	2:10:53
98	Ryder Auckland	M24	2:10:53
99	Erica Kuhlmann	F48	2:14:28
100	Elizabeth Tjader	F68	2:19:36
101	Ed Kallen	M60	2:24:31
102	Jerry Fowler	M86	2:51:44

## 4M

Noon, Sun., Mar. 9, 2025

OvP	Name	G/age	Time
1	Juan Ornelas	M15	23:27
2	Eli Chiles	M15	26:49
3	Lane Bolton	M20	27:09
4	Andrew Mangiapane	M20	27:29
5	Ryan Petersen	M39	27:41
6	Doug Hartling	M41	28:53
7	Casey Ales	M42	29:13
8	Jonathan Merrill	M31	29:35
9	Jose Ornelas	M37	29:42
10	Austin White	M23	29:57
11	Erick Herrera	M16	30:10
12	Paul Kinsey	M69	30:26
13	Dakota Bestul	M13	30:49
14	Simon Stampe	M38	30:54
15	Toby Mattole	M14	30:55
16	Dean Hinchliff	M66	30:57
17	Sarah Collins	F36	31:04
18	Ian Hart	M45	31:14
19	Thomas O'Kane	M49	31:30
20	Jen Foesig	F52	31:40
21	Stacie Lyans	F44	31:44
22	Cody Wright	M32	31:53
23	Harmony Safer	F42	32:15
24	Ryan Littleton	M21	32:22
25	Milja Haikonen	F18	32:38
26	David Salladay	M60	32:39
27	Eddie Carpenter	M25	32:56
28	Stephen Winterroth	M37	33:25
29	Vivian Adams	F15	33:39

30	Jack West	M73	34:00
31	Sarah Landis	F40	34:14
32	Brandon Tomlin	M40	34:14
33	Linnea McDonald	F11	34:18
34	Steve McDonald	M49	34:18
35	Sage Hartling	F12	34:27
36	Ritz Garcia	M26	34:34
37	Charlie Wilson	M10	34:35
38	John Evenson	M45	34:42
39	Dave Ryan	M67	35:08
40	Dillon Manni	M34	35:11
41	Evan Padilla	M15	35:14
42	Angela Viale	F44	35:34
43	Gage Evenson	M14	36:08
44	Sean Wilson	M47	36:11
45	Fatima Ornelas	F07	36:13
46	Bill Evans	M61	36:33
47	Ethan Rubin	M36	36:48
48	Erin Rubin	F37	36:48
49	Josh Allard	M23	36:53
50	Kaya Murillo	F19	37:33
51	Ethan Zipstein	M20	37:33
52	Robb Foley	M51	37:43
53	Greg Allen	M54	38:03
54	Sophia Y. Sambo I	F36	38:04
55	Lily Manspeaker	F40	38:26
56	Cyril Carl	M77	38:27
57	Rachel Goodrich	F26	38:31
58	Yolanda Ornelas	F12	38:37
59	Diana Cavinta	F54	38:39
60	John Aryanpur	M66	38:45
61	Larisa Stevenson	F58	39:12
62	Chris Stevenson	M64	39:14
63	Jason Mohr	M53	39:21
64	Beckie McCanless	F45	39:28
65	Nicholas Vidargas	M44	40:05
66	Jude Vidargas	M10	40:06
67	Jay Schoenfield	M30	40:07
68	Kaia Buehler	F12	40:10
69	Uriel Esteves	M18	40:16
70	Alejandra Gallegos	F35	40:25
71	Jill Forman	F41	40:27
72	Kellie Weeks	F38	40:39
73	Julia Sheppard	F21	40:50
74	Douglas Monsalud	M60	40:52
75	Sonja Pappas	F36	40:54
76	Chloe Lindgren	F09	40:54
77	Russell Gaskell	M57	41:16
78	Rae Ann Machado	F43	41:18
79	Jasmine Torres	F20	41:20
80	Johnny Pacurararu	M20	41:21
81	Sophia Villalvazo	F21	41:26
82	Robert Lindgren	M39	41:27
83	Cynthia Thao	F28	41:48
84	Elena Cortes	F34	41:54
85	Jordan Frits	M33	42:00
86	Marie Cappiello	F53	42:02
87	Danica Dowd	F18	42:02
88	Ella Price	F38	42:23
89	Janne Rasmussen	F39	42:24
90	Brian Halverson	M44	42:32
91	Jon Fechner	M53	42:37
92	Eric Taylor	M55	42:37
93	Michaele Whiteley	F65	42:50
94	Erin Bess	F38	42:51
95	Beth Cortes	F36	43:06
96	Tyler Littleton	M18	43:08
97	Christopher Drogan	M27	43:12
98	Jiah Barnett	F42	43:39
99	Aliyah Machado	F15	43:53



117	Clara Vidargas	F14	19:36	192	Chris Moody	M37	21:20	267	Melissa Domenighini	F47	23:34
118	Dori Larson	F36	19:36	193	Sky Kesler	M37	21:23	268	Ginger Larsen	F11	23:34
119	Anna Osorio	F47	19:37	194	Isla Kirkpatrick	F10	21:24	269	Aubrey Dalton	F11	23:35
120	Lolani Valterria	F13	19:39	195	Traci Edson	F40	21:27	270	June Siddiq	F12	23:42
121	Melissa Kaiser	F44	19:39	196	Henry Landis	M11	21:27	271	Antonia Navarrete	F27	23:46
122	Melanie Bernal	F11	19:39	197	Lily Swan	F09	21:31	272	Janet Rodriguez Cabrera	F??	23:48
123	Ryan Samuelson	M48	19:41	198	Aubree Velasquez	F08	21:31	273	Darci Dalton	F43	23:53
124	Erika Benson	F46	19:42	199	Cassie Peterson	F23	21:35	274	Camila Cruz	F08	24:00
125	Michelle Hernandez	F51	19:44	200	Kyersten Sancho	F23	21:35	275	Sean Farrow	M45	24:01
126	Addie Bellermann	F10	19:49	201	Taylor Schultheis	M10	21:36	276	Lena Manchester	F09	24:01
127	Eduardo Lopez	M37	19:50	202	Giselle Mireya C-Geuro	F11	21:38	277	Dash Sanborn	M05	24:01
128	Carly Mauney	F12	19:51	203	Avery Benson	M10	21:40	278	Amanda Belmar	F10	24:04
129	Violet Moore	F11	19:52	204	Dawsyn Cordisco Guild	F09	21:40	279	Jaymi Dark	F42	24:05
130	Gabriela Grimmett	F12	19:54	205	Vincent Petersen	M05	21:42	280	Hayden Dark	F09	24:05
131	Ginger Howard	F45	19:55	206	Alessandra Olea	F08	21:42	281	Rhett Bermers	M07	24:05
132	Jennifer Grimmett	F49	19:59	207	Joshua Bradshaw	M09	21:46	282	Tivian Renny-Samuels	F10	24:07
133	Robert Boynton	M16	19:59	208	Alex Schultheis	M32	21:46	283	Sadie Barrett	F14	24:07
134	James Bellermann	M51	19:59	209	Jaxon Schultheis	M08	21:46	284	Delaney Barrett	F08	24:07
135	Lila Baker	F12	20:00	210	Lolah Thurston	F15	21:48	285	Zane Chapman	M11	24:08
136	Keet-Kah Logan-Miguelena	M12	20:01	211	Amber Bradshaw	F38	21:49	286	Annabelle Chisholm	F14	24:10
137	Honor Treeplanter	M10	20:04	212	Sawyer Mathieson	M07	21:49	287	Callum Donaldson	M08	24:16
138	Orin Kesler	M08	20:05	213	Cooper Karevoll	M06	21:50	288	Quinn Demichiei	F09	24:18
139	Lucca Schroeder	M08	20:06	214	Richard Karevoll	M38	21:52	289	Kate Donaldson	F45	24:19
140	Mason Atherton-Friend	M06	20:07	215	Caitlin Scown	F42	21:54	290	Haydee Hopkins	F57	24:22
141	Megan Atherton	F41	20:08	216	Apryl Mitchell	F11	21:55	291	Annelise Vollmer	F28	24:25
142	Adelia Olson	F12	20:10	217	Linsey Show	F44	21:55	292	Zoey Farrow	F14	24:29
143	Vincent Ayala	M36	20:11	218	Lily Cisneros	F08	21:56	293	Maia Loomis	F12	24:34
144	Kash Ayala	M07	20:12	219	Willy Kilroy	M11	21:59	294	James Woodworth	M37	24:34
145	Jiah Barnett	F42	20:12	220	Jacob Burgoa-Olea	M09	22:01	295	Arnold King	M37	24:35
146	Nyah Baxley	F05	20:17	221	Erika Bernal	F42	22:03	296	Zaza Kosits	F09	24:37
147	Alex Renner	M36	20:18	222	Aileen Ornelas-Ruiz	F06	22:03	297	Amanda Owejan	F35	24:40
148	Rhett Renner	M07	20:18	223	Ruby Perez	F08	22:09	298	Waden Owejan	M07	24:40
149	Kelley Renner	F36	20:19	224	Jesse Quinionez	M52	22:09	299	Alia Dunphy	F45	24:42
150	Taylin Boynton	F10	20:19	225	Aiyana Austin	F23	22:10	300	Olivia Anderson	F10	24:44
151	Josue Mateo Dominguez	M09	20:24	226	Madeline Kalson	F11	22:11	301	Cairo Dedini	F17	24:45
152	Stevie Moody	F02	20:26	227	Luisa Angon Gonzalez	F40	22:17	302	Esmeralda G-Herrera	F29	24:45
153	Lauryn Moody	F33	20:27	228	Yetzarely Aguilar Angon	F10	22:17	303	Stanley Guild	M41	24:48
154	Niltuq-Lay Brown	M11	20:28	229	Zion Carl	M42	22:22	304	Pyper Cordisco Guild	F04	24:48
155	Cruz Moody	M04	20:29	230	Shaina Bateman	F10	22:22	305	Liam Chapman	M10	24:48
156	Christina Lorenzo	F40	20:31	231	Zander C	M06	22:23	306	Tyler Graham	M39	24:52
157	Lennox Stelly	M08	20:33	232	Nicklas Randle	M35	22:27	307	Aliyah Maher	F09	24:53
158	Miguel Gonzalez	M45	20:34	233	Emmett Randle	M06	22:27	308	Olyn Leroy	M46	24:54
159	Brandy Berry	F44	20:35	234	Jeremy Unruh	M11	22:28	309	Ryder Smith	M07	24:55
160	Andrew Kime	M29	20:35	235	Philo Samuelson	M18	22:35	310	Kylie Hufford	F14	24:57
161	Charlie Hill	F08	20:36	236	Todd Renner	M45	22:37	311	Sofia Baker	F14	24:59
162	Breanna Ronlund	F13	20:38	237	Amber Bennett	F50	22:42	312	Nate Regpala	M21	25:01
163	Jagger Slade	M06	20:39	238	Isaac Rice	M07	22:42	313	Marcelina Mejia	F44	25:02
164	Charlotte Torres	F08	20:40	239	Aspen Carrington	F10	22:44	314	Jake Stoll	M27	25:03
165	Isaac Stelly	M45	20:40	240	Adam Oliver-Johnson	M41	22:45	315	Ethan West	M08	25:04
166	Lili Loomis	F15	20:40	241	Kristen Westfall	F42	22:51	316	Journey Meadows	F46	25:08
167	Brayden Windes	M23	20:40	242	Gracie Westfall	F06	22:52	317	Asahel Arias	M43	25:08
168	Brook Hoalton	F44	20:42	243	Maddox Chapman	M10	22:52	318	Cruz Peake	M06	25:09
169	Bernice Williams	F11	20:43	244	Elizabeth Gibbons	F10	22:53	319	Yadiel Arias	M07	25:09
170	Addie Hoalton	F13	20:43	245	Keely Evenson	F11	22:54	320	Shelby Ornelas-Ruiz	F13	25:12
171	Tyler Berth	M16	20:44	246	Alycia Mckenna	F10	22:54	321	Logann Lynn Hunt	F06	25:19
172	Amaya Mathews	F17	20:44	247	Zachary Chapman	M43	22:55	322	Amaya Burgoa-Olea	F07	25:23
173	Zion Crog	M11	20:46	248	Niels Holgersen	M45	22:56	323	Jose Ornelas-Ruiz	M10	25:24
174	Amy Palmer	F44	20:49	249	Elizabeth Micks	F45	22:59	324	Jocelyn Magana Espino	F11	25:25
175	Grace Mauney	F10	20:50	250	Sarah Pollex	F11	22:59	325	Cyndal Ethridge	F26	25:32
176	Archer Davies	M10	20:51	251	Kiera McNeil	F??	23:00	326	Jose Merced Munoz Lopez	M40	25:32
177	Marina Nichols	F30	20:52	252	Satiyah Holgersen	F18	23:03	327	Kylie Vanessa Dominguez	F04	25:32
178	Annika Herman	F16	21:02	253	Katlin Kellogg	F41	23:06	328	Erika Yasmin Mendez	F41	25:35
179	Ryan Lester	M44	21:02	254	Alli Renner	F11	23:12	329	Cruz Lopez	M11	25:35
180	Brynlee Steele	F07	21:02	255	Blakely Brodt	F08	23:14	330	Victoria Olea	F47	25:38
181	Iver Skavdal	M07	21:03	256	Carlee Colegrove-Mattz	F09	23:18	331	Thiago Olea	M07	25:39
182	Amanda Steele	F34	21:04	257	SB Jaimo	F49	23:22	332	Jose Maganda	M27	25:39
183	Nancy Corran	F51	21:06	258	Matthew Torres	M36	23:22	333	Ethan Ghidinelli	M11	25:41
184	Zoe Sayers	F14	21:11	259	Brandy Montero	F37	23:24	334	Lily Springer	F06	25:43
185	Ian Jewett	M41	21:11	260	Maya Chinas	F09	23:25	335	Scott Harris	M43	25:45
186	Presley Lester	F09	21:11	261	Barbara Lewis	F47	23:27	336	Vitalisse Harris	F08	25:46
187	Rilo Jewett	F07	21:12	262	Oceanna Dillon	F28	23:28	337	Maria Talavera	F41	25:49
188	Haley French	F39	21:12	263	Wyatt Eglian	M29	23:29	338	Johnny Diaz Talavera	M10	25:50
189	Ben Dalton	M45	21:16	264	Cristina Chapman	F39	23:30	339	Owen Hufford	M08	25:53
190	Maya Dalton	F08	21:18	265	Citlaly Aguilar Angon	F14	23:31	340	Owen Hill	M06	25:53
191	Addilyn Maher	F07	21:19	266	Pheobe Marsh	F27	23:34	341	Kelly Ayala	F34	25:53

342	Isabella Roine	F08	25:54	417	Adaline Simon-Halcomb	F11	29:00	492	Logan Thomsen	M05	32:47
343	Hannah Hufford	F11	25:54	418	Fenwick Simon-Halcomb	M07	29:01	493	Ximena Contreras	F10	32:51
344	Katie Hill	F36	25:56	419	Joan Gerace	F06	29:03	494	Lynn Hasler	F69	32:52
345	Yaritza Valverde	F19	25:57	420	Sutton Waites	F08	29:04	495	Christie Lindemann	F45	32:53
346	Emile Byrne	F07	25:58	421	Quenesha Baul	F28	29:08	496	Jesus Pozos	M34	33:02
347	Sheldon Hufford	M43	25:59	422	Hunter Wight	M28	29:11	497	Damian Angon	M11	33:03
348	Allison Hufford	F39	26:01	423	Margot Bateman	F69	29:14	498	Elizabeth McCloskey	F06	33:07
349	Annalise Pool	F09	26:04	424	Cora Yost	F05	29:18	499	Elise Stonecypher	F11	33:10
350	Jessica King	F38	26:07	425	Alan Polee	M35	29:19	500	Kate Stonecypher	F32	33:11
351	Nanci Gonzalez	F43	26:09	426	Fiona Lehr	M06	29:21	501	Daniella Silva	F10	33:11
352	Melinda Arreguin	F36	26:09	427	Joshua Lehr	M35	29:21	502	Amelia Evans	F10	33:12
353	Sienna Bryant	F09	26:10	428	Michael Manchester	M44	29:21	503	Melany Maganda	F14	33:17
354	Lance Hunt	M34	26:11	429	Cyrus Canter	M10	29:32	504	Moreno Valverde Gabriela	F48	33:22
355	Sheyda Gomez	F41	26:12	430	Meagan Canter	F45	29:32	505	Vivian Vellis	F08	33:23
356	Rin Mojica	F13	26:12	431	Gino Kramar	M05	29:49	506	Charli Santsche	F05	33:31
357	Lulu Vanvalkenburgh	F16	26:13	432	Matyáš Staiano	M10	29:58	507	Arabella McCloskey	F10	33:32
358	Selkie King	F08	26:15	433	Teigen Weitzel	M08	30:01	508	Colette Santsche	F38	33:33
359	Elsie Myers	F06	26:20	434	Brenda Juarez	F31	30:05	509	Daniel Santsche	M38	33:33
360	Alex Bateman	M34	26:23	435	Nolan Davison	M??	30:07	510	Evelyn Glavich	F09	33:34
361	Brylee Bateman	F08	26:23	436	Jimena Gonzalez	F07	30:08	511	Linay Mitchell	F32	33:35
362	Brittany Phinney	F35	26:26	437	Maria Herrera	F44	30:08	512	Precichi Renato	M06	33:37
363	Joshua Phinney	M40	26:26	438	Alan Cabrera Rodriguez	M12	30:20	513	Lisa Nielsen	F36	33:39
364	Giovanni Berry	M07	26:28	439	Sandra Cabrera Amador	F44	30:20	514	Tonja Pettit	F58	33:40
365	Ava Lauter	F07	26:29	440	Elizabeth Leon	F41	30:22	515	Aria Ghera	F09	33:41
366	Andrew Lauter	M38	26:30	441	Pedro Leon	M36	30:23	516	Jen Jacks	F44	33:41
367	Flynn McArthur	M08	26:35	442	Neal Baker	M46	30:24	517	Maya Williams	F09	33:44
368	Stacia Boyd	M11	26:35	443	Rhiannon Baker	F42	30:24	518	Erica Williams	F43	33:44
369	Jessica McArthur	F42	26:36	444	Bailey Walker	M25	30:26	519	Ryan Mojica	M47	33:46
370	Megan Kesler	F39	26:37	445	Marissa Skavdal	F09	30:26	520	Soltero Tenika	F46	33:46
371	Matilda Landis	F06	26:39	446	Ashley Christina	F25	30:26	521	Shawna Maher	F47	33:48
372	Sarah Landis	F40	26:39	447	Katerina Staiano	F53	30:32	522	Izabel Collins	F12	33:49
373	Sebastian Riggs	M11	26:43	448	Isabella J-Castillo	F14	30:34	523	Nanci Koven-Collins	F44	34:02
374	?? ??	F??	26:43	449	Yoahana Castillo	F39	30:34	524	Patricia McCloskey	F34	34:06
375	Jillian Riggs	F11	26:43	450	Valeria Gonzalez Herrera	F12	30:39	525	Brandon McCloskey	M32	34:07
376	Raeynn Rice	F12	26:44	451	Maryellen Anderson	F64	30:44	526	Deb Eiers	F63	34:12
377	Aubree Wilson	F07	26:47	452	Ashlee McCanless	F37	30:51	527	Simone Midtun	F12	34:17
378	Katie Loomis	F44	26:51	453	Jessica Kleinschmidt	F27	30:56	528	Evangeline Leary	F12	34:25
379	Allison Hannah	F34	26:51	454	Emily West	F05	30:56	529	George-Markus Leon	M07	34:32
380	Dennis Taylor	M46	26:54	455	Hannah Rebholtz	F09	31:04	530	Kayla Graves	F29	34:34
381	Sawyer Warmbrodt	F06	26:56	456	Eliana Powell	F09	31:05	531	Cora Jacobsen	F05	34:35
382	Naseema Khan	F45	27:06	457	Heidi Taylor	F43	31:07	532	Belen Gonzalez	?07	34:50
383	Freja Leroy	F06	27:06	458	Cecily Lara	F34	31:11	533	Laura Petersen	F38	34:51
384	Brian Evans	M35	27:09	459	Ridley Acosta	F08	31:20	534	Celina Gonzalez	F44	34:52
385	Tallulah Evans	F10	27:09	460	Greg Acosta	M35	31:22	535	Jennifer Mathieson	F39	34:52
386	Scarlet Midtun	F12	27:14	461	Vivianne Torres	F06	31:37	536	Luke Mathieson	M37	34:52
387	Alice Gibbons	F07	27:17	462	Laura Torres	F36	31:38	537	Isabella Jimenez-Avelar	F06	35:00
388	Odin Vedborg	M16	27:17	463	Katherine Dens	F41	31:40	538	Jessica Avelar	F50	35:00
389	Jocelyn Gibbons	F39	27:17	464	Orion Vedborg	M14	31:44	539	Rosamaria Guerrero	F34	35:00
390	Emily Engstrom	F08	27:19	465	Forest Kirk	M42	31:46	540	Eliza Ronlund	F09	35:01
391	Marin Baxley	F09	27:22	466	Myrtle Kirk	F04	31:47	541	Royal Peal	F10	35:02
392	Claire Scown	F07	27:23	467	Tara Lewis	F39	31:54	542	Jan West	F77	35:02
393	Joshua Owejan	M41	27:28	468	Violet Lehr	F10	31:54	543	Teresa Niles	M09	35:03
394	Billy Honsal	M52	27:31	469	Mia Valladares	F15	32:00	544	Brooklyn Smith	F20	35:04
395	Josie Honsal	F08	27:32	470	Merli Valladares	F33	32:00	545	Cali Franklin	F31	35:09
396	Daniel Gonzalez	M12	27:32	471	John Fletcher	M57	32:02	546	Joshua Thomsen	M30	35:13
397	Lilo Renny-Samuels	F08	27:35	472	Dominic Boyce	M14	32:07	547	Amanda Evans	F24	35:14
398	Mj Graybill	F45	27:36	473	Marylee Bergman	F77	32:09	548	Alyssa Thomsen	F31	35:14
399	Josephine Brown	F11	27:59	474	Maxwell Mojica	M05	32:10	549	Haley Boynton	F47	35:17
400	Kenzi Farrow	F11	28:00	475	Ryder Overson	M05	32:15	550	Diego Castillo	M16	35:18
401	Alicia Ruiz De Olea	F50	28:01	476	Amber Hunt	F37	32:18	551	Brett Boynton	M44	35:20
402	Nicole Reiss	F39	28:01	477	Adam Clark	M05	32:24	552	Caleb Boynton	M06	35:21
403	Jeanette Suhay	F56	28:02	478	Valentina Arias	F11	32:28	553	Maria Angon	F31	35:24
404	Nicole Farrow	F43	28:11	479	Eric Riggs	M57	32:35	554	Amanda Lurngof	F??	35:24
405	Stanley Ferris	M13	28:14	480	Chaney Burns	F07	32:37	555	Melody Mallick	F39	35:29
406	Tia Bellairs	F26	28:21	481	Nadine Clark	F48	32:37	556	Dana Clower	F44	35:30
407	William Bellairs	M27	28:23	482	Destiny Laughton	F21	32:38	557	Thomas Hasler	M77	35:31
408	Veronika Vystrcilová	F17	28:27	483	Trinity Lights	F03	32:38	558	Kacey Meyer	F46	35:40
409	Javier Lopez Sanchez	M31	28:37	484	Soltera Fatima	F04	32:39	559	Sara Urbani	F38	35:43
410	Arion Hagquist	M05	28:37	485	Kelly Koehn	F29	32:39	560	Barrett Bateman	M06	35:43
411	Rachel Lopez	F29	28:37	486	Kate Porter	F48	32:42	561	Holly Bateman	F35	35:44
412	Molly Buck	F35	28:40	487	Maria Olivera	F51	32:43	562	Erin Carey	F50	35:47
413	Monica Fernandez	F43	28:44	488	Avonlee Clark	F08	32:43	563	Roman Gonzalez	M35	35:52
414	Lure Simon - Halcomb	M08	28:57	489	Jennifer Scilacci	F39	32:45	564	Arturo Gonzalez	M06	35:52
415	Grace Sayers	F16	28:57	490	Sarah Dunn	F37	32:46	565	Benny McKenna	F45	36:10
416	Chris Halcomb	M36	29:00	491	Tiffany Thomsen	F58	32:47	566	Austen Olsen	M16	36:17

567	Athena Harris	F15	36:17
568	Phoebe Marsh	F61	36:25
569	James Marsh	M52	36:26
570	Cory Schmidt	M49	36:28
571	Everett Schmidt	M12	36:31
572	Kara Fox	F27	36:31
573	Scarlette Mendoza	F33	36:32
574	Jessica Schmidt	F38	36:34
575	Irene Gonzalez	F31	36:35
576	Aliyanna Evenson	F10	36:37
577	Alice Woolace	F09	36:38
578	Relee James	F21	36:40
579	Linda Nelson	F59	36:46
580	Deborah Lankila	F59	36:46
581	Darlene Tonkin	F63	36:47
582	Jack McArthur	M11	36:49
583	Aurora Hernandez Gonzali	F04	36:56
584	Dulce Hernandez Gonzali	F32	36:57
585	Jordan Roney	M29	36:58
586	Adam Woolace	M48	37:10
587	Adeline Woolace	F14	37:11
588	Zoey Quinionez	F09	37:11
589	Amy Woolace	F46	37:11
590	Terrie Bognuda	F63	37:12
591	Anthony Bognuda	M65	37:20
592	Riot Samuelson	F08	37:23
593	Kate Lauter	F39	37:30
594	Olivia Lauter	F04	37:33
595	Ashley Powell	F38	37:39
596	Sierra Braggs	F43	37:39
597	Dallas Payton	M11	37:39
598	Willow Baker	F59	37:45
599	Brittany Baker-Brousseau	F35	37:49
600	Leanne Regpala	F54	38:05
601	Violet Pool	F07	38:12
602	Barrett Brodt	M06	38:38
603	Bernadette Church	F60	38:41
604	Dylan Myers	F04	38:42
605	Humberto Jeronimo	M38	39:26
606	Bobbie Waites	F13	39:35
607	Trevor Waites	M11	39:37
608	Jen Waites	F43	39:37
609	Dominika Diaz Soltero	F11	39:41
610	Irie Crog	F07	39:46
611	Morgen Whitesel	F32	40:00
612	Margeaux Lefey	F09	40:00
613	Joaquin Le Fey	M04	40:01
614	Laura Kirk	F36	40:01
615	Cedar Kirk	M03	40:23
616	Orion Landis	M43	41:05
617	Penelope Landis	F02	41:07
618	Shirleen Walton	F62	41:23
619	Courtney Walton	F29	41:26
620	Emilio Talavera	M03	41:27
621	Dylan Evenson	M05	41:29
622	Honna Middleton	F56	41:31
623	Fallon Bryant	M04	41:32
624	Jesus Olea	M03	41:35
625	Faith Kibby	M49	41:48
626	Brandy Kibby	F49	41:51
627	Bryan Colegrove	M05	41:51
628	Grayli Curnau	F05	42:02
629	Kara Farley	F21	42:02
630	Max Fletcher	M83	42:31
631	Duane Christian	M47	43:21
632	Delia Rossiter	F52	43:23
633	Wyatt Washington	M11	43:32
634	Penelope Washington	F09	43:32
635	Quin Kesler	M05	43:38
636	Donald Bradbury	M77	43:44
637	Elizabeth Engstrom	F42	44:55
638	Erik Engstrom	M05	44:59
639	Denise Cahill	F62	46:14
640	Amelia Cahill	F03	46:14
641	Denise Regli	F61	46:22
642	Angel Magana	M06	48:30

643	Antonio Magana Sanchez	M07	48:31
644	Kathleen Goodlive	F65	49:05
645	Rose Hernandez	F54	49:08
646	Lance Berry	M05	49:12
647	Corbin Campbell	M02	54:46
648	Anna Cartee	F30	54:51
649	Nicole Campbell	F28	54:55
650	Emma Magana Sanchez	F03	1:00:13
651	Elizabeth Sanchez	F37	1:00:16
652	Alberto Magana Sanchez	M06	1:00:32
653	Donna Ryser	F64	1:04:00
654	Wesley Tuaddell	M09	1:04:01
655	Colleen Sagaser	F64	1:04:01
656	Lila Segesman	F53	1:05:15

## 2M SCHOOL TEAMS

### Girls 10 & Under

#### [1] Arcata Elementary: {1:59:47}

Pl Name	Time
1 Hanna Phillips	18:38
2 Amanda Belmar	24:04
3 Quinn Demechiel	24:18
4 Elsie Myers	26:20
5 Ava Lauter	26:29

#### [2] Ferndale Elementary: {1:59:16}

Pl Name	Time
1 Grace Mauney	20:50
2 Addilyn Maher	21:19
3 Olivia Anderson	24:44
4 Aliyah Maher	24:53
5 Josie Honsal	27:32

#### [3] Cuddeback: {2:16:00}

Pl Name	Time
1 Presley Lester	21:11
2 Tivian Penny-Samuels	24:07
3 Lilo Penny-Samuels	27:35
4 Marissa Skavdal	30:26
5 Avonlee Clark	32:43

### Girls 11~14

#### [1] Sunnybrae: {1:35:48}

Pl Name	Time
1 Emerson Okin	16:08
2 Coral Ventuleth	18:16
3 Johana Olson	18:22
4 Adelia Olson	20:10
5 Keely Evenson	22:54

#### [2] Fortuna Middle: {1:40:07}

Pl Name	Time
1 Audrey Hayes	16:29
2 Emma Cahoon	16:50
3 Kaiyah Cahoon	16:53
4 Kylie Hufford	24:57
5 Sofia Baker	24:59

### Boys 10 & Under

#### [1] Cutten: {1:29:50}

Pl Name	Time
1 Darion Walters	16:23
2 Jameson Tyson	16:42
3 Grayson Mathieson	16:45
4 Dean Rasmussen	18:13
5 Sawyer Mathieson	21:49

#### [2] Cuddeback: {2:00:36}

Pl Name	Time
1 Jagger Slade	20:39
2 Iver Skavdal	21:03
3 Dash Sanborn	24:01
4 Ryder Smith	24:55
5 Teigen Weitzel	30:01

#### [3] Ambrosini: {2:03:15}

Pl Name	Time
---------	------

1 Rhett Renner	20:18
2 Isaac Rice	22:42
3 Ethan West	25:04
4 Owen Hufford	25:53
5 Fiona Lehr	29:21

#### [4] Arcata Elementary: {2:12:18}

Pl Name	Time
1 Taylor Schultheis	21:36
2 Jaxon Schultheis	21:46
3 Callum Donaldson	24:16
4 Waden Owejan	24:40
5 Joaquin Le Fey	40:01

### Boys 11~14

#### [1] Sunnybrae: {1:08:57}

Pl Name	Time
1 Owen Ingram	12:25
2 Soren James	12:39
3 Taz Demichiei	14:22
4 Mateo Osorio	14:45
5 Micah Okin	14:48

### Youth Group

#### [1] Redwood Coast Montessori: {1:35:21}

Pl Name	Time
1 Cora Osorio	18:15
2 Hannah Naylor	18:53
3 Olivia Osorio	19:02
4 Keeva James	19:07
5 Orin Kesler	20:05

#### [2] Ferndale Elementary: {1:41:03}

Pl Name	Time
1 Kieran Haben	16:50
2 Katherine Gonzalez	17:51
3 Carly Mauney	19:51
4 Archer Davies	20:51
5 Ethan Ghidinelli	25:41

#### [3] Toddy Thomas: {1:48:58}

Pl Name	Time
1 Giovanni Esparza	18:38
2 Lila Baker	20:00
3 Willy Kilroy	21:59
4 Sarah Pollex	22:59
5 Jose Ornelas-Ruiz	25:24

#### [4] Garfield: {2:02:05}

Pl Name	Time
1 Marayah Kaiser	18:04
2 Madelyn Kaiser	19:34
3 Shaina Bateman	22:22
4 Brylee Bateman	26:23
5 Barrett Bateman	35:43

#### [5] Washington: {2:11:28}

Pl Name	Time
1 Wyland Karevoll	17:22
2 Zion Crog	20:46
3 Cooper Karevoll	21:50
4 Josephine Brown	27:59
5 Wyatt Washington	43:32

#### [6] Loleta: {2:22:21}

Pl Name	Time
1 Annabelle Chisholm	24:10
2 Giovanni Berry	26:28
3 Jimena Gonzalez	30:08
4 Isabella Jeronimo-Castillo	30:34
5 Hannah Rebholtz	31:04

#### [7] Ambrosini: {2:34:21}

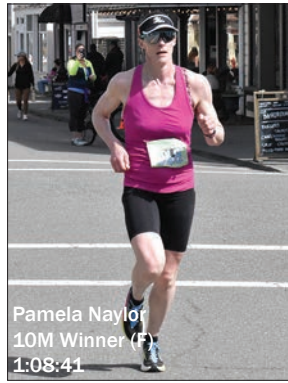
Pl Name	Time
1 Hannah Hufford	25:54
2 Sawyer Warmbrodt	26:56
3 Emily West	30:56
4 Aria Ghera	33:41
5 Aurora Hernandez Gonzali	36:56



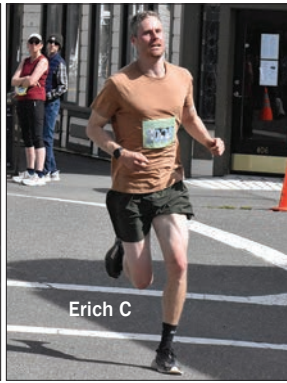
Travis Sanborn  
10M Winner (M)  
59:25



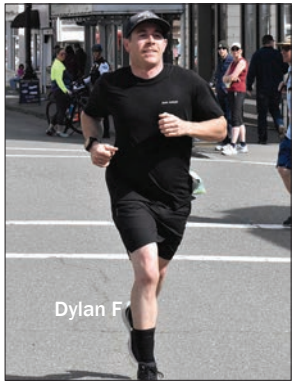
Matt K



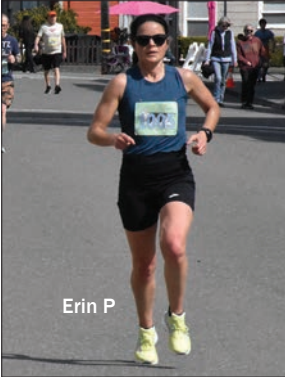
Pamela Naylor  
10M Winner (F)  
1:08:41



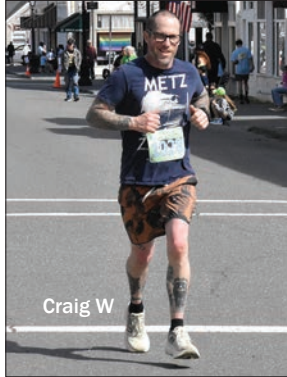
Erich C



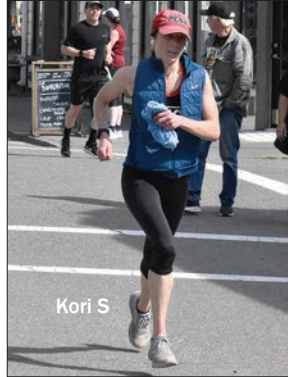
Dylan F



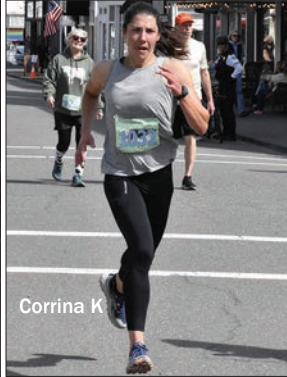
Erin P



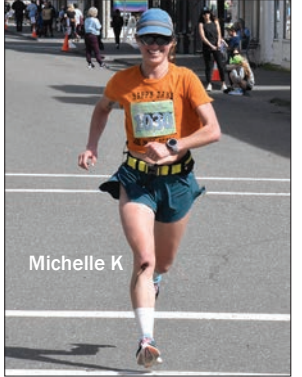
Craig W



Kori S



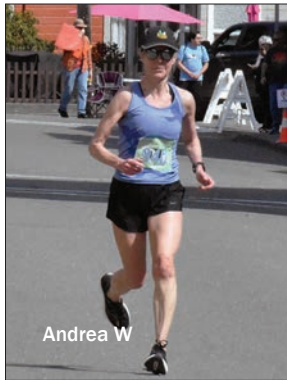
Corrina K



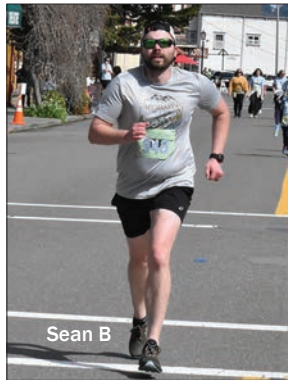
Michelle K



Dolan D



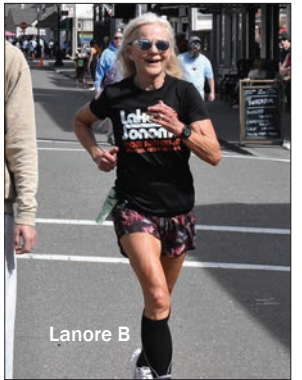
Andrea W



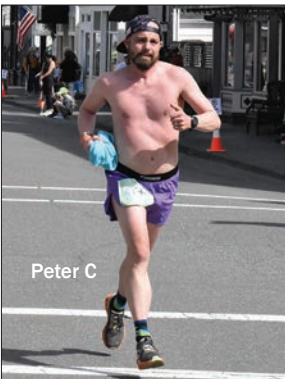
Sean B



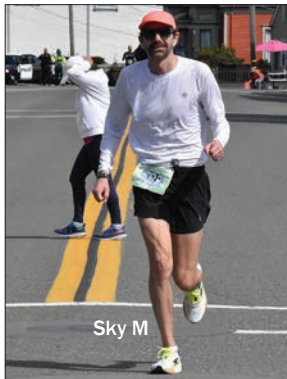
Ryder B



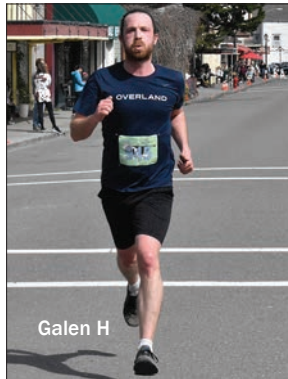
Lanore B



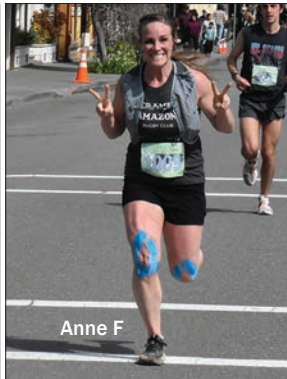
Peter C



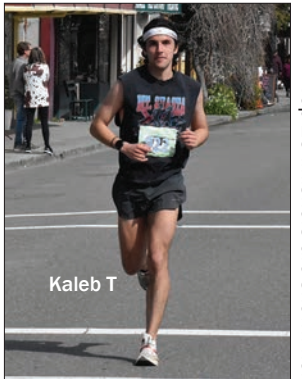
Sky M



Galen H



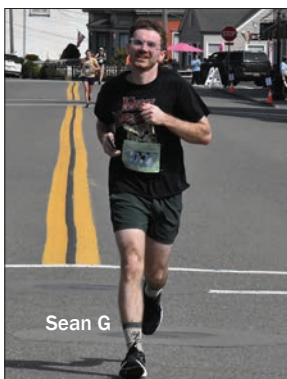
Anne F



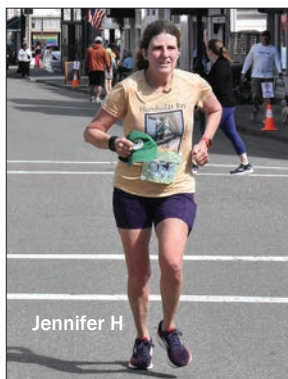
Kaleb T



Wyatt E



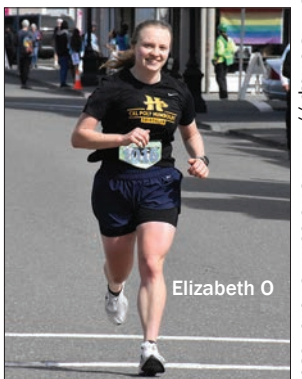
Sean G



Jennifer H



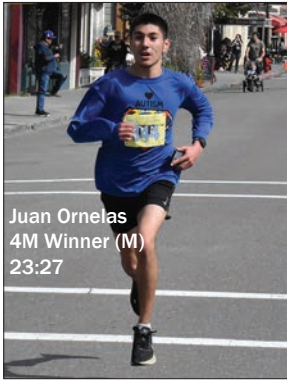
Kerry B



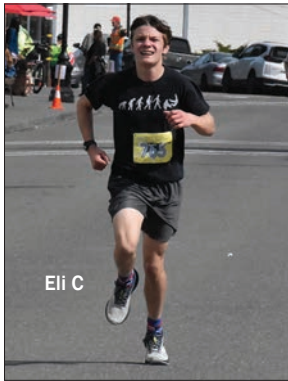
Elizabeth O

● Top 25 finishers are shown here. Visit <http://www.6rrc.com> for the rest.

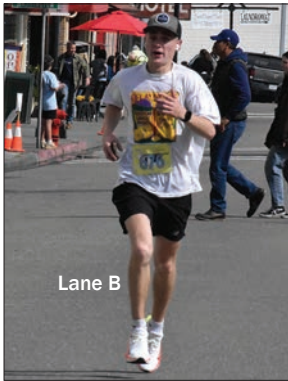




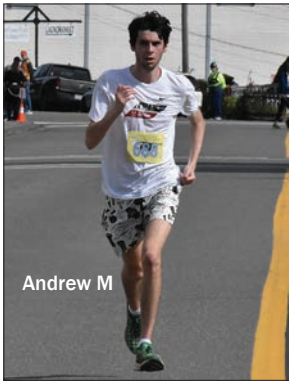
Juan Ornelas  
4M Winner (M)  
23:27



Eli C



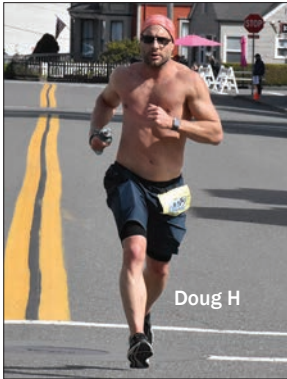
Lane B



Andrew M



Ryan P



Doug H



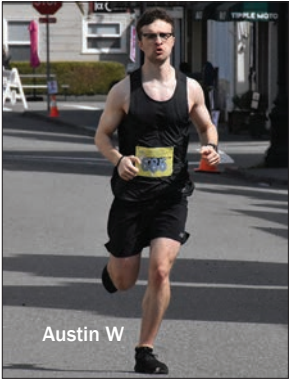
Casey A



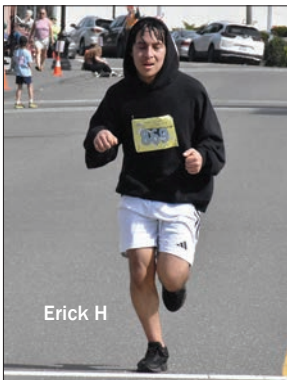
Jon M



Jose O



Austin W



Erick H



Paul K



Dakota B



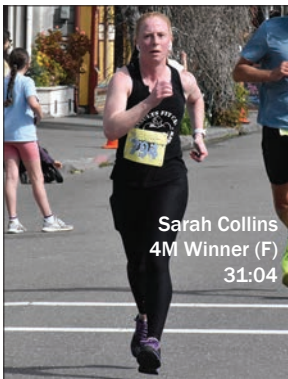
Simon S



Toby M



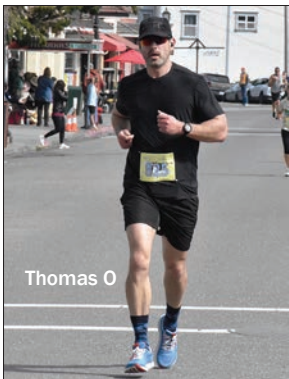
Dean H



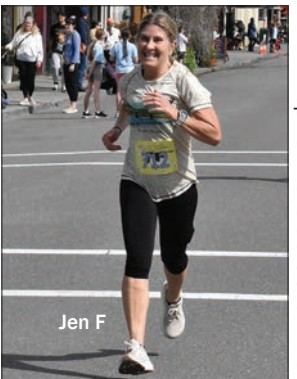
Sarah Collins  
4M Winner (F)  
31:04



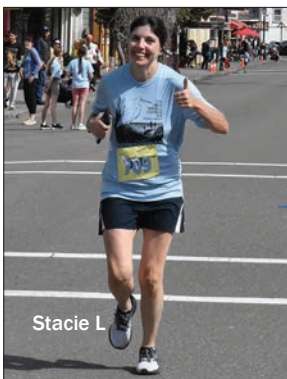
Ian H



Thomas O



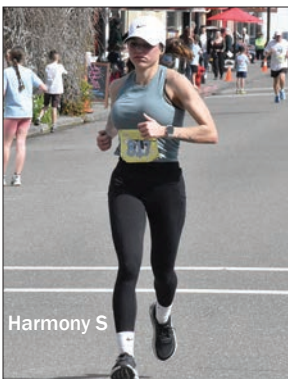
Jen F



Stacie L



Cody W



Harmony S



Ryan L



Milja H

• Top 25 finishers are shown here. Visit <http://www.6rrc.com> for the rest.



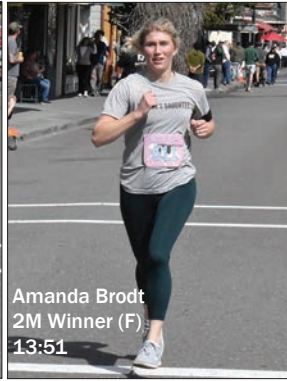
Owen Ingram  
2M Winner (M)  
12:25



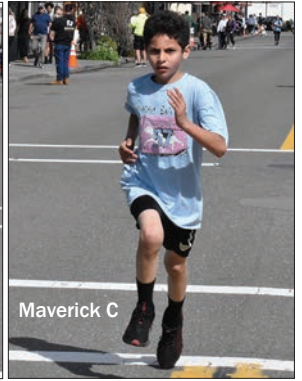
Soren J



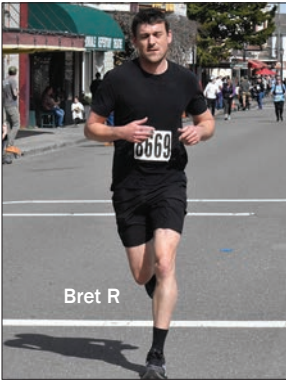
Colton T



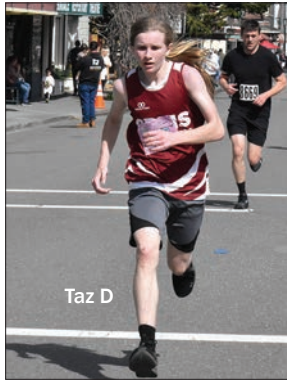
Amanda Brodt  
2M Winner (F)  
13:51



Maverick C



Bret R



Taz D



Garcia S



Yaek I



Mateo O



Micah O



Mateo J-B



James M

Alexis P

Mike P

Isaac S



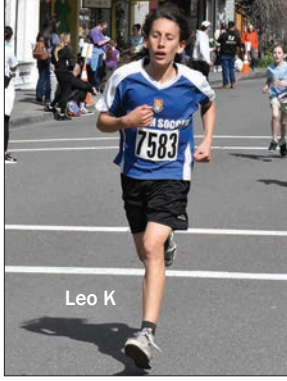
Kaleo M



Lincoln S



Amy A

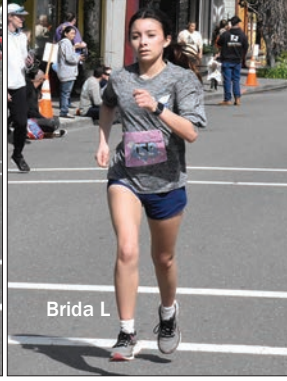


Leo K



Pete C

Jules D



Brida L



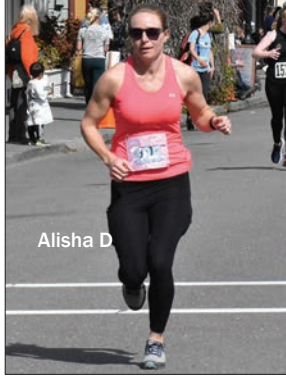
Meztl C



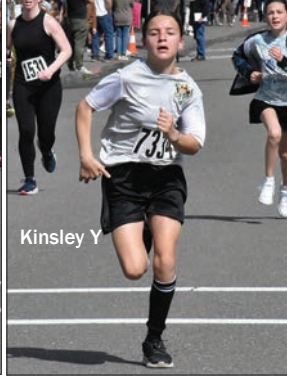
Granite P



Lavell W



Alisha D



Kinsley Y



Lucy H

• Top finishers are shown here. Visit <http://www.grrc.com> for the rest.



# Arcata Community Forest Run

"Karen Kidwell" <karenrhoffman@hotmail.com>

**Thank you** SRRC Fam for another successful running of the Arcata Forest 5.5 & 2 Miller!

Special thanks to helpers: Yoon Kim, Gary Timek, Jamie Hinkley, Lanore Bergenske, Kerry Byrne, Dave Ryan, Laura McNulty and Chunky Pony, Danny Schmiegel, Catrina Howatt and Sherry Myers. We could not do this without your dedication and expertise. -- Karen and Matthew Kidwell

## 2M

Place	Name	G/age	Time
1	Charlie Wilson	M10	15:49
2	Iver Vu	M10	15:53
3	Ross Mathewson	M36	16:13
4	Cooper Hubbard	M14	16:33
5	Xander Edson	M10	17:39
6	Sean Wilson	M47	19:21
7	Ruene Powell	F07	20:34
8	Maddox Chapman	M10	21:37
9	Giles Kosits	M13	21:46
10	Zane Chapman	M11	21:59
11	Liam Chapman	M10	22:11
12	Zachary Chapman	M43	22:11
13	Niall Vu	M07	22:18
14	Kelvin Vu	M42	22:20
15	Alex Olea	M39	22:28
16	Zaza Kosits	F09	22:37
17	Traci Edson	F40	23:09
18	Nancy Corran	F51	23:09
19	Victoria Olea	F47	23:43
20	Amy Taylor	F45	24:29
21	Dash Sanborn	M05	25:57
22	Cassie Sanborn	F36	25:59
23	Christina Chapman	F39	26:23
24	Dennis Taylor	M46	27:43
25	Rylee Grab	F12	28:14
26	Eliana Powell	F09	30:25
27	Ashley Powell	F38	30:35
28	Mextli Chinas	F15	31:42
29	Ramon Garcia	M25	32:18
30	Hunter Grab	M10	32:24
31	Jon Riggs	M40	33:22
32	Echo Grab	F08	33:23
33	Aubrey Wright	F08	35:05
34	Emilia Wright	F08	35:52
35	Hannah Wright	F42	35:54
36	Ashley Grab	F37	36:42
37	Shaun Grab	M37	36:42
38	Amy Dewey	F63	39:21
39	Thomas Dewey	M65	39:23
40	Maya Chinas	F09	40:43
41	Veronica Olea	F50	40:51
42	Sonia Deleon	F25	42:27

## 5.5M

Place	Name	G/age	Time
1	Chris Dudley	M30	39:23
2	Ellis Brandt	M23	39:55
3	Travis Sanborn	M36	41:26
4	Erich Coulter	M32	41:31
5	Dylan Fluet	M35	42:02
6	Cody Wright	M32	42:42
7	Tristan Cole	M33	42:57
8	Matthew Kidwell	M43	43:14
9	Corrina Kamoroff	F35	43:19
10	Galen Hammitt	M33	46:32

11	Richard Roybal	M48	46:53
12	Abby Borg	F23	47:00
13	Sky McKinley	M48	47:08
14	Hailee Schmidt	F34	48:30
15	Rob Amerman	M51	48:55
16	Jenna Larson	F38	49:30
17	Jake Johnson	M49	50:21
18	Jen Foesig	F52	51:04
19	Mishka Straka	M67	51:29
20	Danny Schmiegel	M24	52:03
21	Jeff Haag	M65	52:25
22	Isabel Hirsch	F35	53:11
23	Jordan Gaskell	M38	53:21
24	Colton Taylor	M14	54:29
25	Jeremy Wright	M44	56:39
26	Caroline Carson	F63	56:51
27	Trevor Estlow	M53	57:08
28	Arthur Barker	M63	59:25
29	Tara Vu	F43	1:01:50
30	John Allard	M23	1:02:47
31	Shawn Magnuson	M55	1:02:57
32	Marie Cappiello	F54	1:03:19
33	Roman Futoma	M43	1:06:36
34	John Carson	M67	1:07:12
35	Randy Emenaker	M74	1:08:43
36	Dawn Durbin	F60	1:09:44
37	Karen Adams	F65	1:10:45
38	Rebecca Harris	F48	1:11:02
39	Amanda Lee	F32	1:11:46
40	Javier Romero	M26	1:12:35
41	Peter Carlson	M62	1:14:21
42	Luisa Angon	F40	1:14:23
43	Lori DeVoist	F55	1:14:23
44	Douglas Monsalauv	M60	1:14:34
45	Christina Torres	F37	1:15:15
46	Alex Wright	M34	1:15:48
47	Rich Baker	M63	1:17:14
48	Debbie Stamper	F71	1:23:02
49	Donny Holiman	M55	1:26:07
50	Meg Stampe	F35	1:32:06
51	Kit Meyer	F44	1:32:07
52	Jasper	M27	1:39:30
53	Sherry Myers	F69	1:51:23
54	Portia Matheson	F77	1:52:36
55	Lorraine Dillon	F74	1:52:39
56	Dave Ryan	M67	1:30:57

•Course sweeper

## 2M



Charlie Wilson  
2M Winner (M)  
15:49

Iver V



Ross M

Cooper H



Xander E

Sean W



Ruene Powell  
2M Winner (F)  
20:34

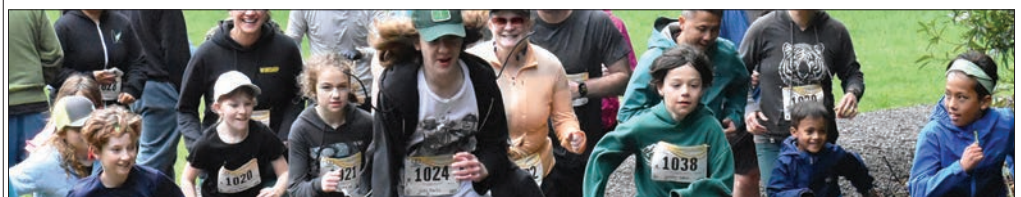
Maddox C

Giles K

Zane C

Liam C

Zach C



• Top 12 finishers are shown here. Visit <http://www.grrc.com> for the rest.



Chris Dudley  
5.5M Winner (M)  
39:23



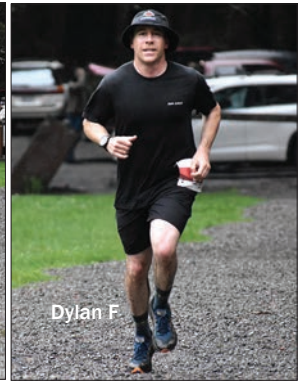
Ellis B



Travis S



Erich C



Dylan F



Cody W



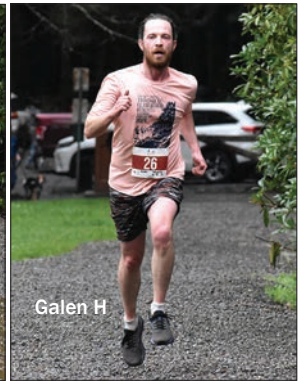
Tristan C



Matt K



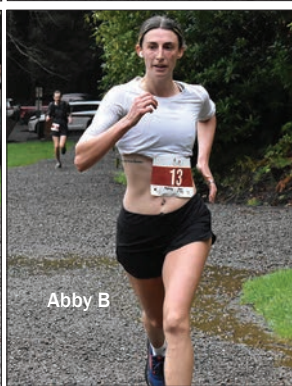
Corrina Kamaroff  
5.5M Winner (F)  
43:19



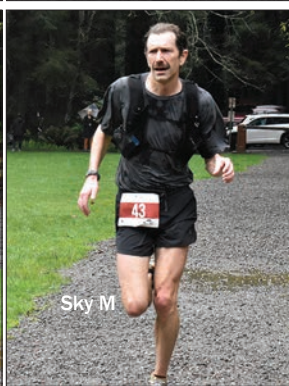
Galen H



Richard R



Abby B



Sky M



Hailee S



Rob A



Jenna L



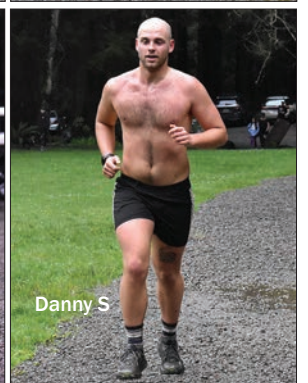
Jake J



Jen F



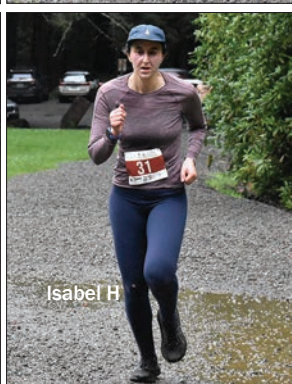
Mishka S



Danny S



Jeff H



Isabel H



Jordan G



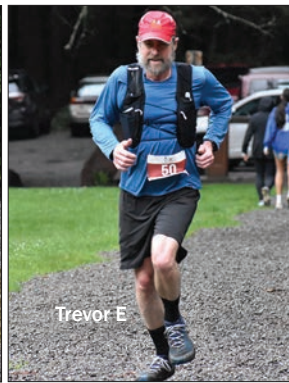
Colton T



Jeremy W



Caroline C



Trevor E



Arthur B



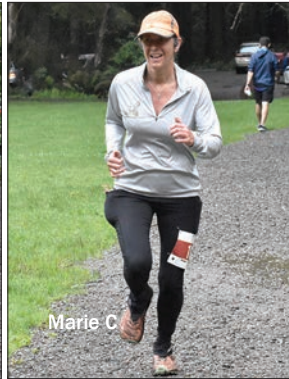
Tara V



John A



Shawn M



Marie C



Roman F



John C



Randy E



2025

# 24<sup>th</sup> ANNUAL S R R C C I R C U I T

**Results: Resolution Run, Hour Run & FBMR**

**Upcoming: Sue-meg Park 5K & 10K (4/06/25), Master's Run 10K (4/12/25)**

## Happy Spring, SRRC!

By now you've had three chances to compete in 3 SRRC Circuit Races. Remember, in order to get a Circuit Certificate, you must complete 6 races (≥ 3 miles) and volunteer. You may help out a race or lend a hand with the Circuit. Complete 10 races and get a framed certificate. Over 430 people have completed at least one SRRC Race, so I'll only be including folks who have completed at least two races. It's too early to see how the competition is shaking out, so I'll just be sharing names and the number of races each person has completed. This month's results include the Resolution Run, Hour Run, and Foggy Bottoms Milk Run.

If you've got questions or suggestions for the Circuit, email <[6rrccircuit@gmail.com](mailto:6rrccircuit@gmail.com)>.

**14 & Under Male:** Oliver Stamper (3), Felix Porter (3), Westley Porter (3)

**14 & Under Female:** Sage Hartling (2), Emily Hartling (2), Arianna Porter (3)

**15-19 Male:** Juan Ornelas (3), Tyren Sanborn (2)

**20-24 Female:** Taryn Sanborn (2)

**25-29 Male:** Jasper (3), Josh Burge (2)

**30-34 Male:** Galen Hammitt (2)

**30-34 Female:** Stephanie Stover (2)

**35-39 Male:** Jose Ornelas (3), Travis Sanborn (2)

**35-39 Female:** Jenna Larson (3), Isabel Hirsch (2), Sophia Sambo (2), Naomi Stamper (3)

**40-44 Male:** Shawn Porter (3), Jeremy Wright (2)

**40-44 Female:** Karen Kidwell (2), Jiah Barnett (2), Kit Meyer (2), Crystal Porter (3), Leah Stamper (3)

**45-49 Male:** Sky McKinley (2)

**45-49 Female:** Robin Fraser (3)

**50-54 Male:** Sung Choi (2)

**50-54 Female:** Yvette Ferreira (3), Marie Cappiello (2)

**55-59 Male:** Ed Kallen (2)

**55-59 Female:** Catrina Howatt (2)

**60-64 Female:** Andrea Wright (3), Caroline Carson (3), Tj Chapman (2), Dawn Durbin (2), Marcile Raney (2)

**65-69 Male:** Paul Kinsey (3), Mark Chapman (2), Don Elwell (2), Dave Ryan (3) (Hooray for Dave being back!)

**65-69 Female:** Lanore Bergenske (3), Karen Adams (2), Marlene Allen (2), Sherry Myers (3), Gina Rimson (2)

**70-74 Male:** Harry Kavich (2), Mr. Sunshine (2)

**70-74 Female:** Debbie Stamper (2)

**75-79 Male:** Cyril Carl (2)

**75-79 Female:** Portia Matheson (2)



by "Robin Baker" <[6rrccircuit@gmail.com](mailto:6rrccircuit@gmail.com)>

# The Sue-meg Run Has a New Course!

On April 6<sup>th</sup>, the new course will be unveiled for the **2025 Sue-meg Run**. The start/finish lines will be the same for both the 5K and 10K. Runners will no longer run around the finish area and back onto the course. The course is very close to 5K, so the 10K runners will go past the finish line and around the course again. The course is half on pavement and half on trails. Here is the new course description:



- The race begins just past the kiosk.
- Competitors run the park road north to the Sue-meg turnoff and go right to Sue-meg Village.
- At the turn to the Centennial Trail, runners turn right and run west, crossing the road and continuing on the Centennial Trail to the Rim Trail.
- The Rim Trail has beautiful views for the next mile.
- Because of a steep drop off on the Rim Trail, runners will take a detour on the Campfire Center Trail.
- This trail returns to the Rim Trail.
- The Rim Trail ends near Palmer's Point.
- Runners turn left at Palmer's Point Road for the last 1/2 mile of the race.
- 10K runners run the loop twice.

The new course travels along some of the most beautiful sections of the park, so I think everyone will be pleased. It has a lot of ups and downs, but is not especially difficult and the trails are quite nice.

Please try to carpool. There is limited parking. There is no fee for this race, but there will be a donation container. Volunteers will get most of the parking outside the park, so everyone else will have to pay \$7 for seniors or \$8 for everyone else to enter the park, then find parking. There will be a parking volunteer. Park employees will help, too, but it could be slow if there are a lot of people attending. The more people attending, the further the parking from the start.

**PLEASE COME EARLY AND CARPOOL!** Registration will be held at the race on Sunday. Then you can have a great time.

## HRRAY Youth Track Meets

SRRC and HRRAY look forward to the youth track meets in spring, but they take a lot of work and support. This year, we have some great help. Cal Poly will provide members of the track team on **March 25<sup>th</sup>** and **March 27<sup>th</sup>**. The 25<sup>th</sup> is the Kindergarten-4<sup>th</sup> meet that begins at 3:30 PM and takes about 3 hours. The 5<sup>th</sup>-8<sup>th</sup> grade meet that takes place on March 27<sup>th</sup> also begins at 3:30 PM but lasts until about 8 PM. The members of the track Cal Poly track team hand out ribbons, work the events and encourage the young runners. The facility and the Cal Poly team members are great inspiration for the young athletes. Both meets are free to watch and we would love to have people there to observe or help.



The next week, one of the best meets to watch is the K-4 meet at Arcata High School on **April 1<sup>st</sup>**. It begins at 4:30 and, although you can drop people off at the track, the cars must park in the high school parking lot which creates a little longer walk. Arcata High School Track & Field athletes will be there to help and encourage the runners.

The second 5<sup>th</sup>-8<sup>th</sup> grade meet is two days later (**April 3<sup>rd</sup>**) in Fortuna at Fortuna High School. Fortuna High is preparing its track for the NCS Championship on May 17<sup>th</sup>, so we are lucky to be able to use it this year. The Fortuna High School Track & Field Team will be there to help. This is another long meet that we hope to complete by 8:00 PM. It begins at 3:30. Any SRRC help is welcome.

The final local 5<sup>th</sup>-8<sup>th</sup> grade meet of the season will be held on **April 24**, the Humboldt County Championships. It will be held at McKinleyville High School from 3:30 to about 8:00 PM. It's free to come watch or help.

There is one more meet on **May 7** in Del Norte for 6<sup>th</sup>-8<sup>th</sup> graders. It is open to any of our local runners.

As always, it is great to have the Six Rivers Running Club supporting HRRAY. Thank you for helping and contributing to the program and all our local youth. We expect over 400 athletes in the 5<sup>th</sup>-8<sup>th</sup> grade and over 200 in the kindergarten-4<sup>th</sup> grade this year.

**Karen Adams** <kadiadams@yahoo.com> wrote on Sun, Mar 16, 2025:

**Shamrock Shuffle** 10K, #1 among women!  
I was the only woman :)

It was insane. First, I wasn't even going to start. Then I decided to do the just the 5K. But I was so soaked I figured I might as well do the full 10K.

**CELEBRATE SPRING ON THE LOST COAST**  
**MARCH 16 SUNDAY**  
 WITH A SCENIC 5K, 10K, OR FAMILY FUN RUN! ENJOY OCEAN VIEWS, ENERGETIC VIBES, AND A LIVELY CORNHOLE TOURNAMENT, ALL WRAPPED UP WITH GREAT BREWS AT GYPP0 ALE MILL.  
 SPONSORED BY: SOUTHERN HUMBOLDT CHAMBER OF COMMERCE & SOUTHERN HUMBOLDT LODGING ALLIANCE



LOST COAST TOURISM ASSOCIATION PRESENTS THE  
**SHAMROCK SHUFFLE**  
 FUN RUN || 5K RUN || 10K RUN  
 10 AM : DAY OF REGISTRATION 11:00 AM START TIME

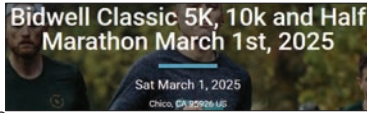
**START & FINISH: GYPP0 ALE MILL**  
 1661 UPPER PACIFIC DRIVE, SHELTER COVE, CALIFORNIA



by Jack West <jandjwest@yahoo.com>

**Catrina Howatt** <catrina.howatt@gmail.com> wrote on Mon, Mar 3, 2025:  
I ran the **Bidwell Classic Half Marathon**, Saturday, with my niece. 😊

**Bidwell Classic 5K, 10K & ½ Marathon**  
Chico, CA 95926  
8:10 am, Sat., March 1, 2025  
½ Marathon



OvP Name G/age Time Home  
183 **Catrina Howatt** F58 3:12:52 Eureka



# SRRC Crossword Puzzle

## ACROSS

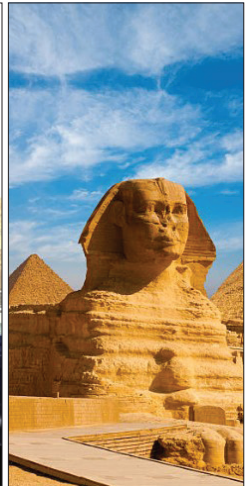
- 1 Tuna variety
- 4 Therefore
- 8 The "Terrible" Czar
- 12 Tavern
- 13 Layer of paint or clothing
- 14 Grain from a paddy
- 15 Historical period
- 16 Seasonal character analysis, Part 1
- 18 Not relaxed
- 20 Awareness
- 21 Id \_
- 22 In totality
- 24 What we do
- 26 Seasonal character analysis, Part 2
- 30 Hair dresser's
- 34 Upper limb
- 35 "High" time
- 37 Hawaiian fish dish
- 38 Coral formation
- 40 Collegiate sports org.
- 42 "No seats left!"
- 43 Muscled
- 45 Seasonal character analysis, Part 3
- 47 Nickname for a medic
- 49 Nile biter
- 50 Trig function
- 53 Loop on the track
- 55 Willow genus
- 59 Seasonal character analysis, Part 4
- 62 Parched
- 63 Became alert, with "up"
- 64 Ht. above sea level
- 65 Recline
- 66 Some time ago
- 67 Achy
- 68 Double curve

## DOWN

- 1 Be a partner in crime
- 2 Loser of a famous race
- 3 Modern Persia
- 4 Level
- 5 Fish eggs
- 6 Stare, perhaps open-mouthed
- 7 Additional
- 8 Savings acct. for retirees
- 9 Wickedness
- 10 Undertakings
- 11 Avian home
- 17 Burden
- 19 Anatomical pouch
- 23 Bird on the Canadian dollar
- 25 Brief sleep
- 26 Small pie
- 27 Nabisco cookie brand
- 28 Prophecy, usually of something bad
- 29 Places
- 31 Misplaced
- 32 Gumbo ingredient
- 33 Noble gas
- 36 Space org.
- 39 Nourished
- 41 Forgive
- 44 Child's child
- 46 Highs
- 48 Coffee shops
- 50 Guitarist's accessory
- 51 Unrestricted
- 52 Local race org.
- 54 Equestrian sport
- 56 Inactive
- 57 Greek goddess of strife
- 58 Certain bread grains
- 60 Presidential nickname
- 61 Above, poetically



Great Sphinx of Giza, Egypt  
Jan., 2025



1	2	3	4	5	6	7	8	9	10	11		
12			13				14					
15			16				17					
18			19		20			21				
			22		23		24		25			
26	27	28			29		30		31	32	33	
34			35			36		37				
38			39		40		41		42			
43			44		45			46				
			47		48		49					
50	51	52		53		54		55		56	57	58
59			60			61			62			
63					64				65			
66					67				68			

"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., APR 5, 2025 << **not SRRC race** >>

**5K Run in the Redwoods.** {\$25, free for kids < 12} **5K** at 10AM. Registration 8:30~9:45AM. Start & finish at the Prairie Creek State Park. All proceeds will benefit Redwood National & State Parks. Visit the web page <<https://redwood-parksconservancy.org/run-in-the-redwoods-5k/>> for more info.

SUN., APR 6, 2025 << **SRRC race** >>

**53<sup>rd</sup> Sue-Meg Park Run.** {\$10 for nonmembers, free for SRRC members} **5K** and **10K** at 10AM. Start and finish near the entrance to Sue-Meg State Park. Carpooling for this event is encouraged because there is a \$8 fee per vehicle! For more information contact **Jack West** <jandjwest@yahoo.com>.

SAT., APR 12, 2025 << **SRRC race** >>

**Master's Race.** {\$10 for nonmembers, free for SRRC members} **10K** at 10AM. Starts at the north parking lot of Clam Beach. This race is for runners **40 years old and older.** It is age graded and your start time is based on your age, with the oldest starting first. So it will be a "staggered" start, which makes registration in advance very helpful. Visit our webpage ([www.6rrc.com](http://www.6rrc.com)) for **online signup.** For more information contact **Mark Ellis** at <mg8ellis@gmail.com>.

SUN., MAY 4, 2025 << **SRRC race** >>

**53<sup>rd</sup> Avenue of the Giants.** {fees for all} For more information visit <https://theave.org/>.

SUN., MAY 11, 2025 << **SRRC race** >>

**42<sup>nd</sup> Atalanta's Victory Run.** {fees for all} For more information visit <https://www.atalanta-run.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>



HUMBOLDT COUNTY ELEMENTARY/MIDDLE SCHOOL 2025 TRACK SCHEDULE TK-8 <sup>TH</sup> GRADE					
DATE	MEET	LOCATION	START TIME	END TIME	GRADE
Thurs. February 27	Track Clinic	Fortuna High School Track	4:00 PM	6:00 PM	Coaches Parents
Tues. March 25	Cal Poly K-4 Meet Sarah Ingram	Cal Poly Humboldt	3:30 PM	7:00 PM	Kindergarten to 4 <sup>th</sup> Grade
Thurs. March 27	Cal Poly & CR S. Ingram/R. Elmore	Cal Poly Humboldt	3:30 PM	8:00 PM	5-8
Tues. April 1	Arcata High Davita McGoldrick	Arcata High School	4:30 PM	7:30 PM	Kindergarten to 4 <sup>th</sup> Grade
Thurs. April 3	Fortuna Invitational Vince Zinselmeir	Fortuna High School	3:30 PM	8:00 PM	5-8
All athletes must register on <a href="http://athletic.net">athletic.net</a> in advance to compete on both the <b>April 3 and April 24</b> meets. More directions will be sent before the meets. Results will be posted on <a href="http://athletic.net">athletic.net</a> .					
Thurs. April 24	Championships Deunn Willis	McKinleyville High School	3:30 PM	8:00 PM	5-8
Wed. May 7	Del Norte Invitational	Del Norte High School	3:30 PM	7:00 PM	7-8
All athletes must register on <a href="http://athletic.net">Athletic.net</a> in advance to compete. Results will be posted on <a href="http://athletic.net">athletic.net</a> . This meet offers a great experience for 7 <sup>th</sup> -8 <sup>th</sup> grade runners.					
Please note: Ending times for all meets are approximate.					



HRRAY Contacts:  
Website  
Jack West  
Davita McGoldrick  
Breanna Cahoon  
Alysia Davidson

HRRAY  
HRRAY  
Jacob Creek  
Fortuna/Toddy  
HRRAY

[www.hrray.org](http://www.hrray.org)  
[jandjwest@yahoo.com](mailto:jandjwest@yahoo.com)  
[dmcgoldrick@jcsk8.org](mailto:dmcgoldrick@jcsk8.org)  
[breannacahoon@gmail.com](mailto:breannacahoon@gmail.com)  
[alysiacervantes@yahoo.com](mailto:alysiacervantes@yahoo.com)



## 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"  
\$50 for "family"



SRRC