

Fish Hatchery Run 2M & 4M
Blue Lake, CA
9:30 & 10:00 am, Sun., Nov. 2, 2025



November Minutes

by "Jessy Preciado" <jenglishjohnson@gmail.com>

Wed., Nov. 5, 2025, 6:30 p.m. at Chin's Restaurant in Eureka. Board members in attendance: **Jamie Hinckley, Sherry Myers, Marlene Allen, Catrina Howatt, Karen Kidwell, Mark Ellis, Jorge Preciado, Jessy Preciado** and **Gary Timek**. Guests: **Cindy Timek, Harry Kavich** and **Annie Fehrenbach**.

OLD BUSINESS

A. HRM (8:30 am, Sun., 10/12/25) recap: All went well, great turnout. Thank you to all who came and helped. Race director will present a financial report at the next meeting.

B. Blue Lake Fish Hatchery (9:30 am, Sun., 11/02/25) recap: 103 runners, 30 minute delay due to a loose dog chasing runners, had to call animal control. Otherwise, everything went well.

C. Shoe Fund: Over for the year, not a lot of interest this time around.

NEW BUSINESS

A. Veteran's Day at McKay 5K & 10K (10:00 am, Sat., 11/15/25): Contact Ella Price <Ella.m.price@gmail.com> to volunteer.

B. Arcata Bottoms 3M & 12K (9:00 am, Sat., 12/06/25): Permits have been submitted, and agreement with church has been made to use facilities. Contact Harry Kavich <hkavich@yahoo.com> if you would like to volunteer.

C. Board Election: Up for election: Juan, Mark, Sarah, Marlene, Jorge, Harry Kavich, Matthew.

D. Race Directors: Annie will stay on as Fish Hatchery director next year – Thank You! Matthew would like to co-direct the Resolution Run with someone else.

E. FBMR (noon, Sun., 3/08/26): New 10 mile course is in the process of being certified. Online registration is open.

F. Award & Membership Meeting (3-5:00 pm, Sat., 1/10/26): Arcata Neighborhood Center (1301 D St., Arcata) has been booked. Thank you, Sherry!

G. Other:

- Sue Meg Park Run falls on Easter next year, thinking about changing the date.

- Local community member is doing a treadmill fundraiser in December, looking for runners interested in participating. Yoon will email the club to see if anyone is interested.
- Jessy will be stepping down from the board. Thank you, Jessy! Starting in January 2026, a new secretary will be needed.
- **Next meeting:** Babe's in Cutten; Dinner at 5:30, Meeting at 6:30 pm, Wed., Dec. 3, 2025. Ask Gary Timek <gtimek@aol.com> for details.

Ella Price <ella.m.price@gmail.com> after Veteran's Day Run, 11/15/25

This year, we had the privilege of recognizing four remarkable local Veterans whose service, leadership, and ongoing contributions inspire our community year-round. Their stories were shared at the awards ceremony and we are honored to highlight them again here:

- **Edward "Eddie" Castillo Sr., • Roger Miller, • Philip Nickolas • Dr. Mark Ellis**, served as an Air Force pediatrician – including time as Chief of Pediatrics – before moving to Eureka and continuing nearly three decades of medical service. His leadership stretches across hospital committees, medical boards, and children's services. Beyond medicine, he has coached youth sports, volunteered in literacy programs, donated over 20 gallons of platelets, and supported youth athletics through HRRAY and the Six Rivers Running Club. Dr. Ellis demonstrates service through care, mentorship, and steady commitment.



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

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

Third Class Mail is not forwarded!

Send address changes to:
ygk1@humboldt.edu

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

Submitting Material for Publication

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

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

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

SRRS BOARD OF DIRECTORS

2025-2026

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Jamey Harris
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Jorge Preciado
Juan Reyes
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Vice President Matthew Kidwell
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<jenglishjohnson@gmail.com>
Treasurer Cindy Timek
<ctimek@aol.com>

SRRS Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>

Blue Lake Fish Hatchery Run

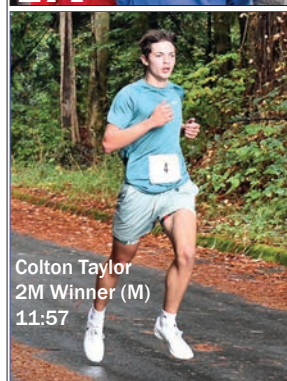
Thank you to all the **runners**, and to all my awesome **volunteers**! I appreciate everyone's assistance and patience while I fumbled around figuring it out. Thanks for the support and hard work to ensure it was a successful event. Hope to see you there again next year!

Cheers – Annie

2M

Place	Name	G/age	Time
1	Colton Taylor	M15	11:57
2	Jakob Zolwik	M28	12:01
3	Zachary Chapman	M44	13:09
4	Sung Choi	M53	14:14
5	Kiara Weldon	F17	15:55
6	Brian Hudgens	M55	16:01
7	Jon Larson	M10	16:22
8	Charlotte Landis	F09	16:25
9	Ivan Larson	M07	16:26
10	Sarah Landis	F41	16:27
11	Griffin Foliger	M07	16:44
12	Shawn Magnuson	M56	16:55
13	Arthur Barker	M64	17:36
14	Caroline Carson	F63	18:08
15	Liam Chapman	M11	19:08
16	Kira Larson	F09	19:15
17	Jenna Larson	F39	19:16
18	Tj Chapman	F62	19:19
19	Zane Chapman	M12	19:42
20	Maddox Chapman	M11	19:49
21	Amy Taylor	F46	20:00
22	Donelle Tupper	F56	20:33
23	Michaele Whiteley	F65	21:08
24	Melissa Glass	F52	21:12
25	Vin Weldon	M42	21:19
26	Chelsey Castiglione	F33	21:43
27	Christina Torres	F37	22:21
28	Michelle Zink-Urzu	F44	22:57
29	Mary Daniels	F68	23:20
30	Matilda Landis	F07	24:42
31	Jessie Hunt	F54	24:43
32	Nano Rayburn	M06	24:54
33	Josh Rayburn	M42	24:54
34	Ariana Rayburn	F38	24:55
35	Henry Landis	M12	24:58
36	Poppy Landis	F02	24:59
37	Michaele Gerdes	F46	25:07
38	Jen Olson	F44	25:08
39	Amy Livingston	F49	25:08
40	Stephanie Weldon	F48	25:21
41	Robert Urzu	M50	26:25
42	Priscilla Turgon	F77	27:31
43	Sarah Hughes	F44	27:32
44	Rilo Jewett	F08	28:04
45	Ian Jewett	M41	28:05
46	Drew Meyer	M51	33:14
47	Sandee French	F70	38:37
48	Wendell French	M04	40:14
49	Haley French	F40	40:15

13	Paul Kinsey	M70	31:13
14	Amanda Lee	F33	31:16
15	Jenna Larson	F39	31:21
16	Trevor Estlow	M54	31:25
17	Mishka Straka	M67	31:30
18	David Macauley	M63	31:35
19	Michela Gerdes	F46	31:40
20	Sarah Sanders	F46	32:00
21	Dave Ryan	M68	33:07
22	Shawn Magnuson	M56	33:29
23	Karen Kidwell	F41	33:36
24	Caroline Carson	F63	34:18
25	Simon Stampe	M39	35:13
26	Robin Baker	F37	36:23
27	Tom Dewey	M66	37:05
28	Arthur Barker	M64	38:02
29	Randy Emenaker	M74	38:24
30	Suzie Sandstorm	F55	38:30
31	Pete Carlson	M63	38:48
32	John Carson	M67	39:15
33	Dana Merrill	F31	39:20
34	Madeleine Haskell	F30	39:21
35	John Aryanpur	M66	39:25
36	Brian Ferguson	M72	40:11
37	Marlene Allen	F69	40:15
38	Marie Cappiello	F55	40:16
39	Dawn Durbin	F61	41:14
40	Tasha Tripp	F21	41:46
41	Sam Webb	F27	42:08
42	Karen Adams	F66	43:54
43	Leah Stamper	F42	44:46
44	Debbie Stamper	F71	44:47
45	Anastasia Borissenko	F33	45:25
46	Amanda Herrera	F35	45:35
47	Donelle Tupper	F56	46:45
48	Juan Reyes	M44	46:46
49	Michelle Hasting	F55	48:53
50	Robin Fraser	F46	48:54
51	Kit Meyer	F45	50:03
52	Melissa Glass	F52	50:03
53	Meg Stampe	F36	50:03
54	Portia Matheson	F78	1:07:09



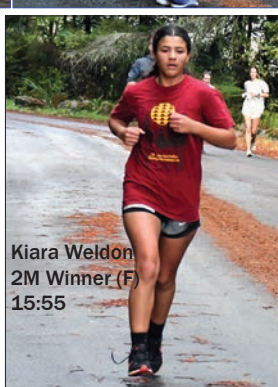
Colton Taylor
2M Winner (M)
11:57



Jakob Z



Zachary C



Kiara Weldon
2M Winner (F)
15:55



Brian H



Jon L



4M

Place	Name	G/age	Time
1	Matthew Kidwell	M44	24:51
2	Amelia Jackson	F29	25:12
3	Jakob Zolwik	M28	25:41
4	Jason Weldon	M17	26:05
5	Tristan Cole	M34	27:58
6	Matt Wells	M44	28:34
7	Jambi Genie	M60	28:42
8	Andrea Wright	F64	28:46
9	Isabel Hirsch	F36	29:21
10	Kevin Roberts	M47	29:42
11	Jeff Haag	M66	30:14
12	Sung Choi	M53	30:34



Charlotte L Sarah L



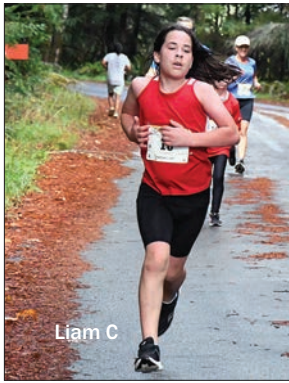
Ivan L



Griffin F



Caroline C



Liam C



Jenna L

Kira L



TJ C



Zane C



Maddox C



Amy T



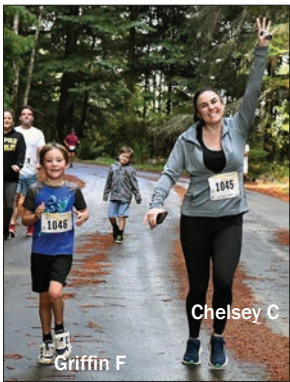
Michele W



Melissa G



Vin W



Chelsey C

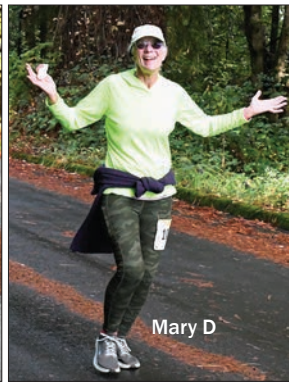
Griffin F



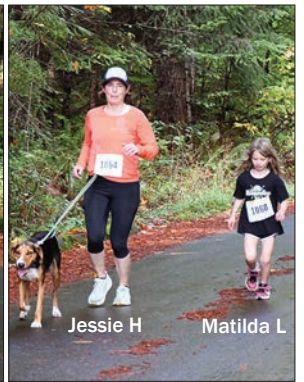
Christina T



Michelle Z-U



Mary D



Jessie H

Matilda L



Josh R

Ariana R

Nano R



Sarah L

Henry L

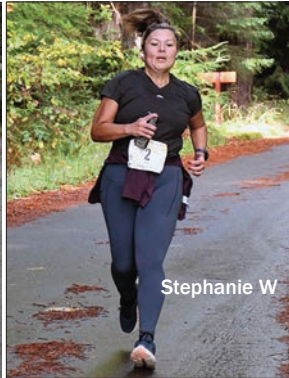
Michele G

Poppy L



Jen O

Amy L



Stephanie W



Robert U



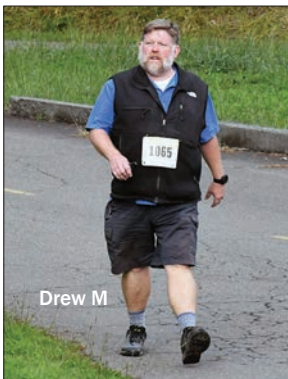
Sarah H

Priscilla T



Rilo J

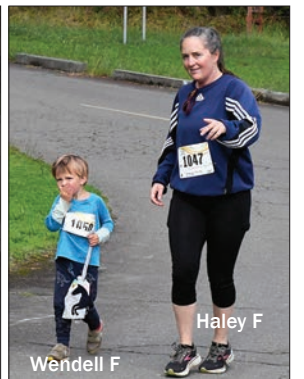
Ian J



Drew M



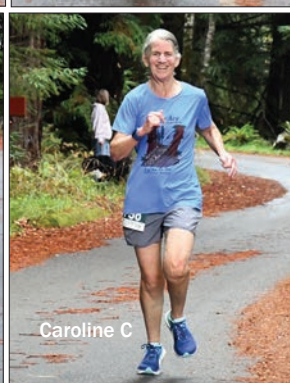
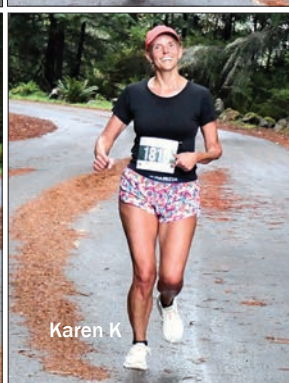
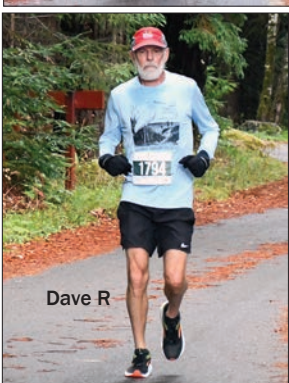
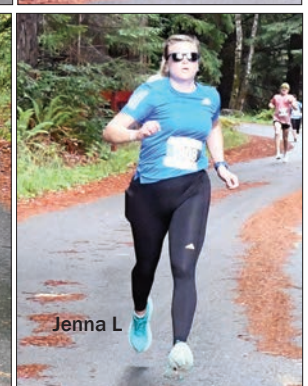
Santee F



Wendell F

Haley F

4M

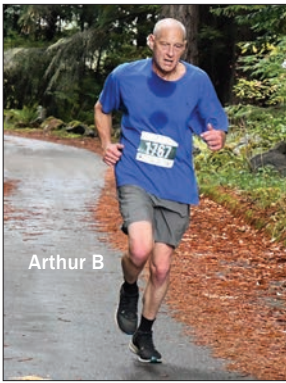




Robin B



Tom D



Arthur B



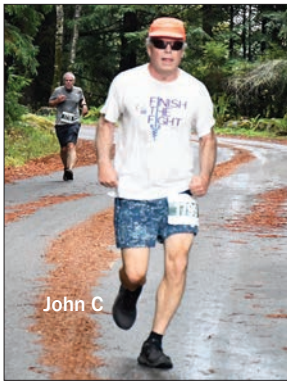
Randy E



Suzie S



Pete C



John C

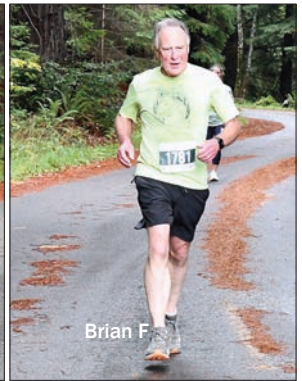


Dana M

Madeleine H



John A



Brian F



Marlene A



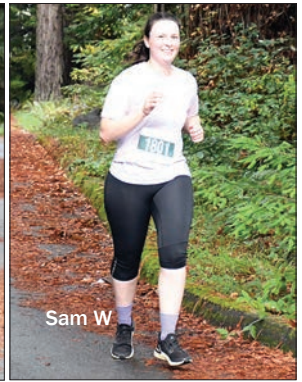
Marie C



Dawn D



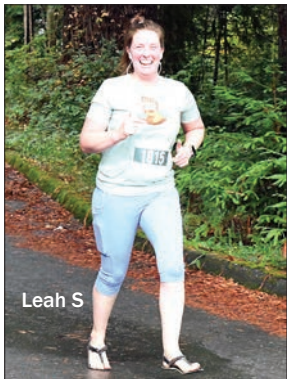
Tasha T



Sam W



Karen A



Leah S



Debbie S



Anastasia B



Amanda H



Donelle T



Juan R



Michelle H

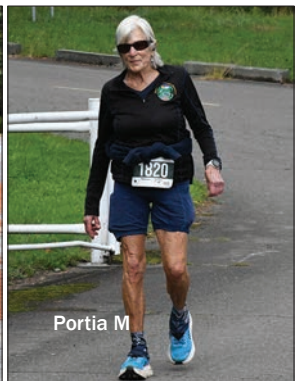
Robin F



Melissa G

Meg S

Kit M



Portia M



Veteran's Day 5K & 10K

McKay Tract, Eureka
10:00AM, Sat., Nov. 15, 2025

5K

Pl	Name	G/age	Time
1	Wyatt Davis	M13	18:52
2	Michael Price	M40	19:05
3	Liam Whitney	M13	19:15
4	Trevyn Sanborn	M??	21:23
5	Bret Rinehart	M45	21:51
6	Richard Roybal	M49	22:41
7	Alexis Price	F10	22:54
8	Brendon Madsen	M36	23:02
9	Granite Price	M08	23:17
10	Jacob Scown	M10	23:27
11	Michael Straka	M67	23:28
12	Felix Hellmair	M11	23:47
13	Dan Link	M48	23:48
14	Anthony Zanudio	M28	24:05
15	Luke Biesecker	M??	25:01
16	Beckham Tagaropoulos	M13	25:26
17	Garrett Hartsell	M10	25:44
18	Brittany Gribbin	F40	25:46
19	Max Michael	M33	25:56
20	Adam Bumgardener	M45	25:58
21	Beth Bailey	F43	26:21
22	Emery Biesecker	M??	26:50
23	Adam Ho	M??	26:55
24	Saul Lopez	M45	27:01
25	Katharine Eilers	F33	27:25
26	Griffin Folger	M07	27:30
27	Tyler Johnston	M16	27:32
28	Blake Sample	M14	27:35
29	?? ??	M??	27:39
30	Reed Hilton	M12	27:42
31	Stanley Howard	M10	27:43
32	Mikayla Cooper	F24	27:45
33	Jacob Carsey	M09	28:28
34	Jacqueline Tagaropoulos	F46	28:38
35	Savanna Johnston	F10	28:40
36	Olivia Osorio	F11	28:49
37	Cora Osorio	F11	28:50
38	Keeva James	F11	28:50
39	Cyril Carl	M78	28:54
40	Jeremiah Gomes	M??	29:08
41	Jessica Burrus	F41	29:12
42	Lucas Graves	M30	29:15
43	Scott Rose	M55	29:17
44	Chara Troyer	F??	29:20
45	Ellen Carsey	F07	29:30
46	Fenwick Simon-Halcomb	M08	29:34
47	Chris Halcomb	M37	29:34
48	Anna Hellmair	F43	29:43
49	Connor Farrell	M23	29:52
50	Madison Valdes	F24	29:53
51	Steve Band	M40	29:59
52	Kash Ayala	M07	30:10
53	Vince Ayala	M37	30:13
54	Kade Ayala	M10	30:13
55	Jeff Johnson	M41	30:20
56	John Tagaropoulos	M10	31:14
57	Slater Taylor	M11	31:25
58	Justin Fox	M55	31:33
59	Amy Duerfeldt	F50	31:39
60	Dimitrios Tagaropoulos	M45	31:56
61	Sarah Larsen	F43	32:10
62	Brayden Howard	M12	32:18
63	Becky Chapman	F??	32:34
64	Michael Chapman	M66	32:35
65	Vincent Omev	M13	32:44

66	Jon Omev	M40	32:44
67	Armand Prieditis	M65	32:56
68	Sarah Bopp	F36	32:56
69	Natalia Zarzhevsky	F54	32:57
70	Dave Brose	M??	32:59
71	Marius Graves	M09	33:03
72	Johnathan Graves	M40	33:03
73	Shao-Lan Lew-Smith	F41	33:04
74	Clint Hunter	M54	33:08
75	Cory Crnich	M40	33:14
76	Eliason Madden	M08	33:14
77	Leonardo Silva	M07	33:25
78	Cindy Cifuentes Torres	F33	33:26
79	Anna Osorio	F48	33:29
80	Sherrie Sample	F??	33:39
81	Matthew Wight	M37	33:57
82	Vanessa Miranda	F33	34:01
83	Camille Sathrum	F37	34:02
84	Jen Waites	F43	34:05
85	Gabby Cavinta	F18	34:14
86	Harper Appy	F17	34:15
87	Pearl Smith	F17	34:15
88	Marcus Appy	M51	34:17
89	Chelsey Castiglione	F33	34:18
90	Holly Powell	F35	34:36
91	Hanna Taylor	F24	34:39
92	Darby Diaz	F23	34:40
93	Jared Johnston	M14	34:45
94	Grey Hartsell	M06	35:18
95	Keiter Howard	M07	35:19
96	Celeste Howard	F41	35:21
97	Elena Cudahy	F11	35:29
98	Danielle LeFever	F43	35:29
99	Jacob Beede	M07	35:33
100	Maureen Kiritsy	F??	35:36
101	Hayden Winn	F07	35:59
102	Sarah Visser	F34	36:00
103	Kristin Pinto	F??	36:01
104	Elizabeth Gibbons	F11	36:09
105	Carrie Levy	F54	36:16
106	Orin Kessler	M??	36:26
107	Megan Atherton	F42	36:38
108	Mason Atherton	M07	36:38
109	Aaron Ashcom	M48	36:49
110	Molly Ashcom	F46	36:49
111	Bob Beede	M73	36:51
112	Claire Scown	F08	36:53
113	Luke Scown	M44	36:54
114	Jocelyn Gibbons	F40	37:13
115	Hannah Graves	F34	37:17
116	Robert Gribbin	M39	37:21
117	Robert Urzua	M50	37:25
118	Jameson Ybarra	M10	37:28
119	Kim Bergel	F59	37:36
120	Sky Kesler	M38	37:38
121	Sutton Waites	F??	37:48
122	Charlie Hill	F09	37:54
123	Andrew Kime	M30	37:55
124	Jeff Johnston	M48	38:05
125	Caitlin Scown	F43	38:26
126	Sam Barton	M??	38:27
127	Owen Barton	M??	38:27
128	Elise Nau	F??	38:30
129	Kayla Davis	F37	38:35
130	Nick Purcell	M41	38:40
131	Riley Mosher	M21	38:40
132	Patricia Earle	F70	38:59
133	Robert Earle	M63	39:00
134	Michelle Zink-Urzua	F44	39:02
135	Hannah Sample	F37	39:12
136	Tracy Foltz	F43	40:20

137	Lisa Omev	F40	40:26
138	LJ Omev	M10	40:27
139	Lewis Caldwell	M??	40:28
140	Christine McClelland	F43	41:08
141	Jentry Rakestraw	M40	41:08
142	Diana Carlson	F60	42:34
143	Rylee McBeth	F10	42:42
144	Alice Gibbons	F08	42:53
145	Malia Masayos	F16	42:53
146	Arli Nieman	F12	43:00
147	John Waters	M68	43:24
148	Monica Rondon	F59	43:25
149	Jackson Mossi	M12	43:41
150	Julia Sway	F39	43:48
151	Kallie Ybarra	F38	43:50
152	Paul Carlson	M64	44:00
153	Scott Griffin	M43	44:02
154	Mel Sample	M??	44:09
155	Pooja Rekha	F39	44:33
156	Kathleen Lair	F64	44:55
156	Sidney Am	M35	45:10
157	Brynlee Steele	F08	45:27
158	Owen Hill	M06	45:27
159	Dana Reynolds	F37	45:40
160	Alec Van Auken	M31	45:43
161	Katie Hill	F37	46:14
162	Gregory Hill	M47	46:15
163	Sara O'Brien	F29	47:51
164	Nathan O'Brien	M31	47:52
165	Megan Kesler	F40	47:55
166	Haley Collom	F34	47:55
167	Emilia Wright	F09	48:18
168	Darren Maples	M40	48:39
169	Jessica Lebert	F37	48:40
170	Andrea Taylor	F64	48:54
171	Shauna Davidson	F54	48:54
172	Heidi Heim	F56	49:01
173	Scott Morrison	M69	49:02
174	Linda Mitleyng	F75	49:17
175	Madelynn Gomes	F??	49:46
176	Tegan Carsey	F07	50:16
177	Caroline Szabo	F31	50:23
178	Patricia Evansizer	F80	51:09
179	Kristy Evansizer	F54	51:10
180	Aubrey Wright	F09	51:23
181	Jeremy Wright	M45	51:27
182	Hannah Wright	F43	51:28
183	Carissa Carsey	F38	51:34
184	Caleb Carsey	M38	51:35
185	Kallie Henry	F18	51:38
186	Drew Meyer	M??	52:29
187	Charles Young	M62	52:56
188	Brianne Taylor	F40	52:58
189	Joan Grytness	F70	52:59
190	Sarah Van Auken	F38	53:32
191	Maggie Motley	F41	53:33
192	Scott Bock	M37	53:35
193	Danielle Buckingham	F36	53:43
194	Elizabeth Beach	F36	53:53
195	Yolynn StJohn	F54	54:07
196	Nikki Powell	F33	54:26
197	Forest Harpham	F46	54:27
198	Christy Wagner	F46	54:28
199	Shelli Cramer	F54	54:34
200	Chandel Nelson	F40	54:35
201	Tracy Helard-Shumard	F53	54:58
202	Scott Esterling	M59	54:59
203	Janelle Rybeck	F34	56:16
204	Gordon Clatworthy	M42	56:18
205	Jeanette Rybeck	F41	56:19
206	Sarah Gomes	F40	56:20

207	Layla Newkirk	F??	56:32
208	Hana Newkirk	F??	56:33
209	Tina Vaughan	F71	57:19
210	Marca Kime	F66	57:20
211	Lauren Larsen	F??	57:27
212	Carolyn Taberner	F76	57:28
213	Chelsea Herr	F34	57:41
214	Samantha Medeiros	F40	57:42
215	Paloma Nelson	F09	59:41
216	Eric Nelson	M38	59:42
217	Sara Urbani	F39	1:00:49
218	John Kime	M64	1:00:50
219	Zachary Roberts	M46	1:00:51
220	Kelly Ayala	F34	1:00:52
221	Carol Stewart	F66	1:00:54
222	Allison La Mont	F29	1:00:55
223	Hannah Lippe	F??	1:00:56
224	Allie Rodgers	F37	1:01:02
225	John Bracklow	M76	1:01:25
226	Sandy Dardenelle	F74	1:01:26
227	Rachel Harmeling	F34	1:01:42
228	Regina Moreno	F51	1:02:04
229	Randy Watkins	M49	1:02:05
230	Philuppa Watkins	F53	1:02:06
231	Daniel Price	M73	1:02:28
232	Karen Price	F70	1:02:55
233	Colleen Thompson	F65	1:02:57
234	Francesca Davis	F67	1:03:03
235	Donald Davis	M78	1:03:07
236	Gary Crosby	M61	1:03:15
237	Sharon Crosby	F62	1:03:16
238	Daniel Jacobs	M43	1:03:18
239	Dusty Lange	M43	1:03:19
240	Jen Padula	F??	1:05:40
241	Kristina Butler	F??	1:05:41
242	Matt Bouffard	M31	1:06:31
243	Mary Bouffard	F30	1:06:32
244	Andrew Carlquist	M33	1:06:33
245	Catherine Croteau	F39	1:06:43
246	Stephanie Salvatore	F36	1:07:01
247	Tristan Salvatore	M41	1:07:02
248	Ashley Nieman	F42	1:07:36
249	Debbie Neeson	F74	1:07:37
250	Terri Vroman Little	F63	1:07:49
251	Matthew Kurzawinski	M38	1:07:49
252	John Calkins	M78	1:07:50
253	Cannon Dunphy	M15	1:08:08
254	Teresa Miranda	F64	1:08:20
255	Ebelyn Miranda	F34	1:09:01
256	Anna O'Gorman	F??	1:09:24
257	Lonnie Van Meter	F??	1:09:25
258	Kaya Barnes	F??	1:09:26
259	Aliviana Allagra	F??	1:09:27
260	Edward Castillo	M??	1:09:28
261	Charlotte Krupp	F53	1:10:19
262	Kristan Korns	M62	1:10:21
263	Brantley Mossi	M09	1:11:38
264	Ryan Nieman	M37	1:11:41
265	Terra Tolley	F43	1:11:42
266	Rosalynn Lukins	F04	1:11:48
267	Steven Nalley	M74	1:11:50
268	Fernando Suncin	M80	1:12:02
269	Doris Maire	F80	1:12:03
270	Darcie Rutter	F54	1:13:12
271	Laroy Maire	M78	1:13:12
272	Teresa Sabers	F67	1:13:13
273	Jeffrey Sabers	M66	1:13:14
274	Marcus Cox	M22	1:13:19
275	Jessica Rutter	F21	1:13:38
276	Linda Maire	F76	1:14:24
277	Connie Miller	F81	1:14:26
278	Roger Miller	M82	1:14:27
279	Thomas McCutchen	M51	1:14:48
280	Elena Pasqual	F??	1:29:56
281	Esperanza Pasqual	F??	1:30:29

10K

Pl	Name	G/age	Time
1	Andrew Bacon	M38	43:26
2	Benjamin Wartburg	M45	44:16
3	John Nicklas	M46	46:13
4	Jonah Veerkamp	M14	46:41
5	Joanna Tobon	F18	47:10
6	Burp ???	M18	47:14
7	Courtney Carlson	F33	48:58
8	Isaiah Kibby	M34	49:30
9	Jenna Mossi	F33	49:36
10	Tim Burris	M37	50:12
11	Harvey Micah	M21	51:30
12	James Walsh	M31	51:50
13	Simon Stampe	M38	52:16
14	Lucas Sira	M??	52:58
15	James Hartsell	M36	53:11
16	Rebecca Brennan	F44	53:53
17	Kelly Thmopson	F44	54:15
18	Shar-Lo Kelly	M44	54:21
19	Sean Rune	M37	55:02
20	Madeline Miller	F32	55:14
21	Zach Taberner	M36	55:26
22	Kristin Lane	F50	55:32
23	Lathrop Leonard	M59	55:38
24	Caroline Carson	F63	55:44
25	Alexa Blakey	F20	56:11
26	Isaac Croteau	M41	56:18
27	James Griffiss	M40	57:44
28	?? ??	F??	57:50
29	Jessy Whitehead	F36	59:23
30	Heidi O'Hanen	F40	59:24
31	Krist Bentz	F41	59:25
32	Trevor Bentz	M40	59:26
33	Ryan Cooper	M40	59:28
34	Celeste Redner	F46	1:02:28
35	Mavelyn Socha	F47	1:02:29
36	Jacob Tabares	M34	1:03:13
37	John Carson	M67	1:03:13
38	Allen Mathew	M69	1:03:20
39	Emily Walsh	F31	1:03:28
40	Christina Campbell	F59	1:06:41
41	Diana Cavinta	F55	1:06:42
42	Edmund Foster	M44	1:07:33
43	Brandon Ramos	M30	1:07:46
44	Mario Minder	M37	1:07:53
45	Whit Rune	F32	1:08:46
46	Chrystyna Johnson	F47	1:09:26
47	Casse Weaver	F48	1:09:43
48	Meg Stampe	F36	1:09:50
49	Rocco Pearson	M10	1:10:27
50	Angie Pearson	F49	1:10:33
51	George Corbett	M36	1:10:44
52	Tom Lukins	M??	1:11:37
53	Leland Lukins	M07	1:11:40
54	Dawn Durbin	F61	1:14:31
55	Juan Reyes	M44	1:14:45
56	Shawna Hatten	F37	1:15:02
57	Carrie Tyleea	F??	1:16:10
58	Alexa Stafanakis	F29	1:17:02
59	Pamela Jensen	F53	1:18:15
60	Nicole Jean Hill	F47	1:18:47
61	Julie Alderson	F54	1:18:50
62	Desiree McBride	F??	1:20:30
63	Kit Boisvert Meyer	F45	1:21:18
64	Shannon Cavness	F54	1:22:08
65	William Beauchamp	M78	1:29:06
66	Wendi Grammer	F49	1:29:29
67	Gigi Rivinus	F63	1:33:52
68	Maria Hurtado	F34	1:33:53
69	Francis Rivinus	M78	1:33:57
70	Dean Matheson	M66	1:38:49
71	Frederick McKee	M14	1:39:03
72	Johnny Castro	M17	1:39:12

73	Jamie McKee	F41	1:39:20
74	Kasha Guzman	F37	1:43:55
75	Brandy Castro	F37	1:44:49
76	Edgar Roberts III	M57	1:44:52
77	Laysha Roberts	F52	1:45:12
78	Portia Matheson	F78	1:46:10
79	Aletta Sauer	F61	1:47:05
80	Donnell Duclo	F62	1:48:14
81	Linda Prescott	F??	1:49:24
82	Brock Davis	M45	1:55:24



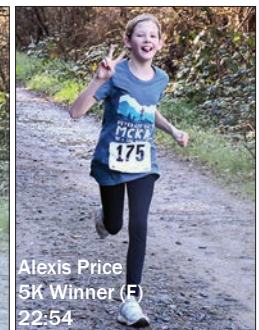
Wyatt Davis
5K Winner (M)
18:52



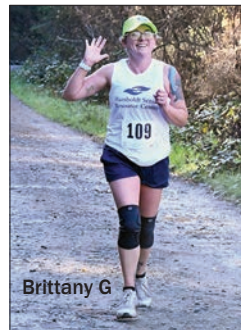
Mike P



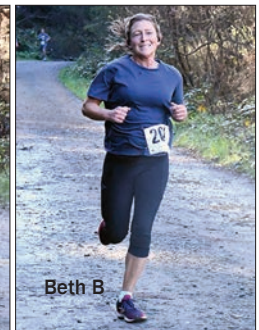
Liam W



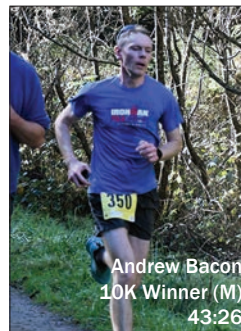
Alexis Price
5K Winner (F)
22:54



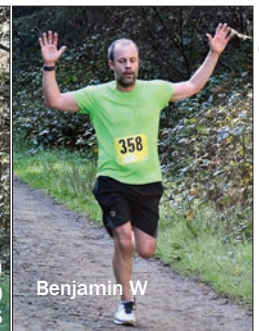
Brittany G



Beth B



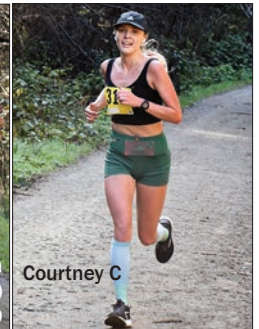
Andrew Bacon
10K Winner (M)
43:26



Benjamin W



Joanna Tobon
10K Winner (F)
47:10



Courtney C

5K

• Please visit our webpage (<https://www.grc.com>, under 11/15/25) for the photos of all runners.

10K



Cross Country 2025

The 2025 SRRC/HRRAY youth cross country program was completed on October 16th at the **Humboldt County Youth Cross Country Championships** held at the Arcata Community Center. More than 400 kindergarten to 8th grade boys and girls ran in this championship race. To qualify for the championships, each runner had to run two of the six regular season races. Thanks to the support of **Jacoby Creek School, Blue Lake School, Winship Middle School, Trinity Valley School, Fortuna Middle School** and the **Six Rivers Running Club**, we were able to run the regular season races in a variety of locations. We also had support at the meets from the **Fortuna, Eureka, Arcata, McKinleyville High School** cross country teams and the **College of the Redwoods** cross country team.

Humboldt Sponsors, **Arcata Sunrise Rotary** and, of course, **SRRC**, were great supporters. Humboldt Sponsors provides money for the rewards and incentives for the youth runners. HRRAY gives unique stickers for each race, provides team plaques for team winners and other incentives.

Arcata Sunrise Rotary provides 180 medals and ribbons for awards at the championship meet. Each grade level, separated into boys and girls, receives 1st through 10th place medals or ribbons. The Rotary club also provides a great award stand for the meet. **Bryn Coriell**, from Rotary, was a great announcer.

SRRC provides supplies, such as cones, stakes, flagging and a finish clock. But, more importantly, lots of Club volunteers come to every meet to support the program and, especially, the runners. **Gary Timek, Marlene Allen, Mark Ellis, Harry Kavich, Yoshi Uemura, Catrina Howatt** and **Randy Emenaker** were regulars at almost every meet, but, when we asked for a little extra help, many other members stepped up. Thank you all for the great help.

There were 392 official finishers in the championship race, but a few runners did not complete two races of the six regular season runs, which was a requirement to receive awards in the final meet. We believe there were quite a few runners who completed without a number, so they did not show up in the results. Over 500 runners completed in at least one meet. The top three finishers in each grade level are listed below.

Kindergarten Girls (1 mile)

1 Meekoyomeen Moorehead	Jacoby Creek	8:39
2 Ava Brinckhaus	SHRC	9:26
3 Ava Heifetz	Jacoby Creek	9:37

1st Grade Girls (1 Mile)

1 Faleen Barclay	Trinidad	7:46
2 Marlow Gregory	Trinidad	8:12
3 Iris Burnstein-Sinnott	Coastal Grove	8:29

2nd Grade Girls (1 Mile)

1 Serafina Fosnaugh	Northern United	7:36
2 Nyla Zerai	Trinidad	7:54
3 Maevyn Cordisco-Guild	Coastal Grove	8:07

3rd Grade Girls (2 Miles)

1 Lucy Hayes	Ambrosini	14:48
2 Tiffany Mayer	Trinidad	15:42
3 Sylvie Davis	Garfield	15:57

4th Grade Girls (2 Miles)

1 Charlotte Landis	Jacoby Creek	14:18
2 Sylvia Tout	Garfield	14:44
3 Roslyn Bumgardner	Garfield	14:47

5th Grade Girls (2 Miles)

1 Olivia Spellmeyer	Jacoby Creek	13:33
2 Elsie Chisholm	Jacoby Creek	14:08
3 Charlotte Hamilton	Jacoby Creek	14:47

6th Grade Girls (2 Miles)

1 Kaiah Cahoon	Hydesville	13:40
2 Heidi Tout	Garfield	13:48
3 Key-se-loh Reed	Jacoby Creek	13:56

7th Grade Girls (2 Miles)

1 Kinsley Yarbrough	Winship	12:11
2 Emerson Okin	Sunny Brae	12:30
3 Ruby Mohrmann	Jacoby Creek	12:34

8th Grade Girls (2 Miles)

1 Rosa Nofsinger	NPA	12:38
2 Zoey Gai	Jacoby Creek	13:38
3 Sienna Pulley	Sunny Brae	13:58

Kindergarten Boys (1 mile)

1 Oliver Beck	Jacoby Creek	7:56
2 Sebastian Anderson	Fieldbrook	8:31
3 Lucas Pearson	Jacoby Creek	9:09

1st Grade Boys (1 mile)

1 Enzo Arredondo	Dow's Prairie	6:56
2 Finn Saxton	Fuente Nueva	7:09
3 Zev Cowan	Jacoby Creek	7:33

2nd Grade Boys (1 mile)

1 Iver Skavdal	Cuddeback	6:56
2 Oket'oh Moorehead	Jacoby Creek	7:11
3 Ivan Larson	Dow's Prairie	7:17

3rd Grade Boys (2 miles)

1 Granite Price	Unattached	12:44
2 Sage Farrell	Garfield	13:31
3 Alder Hackett	Trinidad	13:59

4th Grade Boys (2 miles)

1 Joseph Thomas	SHRC	13:24
2 Edwin Garcia	Jacoby Creek	13:31
3 Jacob Scown	Fieldbrook	13:58

5th Grade Boys (2 miles)

1 Trystan Cavanagh	Trinidad	12:41
2 Gavin Smith	Burnt Ranch	12:49
3 Jules Davis	Garfield	12:54

6th Grade Boys (2 miles)

1 Juan Flores	Sunny Brae	12:21
2 Waylon Hunsinger	Blue Lake	12:49
3 Alex Armstrong-Penney	Trinidad	12:58

7th Grade Boys (2 miles)

1 Anthony Som	McKinleyville	11:23
2 James Miner	Trinidad	11:52
3 Remy McCovey	Trinidad	12:01

8th Grade Boys (2 miles)

1 Wyatt Davis	Winship	10:57
2 Soren James	Sunny Brae	11:04
3 Liam Whitney	Sunny Brae	11:12

2025 Team Champions

Kindergarten-2nd Grade Girls

- 1 Trinidad Elementary School
- 2 Fuente Nueva Charter School

Kindergarten-2nd Grade Boys

- 1 Jacoby Creek Elementary School
- 2 Dow's Prairie Elementary School

3rd-5th Grade Girls

- 1 Jacoby Creek Elementary School
- 2 Garfield Elementary School

3rd-5th Grade Boys

- 1 Trinidad Elementary School
- 2 Jacoby Creek Elementary School

6th-8th Grade Girls

- 1 Jacoby Creek Elementary School
- 2 McKinleyville Middle School

6th-8th Grade Boys

- 1 Sunny Brae Middle School
- 2 Trinidad Elementary School



2025 24th ANNUAL S R R C CIRCUIT

Our 2025 circuit is coming to a close! In order to get a Circuit Certificate, you must complete 6 races and volunteer. You may help out a race or lend a hand with the Circuit. Complete 10 races and get a framed certificate. This month's article includes folks who have completed **at least five races**.

The current leader of each group will be in **bold** and the number of races for each runner will be in parentheses behind their names.

If you've got questions or suggestions for the Circuit, email <6rrccircuit@gmail.com>. If you're interested in helping with or taking over the Circuit next year, please let me know.

14& Under Male: Oliver Stamper (7) and **Maddox Chapman** (5) (**first place tie**); Zane Chapman (5), Liam Chapman (5), Felix Porter (6), Westley Porter (6)

14 & Under Female: Roenne Powell (5), Arianna Porter (7)

15-19 Male: Juan Ornelas (6)

20-24 Female: Taryn Sanborn (5)

25-29 Male: Jasper (10)

30-34 Male: Tristan Cole (6), Galen Hammitt (5)

30-34 Female: Courtney Carlson (5), Amanda Lee (6)

35-39 Male: Travis Sanborn (6), Jose Ornelas (7)

35-39 Female: Jenna Larson (11), **Isabel Hirsch** (10), Annie Fehrenbach (5), Emily Batini (5), Antonya Diller (5), Katrin Lemmon (5), Christina Torres (6), Naomi Stamper (7)

40-44 Male: Matthew Kidwell (8), Doug Hartling (7), Matt Wells (5), Zachary Chapman (5), Shawn Porter (6)

40-44 Female: Kerry Byrne (5), **Karen Kidwell** (7), Kit Meyer (5), Crystal Porter (7), Leah Stamper (10)

45-49 Male: Sky McKinley (7), Richard Roybal (7), Jake Johnson (10)

45-49 Female: Robin Fraser (8), Alia Dunphy (6), **Michele Gerdes** (6), Angie Pearson (5)

50-54 Male: Rob Amerman (8), Craig Wasko (5) Sung Choi (8)

50-54 Female: Marie Cappiello (6), **Jen Foesig** (10)

55-59 Male: Shawn Magnuson (8), Ed Kallen (9)

55-59 Female: Catrina Howatt (7), Jeanette Suhay (5)

60-64 Male: Arthur Barker (10), **Paul Kraus** (6), Rich Baker (5), Peter Carlson (5)

60-64 Female: Andrea Wright (8), Caroline Carson (13), Tj Chapman (6), Dawn Durbin (6), Marcile Raney (8), Simona Carini (6)

65-69 Male: Jeff Haag (6) and **Mishka Straka** (6) (**first place tie**); Paul Kinsey (6), John Carson (9), Mark Chapman (8), Don Elwell (5), Dave Ryan (10), Robert Ayers (5)

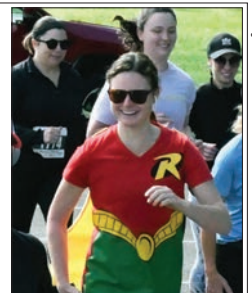
65-69 Female: Lanore Bergenske (9), Karen Adams (6), Marlene Allen (8), Sherry Myers (10), Michael Whiteley (5)

70-74 Male: Randy Emenaker (11)

70-74 Female: Debbie Stamper (11), Lorraine Dillon (5)

75-79 Male: Cyril Carl (6)

75-79 Female: Portia Matheson (11)



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

Lanore Bergenske <lbergenske@fortunaesd.com> wrote on Mon, Oct 20, 2025:

Jackalope Lope 20.5 (actually 22.5 miles!) – Whiskeytown, October 18th

On Saturday, Alicia, Jen, and I took on the **Jackalope Lope trail race** at beautiful Whiskeytown! The course was stunning – full of vibrant fall foliage, crisp air, and breathtaking views – but it definitely made us work for it with over 4,300 feet of vert!

We all ran strong and managed to stay within sight of each other the entire race, which made the day even more special.

♥ Grateful for another challenging and unforgettable adventure with amazing friends! 🍂💪

The Jackalope Lope
50K, 20M & 8M
Redding, CA
Sat., Oct. 18, 2025
20-Mile Results



OvP	Name	G/age	Time	Home
11	Jen Foesig	F53	4:22:03	Eureka
12	Alicia Mengel	F46	4:22:15	McKinleyville
13	Lanore Bergenske	F68	4:22:17	Fortuna



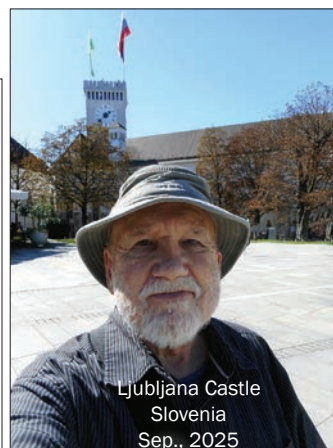
SRRC Crossword Puzzle

ACROSS

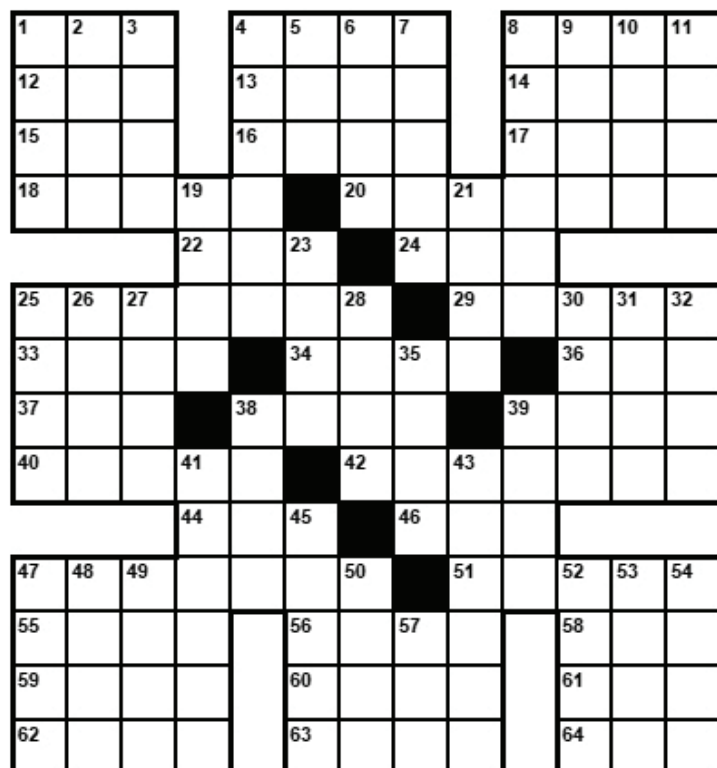
- 1 Carpenter's cutter
- 4 Recommend
- 8 Simple plant
- 12 Baseball stat
- 13 Gentlemen
- 14 Reverberate
- 15 Sports official, in short
- 16 Simians
- 17 And others, in a list
- 18 Ascend
- 20 Encouragement for a runner
- 22 Every one
- 24 "It tastes good!"
- 25 Encouragement for a runner
- 29 Woodwinds or their mouthpieces
- 33 Uprising
- 34 Burst of wind
- 36 ___-Magnon
- 37 Endorsing org. on a toothpaste tube
- 38 Abode
- 39 Enclose
- 40 Italian port city
- 42 Encouragement for a runner
- 44 Record players, initially
- 46 Golf goal
- 47 Encouragement for a runner
- 51 Roller blade
- 55 Take on cargo
- 56 Boxing match
- 58 Male turkey
- 59 Indigenous people of the Great Basin
- 60 Otherwise
- 61 Japanese sash
- 62 Demonstrative adjective
- 63 Highway
- 64 N.Y. Opera

DOWN

- 1 This bunch
- 2 First person to die in Genesis
- 3 L.A.N. technology
- 4 With practicality
- 5 Tear
- 6 Got big
- 7 Term paper
- 8 Inviting words
- 9 Eightfold prefix
- 10 Fluffy carpet
- 11 Alone
- 19 Store
- 21 Asiatic dwelling
- 23 Trademark image
- 25 Rocky outcrop
- 26 Helper
- 27 Horse of a different color?
- 28 Without feeling
- 30 Light tan
- 31 Boring event
- 32 Frosh, a year later
- 35 Ooze
- 38 Meccan pilgrimage
- 39 Labor
- 41 Most unusual
- 43 Sampled, as food
- 45 Designated driver's state
- 47 Overabundance
- 48 Solemn promise
- 49 Greek theaters
- 50 Philippine machete
- 52 Elemental particle
- 53 Alternative for Hamlet
- 54 Radiate
- 57 This country



Ljubljana Castle
 Slovenia
 Sep., 2025



"Ken Yanosko" <kenyanosko@sboglobal.net>

Upcoming Events

SAT., DEC 6, 2025 << **SRRC race** >>

Arcata Bottoms 3M & 12K. {\$10 for nonmembers, free for SRRC members} 12K at 9:00AM and 3M at 9:15AM. Due to these start times it will not be possible to participate in both runs. Start and finish by St. Mary's School on Janes Road in Arcata. For more information, contact **Harry Kavich** at <hkavich@yahoo.com>.

THUR., JAN 1, 2026 << **SRRC race** >>

Resolution Run at the Eureka Waterfront Trail. {\$10 for nonmembers, free for SRRC members} Start at 10AM. 5K Start and finish at the Del Norte Street Pier parking lot (foot of Del Norte Street in Eureka along the Bay). The race will head south along the Waterfront Trail to the Hikshari Trail and back. {20:25 Challenge!} Run 20:25 or faster and receive a special commemorative award. Only SRRC members will be eligible. For more information, contact **Gary Timek** at <gtimek@aol.com>.

SAT., JAN 10, 2026 << **SRRC event** >>

Award, Membership Meeting & Party.

At 3 pm. Celebration of running in 2025 at the Neighborhood Center in Arcata (1301 D St., Arcata, CA). Pizzas & drinks are provided. For more information, contact **Sherry Myers** at <sherry Myers1956@gmail.com>.

Sunday Morning Run.

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

Wednesday Evening Run.

Every Wednesday at 5:30PM a group of runners meet up at a local restaurant and go out for a run. There is a wide range of runners, paces and distances. It's all about community! After the run they hang out and share a meal/and or beverage of your choice. Find them on Facebook under Humboldt County Beer runners or email **Mishka Straka** <pvp pathway@gmail.com> for more information. All are welcome. See you there!

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



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

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Marlene Allen <allens@humboldt.com> on Wed, Nov 5, 2025:
Debbie Stamper and I accidentally wore the same T-shirt to the Fish Hatchery Run! I thought it was a cute picture. We didn't know we were dressing as twins. Thanks!

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"

