



Sarah Sullens

Sherry Myers

Rosa Granados

Jamey Harris

Resolution Run 5K
 Eureka Waterfront Trail
 10:00 am, Wed., New Year's Day, 2025

January Minutes

Wed., Jan. 8, 2024, 6:30 p.m. at Chin's in Eureka. Board members in attendance: **Jorge Preciado, Mark Ellis, Sherry Myers, Juan Reyes, Marlene Allen, Jessy Preciado, Gary Timek** and **Sarah Sullens**. Guests: **Cindy Timek** and **Jamie Hinckley**.

OLD BUSINESS

- A. HRRAY:** Track season starting at the end of March. First meet will be at Cal Poly Humboldt.
- B. Resolution Run 5K (Wed., 1/01/25) recap:** 145 finishers. Good turnout despite the weather.
- C. Shed Clean Up:** Need to get the tents put away in bags. They were left out to dry from the last rainy race.
- D. Membership Meeting (2:00 pm, Sat., 1/25/25):** Neighborhood Center in Arcata (1301 D St., Arcata, CA). Everything is on track.

NEW BUSINESS

- A. Hour Run (9:00-9:30 am, Sun., 2/16/25):** Will be held at the Arcata High track.
- B. FBMR 2M, 4M, 10M (2PM & noon, Sun., 3/09/25):** Will update at the next meeting.
- C. Community Forest Run 2M, 5.5M (10:00-10:15 am, Sat., 3/22/25):** Karen Kidwell will direct the race this year.
- D. Rodeo Run 5K (9:00 am, Sun., 7/13/25):** Mark motions that Catrina Howatt be the new director for the Rodeo run, Jessy seconds, motion passes.
- E. Other:**
 - Need to review policies concerning dogs, bikes, skates, strollers etc at our races to ensure we are in line with RRCA insurance policies. Should be a uniform policy across all races. No dogs, no bikes, no skates allowed at races per RRCA policy. Those with strollers need to start at the back of the race. Should remind club members at the membership meeting and in the newsletter.
 - The RRCA convention will be in Minneapolis this year April 24-27.
 - **Next meeting:** Babe's in Cutten; Dinner at 5:30, Meeting at 6:30 pm, Wed., Feb. 5, 2025. Ask Gary Timek <gtimek@aol.com> for details.



Resolution Run 5K
Eureka Waterfront Trail
10:00 am, Wed., New Year's Day, 2025

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

SRRC BOARD OF DIRECTORS

2025-2026

Jamie Hinckley mrs.jamie.hinckley@gmail.com 599-7820
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 allens@humboldt1.com 822-9115
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Mark Ellis mg8ellis@gmail.com 442-7235
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Matthew Kidwell ** matthew5513@yahoo.com 444-2546
Jorge Preciado ramirez_xc@yahoo.com (818)478-6636
Juan Reyes violate2much@yahoo.com (915)276-7642
Sarah Sullens sarahsullens10@gmail.com 845-9652

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>



Resolution Run

10AM, Wed., Jan. 1, 2025

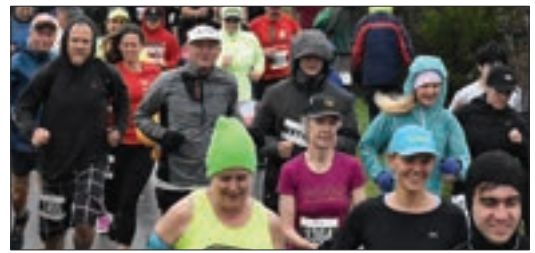
Congratulations! You ran 5K under 2025!

5K

Place	Name	Time	C	G/A
1	Matthew Kidwell	18:23	R	M43
2	Juan Ornelas	18:54	R	M15
3	Everett Docherty	19:11	W	M18
4	Brent Ritschel	19:26	W	M31
5	Sebastian Amaro	20:28	R	M14
6	Sky McKinley	20:49	W	M48
7	Laras Yatch	21:26	G	M35
8	Jake Johnson	21:37	W	M49
9	Richard Roybal	21:44	W	M48
10	Antonya Diller	21:47	R	F36
11	Brett Docherty	21:49	W	M42
12	Andrea Wright	21:50	B	F63
13	Sarah McGraw	21:52	R	F34
14	Casey Ales	22:04	W	M42
15	Annie Fehrenbach	22:11	R	F36
16	Sean Morris	22:31	G	M16
17	Rob Amerman	22:36	W	M50
18	Jenna Larson	22:41	R	F38
19	Sung Choi	22:45	W	M53
20	Chris Schinke	22:52	W	M53
21	Karen Kidwell	22:54	R	F40
22	Kelley Sheehy	23:01	B	F59
23	Bret Rinehart	23:05	G	M45
24	Paul Kinsey	23:10	R	M69
25	Lanore Bergenske	23:12	B	F67
26	Jeff Haag	23:14	R	M65
27	Caleb Turner	23:41	O	M22
28	Cecilia Guerre	24:17	G	F31
29	Rebecca Matias	24:19	G	F34
30	Sarah Sanders	24:42	R	F45
31	Tim Burrus	24:57	G	M36
32	Jose Ornelas	25:06	G	M37
33	Yvette Ferreira	25:21	R	F50
34	Caroline Carson	25:42	B	F62
35	Robyn Petruscha	26:12	R	F60
36	Gabriel Burgoa	26:27	W	M12
37	Shawn Magnuson	26:47	G	M55
38	Chrystal Ales	27:20	G	F41
39	Dave Ryan	27:27	G	M67
40	Mario Minder	28:04		M36
41	Riley Creps	28:13		M34
42	Trudie Blaci	28:28	G	F47
43	Melissa Kaiser	28:29	G	F43
44	Tj Chapman	28:41	W	F61
45	John Carson	28:48	G	M66
46	Brendan Madsen	29:26		M35
47	Hope von Werlhof	29:32		F34
48	Laura Shinn	29:37	O	F41
49	Sophia Sambo	30:00		F36
50	Christina Brown	30:07		F32
51	Jasper	30:14		M27
52	Tanya Trump	30:14	W	F55
53	Olivia Spellmeyer	30:15	R	F09
54	Evan von Werlhof	30:22		M33
55	Pat Spellmeyer	30:29		M39
56	Marelyn Socha	30:59	G	F46
57	Mike Wharton	31:20	W	M60
58	Blake Sample	31:57	O	M13
59	Alex Wright	32:15		M34
60	Whitney Morgan	32:17		F37
61	Joe Sample	32:23		M37
62	Tyren Sanborn	32:24		M16
63	Travis Sanborn	32:25		M36
64	Michaele Whiteley	33:06	G	F65
65	Karen Adams	33:27	G	F65

66	Anna Creps	33:52		F15
67	Debbie Stamper	34:00	G	F70
68	Sophia Spellmeyer	34:56	G	F11
69	Josh Burge	34:58		M27
70	Robin Fraser	34:59		F46
71	Brenda Garcia	35:00		F34
72	Rich Baker	35:10		M63
73	Beth Spellmeyer	35:12		F40
74	Jaime Olea	35:20		M30
75	Hanna Sample	35:53		F36
76	Ed Kallen	36:38		M59
77	Jiah Barnett	37:08		F42
78	Roenne Powell	37:14	G	F07
79	Jaslin Rournan	38:15		F31
80	Leah Stamper	38:24		F40
81	Oliver Stamper	38:24	G	M04
82	Kit Meyer	39:09		F44
83	Dawn Durbin	39:10	O	F60
84	Bradley Creps	39:18		M12
85	Alia Dunphy	39:37		F45
86	Dyllan Burrus	40:06	O	F09
87	Jessica Burrus	40:07		F40
88	Jib Ray	40:14		M84
89	Roisin Greene	40:47	O	F11
90	Clayton Weber	40:47		M48
91	Naomi Stamper	41:10		F39
92	Taryn Sanborn	41:35		F23
93	Dash Sanborn	41:38	O	M05
94	Hollis Sanborn	41:42	O	F02
95	Casse Sanborn	41:42		F36
96	Travis Quinn	41:58		M34
97	Jeanette Suhay	42:09		F56
98	David Turner	42:11		M46
99	Paige Sample	42:12		F17
100	Tammy Nieri	42:37		F42
101	Chris Wild	42:38		M44
102	Isla A-Buchanan	42:40	O	F06
103	Brian Buchanan	42:42		M46
104	Margaret Morris	43:00		F70
105	Gerald Crnich	43:13		M78
106	Eliana Powell	43:51		F09
107	Ashley Powell	43:55		F37
108	Marcile Raney	44:10		F64
109	Nano Rayburn	44:36		M05
110	Ariella Rayburn	44:38		F03
111	Josh Rayburn	44:38		M41
112	Mr. Sunshine	44:53		M72
113	Ariana Rayburn	44:57		F37
114	Gicelle Burgoa	45:13		F20
115	David Burgoa	45:14		M18
116	Emilia Wright	45:42		F08
117	Jeremy Wright	45:43		M44
118	Sherrie Sample	46:11		F61
119	Mel Sample	48:01		M63
120	Philip Turner	49:13		M20
121	Jo Archibald	49:40		F42
122	Amy Turner	50:27		F46
123	Lalita Brinckhaus	51:43		F67
124	MaryAnn Johnston	52:04		F70
125	Sarah Sullens	52:20		F44
126	Sherry Myers	52:26		F68
127	Portia Matheson	52:42		F77
128	Marlene Allen	52:42		F68
129	Nancy Walker	53:51		F56
130	Jamie Hinckley	53:51		F38
131	Hannah Wright	54:03		F42
132	Aubrey Wright	54:04		F08
133	Stephanie Kauberg	55:20		F37
134	Stephanie Stover	55:20		F33
135	Felix Porter	57:04		M08

136	Arianna Porter	57:04		F14
137	Westley Porter	57:52		M10
138	Crystal Porter	58:18		F40
139	Shawn Porter	58:19		M42
140	Jan West	58:43		F77
141	Catherine Lamb	1:00:02		F34
142	Jacob Kamplain	1:01:19		M38
143	Noah Archibald	1:08:54		M13
144	Liam Archibald	1:08:55		M13
145	Catherine Archibald	1:08:55		F46
DNF	Deirdre Amaro			M50
DNF	Agustin Amaro			F53
DNF	Mark Chapman			M65



MEN

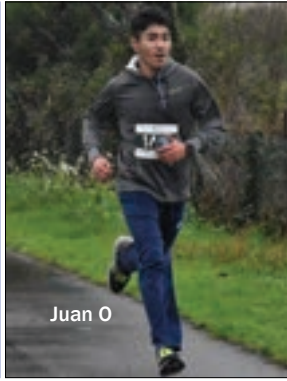
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12-13	20:15	24:30	27:00	30:30	33:00
14-15	17:50	20:30	23:10	27:00	29:00
16-17	16:45	19:00	21:30	24:30	27:00
18-19	16:10	18:45	20:30	23:00	26:00
20-24	15:35	18:30	19:45	22:30	25:00
25-29	15:20	18:10	19:30	22:15	24:45
30-34	16:20	18:55	20:40	24:55	27:30
35-39	16:45	19:05	21:00	25:30	27:45
40-44	17:25	19:45	22:30	25:45	27:55
45-49	17:55	20:35	23:00	26:00	28:30
50-54	18:25	21:10	23:45	26:30	29:00
55-59	19:15	22:00	24:30	27:10	30:00
60-64	21:00	23:30	25:40	28:00	33:00
65-69	22:10	24:45	27:00	31:00	36:00
>= 70	23:00	27:00	30:00	34:00	38:00

WOMEN

Age	BLUE	Red	White	Green	Orange
<= 09	24:45	33:50	37:00	40:00	43:30
10-11	23:30	31:00	34:00	37:30	41:00
12-13	22:00	27:30	31:00	34:20	37:00
14-15	20:50	25:30	28:00	31:30	33:30
16-17	19:10	24:00	26:30	28:00	30:00
18-19	18:50	22:30	25:30	27:00	28:30
20-24	18:30	21:50	24:00	25:30	27:00
25-29	18:20	21:20	23:45	25:00	26:30
30-34	19:45	22:00	24:10	26:00	27:10
35-39	20:35	22:50	25:00	27:30	28:30
40-44	21:45	23:40	26:10	28:30	30:00
45-49	23:00	24:50	27:30	31:30	33:10
50-54	24:45	26:10	28:55	33:40	35:10
55-59	25:00	27:30	30:45	35:20	38:00
>= 60	25:50	28:30	31:50	37:00	40:00



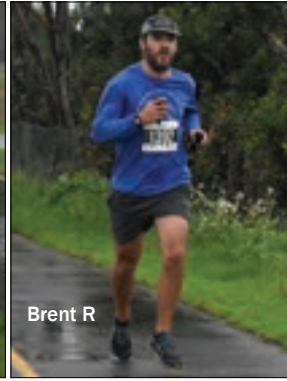
Matthew Kidwell
5K winner (M)
18:23



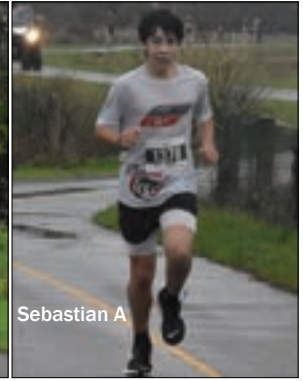
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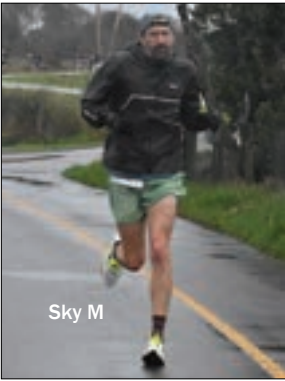
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Brent R



Sebastian A



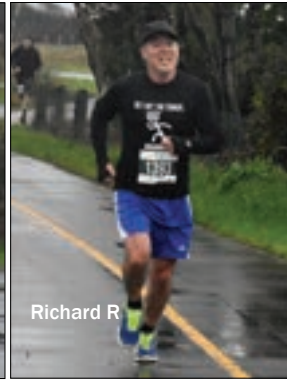
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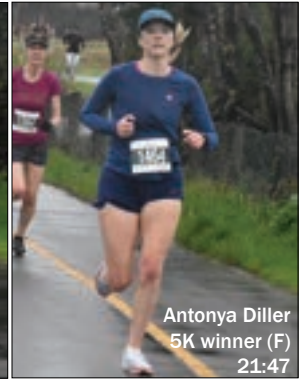
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Jake J



Richard R

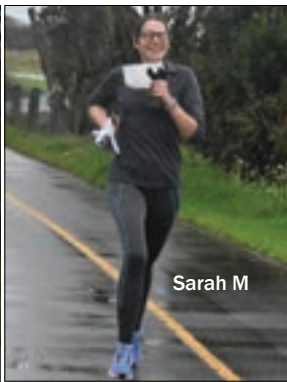


Antonya Diller
5K winner (F)
21:47



Andrea W

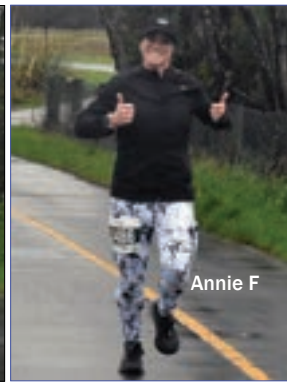
Brett D



Sarah M



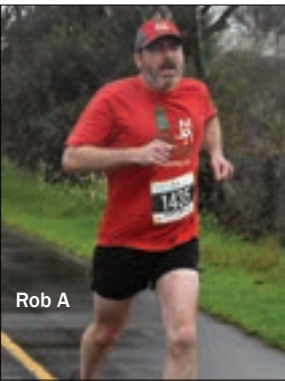
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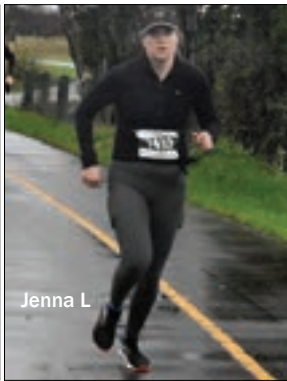
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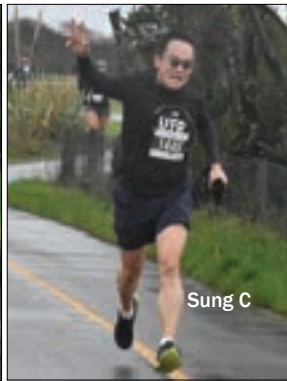
Sean M



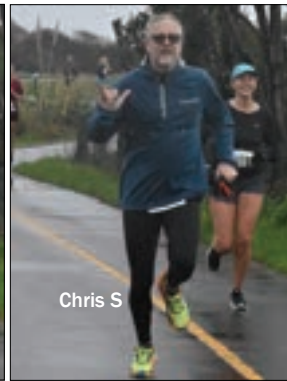
Rob A



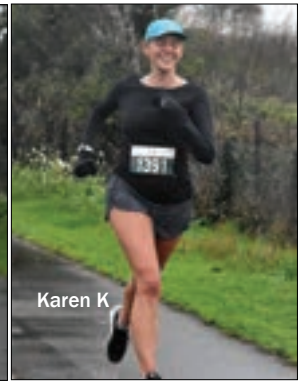
Jenna L



Sung C



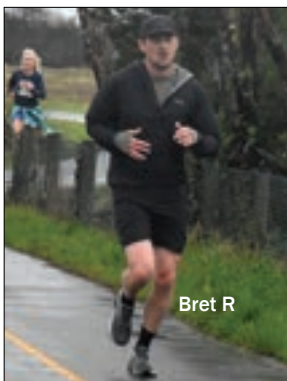
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Karen K



Kelley S



Bret R



Paul K

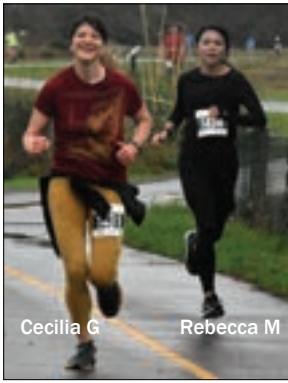


Jeff H

Lanore B

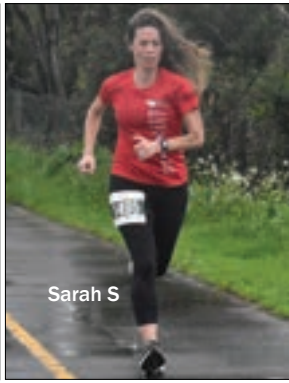


Caleb T



Cecilia G

Rebecca M



Sarah S



Tim B



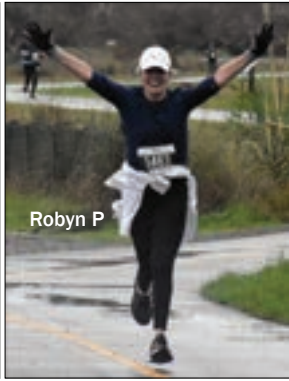
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Yvette F



Caroline C



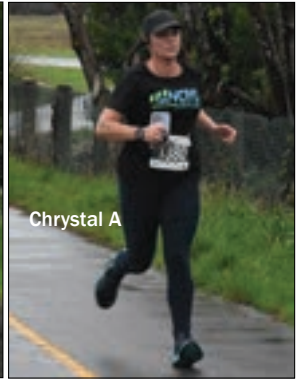
Robyn P



Gabriel B



Shawn M



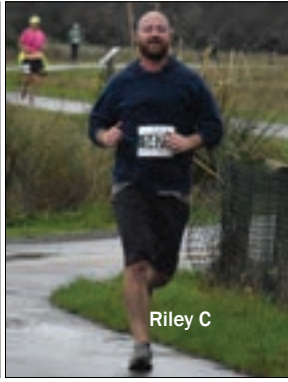
Chrystal A



Dave R



Mario M



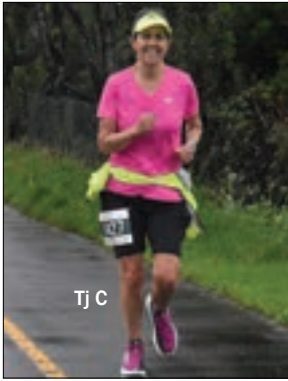
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Trudie B



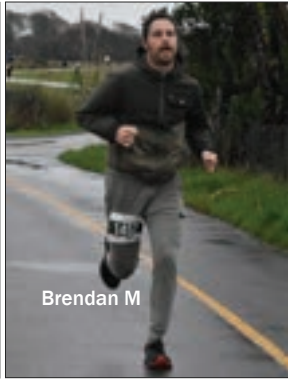
Melissa K



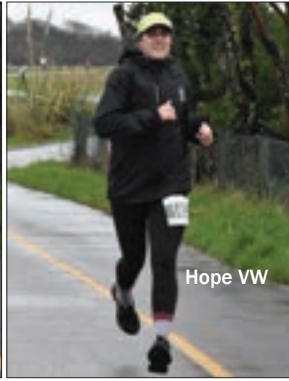
Tj C



John C



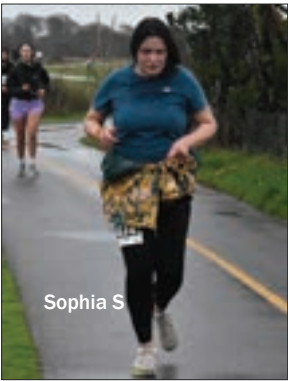
Brendan M



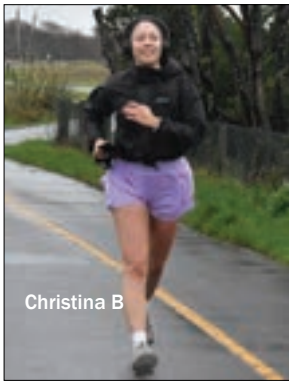
Hope VW



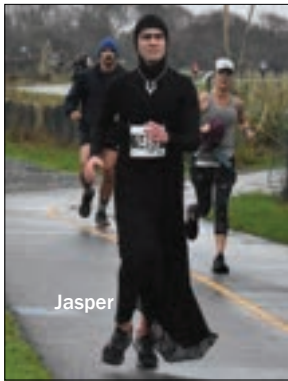
Laura S



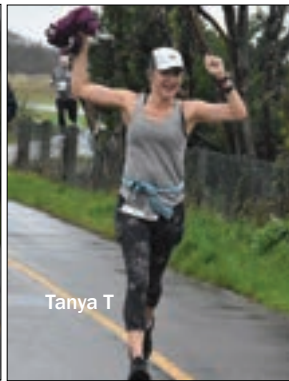
Sophia S



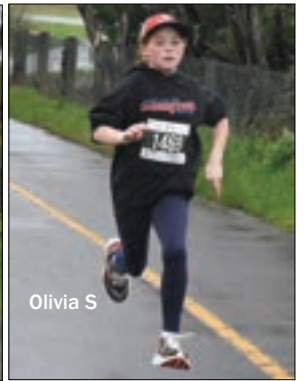
Christina B



Jasper



Tanya T



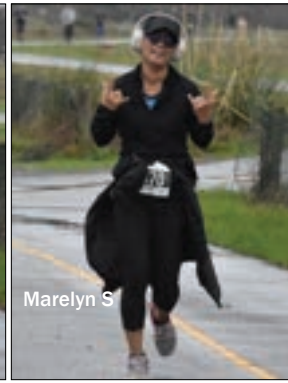
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Evan VW



Pat S



Marelyn S



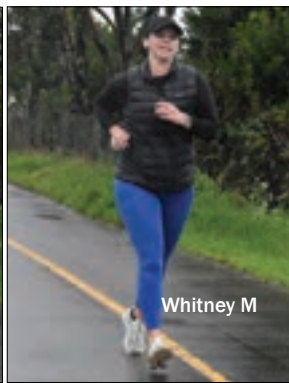
Mike W



Blake S



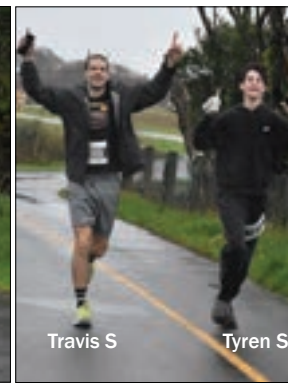
Alex W



Whitney M

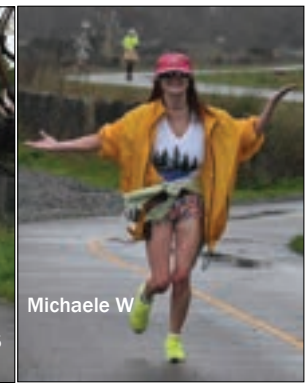


Joe S

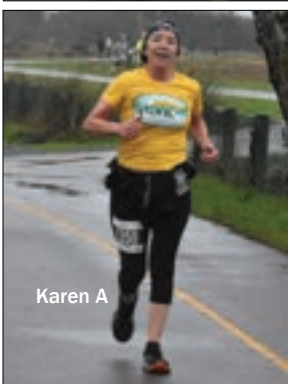


Travis S

Tyren S



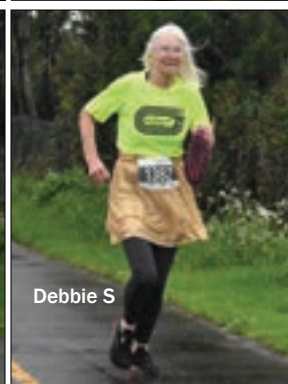
Micheale W



Karen A



Anna C



Debbie S



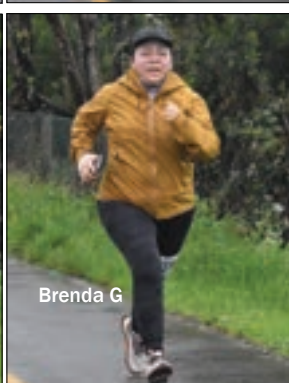
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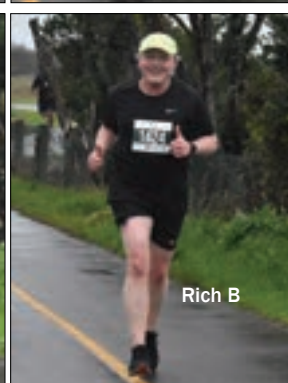
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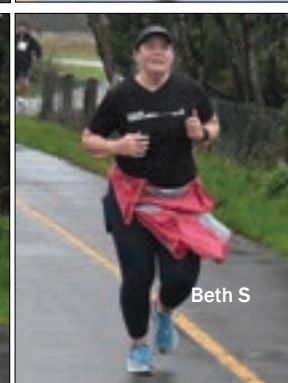
Robin F



Brenda G



Rich B



Beth S



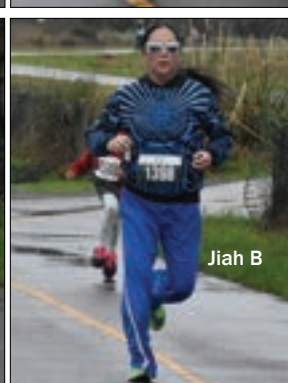
Jaime O



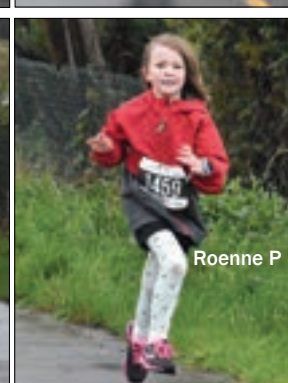
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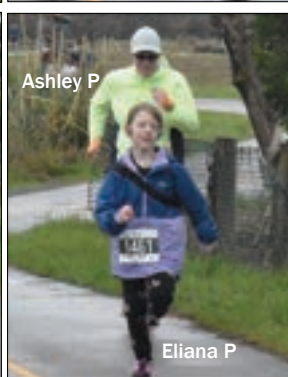
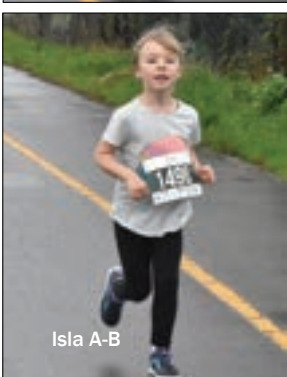
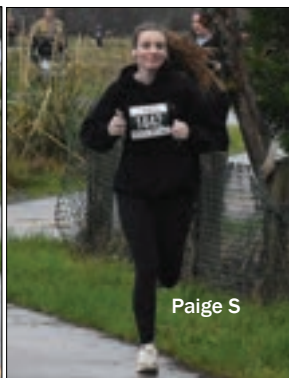
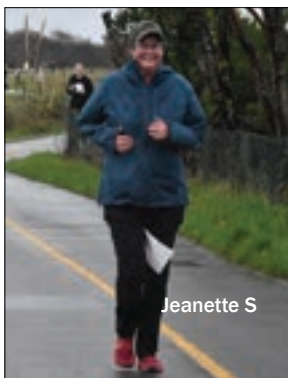
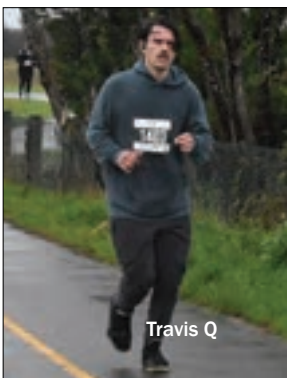
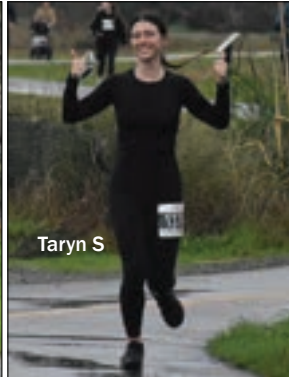
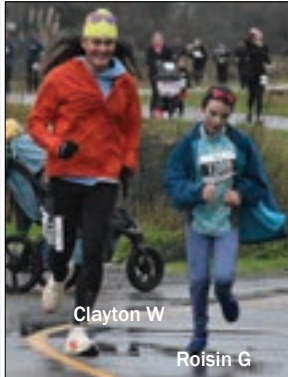
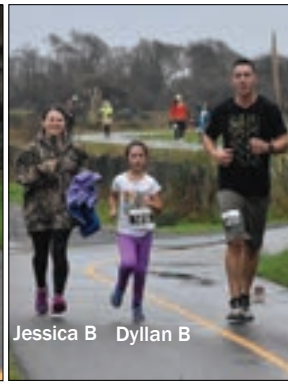
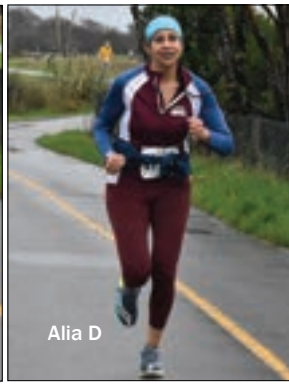
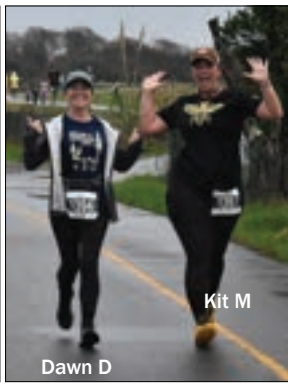
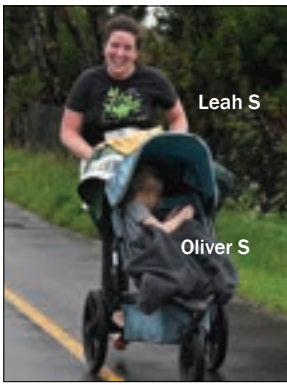
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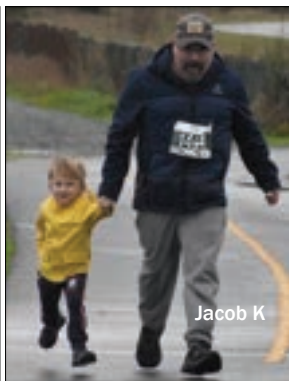
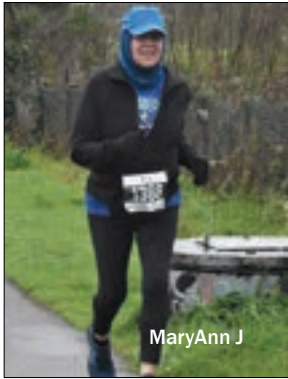
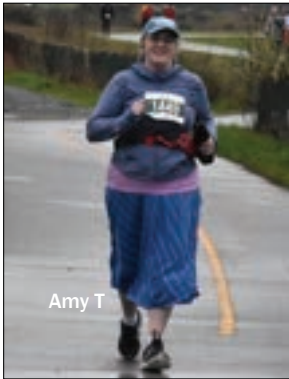
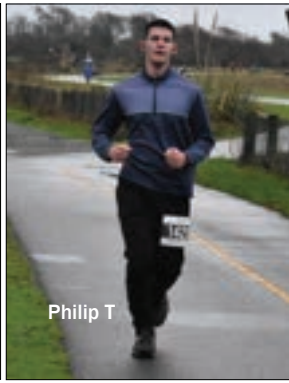
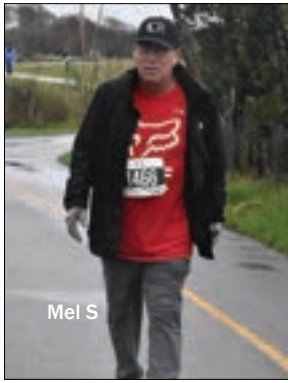
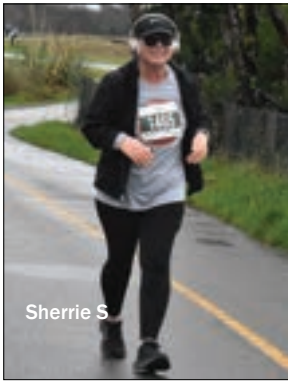
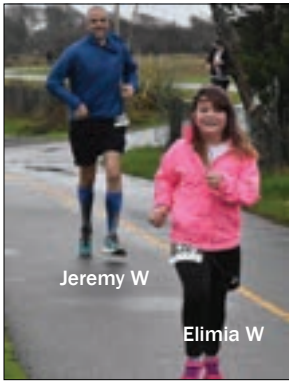


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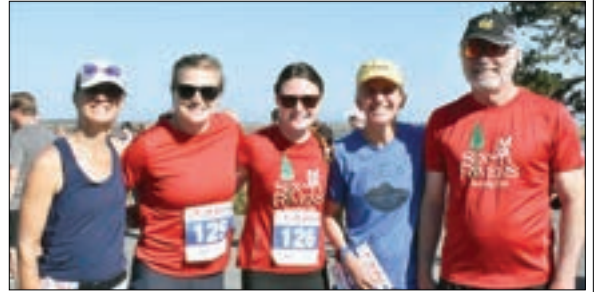


2025 24th S R R C C I R C U I T

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

Upcoming: Hour Run (Arcata HS Track, Sun., 2/16/25)

Welcome to the **2025 Six Rivers Running Club Circuit!** We'll start the New Year with a refresher on how the Circuit works. Complete 6 races to compete in the Circuit and get a certificate. Complete 10 races and get a framed certificate. You finish the Circuit in the age range you start in. Like last year, you must volunteer to complete the Circuit. You may help out a race or lend a hand with the Circuit. 145 runners kicked off the New Year with the rainy **Resolution Run**. If you've got questions or suggestions for the Circuit, email me at <6rrccircuit@gmail.com>.



14& Under Male: Hollis Sanborn, Oliver Stamper, Dash Sanborn, Nano Rayburn, Felix Porter, Westley Porter, Gabriel Burgoa, Bradley Creps, Blake Sample, Noah Archibald, Liam Archibald, Sebastian Amaro

14 & Under Female: Ariella Rayburn, Isla Archibald-Buchanan, Roenne Powell, Emilia Wright, Aubrey Wright, Olivia Spellmeyer, Dyllan Burrus, Elianna Powell, Sophia Spellmeyer, Roisin Greene, Arianna Porter

15-19 Male: Juan Ornelas, Sean Morris, Tyren Sanborn, Everett Docherty, David Burgoa

15-19 Female: Anna Creps, Paige Sample

20-24 Male: Philip Turner, Caleb Turner

20-24 Female: Gicelle Burgoa, Taryn Sanborn

25-29 Male: Jasper, Josh Burge

30-34 Male: Jaime Olea, Brent Ritschel, Evan von Werlhof, Riley Creps, Alex Wright, Travis Quinn

30-34 Female: Cecilia Guerre, Jaslin Rournan, Christina Brown, Stephanie Stover, Sarah McGraw, Rebecca Matias, Hope von Werlhof, Catherine Lamb

35-39 Male: Laras Yatch, Brendan Madsen, Tim Burrus, Mario Minder, Travis Sanborn, Jose Ornelas, Joe Sample, Jacob Kamplain, Pat Spellmeyer

35-39 Female: Annie Fehrenbach, Antonya Diller, Sophia Sambo, Hanna Sample, Casse Sanborn, Whitney Morgan, Ashley Powell, Ariana Rayburn, Stephanie Kauburg, Jenna Larson, Jamie Hinckley, Naomi Stamper

40-44 Male: Josh Raburn, Brett Docherty, Case Ales, Matthew Kidwell, Chris Wild, Jeremy Wright, Shawn Porter

40-44 Female: Karen Kidwell, Beth Spellmeyer, Leah Stamper, Jessica Burrus, Crystal Porter, Chrystal Ales, Laura Shinn, Jiah Barnett, Tammy Nieri, Jo Archibald, Hannah Wright, Melissa Kaiser, Kit Meyer, Sarah Sullens

45-49 Male: Brett Rinehart, David Turner, Brian Buchanan, Sky McKinley, Richard Roybal, Clayton Weber, Jake Johnson

45-49 Female: Sarah Sanders, Alia Dunphy, Marelyn Socha, Robin Fraser, Amy Turner, Catherine Archibald, Trudie Blaci

50-54 Male: Rob Amerman, Sung Choi, Chris Schinke

50-54 Female: Yvette Ferreira

55-59 Male: Shawn Magnuson, Ed Kallen

55-59 Female: Tanya Trump, Jeanette Suhay, Nancy Walker, Kelley Sheehy

60-64 Male: Mike Wharton, Rich Baker, Mel Sample

60-64 Female: Robyn Petrusha, Dawn Durbin, Tj Chapman, Sherrie Sample, Caroline Carson, Andrea Wright, Marcile Raney

65-69 Male: Jeff Haag, John Carson, Dave Ryan, Paul Kinsey

65-69 Female: Michael Whiteley, Karen Adams, Lanore Bergenske, Lalita Brinckhaus, Sherry Myers, Marlene Allen

70-74 Male: Mr. Sunshine

70-74 Female: Debbie Stamper, Margaret Morris, MaryAnn Johnston

75-79 Male: Gerald Crnich

75-79 Female: Portia Matheson, Jan West

80-84 Male: Jib Ray

Run Until You Can't

There are things we can learn from **Harry Cottrell**, winner of the Ave Marathon in 1983 (2:24:34), ran 5:59 mile at 68, former SRRCer, now lives in Hermantown, Minnesota. Shown below is an article from 2017 and shared by Sherman Schapiro <shsch1@gmail.com>.

Hermantown's Harry Cottrell continues to run fast at 70, and he has the records to prove it

(Clint Austin / Forum News Service) By **Louie St George III**, April 15, 2017 at 10:30 PM

HERMANTOWN, Minn. – Harry Cottrell was 8 years old when he watched a newsreel of Roger Bannister running the first sub-four-minute mile. Cottrell was captivated. Emboldened by the innocence of youth, he confidently decided, "that's what I'm gonna do."

As fate would have it, there was an upcoming track meet in Cottrell's native Arcata, Calif. Here was his shot to join Bannister in mile immortality. Cottrell came up just short on that day 63 years ago - well, 4:58 short, to be exact - but the eclectic West Coaster, who has made his home in Hermantown since 1999, hasn't stopped chasing fast times.

"Think back to 1954, and Hardcore Harry's been at it ever since," said Duluth's Jess Koski, Cottrell's friend and occasional training partner. It was Koski who bestowed that nickname on Cottrell, as well as another one - California hippie. Cottrell looks the part, this adjunct instructor of American government with the wispy gray hair and easy demeanor.

He's 70 now, though surging toward 71 (Wednesday). Cliché would require a line here about Cottrell refusing to slow down, but that would be misleading. "I've slowed down a lot, no doubt about it," he said. Cottrell's "slow" is relative. In February, he ran the mile in 6 minutes, 7.72 seconds and covered 3,000 meters in 12:19.26.



(Continued on page 10)

Why I Run

I have a lot of emotional problems. You see, I was raised in a family. You spend 17 years with these people, then the rest of your life trying to get over it. At 10 years of age, after the divorce, I introverted and mostly stopped talking. I do not remember that, but I remember not having friends. Mom took me to see psychiatrist Dr. Bjornstad. He smoked a pipe. The doctor said I didn't need to talk unless I wanted to. We sat in total silence for the hour-long sessions, maybe a dozen of them.

My nickname throughout middle school was 'pansy', but we moved to another state and I got to start over for high school. I played football, wrestled, weight trained, and ran track. I was a rough and tumble kid and had excess energy to expend on sports. This was lot better than introverting.

In college, the idea of running cross country appealed to me. I wasn't very fast. After a few races, my running career was over and I devoted myself to motorcycles. This was in L.A.

At 28, I moved to Colorado and got a crush on Janet Collins. She was a nurse. Our friends tried to set us up, but she had no interest. She was training to run her first 5K ... and I got invited on a training run with perhaps a dozen of us 1st time 5Kers. I really didn't like running... but I liked Janet, so...

After each training run, we would all hang out a bit and cool down. I noticed that Janet always ended up walking her cool down with me. We talked, then dated for a month or so. After a bit I got faster than Janet most of the rest. My first try was 27 minutes. My personal best was eventually 20:15.

Janet was gone... running stayed. For some undefined reason, I needed it. I'm not the disciplined type and only run when I'm in the mood. At this time, I was always in the mood.

I lived 4 miles from school, friends, and town. On 'green week', I decided not to get in cars. It turned into two weeks, I ran everywhere. If it was less than two miles, I usually got there before my friends in their cars. They had to put on coats, walk to car, drive, park, walk to event. I just left and arrived. After a few days it became effortless, second nature.

I have always known that I was not quite right emotionally. I've done therapy, group counseling, 12 step. It was all helpful, except for Dr. Bjornstad. But my internal anger issues persisted. I was a great guy on the outside, well liked, lots of friends, but inside lurked a darkness. I realized that running had become my therapy. I was running out my anger. I felt better after a run. I needed running. It was a compulsion, an escape, an addiction. Perhaps that's bad? But it's a whole lot safer than beer or sex or drugs or food or crime. When I ran I fumed, remembered my past, the wrongs that had been done to me. I was an angry runner.

After a few years I began to notice that my mind fumed less, and turned to thoughts of good things, music, future plans, fun events. And as I healed, I began to run less and less. Eventually I stopped completely. I did not need to run.

At 62, I moved to Humboldt and started Swing Dancing. I was way older than most, but was surprisingly included by the young people. I was a bit chubby, double chin, baggy eyes, and got winded after a dance or two. If I was on the ground, I couldn't stand up... had to roll over on stomach, get on all fours, then knees, and hopefully find something to lean on to get upright. This had happened over the years and until dancing, I didn't realize how out of shape I was.

So I started running again. It was hard. Every step was disciplined effort. I would run 100 yards and be done. I hated it... but I hated my man boobs even more! I had found my motivation. After awhile it got less miserable. A year later I quit with knee issues, but Dr. Valerie sent me to physical therapy. My therapist complimented my calves. After a few months I could run again. I had a very specific regimen of warm up, ibuprofen, and speed. If I did everything right, I could keep running. A few years later I noticed I had no knee issues, no cramping in the first mile, no weird pains in ankles, knees, or hips, no ibuprofen needed. It was remarkable, I was a runner again! I could find the groove again, the peace that comes over you when you run without mental effort.

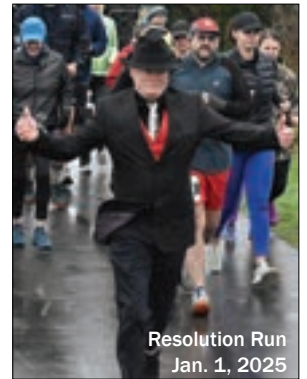
Then at 70, my diet of salt, fat, and bread caught up with me. They installed two stents. I was in St Joe's for 3 days and was anxious to get out in time for our One Hour run. My cardiologist was horrified at the thought! But I told her it was 'how many laps you could do in an hour', that I needed the event for the Circuit award... and I promised to do only one lap. She signed me out at nine, Bob picked me up, and I was at the track in time for the gun... still dressed in my hospital gown and funky socks. As promised, I did one lap.

I cannot express how important the 6RRC is to me. As stated earlier, I am not a disciplined person and so am not able run regularly. But I am a relational and competitive person. So, if nothing else, the 6RRC provides me the motivation to show up once a month for a race. And perhaps something new will come over me and I might get back to doing my sub 10 minute miles again?

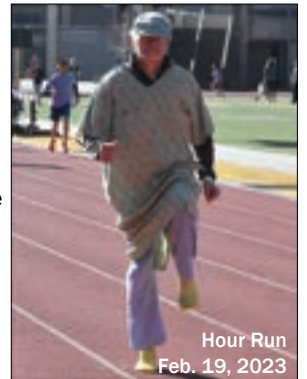
Thanks so much to the people of the 6RRC, my fellow runners, and especially the volunteers and directors.

Happy New Year!

Mister Sunshine <thombos@yahoo.com>



Resolution Run
Jan. 1, 2025



Hour Run
Feb. 19, 2023

(Continued from page 9)

Both marks were Minnesota records for 70-year-olds. That's what drives Cottrell. Sure, he relives memorable races from the past, even referencing Bruce Springsteen's "Glory Days." But Cottrell likes to look forward. When he does, he sees more goals, more records within reach. He already owns a passel of them. That includes a 5:59 mile at 68, plus 10-mile records for age 69 and age 70.

"In the whole scope of things, it's trivial getting age-group records," Cottrell said. "But it's fun. I enjoy it." Superior's Dan Conway, a late-starter who became one of the world's top masters runners, knows the feeling. At 78, he doesn't have to compete against Cottrell. Thankfully. "I'm glad I'm not in Harry's age group because he's tougher than nails," said Conway, another friend and sometimes-training cohort. "He puts in the time to be good, and he is good."

Cottrell was hooked after that first Bannister-inspired mile. He ran through high school and college, but didn't take it too seriously until about 1980. It was then that the Vietnam vet decided, "now or never." He took advantage of the myriad running surfaces in Humboldt County, Calif. - beaches, trails, pavement, dirt roads - and discovered a knack for longer distances. His times plummeted. In 1983, he hammered out a 2:24:34 to win the Avenue of the Giants Marathon in Humboldt County. That race, on a postcard-pretty course through massive redwoods,

Thank You from Food for People

Dear friends at Six Rivers Running club,

Thank you so much for your generous donation. Your support is immensely appreciated and will make a direct impact on the lives of people struggling with hunger and food insecurity in our community. Your generosity helps ensure that individuals and families struggling to make ends meet have access to vital foods and hope during this special time of year. We are so grateful for your partnership in this work!

-with gratitude, *Carly Robbins*
Executive Director

December 13, 2024



Dear Friends,

Thank you for your donation of \$4,500.00. Your gift goes directly to support Food for People's programs, which serve vulnerable friends and neighbors experiencing food insecurity and at risk for hunger.

Sincerely,
Carly Robbins
Carly Robbins
Executive Director

Food for People, Inc. is a 501 (c)(3) EIN 94-2772549.
No goods or services were received for this contribution.

For more information about our programming, we invite you to visit our website at www.foodforpeople.org.

Food for People

SRRC Crossword Puzzle

ACROSS

- 1 "He said, ___ said"
- 4 Male antelope
- 8 Poet-mathematician Khayyam
- 12 Cool!
- 13 Whitish
- 14 Greek vowel
- 15 Assemble
- 16 Maxim for the last runner, part 1
- 18 Spick-and-span
- 20 Poetic contraction
- 21 Compass point at a bearing of 22.5 degrees
- 22 Decay
- 24 Seven bodies of water
- 26 Maxim for the last runner, part 2
- 30 Outer space, as formerly believed
- 33 Big fib
- 34 National banner
- 36 Four laps, on a non-metric track
- 37 Fancy vases
- 39 King of beasts
- 41 Nonverbal assent
- 42 Chemical compound
- 44 Maxim for the last runner, part 3
- 46 Roman road
- 48 Cellular instruction manual
- 49 Soak through
- 51 French salt
- 53 Striped equine
- 57 Maxim for the last runner, part 4
- 60 Rodent
- 61 Put cargo on a ship
- 62 Suffix for teen, middle, or golden
- 63 In the past
- 64 Bend
- 65 U2 musician
- 66 Valuable stone

DOWN

- 1 Local athletes' grp.
- 2 Greet
- 3 Rim
- 4 Derivative, as a TV show
- 5 Just a bit
- 6 Medicinal plant
- 7 Sections of 48 across
- 8 Squeak suppressant
- 9 White lightning
- 10 Lots, figuratively
- 11 Lawn tool
- 17 Woody plant
- 19 Noah's boat
- 23 Highway fee
- 25 Cash dispenser
- 26 Sky color
- 27 Ventilates
- 28 Conjoined running team
- 29 Precipitation
- 31 H.G. Wells' post-human race
- 32 Communists
- 35 Beneficial
- 38 Collection
- 40 Positive amount
- 43 Recover from exertion
- 45 No to a Highlander
- 47 Healing period, colloquially
- 49 Personal identity
- 50 Ellipse
- 52 Construction toy brand
- 54 Boast
- 55 Fury
- 56 Unit of matter
- 58 Latin king
- 59 Stimp'y's pal

At the lighthouse on Cap-aux-Meules, Quebec, Oct. 2024



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49	50			51		52		53		54	55	56
57			58				59			60		
61						62				63		
64						65				66		

"Ken Yanosko" <kenyanosko@sbcglobal.net>

Upcoming Events

SAT., FEB 8, 2025 << **NOT SRRC race** >>

59th Trinidad to Clam Beach. {\$60 before Jan. 18 (includes shirt)/\$40 without shirt; \$50 Late Registration after Jan. 18 (no shirt)} 5&3/4 mile at 11:00AM. At Saunder's Park (behind the Chevron Station). Registration for students FREE (by Coast Central CU). Visit <<https://www.exploretrinidad-ca.com/tcbr>> for online registration and more information.

SUN., FEB 16, 2025 << **SRRC race** >>

Hour Run. {\$10 for nonmembers, free for SRRC members} 440yd at 9:00AM, 1M at 9:10AM, and Hour Run at 9:30AM. Run on the Arcata High School track. For more information contact **Jamey Harris** at <jamey@humboldt.edu>.

SUN., MAR 9, 2025 << **SRRC race** >>

47th Foggy Bottom Milk Run. {fees for all} **2M** at 2PM, and **4M** at NOON. Start and finish in downtown Ferndale. More information about the run can be found from the insert of this newsletter. Please contact race directors, **Jessica Hunt & Michele Gerdes**, at <foggybottom-milkrun@gmail.com>.

SAT., MAR 22, 2025 << **SRRC race** >>

Arcata Community Forest Run. {\$10 for nonmembers, free for SRRC members} The **5.5 mile** run will start at 10:00 and the **2 mile** run will start at 10:15. Start and finish near the playground of the Arcata Redwood Park. For more information contact **Karen Kidwell** at <karenrhoffman@hotmail.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>



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

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Eureka, CA
Permit No. 43



Harry Cottrell

(Continued from page 10)
doubled as Cottrell's personal record. He was asked if he recalled PRs for other distances. Silly question. One of Cottrell's sons, Jeff, called his dad a "walking stopwatch." There was a 1:08:45 half-marathon, a 50:59 10-miler and a 14:54 5K, plus a 30:48 10K and a 24:24 5-miler. During this rehashing, it was suggested to Cottrell that all of this started with that 9-minute mile in 1954. "8:58," he jokingly interrupted.

Point taken. Runners are fanatical about their times. Cottrell currently is battling through a nasty bout of plantar fasciitis, with hopes of being healthy for the June 17 Garry Bjorklund Half Marathon. Beyond that, there are records to chase, even if, as Cottrell says, "you only borrow a record." He has his eyes on a sub-70-minute 10-mile time and a sub-6-minute mile.

"I have no idea if I can reach either one now," Cottrell said. But that's the beauty of this solo sport - the goal-setting, the fastidious training, the competition and camaraderie. Cottrell loves that. He likes seeing how far he can push his body. It's a part of his identity.


He's a man of his word - the whole Roger Bannister episode notwithstanding. Cottrell was asked if there's a secret to running fast into one's 70s. Unfortunately, there is not. He's the first to admit that he was blessed with good genes. He was born with a cardiovascular system - indeed, a body - conducive to running. More recently, injuries that derailed consistent training for 15 years, from 52 to 67, might have been a blessing in disguise. He came back rejuvenated. Cottrell says he can't envision not running. Why stop now?

"Everyone's born with an expiration date," he said. "We just don't know what it is." In other words, run until you can't.

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"

Awards, Meeting & Party





• Please visit our webpage (<http://www.6rrc.com>, under 1/25/25) for more photos.



Thanks to SRRC friends

Words often fail us or fall short. But one must try to express heartfelt appreciation and thanks when it's imperative. Over the last year, I've learned firsthand to never underestimate the benefits of running. And this running club as a virtual lifeline – a tight community of friends with a crazy common passion of putting ourselves through the aches, pains, and joy of getting out there.

One year ago today, I got on 101 south to San Francisco – heading for the UCSF emergency room. UCSF rheumatologists had just seen a report my doctor sent and called advising me to get down there. On my 8th day in the hospital, all the tests they put me through pointed to a rare autoimmune disease – EGPA. After about a month of living in what I can only describe as a sort of twilight zone – my muscles and body getting weaker and more painful by the day with no explanation – I at least now had a name attached to my condition – and a plan. Steroids and infusions of monoclonal antibodies were the prescription to get my body healing. “Monoclonal antibody infusions” – impressive sounding thing, best avoided if you can.

So began my journey back from this mysterious ailment that dropped out of the sky and put a halt to normal life; running, playing piano, and sadly, even making a pot of coffee. So top priority was coffee making therapy ASAP. What it never took away was the running community. I only discovered how strong and life sustaining it really is.

After losing 20 lbs. real quick (I don't recommend this as a weight loss program) and being limited to bed or the couch for several weeks, I had to embrace the passing of time as an abstract concept. No specific goals, no thinking too far down the road, just work on not going crazy, one day – one hour at a time.

I was told by many doctors that my good health from running would bode well in my recovery. I believe it played a part in limiting the severity of my disease, as debilitating as it was. My level of conditioning would give me a good prognosis for recovery. I'd need several trips to San Francisco, months of physical therapy, and patience while damaged nerves and muscles in my hands and feet slowly recovered.

Here's where all of you – my friends, come in. This had the potential to be a dark time, but so many of you made connections with me. Became food for my soul and my spirit. The moments when you overwhelmed me with your expressions of friendship and love had this magical effect of nurturing optimism and suppressing negative thoughts. It felt like that Led Zeppelin song, “a Whole Lotta Love”. Or maybe, “You Light Up My Life”. No, skip that - not rock n' roll and too sappy ...

It took months of getting stronger, first walking on the track, then the beach, then the forest. I bought an exercise bike, eventually got back on my “real” bike. While I was tapering off the steroids, I had the notion, “this may be my chance to run my fastest mile! Won't steroids do that for me?” Maybe a 5 ½ minute mile? No, that wasn't going to happen. I didn't run until October – my first run in 314 days, 1 mile. Took 13 minutes. In my sandals at the beach. Completely spontaneously, at Kim's suggestion. What was she thinking? It was the happiest 13-minute mile of my life. 2 days later, I ran with Jeff for the first time in about a year – 3 miles at Clam Beach, our favorite place to run together. We finished with a celebratory jump into the surf – tears of joy concealed by the sweat and ocean water.

You know, this running thing is just a high-level exchange of positive energy. When a group gathers to run, we can feel it simmering, then it heats up during the run. It reaches *boiling endorphins* stage as we finish - smiles, sweat, catching our breath, stretching. Someone asks, “Hey, when's the next run?” I remember the words of the great philosopher Evad Nayr – he was once asked why he ran. He said, “first for mental health – secondly, the inevitable side effects being good physical health”.

I'm back to running about every other day, working up my mileage, not too concerned with pace. My body still has a long way to go conditioning-wise, and my feet are still wonky – but I'm feeling improvement each time out. Life is good – especially when I run into any of you, it just puts a smile on my face. Thanks for being there for me friends.

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January 5, 2025

• Be the first to email Yoon with the answer to who this great philosopher is and Dave will present you with a brand new Six Rivers Running Club hat.

