



January Minutes

by "Catrina Howatt" <catrina.howatt@gmail.com>



Wed., Jan. 7, 202, 6:30 p.m. at Chin's Restaurant in Eureka. Board members in attendance: **Jamie Hinckley, Sherry Myers, Marlene Allen, Catrina Howatt, Mark Ellis, Juan Reyes, Gary Timek** and **Sarah Sullens**. Guests: **Cindy Timek** and **Harry Kavich**.

OLD BUSINESS

A. HRRAY & Sue-meg Park Run (TBA in September): Jack West is working on the date for the 2026 Sue-meg Park Run.

B. Resolution Run 5K (10:00 am, Thur., 1/01/26) recap: 152 finishers. There was a break in the rain. It went well.

C. Membership Meeting (3:00 pm, Sat., 1/10/26): It is all set.

NEW BUSINESS

A. Hour Run (9:00, 9:10 & 9:30 am, Sat., 2/14/26): It will be at the Arcata High track.

B. FBMR 4M, 10M & 2M (Noon & 2:00 pm, Sun., 3/08/26): No report.

C. Community Forest 5.5M & 2M (10:00 & 10:15 am, Sat., 3/21/26): No report.

D. Hammond Trail 5K (TBA in August): Looking at Sat., August 15th so it will not happen when other events are happening. Motion to move race to August 15th. Marlene/Juan, Motion carried.

E. Finances: After treasury status discussion from the treasurer, Cindy Timek, motion to authorize moving funds to money market or CD. Mark/Sara, Motion carried.

F. Other:

- Toby Shao wants to donate to the shoe fund. He will be put in contact with Jogg'n Shoppe.
- Budget for Ave of Giants 2026 was presented for approval. Jamie/Mark, Motion carried.
- Gary Timek appointed Harry Kavich to the Board. Board needs to approve as per the Policies. Motion to approve. Mark/Marlene, Motion carried.
- **Next meeting:** El Chipotle in Arcata; Dinner at 5:30, Meeting at 6:30 pm, Wed., Feb. 4, 2026. Ask Gary Timek <gtimek@aol.com> for details.

2025 winners



2025 Singlet Award Winners



2025 Certificate Winners



2025 Certificate Winners



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

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Treasurer Cindy Timek
<ctimek@aol.com>

SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



Resolution Run

Thanks everyone for coming out for the Resolution Run. The rain generally held off through the race and we had a great turnout. Thanks to all the volunteers, including **Karen K, Lanore B, Antonya D, Jamie H, Annie F, Harry K, Mark E, Dave R, Randy E, Yoshi U** and **Mary W!** The **City of Eureka** was great to work with on permitting and made the whole process very easy for us. They also provided the traffic control of Hilfiger for us.

We are looking for someone to take over directing this race, let the board know if you are interested. – **Matthew Kidwell**, Race Director

5K

• Congratulations! You did it under 20:26!

| P1 | Name | Time | G/age | C |
|----|-------------------------|-------|-------|---|
| 1 | Sebastian Amaro | 18:04 | M15 | R |
| 2 | Dustin Diller | 18:43 | M41 | R |
| 3 | Matthew Kidwell | 19:03 | M44 | R |
| 4 | Brent Ritschel | 19:23 | M32 | W |
| 5 | Brayden Ford | 19:42 | M16 | W |
| 6 | Ryan McLaughlin | 19:53 | M34 | W |
| 7 | Nina Carson | 20:22 | F35 | B |
| 8 | Zachary Chapman | 20:23 | M44 | W |
| 9 | Ocean Goodrich | 20:42 | M17 | W |
| 10 | Sky McKinley | 21:14 | M49 | W |
| 11 | Day Robins | 21:23 | F30 | R |
| 12 | Tyler Granshaw | 21:25 | M41 | W |
| 13 | Elizabeth Odell | 21:33 | F23 | R |
| 14 | Matt Wells | 21:42 | M44 | W |
| 15 | Jorge Preciado | 21:55 | M45 | W |
| 16 | Jeff Haag | 22:17 | M66 | R |
| 17 | Tim Burrus | 22:26 | M37 | G |
| 18 | Karen Kidwell | 22:33 | F41 | R |
| 19 | Annie Fehrenbach | 22:46 | F37 | R |
| 20 | Ben Emery | 22:52 | M31 | G |
| 21 | Alicia Mengel | 22:55 | F46 | B |
| 22 | Jake Johnson | 22:57 | M50 | W |
| 23 | Paul Kinsey | 23:15 | M70 | R |
| 24 | Lanore Bergenske | 23:16 | F68 | B |
| 25 | Chris Schinke | 23:16 | M54 | W |
| 26 | Caleb Turner | 23:21 | M23 | O |
| 27 | Ross Mayfield | 23:25 | M34 | G |
| 28 | Alicia Smith | 23:35 | F47 | R |
| 29 | Jenna Larson | 23:37 | F39 | W |
| 30 | David Macauley | 23:38 | M63 | W |
| 31 | Eric Einem | 23:42 | M61 | W |
| 32 | Mark Chapman | 23:58 | M66 | R |
| 33 | Katrin Lemmon | 24:31 | F36 | W |
| 34 | Caroline Carson | 24:37 | F63 | B |
| 35 | Isaac Croteau | 24:40 | M41 | G |
| 36 | Erica Caddell | 25:07 | F41 | W |
| 37 | Shawn Magnuson | 25:25 | M56 | G |
| 38 | Shar-Lo Kelly | 25:35 | M44 | G |
| 39 | Drew Jensen | 25:54 | M23 | |
| 40 | Elias Surber | 26:02 | M23 | |
| 41 | Nicolette Amann | 26:20 | F56 | R |
| 42 | Gideon Turner | 26:26 | M15 | G |
| 43 | Nicole Kurth | 26:30 | F35 | G |
| 44 | Andrea Lovio | 26:43 | F43 | G |
| 45 | Ashley Knowlton | 26:49 | F34 | O |
| 46 | Noel Loranger | 27:03 | F35 | G |
| 47 | Yvette Ferreira | 27:08 | F51 | W |
| 48 | Arthur Barker | 27:13 | M64 | G |
| 49 | Diego Garcia | 27:28 | M24 | |
| 50 | Trudie Blasi | 27:30 | F48 | W |
| 51 | Matthew House | 27:35 | M52 | O |
| 52 | Clayton Weber | 28:14 | M49 | O |
| 53 | Ella Price | 28:19 | F39 | |
| 54 | Tj Chapman | 29:13 | F62 | W |
| 55 | Abby Choi | 29:20 | F19 | |
| 56 | Mavelyn Socha | 29:21 | F47 | G |
| 57 | Sung Choi | 29:21 | M54 | |
| 58 | Jessica Burrus | 29:22 | F41 | O |
| 59 | Isla Archibald-Buchanan | 29:25 | F07 | R |
| 60 | Jo Archibald | 29:26 | F43 | O |
| 61 | Brian Ferguson | 29:26 | M71 | W |
| 62 | Cyril Carl | 29:32 | M78 | W |

| | | | | |
|-----|---------------------|-------|-----|---|
| 63 | Steve Luu | 29:50 | M39 | |
| 64 | Aubrey Gates | 29:54 | F41 | |
| 65 | John Carson | 30:10 | M67 | G |
| 66 | Savannah Steffen | 30:10 | F30 | |
| 67 | Kristi Vernig | 30:12 | F33 | |
| 68 | Jesus Mendez | 30:13 | M34 | |
| 69 | Liam Chapman | 30:41 | M11 | W |
| 70 | Roenne Powell | 30:50 | F11 | R |
| 71 | Caleb Powell | 31:01 | M08 | W |
| 72 | Tom Martin | 31:04 | M78 | G |
| 73 | Maddox Chapman | 31:15 | M11 | G |
| 74 | Marayah Kaiser | 31:29 | F12 | G |
| 75 | Melissa Kaiser | 31:33 | F44 | |
| 76 | Amy Duerfeldt | 32:12 | F50 | G |
| 77 | Kent Davidson | 32:30 | M27 | |
| 78 | Meredith Wolfe | 32:31 | F52 | G |
| 79 | Desiree McBride | 33:11 | F27 | |
| 80 | Jaslin Rowan | 33:13 | F32 | |
| 81 | Robert Ayers | 33:42 | M68 | O |
| 82 | Valerie Fazan | 33:57 | F35 | |
| 83 | Sherrie Sample | 33:57 | F62 | G |
| 84 | Debbie Stamper | 33:59 | F71 | G |
| 85 | Dori Larson | 34:28 | F37 | |
| 86 | Christina Torres | 34:30 | F37 | |
| 87 | Jacob Beede | 34:34 | M07 | W |
| 88 | Bob Beede | 34:35 | M73 | O |
| 89 | Krista Granshaw | 34:38 | F37 | |
| 90 | Camille Sathrum | 34:39 | F37 | |
| 91 | Lauren Pottker | 34:45 | F41 | |
| 92 | Michael Chapman | 35:04 | M66 | O |
| 93 | Becky Chapman | 35:04 | F55 | G |
| 94 | Susan House | 35:08 | F52 | O |
| 95 | Dawn Durbin | 35:08 | F61 | G |
| 96 | Michael Whiteley | 35:13 | F66 | G |
| 97 | Catherine Archibald | 36:40 | F47 | |
| 98 | Hanna Taylor | 36:42 | F24 | |
| 99 | Brian Buchanan | 36:44 | M47 | |
| 100 | Ed Kallen | 37:05 | M60 | |
| 101 | Alexa Stefanakis | 37:31 | F29 | |
| 102 | Cheyenne Schorlig | 37:31 | F30 | |
| 103 | Oliver Stamper | 37:41 | M05 | G |
| 104 | Naomi Stamper | 37:41 | F40 | |
| 105 | Leah Stamper | 37:42 | F42 | |
| 106 | Jasper | 37:44 | M28 | |
| 107 | ?? ?? | 37:45 | M?? | |
| 108 | Elena Cudahy | 38:50 | F11 | O |
| 109 | Danielle Lefever | 38:50 | F43 | |
| 110 | Kacy Tonkin | 39:00 | F35 | |
| 111 | Deirdre Amaro | 39:18 | F53 | |
| 112 | Onyx Kamplain | 39:19 | M03 | O |
| 113 | Catherine Lamb | 39:20 | F35 | |
| 114 | Kit Meyer | 39:23 | F45 | |
| 115 | Meg Stampe | 39:24 | F35 | |
| 116 | Eliana Powell | 39:47 | F10 | O |
| 117 | Ashley Powell | 39:47 | F38 | |
| 118 | Jib Ray | 40:52 | M85 | |
| 119 | Marcile Raney | 41:25 | F65 | |
| 120 | Donny Holiman | 41:27 | M56 | |
| 121 | Tonia Pettit | 42:20 | F58 | |
| 122 | Jeanette Suhay | 42:20 | F57 | |
| 123 | Nano Rayburn | 45:21 | M06 | |
| 124 | Jacob Kamplain | 45:22 | M39 | |
| 125 | Joe Carroll | 46:12 | M78 | |
| 126 | David Turner | 47:00 | M47 | |

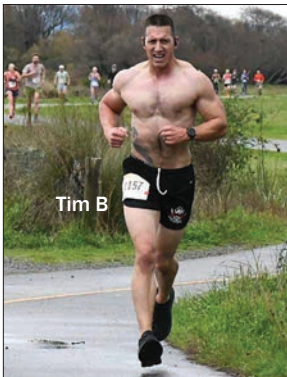
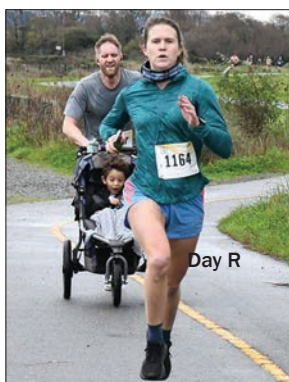
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|-----|--------------------|---------|-----|
| 127 | Mary Ann McCulloch | 51:03 | F69 |
| 128 | Mel Sample | 51:14 | M64 |
| 129 | Donna Ayres | 53:16 | F78 |
| 130 | Lalitha Brinckhaus | 54:35 | F69 |
| 131 | Audrey Shears | 56:01 | F69 |
| 132 | Shauna Davidsen | 56:01 | F54 |
| 133 | Dale Davidsen | 56:23 | M62 |
| 134 | Gretchen Whitmer | 57:23 | F49 |
| 135 | Brynn McCulloch | 57:23 | F45 |
| 136 | Mark Withrow | 57:24 | M41 |
| 137 | Lorraine Dillon | 1:01:13 | F75 |
| 138 | Portia Matheson | 1:01:14 | F78 |
| 139 | Kayla Wendlandt | 1:02:35 | F33 |
| 140 | Brandy Scriptor | 1:02:35 | F47 |
| 141 | Ariella Rayburn | 1:02:35 | F04 |
| 142 | Ariana Rayburn | 1:02:35 | F38 |
| 143 | Dean Matheson | 1:02:50 | M66 |
| 144 | Becky Brennan | 1:02:50 | F44 |
| 145 | Isaiah Pauline | 1:02:55 | M04 |
| 146 | Darryl Pauline | 1:02:56 | M51 |
| 147 | Colin Blasi | 1:05:06 | M11 |
| 148 | Caroline Taberner | 1:05:07 | F76 |
| 149 | Diane Lamb | 1:06:04 | F32 |
| 150 | Michelle Hasting | 1:07:09 | F55 |
| 151 | Robin Fraser | 1:07:10 | F47 |
| 152 | Faith Mason | 1:07:11 | F76 |

MEN

| Age | BLUE | Red | White | Green | Orange |
|-------|-------|-------|-------|-------|--------|
| <= 09 | 23:45 | 29:50 | 35:30 | 38:30 | 42:00 |
| 10-11 | 22:00 | 27:30 | 31:00 | 35:30 | 39:00 |
| 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 |





Caleb T



Ross M



Jenna L

Alicia S



David M



Eric E



Mark C



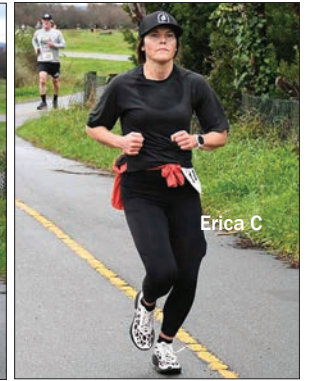
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Caroline C



Isaac C



Erica C



Shawn M



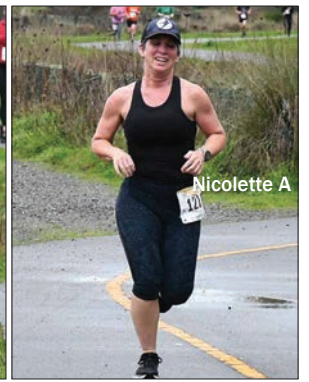
Shar-Lo K



Drew J



Elias S



Nicolette A



Gideon T



Nicole K



Andrea L



Ashley K



Noel L



Yvette F



Arthur B



Diego G

Trudie B



Matthew H



Clayton W



Ella P



TJ C



Abby C



Mavelyn S



Sung C



Jessica B



Isla A-B

Jo A



Brian F



Cyril C



Steve L



Aubrey G



John C



Savannah S



Kristi V



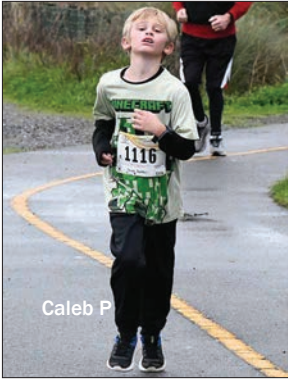
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Liam C



Roenne P



Caleb P



Tom M



Maddox C

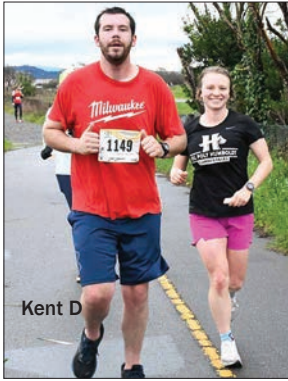


Marayah K

Melissa K



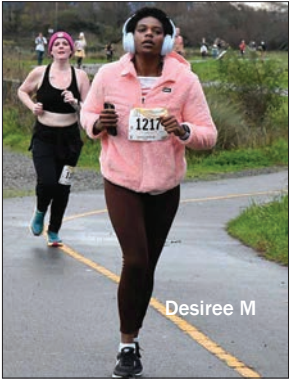
Amy D



Kent D



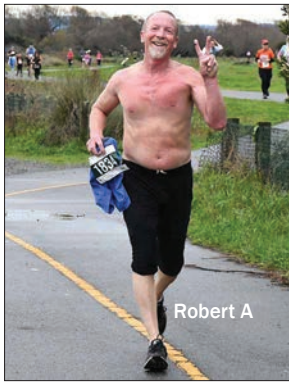
Meredith W



Desiree M



Jaslin R



Robert A



Sherrie S

Valerie F



Debbie S



Dori L



Christina T



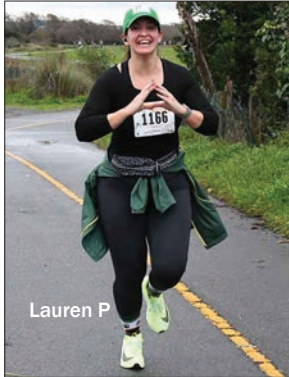
Bob B

Jacob B



Krista G

Camille S



Lauren P



Becky C

Michael C



Susan H

Dawn D



Michael W



Chatherine A



Hanna T



Brian B



Ed K



Cheyenne S

Alexa S



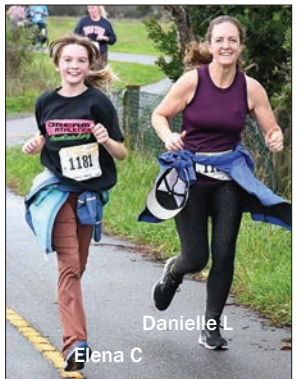
Leah S

Oliver S

Naomi S



Jasper



Elena C

Danielle L



Kacy T



Deirdre A



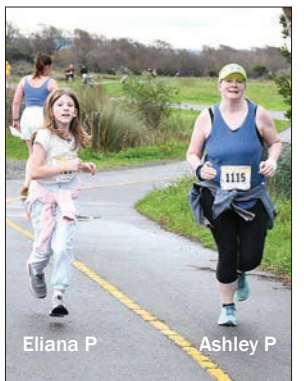
Catherine L

Onyx K



Kit M

Meg S



Elana P

Ashley P



Jib R



Marcile R



Donny H



Jeanette S

Tonia P



Nano R

Jacob K



Joe C



David T



Mary Ann M



Mel S



Donna A



Lalitha B



Audrey S

Shauna D



Dale D



Mark W

Brynn M

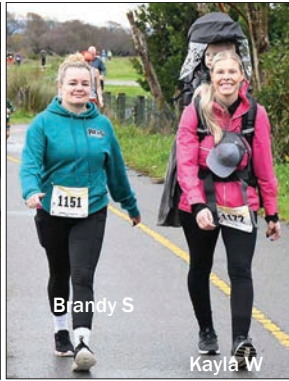
Mary Ann M

Gretchen W



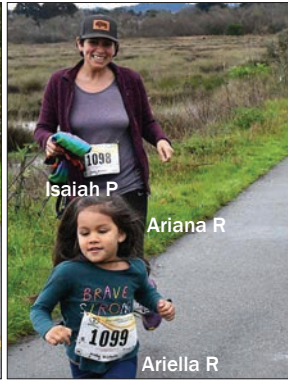
Lorraine D

Portia M



Brandy S

Kayla W



Isaiah P

Ariana R

Ariella R



Dean M



Darryl P

Isaiah P

Becky B



Colin B

Caroline T



Diane L



Robin F

Faith M



Michelle H

Upcoming: Hour Run (Arcata HS Track, 9:00~9:30 am, Sat., 2/14/26)

And just like that, January's competition was completed before some of us even got out of bed to greet the New Year! Every participant is a winner and each has a great start to complete the 2026 SRRC Circuit! Here are the standings after the Resolution Run held on New Year's Day:

14 & Under Male: Liam Chapman, Caleb Powell, Maddox Chapman, Jacob Beede, Oliver Stamper, Onyx Kamplain, Nano Rayburn, Isaiah Pauline, Colin Blasi. It looks like Maddox and Oliver have their work cut out for them.

14 & Under Female: Isla Archibald-Buchanan, Roenne Powell, Marayah Kaiser, Elena Cudahy, Eliana Powell, Ariella Rayburn. Roenne finished strong, just ahead of me, but Isla outran us both.

15-19 Male: Sebastian Amaro, Brayden Ford, Ocean Goodrich, Gideon Turner. All of the runners in this division put in excellent times, with Sebastian taking the overall.

15-19 Female: Abby Choi. Good run Abby, we're going to have to get you some competition.

20-24 Male: Caleb Turner, Drew Jensen, Elias Surber, Diego Garcia. This is a wide-open division. Who can step up and take the honors?

20-24 Female: Elizabeth Odell, Hanna Taylor. Elizabeth just set the bar with a very good start to the year.

25-29 Male: Kent Davidson, Jasper. Will this turn into a competition? Jasper, are you ready for the challenge?

25-29 Female: Desiree McBride, Alexa Stefanakis. This is a great division for new runners.

30-34 Male: Brent Ritschel, Ryan McLaughlin, Ben Emery, Ross Mayfield, Jesus Mendez. Some excellent times here. This could be a very interesting division.

30-34 Female: Day Robins, Ashley Knowlton, Savannah Steffen, Kristi Vernig, Jaslin Rownan, Cheyenne Schorlig, Kayla Wendlandt, Diane Lamb. Can anyone catch Day?

35-39 Male: Tim Burrus, Steve Luu, Jacob Kamplain. A quick start by Tim.

35-39 Female: Nina Carson, Annie Fehrenbach, Jenna Larson, Katrin Lemmon, Nicole Kurth, Noel Loranger, Ella Price, Valerie Fazan, Dori Larson, Christina Torres, Krista Granshaw, Camille Sathrum, Kacy Tonkin, Catherine Lamb, Meg Stampe, Ashley Powell, Ariana Rayburn. A fast start by several runners, but first overall in the women's division went to Nina.

40-44 Male: Dustin Diller, Matthew Kidwell, Zachary Chapman, Tyler Granshaw, Matt Wells, Jorge Preciado, Isaac Croteau, Shar-Lo Kelly, Mark Withrow. Three finishers under 20:26. Let the fireworks begin!

40-44 Female: Karen Kidwell, Erica Caddell, Andrea Lovio, Jessica Burrus, Jo Archibald, Aubrey Gates, Melissa Kaiser, Lauren Pottker, Naomi Stamper, Leah Stamper, Danielle Lefever, Becky Brennan. A strong start by KK.

45-49 Male: Sky McKinley, Clayton Weber, Brian Buchanan, David Turner. Excellent day for an excellent time, Sky.

45-49 Female: Alicia Mengel, Alicia Smith, Trudie Blasi, Mavelyn Socha, Catherine Archibald, Kit Meyer, Gretchen Whitmer, Brynn McCulloch, Brandy Scriptor, Robin Fraser. And Alicia wins Blue, and Alicia wins Red. Outstanding!

50-54 Male: Jake Johnson, Chris Schinke, Matthew House, Sung Choi, Darryl Pauline. Two very close times. More shall be revealed.

50-54 Female: Yvette Ferreira, Amy Duerfeldt, Meredith Wolfe, Susan House, Deirdre Amaro. No early favorites.

55-59 Male: Shawn Magnuson, Donny Holiman. Aaaaaaand, that's one for Shawn!

55-59 Female: Nicolette Amann, Becky Chapman, Tonia Pettit, Jeanette Suhay, Shauna Davidsen, Michelle Hasting. Sure enough, Catrina may have a little competition this year.

60-64 Male: David Macauley, Eric Einem, Arthur Barker, Ed Kallen, Mel Sample, Dale Davidsen. Uh, Paul, you may have a couple of challengers this year.

60-64 Female: Caroline Carson, Tj Chapman, Sherrie Sample, Dawn Durbin. And Caroline walks away with Blue. Andrea where are you? Tj, what happened?

65-69 Male: Jeff Haag, Mark Chapman, John Carson, Robert Ayers, Michael Chapman, Dean Matheson. Jeff gets a leg up. Mishka caught sleeping. :-]

65-69 Female: Lanore Bergenske, Michael Whiteley, Marcile Raney, MaryAnn McCulloch, Lalitha Brinckhaus, Audrey Shears. Only four Blues awarded this year, and one goes to Lanore! Fantastic!

70-74 Male: Paul Kinsey, Brian Ferguson, Bob Beede. Brian, Bob, watch out! Paul is sneaky fast!

70-74 Female: Debbie Stamper. Aaaaaaand, that's one for Debbie!

75-79 Male: Cyril Carl, Tom Martin, Joe Carroll. Yes, that was Cyril out there practicing his tumbling routine. He had ample time for acrobatics while still taking a first in this division. Randy wanted to run but he's just too young. Maybe next month, you young whippersnapper!

75-79 Female: Donna Ayres, Lorraine Dillon, Portia Matheson, Caroline Taberner, Faith Mason. Five reasons why staying fit with SRRC is a great choice!

85-89 Male: Jib Ray. And Jib finds a new division to dominate. Jorgen, where are you?

For any questions or suggestions, contact Yoon G Kim at <ygk1@humboldt.edu>.



Awards, Meeting & Party



• Please visit our webpage (<https://www.6rcc.com>, under 1/10/26) for the rest of the photos.

Lanore Bergenske <lbergenske@fortunaesd.com> wrote on Wed, Dec 10, 2025:

Island View Trail Run – Marathon & Beyond Race #114

On December 6th, I ran the **Island View Endurance Trail Run 50K**. This remarkable course, located between Santa Barbara and Buelton had nearly 9,000 feet (my Garmin recorded 9,367 ft of ascent) climbing and wound mostly along rugged singletrack and ranch roads.

We climbed through beautiful canyons up to the crest of the Santa Ynez Mountains and all the way to Gaviota Peak twice. The panoramic ridgeline views were incredible and made the tough climbs worth it. I finished in about 8 hours, 4th woman and extremely grateful and tired! Marathon and Beyond #114. – Lanore

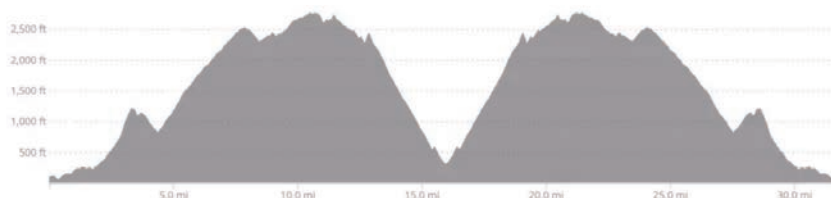
Island View Endurance Trail 50K

14550 Calle Real

Goleta, CA

Fri-Sat, Dec. 5-6, 2025

| P1 | Name | G/age | Time | Home |
|----|------------------|-------|---------|---------|
| 24 | Lanore Bergenske | F68 | 8:16:07 | Fortuna |



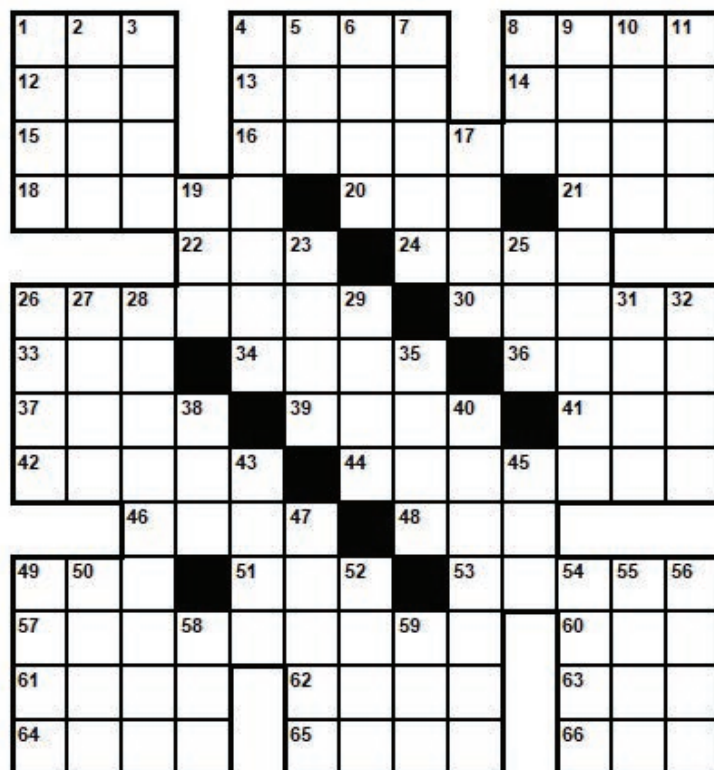
SRRC Crossword Puzzle

ACROSS

- 1 Cellular texting letters
- 4 Sums
- 8 Flower support
- 12 Rhythmic musical genre
- 13 Large Hadron Collider org.
- 14 Operatic solo
- 15 Grain variety
- 16 Runners' advice, part 1
- 18 Encrypted
- 20 Male offspring
- 21 Runner's shirt
- 22 Thousandth of an inch
- 24 Half a quart
- 26 Runners' advice, part 2
- 30 Implements
- 33 In the past
- 34 Popular editor's first name
- 36 Sketch
- 37 Certain crustacean
- 39 Greek portico
- 41 Hoppy brew letters
- 42 Poker players' giveaways
- 44 Runners' advice, part 3
- 46 Sch. support groups
- 48 "Green" prefix
- 49 Yoko _
- 51 Petrol
- 53 Fund
- 57 Runners' advice, part 4
- 60 Nuptial promise
- 61 Interested in
- 62 Give off
- 63 Neither's correlative
- 64 Try out
- 65 Canines
- 66 Poet's before

DOWN

- 1 The Club
- 2 Condiment, for short, for 38 down
- 3 Went fast
- 4 Lower the pH of
- 5 Off's opposite, in sports
- 6 Prohibitionists
- 7 Pry
- 8 Perceived
- 9 Italian restaurant
- 10 German article
- 11 Partner
- 17 One thing
- 19 Indie musical genre
- 23 Vietnam neighbor
- 25 Affirm, wordlessly
- 26 Diplomacy
- 27 Fairy tale villain
- 28 End zone structures
- 29 Indian flatbread
- 31 Track circuits
- 32 Oscillate
- 35 Tone
- 38 Certain sandwich letters
- 40 Upward progressions
- 43 Historical tale
- 45 Long time
- 47 Filled up
- 49 Leave out
- 50 Lives for a cat, reputedly
- 52 Japanese wrestling style
- 54 Eat formally
- 55 Bad smell
- 56 Had on
- 58 Drunkard
- 59 Put together



"Ken Yanosko" <kennyanosko@sboglobal.net>

Upcoming Events

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

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SAT., FEB 7, 2026 << **NOT SRRC race** >>

60th Trinidad to Clam Beach. {\$60 with shirt or \$40 w/o shirt by 1/16/26; \$50 afterward w/o shirt} 5&3/4 mile at 9:30AM. Race starts at Saunder's Park (400 Janis Ct., Trinidad, Ca; behind the Chevron Station). Visit <<https://www.exploret Trinidadca.com/tcbr>> for online registration and more information.

SAT., FEB 14, 2026 << **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 **Gary Timek** at <gtimek@aol.com>.

SUN., MAR 8, 2026 << **SRRC race** >>

48th Foggy Bottom Milk Run. {fees for all} **2M** at 2PM, **4M** at NOON and **10M** at 12:05 pm. Start and finish in downtown Ferndale. Please visit <<https://www.foggybottommilkrun.com/>>.

SAT., MAR 21, 2026 << **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. For more information contact **Karen Kidwell** at <karenhoffman@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.

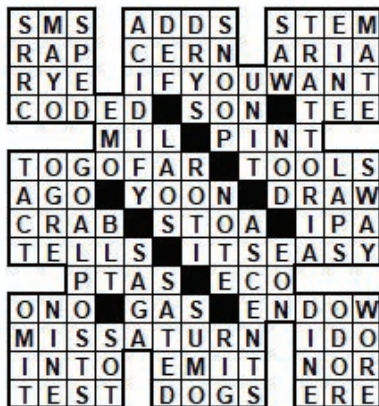
Saturday Morning Run.

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 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** <pvpathway@gmail.com> for more information. All are welcome. See you there!

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



Lanore Bergenske <lbergenske@fortunaesd.com> on Thur, Jan 8, 2026:

Lost Coast 55K

I had another fun trail adventure! Due to a severe storm and tornado warning, the **Lost Coast 55K** was postponed to the following day. Jazmen McGinnis and I decided to go for it anyway! 🌧️👍

On 1/04/2026, we tackled the rough, rainy, self-supported adventure with big elevation and countless creek crossings. A wrong turn turned the day into 36 miles. However, the race director who also ran, waited and cheered us at finish – above and beyond. Best way to ring in the New Year! 🎉🎊

Lost Coast 55K

Horse Mountain Creek Trailhead
Whitethorn, CA

7:00 am, Sun., Jan. 4, 2026

| P1 | Name | G/age | Time |
|----|-------------------------|-------|---------|
| 3 | Lanore Bergenske | F68 | 8:51:02 |
| 3 | Jazmen McGinnis | F31 | 8:51:02 |

| ELEVATION | |
|---------------|----------|
| Total Ascent | 9,208 ft |
| Total Descent | 9,211 ft |
| Min Elevation | 1,194 ft |
| Max Elevation | 3,043 ft |



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"

