



Tammy Haag

Jeff Haag

Sherry Myers

Marlene Allen

Doug Hartling

Sage Hartling

Emily Hartling

36th Dow's Prairie Run 2M & 10K
McKinleyville
10:00 am, Sat., Jun. 21, 2025

June Minutes

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

Wed., June 4, 2025, 6:30 p.m. at Chin's in Eureka. Board members in attendance: **Mark Ellis, Jamie Hinckley, Jorge Preciado, Karen Kidwell, Catrina Howatt, Gary Timek, Jessy Preciado** and **Juan Reyes**. Guests: **Cindy Timek**.

OLD BUSINESS

A. Avenue of the Giants (7:45 am, Sun., 5/04/25) recap: Financial report presented, made less than last year probably because registration filled up before the fee increases. Cindy would like to train a new director for next year.

B. HRRAY: Will report at the next meeting.

C. Scholarship/Shoe Fund: Shoe fund is done for the season. 2 scholarship applications received.

D. Atalanta Run final budget: 406 finishers, lots of positive feedback. Thanks to all who ran and helped. Financial report presented, race was in the black this year.

NEW BUSINESS

A. Grasshopper Peak Redwoods Run (8:00 am, Sat., 6/07/25): Everything is set to go, 125+ registered so far.

B. Dow's Prairie Run 2M/6.2M (10:00 am, Sat., 6/21/25): Permits should be in and everything is moving along.

C. Arcata Marsh Fourth of July Run 5K (9:30 am, Fri., 7/04/25): No update.

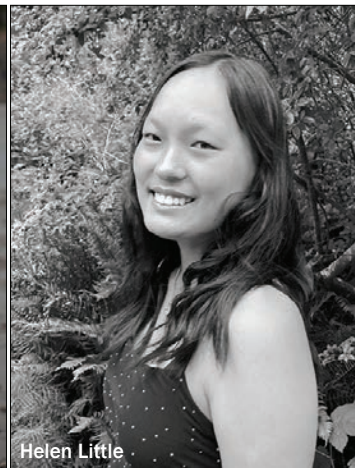
D. Fortuna Rodeo Run 5K (9:00 am, Sun., 7/13/25): Permits are in, will need volunteer help, reach out to Catrina if able to help.

E. Other: Fish hatchery will be closing, so that may affect Blue Lake Fish Hatchery Run in November, we will need to check on that.

• **Next meeting:** Dutchy's in Arcata; Dinner at 5:30, Meeting at 6:30 pm, Wed., July 2, 2025. Ask Gary Timek <gtimek@aol.com> for details.



Madison Trieu



Helen Little

Congratulations on receiving the 2025 SRRC scholarship! We wish you continued success on your academic journey!
– Yoshi Uemura <maguro4u@gmail.com> for SRRC



Dow's Prairie 2M & 10K
Sat., Jun. 21, 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

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Jorge Preciado
Juan Reyes
Sarah Sullens

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sarahsullens10@gmail.com 845-9652

SRRC OFFICERS

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

SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



10th Grasshopper Peak Redwoods Run

Thank you to all who participated in the 10th annual Grasshopper Peak Redwoods Run! Both runners and volunteers alike are what make this event fun and successful.

Special **thank you** to: **Paul Kraus, Jen Marlow, Kerry Byrne, David Park, Rachel Cardoza, Jamie Hinckley, Cindy Timek, Mark Ellis, Harry Kavich, Yoon Kim, Juan Reyes, Gary Timek, Marlene Allen, Casey Allen, Margaret Morris, Laura McNulty, Mario Minder, Max Minder, Mark Chapman, and Olivia Black.** Additional thank you to **Humboldt Co SAR: Corey Jung, Jennifer Kubik, John Lynott, and Mark Kubik.** Aid station supplies were sponsored by **Adventure's Edge**, thank you! A final and biggest thank you to my volunteer coordinator and co-director, **Matthew Kidwell.** A team like this sure makes directing a safe and fun trail race in the middle of nowhere much easier to accomplish. See you next year!

– Karen Kidwell



10.5 Mile

Pl	Name	G/age	Time
1	Juan Ornelas	M15	1:28:53
2	Stephen Winn	M20	1:29:49
3	John Zwick	M25	1:33:32
4	Patrick Orona	M37	1:36:02
5	Mark Mulholland	M44	1:40:00
6	Richard Roybal	M48	1:40:46
7	Jake Johnson	M49	1:44:13
8	Izzy Konopa	M49	1:45:12
9	Lauren Smith	F34	1:46:35
10	Albie Rumfelt	M47	1:50:10
11	Tami Quan	F61	1:50:11
12	Casey Waterman	F45	1:51:52
13	Douglas Hartling	M41	1:52:46
14	Amanda Lee	F33	1:53:07
15	Justin Crow	M50	1:54:39
16	Terri Vroman Little	F62	1:54:58
17	Lucas Yatch	M36	1:58:17
18	Jessica Howlett	F48	2:01:17
19	Jamie Bellermann	M52	2:01:46
20	Caroline Carson	F63	2:01:54
21	Jose Ornelas	M37	2:03:52
22	Sung Jae Choi	M53	2:04:23
23	Casse Weaver	F48	2:04:40
24	Dave Ryan	M68	2:05:56
25	Monty Mola	M52	2:07:26
26	Marie Cappiello	F54	2:08:25
27	Kristin Lane	F49	2:10:45
28	Simona Carini	F62	2:11:49
29	Emily Batini	F38	2:12:24
30	Sarah Collins	F36	2:12:35
31	Kristy Bentz	F40	2:13:07
32	Trevor Bentz	M39	2:13:08
33	Rose Francia Pearson	F47	2:13:42

34	Cecilia Guerre	F32	2:16:25
35	Timothy Donaghy	M39	2:19:57
36	Meghan Brinson	F41	2:20:04
37	Katie Bisson	F53	2:20:05
38	Robert Ayers	M67	2:20:27
39	Bianca Hayashi	F43	2:22:57
40	Matt Dennis	M44	2:22:58
41	Thomas Dewey	M65	2:24:47
42	Lissa Daugherty	F33	2:24:52
43	Randy Emenaker	M74	2:25:50
44	Justin Molner	M46	2:26:00
45	Teresa Ferrari	F54	2:30:16
46	Sydney Telloian	F14	2:35:26
47	Aaron Telloian	M37	2:35:27
48	Kristina Darby	F55	2:35:33
49	Joni Hammond	F64	2:40:29
50	Cathryn LaRochelle	F34	2:40:49
51	Jeffrey Faulk	M32	2:42:10
52	Nate Downey	M44	2:42:12
53	Angie Pearson	F49	2:42:19
54	Ale Gallegos	F36	2:42:21
55	Susan House	F51	2:45:00
56	Don Elwell	M67	2:46:43
57	Josh Allard	M23	2:51:08
58	Christopher Drogan	M27	2:52:26
59	Cindi Kiehn-Mola	F52	2:53:46
60	Molly Jones	F44	2:57:13
61	Jenny Early	F45	3:01:05
62	Robert Leclair	M72	3:01:48
63	Gina Rimson	F68	3:03:28
64	Jennifer Vu	F37	3:04:02
65	Catrina Howatt	F58	3:04:23
66	Gordon Johnson	M79	3:04:25
67	Sara Starr	F68	3:04:37
68	Brandy Scriptor	F46	3:05:24
69	Daisy Ching	F40	3:15:23

70	Julie Jonte	F69	3:19:58
71	Laurie Dekeyser	F47	3:36:55

30K

Pl	Name	G/age	Time
1	Ryan Thompson	M42	2:55:21
2	Matthew Kidwell	M44	2:56:13
3	Jordi Koopman	M30	3:02:19
4	Sky McKinley	M48	3:04:24
5	Craig Wasko	M53	3:04:50
6	Emmanuel Parage	M39	3:08:00
7	Dolan Dillon	M30	3:18:27
8	Anne Fehrenbach	F37	3:24:38
9	Jazmen McGinnis	F30	3:26:50
10	Russell Michael	M52	3:37:06
11	Jen Foesig	F52	3:42:35
12	Lanore Bergenske	F67	3:43:04
13	Isabel Hirsch	F36	3:49:33
14	Lily Simmons	F25	3:54:01
15	Peter Ciotti	M47	3:54:02
16	Alicia Mengel	F46	3:55:27
17	Nick Vidargas	M44	3:59:46
18	Daniel Emmenecker	M36	4:05:03
19	Jenna Larson	F39	4:06:24
20	Sarah McGraw	F34	4:08:08
21	Kanan Wilson	M41	4:08:58
22	Molly McSweeney	F38	4:12:07
23	Courtney Ladika	F45	4:18:10
24	Daniel Jones	M47	4:19:38
25	James Schroder	M72	4:30:29
26	Christopher West	M44	4:42:27
27	Mark Chapman	M65	4:42:55
28	Stephen Winterroth	M38	5:03:10
29	Ed Kallen	M60	5:39:22
30	Olivia Black	F25 course	sweep; superstar

10.5M



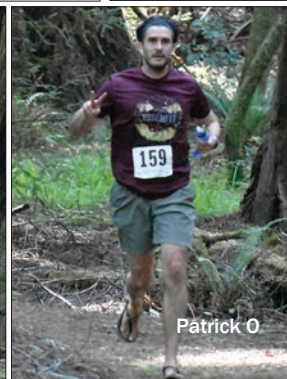
Juan Ornelas
10.5M winner (M)
1:28:53



Stephen W



John Z



Patrick O



Mark M



Richard R



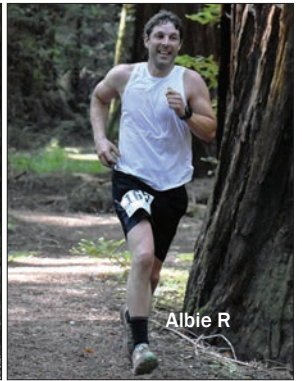
Jake J



Izzy K



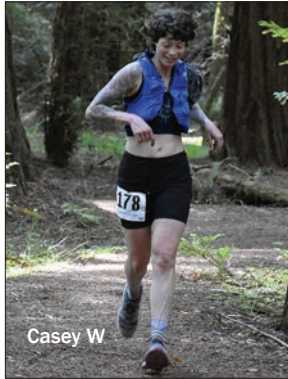
Lauren Smith
10.5M winner (F)
1:46:35



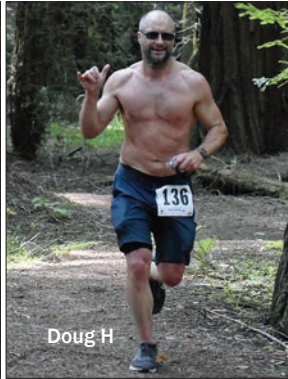
Albie R



Tami Q



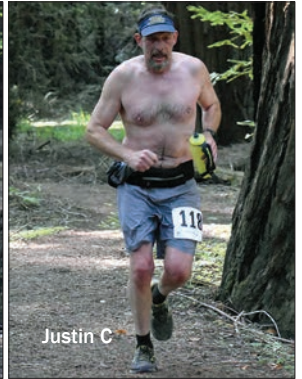
Casey W



Doug H



Amanda L



Justin C



Terri VL



Lucas Y



Jessica H



Jamie B



Caroline C



Jose O



Sung Jae C



Casse W



Dave R



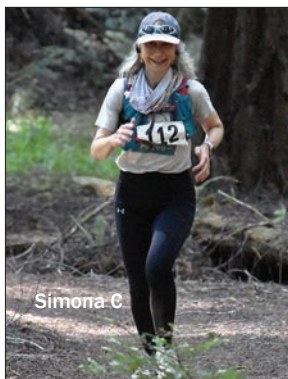
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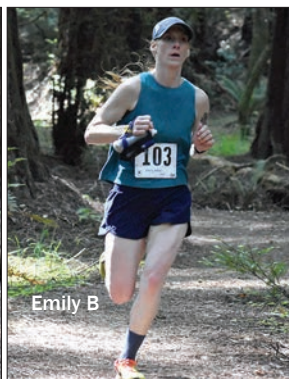
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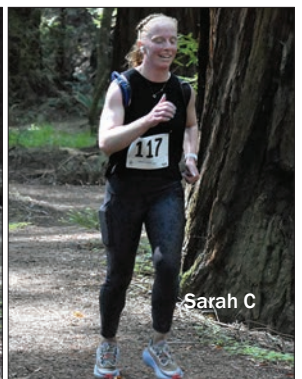
Kristin L



Simona C



Emily B



Sarah C

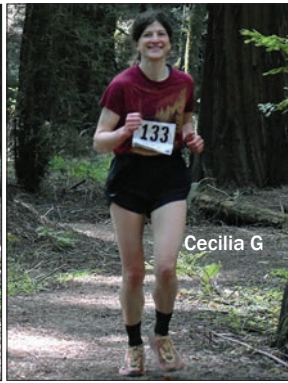


Trevor B

Kristy B



Rose FP



Cecilia G



Timothy D

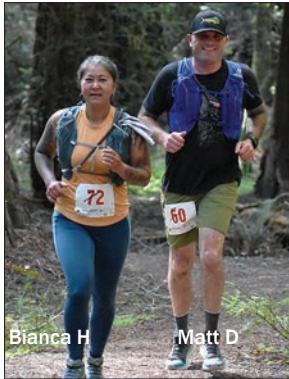


Katie B

Meghan B



Robert A

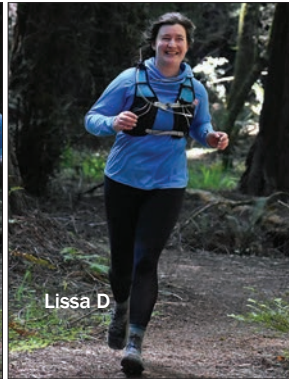


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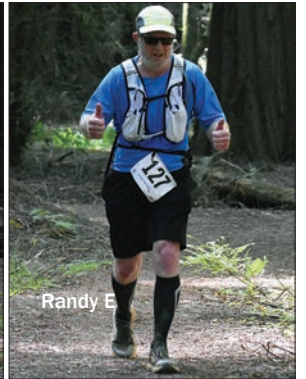
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Thomas D



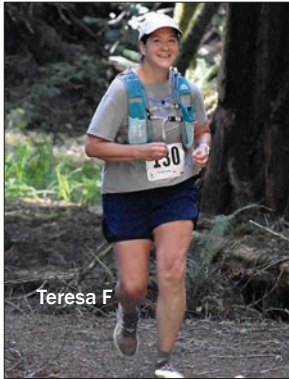
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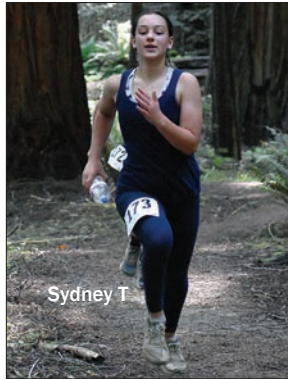
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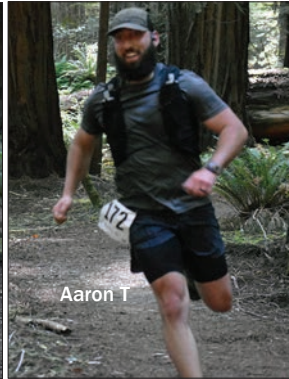
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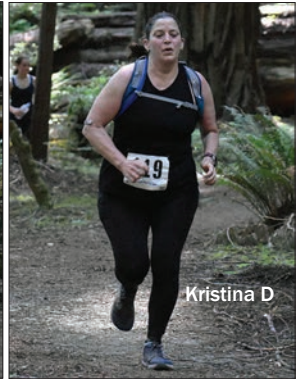
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Sydney T



Aaron T



Kristina D



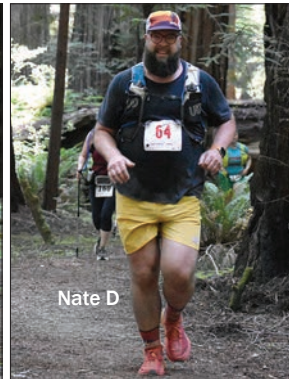
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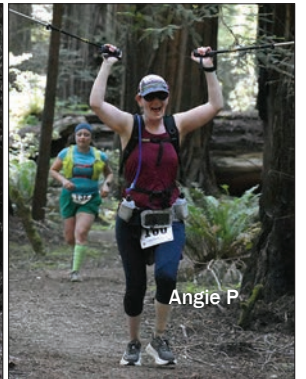
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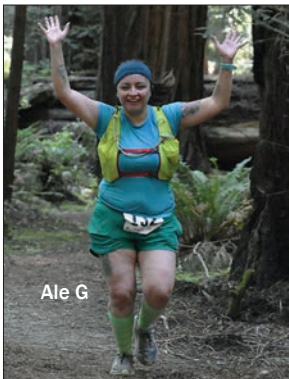
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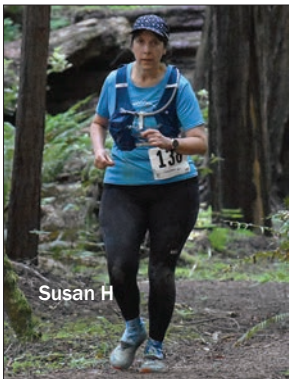
Nate D



Angie P



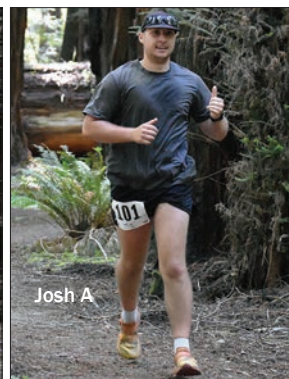
Ale G



Susan H



Don E



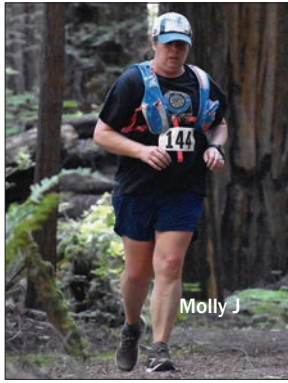
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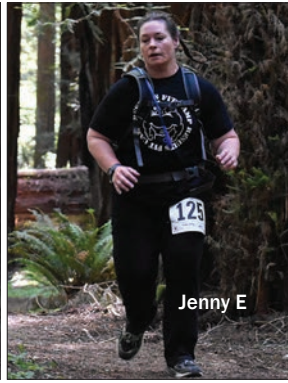
Christopher D



Cindi K-M



Molly J



Jenny E



Robert L



Gina R



Jennifer V



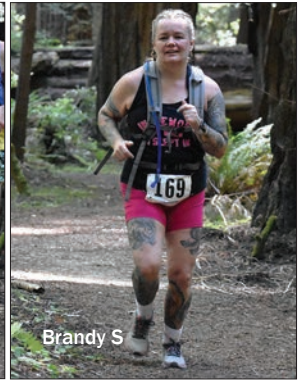
Catrina H



Gordon J



Sara S



Brandy S



Daisy C

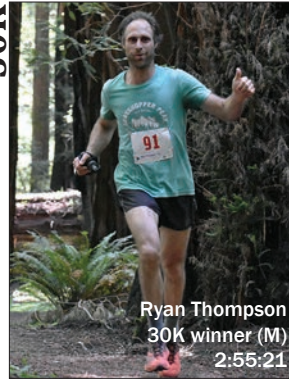


Julie J



Laurie D

30K



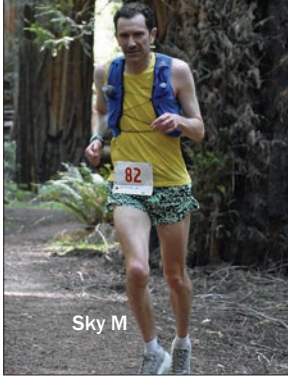
Ryan Thompson
30K winner (M)
2:55:21



Matt K



Jordi K



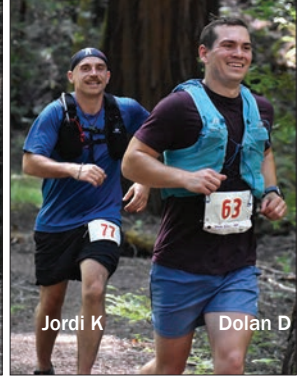
Sky M



Craig W



Emmanuel P



Jordi K

Dolan D



Anne Fehrenbach
30K winner (F)
3:24:38



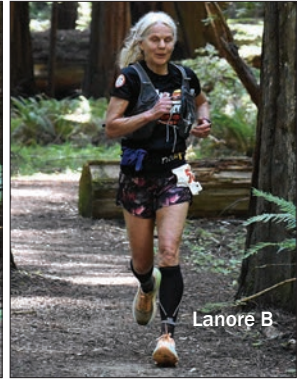
Jazmen M



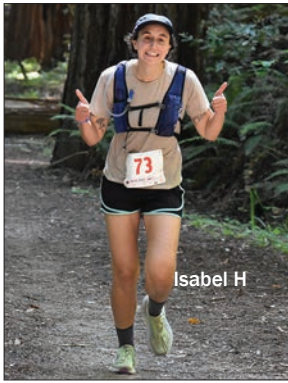
Russell M



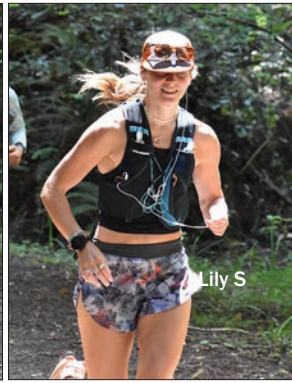
Jen F



Lanore B



Isabel H



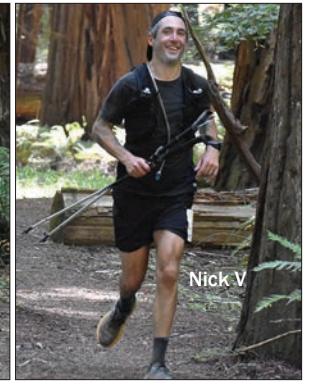
Lily S



Peter C



Alicia M



Nick V



Daniel E



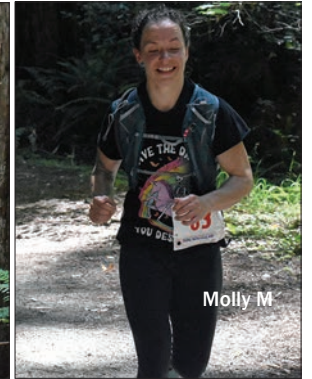
Jenna L



Sarah M



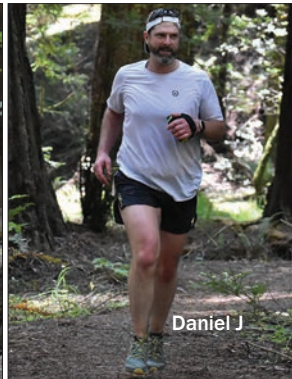
Kanan W



Molly M



Courtney L



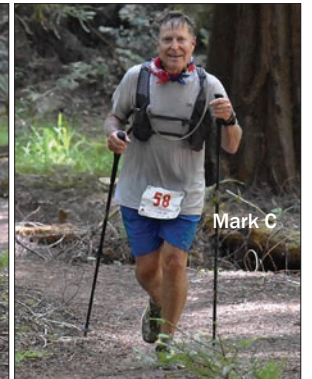
Daniel J



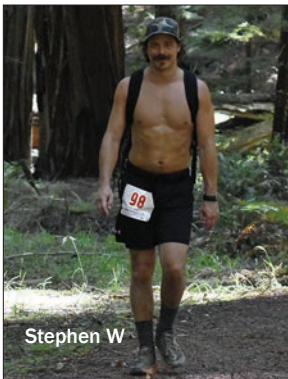
James S



Christopher W



Mark C



Stephen W



Ed K



Ólivia B



177





10:00 am, Sat., June 21, 2025

The 36th Dow's Prairie Run

36th Annual Dows Prairie Races

2.0 Miles and 2 π Miles (approximately)

The 36th Annual Dows Prairie Race took place on the first day of summer 2025. And for the first time, the long race was an out-and-back 10 kilometer race. This represents a 1.6% increase from the traditional 6.1 mile loop distance. Of course, due to human and machine error, all distance measurements are approximate. It is possible that some runners ran 1.1% beyond 10 kilometers for a total distance of 2 π miles.

The first runner to complete the 10K race, with a time of 39:42, was 15-year-old **Juan Ornelas**. Juan was the fastest and youngest competitor in the race. Finishing second, with a time of 40:01, was first female finisher **Erin Ponte**. Since the course is new, Juan and Erin's times are course records. Overall 38 runners completed the 10K.

The 2 mile race, also an out-and-back, featured 31 runners with an age range from 7 to 75. **Parker Blasi**, 13, ran strong for the win, with **Mark Chapman**, approximately 5 times as old as Parker, coming in second. **Calen Ponte** finished third, closely followed by the first two female runners, **Trudi Blasi** and 8-year-old **Roenne Powell**.

The Six Rivers Running Club races are family affairs. The 2 mile event featured 4 Blasias and 6 Chapmans. Among both races we saw performances from 4 Pontes and Powells, 5 Ornelases, 3 Hartlings, and 2 Carsons.

It was nice to get television coverage from **Redwood News**. Thank you, **John Farley**.

Races would not be as pleasurable, or even possible, without the generous contributions from our volunteers. We would like to thank **Marlene Allen**, **Tammy Haag**, and **Doug Hartling** for help with registration. **Emily Hartling**, **Sage Hartling**, and **Dave Ryan** served as course monitors. **Westley**, **Felix**, and **Shawn Porter** worked the 10K aid station while **Arianna** and **Crystal Porter** prepared snacks at the finish line. Working the finish line were **Harry Kavich**, **Yoshi Uemura**, and **Gary Timek**. After the race **Paul Kraus** helped Gary take down the course and get the equipment back into storage. **Yoon Kim** had photos and results online in a timely fashion. Special thanks to **Sherry Myers** for invaluable logistical assistance over two days. It was my pleasure to work with you all. I apologize if I omitted anyone, and I look forward to the Dow's Prairie Races next year.

– **Jeff Haag**, Race Director. June 21, 2025.



2M

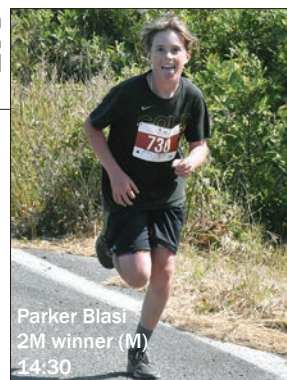
Pl	Name	G/age	Time
1	Parker Blasi	M13	14:30
2	Mark Chapman	M65	15:27
3	Calen Ponte	M12	18:00
4	Trudie Blasi	F47	18:24
5	Roenne Powell	F08	19:08
6	Brittany Gribbin	F40	19:55
7	Alejandra Garcia	F45	20:10
8	Jaymi Dark	F42	21:45
9	Casse Weaver	F48	23:41
10	Meguire Bartosz	F18	23:42
11	Alia Dunphy	F46	24:12
12	Shelby Ornelas	F13	26:05
13	Aileen Ornelas	F07	26:06
14	Jose Ornelas	M11	26:12
15	Eliana Powell	F09	26:27
16	Ashley Powell	F38	26:30
17	Javier Romero	M26	26:44
18	Sonia De Leon	F26	26:44
19	McKenzie Ponte	F10	29:19
20	Lori Ponte	F67	29:20
21	Maddox Chapman	M10	32:48■
22	Liam Chapman	M10	33:26■
23	Zane Chapman	M12	33:32■
24	Zachary Chapman	M43	33:33■
25	Tj Chapman	F62	36:45
26	Grayson Roberts	M14	36:47
27	Pete Ciotti	M47	38:04
28	Colin Blasi	M11	41:45
29	Carolyn Taberner-Blasi	F75	41:59
30	Emily Hartling	F15	42:59
31	Sage Hartling	F12	43:00

■ started 12:10 late, i.e., subtract 12:10 for actual running time

6.2M

Pl	Name	G/age	Time
1	Juan Ornelas	M15	39:42
2	Erin Ponte	F39	40:01
3	Tristan Cole	M33	42:54
4	Craig Wasko	M53	43:16
5	Matt Wells	M43	46:36
6	Annie Fehrenbach	F37	46:55
7	Courtney Carlson	F33	47:07
8	Richard Roybal	M48	47:20
9	Jake Johnson	M49	48:49
10	Sung Choi	M54	49:12
11	Kerry Byrne	F43	49:43
12	Jen Marlow	F44	51:43
13	Doug Hartling	M41	51:45
14	Amanda Lee	F33	51:58
15	Jen Foesig	F52	52:56
16	Caroline Carson	F63	53:32
17	Danny Emmenecker	M36	53:56
18	Tara Vu	F43	54:25
19	Rebecca Matias	F34	54:45
20	Simona Carini	F62	55:37
21	Paul Kraus	M64	56:10
22	Arthur Barker	M63	56:32
23	Jose Ornelas	M37	56:44
24	Chrystal Ales	F41	56:44
25	Katrin Lemmon	F35	57:50
26	Shawn Magnuson	M55	58:16
27	Thomas Nolan	M31	1:00:59
28	Tom Davies	M59	1:01:00
29	Damian Morton	M30	1:01:00
30	John Carson	M67	1:03:46
31	Zian Kobley	M14	1:04:29
32	Kalla McDonald	F32	1:04:42
33	Dana Merrill	F31	1:04:43
34	Marlene Allen	F69	1:06:59
35	Jaslin Rowman	F31	1:12:06
36	Ed Kallen	M60	1:12:41
37	Holly Powell	F35	1:13:03
38	Jasper	M28	1:18:43

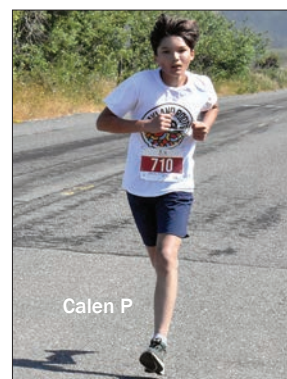
2M



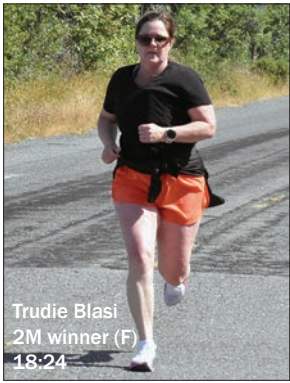
Parker Blasi
2M winner (M)
14:30



Mark C



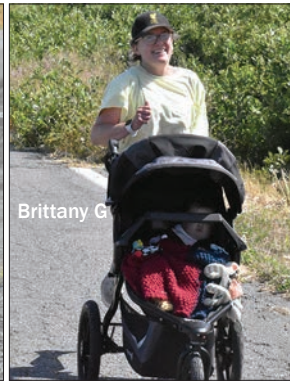
Calen P



Trudie Blasi
2M winner (F)
18:24



Roenne P



Brittany G



Alejandra G



Jaymi D



Meguire B

Casse W

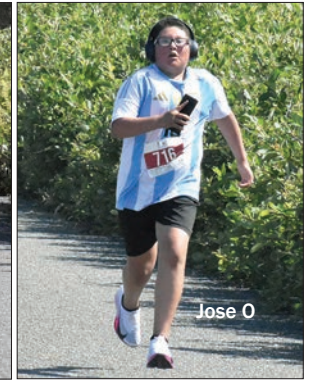


Alia D



Shelby O

Aileen O



Jose O



Ashley P

Eliana P



Javier R

Sonia D

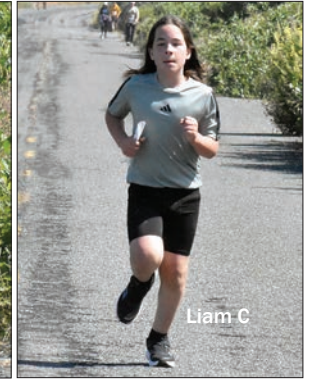


Lori P

McKenzie P



Maddox C



Liam C



Zane C

Zachary C



Mark C

Grayson R

Tj C



Pete C



Emily H

Sage H



Trudie B

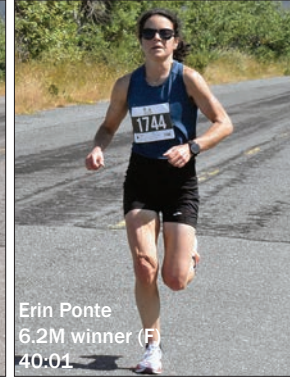
Colin B

Carolyn T-B

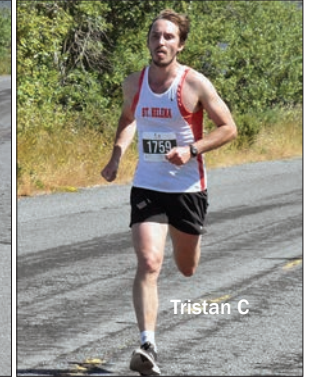
6.2M



Juan Ornelas
6.2M winner (M)
39:42



Erin Ponte
6.2M winner (F)
40:01



Tristan C



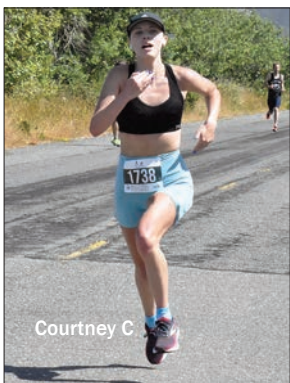
Craig W



Matt W



Annie F



Courtney C



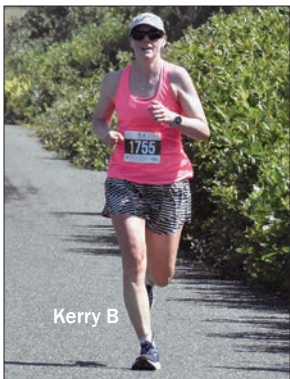
Richard R



Jake J



Sung C



Kerry B



Jen M



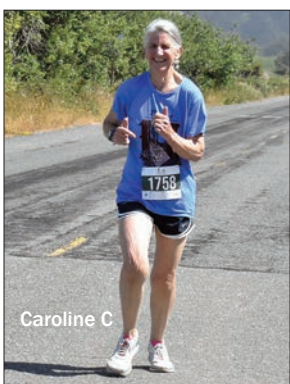
Doug H



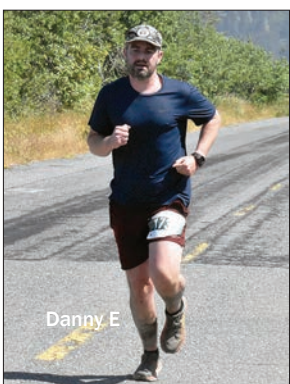
Amanda L



Jen F



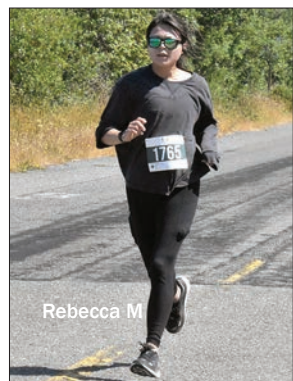
Caroline C



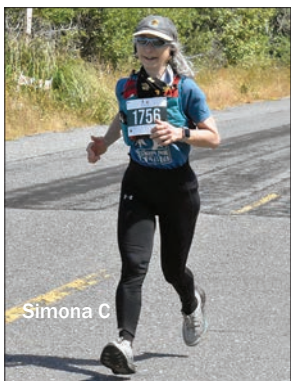
Danny E



Tara V



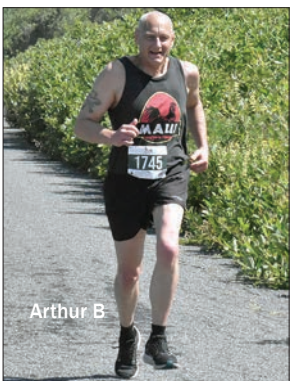
Rebecca M



Simona C



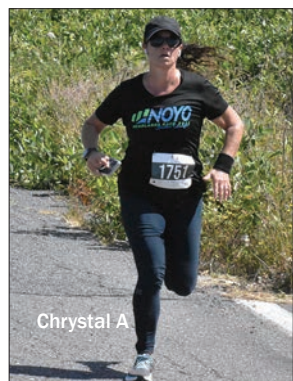
Paul K



Arthur B



Jose O



Chrystal A



Katrin L



Shawn M



Damian M



Tom D

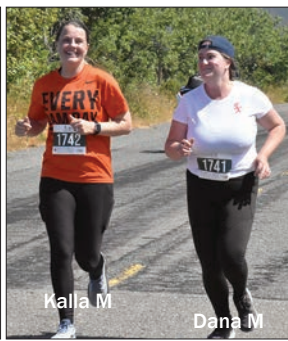
Thomas N



John C

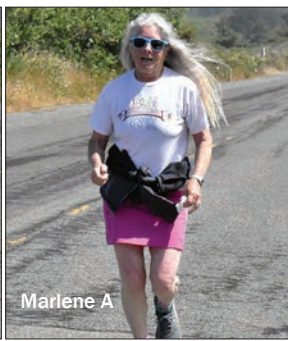


Zian K

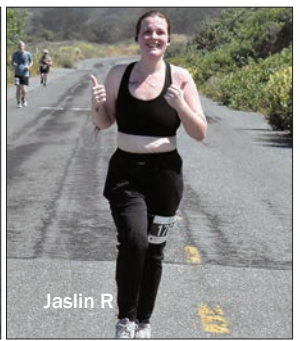


Kalla M

Dana M



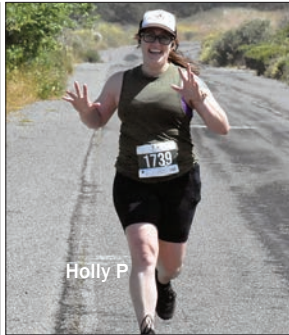
Marlene A



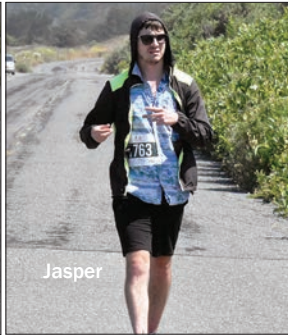
Jaslin R



Ed K



Holly P



Jasper



Calen

Lori

McKenzie

Erin

SRRC Crossword Puzzle

ACROSS

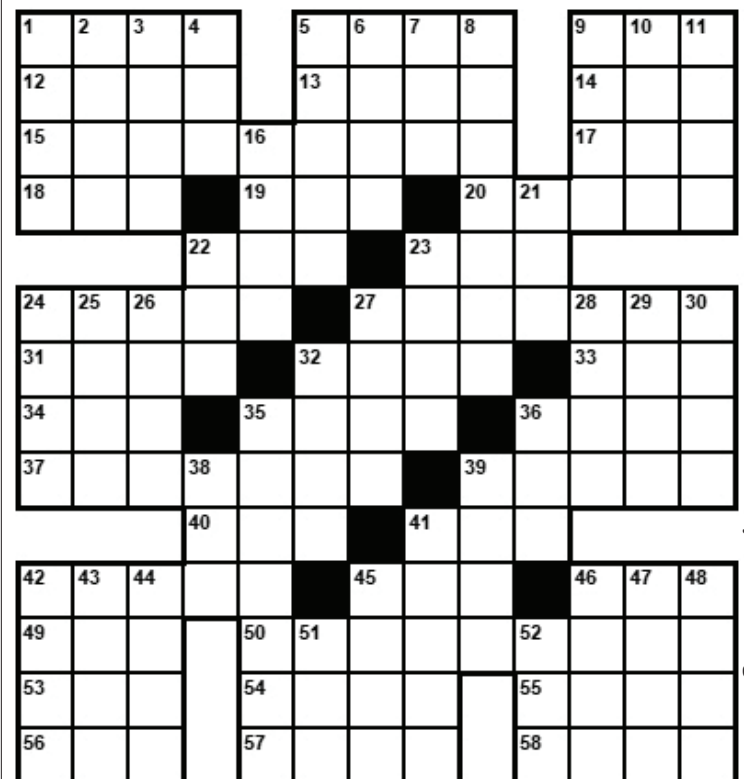
- 1 "Melted Watch" surrealist Salvador
- 5 Transmitted
- 9 "Electrical Resistance" physicist Georg
- 12 Prediction of bad luck
- 13 Talon
- 14 Hasten
- 15 Coach's advice to competitors, part 1
- 17 Suffix for a doctrine
- 18 Trap
- 19 Baked, filled edible
- 20 Writing style
- 22 Vigor
- 23 ¿__ pasa?
- 24 Entry on a check
- 27 Coach's advice to competitors, part 2
- 31 Beginning of a famous palindrome about Panama
- 32 Business attire
- 33 Weep
- 34 Apiece
- 35 Clenched hand
- 36 Recreational area
- 37 Coach's advice to competitors, part 3
- 39 Cost
- 40 Anger
- 41 Couple
- 42 Last Greek letter
- 45 Soak
- 46 Prefix for a group of three
- 49 Lock opener
- 50 Coach's advice to competitors, part 4
- 53 Exist
- 54 Great Lake
- 55 Window segment
- 56 Affirmative reply
- 57 Coronavirus outbreak of 2002
- 58 Creative works

DOWN

- 1 Direction that this answer goes in
- 2 French lady friend
- 3 On loan
- 4 Hostel
- 5 Financial voucher
- 6 Otherwise
- 7 Pester verbally
- 8 Miss one then make one, on the green
- 9 Southernmost state on the Canadian border
- 10 Sibilant sound
- 11 Viral internet picture
- 16 Fencing sword
- 21 Sports official, commonly
- 22 Writer's tool
- 23 Stop
- 24 Mama's mate
- 25 So be it
- 26 House surroundings
- 27 Expel
- 28 Certain palm fruit
- 29 This org.
- 30 Toddler
- 32 Trigonometric function
- 35 Searches for food
- 36 In favor of
- 38 Excavate
- 39 Developing insect
- 41 Stupid ones
- 42 Give a thumbs up to
- 43 Meager
- 44 Looks upon
- 45 Mix
- 46 Former Russian royal
- 47 Pay to stay
- 48 Caesar's bad day in March
- 51 Historical time period
- 52 Health resort



At the Temple of Philae near Aswan, Egypt Jan., 2025



"Ken Yanosko" <kenyanosko@sbcglobal.net>

Upcoming Events

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FRI., JUL 4, 2025 << **SRRC race** >>

Arcata Marsh Fourth of July 5K. {\$10 or \$5 age 17 or under} At 9:30AM. Start and finish at the Arcata Marsh by Klopp Lake. Race day registration is 7:30-9:15 am before the start. Parking is limited, so park on I St and walk in. For more information, contact **Marlene Allen** at <allens@humboldt1.com>.

FRI., JUL 4, 2025 << **NOT SRRC race** >>

Crescent City 4th of July 5K. {Fees for all} At 10:00AM. Visit the Redwood Wild River Run page <http://www.rwrr.org/> or <http://www.6rrc.com> (under 7/04/25) for the registration form. For more information contact **Michelle Martinich** at <martinichm@gmail.com> or call her at (707)954-4987.

SUN., JUL 13, 2025 << **SRRC race** >>

Fortuna Rodeo Run 5K. {\$10 for nonmembers, free for SRRC members} {USATF certified course} At 9:00AM. Please show up **AT LEAST 30-40 MINUTES early** to register. Start and finish in the parking lot of Redwood Café (corner of 12th & Main Street in Fortuna). For more information, contact **Catrina Howatt** at <catrina.howatt@gmail.com>.

SAT., AUG 2, 2025 << **SRRC race** >>

Sand Dollar Shuffle Run 5M. {\$10 for nonmembers, free for SRRC members} At 9:00AM. Start and finish at the south end of the Clam Beach. For more information, contact **Paul Kraus** at <paulkraus59@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** <gttimek@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** <pvpthway@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>



The Chapmans at the 2025 Dow's Prairie 2M
10:00 am, Sat., Jun. 21, 2025



Join the fun! Sign up to start your journey with **SRRC**!

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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"

