



Mike Williams

Yoshi Uemura

Reed Elmore

Amranda Garcia

John Apodaca

Trinidad to Clam Beach Run
 Trinidad
 Noon, Sat., Feb. 8, 2025



February Minutes

Wed., Feb. 5, 2025, 6:30 p.m. at Babe's in Cutten. Board members in attendance: **Jorge Preciado, Jessy Preciado, Gary Timek, Marlene Allen, Juan Reyes, Sherry Myers, Jamie Hinckley, Mark Ellis, Sarah Sullens, Karen Kidwell** and **Matthew Kidwell**. Guests: **Cindy Timek, Yoshi Uemura, Jack West, Jessie Hunt, Michele Gerdes** and **Catrina Howatt**.

OLD BUSINESS

A. Membership Meeting (2:00 pm, Sat., 1/25/25) recap: Good turnout, lots of fun! Holding it on a day without a race worked out well. A big thanks to Robin Baker for taking over managing the circuit awards.

B. Sue-meg Park Run (10:00 am, Sun., 4/06/25): Sue-meg Park run will be on Sunday, April 6th (not the 5th as originally planned).

C. Redwood NCS Championship Meet (Sat., 5/17/25): 28 schools will be coming to Fortuna to attend a regional track meet. This will be a huge meet and lots of volunteer help will be needed.

D. HRRAY: Track season will start at the end of March, check out the schedule at www.hrray.org, volunteers welcome!

E. She Fund & Scholarships: Spring 2025 shoe fund is starting up again. Information will be sent to local coaches and can be found on the SRRC website (www.6rrc.com, under "Goodies" menu). 2025 scholarships are open now, the deadline is May 20th. Sherry motions to increase the scholarship award to \$1,000 each, Mark seconds, motion passes.

NEW BUSINESS

A. Election Results: All those who ran were elected. Welcome new board member Jamie Hinckley.

B. Election Officers: Marlene motions that all officers remain the same for 2025. Mark seconds, motion passes.

C. Hour Run (9:00, 9:15 & 9:30 am, Sun., 2/16/25): Arcata High Track. Paperwork is in order and everything should be set to go.

D. FBMR (Noon & 2:00 pm, Sun., 3/09/25): Registrations looking good so far, things are moving along smoothly. Can register in person

at the Trinidad to Clam Beach Run (2/08/25), or online on the website. Will need lots of volunteer help, let Michele or Jessie know if you can help.

E. Arcata Community Forest Run (10:00 & 10:15 am, Sat., 3/22/25): Permits are in, everything is on track.

F. HRM: (Josh Oliver's proposal) Interested in purchasing HRM from the club to incorporate it into the Vacation Races brand. The board was not interested in this proposal.

G. Atalanta Run proposed budget: Budget was presented, Juan motions to approve the budget, Sarah seconds, budget passes.

H. Grasshopper Peak Trail Run proposed budget: Will be presented next month.

I. Other:

- Avenue of the Giants Marathon will be the RRCA state championship race this year.
- Reminder to all board members that per the bylaws, board members should not miss more than 3 meetings in a row.
- **Next meeting:** El Chipotle in Arcata; Dinner at 5:30, Meeting at 6:30 pm, Wed., Mar. 5, 2025. Ask Gary Timek <gtimek@aol.com> for details.



Congrats!



Robin Baker <6rrccircuit@gmail.com> wrote on Mon, Jan 27, 2025:

With just two races behind us, there is no Circuit update this month. However, I owe an apology to **Marcile Rainey** and **Shawn Porter** who both completed the 2024 Circuit but did not get their moment of glory at the Annual Party in January. **Marcile** completed 12 races and volunteered at many. She will receive a framed certificate. **Shawn** completed 6 races, many of them with his family. Sorry, Marcile and Shawn. **Congratulations** on completing the 2024 Circuit!

Thank you!

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

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Yoon G Kim <ygk1@humboldt.edu>



59th Trinidad to Clam Beach Run

Noon, Sat., Feb. 8, 2025

{ Results shown below are from www.runtheday.com. }

5³/₄M

P1	Name	G/age	Time
1	Nicholas Brichta	M25	28:34
2	Guy Leshem	M27	32:54
3	Juan Ornelas	M15	33:12
4	Ryder Bullman	M15	33:18
5	Travis Sanborn	M36	33:54
6	Christopher Dudley	M30	34:04
7	Marcus Romero	M26	34:53
8	James Dagley	M30	34:54
9	Dusty Diller	M40	35:39
10	Tristan Cole	M33	35:59
11	Sebastian Amaro	M14	36:02
12	Riley Martel-Phillips	F23	36:03
13	Erin Ponte	F39	36:36
14	Ryan Putt	M30	36:56
15	Liam Whitney	M13	37:07
16	Chase Jimenez	M18	37:15
17	Dalton Olson	M35	37:24
18	Rogue Cutler	F14	37:37
19	Seamus Frazer	M26	37:49
20	Benjamin Wartburg	M44	38:06
21	Ryan Dube	M20	38:32
22	Lennox Rowtt	M19	38:36
23	Ivan Osorio	M25	39:16
24	Lane Bolton	M20	39:21
25	Drew Hengehold	M22	39:29
26	Galen Hammitt	M33	39:34
27	Mike Pirie	M48	39:35
28	Erich Coulter	M32	39:38
29	Miguel Narvaez	M31	39:39
30	Sky McKinley	M48	39:42
31	Claren Boland	F28	39:46
32	Kenneth Hammer	M69	39:50
33	Wyatt Eglan	M28	40:00
34	Cedric Latreille	M47	40:01
35	John Coxford	M53	40:12
36	Andrew Mangiapane	M19	40:18
37	Max Murphy	M27	40:23
38	Ivan Medel	M40	40:30
39	Ryley Tauzer	F30	40:30
40	Matt Wells	M43	40:35
41	Richard Roybal	M48	40:39
42	Sean Gordon	M28	40:45
43	Aleah Polansky	F16	40:49
44	Brayden Ford	M15	40:52
45	Shayla Watt	F25	40:57
46	Sean Berry	M33	41:06
47	Christopher Perez	M24	41:14
48	Casey Malloy	M33	41:15
49	Ross Odell	M34	41:19
50	Carter Gailband	M21	41:22
51	Lane Baker	M14	41:25
52	Andrea Wright	F63	41:26
53	Skyler Twohig	M34	41:27
54	Douglas Hartling	M40	41:27
55	Elijah Chiles	M15	41:33
56	Vitek Jirinec	M38	41:39
57	Averill Payne	F19	41:47
58	Natalie Mitchell	F24	41:48
59	Annie Fehrenbach	F36	41:49
60	Henry Sanders	M32	41:52
61	Dan Garrett	M35	41:55
62	Mitch Garrett	M61	42:02
63	Lanore Bergenske	F67	42:15
64	Ian Jewett	M40	42:17
65	Xavier Cugat	M59	42:24

66	Ryan Gilbert	M26	42:25
67	Kevin Roberts	M46	42:25
68	Evelyn Higgins	F20	42:25
69	Max Simon	M32	42:26
70	Niki Hemminger	F29	42:33
71	Bret Clarke	M51	42:38
72	Daniel Valdovinos	M31	42:44
73	Aaron Martinez	M20	42:45
74	Steve McDonald	M49	42:47
75	Linnea McDonald	F11	42:48
76	Izzy Konopa	M49	42:56
77	MJ Fitzgerald	F19	42:58
78	Jennifer Heidmann	F55	42:58
79	Marc Dube	M50	43:02
80	Isaac Coppock	M31	43:04
81	Silvia Manzo	F41	43:05
82	Varik Shockey	M24	43:08
83	Jenna Larson	F38	43:11
84	Tracy Ralston	F34	43:11
85	Gregg Knapp	M36	43:11
86	Dylan Pearce	M28	43:12
87	Ryan Bourque	M47	43:16
88	Isabel Hirsch	F35	43:18
89	Beau Pettit	M16	43:19
90	Carl Menezes	M61	43:20
91	Mason Blair	M17	43:22
92	Amanda Reynolds	F31	43:22
93	Courtney Carlson	F32	43:23
94	Orion Roberson	M26	43:28
95	Madrone Shelton	M13	43:29
96	Isaiah Kibby	M33	43:34
97	Tone Klobucar	M17	43:35
98	Jaden Gorge	M23	43:45
99	Mishka Straka	M67	43:49
100	Dakota Bestul	M13	43:50
101	Ashleigh Erwin	F16	43:58
102	Will Stromberg	M35	43:58
103	Scott Leonhardt	M37	44:07
104	Rebecca Matias	F34	44:15
105	Anthony Agpaoa	M35	44:20
106	Emma Knepp	F24	44:20
107	Jonathon Detillion	M30	44:22
108	Albie Rumfelt	M46	44:25
109	Bret Rinehart	M45	44:26
110	Aidan Stephens	M35	44:26
111	Antonya Diller	F36	44:47
112	Jen Foesig	F52	44:55
113	Kristal Mendez	F42	44:59
114	Paul Kinsey	M69	44:59
115	Tyren Sanborn	M16	45:04
116	Jonathan Schram	M42	45:07
117	Stephen Mangiapane	M53	45:10
118	Jorge Escobar	M35	45:10
119	Kelley Sheehy	F59	45:10
120	Rob Amerman	M51	45:12
121	Ian Hart	M45	45:13
122	Piet Dalmolen	M46	45:35
123	Taryn Sanborn	F23	45:40
124	Yvette Ferreira	F50	45:50
125	Armando Morales	M21	45:52
126	Zack Cox	M45	45:55
127	Richard Engel	M62	45:59
128	Mike Davis	M65	46:01
129	Danny Emmenecker	M36	46:06
130	Austin Corbett	M35	46:16
131	Lucas Yatch	M35	46:16
132	Rhett Menexas Bechler	M11	46:21
133	Rebecca Brennan	F43	46:23
134	James Miner	M12	46:24
135	Gabriel Price-Hall	M36	46:28
136	Catie Barr	F27	46:33

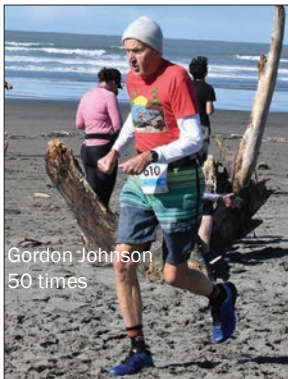
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145	Noah Elway	M14	47:24
146	Ned Peck	M41	47:26
147	Dai Thomas	M14	47:26
148	Caroline Carson	F63	47:28
149	Seren Thomas	F12	47:31
150	Jeffrey Stone	M69	47:32
151	Paul Madeira	M47	47:33
152	Kristin Lane	F49	47:33
153	Wade Wright	M20	47:34
154	Catherine Hrdy	F37	47:37
155	Heather Mckillican	F27	47:38
156	Sam Petty	M48	47:38
157	Sage Johnson	M26	47:44
158	German Leyva	M53	47:47
159	Veronica Gibbons	F38	47:51
160	Jeremy Ward	M46	47:52
161	Kevin Searls	M66	47:57
162	Trevor Estlow	M53	47:59
163	Eduardo Vega Imperial	M34	48:00
164	Gage Christine Bock	F48	48:04
165	James Bellermand	M51	48:05
166	Myles Howard	M29	48:06
167	Amanda Garcia	F37	48:06
168	John Albertini	M59	48:16
169	Drake Newell	M20	48:19
170	Jeffrey Bird	M43	48:21
171	Rae Woodland	F18	48:25
172	Michael Reinman	M57	48:35
173	Hope von Werlhof	F34	48:37
174	Matt Jost	M36	48:40
175	Camille Shaver	F20	48:42
176	Karen Cole	F47	48:45
177	Logan koppenhaver	M23	48:49
178	Emerson Okin	F11	48:55
179	Lena Neely-Mangos	F11	48:56
180	Caitlin Getchell	F41	49:02
181	Paul VandenBranden	M17	49:03
182	Miles Garrett	M46	49:07
183	Cecilia Guerre	F31	49:10
184	Andrea Montey	F39	49:11
185	Alexa Blakey	F20	49:11
186	Eyan Smith	M20	49:12
187	Ernest Stromberg	M63	49:14
188	Pete Ciotti	M47	49:19
189	Michael Rudnicki	M39	49:21
190	Jared Karp	M30	49:28
191	Greg Carlson	M45	49:32
192	Scott Pesch	M58	49:36
193	Jaime Garcia	M29	49:36
194	Joseph Thomas	M09	49:37
195	Vivian Adams	F14	49:44
196	James Kern	M66	49:55
197	Brian Olea	M29	50:07
198	Susan Hernandez	F25	50:08
199	Danielle Locricchio	F30	50:12
200	Jacob Rojas	M29	50:27
201	Aiyana Austin	F23	50:28
202	Kodiak Miller	M28	50:31
203	Riley McDaniel	M19	50:34
204	Christina Taylor	F49	50:38
205	James woodworth	M37	50:41
206	Arion Zapper	M12	50:42
207	Keith Slauson	M50	50:43

208 Sam Parker	M24	50:46	283 Lily Simmons	F25	55:41	358 Spring Wilson	F25	59:52
209 Bella Garrett	F23	50:48	284 Petra Engstrom	F23	55:41	359 Josh Allard	M23	59:53
210 Arnold King	M37	50:53	285 Jonathan Harmon	M32	55:46	360 Matthew Blackburn	M27	59:54
211 Christopher West	M44	50:54	286 Journee Eib	F25	55:51	361 Angie Pearson	F48	1:00:08
212 Andrew Davis	M42	51:01	287 Geoffrey Phelan	M40	55:53	362 Betsy Gasparri	F63	1:00:08
213 Ruth Vomund	F66	51:05	288 Trudie Blasi	F47	56:03	363 Marco Alvarez	M24	1:00:13
214 Sarah McGraw	F34	51:09	289 Mavelyn Socha	F46	56:04	364 Danielle Briscoe	F51	1:00:19
215 Sumner Morales	F16	51:15	290 Steve Taylor	M54	56:07	365 Xavier Munoz	M20	1:00:24
216 William Powers	M15	51:16	291 Heidi OHanen	F40	56:11	366 Steve Duncan	M51	1:00:33
217 Netra Khatri	M46	51:19	292 Kayla Costello	F27	56:12	367 Robyn Stallman	F21	1:00:40
218 Julie Robertson	F54	51:31	293 Damian Morton	M30	56:12	368 William Rodstrom	M75	1:00:40
219 Brynn Sommerfeld	F14	51:34	294 Alicia Kiefler	F21	56:13	369 Robert Justo Coward	M69	1:00:43
220 Angel Gonzalez	M22	51:44	295 Eric LeBlanc	M33	56:14	370 Emmerly Parker	M28	1:00:50
221 Riley Vest	M28	51:44	296 Greg Collins	M51	56:20	371 Katie Parker	F33	1:00:50
222 Kellie Haigh	F52	51:54	297 Elizabeth Okin	F48	56:27	372 Kim Bergel	F58	1:00:59
223 Erin Rubin	F37	51:54	298 Jane LaBass	F34	56:39	373 Sophia Nielsen	F26	1:01:06
224 Rob Horn	M53	51:55	299 Catherine Munsee	F60	56:40	374 Gael Franco	M21	1:01:07
225 Mark Ortiz	M27	51:57	300 Shawn Ankeny	M51	56:51	375 James Phillips	M34	1:01:14
226 Alan Grau	M71	51:57	301 Amanda Cawthorn	F20	56:51	376 Meredith Wolfe	F51	1:01:18
227 Joey Wilson	M55	51:58	302 Dave Ellie	M??	57:00	377 Craig Goucher	M70	1:01:30
228 Isaac Bigelow	M21	52:05	303 Dalitza Mena	F15	57:03	378 Emma Francisco	F19	1:01:31
229 Jason Carter	M57	52:11	304 Meztli Chinas	F15	57:09	379 Sarah Rendon	F21	1:01:33
230 Paul Kraus	M64	52:13	305 Jennifer Henry-Silva	F55	57:09	380 Aaron Rendon	M23	1:01:33
231 Geena Talley	F27	52:20	306 Joann Hall	F83	57:10	381 Ale Gallegos	F35	1:01:38
232 Barbara Hughes	F55	52:25	307 Jennifer Tebon	F52	57:12	382 Margaret Tauzer	F65	1:01:46
233 Nick Pettit	M50	52:28	308 Adam Cummings	M38	57:18	383 maria spetzler	F50	1:01:55
234 Jefferson Silver	M48	52:43	309 Karen Pope	F56	57:22	384 Jen Hales	F50	1:01:56
235 Chrystal Ales	F41	52:44	310 Alexis Vanderpaardt	F25	57:22	385 Rae Ann Machado	F43	1:01:56
236 Sadie Alves	F48	52:47	311 Alissa Fogg	F45	57:29	386 Abiona Katri	F24	1:01:56
237 Casey Ales	M42	52:47	312 John Apodaca	M37	57:31	387 Lissa Daugherty	F33	1:01:58
238 Geovanni Velazquez	M39	52:49	313 Luis Aguilar	M38	57:33	388 Brian Halverson	M44	1:01:59
239 Clifton Bowman	M44	52:50	314 Brandon Dazzi	M14	58:02	389 Amethyst Sinn	F32	1:01:59
240 Chris Dazzi	M50	53:00	315 Randy Emenaker	M73	58:03	390 Kathlyn Kraus	F32	1:02:02
241 Melissa Avila	F37	53:00	316 Sophia Sambo	F36	58:03	391 Ken Adelsperger	M30	1:02:05
242 Aaron Arrison	M27	53:03	317 Natasha Niclai	F30	58:06	392 Vincent Engel	M78	1:02:13
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244 Correy Greer	M24	53:12	319 Sylvie Hunter	F14	58:10	394 Olivia Symanovich	F47	1:02:26
245 Carrie Mangiapane	F50	53:14	320 Karlie Hall	F21	58:16	395 Brian Heaton	M37	1:02:31
246 Evan von Werlhof	M32	53:16	321 Rob Hemminger	M58	58:18	396 Jennifer Grimmett	F49	1:02:32
247 Mona Giacomini	F37	53:17	322 Roman Futoma	M43	58:23	397 Sophia Villalvazo	F21	1:02:32
248 Jodi Marthaller	F64	53:17	323 Thomas Knight	M63	58:24	398 Emily Marine	F21	1:02:32
249 Melissa Kaiser	F44	53:18	324 Cindy McGihon	F66	58:24	399 Michelle Hernandez	F50	1:02:34
250 Alex Harper	F40	53:25	325 Aubrey Whittington	F34	58:25	400 Joe Sample	M38	1:02:38
251 Luta Belcher	M51	53:31	326 Marlene Allen	F68	58:33	401 Nancy Cicatelli	F59	1:03:14
252 John Zwick	M24	53:32	327 Alexandra Schneider	F42	58:37	402 Julia Sway	F38	1:03:30
253 Julia Moreland	F27	53:32	328 Matt Niclai	M58	58:38	403 Mateo Osorio	M13	1:03:32
254 Dave Ryan	M67	53:35	329 Sydney Ventuleth	F16	58:42	404 Mariah Reeves	F26	1:03:42
255 Sierra Erlandson	F20	53:56	330 Rose Tatman	F42	58:44	405 Kai Simons	M22	1:03:42
256 John Carson	M66	53:56	331 Tabitha Kuehne	F56	58:48	406 Rich Baker	M63	1:03:48
257 Dawson Geanoules	M24	53:59	332 Scarlet Miner	F09	58:54	407 Bob Buck	M76	1:03:49
258 Scott Tebon	M52	54:05	333 Andy Miner	M50	58:55	408 Michaele Whiteley	F65	1:03:54
259 Tamara Watson	F60	54:07	334 Jocelyn Gibbons	F39	58:56	409 Cassandra Flynn	F26	1:03:55
260 Jolene Kingsley	F54	54:12	335 Carl Maloney	M41	58:59	410 Kristy Bentz	F40	1:03:58
261 Jeffrey Delgadillo	M36	54:28	336 Casse Weaver	F47	59:00	411 Leti Armenta	F33	1:03:58
262 Brize Mejia	F24	54:32	337 Melissa Merryman	F62	59:01	412 Trevor Bentz	M39	1:03:58
263 Brenda Mejia	F24	54:33	338 Larisa King	F47	59:06	413 Danielle LeFever	F42	1:04:02
264 Jennifer Harwood	F54	54:33	339 Perry King	M54	59:07	414 Lauren Lynch	F44	1:04:08
265 Troy Taylor	M58	54:33	340 Sayra Montesinos	F23	59:08	415 Karen Templeton	F69	1:04:11
266 Cathryn Devons	F64	54:35	341 Ashley Blake	F24	59:09	416 Kelli Ercolano	F65	1:04:15
267 Colleen Toste	F61	54:40	342 Chris Stevenson	M64	59:14	417 Dan Nelson	M66	1:04:16
268 Dan Haggard	M69	54:47	343 Larisa Stevenson	F57	59:14	418 Ethan Rubin	M36	1:04:30
269 Tabitha Olson	F38	54:47	344 Somer Wallan	F41	59:16	419 Evan Padilla	M15	1:04:37
270 Kyle Esparza	M41	54:47	345 Sara Klobucar	F50	59:17	420 Dalas Hayes	F27	1:04:38
271 Frankie Sandstorm	F54	54:54	346 Chrystyna Johnson	F46	59:18	421 Katelyn Fox	F31	1:04:38
272 Ashley Sommerfeld	F38	54:58	347 Katrina Henderson	F30	59:24	422 Emily Schwab	F18	1:04:39
273 Max Franklin	M24	55:03	348 Terra McAuliffe	F32	59:25	423 Edward Moeller	M51	1:04:40
274 Jordyn Davis	F26	55:03	349 Aaron Hakenen	M51	59:31	424 Logan Sweetman	M18	1:04:40
275 Mario M Minder	M36	55:06	350 Chelsea Coppock	F33	59:36	425 Ryan Kerker	M42	1:04:42
276 Sarah Knight	F60	55:09	351 Philip Lescano	M70	59:43	426 Charlie Wilson	M09	1:05:00
277 Laura Shinn	F40	55:11	352 Christina Torres	F36	59:44	427 Oscar Crowley	M18	1:05:00
278 Rhianna Dutra	F32	55:19	353 Holly Vanderpool	F37	59:47	428 Gabriella Pyeatt	F16	1:05:02
279 Katie Bisson	F52	55:20	354 Charlie Vanderpool	M17	59:48	429 Mark Ellis	M69	1:05:03
280 Denis O'Halloran	M73	55:28	355 Mollie Hernandez	F21	59:48	430 Flynn Dazzi	F11	1:05:12
281 Patrick Owen	M62	55:29	356 Max Cartagena	M25	59:50	431 Rhythm McCollum	F33	1:05:15
282 Olivia Black	F25	55:40	357 Scott Washington	M42	59:50	432 Anna Osorio	F47	1:05:17

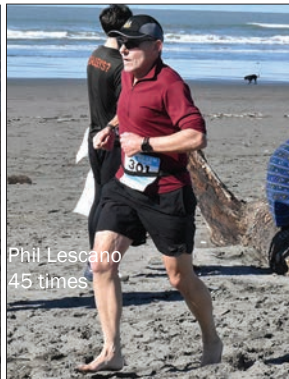
433 Julie Sorfleet	F27	1:05:21	508 Pedro Yanez	M54	1:12:55	583 Tawnya Thomsen	F27	1:24:01
434 Aurora Cline	F18	1:05:25	509 Emma Cahoon	F13	1:13:03	584 Tiffany Thomsen	F58	1:24:02
435 Karen Adams	F65	1:05:27	510 Ron Franz	M62	1:13:07	585 Alicia Lopez	F36	1:24:03
436 Trace Osa	M25	1:05:35	511 Breanna Cahoon	F42	1:13:08	586 John Waters	M67	1:24:07
437 Chelsea Osa	F24	1:05:38	512 Dana Franz	F59	1:13:09	587 Jeanette Suhay	F56	1:24:10
438 Celeste Bountour	F31	1:05:48	513 Kaiah Cahoon	F11	1:13:11	588 David White	M38	1:24:22
439 Brendan Madsen	M35	1:05:49	514 Hanna Sample	F36	1:13:23	589 M. Emily Grossman	F76	1:24:23
440 Andrea Sorensen	F37	1:05:49	515 Amira Ameduri	F15	1:13:29	590 Rosebud Cope	F20	1:24:25
441 Coelho Hill	F28	1:05:50	516 Graciela Leal	F30	1:13:31	591 Terry Wilson	F73	1:24:30
442 Jade Grenier	F33	1:05:50	517 Gordon Johnson	M79	1:13:51	592 Alia Dunphy	F45	1:24:45
443 Christina Brown	F32	1:05:51	518 Rachel Barfield Smith	F59	1:13:52	593 Tess Weathers	F40	1:24:55
444 Jacob Lewis	M22	1:05:51	519 Julia Novoa	F23	1:13:54	594 Josephine Archibald	F42	1:24:55
445 Chelsea Jones Narvaez	F30	1:05:56	520 Carolina Perez	F35	1:14:02	595 Isabella Archibald	F35	1:24:56
446 Dustin Jackson	M29	1:05:58	521 Malinda Damme	F39	1:14:11	596 Jules Hiller	F16	1:24:58
447 Eric Coppa	M27	1:05:59	522 Maya Wilson	F38	1:14:12	597 Monica Rondon	F58	1:25:35
448 Braden Dahms	M22	1:06:00	523 Kelly Ridgway	F39	1:14:13	598 Fiona Cavanagh	F12	1:26:07
449 Isidra Trejo	F22	1:06:00	524 Tyler Malin	M48	1:14:34	599 Katie Cavanagh	F43	1:26:07
450 Jordan Walsh	F35	1:06:02	525 Emma King	F23	1:14:37	600 Heidi Fox	F54	1:26:18
451 Michael Nasr	M33	1:06:09	526 Eileen Wolf	F61	1:14:45	601 Justin Fox	M54	1:26:24
452 Chris Gardner	F58	1:06:10	527 Hayden Dark	F09	1:14:57	602 Stephan Seely	M66	1:26:29
453 Aryeh Raskin	M38	1:06:10	528 Jaymi Dark	F42	1:15:04	603 Jill Ceffalo	F50	1:26:38
454 Neil Jefferson	M46	1:06:16	529 Jennifer Wooley	F51	1:15:14	604 Andi Brooks	F55	1:26:39
455 Jill Forman	F41	1:06:17	530 Ann Hemminger	F58	1:15:18	605 Cate Be	F41	1:26:39
456 Carley Shelton	F42	1:06:20	531 Araya Petri	F21	1:15:29	606 Wayne Arrison	M65	1:27:08
457 Gabrielle Cohen	F62	1:06:35	532 Emilie Box	F21	1:15:33	607 Amanda Colegrove	F46	1:27:14
458 Noopuan Paperata	F65	1:06:44	533 Travis Cody	M55	1:15:56	608 Joseph Carroll	M77	1:27:22
459 Amy Day	F42	1:06:45	534 Denice Cody	F52	1:15:58	609 Jerry Fowler	M85	1:27:42
460 Javier Romero	M26	1:06:47	535 Miguel Camarena	M24	1:16:09	610 Lina Lopez	F64	1:27:45
461 Laurie Davis	F34	1:07:06	536 Marie Stone	F37	1:16:10	611 Donna Biteman	F74	1:27:48
462 Jennifer Linn	F48	1:07:17	537 Dori Larson	F36	1:16:11	612 Elli Brow	F15	1:27:49
463 Jaime Taylor	F47	1:07:19	538 Catrina Howatt	F58	1:16:12	613 Carrie Collenberg-Gonzalez	F48	1:28:20
464 William Brow	M43	1:07:22	539 Ashley Powell	F37	1:16:13	614 James Alspach	M24	1:28:22
465 Elaina Brow	F28	1:07:24	540 Meagan Bet	F36	1:16:14	615 Ziba Gonzalez	F15	1:28:22
466 Jerome Hiller	M12	1:07:35	541 Colby Kelley	M30	1:16:45	616 Dan Collenberg	M71	1:28:26
467 Eddie Bacon	M20	1:07:43	542 Madeleine Roberts	F29	1:16:46	617 Asha Medhekar	F39	1:28:58
468 Heather Lake	F54	1:07:57	543 Savannah Johnson	F26	1:16:46	618 Kristina Darby	F55	1:28:58
469 Jeannie Steffan	F52	1:07:58	544 Tonalli Orona Ramirez	F25	1:17:17	619 Donny Holiman	M55	1:29:09
470 Cheryl Kelly	F67	1:08:03	545 Allison Kelley	F30	1:17:20	620 Gerald Crnich	M79	1:29:13
471 Susan Garrett	F60	1:08:17	546 Sarah Fox	F32	1:17:20	621 Sarah Hiller	F38	1:29:34
472 Caitlin Taylor	F16	1:08:17	547 Brandon Jordan	M46	1:18:29	622 Ryan Rudnicki	M78	1:29:45
473 Alex Wright	M34	1:08:19	548 Mariah Jordan	F50	1:18:29	623 Katrina Taylor	F54	1:29:50
474 Juliana Ortiz	F27	1:08:28	549 Samantha Dube	F49	1:18:36	624 Pamela Judge	F68	1:29:52
475 Dylan Harper	M29	1:08:29	550 Sherry Myers	F68	1:18:58	625 Jeff Payne	M54	1:29:57
476 Georgia Wilson	F12	1:08:30	551 Stacia Eliason	F45	1:19:12	626 Jennifer Payne	F52	1:29:59
477 Jenny Winsted-Wilson	F40	1:08:31	552 Mikelle Eliason	F14	1:19:12	627 Pyper Cordisco Guild	F04	1:30:45
478 Jett Kuehne	M30	1:08:31	553 Sherrie Sample	F61	1:19:18	628 Tara Cordisco Guild	F36	1:30:47
479 Dana Dunford	F39	1:08:41	554 Melia Sinacori	F19	1:19:20	629 Deja Kono	F36	1:31:15
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482 Victoria Ordway	F60	1:08:57	557 William Lee	M37	1:20:00	632 Celeste Redner	F45	1:31:22
483 Gabrielle Desmarests-Price	F43	1:09:41	558 John Crowe	M77	1:20:11	633 Maureen Mainwaring	F49	1:31:42
484 Cecilia Olnes	F23	1:09:43	559 Stefan Hall	M71	1:20:33	634 Colleen Murrish	F70	1:31:50
485 Rachel Carlton	F40	1:09:53	560 Toby Dupras	M20	1:20:49	635 Lisa Gorge	F54	1:31:55
486 Rachel Sechan	F33	1:10:04	561 Helene Horton	F19	1:20:52	636 Leticia Rosado	F58	1:31:58
487 Veronika Tantsiurenko	F32	1:10:06	562 Jennifer Winton	F33	1:20:58	637 Alexandria Rumbel	F24	1:33:21
488 Travis Massey	M31	1:10:07	563 Carlisle Douglas	F63	1:21:09	638 Eric Shada	M41	1:33:49
489 Emily Rich	F21	1:10:19	564 Dana Estevo	F41	1:21:42	639 Alexander Zygaczenko	M75	1:35:04
490 Zane Jolley-Ruud	M24	1:10:21	565 Marcile Raney	F64	1:21:42	640 Earl Miller	M77	1:35:05
491 Lisa Hemphill	F70	1:10:24	566 Joni Hammond	F63	1:21:50	641 Megan Hall	F41	1:35:39
492 Suzanne Anderson	F71	1:10:25	567 Sara Starr	F68	1:21:53	642 Rhonda Harris	F46	1:35:41
493 Charlotte Pierce	F65	1:10:27	568 Jason O'Connell	M31	1:21:53	643 Tom Hiller	M68	1:36:10
494 Brittney Tresenrider	F29	1:10:30	569 Paulina Close	F29	1:21:55	644 Suanne Hiller	F72	1:36:11
495 Diego Garcia	M29	1:10:33	570 Allen Lund	M68	1:22:04	645 Mark Byers	M77	1:37:14
496 Eric Taylor	M55	1:10:44	571 Lisa Andreatta	F61	1:22:22	646 Mark Lowry	M74	1:37:30
497 Jon Fechner	M53	1:10:46	572 Elly King	F55	1:22:26	647 Debbie Leoni	F74	1:37:49
498 Michael Sebring	M72	1:10:55	573 Maria Avelar	F25	1:22:47	648 Fred Leoni	M75	1:37:52
499 Maevyn Cordisco Guild	F07	1:11:10	574 Keith Rupert	M24	1:22:51	649 Savannah Alspach	F22	1:37:58
500 Jessica Furland	F44	1:11:51	575 Kaitlyn Briggs	F22	1:22:53	650 Lucas Ameduri	M45	1:39:35
501 Dana Merrill	F30	1:11:56	576 Gina Rimson	F68	1:22:54	651 Mateo Ameduri	M10	1:39:43
502 Kaila McDonald	F32	1:11:58	577 Samantha Webb	F27	1:22:54	652 Holly Ferguson	F50	1:39:53
503 Kacy Tonkin	F34	1:11:59	578 Don Elwell	M66	1:22:56	653 Steve Bealer	M48	1:39:54
504 Haley Calderon	F25	1:12:10	579 Lauren Jackson	F24	1:22:57	654 Chris Woodman	M44	1:40:50
505 Yulisa Olea Yanez	F27	1:12:48	580 Michael Shanahan	M36	1:22:58	655 Maddy Woodman	F39	1:41:00
506 Derek Cahoon	M42	1:12:50	581 Meredith Matthews	F50	1:23:42	656 Wende Seely	F65	1:41:33
507 Elva Lopez	F31	1:12:54	582 Alyssa Thomsen	F31	1:23:56	657 Megan Altman	F31	1:41:46

658 Sonia Deleon	F25	1:41:47	677 Jeni DeMarco	F66	1:45:31	696 Jan West	F??	1:51:43
659 Stephanie Gebo	F45	1:41:48	678 Patricia McCloskey	F34	1:45:34	697 Zach Farmer	M52	1:51:49
660 Carolina Gonzalez	F26	1:41:50	679 Shawn Von Dreele	F47	1:45:43	698 Ashley Fleschner	M53	1:51:49
661 Javier Pabon	M43	1:43:25	680 Kristen Evansizer	F53	1:46:03	699 James Alspach	M51	1:52:07
662 Finnegan Von Adams	M15	1:43:32	681 Gordon Innes	M70	1:46:37	700 Lena Baer	F52	1:52:08
663 Morgan Edwards	M11	1:44:00	682 Vonnie Fierro	F50	1:47:49	701 Jason Wagner	M48	1:52:19
664 Carol Edwards	F72	1:44:02	683 Laura Silva	F60	1:47:52	702 John Van Sant	M82	1:52:19
665 John Edwards	M46	1:44:08	684 Diana Simpson	F39	1:47:56	703 Tram Ankeny	F51	1:54:40
666 Jake Edwards	M38	1:44:09	685 Nadya Ameduri	F11	1:47:59	704 Laurie Clendenen	F68	1:55:20
667 Cheyenne Edwards	F45	1:44:12	686 Shelby King	F19	1:48:05	705 Gina Short	F56	1:55:22
668 Sherry Keyes	F54	1:44:14	687 Abigail Dion	F22	1:48:09	706 Tammy Springer	F58	1:56:42
669 Vince Vellutini	M66	1:44:28	688 Laura Petersen	F38	1:48:13	707 Cyndi Code	F55	2:00:26
670 Maurene Aakre	F72	1:44:38	689 Alyza Elway	F37	1:48:15	708 Whitney Brown	F38	2:02:21
671 Joseph Vellutini	M59	1:44:39	690 Zina Nunoz	F24	1:48:28	709 Kelly Brown	F70	2:02:21
672 Veronica Olea	F50	1:44:44	691 Laura Meglemre	F46	1:49:05	710 Jonny Long	M72	2:02:24
673 Serra Mentessi	F56	1:45:04	692 Herb Zeck	M82	1:50:34	711 Matt Loveless	M41	2:02:25
674 Jayne Peters	F37	1:45:05	693 Jennifer Code	F47	1:51:04	712 Paloma Rollins	M51	2:06:05
675 Jeremy Thompson	M41	1:45:06	694 Jonni Mayberry	F56	1:51:04	713 Becky Woodman	F61	2:09:05
676 Joe DeMarco	M70	1:45:26	695 Bonnie Etz-Mott	F73	1:51:41			

TCBR heroes!



Gordon Johnson
50 times



Phil Lescano
45 times



Jerry Fowler
44 times



Joe Carroll
39 times



Wayne Arrison
38 times



Nick Brichta
winner (M)
28:34



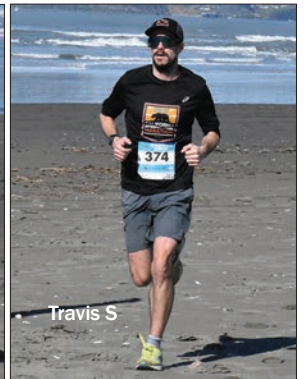
Guy L



Juan O



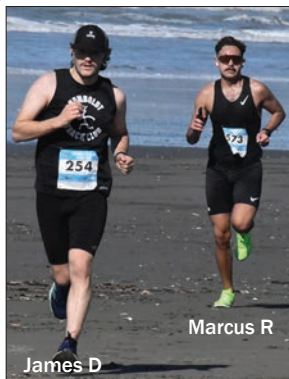
Ryder B



Travis S

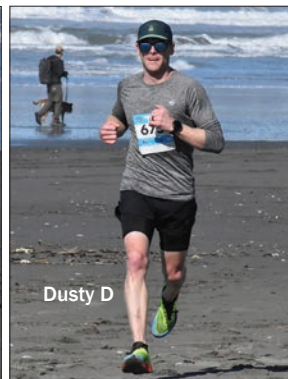


Christopher D



James D

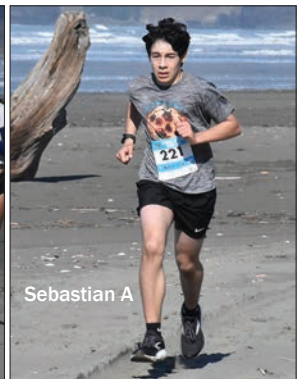
Marcus R



Dusty D



Tristan C

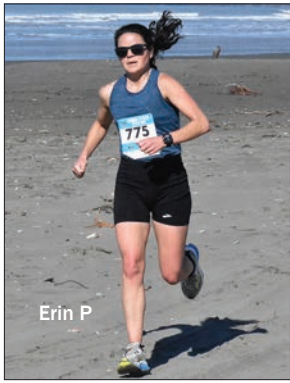


Sebastian A

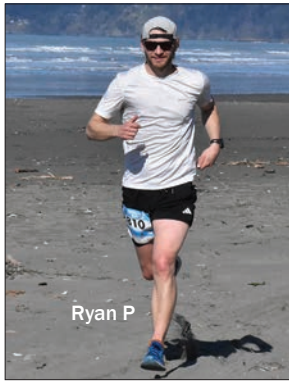




Riley Martel-Phillips
winner (F)
36:03



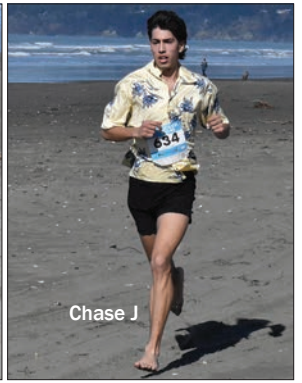
Erin P



Ryan P



Liam W



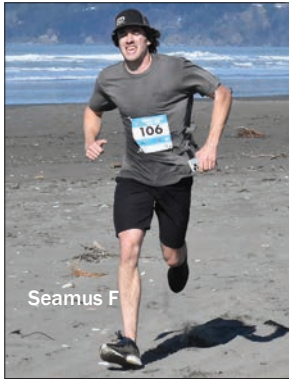
Chase J



Dalton O



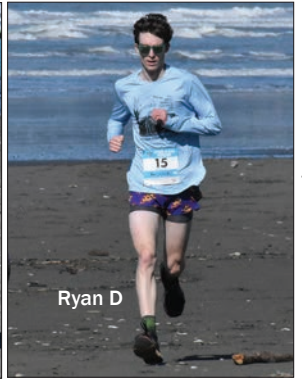
Rogue C



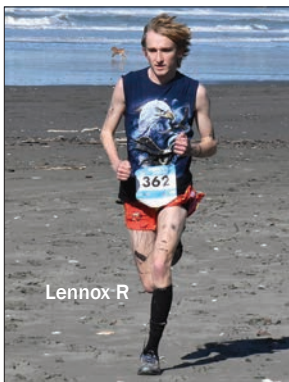
Seamus F



Benjamin W



Ryan D



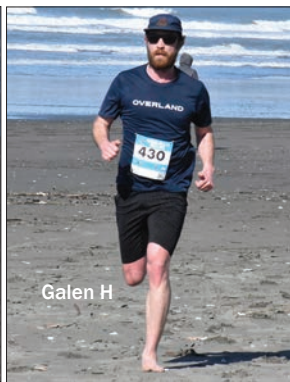
Lennox R



Ivan O



Drew H



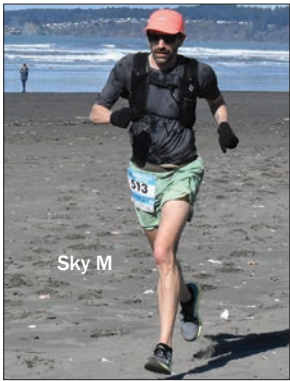
Galen H



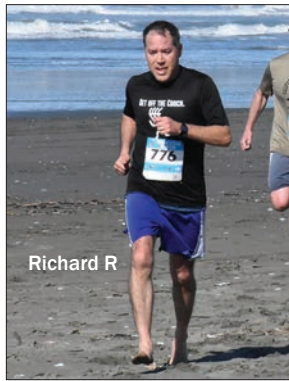
Mike P



Erich C



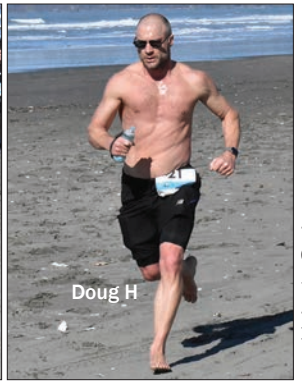
Sky M



Richard R



Andrea W



Doug H



Lanore B



Paul K



John C



Randy E



Kim B

• Top 30 finishers and some familiar SRRC members are shown here. Please visit our webpage (<http://www.grc.com>, under 2/03/24) for the rest.



Hour Run

58	Emilia Wright	F08	3.250 mi (13 laps + 000 yds)
59	Harry Kavich	M70	3.125 mi (12 laps + 220 yds)
60	Aubrey Wright	F08	3.000 mi (12 laps + 000 yds)
61	Crystal Porter	F40	2.875 mi (11 laps + 220 yds)
62	Shawn Porter	M43	2.875 mi (11 laps + 220 yds)
63	Arianna Porter	F14	2.875 mi (11 laps + 220 yds)
64	Westley Porter	M10	2.875 mi (11 laps + 220 yds)
65	Felix Porter	M08	2.875 mi (11 laps + 220 yds)
66	Portia Matheson	F77	2.860 mi (11 laps + 194 yds)

440 Yards

Pl	Name	G/age	Time
1	Zena Merrill	F03	3:16
2	Jon Merrill	M31	3:17
3	Clifford Lee-Ritschel	M03	4:04
4	Brent Ritschel	M31	4:05

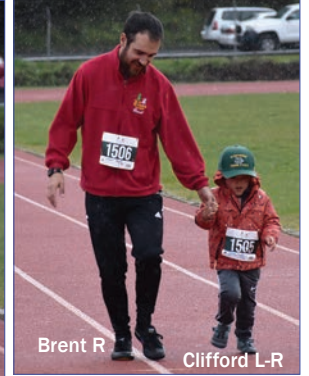
Mile Run

Place	Name	G/age	Time
1	Zachary Chapman	M43	6:01
2	Ryan Emenaker	M47	10:03

Hour Run

Place	Name	G/age	Distance (laps)
1	Ryder Bullman	M15	10.090 mi (40 laps + 158 yds)
2	Juan Ornelas	M15	8.950 mi (35 laps + 352 yds)
3	Andrea Wright	F62	8.400 mi (33 laps + 264 yds)
4	Galen Hammitt	M33	8.375 mi (33 laps + 220 yds)
5	Lanore Bergenske	F67	7.880 mi (31 laps + 229 yds)
6	Mishka Straka	M67	7.850 mi (31 laps + 176 yds)
7	Jenna Larson	F38	7.807 mi (31 laps + 100 yds)
8	Francisco Herrera	M56	7.750 mi (31 laps + 000 yds)
9	Thomas Nolan	M31	7.700 mi (30 laps + 352 yds)
10	Doug Hartling	M41	7.625 mi (30 laps + 220 yds)
11	Sung Choi	M53	7.540 mi (30 laps + 070 yds)
12	Paul Kinsey	M69	7.520 mi (30 laps + 036 yds)
13	Jose Ornelas	M37	7.500 mi (30 laps + 000 yds)
14	Caroline Carson	F63	6.750 mi (27 laps + 000 yds)
15	Andrea Lovio	F42	6.730 mi (26 laps + 405 yds)
16	Isabel Hirsch	F35	6.530 mi (26 laps + 053 yds)
17	Jeremy Wright	M44	6.250 mi (25 laps + 000 yds)
18	Mark Chapman	M65	6.125 mi (24 laps + 220 yds)
19	Arthur Barker	M63	6.125 mi (24 laps + 220 yds)
20	Jasper	M27	6.125 mi (24 laps + 220 yds)
21	Yvette Ferreira	F50	6.125 mi (24 laps + 220 yds)
22	Cyril Carl	M77	6.000 mi (24 laps + 000 yds)
23	Randy Emenaker	M74	6.000 mi (24 laps + 000 yds)
24	Dave Ryan	M67	6.000 mi (24 laps + 000 yds)
25	Peter Carlson	M62	6.000 mi (24 laps + 000 yds)
26	Christina Torres	F36	6.000 mi (24 laps + 000 yds)
27	Sage Hartling	F12	5.750 mi (23 laps + 000 yds)
28	Debbie Stamper	F70	5.500 mi (22 laps + 000 yds)
29	Karen Adams	F65	5.420 mi (21 laps + 300 yds)
30	Robin Fraser	F46	5.250 mi (21 laps + 000 yds)
31	Gina Rimson	F68	5.000 mi (20 laps + 000 yds)
32	Tj Chapmsn	F62	5.000 mi (20 laps + 000 yds)
33	Marie Cappiello	F54	5.000 mi (20 laps + 000 yds)
34	Leah Stamper	F41	4.850 mi (19 laps + 176 yds)
35	Lorraine Dillon	F74	4.800 mi (19 laps + 088 yds)
36	Don Elwell	M66	4.625 mi (18 laps + 220 yds)
37	Marcile Raney	F64	4.584 mi (18 laps + 147 yds)
38	Ed Kallen	M59	4.500 mi (18 laps + 000 yds)
39	Dawn Durbin	F60	4.250 mi (17 laps + 000 yds)
40	Neva Herrera	F12	4.250 mi (17 laps + 000 yds)
41	Oliver Stamper	M04	4.150 mi (16 laps + 264 yds)
42	Naomi Stamper	F39	4.150 mi (16 laps + 264 yds)
43	Forrest Stamper	M80	4.100 mi (16 laps + 176 yds)
44	Sherry Myers	F69	4.000 mi (16 laps + 000 yds)
45	Catrina Howatt	F57	4.000 mi (16 laps + 000 yds)
46	Emily Hartling	F14	4.000 mi (16 laps + 000 yds)
47	Evie Herrera	F15	4.000 mi (16 laps + 000 yds)
48	Mr. Sunshine	M72	4.000 mi (16 laps + 000 yds)
49	Donny Holiman	M55	4.000 mi (16 laps + 000 yds)
50	Zane Chapman	M11	4.0625 mi (16 laps + 110 yds)
51	John Carson	M67	4.500 mi (18 laps + 000 yds)
52	Liam Chapman	M10	3.875 mi (15 laps + 220 yds)
53	Maddox Chapman	M10	3.875 mi (15 laps + 220 yds)
54	Daniel Lipiec	M68	3.750 mi (15 laps + 000 yds)
55	Wendy Herrera	F48	3.730 mi (14 laps + 405 yds)
56	Zachary Chapman	M43	3.500 mi (14 laps + 000 yds)
57	Cristina Chapman	F39	3.500 mi (14 laps + 000 yds)

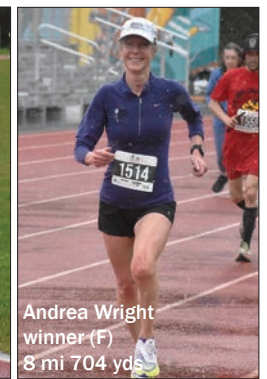
440 yds



1 M



Hour Run





Jenna L



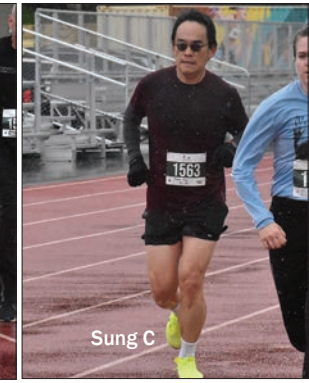
Francisco H



Thomas N



Doug H



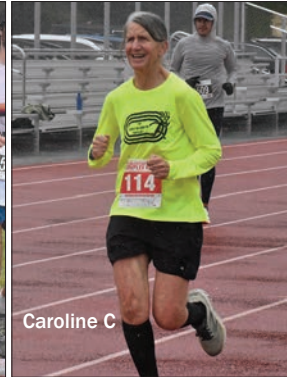
Sung C



Paul K



Jose O



Caroline C



Andrea L



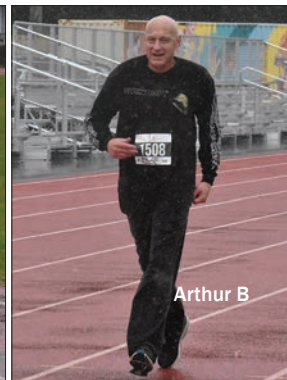
Isabel H



Jeremy W



Mark C



Arthur B



Jasper

Yvette F



Cyril C



Randy E



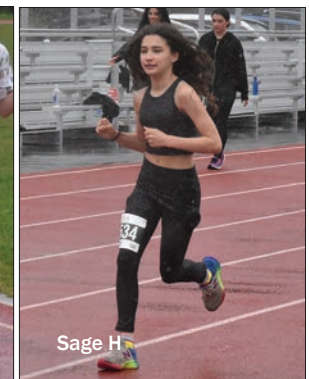
Dave R



Peter C



Christina T



Sage H



Debbie S



Karen A



Robin F



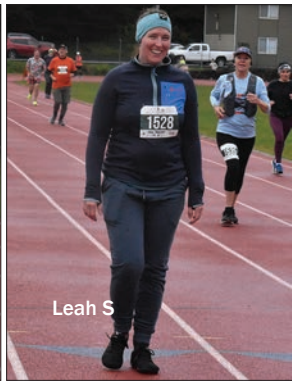
Gina R



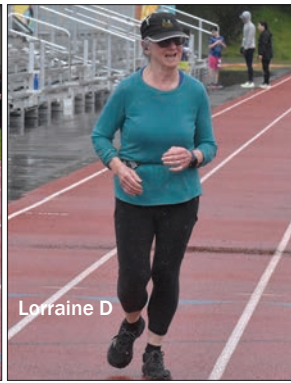
TJ C



Marie C



Leah S



Lorraine D



Don E



Marcile R



Ed K

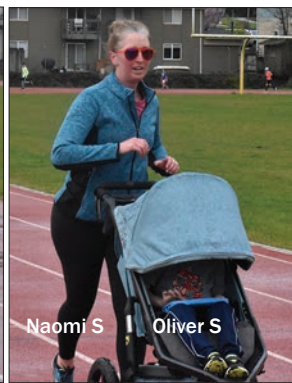


Dawn D



Neva H

Wendy H



Naomi S

Oliver S



Forrest S



Catrina H

Sherry M



Emily H

Evie H



Mr. S



Donny H



Zane C



John C



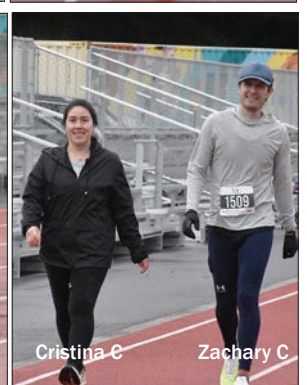
Liam C



Maddox C

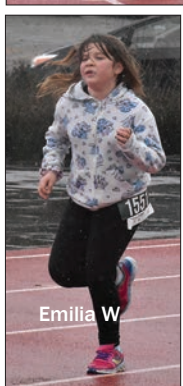


Daniel L



Cristina C

Zachary C



Emilia W



Harry K



Aubrey W



The Porters



Portia M



North Coast Section Redwood Empire Track & Field Championships

The North Coast Section Championship Meet has not been held in Humboldt or Del Norte County for a long time. This year, it will be held at Fortuna High School on May 17 from 9 AM to about 4 PM. Twenty-eight schools in five leagues will send their best runners, who qualify through their league championships, to run, throw or jump. Of course, our local youths from HDN (Humboldt Del Norte) League will be running.

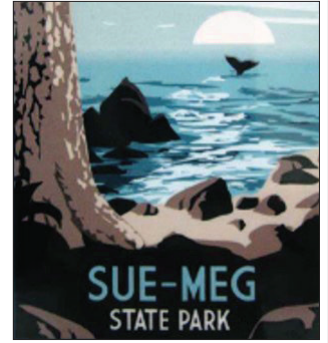
This will be a full-day meet, so there will be food available, and there will be an admission fee to watch the meet. However, the meet needs up to 80 volunteers in order to make the meet run properly. For those of you with a strong track and field background, there are volunteer opportunities on and around the track that need filling. There are also jobs that include hospitality, concessions and the gate for anyone who does not feel comfortable working as a track official. At this time, many positions are filled, but we need more help. If you are interested in volunteering that day for the full meet of part of the meet, you will get in free.

At this time, we will be taking names of interested people and will begin filling the positions soon. If you are interested, please contact me at (707)845-6382 or <jandjwest@yahoo.com>. – Jack West

The Sue-meg Park Run

10:00 am, Sunday, April 6, 2025

If you haven't heard, the Sue-meg Run has probably been permanently shifted from January to April because of weather difficulties. However, this year, it has shifted forward again by one day. The park had already been reserved by another group for Saturday, April 5, but the 6th was open, so that is now the Sue-meg date. It will begin at 10 AM for both the 5K and 10K. It should be great weather, so we look forward to seeing you there. – Jack West <jandjwest@yahoo.com>



SRRC Crossword Puzzle

ACROSS

- 1 Winglike
- 5 Health resorts
- 9 Enemy
- 12 Lawn pest
- 13 Heavy book
- 14 Female reproductive cells
- 15 Sporty sphere
- 16 Related
- 17 Vehicle
- 18 Race evaluation, part 1
- 20 Race evaluation, part 2
- 22 Museum piece
- 23 Pal of Winnie-the-Pooh
- 24 Race evaluation, part 3
- 27 Race evaluation, part 4
- 31 Participate in a Club event
- 32 Put out
- 34 Box
- 35 Beige
- 37 Desertlike
- 39 Before, poetically
- 40 Race evaluation, part 5
- 42 Race evaluation, part 6
- 44 Elemental suffix
- 45 Actress West
- 46 Race evaluation, part 7
- 49 Race evaluation, part 8
- 53 Vase
- 54 Distant
- 56 And others, abbreviated
- 57 Stop light color
- 58 Star Wars Princess
- 59 The group of us
- 60 Also
- 61 Vend
- 62 Hot brews

DOWN

- 1 Both, as a prefix
- 2 Bread unit
- 3 Associate
- 4 Lend out again
- 5 Begin a race
- 6 Jab
- 7 French friend
- 8 Measuring device
- 9 Centers
- 10 Elliptical
- 11 British nobleman
- 19 Recommend, as a course of action
- 21 Pulls
- 23 Flatbread
- 24 Got bigger
- 25 Exclamation of pain
- 26 Concerning, in legal terms
- 27 Certain evergreens
- 28 Copied
- 29 Unusual
- 30 Legal plaintiff Scott
- 33 Partner
- 36 Inst. of learning
- 38 Official in 36 down
- 41 Ethical standards
- 43 Most recent
- 45 Wall painting
- 46 Round tent
- 47 Sandwich cookie
- 48 Rescind
- 49 Horizontal barrier
- 50 To be in France
- 51 Yuri's love in Dr. Zhivago
- 52 Certain business corps.
- 55 Payment for use



On the bow of the ship Viking Octantis Oct., 2024

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18				19			20	21		
			22			23				
24	25	26			27			28	29	30
31			32	33			34			
35			36	37			38	39		
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			44			45				
46	47	48			49			50	51	52
53				54	55			56		
57				58				59		
60				61				62		

"Ken Yanosko" <kenyanosko@sbcglobal.net>

Upcoming Events

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

47th Foggy Bottom Milk Run.

{fees for all} **2M** at 2PM, and **4M & 10M** 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 15, 2025 << **NOT SRRC race** >>

Redwood Wildriver Run.

{fees for all} 5K and 15K at 11AM. 15K walkers start at 9AM. Start and finish in Crescent City. Check the homepage (<http://www.rwrr.org/>) for more information & registration. For more information contact **Michelle Martinich** at <martinichm@gmail.com> or call her at (707)954-4987.

SUN., MAR 16, 2025 << **NOT SRRC race** >>

Shamrock Shuffle Run 5K & 10K.

{fees for all} At 11:00AM. Fun run at 11:15AM. Registration at 10:00AM. Race starts at Gyppo Ale Mill in Shelter Cove. For more information contact **Datso Perkins** at <datso@dperkin-sevents.com> or call (707)499-3247.

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



HRRAY: Youth Track and Field Coming Soon

The kindergarten to 8th grade track season is about to begin. We will have a coaching clinic, two kindergarten to 4th grade track meets and three 5th to 8th grade track meets. Del Norte is also putting on a track meet that our local runners may attend. This is the schedule:

- | | | |
|-----------------------------|--|---------------------------|
| • Thurs, Feb. 27, 4-6 PM | Coaches Clinic | Fortuna High School |
| • Tues, Mar. 25, 3:30-7 PM | K-4 th Grade Meet | Cal Poly Humboldt |
| • Thurs, Mar. 27, 3:30-8 PM | 5 th -8 th Grade Meet | Cal Poly Humboldt |
| • Tues, Apr. 1, 3:30-7 PM | K-4 th Grade Meet | Arcata High School |
| • Thurs, Apr. 3, 3:30-8 PM | 5 th -8 th Grade Meet | Fortuna High School |
| • Thurs, Apr. 24, 3:30-8 PM | 5 th -8 th Championships | McKinleyville High School |
| • Tues, May 20, 3:30-7 PM | 6 th -8 th Grade Meet | Del Norte High School |

This year, at the final two Humboldt 5th-8th grade meets, we will be using automatic timing, exactly the same process as the high schools have been using. This should speed up the meets and make results quicker and easier. It costs more, but it gives young runners a better idea of how modern track and field works, and < <https://www.athletic.net/>>, the depository for all results, keeps athletes' records for all of their running careers.

HRRAY invites any of the SRRC members to come to any of the meets. We also love to have help during all or part of a meet. Please let us know by writing us at <hrray707@gmail.com>. You can find all the track and field information by visiting <www.hrray.org>.

HRRAY is the award-winning youth division of the Six Rivers Running Club. It is supported by our community and SRRC. HRRAY thanks you for your support.

– Jack West, Davita McGoldrick, Alysia Davidson, Breanna Cahoon

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"





2025 SRRC SCHOLARSHIP

- Annually, **Six Rivers Running Club** (SRRC) awards graduating high school seniors from a Humboldt County School with money for college expenses. Recipients must have ties to SRRC and/or participated in activities that helped the running community.
- Ties to SRRC shall include: **Being a member of SRRC;**
Volunteering at SRRC races;
Running SRRC races.
- Additional criteria will also be considered in the selection process.
- Two scholarships may be awarded.
- A one-time scholarship award of up to \$1,000 will be presented in June for each recipient.
- SRRC has the discretion to cancel or modify this scholarship at any time. All information submitted may be verified for accuracy.
- Applications **must be requested individually** by U.S. Postal Service mail starting in **April 2025**.
- **There is a two-step application process:**
 1. **Request** the application form by submitting a formal hand written letter.
 2. Fill out the original, unmodified, one page application form by hand and **submit** it.
- Mail the request and completed application to:

SRRC SCHOLARSHIP COMMITTEE.
P.O. BOX 214
ARCATA, CA 95518-0214
- Only the original, one page, hand written, legible, completed application must be received by no later than **May 20th**. No additional forms needed at this time. Postmarks will not be accepted.
- Verification of receipt will be sent by e-mail.
- Award winners will be notified by e-mail. They may have their name and photo acknowledged in the SRRC newsletter.
- Additional questions may be sent to the same address.

Spring 2025 SRRC Shoe Fund Information

The goal of the Shoe Fund is to provide youth, in need, free running shoes to participate in their school's or organization's running program and have fun.

Six Rivers Running Club (SRRC) provides the majority of the funds for their Youth Running Shoe Fund.

The Shoe Fund provides running shoes redeemable at **The Jogg'N Shoppe, 1090 "G" Street, Arcata.**

THE FORM MUST BE FILLED OUT COMPLETELY - TO BE ELIGIBLE FOR CONSIDERATION.*

- **Where did the Shoe Fund come from?** **Six Rivers Running Club** (SRRC) administers the Shoe Fund and purchases the running shoes from **The Jogg'N Shoppe.**
- Application process for K through 12th graders: **Submitted by the team coach only.**
- Applications available by contacting this e-mail: <maguro4u@gmail.com>
- 1. Your original one page application must be legibly filled out **completely**, including an **email** and **phone number**. You can use your coach's e-mail if one is not available. Failure to fill out the form legibly hand printed and completely will result in rejection of the application.
- 2. **Coach's contact information, signature and approval** of the coach are **required.**
- 3. A parent or guardian must approve their child's application with a hand signed **signature.**
- 4. Deadline to submit applications is **Apr. 30, 2025.** The deadline may be extended.
- 5. **Eligibility:** Humboldt County youth, grades K through 12th, participating in organized running programs, Cross Country, Track & Field. **Shoes must be picked up before May 31, 2025.**
- 6. Low income youth should have initial preference. The team's coach will decide on recipients.
- 7. Only 1 pair of shoes in a 12-month period is allowed.
- 8. Each participating school or organization will receive at least 1 shoe scholarship, more if the budget allows.
- 9. No personal information will be released to the public.
- 10. SRRC reserves the right to cancel this program at any time.
- **Team Coach returns the hand-signed form, scanned individually as a "pdf", by e-mail to**
<maguro4u@gmail.com>

OR coach mails completed forms to:

SRRC SHOE FUND, P.O. BOX 214, ARCATA, CA 95518