

Visit us at www.6RRC.com

September Minutes

by "Jessy Preciado" < jenglishjohnson@gmail.com> Wed., Sep. 3, 2025, 6:30 p.m. at Chin's in Eureka. Board members in attendance: Juan Reyes, Matthew Kidwell, Marlene Allen, Catrina Howatt, Mark Ellis, Karen Kidwell, Jessy Preciado, Gary Timek, Jorge Preciado, Jamie Hinckley, Sarah Sullens and Sherrv Mvers. Guests: Cindv Timek and Michelle Gerdes.

OLD BUSINESS

- A. Kevin Ebbert Memorial Run (9:00 am, Sat., 8/23/25) recap: 117 runners, good weather. Thanks to all who came out and ran!
- B. HRRAY: First meet will be at the Arcata marsh 9/23/25. Check out https://hrray.org/ for the full season schedule.
- C. Shoe Fund: Fund has started for xc season.
- **D. FBMR**: Proposed budget submitted for approval. Marlene motions to approve the 2026 FBMR budget, Karen seconds the motion. Motion passes.

NEW BUSINESS

- A. Hammond Trail 5K Run (9:00 am, Sat., 9/13/25): Everything is ready to go.
- B. Community Fund request: Request submitted for \$500 to pay for timing at the Clam Beach Invitational XC HS meet. This race is a major fundraiser for McKinleyville High School XC. Catrina motions to fund the request, paying the timing company directly. Marlene seconds the motion, motion passes.
- C. HRM (8:30 & 9:00 am, Sun., 10/12/25): Everything is on track. 1,400 registrants so far. Caltrans warned that in the future permits might not always be free.
- D. Blue Lake Fish Hatchery Run (9:30 am, Sun., 11/02/25): Race is a go! Annie Fehrenbach would like to direct the race and has been working on procuring permits and insurance. Matthew motions to approve Annie as race director, Sarah seconds the motion, the motion passes.
- E. Arcata Bottoms Run (9:00 am, Sat., 12/13/25): Harry Kavich will direct the race again this year.

- F. Board Member Removal: Per club bylaws, board members missing three meetings in a row are eligible to be removed from the board.
- **G. Other:** If you are interested in becoming a board member, reach out to Gary.
- Next meeting: El Chipotle in Arcata; Dinner at 5:30, Meeting at 6:30 pm, Wed., Oct. 1, 2025. Ask Gary Timek <gtimek@aol.com> for details.



Jen Foesig <jenfoesig3@gmail.com> wrote on Sun, Sep 14, 202:

I am sending a huge thank you, to each of you, Six Rivers Running Club, for approving the donation to cover timing costs at the upcoming Clam Beach Invitational.

I love running and our local club and community. The Clam Beach Invitational is possible due the contributions of your members, ALWAYS willing to volunteer and help make things happen!



Thank you, -- Jen Foesig

Donnie Nelson <donnien@niaa.com> wrote on Mon, Sep 15, 2025:

I truly enjoyed the Hammond Trail run and the entire weekend. Being able to help Coach Scott Pesch & his staff set up Friday night was really fun. Being able to run a loop on the Beau Pre course in the early morning before heading over to the park was wonderful. I even took a long walk on Little River State (Clam) Beach ... and then ... took a tour of the Humboldt athletic facilities before I departed. Too much fun in a beautiful place. Everyone is



so nice. I hope I can get Vanessa and our girls up there again sooner than later (probably a club event in the spring).

I wish I could get up there often. But, now the indoor track job is ready to kick back into gear, so my next visit is probably not until the spring (sadly to say). I'm going to "fully" retire after this winter season, so hopefully more trips starting in the spring/summer. Stay safe & healthy. Best wishes for success with the HRM next month.

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: vgk1@humboldt.edu

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.

SRRC BOARD OF DIRECTORS

2024-2025 2025-2026

Jamie Hinckley mrs.jamie.hinckley@gmail.com 599-7820 Marlene Allen catrina.howatt@gmail.com 971-9080 Mark Ellis Catrina Howatt karenrhoffman@hotmail.com 444-2546 Jamey Harris Karen Kidwell sherrymyers1956@gmail.com 839-1057 Matthew Kidwell** Sherry Myers Jessy Preciado* jenglishjohnson@gmail.com 845-6838 Jorge Preciado gtimek@aol.com 845-5147 Juan Reyes Gary Timek*

Sarah Sullens

allens@humboldt1.com 822-9115 Vice President ... mg8ellis@gmail.com 442-7235 jamey@humboldt.edu 826-5955 Secretary matthew5513@yahoo.com 444-2546 ramirez_xc@yahoo.com (818)478-6636 Treasurer violate2much@vahoo.com (915)276-7642 sarahsullens10@gmail.com 845-9652

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 OFFICERS

President* Gary Timek <gtimek@aol.com> Matthew Kidwell <matthew5513@yahoo.com> Jessy Preciado <jenglishjohnson@gmail.com> Cindy Timek <ctimek@aol.com>

SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



12th Kevin Ebbert Memorial Run

Tjust wanted to take a moment to extend a huge **thank you** to all of you for every thing you do to make the race a success. We could not do it without the support, dedication, and hard work from the entire crew.

Being there on race day to help with everything from registration to finish line duti each of you plays a vital role. Your contributions make the experience smooth, organized, and memorable for everyone involved, and it's truly appreciated. It's an honor to work alongside such a passionate and committed group. We're so lucky to have such an amazing team that comes together to honor Kevin's memory year after year.

Thank you again for all the time, effort, and heart you put into this event. I'm already looking forward to next year! – Jamie I just wanted to take a moment to extend a huge thank you to all of you for every-

Being there on race day to help with everything from registration to finish line duties, each of you plays a vital role. Your contributions make the experience smooth, orga-

It's an honor to work alongside such a passionate and committed group. We're so lucky to have such an amazing team that comes together to honor Kevin's memory

Thank you again for all the time, effort, and heart you put into this event. I'm already looking forward to next year! -- Jamie



10K+

9:00 am, Sat., Aug. 24, 2024

Pl	Name	G/age	Time
1	Ryder Bullman	M16	45:21
2	Eyan Smith	M20	53:28
3	Ivan Medel	M41	54:05
	Craig Wasko	M53	55:05
5	Jeffry Gunderson	M36	56:43
6	Jack Carl Fisher	M15	58:30
7	Sequoia Ashby	F19	58:50
8	Richard Roybal	M49	58:54
9	Brett Docherty	M42	59:54
10	Sky McKinley	M48	1:00:48
11	Yvette Rosales	F32	1:00:59
12	Matt Wells	M44	1:01:20
13	Rob Amerman	M51	1:01:24
14	Jackson Stratman	M16	1:02:55
15	Summer Morales	F17	1:02:57
16	Lanore Bergenske	F68	1:03:45
17	Tami Quan	F61	1:04:21
18	Courtney Ladika	F45	1:04:26
19	Albie Rumfelt	M47	1:04:41
20	Jen Foesig	F53	1:05:26
21	David Macauley	M63	1:06:36
22	Amanda Lee	F33	1:06:46
23	Sean Morris	M17	1:07:37
24	Kristal Mendez	F43	1:07:52
25	Claire Gast	F16	1:08:20
26	Trevor Estlow	M54	1:10:13
27	Tara Vu	F43	1:12:25
28	James Houston	M30	1:15:50
29	Kristin Lane	F50	1:16:50
30	Caroline Carson	F63	1:16:56
31	Taylor Appy	F20	1:18:26
32	Marcus Appy	M51	1:18:27
33	David Herman	M56	1:19:41
34	Arthur Barker	M64	1:20:09
35	Jennifer Olson	F44	1:20:43
1	Danielle Locricchic	F31	1:20:50
37	Jake Tidd	M38	1:23:09
38	Thomas Dewey	M66	1:23:53

			_
39	Sophia Villavaso	F21	1:27:34
40	Julie Alderson	F54	1:30:54
41	Scott Rose	M55	1:31:36
42	Rondie Buzzard	M43	1:33:59
43	Heather Malloy	F38	1:46:20
44	Danith Davis	F28	2:00:17

2M

4 1 1										
9:3	30 am, Sat., Aug. 24, 2024	ŀ								
Ρl	Name	G/age	Time							
1	Colton Taylor	M14	12:31							
2	Wyatt Davis	M13	12:34							
3	Wyatt Zerlang	M18	12:52							
4	Victor Isaacs	M14	13:17							
5	Reese Sipma	M14	13:37							
6	Vincent Speights-Galvez	M17	13:48							
7	Holden Rinehart	M14	14:03							
8	Ryan Hoopes	M38	14:44							
9	Clifford Petroske	M15	15:15							
10	Cooper Hubbard	M15	15:28							
11	Robert Pitts	M15	15:56							
12	Mark Chapman	M65	16:31							
13	Avery Rinehart	M11	17:43							
14	Bret Rinehart	M45	17:44							
15	Julian Gordon	M16	18:44							
16	Jesse Tidd	M14	18:51							
17	Shannon Rinehart	F43	19:25							
18	Evelyn Ladika	F16	19:38							
19	Leah Stevens	F15	19:39							
20	Chris Hansen	M45	20:12							
21	Brian Halverson	M44	21:01							
22	Liam Burns	M31	21:05							
23	Liam Chapman	M10	21:09							
24	Maddox Chapman	M10	21:10							
25	Echo Rinehart	F09	21:10							
26	Robin Fraser	F46	21:25							
27	Rich Baker	M63	21:25							
28	Alan Lowry	M76	21:32							
29	Tj Chapman	F62	21:50							
30	Amy Taylor	F46	21:55							
31	Donna Croix	F61	22:31							
32	Julie Sorfleet	F28	22:41							

			4
33	Alyus Campbell	M11	22:44
34	Christina Campbell	F58	23:10
35	Zoe Poer	F18	23:33
36	Chris Gardner	F59	24:07
37	Rae Ann Machado	F43	24:15
38	Skylar Rawitch	F20	24:32
39	Sarah Bopp	F36	25:28
40	Armand Prieditis	M64	25:28
41	Ryan Emenaker	M47	25:36
42	Michele Stover	F45	27:06
43	Selkie King	F08	27:29
44	Jess King	F39	27:30
45	Jacob Beede	M07	28:17
46	Markel Appy	F45	28:25
47	Amy Scolari	F35	28:58
48	Bob Beede	M72	28:58
49	Shaud Wisher	M30	29:24
50	Breanne Docherty	F06	29:56
51	Jessa Docherty	F45	29:56
52	Amy Jester	F47	31:41
53	Leslie-Anna Smith	F29	31:44
54	Shauna Davidsen	F53	38:05
55	Tamra Escarno	F43	38:42
56	Chris Wild	M45	38:43
	Mark Loughmiller	M67	39:31
58	Kel Loughmiller	F62	39:37
	Reece Emenaker	M05	41:15
60	Sofia Pereira	F38	41:18
1 -	Olivia Alexander	F21	42:48
1	Ryan Patel	M21	42:49
1	Nipa Patel	F46	42:49
1 '	Danielle DeMartini	F34	43:57
1	Nathan Wells	M37	43:57
1	Kailey Martin	F23	44:12
1 -	Tiffany Swift	F37	44:13
1	Kristie Clark	F34	56:54
1	Angie Flores	F28	56:55
1 .	Erik Jansson	M77	1:02:19
1	Arnold King	M38	1:02:26
1	Mathew Morrill	M35	1:34:07
73	Shanna Fraser	F37	1:34:08
1			











3





SRRC

5







Hammond Trail 5K

Name G/age Time <sarahsullens10@gmail.com> 1 Ryder Bullman ■ M16 16:46 2 Sebastian Amaro ■ M15 17:01 3 Cedar Cramer 19:04 M16 4 Evan Smith M20 19:57 5 Luke Padilla 20:09 M17 20:11 6 Donnie Nelson M54 7 Zachary Chapman M44 20:47 8 Galen Hammitt M34 21:13 9 Dillon Ayers 21:39 M36 10 Claire Gast F16 21:42 11 Richard Roybal M49 22:00 12 Andrea Wright F64 22:01 Sarah Sullens" 13 Rob Amerman M52 22:05 14 Courtney Carlson F33 22:23 15 Braden Padilla 22:33 M16 16 Ryan Trumbly M36 22:35 F68 22:56 17 Lanore Bergenske 18 Jake Johnson M49 22:58 19 Isabel Hirsch F36 23:04 ģ 20 David Macauley M63 23:32 21 Michele Gerdes F46 23:33 22 Lars Gerdes M17 23:34 23 Summer Morales F17 23:46 24 Austin Corbett M36 23:49 25 Jen Foesig F53 23:54 26 Iver Vu M10 23:57 27 Jenna Larson F39 24:01 28 Amanda Lee F33 24:16 29 Sarah Sanders F45 24:32 30 Mishka Straka M67 24:37 31 Mark Chapman 25:12 M65 32 Tara Vu F43 25:13 33 Rathlin Hemmingsen F17 25:14 34 Caroline Carson 25:20 F63 25:29 35 Paul Kraus M64 36 Brian Hudgens M55 25:33 37 Katrin Lemmon 25:49 F35 38 Antonya Diller 25:58 F37 39 Shawn Magnuson M56 26:12 40 Jo Archibald F43 26:34 41 Stevie Luther M35 26:35 42 Kevin Schmidt 26:42 M35 43 Arthur Barker M64 27:07 44 Taryn Sanborn F23 27:11 M37 27:12 45 Travis Sanborn 46 Scott Riley M54 27:23 47 Robin Baker F37 27:44 48 Chris Hansen 28:00 M45 49 Tess Weathers F40 28:02 50 Randy Emenaker M74 28:47 51 Brittany Gribbin F40 29:02 52 Jasmin McGinnis F31 29:15 29:37 53 John Carson M67 54 Kim Bergel F59 29:43 55 Sophia Villaluazo F21 29:54 56 Dawn Durbin F61 30:21 Marie Cappiello 30:22 57 F55 58 Christa Meingast F33 30:37 59 Roenne Powell F08 30:59 60 Alan Lowry M76 31:03 61 Donelle Tupper F55 31:18 62 Angie Pearson F49 31:20 63 Tj Chapman F62 31:38 64 Robin Fraser F46 32:54 65 Peter Carlson M63 32:56 66 Rich Baker M63 33:23 67 Jasper M28 33:44 68 Zane Chapman M12 33:56

Thank you to everyone who made it out to Hiller Park for the Hammond Trail 5K! A special thank you to Robin, Marie, Cyril, Debbie, Naomi, Oliver, Leah, Harry, Paul, and Jasper for volunteering — as well as board members Gary, Jamie, Mark, and Yoon for all their support and assistance. Volunteers like you make these races possible. – Sarah S

Luo	co possisio. Carair S		
71	Mark Ellis	M70	34:45
72	Maddox Chapman	M10	34:46
73	Liam Chapman	M10	34:53
74	Sherrie Sample	F62	35:13
75	Michelle Zink-Urzua	F44	35:49
76	Deann Mendoza	F54	36:22
77	Ryan Emenaker	M47	36:35
78	Oliver Stamper	M04	36:48
79	Leah Stamper	F42	36:48
80	Jacob Beede	M07	37:07
81	Ed Kallen	M60	37:08
82	Naomi Stamper	F40	37:14
83	Brandy Scripter	F46	37:28
84	Bob Beede	M72	37:34
85	Јо Мо	F44	38:39
86	Calder Johnson	M43	38:40
87	Jenny Early	F45	39:27
88	Stephanie Weldon	F48	40:16
89	Jodie Jackson	F50	43:03
90	Sherry Myers	F69	43:08
91	Sarah Hughes	F47	45:09
92	Amy Pires-Moore	F47	45:10
93	Mel Sample	M63	45:30
94	Tanya Pettit	F58	49:58
95	Jeanette Suhay	F57	49:59
96	Felix Porter	M08	55:00
97	Arianna Porter	F15	55:14
98	Westley Porter	M11	55:32
99	Crystal Porter	F41	55:50
100) Shawn Porter	M43	55:51
_	The second secon	Dark Street	404 37 34

























SRRC

34:16

M42

69 Vincent Weldon

8

70 Michelle Hasting F55 34:30



SRRC









Fall 2025 SRRC Shoe Fund nformation



13

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

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.*

- Fund and purchases the running shoes from The Jogg'N Shoppe Where did the Shoe Fund come from? Six Rivers Running Club (SRRC) administers the Shoe
- Application process for K through 12th graders: Submitted by the team coach only
- Applications available by contacting this e-mail: <maguro4u@gmail.com>
- Your original one page application must be legibly filled out completely, including an email and phone number. You can use the 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.
- Coach's contact information, signature and approval of the coach are required

SRRC

- Deadline to submit applications is Oct. 31, 2025. The deadline may be extended
- programs, Cross Country, Track & Field. Shoes must be picked up before Nov. 30, 2025 **Eligibility**: Humboldt County youth, grades K through 12th, participating in organized running
- Low income youth should have initial preference. The team's coach will decide on recipients
- Only 1 pair of shoes in a 12-month period is allowed.
- No personal information will be released to the public
- SRRC reserves the right to cancel this program at any time

10.

- 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

SRRC Shoe Fund Public Notice, Aug. 2025

Each participating school or organization will receive at least 1 shoe scholarship, more if the budget A parent or guardian must approve their child's application with a hand signed signature



Lanore Bergenske < lbergenske@fortunaesd.com > wrote on Fri, Aug 22, 2025:

On Saturday, August 16th, I ran in the **Tamalpa Headlands 50K** in Marin. It was also a USATF trail championship race. With over 6,500 feet elevation gain, the views were spectacular! #111 Marathon and Beyond. <u>Time: 6:10 and first in AG.</u>

-- Lanore Bergenske

Tamalpa Headlands 50K

2704 Muir Woods Road Santos Meadows, Mt. Tamalpa State Park Mill Valley, CA

7:30 am, Sat., Aug. 16, 2025

 OvP Name
 G/age
 Home
 Time
 Bib#

 125
 Lanore Bergenske
 F67
 Fortuna 6:10:55
 3117











Tamalpa Headlands 2025





202524th ANNUAL S.R.R.C. C.J.R.C.U.J.T.

In order to get a **Circuit Certificate**, you must complete **6 races** and **volunteer**. You may help out a race or lend a hand with the Circuit. Complete **10 races** and get a **framed certificate**. This month's article includes folks who have completed **at least four races**. I'll just be sharing names and the number of races each person has completed. This month's results include **the Resolution Run, Hour Run, Foggy Bottoms Milk Run, Arcata Community Forest Run, Sue Meg Park, Masters Race, the Ave, Atalanta, Grasshopper Peak,**

Dow's Prairie, July 4th 5K, Fortuna Rode 5K, the Sand Dollar Shuffle and the Hammond Trail 5K.

Race Directors, please remember to get your volunteer lists to me so I can incorporate them into the Circuit.

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

14 & Under M: Maddox Chapman (5), Oliver Stamper (7), Zane Chapman (5), Liam Chapman (5), Felix Porter

(6), Westley Porter (6)

14 & Under F: Arianna Porter (4), Sage Hartling (4), Roenne Powell (4)

15-19 Male: Juan Ornelas (6), Ryder Bullman (4)

20-24 Female: Taryn Sanborn (4)

25-29 Male: Jasper (10)

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

30-34 Female: Rebecca Matias (4), Amanda Lee (5), Jaslin Rowan (4), Courtney Carlson (4)

35-39 Male: Travis Sanborn (5), Jose Ornelas (7)

35-39 Female: Emily Batini (4), Isabel Hirsch (8), Jenna Larson (9), Christina Torres (6), Katrin Lemmon (5), Annie Fehrenbach (5), Antonya

Diller (4), Naomi Stamper (7)

40-44 Male: Matthew Kidwell (6), Doug Hartling (7), Matt Wells (4), Zachary Chapman (5), Shawn Porter (6), Jeremy Wright (4)

40-44 Female: Kerry Byrne (5), Karen Kidwell (6), Kit Meyer (5), Crystal Porter (7), Leah Stamper (8), Tara Vu (4)

45-49 Male: Sky McKinley (7), Richard Roybal (7), Jake Johnson (9)

45-49 Female: Robin Fraser (7), Alia Dunphy (6), Michele Gerdes (4), Angie Pearson (4)

50-54 Male: Rob Amerman (8), Craig Wasko (4) Sung Choi (6)

50-54 Female: Marie Cappiello (5), Jen Foesig (9)
55-59 Male: Ed Kallen (8), Shawn Magnuson (6)
55-59 Female: Catrina Howatt (6), Jeanette Suhay (5)

60-64 Male: Arthur Barker (9), Paul Kraus (5), Rich Baker (5), Peter Carlson (5)

60-64 Female: Andrea Wright (6), Caroline Carson (11), Tj Chapman (6), Dawn Durbin (5), Marcile Raney (7), Simona Carini (6)



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

65-69 Male: Jeff Haag (5), Paul Kinsey (4), John Carson (8), Mark Chapman (8), Don Elwell (4), Dave Ryan (8), Mishka Straka (5), Robert

Ayers (5)

65-69 Female: Lanore Bergenske (8), Karen Adams (5), Marlene Allen (7), Sherry Myers (10), Michaele Whiteley (4)

70-74 Male: Randy Emenaker (10)

70-74 Female: Debbie Stamper (10), Lorraine Dillon (5)

75-79 Male: Cyril Carl (5) **75-79 Female:** Portia Matheson (9)



SRRC Crossword Puzzle

ACROSS

- 1 Affirmative answer
- 4 Relinquish
- 8 Defect
- 12 Blunder
- 13 Middle Eastern Sultanate
- 14 Competitive event
- 15 Atmosphere
- 16 How to turn back time, perhaps? Part 1
- 18 Exploration, in military jargon
- 20 "Green" prefix
- 21 __ Moines
- 22 Slippery, in winter
- 24 Uppermost part
- 26 How to turn back time, perhaps? Part 2
- 30 Deadly
- 34 Ingest
- 35 Amorphous shape
- 37 Proofreader's command
- 38 Saudi citizen
- 40 Ceremonial dagger
- 42 Ocean
- 43 Fracas
- 45 How to turn back time, perhaps? Part 3
- 47 Arid
- 49 Health resort
- 50 Rear, in naval jargon
- 53 Existential affirmation
- 55 Team race
- 59 How to turn back time, perhaps? Part 4
- 62 Lumberjack's tool
- 63 Become fatigued
- 64 Dutch cheese
- 65 Cambridge tech. sch.
- 66 Eye infection
- 67 Attend a banquet
- 68 Greek consonant

DOWN

- 1 Annual period
- 2 Great Lake
- 3 Our org.
- 4 Possible pipe material
- 5 Flightless Australian avian
- 6 Hamlet, for one
- 7 Make a law
- 8 To's opposite
- 9 Praise
- 10 Skin problem
- 11 Marries
- 17 Building cover
- 19 Lubricant
- 23 Egg nutrient
- 25 Cushion
- 26 Competitive group
- 27 Loser in a famous race
- 28 And others, briefly
- 29 French pig
- 31 Trial
- 32 Toward shelter
- 33 Shakespearean king
- 36 Computer firmware
- 39 Place to sleep
- 41 Greatest
- 44 Norse explorer, nicknamed "The Red"
- 46 Scot's denial
- 48 Swerved side to side
- 50 Deeds
- 51 Flutter
- 52 British Conservative
- 54 Calf-length skirt
- 56 Light source
- 57 Line to rotate around
- 58 Himalayan cryptid
- 60 Semicircular letter
- 61 First name of 24 California cities



The joy of watching the moon Albee Creek Campground Aug. 2. 2025

1	2	3	1	4	5	6	7	1	8	9	10	11
12		3	1	13		8	F		14	8	Ħ	8
15			1	16	540			17			t	
18	+	t	19			20	F			21	t	
	K1-12.		22		23		24	t	25	-1		15.
26	27	28	t	8		29		30		31	32	33
34				35			36		37			*
38	T		39		40	t	\vdash	41		42		
43				44		45	t	1	46			
2		8	47		48		49	8	34 15	8	_	2
50	51	52		53		54		55		56	57	58
59	1		60			1	61		T	62		
63				T	64					65		
66	30 KG	8	1		67		t		95 97	68	t	8

Upcoming Events

SUN., OCT 12, 2025 << SRRC race >>

45th Humboldt Redwoods. {Fees for all} Marathon & Half-marathon at 8:30AM, 5K at 9AM. Start and finish at Dyerville Bridge. Visit the HRM website <redwoodsmarathon.com> for more information.

SUN., NOV 2, 2025 << SRRC race >>

Blue Lake Fish Hatchery Run/Walk. {\$10 for nonmembers, free for SRRC members} 2M at 9:30AM and 4M at 10AM. Registration at 8:00~9:15AM. Start and finish at the Mad River Fish Hatchery. For more information, contact **Annie Fehrenbach** at <anniefehrenbach@gmail.com>.

SAT., NOV 15, 2025 << NOT SRRC race >>

5th Annual Veterans' Day Run at McKay.

{\$25 for adults, \$15 for kids, Team Registration (\$5 off per person); FREE for Veterans & Active Duty} 5K & 10K Run/Walk and Community Connections Fair. At 10:00AM. On the McKay Community Forest, 3100 Harris St., Eureka. Park at Redwood Acres. Register by 10/27/25 to secure your shirt size (shirt included with pre-registration). Race flyer and online registration link are available at the SRRC website (https://www.6rrc.com, under 11/15/25). For more information, contact **Elia Price** at (707)616-8494 or e-mail <Elia. Price@va.gov>.

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. <u>Small group</u> meets across the 700 block of the Fickle Hill Road, next to the Arcata Community Forest at <u>9:00AM</u> and runs through Arcata Community Forest. Ask **Mishka Straka** <pvpathway@gmail.com> for more information.

Wednesday Evening Run.

Every Wednesday at <u>5:30PM</u> 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 http://www.6rrc.com

Υ	Ε	S		С	Ε	D	Ε		F	L	Α	W
Ε	R	R		0	М	Α	Ν		R	Α	С	Ε
Α	-	R		R	U	N	Α	R	0	U	N	D
R	Ε	С	0	Ν		Ε	C	0		D	Ε	S
			_	С	Υ		Т	0	Р			
Τ	Н	Ε	L	0	0	P		F	Α	T	Α	L
Ε	Α	T		В	\perp	0	В		D	Ε	L	Ε
Α	R	Α	В		K	R	1	S		S	Ε	Α
M	Ε	L	Ε	Ε		С	0	U	N	Τ	Ε	R
			D	R	Υ		S	Р	Α			
Α	F	T			Α	М		R	Ε	L	Α	Υ
С	L	0	C	K	W	I	S	Ε		Α	Χ	Ε
Τ	I	R	Ε		Ε	D	Α	M		M	I	T
S	T	Υ	Ε		D	Ī	N	Ε		Р	S	Ī

Six Rivers Running Club P.O. Box 214 Arcata, CA 95518-0214 NONPROFIT ORG U.S. Postage P A I D Eureka, CA Permit No. 43





From: Jack West < jandjwest@yahoo.com>

E: Your help at these HRRAY youth races would be GREAT

This message is about HRRAY youth meets. We have a couple of meets where we need extra help.

The SRRC youth cross country season began on Tuesday, September 23. We have seven regular meets and the McKinleyville Beach Run.

We are hoping some of SRRC membership will be able to donate time to the HRRAY youth program on two dates where we need extra help. The second meet of the season was held at Perigot Park in Blue Lake on Thursday, September 25th. The fourth meet will be held at Hiller Park in McKinleyville on Thursday, October 2nd. Both meets begin at 4:00 PM, but we would like volunteers to arrive at 3:30. We will reserve parking for volunteers if we know you are coming. The races are usually completed by 5:30. Please write me at <jandjwest@yahoo.com> if you would like to help. We need course monitors, finish line and sign up help. Thank

- **Jack West** (707)845-6382, <hrray707@gmail.com>, <jandjwest@yahoo.com> Here is 2025 schedule:
- Tuesd., Sep. 23, 4:00 pm, Arcata Marsh, K-8
- Thurs., Sep. 25, 4:00 pm, Perigot Park (Blue Lake), K-8
- Sat., Sep. 27, 9:00 am, Clam Beach Invitational, K-8 & HS
- Tuesd., Sep. 30, 4:30 pm. Winship Middle School (Eureka), K-8
- Thurs., Oct. 2, 4:00 pm, Hiller Park (McKinleyville), K-8
- Tuesd., Oct. 7, 4:00 pm, Willow Creek Golf Course, K-8
- Thurs., Oct. 9, 4:00 pm, Rohner Park (Fortuna), K-8
- Thurs., Oct. 16, 4:00 pm, Championships, Arcata Community Center, K-8

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"

SRRC

16