



Jack West

Dave Ryan

Randy Emeraker

Paul Kraus

Foggy Bottom Milk Run  
 Main Street, Ferrisdale  
 Noon, Sun., Mar. 8, 2026



# March Minutes

by "Marlene Allen" <allens@humboldt1.com>

Wed., Mar. 4, 2026, 6:30 pm at El Chipotle in Arcata. Board members in attendance: **Mark Ellis, Juan Reyes, Harry Kavich, Gary Timek, Sarah Sullens, Jamie Hinckley, Sherry Myers, Catrina Howatt, Marlene Allen** and treasurer **Cindy Timek**. Guests: **Jack West, Michele Gerdes** and **Jessie Hunt**.

## OLD BUSINESS

**A. Hour Run (9:00 pm, Sat., 2/14/26) recap:** Gary reported that 60 + runners ran, all went well. James Washington Valentine's 5K was held after the Hour Run.

**B. HRRAY update:** Jack reported that kids track meets start in the end of March. The K-4<sup>th</sup> grade is March 24<sup>th</sup>, 5<sup>th</sup> - 8<sup>th</sup> is March 26<sup>th</sup>, and the full schedule is online on HRRAY website.

**C. Shoe Fund & Scholarship update:** Application forms were included in the March newsletter.

## NEW BUSINESS

**A. FBMR (Noon & 2:00 pm, Sun., 3/08/26):** Michele and Jessie reported that 1,100 + runners are registered, up from last year. The Village Pub (old Victorian Inn) will have a pasta dinner Saturday starting at 3pm. Saturday pre-registration is from 12 pm - 4 pm in Ferndale.

**B. Arcata Community Forest Run (10:00 am, Sat., 3/21/26):** Scheduled this year on the same day as Redwood Wild River Run.

**C. Master's Run (10:00 am, Sat., 4/11/26):** Mark Ellis reported permits and insurance are in.

**D. The Ave (7:45 am, Sun., 5/03/26):** No updates.

**E. New President on Bank Account:** Cindy reported that president (Matthew Kidwell) and all race directors on the CCCU checking account have completed the updated signature document.

**F. Emails from President (Matthew Kidwell):** Discussion about the newest scam/spam emails to board members asking for gift cards. We will continue to monitor the issue. Do not reply to suspicious emails from SRRC board members asking for assistance/gift cards.

**G. Conflict of Interest Forms:** Gary passed them out to the Race Directors as required.

### H. Other:

- Marlene: Reminder that the deadline to send any info in for Newsletter is the 20<sup>th</sup> of the month.
- Sherry: Question about how many meetings a board member can miss. (No more than 3 consecutive)
- Gary: Cal Poly Dinner/auction April 11<sup>th</sup>, SRRC will have a table.
- Jessie: Gave an update about Bill Spenceley's condition - he was the person attacked in the end of January in the Arcata Forest. He has been a long time club member. He is still at UC Davis undergoing extensive medical treatment for injuries sustained in the attack. There is a GoFundMe page set up for his medical bills. Marlene motions to donate \$2,000, Harry seconds but asks the motion be amended to \$2,500. Marlene amends the motion, Harry seconds, the motion passes. Cindy will send a check.
- Next meeting: Babe's Pizza in Cutten; Dinner at 5:30, Meeting at 6:30 pm, Wed., Apr. 1, 2026. Ask Matthew Kidwell <matthew5513@yahoo.com> for details.



(L to R) Jessie Hunt, Paul Kraus, Michele Gerdes

FBMR  
Mar. 8, 2026

**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  
**20<sup>th</sup> 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

#### 2026-2027

Marlene Allen\*  
Mark Ellis  
Harry Kavich  
Matthew Kidwell\*\*\*  
Jorge Preciado  
Juan Reyes  
Sarah Sullens

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Jessy Preciado jenglishjohnson@gmail.com 845-6838  
Gary Timek gtimek@aol.com 845-5147

### SRRC OFFICERS

**President**\*\*\* Matthew Kidwell  
<matthew5513@yahoo.com>  
**Vice President**\*\* Jamie Hinckley  
<mrs.jamie.hinckley@gmail.com>  
**Secretary**\* Marlene Allen  
<allens@humboldt1.com>  
**Treasurer** Cindy Timek  
<ctimek@aol.com>

### SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



# 48<sup>th</sup> Foggy Bottom Milk Run

(hubertiming.com as of 9:00 am, Tue., 3/10/26)

## 10M

12:05 pm, Sun., Mar. 8, 2026

OvP	Name	G/age	Time
1	Diego Honda	M22	56:22
2	Finn Granger	M20	56:34
3	James Lang	M26	1:03:06
4	Ian Bennett	M22	1:03:30
5	Dustin Diller	M41	1:06:31
6	Ryan McLaughlin	M34	1:07:04
7	Matthew Kidwell	M44	1:07:33
8	Pamela Naylor	F46	1:09:52
9	Craig Wasco	M54	1:11:15
10	Daniel Shaver	M20	1:12:17
11	Pablo Chapman	M21	1:12:18
12	Sean Berry	M34	1:12:53
13	Kate Pringle	F21	1:13:03
14	Emily Batini	F38	1:14:45
15	Sarah Collins	F37	1:16:18
16	Andrea Wright	F64	1:16:25
17	Anna Riedl	F29	1:16:31
18	Casey Ales	M43	1:16:55
19	Matt Wells	M44	1:17:04
20	Justin Daulton	M47	1:17:15
21	Dillon Ayers	M37	1:17:21
22	Jenna Mossi	F34	1:17:25
23	Paul Kinsey	M70	1:17:32
24	Courtney Carlson	F33	1:17:43
25	Lanore Bergenske	F68	1:17:55
26	Deirdre Replinger	F25	1:18:18
27	Courtney Ladika	F45	1:18:59
28	Anne Fehrenbach	F37	1:19:25
29	Galen Hammitt	M34	1:19:48
30	Eric Coppa	M28	1:20:11
31	Dustin Jackson	M30	1:20:11
32	Rob Amerman	M52	1:20:49
33	Adam Glaser	M50	1:20:51
34	Sarah Landis	F41	1:21:21
35	Jennifer Marlow	F45	1:21:37
36	Matthew Scott	M35	1:23:03
37	Sam Maybruck	M30	1:23:09
38	Karen Kidwell	F41	1:23:39
39	Jordan Hoese	F32	1:23:57
40	Maya Williams	F29	1:24:10
41	Joanna Tobon	F19	1:24:14
42	James Hartsell	M37	1:24:16
43	Jorge Montenegro	M18	1:24:16
44	Isabel Hirsch	F36	1:24:29
45	Cameron Robertson	M33	1:26:49
46	Colin Moore	M42	1:27:24
47	J.R. Mintz	M59	1:27:43
48	Caroline Carson	F64	1:27:57
49	Tabatha Miller	F57	1:30:08
50	Shawn Magnuson	M56	1:30:27
51	Katrin Lemmon	F36	1:30:38
52	Stephen Murphy	M46	1:31:31
53	Simona Carini	F63	1:32:11
54	Tara Vu	F44	1:32:22
55	Christopher Wild	M45	1:32:27
56	Jo Archibald	F43	1:32:34
57	Alex Wright	M35	1:32:47
58	Gregory Dziekan	M44	1:33:18
59	Danielle Locricchio	F31	1:33:28
60	Heidi O'Hanen	F41	1:34:42
61	Trace Osa	M26	1:34:46
62	Isaac Croteau	M41	1:35:08
63	Arthur Barker	M64	1:36:52
64	Maxwell Witherspoon	M33	1:37:11
65	Danny Emmenecker	M37	1:40:09

66	Brandon Ramos	M30	1:40:50
67	Allegra Wrocklage	F34	1:40:52
68	Brian Ferguson	M72	1:41:57
69	Olivia Symanovich	F49	1:43:01
70	Meghan Mott	F53	1:43:16
71	Marlene Allen	F69	1:46:13
72	Modesta Arano	F32	1:46:45
73	Katie Bisson	F54	1:47:41
74	Danielle Lefever	F43	1:47:44
75	Maiya Martinez	F25	1:47:46
76	Graciela Guerrero	F35	1:49:04
77	Chrystal Ales	F42	1:49:06
78	Mavelyn Socha	F47	1:50:30
79	Erica Kuhlmann	F49	1:50:57
80	Loreesa Robertson	F32	1:51:06
81	Colton Johnson	M32	1:52:32
82	William Jackson	M32	1:54:46
83	Casse Weaver	F48	1:57:42
84	Christina Torres	F37	1:58:00
85	Chloe Pastori	F48	1:58:04
86	Linsey Show	F45	1:58:08
87	Meredith Matthews	F52	1:58:45
88	Chelsey Castiglione	F34	1:59:20
89	Juan Reyes	M44	1:59:47
90	Karen Adams	F66	2:00:07
91	Mary Anderson	F35	2:05:58
92	Samantha Webb	F28	2:06:30
93	Olivia Moskowitz	F30	2:06:31
94	Kim Bergel	F59	2:08:59
95	Lilia Lorta	F36	2:11:35
96	Brenda Odell	F54	2:22:57
97	Rebecca Rice	F38	2:25:57

## 4M

Noon, Sun., Mar. 8, 2026

OvP	Name	G/age	Time
1	Asher Love	M21	22:16
2	Anthony Carroll	M17	22:16
3	Ryder Bullman	M16	22:39
4	Juan Ornelas	M16	22:53
5	Lane Bolton	M21	24:26
6	Azul Graham	M22	24:31
7	Jason Weldon	M17	26:02
8	Mica Mills	M24	26:49
9	Jaxon Leduc	M24	26:49
10	Eli Chiles	M16	26:54
11	Michelle Klim	F30	27:02
12	Flynt Ryno-Moore	M15	27:08
13	Zion Carl	M43	27:35
14	Rowan Magnuson	M18	28:17
15	Juan Soto	M28	29:00
16	Jake Johnson	M50	29:12
17	Grant Bumgardner	M13	29:36
18	Elijah Cuevas	M20	29:40
19	Sean Gordon	M29	30:21
20	Colter Knight	M29	30:26
21	Nick Phiengsai	M27	30:36
22	Dillon Manni	M35	30:57
23	Alexis Lopez	M31	31:02
24	Dakota Carlson	F28	31:03
25	Sung Choi	M54	31:28
26	Dean Hinchliff	M67	31:31
27	Thomas O'Kane	M50	31:47
28	James Midtun	M46	31:48
29	Angela Viale	F45	31:50
30	Aaron Marinella	M18	32:03
31	Jen Foesig	F53	32:11
32	Natalie Wyllie	F15	32:13
33	Christofer Ornelas	M16	32:23
34	Andrew Carroll	M52	32:42

35	Ross Mayfield	M34	32:43
36	Vincent Sandford-Carroll	M19	32:44
37	Gabriel Bennett	M55	32:53
38	Marcus Torres	M34	32:54
39	Cameron Cherry	M26	32:55
40	Angel Ornelas	M22	32:58
41	Nolan Cahill	M28	32:59
42	David Salladay	M61	33:01
43	Caden Bailey	M16	33:05
44	Noël Loranger	F35	33:15
45	Brida Lester	F17	33:24
46	Austin Grissom	M33	33:32
47	Garrett Hartsell	M11	33:34
48	Regan Lowndes	M26	33:34
49	Valeri Nix	F29	34:01
50	Brandon Tomlin	M41	34:09
51	Harmony Safier	F43	34:21
52	Mikalai Shnitko	M64	34:23
53	Seth Downey	M29	34:27
54	Cole Salmon	M35	34:30
55	Brittany Gribbin	F40	34:33
56	Dave Ryan	M68	34:54
57	Nolan Kavanaugh	M18	34:59
58	Shao-Lan Lew-Smith	F41	35:05
59	Kiara Weldon	F17	35:09
60	Sophia Y. Sambo I	F37	35:12
61	Ashley Knowlton	F34	35:13
62	Madeline Dotson-Murphy	F16	35:18
63	Violet Moore	F12	35:29
64	Jordan Glines	F12	35:33
65	Kendall Hammer	F30	35:42
66	Pyper Darling	F29	35:42
67	Vincent Talenti	M39	35:43
68	Aaron Jorgensen	M51	36:08
69	Aaron Pekarek	M33	36:08
70	Sterling York	M22	36:17
71	Daisy Lowndes	F22	36:17
72	Sean Wilson	M48	36:19
73	Bryce Hawley-Jones	M33	36:27
74	Abbie Strickland	F29	36:30
75	Matt Magee	M33	36:30
76	Loretta Lynn Sandstorm	F56	36:53
77	Charlotte Dallara	F32	36:59
78	Jason Gosch	M39	37:01
79	Jason Mohr	M54	37:04
80	Taylor Fournier	F26	37:08
81	Itzel Torres	F20	37:13
82	Jada Baca	F25	37:14
83	Michaelyn Mullan	F28	37:15
84	Irina Kustikova	F39	37:33
85	Josh Allard	M24	37:36
86	Davne Rozier	F33	37:36
87	Cynthia Thao	F29	37:39
88	Randy Emenaker	M75	37:39
89	Tonalli Orona Ramirez	F26	37:43
90	Sage Johnson	M27	37:43
91	Cyril Carl	M78	37:45
92	Shawna Christianson	F41	37:46
93	Charlotte Carroll	F23	37:46
94	Mckenzie Emmons	F23	37:46
95	Russell Gaskell	M58	38:12
96	Brenden Cox	M26	38:24
97	Craig Hildebrand	M43	38:26
98	John Aryanpur	M67	38:38
99	Greg Allen	M55	38:38
100	Chloe Lindgren	F10	38:46
101	Tanner McDonald	M32	38:57
102	Isaac Torres	M32	39:01
103	Kristen Barajas	F29	39:11
104	Macie Hagemann	F16	39:22

105 Reed Schneider	M32	39:53	180 Chris Gardner	F59	47:35	255 Wayne Hanson	M69	1:02:41
106 Marina Howard	F14	39:56	181 Seth Kristic	M28	47:50	256 Bonnie Cook	F79	1:03:12
107 Jennifer Grimmett	F50	39:57	182 Nicholas Bartlett	M29	47:51	257 Kairi Fike	F07	1:03:33
108 Penn Kerhoulas	F12	40:09	183 Molly Bartlett	F28	47:52	258 Ashley Mccanless	F38	1:03:34
109 Scout Townsend	M14	40:16	184 Shelley Tran	F27	47:58	259 Scott Vogel	M46	1:03:38
110 Jeff Usry	M47	40:17	185 Lypin Lee	M27	47:59	260 Helen Etter	F77	1:04:40
111 Ava Cahill	F27	40:23	186 Lorraine Dillon	F75	48:01	261 Shauna Davidsen	F54	1:06:30
112 Roenne Powell	F08	40:28	187 Amy Livingston	F49	48:02	262 Oliver Stamper	M05	1:07:46
113 Christina Brown	F34	40:30	188 Ashley Powell	F39	48:08	263 Leah Stamper	F42	1:07:48
114 Brendan Madsen	M36	40:30	189 Diana Naal	F28	48:13	264 Naomi Stamper	F40	1:07:49
115 Aries McLean	F30	40:33	190 Alaina Dotson-Murphy	F13	48:14	265 Sherry Myers	F70	1:10:19
116 Hope Kibby	F23	40:38	191 Ale Murphy	F14	48:14	266 Jerry Fowler	M87	1:10:23
117 Whitney Jacoby	F35	40:39	192 Alyssa Thomsen	F32	48:21	267 Brenda Estes	F53	1:10:49
118 Amy Taylor	F46	41:08	193 Nick Ellis	M32	48:25	268 Kayla Wendlandt	F33	1:15:06
119 Kellie Weeks	F39	41:12	194 Micaiah Bessellieu	F24	48:26	269 Christy Snyder	F66	1:15:58
120 Juliette Esakson	F54	41:21	195 Catrina Howatt	F59	48:30	270 Lanita Littleton	F49	1:15:59
121 Roxanne Hopwood	F33	41:23	196 Jen Waites	F44	48:31	271 Westley Porter	M11	1:16:15
122 Brandon Salcido	M38	41:31	197 Paige Donahue	F29	48:55	272 Arianna Porter	F15	1:16:15
123 Todd Pahl	M57	41:40	198 Jasper	M28	48:56	273 Felix Porter	M09	1:16:15
124 Stephen Stockton	M29	41:41	199 Georgia Wilson	F13	49:05	274 Felicia Uber	F35	1:16:22
125 Kyersten Sancho	F24	41:41	200 Leticia Phillips Armenta	F34	49:05	275 Ashlie Cordrey	F27	1:16:23
126 Caleb Dedmore	M31	41:51	201 Betty Weldon	F17	49:11	276 Crystal Porter	F41	1:16:39
127 Mitzi Ayala	F25	41:57	202 Mark Gardner	M53	49:22	277 Shawn Porter	M44	1:16:52
128 Emily Dill	F26	41:59	203 Camille Riggs	F48	49:26	278 Natalee Solis	F20	1:17:35
129 Vincent Weldon	M42	42:00	204 Chelsey Olivera	F36	49:36	279 Katrina Taylor	F56	1:17:35
130 Gary Gerlinger	M58	42:01	205 Tiffany Thomsen	F59	50:00	280 Rebecca Law	F55	1:24:37
131 Kirsten Foley	F41	42:11	206 Michelle Hasting	F55	50:07	281 Laurie Millsap	F60	1:24:37
132 Jaimoe Kibby Jr	M22	42:28	207 Elly King	F56	50:09	282 Tracy Bell	F54	1:24:42
133 Erin Bess	F39	42:32	208 Robin Fraser	F46	50:22	283 Tamara Harper	F55	1:24:50
134 Jennifer Gruenwald	F46	42:38	209 Hanna Taylor	F24	50:24	284 Adam Timek	M44	1:27:33
135 Hannah Golden	F44	42:40	210 Ashleigh Spallino	F28	50:25	285 Adam Timek Jr	M21	1:27:33
136 Jeni Wages	F52	42:42	211 Carolyn Brasel	F44	50:25	286 Cecelia Timek	F42	1:27:35
137 Hanah Rolf	F30	42:49	212 Pooja Rekha	F39	50:32	287 Sari Swede	F66	2:18:51
138 Jaslin Rowman	F32	42:51	213 Rubalit Sierra	F34	50:54	288 Fran Adleman	F68	2:18:55
139 Matthew Blackburn	M28	42:54	214 Beth Benner	F52	51:03			
140 Christopher Drogan	M28	42:56	215 Shaunee Kyle	F32	51:05			
141 Lyon Williams	F11	43:09	216 Cassandra Rustvold	F43	51:25			
142 Michael Whiteley	F66	43:20	217 Kallie Ybarra	F38	51:49			
143 James Phillips Armenta	M35	43:29	218 Wendi Segura	F26	52:01			
144 Bailey Malcolm	F22	43:29	219 Tracy Foltz	F43	52:06			
145 Amy Duerfeldt	F51	43:56	220 Robert Urzua	M51	52:11			
146 Angelina Kuhlmann	F20	44:08	221 Michelle Zink-Urzua	F45	52:45			
147 Jake Kuhlmann	M49	44:09	222 Tim Canning	M67	52:56			
148 Mikaela Stanley-Camba	F30	44:10	223 Kate Gardner	F52	52:57			
149 Ava Dill	F16	44:21	224 Kerri Renz	F41	52:58			
150 Laura Coppini	F59	44:21	225 Jason Martinez	M31	52:58			
151 Tori Laidlaw	F29	44:32	226 April Quincey	F44	53:10			
152 Nevi Weldon	F13	44:33	227 Malinda Damme	F40	53:17			
153 Luke Colosio	M12	44:36	228 Heather Watkins	F36	53:18			
154 Ginger Howard	F46	45:11	229 Fatima Ornelas	F08	53:31			
155 Debbie Stamper	F71	45:25	230 Laura Padilla	F47	54:09			
156 Michael Chapman	M66	45:33	231 Amy Pires-Moore	F47	54:13			
157 Becky Chapman	F55	45:34	232 Katherine Kammerer	F31	54:16			
158 Candee Shaw	F63	45:49	233 Erin Rubin	F38	54:16			
159 Alex Alvarado	F35	45:55	234 David Belmar	M39	54:27			
160 Sarah Keene	F51	46:13	235 Gabriel Ponce	M12	55:48			
161 Ryan Kerker	M43	46:14	236 Joshua Ponce	M49	55:49			
162 Carlee Mattz	F10	46:29	237 Bodhi Euay	M07	57:06			
163 Stephanie Weldon	F49	46:31	238 Berit Meyer	F68	57:18			
164 Evan Gould	M12	46:37	239 Johsph Euay	M35	57:29			
165 Douglas Monsalud	M61	46:37	240 Reina England	F47	58:00			
166 Joshua Gould	M41	46:38	241 Cecilia Hidalgo Lozano	F41	58:14			
167 Jonathan Ornelas	M25	46:51	242 Jennifer Alves	F41	58:15			
168 Lorien Hunter	F44	47:01	243 Jane Moran	F44	58:31			
169 Calder Johnson	M44	47:01	244 Ira Blatt	M79	59:08			
170 Alejandra Gallegos	F36	47:06	245 Mary Kavanaugh	F45	59:11			
171 Janell Colosio	F44	47:07	246 Sarah Sullens	F45	59:12			
172 Jaimoe Kibby	M50	47:14	247 Bonnie Mathes	F75	59:16			
173 Julia Sway	F40	47:16	248 Gerald Crnich	M80	59:18			
174 Elizabeth Lujan	F29	47:18	249 Megan Stanton	F35	1:00:26			
175 Emily Gardner	F25	47:20	250 Samantha Brown	F55	1:00:32			
176 Anayeli Auza	F28	47:21	251 Elizabeth Drabkin	F66	1:01:36			
177 Lisa Razonale	F44	47:22	252 Matt Burnes	M58	1:02:00			
178 Cameil Hart	F44	47:22	253 Annette Burnes	F65	1:02:01			
179 Robert Gribbin	M40	47:33	254 Frankie Lujan	F33	1:02:17			

## 2M

2:00 pm, Sun., Mar. 8, 2026

OvP	Name	G/age	Time
1	Owen Ingram	M15	11:34
2	Wyatt Davis	M13	11:44
3	Liam Whitney	M14	11:58
4	Reese Sipma	M14	12:16
5	Jaxon-Stone Smith	M15	12:27
6	Trevyn Sanborn	M28	12:52
7	Jonah Veerkamp	M14	13:02
8	Jonathan Tyburczy	M13	13:05
9	Jules Davis	M11	13:11
10	Colton Taylor	M15	13:33
11	Ethan Ghidinelli	M12	13:39
12	Bret Rinehart	M46	13:44
13	Olivia Scilacci	F16	13:55
14	Iver Vu	M11	14:13
15	Maverick Chamberlain	M12	14:15
16	Taz Demichiei	M15	14:17
17	Olivia Anderson	F11	14:20
18	Blaise Titus	M10	14:22
19	Brett Coleman	M17	14:31
20	Jayden Jorgensen	M09	14:40
21	Stanley Guild	M42	14:44
22	Oley Hamer	M08	14:45
23	Eric (Ee) Chapenko	M17	14:55
24	Holden Rinehart	M14	14:57
25	Julian Gordon	F16	15:00
26	Bryce Davey	M10	15:02
27	Jose Ornelas	M38	15:06
28	Emerson Okin	F12	15:06
29	Jacob Scown	M10	15:12
30	Sienna Pulley	F14	15:17
31	Mason Senestraro	M23	15:22
32	Cooper Hubbard	M15	15:23
33	Patrick Phillips	M42	15:38
34	Griffin Folger	M07	15:42
35	Lars Gerdes	M18	15:46
36	Rowan Magnuson	M18	15:52
37	John Adams	M18	15:57



38	Charlotte Landis	F10	16:00	113	Kaleb Jorgensen	M11	18:33	188	Casey Russo	M44	20:43
39	Jayce Davey	M07	16:01	114	Hope Brasel	F11	18:37	189	Kelly Allen	F43	20:45
40	Niall Vu	M08	16:04	115	Ayden Bettis-Flood	M10	18:39	190	Oliver Caldwell- Russo	M08	20:45
41	Gideon Beaudry	M11	16:06	116	Grace Mauney	F11	18:44	191	Scarlett Westfall	F10	20:45
42	Aurora Rice	F11	16:07	117	Ixchel Mata	F09	18:48	192	Zephan Richardson	M09	20:46
43	Bo Hamer	M40	16:09	118	Camille Kerhoulas	F09	18:50	193	Kimberly Hartsell	F36	20:47
44	Finn Saxton	M07	16:13	119	Zane Torgersen	M09	18:51	194	Madelyn Kaiser	F08	20:48
45	Alisha Davey	F40	16:17	120	Aaron Jorgensen	M51	18:55	195	Archer Davie	M11	20:48
46	Jacob Carsey	M09	16:20	121	Pippa Nottingham	F08	18:56	196	Nathan Stull	M01	20:48
47	Jack Luh	M18	16:20	122	Lindsey Mackellar	F48	18:56	197	Maria Angen	F32	20:52
48	Drake Allen	M08	16:20	123	Eliana Busher	F11	18:57	198	Della Zdrasil	F09	20:56
49	Jenny Bumgardner	F45	16:26	124	Matthew Richardson	M09	19:03	199	Cody Bognuda	M34	20:58
50	Kelvin Vu	M43	16:29	125	Caleb Carsey	M39	19:03	200	Jovani Montero	M19	20:59
51	Luke Scown	M44	16:30	126	Gabe Hagemann	M46	19:04	201	Ian Jewett	M42	21:03
52	Sylvie Davis	F09	16:32	127	Macie Hagemann	F16	19:07	202	Wendell French	M04	21:03
53	Tyler Franklin	M36	16:33	128	Irie Savage	F10	19:10	203	Leah Stamper	F42	21:05
54	Roman Conley	M08	16:36	129	Zion Crog	M12	19:12	204	Elizabeth Gibbons	F11	21:07
55	Talena Brown	F34	16:41	130	Shawn Thrash	M39	19:13	205	Laurelin Coppini	F11	21:08
56	Francisco Rodriguez	M49	16:44	131	Conner McClendon	M19	19:15	206	Sarah Coppini	F35	21:09
57	Jagger Slade	M07	16:44	132	Claire Lawrence	F20	19:16	207	Lili Loomis	F16	21:10
58	Sean Regpala	M17	16:45	133	Charlotte Torres	F09	19:17	208	Jessica Rodriguez	F15	21:11
59	Jake Inman	M??	16:47	134	Iver Skavdal	M08	19:17	209	Rafael Cuevas Uribe	M49	21:13
60	Michael Mackay	M14	16:52	135	Sebastian Garcia	M07	19:18	210	Maria Cuevas-Noriega	F09	21:15
61	Beau Becker	M09	16:52	136	Eveline Miteiko	F07	19:27	211	Tucker Calhoun	M37	21:16
62	Jude Vidargas	M11	16:53	137	Alice Phillips	F07	19:33	212	Dulce Ziegler	F48	21:19
63	Jayce Kinyon	M13	16:54	138	Joan Gerace	F07	19:33	213	Eli Dominick	M07	21:20
64	Kieran Haben	M08	16:56	139	Andrew McLarty	M37	19:35	214	Iinka Mata	F05	21:20
65	Roslyn Bumgardner	F09	16:56	140	Michelle Hernandez	F52	19:36	215	Jocelyn Gibbons	F40	21:21
66	J.R. Mintz	M59	16:58	141	Lily Springer	F07	19:40	216	Gracie Westfall	F07	21:22
67	Oliver Cory	M33	16:59	142	Javier Lopez	M32	19:40	217	Erika Benson	F47	21:22
68	Avery Rinehart	M12	16:59	143	Arion Lopez	M06	19:41	218	Clara Vidargas	F15	21:23
69	Liam Morris	M12	17:00	144	Travis Sanborn	M37	19:43	219	Kristen Westfall	F43	21:25
70	Jade Blodgett	F14	17:03	145	Inahbi Meniooh	F09	19:43	220	Fernando Munoz	M16	21:27
71	Gracie Leal	F31	17:04	146	Dash Sanborn	M06	19:43	221	Echo Rinehart	F10	21:29
72	Malcolm Bowen	M13	17:06	147	Grey Hartsell	M06	19:46	222	Amy Scolari	F37	21:29
73	Hannah Naylor	F11	17:06	148	Adelia Olson	F13	19:47	223	Guadalupe Garcia	M48	21:29
74	Callum Donaldson	M09	17:07	149	Rana Willey	F12	19:51	224	Robert Boynton	M17	21:33
75	Hanna Phillips	F09	17:10	150	Miguel Gonzalez	M45	19:52	225	Cassie Peterson	F25	21:34
76	Colby Beck	M11	17:11	151	Eimile Byrne	F08	19:54	226	Shannon Sullivan	F45	21:34
77	Levi Rasmussen	M11	17:14	152	Penn Kerhoulas	F12	19:58	227	Ruby Perez	F09	21:39
78	Lucy Hayes	F09	17:16	153	Patrick Crog	M52	19:58	228	Gigi Vasterling	F07	21:45
79	Vincent Ayala	M37	17:23	154	Solomon Franklin	M08	19:59	229	Eric Riggs	M58	21:50
80	Kash Ayala	M08	17:23	155	Jared Samples	M13	20:02	230	Ana Rodriguez	F13	21:50
81	Isla Archibald-Buchanan	F07	17:25	156	Thaddeus Beaudry	M09	20:03	231	Liliana Dominguez	F49	21:50
82	Clara Landry White	F11	17:29	157	Sebastian Riggs	M12	20:09	232	Andrew Kime	M30	21:52
83	Isla Kirkpatrick	F11	17:30	158	Brice Titus	M36	20:11	233	Giselle Cartagena	F18	21:52
84	Jeffrey Willis	M43	17:32	159	Andrew Lauter	M39	20:11	234	Owen Hill	M07	21:53
85	Grace Pinkerton	F11	17:32	160	Taylin Titus	F35	20:12	235	Katie Hill	F37	21:55
86	Rachel Collins	F37	17:33	161	Zoe Poer	F19	20:12	236	Ky Taylor	X17	21:58
87	Kade Ayala	M10	17:34	162	Skylar Rawitch	F20	20:15	237	Jesse Quinionez	M53	22:00
88	Pearl Smith	F18	17:43	163	Ava Lauter	F08	20:15	238	Auri "Sage" Fawn	F09	22:09
89	Pete Leipzig	M37	17:47	164	Samuel Pinkerton	M07	20:18	239	Taz Walker	M18	22:10
90	Makenna Burgess	F14	17:48	165	Elizabeth Phillips	F43	20:19	240	Addy Aigner-Lowe	F08	22:11
91	Peter Leipzig	M08	17:48	166	Adam Pinkerton	M42	20:20	241	Matthew Torres	M37	22:12
92	Kaiah Cahoon	F12	17:48	167	Jake Stoll	M28	20:21	242	Addilynn Miller	F08	22:12
93	Emma Cahoon	F14	17:49	168	Ethan West	M09	20:22	243	Stephanie Conigliano	F48	22:14
94	Lena Manchester	F10	17:51	169	Fisher Titus	M07	20:22	244	Alice Vasterling	F47	22:15
95	Micheal Manchester	M45	17:51	170	Bailey Walker	M26	20:25	245	Michelle Demichiei	F36	22:17
96	Emerson Lamb	M11	17:51	171	Thomas Stull	M42	20:25	246	Claire Scown	F08	22:18
97	Blase Briar-Bonpane	M11	17:53	172	Hazel Marshall	F16	20:27	247	Renato Precichi	M07	22:19
98	Dyllan Burrus	F10	17:56	173	Runa Vasquez Rasmussen	F07	20:28	248	Dee Martinez	F64	22:21
99	Andrea Lovio	F43	18:01	174	Rachel Lopez	F30	20:31	249	John Aryanpur	M67	22:21
100	Leo Sala	M08	18:02	175	Aileen Ornelas	F07	20:31	250	Caitlin Scown	F43	22:22
101	Cameron McClendon	M17	18:13	176	Francis Conigliano	M10	20:32	251	Annalise Pool	F10	22:22
102	Michael James Jao	M23	18:13	177	Kelley Renner	F37	20:33	252	Ashley Christina	F26	22:25
103	Dean Rousseau	M08	18:16	178	Rilo Jewett	F08	20:35	253	Annelise Vollmer	F29	22:25
104	Savannah Rousseau	F10	18:20	179	Yoselin Pineda Rojas	F21	20:35	254	Cruz Marbain	F38	22:25
105	Joseph Birnie	M09	18:20	180	Haley French	F40	20:35	255	Cora Yost	F06	22:27
106	Ryan Rousseau	M41	18:23	181	Arren Corbett	M07	20:37	256	Maci White	F07	22:31
107	Presley Lester	F10	18:25	182	Austin Corbett	M36	20:37	257	Sylvie Brown Dubois	F08	22:31
108	Dexter Tomlin	M11	18:27	183	Leo Kalson	M14	20:38	258	Emme Savage	F33	22:32
109	Tara Cordisco Guild	F37	18:29	184	Harrison Hoyle	M08	20:38	259	Auden Savage	M06	22:32
110	Maevyn Cordisco-Guild	F08	18:29	185	Penelope Osborne	F13	20:42	260	Charlie Hill	F09	22:33
111	Josue Mateo Munoz Dominguez	M10	18:30	186	Cerise Howard	F09	20:43	261	Harry Ohanen	M05	22:33
112	Shaina Bateman	F11	18:32	187	Rhett Renner	M08	20:43	262	Brynlee Steele	F08	22:33

263 Amanda Steele	F35	22:34	338 Sophia Richardson	F07	24:27	413 Logan Johnson	M10	26:33
264 Joshua Levine	M48	22:35	339 Parker Jones	M11	24:27	414 Havilah Miteiko	F09	26:35
265 Megan Watson	F36	22:36	340 Matilda Landis	F07	24:30	415 Sky Kesler	M38	26:35
266 Scott Harris	M44	22:36	341 James Aste	M68	24:31	416 Scarlet Midtun	F13	26:40
267 Olive Zevine	X09	22:37	342 Sutton Waites	F09	24:39	417 Eliana Powell	F10	26:41
268 Arrow Harris	M12	22:37	343 Ruth Magee	F26	24:43	418 Bethany Miteiko	F37	26:41
269 Marin Baxley	F10	22:38	344 Jenni Rodriguez	F13	24:47	419 Megan Kesler	F40	26:53
270 Athena Walker	F08	22:38	345 Oliver Samples	M07	24:55	420 Angel Valverde	M07	27:00
271 Andrew Campbell	M39	22:38	346 Belen Gonzalez	F08	24:57	421 Layla Richardson	F37	27:01
272 Bodie Campbell	M07	22:39	347 Jorge Matias	M58	24:59	422 Kylie Hufford	F15	27:01
273 Vivrey Titus	F08	22:40	348 Sarah Calder	F45	25:01	423 Ashley Leipzig	F05	27:01
274 Jeremy Johnson	M13	22:40	349 Cruz Moody	M05	25:02	424 Chanel Leipzig	F37	27:01
275 Blase Bonpane	M53	22:40	350 Lauryn Moody	F34	25:02	425 Brylee Bateman	F09	27:02
276 Haleigh Busher	F09	22:40	351 Elibe Noriega Ortiz	F50	25:05	426 Cinthya Valverdes	F08	27:05
277 Cayla Cooper	F29	22:43	352 Chris Moody	M38	25:07	427 Cecilia Jacobson	F09	27:06
278 Henry Landis	M12	22:45	353 Malia Honda	F40	25:08	428 Isabella Wade	F08	27:09
279 Katie Loomis	F45	22:56	354 Nadine Honda	F07	25:09	429 Sheldon Hufford	M44	27:10
280 Rosalind Litzky	F44	23:00	355 Nanci Gonzalez	F43	25:09	430 Margot Bateman	F70	27:10
281 Valeria Cuevas-Noriega	F12	23:03	356 Stevie Moody	F03	25:09	431 Alyssa Johnson	F31	27:11
282 Kara Pettit	F35	23:07	357 Tensei Kohler	M08	25:09	432 Hudson Bobillot	M07	27:14
283 Cat Telnes	F52	23:07	358 Yadiel Arias	M08	25:10	433 Leo Fisher	M07	27:15
284 Dan Siddiq	M41	23:09	359 Oliver Haase	M06	25:10	434 Gabriella Wotherspoon	F30	27:16
285 Alice Gibbons	F08	23:10	360 Annayal Yikum	F35	25:10	435 Sawyer Donnell	M05	27:16
286 Chloe Sathrum	F10	23:12	361 Patrick Haase	M44	25:10	436 Heidi Taylor	F44	27:17
287 Andrew Sathrum	M43	23:14	362 June Siddiq	F13	25:11	437 Taylor Hess	F12	27:17
288 Marisol Rodriguez	F44	23:14	363 Felix Davidson	M11	25:13	438 John Fletcher	M58	27:19
289 Reece Merideth	F12	23:14	364 Ian Davidson	M52	25:18	439 Kerri Renz	F41	27:21
290 Flor Cuenca Carrasco	F36	23:15	365 Asher Gavin-Chenette	M08	25:19	440 Finley Sandifer	M05	27:21
291 Lidia Campos	F39	23:15	366 Daniel Turretto-Rexford	M08	25:20	441 Julie Jenkins	F12	27:23
292 Orlando Payne	M61	23:17	367 Jillian Riggs	F12	25:20	442 Dennis Taylor	M47	27:24
293 Alex Bateman	M35	23:20	368 Jerome Chenette	M45	25:23	443 Luke Walker	M44	27:28
294 Sarah Larson	F43	23:21	369 Quinn Lamb	F08	25:26	444 Mario Kalson	M50	27:31
295 Colton Boyd	M12	23:21	370 Eileen Wolf	F62	25:26	445 Bree Kalson	F46	27:31
296 Lauren Pottker	F41	23:26	371 Noemi Kalson	F12	25:27	446 Malachi Beaudry	M07	27:37
297 Isaiah Olivera	M10	23:26	372 Agustin Espinoza-Mendoza	M06	25:27	447 Savannah Sonia	F26	27:38
298 Aunika Loomis	F17	23:28	373 Anthony Bognuda	M08	25:27	448 Sophie Machado	F39	27:38
299 Fatima Soltero	F05	23:28	374 Kristan Lamb	F46	25:28	449 Matthew Pinkerton	M04	27:38
300 Alia Dunphy	F46	23:29	375 Valerie Mclarty-Fazan	F36	25:28	450 Rachel Torres	F30	27:39
301 William Bet	M07	23:30	376 Zoey Quinionez	F10	25:29	451 Mandy Pinkerton	F42	27:39
302 Sarah Starks	F39	23:35	377 Jennifer Samples	F37	25:29	452 Madeline Kalson	F12	27:43
303 Orin Kesler	M09	23:36	378 Antonia Navarrete	F27	25:31	453 Razmik Vogt-James	M07	27:43
304 Caroline Lowry	F47	23:37	379 Aleks Kopiej	F28	25:32	454 Ross Maria Beltran	F45	27:48
305 Cody Avelar	M16	23:37	380 Daniel Santiago Burbano	M08	25:33	455 Alice Barrett	F13	27:49
306 Oscar Smith	M09	23:38	381 Norah Merideth	F08	25:35	456 Ryder Smith	M08	27:50
307 Isabella Roine	F09	23:38	382 Luna Dennis	F08	25:35	457 Delaney Barrett	F09	27:50
308 Nate Regpala	M22	23:45	383 Kira Osborne	F10	25:35	458 Oliver Espitia	M40	27:51
309 Megan Atherton	F42	23:51	384 Dawn Durbin	F61	25:39	459 Sadie Barrett	F15	27:51
310 John Poundstone II	M12	23:53	385 Alder Corbett	M06	25:39	460 Aaron Sandifer	M42	27:54
311 Blue Jay Hazard	M08	23:54	386 Cody White	M11	25:40	461 Jennifer Mckay	F41	27:54
312 Mason Atherton-Friend	M07	23:56	387 Brandy Montero	F38	25:40	462 Reece Ememaker	M05	27:55
313 Walker Wilson	M11	23:57	388 Kassidy Lightfoot	F11	25:41	463 Lucca Schroeder	M09	27:56
314 Elizabeth Micks	F46	24:03	389 Naoma Kein	F08	25:47	464 Sofia Pereira	F38	27:57
315 Nicholas Vidargas	M45	24:03	390 Elisabeth Harrington	F56	25:48	465 Stella Espitia	F06	27:57
316 Michael Caterina Kein	M41	24:03	391 Dorian Simmons	M08	25:51	466 Consuela Goldman	F06	27:58
317 Savina Conleu	F08	24:04	392 Dylan Walker	M08	25:52	467 Maia Loomis	F13	28:00
318 Faye Clark	F20	24:07	393 Aydrion Boulaine	M06	25:58	468 Adam Clark	M06	28:02
319 Camille Sathrum	F37	24:07	394 Jack Haase	M71	26:02	469 Haydee Hopkins	F58	28:05
320 Abigail Sathrum	F12	24:07	395 Clayton Warren	M38	26:05	470 Shukry Cattan	M44	28:06
321 Camille Cruz	F09	24:08	396 Lure Simon-Halcomb	M09	26:05	471 Daxon Grant	M07	28:06
322 Emma-Lynn Dempsey	F10	24:11	397 Quincy Johns	M09	26:06	472 Marcelina Mejia	F45	28:09
323 Joshua Conley	M37	24:11	398 Fenwick Simon-Halcomb	M08	26:06	473 Divinity Simmons	F06	28:10
324 Kallie Gregg	F10	24:13	399 Rhaynnia Miller	F09	26:09	474 Suraya Cattan	F08	28:12
325 Ivan Pulido -Torres	M10	24:13	400 Erika Dominguez Mendez	F42	26:18	475 Isabella Jimenez-Avelar	F07	28:14
326 Carrie Tully	F42	24:14	401 Kylie Vanessa M Dominguez	F05	26:18	476 Elsie Myers	F07	28:14
327 Izabel Collins	F13	24:14	402 Maria Talavera	F42	26:19	477 Jessica Avelar	F51	28:16
328 Kate Donaldson	F46	24:14	403 Johnny Diaz Talavera	M11	26:19	478 Ryan Ememaker	M48	28:25
329 James Richardson	M36	24:14	404 Elaine Starks	F36	26:22	479 Zach Ohanen	M36	28:31
330 Jolene Viale	F37	24:17	405 Henry Chiles	M61	26:23	480 Violet Haley	F09	28:31
331 Soleil Robison	F11	24:20	406 Jean Chiles	F47	26:23	481 Aaron Grubb	M??	28:31
332 Rose Robinson	F44	24:22	407 Kenny Lien	M40	26:24	482 Violet Grubb	F09	28:33
333 Briar Haley	F08	24:22	408 Liam Mckay	M06	26:24	483 Chris Poli	M43	28:35
334 Pavit Singh	M05	24:24	409 Mo Lien	X13	26:26	484 Geo Poli	M06	28:36
335 Vitalisse Harris	F09	24:24	410 Jamie Hamer	F38	26:28	485 Atlas Dickenson	X21	28:41
336 Quinn Demichiei	F10	24:26	411 Everly O'Shaughnessy	F08	26:30	486 Aurora Ciotti	F11	28:43
337 Jappreet Singh	M44	24:26	412 Quin Kesler	M06	26:33	487 Avonlea Clark	F09	28:48

488 Jose Merced Munoz Lopez	M41	28:57	563 Arturo G	M07	30:55	638 Reyna Juarez	F05	33:33
489 Nadine Clark	F49	28:59	564 Isobel Riley	F08	30:55	639 Juan Juarez	M36	33:34
490 Tim Clark	M51	29:00	565 Brynn Thrash	F11	31:00	640 Rosa Maria Guerrero	F35	33:49
491 Meagan Bet	F37	29:01	566 Eva Pacheco	F05	31:07	641 Alex Renner	M37	33:50
492 Hannah Bet	F05	29:02	567 Donald Bradbury	M78	31:08	642 Franky Elfing	X10	33:52
493 Sarah Pollex	F12	29:02	568 Noreen Bradbury	F77	31:09	643 Jamie Sullivan	F40	33:52
494 Lydia Dezordo	F72	29:03	569 Freddy Pacheco-Guerrero	M03	31:16	644 Brent Rasmussen	M68	33:52
495 Susan Aste	F72	29:04	570 Leon Gomez	M05	31:16	645 Annie Elfing	F39	33:53
496 Hannah Hufford	F12	29:06	571 Yaamach Marshall	F08	31:16	646 Sierra Delgado	F07	33:54
497 Piper Bishop	F08	29:14	572 Ruby Gomez	F07	31:18	647 Iker Leal	M10	33:55
498 Andrew Samples	M38	29:15	573 Fredy Pacheco	M36	31:20	648 Nash Renner	M05	33:55
499 Dominica Díaz	F24	29:16	574 Giselle Cabrera Guerrero	F12	31:20	649 Erik Leal	M06	33:56
500 Hector Arguelles	M45	29:16	575 Jaslin Rowan	F32	31:21	650 Skylar Mattley	F25	34:08
501 Edward Sonia	M50	29:17	576 Kate Lauter	F40	31:21	651 Guia Gadek Salgado	F05	34:08
502 Robin Johnson	F30	29:18	577 Adam Rinke	M33	31:22	652 Lauren Pope	F35	34:08
503 Alicia Rousseau	F36	29:21	578 Olivia Lauter	F05	31:22	653 Olivia Pope	F05	34:08
504 Julia Rousseau	F05	29:21	579 Lenilco Soltero	F47	31:30	654 Cadence John	F07	34:10
505 Jamilah Bauer	F10	29:21	580 Kayla Regli	F21	31:32	655 Adriana Salgado	X34	34:10
506 Mala Evans	F08	29:23	581 Emily Fredrickson	F43	31:32	656 Ben Marshall	M37	34:10
507 Kavish Marshall	M06	29:25	582 Alfredo Chiñas	M41	31:34	657 Dakota Grant	F05	34:10
508 Jude Marshall	M41	29:27	583 Nyah Baxley	F06	31:35	658 Raelynn Waid	F05	34:11
509 Springwind Marshall	F37	29:27	584 Gloria Rose Goldman	F10	31:42	659 Gemma Thomsen	F04	34:13
510 Claire Hashem-Hanlon	F43	29:28	585 Melissa Goldman	F39	31:42	660 Ezra Zepeda Davis	M07	34:15
511 Violet Pool	F08	29:29	586 Sawyer Warmbrodt	F07	31:43	661 Relee James	F22	34:16
512 Cheri March	F42	29:30	587 Jessica Viale	F39	31:45	662 Shaylene James	F06	34:16
513 Aj Donnell	M42	29:30	588 Dawsyn Cordisco Guild	F10	31:46	663 Denise Marshall	F65	34:20
514 River Donnell	M05	29:30	589 Gemma Dean	F08	32:03	664 Faye Lien	X11	34:24
515 Aubrey Thompson	F07	29:30	590 Blanca Munoz	F36	32:06	665 Paige Hanzy	F35	34:40
516 Aliyah Maher Maher	F10	29:34	591 Kayla Warmbrodt	F40	32:08	666 Robert Marshall	M64	34:40
517 Daniel Stapleton	M12	29:38	592 Alan Rodriguez	M13	32:08	667 David Fogle	M38	34:45
518 Beth Coppini	F65	29:40	593 Emily Nichols	F44	32:11	668 Leanne Regpala	F55	34:50
519 Barb Lucas	F69	29:42	594 Brandy Parker	F45	32:12	669 Cyrus Canter	M11	34:56
520 Jose Jauregui	M18	29:42	595 Aiden Millett	M11	32:14	670 Meagan Canter	F46	34:56
521 Rin Mojica	F14	29:43	596 Toby Choate	M07	32:15	671 Michelle Merideth	F45	35:03
522 Coral Ventuleth	F15	29:44	597 Marina Nichols	F32	32:16	672 Nataly Gonzalez	F29	35:03
523 Humberto Jeronimo-Leon	M39	29:44	598 Julian Hernandez	M05	32:17	673 Rosalie Gonzalez	F07	35:03
524 Kaytlyn Gonzalez	F17	29:44	599 Maria Fernanda Vargas	F28	32:18	674 Irve Crog	F08	35:03
525 Lyra Bagnall	F??	29:45	600 Marliza Hernandez	F07	32:18	675 Sarah Dunn	F38	35:07
526 Owen Hufford	M09	29:46	601 Levi Franklin	M10	32:18	676 Corrina Pope	F60	35:14
527 Allison Hufford	F40	29:47	602 Jesus Hernandez	M30	32:20	677 Elizabeth Wardell	F71	35:19
528 Levi Tice	M10	29:47	603 Melanie Casillas	F36	32:21	678 Lauren Singh	F41	35:20
529 Richard Tice	M42	29:48	604 David Franklin	M44	32:22	679 Kaitlyn Duke	F27	35:21
530 Alitzel V. Arias	F12	29:50	605 Karla Tice	F41	32:24	680 Steve Larsen	M74	35:22
531 Cora Jacobsen	F06	29:55	606 Bodhi Tice	M06	32:25	681 Cedar Kirk	M04	35:24
532 Pyper Cordisco Guild	F05	29:55	607 Ashley Cabrera-Guerrero	F16	32:26	682 Forest Kirk	M43	35:24
533 Kayla Graves	F30	29:56	608 Janet Rodriguez	F21	32:27	683 Elizabeth McCloskey	F07	35:24
534 Scarlett Wilson	F13	29:56	609 Elizabeth Renz	F09	32:29	684 Joseph King	M05	35:24
535 Sabina Guild	F62	29:57	610 Aurora Roney	F05	32:31	685 Karen Arredondo	F30	35:24
536 Jessica Brown	F45	29:58	611 Jordan Roney	M30	32:33	686 Joshua Thomsen	M31	35:33
537 Shelby Birnie	F30	29:58	612 Cashton Berry	M03	32:33	687 Denise Regli	F62	35:33
538 Shamari Wroten	F07	29:59	613 Brandy Berry	F45	32:33	688 Christie Lindemann	F46	35:35
539 Colton Birnie	M05	29:59	614 Amonette Strange	F44	32:36	689 Maxwell Majica	M06	35:39
540 Carter Sandifer	M02	29:59	615 Valeria Gonzalez	F13	32:37	690 Angelica Matias	F28	35:40
541 Zachary Arnold	M35	30:00	616 Jimena Gonzalez	F08	32:37	691 Emely King	F28	35:41
542 Mia Arnold	F06	30:00	617 Marissa Skavdal	F10	32:44	692 Logan Thomsen	M06	35:46
543 Rhett Sandifer	M04	30:01	618 Ashley Murray	F37	32:49	693 Asher Olivera	M09	35:49
544 Michelle Sandifer	F36	30:02	619 Emma Mitten	F06	32:51	694 Amanda Evans	F25	35:53
545 Vivianne Torres	F07	30:03	620 Nanci Koven-Collins	F45	32:54	695 Christa Jones	F39	36:02
546 Lucina Avila	F60	30:06	621 Maya Springer	F05	32:58	696 Allison Valverdes	F09	36:07
547 Jessica Kleinschmidt	F28	30:07	622 Lindley Casillas	F68	33:03	697 Matt Langer	M31	36:09
548 Emily West	F06	30:08	623 Maria Herrera	F44	33:03	698 Ana Floria Coria Lucier	F04	36:12
549 Laura Torres	F37	30:10	624 Giovanni Berry	M08	33:09	699 Michelle Lucier Rodriguez	F43	36:13
550 Angela Ventuleth	F42	30:30	625 Walker Dunne	M30	33:14	700 Terrie Bognuda	F64	36:15
551 Kingston Millsap	M05	30:31	626 Cynthia Halcomb	F73	33:14	701 Patricia McCloskey	F35	36:21
552 Carmen Olea	F05	30:31	627 Marylee Bergman	F77	33:16	702 Anthony Bognuda	M66	36:23
553 Rosalia Olea	F03	30:34	628 Marca Kime	F66	33:17	703 Candice Hofeldt	F45	36:24
554 Naomi Brumo	F45	30:35	629 Freya Dunne	F07	33:17	704 Amelia Evans	F11	36:25
555 Aldo Brumo	M06	30:39	630 Kelly Ayala	F35	33:18	705 Cataleya Valverdes	F02	36:25
556 Diego Castillo	M17	30:43	631 Ashlynn Barnes	F06	33:19	706 Geraldine Maganda	F26	36:28
557 Mauricio Gonzalez	M17	30:44	632 Glenn Hurlburl	M70	33:20	707 Becky Helton	F59	36:29
558 Eileen Diaz	F45	30:49	633 Edgar Leal Pastiana	M35	33:21	708 Liliana Wade	F07	36:35
559 Saul Garcia	M27	30:49	634 Laura Beltran	F39	33:21	709 Melani Maganda	F15	36:35
560 Katrina Wright	F45	30:53	635 Mia Curcic	F17	33:26	710 Jasmine Soto	F26	36:38
561 Rose King	F08	30:54	636 Kelley Hurlburl	F66	33:29	711 Isaac Rice	M08	36:41
562 Celina Gonzalez	F45	30:55	637 Fred Long	M74	33:29	712 Holly Bateman	F36	36:47



713 Lisa Nielsen	F37	36:48
714 Barrett Bateman	M07	36:48
715 Gail Admendaras	F63	36:48
716 Jeanette Suhay	F57	36:49
717 Jessica Hoyerdahl	F44	36:50
718 Jen Jacks	F45	36:51
719 Dante Morrison	M09	36:51
720 Jeanne Franklin	F46	36:58
721 Sara Simon	F37	36:58
722 John Larson	M43	37:18
723 Brandon McCloskey	M33	37:23
724 Grace Kerr	F62	37:24
725 Krew Rivas	M05	37:30
726 Kane Rivas	M05	37:40
727 Orion Rivas	M03	37:40
728 Jessica Erickson	F34	37:51
729 Ava Arnold	F04	37:52
730 Lucas Hadley	M08	38:12
731 Nicole Hugelshofer	F45	38:14
732 Florentina Jones	F37	38:16
733 Myra Jones	F07	38:16
734 Lisa Wilson	F41	38:38
735 Bryan Colegrove Jr	M06	38:39
736 Taylor Anderson	F17	38:39
737 Brianna Anderson	F19	38:40
738 Brandy Ben	F50	38:40
739 Sandra Vargas	F60	38:45
740 Yurinda Vargas	F55	38:46
741 Alicia Ruiz	F51	38:47
742 Walter Wolff	M05	38:52
743 Shauna Wolff	F32	38:54
744 Sara Urbani	F39	39:02
745 Jiovanni McCloskey	M07	39:05
746 Arabella McCloskey	F11	39:10
747 Josephine Brown	F12	39:11
748 Tia Hauan	F44	39:17
749 Ami Cueto	M45	39:18
750 Jennifer Budwig	F59	39:20
751 Jennifer Silva	F55	39:24
752 Lea Cahill	F59	39:36
753 Janessa Bacon	F30	39:37
754 Lila Segesman	F54	39:42
755 Gabriela Valverde	F49	39:43
756 Teagan Carsey	F07	39:51
757 Amora Holguin	F10	39:52
758 Denise Cahill	F63	39:58
759 Debbie Stamper	F71	39:59
760 Naomi Stamper	F40	40:00
761 Oliver Stamper	M05	40:04
762 Chandler Wilson	M43	40:10
763 Harlee Anderson	F11	40:13
764 Jen Waites	F44	40:16
765 Chris Halcomb	M37	40:17
766 Molly Wroten	F36	40:23
767 Chelsea Lindstrom	F34	40:51
768 Alma Juarez	F03	40:51
769 Brenda Juarez	F32	40:52
770 Legin Wroten	M05	40:54
771 Kelli Totten	F63	40:54
772 Jhaneen Lindstrom	F61	40:55
773 Mya McCarty	F08	41:04
774 Beatrise Perez	F11	41:05
775 Dominic Boyce	M15	41:17
776 Sydney Ochoa-Patino	F30	41:43
777 Joe Jager	M49	41:44
778 Jimmy Bowie	M06	41:46
779 Max Fletcher	M84	41:50
780 Alexa Canipe	F31	41:58
781 Erin Detamore	F42	42:00
782 Matthew Canipe	M31	42:00
783 Stevie Canipe	F03	42:01
784 Elsie Detamore	F03	42:02
785 Penelope Landis	F03	42:05
786 Samantha Swanson	F28	42:05
787 Kyleah Burke	F28	42:10

788 Molly Sutherland	F29	42:11
789 Kristen Rasmussen	F41	42:12
790 Claire Fisher	F09	42:13
791 Orion Landis	M44	42:16
792 Kaia Cristobal	F15	42:18
793 Johnny Honda	M41	42:24
794 Stephanie Gould	F40	42:27
795 Rafael Vasquez Rasmussen	M05	42:29
796 Eleanor Croteau	F03	42:29
797 Dylan Myers	F05	42:30
798 Linda Rasmussen	F68	43:13
799 Evan Von Werlhof	M34	43:14
800 Hogan Von Werlhof	M03	43:28
801 Hope Von Werlhof	F35	43:29
802 Harper Von Werlhof	F05	43:35
803 Aiden Conway	M05	43:36
804 Rachel Conway	F35	43:38
805 Roman Gonzalez	M35	43:54
806 Marzo Hunt	M05	44:00
807 Trevor Waites	X12	44:12
808 Isabella Jeronimo-Castillo	F15	44:50
809 Humberto Jeronimo Castillo	M08	44:54
810 Yoahana Castillo	F40	44:57
811 Charlotte Moyer	F09	45:47
812 Janice Allen	F78	46:21
813 Anbella Olivera	F04	46:31
814 Lorelai Folger	F09	46:56
815 Angel Magaña Sanchez	M07	46:56
816 Hannah Gould	F09	46:59
817 Zo Zepeda Davis	F04	46:59
818 Miracle Davis	F29	47:00
819 Alberto Magaña Sanchez Jr	M10	47:03
820 Bowen Shuler	M06	47:12
821 Allison La Mont	F30	47:25
822 Benjamin Jones	M44	47:30
823 Jeremy Unruh	M12	47:52
824 Beth Frink	F42	48:08
825 Ada Frink	F07	48:09
826 Leah Frink	F10	48:28
827 Olivia Matias	F65	48:50
828 Amparo Mendez	F83	48:51
829 Doug Frink	M76	49:03
830 Antonio Magaña Sanchez	M08	51:13
831 Elizabeth Sanchez	F38	51:16
832 Emma Magaña Sanchez	F04	51:17
833 Laura Kirk	F37	52:18
834 Rick Bergman	M78	55:43
835 Manik Singh	M01	58:55

## 2M SCHOOL TEAMS

### Girls < 11

#### [1] Garfield

Pl Name	Time
1 Sylvie Davis	16:32
2 Roslyn Bumgardner	16:56
3 Ixchel Mata	18:48
4 Camille Kerhoulas	18:50
5 Inka Mata	21:20

#### [2] Fuente Nueva

Pl Name	Time
1 Pippa Nottingham	18:56
2 Joan Gerace	19:33
3 Eimile Byrne	19:54
4 Runa Vasquez Rasmussen	20:28
5 Cora Yost	22:27

#### [3] Arcata Elementary

Pl Name	Time
1 Hanna Phillips	17:10
2 Inahbi Meniooh	19:43
3 Ava Lauter	20:15
4 Quinn Demichiei	24:26
5 Divinity Simmons	28:10

#### [4] Ambrosini

Pl Name	Time
1 Lucy Hayes	17:16
2 Charlotte Torres	19:17
3 Camille Cruz	24:08
4 Sophia Richardson	24:27
5 Vivianne Torres	30:03

#### [5] Redwood Coast Montessori

Pl Name	Time
1 Auri "Sage" Fawn	22:09
2 Sylvie Brown Dubois	22:31
3 Athena Walker	22:38
4 Sutton Waites	24:39
5 Kira Osborne	25:35

#### [6] Cuddeback

Pl Name	Time
1 Presley Lester	18:25
2 Maci White	22:31
3 Avonlea Clark	28:48
4 Marissa Skavdal	32:44
5 Guia Gadek Salgado	34:08

#### [7] Loleta

Pl Name	Time
1 Isabella Wade	27:09
2 Emma Mitten	32:51
3 Shaylene James	34:16
4 Liliana Wade	36:35
5 Zo Zepeda Davis	46:59

## Girls 11~14

#### [1] Sunnybrae

Pl Name	Time
1 Emerson Okin	15:06
2 Sienna Pulley	15:17
3 Adelia Olson	19:47
4 Rana Willey	19:51
5 June Siddiq	25:11

## Boys < 11

#### [1] Cuddeback

Pl Name	Time
1 Jagger Slade	16:44
2 Zane Torgersen	18:51
3 Iver Skavdal	19:17
4 Sash Sanborn	19:43
5 Ryder Smith	27:50

#### [2] Cutten & Cutten Ridgewood

Pl Name	Time
1 Jacob Carsey	16:20
2 Beau Becker	16:52
3 Owen Hill	21:53
4 Harry O'Hanan	22:33
5 Oliver Haase	25:10

#### [3] Union Street

Pl Name	Time
1 Arren Corbett	20:37
2 Oliver Caldwell-Russo	20:45
3 Nathan Stull	20:48
4 Asher Gavin-Chenette	25:19
5 Alder Corbett	25:39

#### [4] Redwood Coast Montessori

Pl Name	Time
1 Eli Dominick	21:20
2 Bodie Campbell	22:39
3 Orin Kesler	23:36
4 Blue Jay Hazard	23:54
5 Mason Atherton-Friend	23:56

#### [5] Arcata Elementary

Pl Name	Time
1 Olay Hamer	14:45
2 Callum Donaldson	17:07
3 Daniel Turretto-Rexford	25:20
4 Aydrin Boulaine	25:58
5 Leon Gomez	31:16



### [6] Ambrosini

Pl Name	Time
1 Matthew Richardson	19:03
2 Ethan West	20:22
3 Rhett Renner	20:43
4 Owen Hufford	29:46
5 Arturo G	30:55

### [7] Trillium

Pl Name	Time
1 Oliver Samples	24:55
2 Tensei Kohler	25:09
3 Lucca Schroeder	27:56
4 Toby Choate	32:15
5 Krew Rivas	37:30

## Boys 11~14

### [1] Sunnybrae

Pl Name	Time
1 Liam Whitney	11:58
2 Jayce Kinyon	16:54
3 Malcolm Bowen	17:06
4 Emerson Lamb	17:51
5 Blase Briar-Bonpane	17:53

## Club Coed ≤ 14

### [1] Ferndale Elementary

Pl Name	Time
1 Ethan Ghidinelli	13:39
2 Olivia Anderson	14:20
3 Kieran Haben	16:56
4 Grace Mauney	18:44
5 Addilynn Miller	22:12

### [2] Arcata Christian

Pl Name	Time
1 Hannah Naylor	17:06
2 Dean Rousseau	18:16
3 Savannah Rousseau	18:20
4 Joseph Birnie	18:20
5 Eveline Miteiko	19:27

### [3] Fieldbrook

Pl Name	Time
1 Jacob Scown	15:12
2 Lily Springer	19:40
3 Francis Conigliano	20:32
4 Claire Scown	22:18
5 Byrnlee Steele	22:33

### [4] Laure Tree

Pl Name	Time
1 Gideon Beaudry	16:06
2 Jared Samples	20:02
3 Thaddeus Beaudry	20:03
4 Malachi Beaudry	27:37
5 Oliver Stamper	40:04

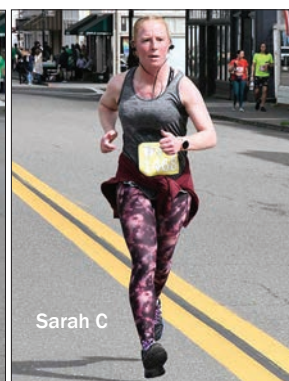
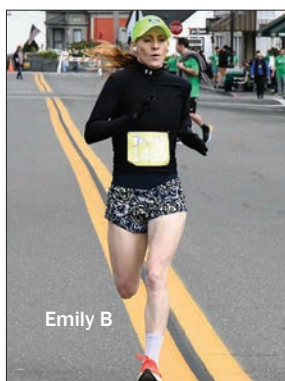
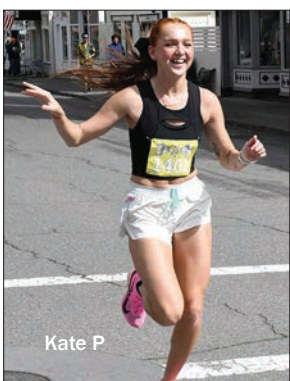
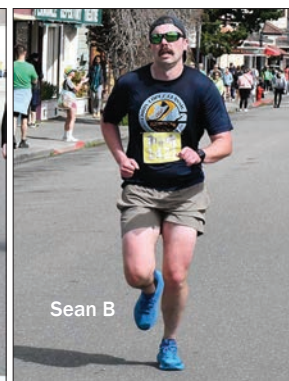
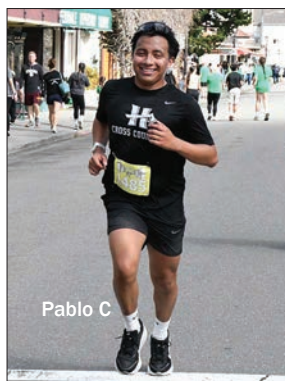
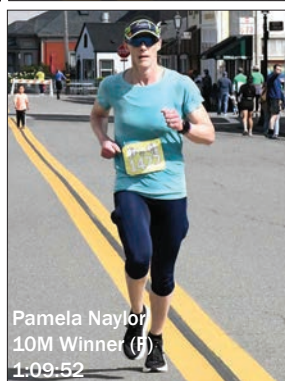
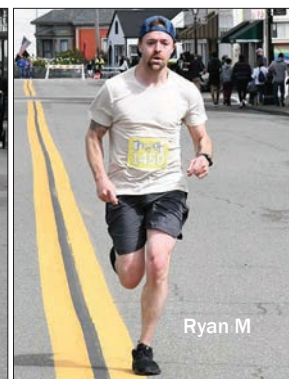
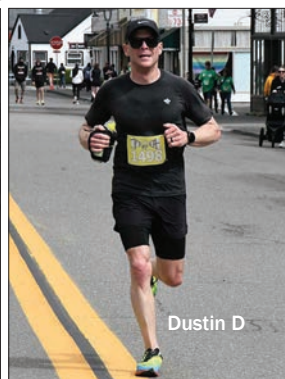
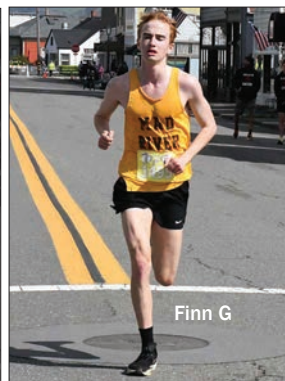
### [5] Grant

Pl Name	Time
1 Reece Merideth	23:14
2 Parker Jones	24:27
3 Norah Merideth	25:35
4 Johnny Diaz Talavera	26:19
5 Piper Bishop	29:14

### [6] Washington

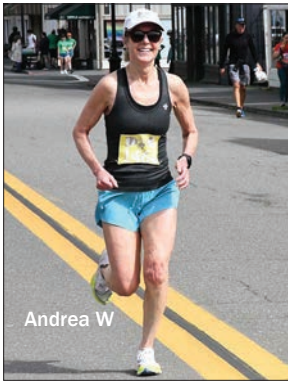
Pl Name	Time
1 Isabella Roine	23:38
2 Elizabeth Renz	32:29
3 Elizabeth McCloskey	35:24
4 Giovanni McCloskey	39:05
5 Harper Von Werlhof	43:35

10M

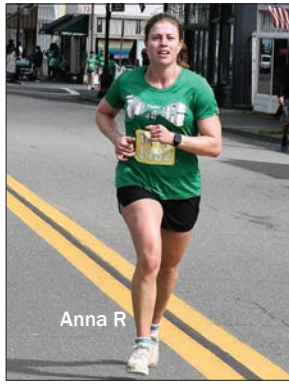


• 10M: Top 20 finishers are shown here. Visit <http://www.grrc.com> for the rest.

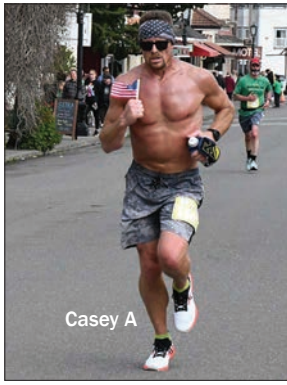




Andrea W



Anna R



Casey A

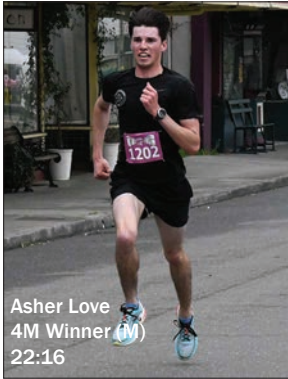


Matt W



Dustin D

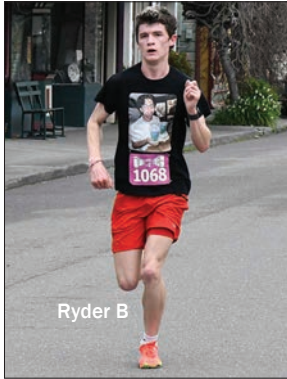
4M



Asher Love  
4M Winner (M)  
22:16



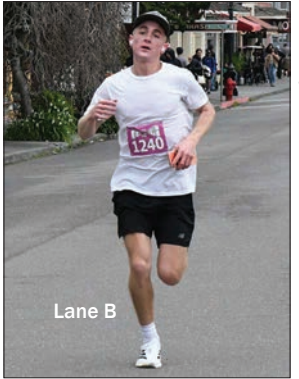
Anthony C



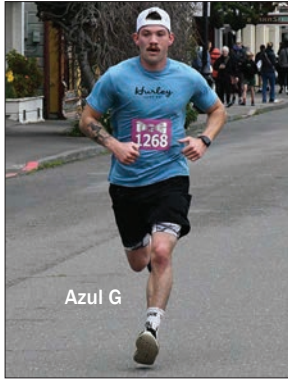
Ryder B



Juan O



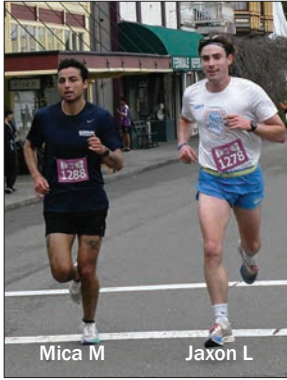
Lane B



Azul G



Jason W



Mica M

Jaxon L



Eli C



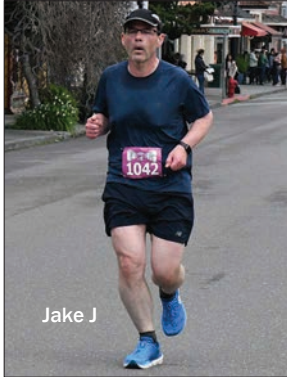
Michelle Klim  
4M Winner (F)  
27:02



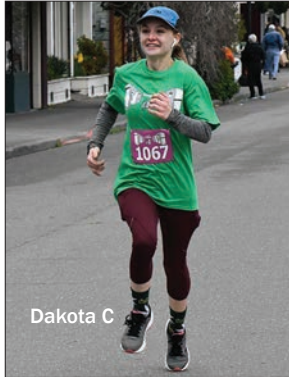
Zion C



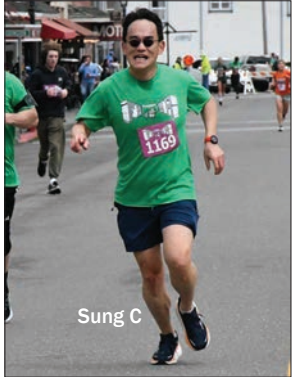
Rowan M



Jake J



Dakota C

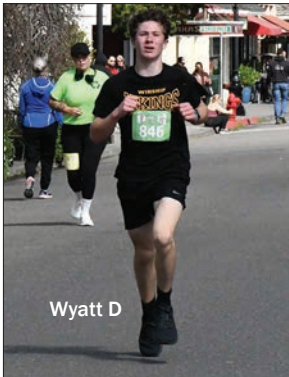


Sung C

2M



Owen Ingram  
2M Winner (M)  
11:34



Wyatt D



Liam W



Reese S



Jaxon-Stone S

● 4M: Top 11 + some finishers are shown here. Visit <http://www.Grc.com> for the rest.





Trevyn S



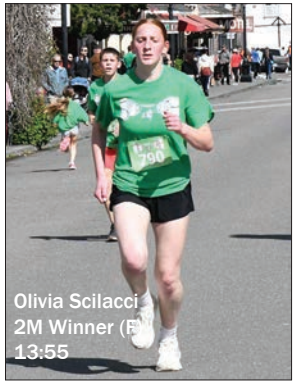
Jonah V



Jonathan T



Jules D



Olivia Scilacci  
2M Winner (F)  
13:55

## SRRC Hall of Fame -- Latest Inductees

SRRC wrote on Sun, Jan 11, 2026:

Lanore & Jurgen,

**Congratulations** again on becoming the latest SRRC Hall of Famer.

I am relaying an information (from Gary Timek) in case you are not aware of:

1). As a Hall of Famer, you don't need to pay for any SRRC races, including Avenue of the Giants races, Humboldt Redwood races, Foggy Bottoms Milk Run races, Atalanta Run, July 4th, Grasshopper Peak races, etc. For any races, send an e-mail to the race director that you want to run, then the race director will give you a **free entry**.

2). Also, you're now a **life-time member** of SRRC, and you don't need to renew your annual membership.

**Jurgen Giessel** <jurgessel@gmail.com> wrote on Sun, Jan 11, 2026:

SRRC has enhanced my life for decades. I am deeply indebted by the untiring service of all the volunteers, that keep this club going. I myself have done very little volunteering, but now I am not even supposed to pay race entry fees anymore.

This is going too far. I want to make a contribution. Please let me know where to send my check. – Jurgen

**Lanore Bergenske** <lbergenske@fortunaesd.com> wrote on Sun, Jan 11, 2026:

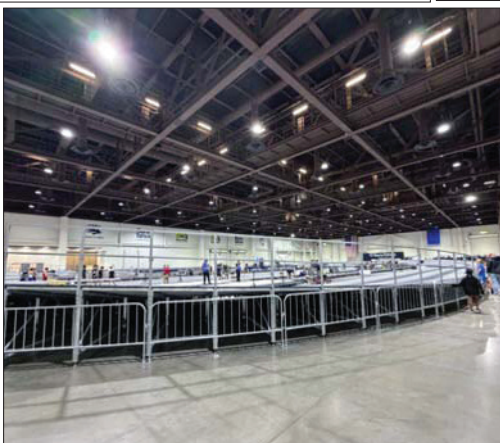
Thank you for blessing me with this prestigious award. Extremely grateful and honored! – Lanore Bergenske

**Alejandra Gallegos** <jgalle95@gmail.com> wrote on Tue, Feb 17, 2026:

I wanted to submit this for publication to give the SRRC a Shout out for helping Brida getting to an indoor door track event last weekend in Reno. Attached are some pictures and what I posted on Instagram.

This past weekend, **Brida** attended an indoor track meet in Reno and did an amazing job, placing in the top 10 in both the 800m and 1600m. We would like to say a huge **thank you** to Six Rivers Running Club for helping make this possible through their community fund. This was a great experience for Brida, and we're so grateful for the support that helped get her there.

*Thank You!*



BL @BridaLester  
Reno Indoor Track Presidents' Meet • Reno, NV • Feb 16, 2026

1600 Meters • 6:42.56a • 8th Place



Add Comment

BL @BridaLester  
Reno Indoor Track Presidents' Meet • Reno, NV • Feb 16, 2026

800 Meters • 2:54.46a • 9th Place



# "A Friend from the Past Remembered"

Mr. Sunshine (Thom Boswell) <thomboz@yahoo.com> wrote on Thu, Feb 26, 2026:

I have another article for our newsletter. I wanted to write this 4 years ago, but was too overcome at the time. But enough time has passed that I can see more clearly.

And if you can find the picture of us in Flapper Dress and Zoot Suit, that would be pretty cool. I've also attached a picture of us at her first race, at the finish line, presumably taken by SRRC's favorite photographer.

## Jen is Dead

Jen asked me about my running and also about the Six Rivers Running Club. She told me that she occasionally jogged around her block with her toddlers in a stroller.

Jen and I met through the Swing Dance community. I was a beginner. She was pretty good. I didn't like dancing with her because she couldn't stay on the beat. I complained to a dance instructor. He explained "Jen is the perfect follow, if she is off beat, it's because you are leading her off beat". So after that I used her as my guide to improve my lead and rhythm skills.

Jen was ubiquitous in the Humboldt community. If there was an event; dance, farmer's market, festival, or concert... she was there. If she saw me, she included me in her circle.

A defining characteristic of Jen was that she was completely nonselective with her friends. Anyone could be her friend. I went to a party she hosted... it was not fun. When she realized that, she would advise me which of her parties I should come to, depending on the type of people that would be there. I thought she liked all these people. She didn't. But she treated everyone as if she did like them, everyone as well as she treated me... so in retrospect... I'm not sure which camp I was in?!

We became very close friends and when she got married, nothing changed. I became besties with her husband also. When he went out of town he would ask me to look in on her.

The first race she came to was a Halloween run, she showed up in a skeleton costume with two toddlers in her stroller. I told her that I would wait for her at the finish line. But somehow she stayed with me... until the last few hundred yards when she started dropping back. But I was wise to her scheming and scolded her. "The only thing worse than getting beat by a gal with a stroller is the gal letting me win!" At which point the trio effortlessly rolled by me. After that, I only ever saw her at the start and finish lines.

I do a big all family NYE event. I do the Resolution Run in whatever I wore the night before. I'm still looking for the picture of me in my Zoot Suit and Jen in her Flapper Dress.

In January 2022, she was pushing one of her kids in a stroller through a crosswalk. Nice clear day, wide street, low speed limit, a few blocks from home... and a distracted driver. Witnesses said she shoved the stroller through the street and it crashed into some bushes, saving the life of her child. One of her shoes lay 20' from her body. The ambulance got there when she was still conscious. Jen left us a few days later. Redwood Raks Dance Collective named their outside area the Mariposa Patio after her middle name. Mariposa is Spanish for butterfly.

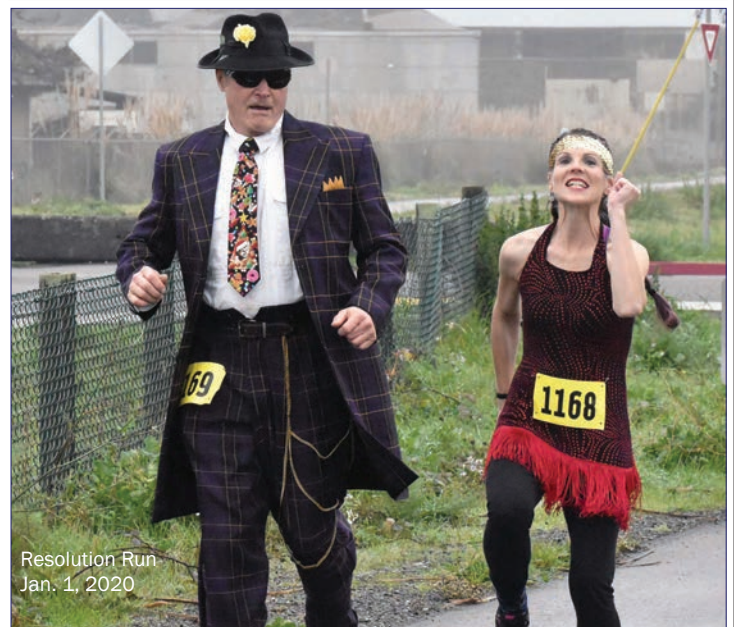
Now I seem to in the last chapter of my life. I complained to my Cardiologist that I've always taken care of my body, lived clean, and was an athlete. How could this happen to me?! He put his hand on my knee, looked me in the eye and said "If you weren't a runner, you would be dead!" Hmmm... a matter of perspective. I tell my friends, "my body is trying to kill me, the doctors are trying to keep me alive. I am somewhere in the middle..." still enjoying life while looking forward to the 'Promised Land'. That's why you haven't seen me at events for a while.

But this article is not about Jen. And it isn't about me. I'm quite sure most of you have not missed Jen, because you didn't know. I wonder about all the others that have left us. Some went suddenly while active in our club. We miss them. But others are less well known, like Jen.

And still others, like me, slow down, become less involved, and fade away. So we slip from the group consciousness and when we go, no one knows.

I hope we can take a few minutes to **remember people that we ran with**, but don't see anymore. Maybe they have other interests or moved from the area. But maybe they are gone.

It is also good to remember that **SRRC has been a blessing to so many, extending our lives, and enriching our hearts.** I miss you, Jen! – Mister Sunshine





# New *Golden Era* for American Long-Distance Running

**Chris Stevenson** <chrisstevensonrn@gmail.com> wrote on Sun, Feb 22, 2026:

We love to run, but not all of us follow the sport. So, let me tell you that **American distance running** is in the midst of a **golden era**, with records falling from the mile to the marathon – and even out to 100 miles. From Olympic champions to teenage phenoms, the depth and range of talent across the United States has never looked stronger.

At the center of it all is **Cole Hocker**, the reigning Olympic 1,500m champion and World 5,000m champion. In February 2026 alone, Hocker delivered one of the greatest indoor performances in history, clocking **3:45.94** for the mile – an American indoor record and the second-fastest indoor mile ever run worldwide. His ability to dominate both the 1,500m and 5,000m signals a rare blend of speed and strength that defines this era.

Right alongside him is **Yared Nuguse**, who captured Olympic bronze in the 1,500m in 2024 and held the indoor mile world record in early 2025. Nuguse has consistently proven that American milers can not only compete globally but dictate the pace of world-class racing.

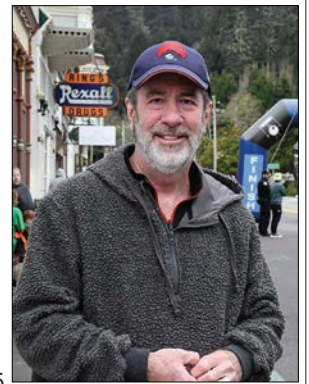
The 5,000 meters has also seen historic breakthroughs. **Nico Young** stunned the track world on June 12, 2025, running 12:45.27 to set a new American outdoor record. He also posted an indoor mile personal best of 3:48.72, underscoring his versatility. Meanwhile, **Grant Fisher** continues to build one of the most complete resumes in U.S. distance history. After earning bronze medals in both the 5,000m and 10,000m at the 2024 Paris Olympics, Fisher achieved the **“distance trifecta”** in 2025 – sub-3:50 for the mile, sub-13:00 for 5,000m, and sub-27:00 for 10,000m – becoming only the second man ever to accomplish the feat.

The next generation is already making headlines. At just 16, **Cooper Lutkenhaus** ran a staggering 1:42.27 for 800m, becoming the youngest American ever to qualify for the World Athletics Championships. **Hobbs Kessler** added to the momentum by setting an indoor world record of 4:48.79 for 2,000 meters in Boston, breaking a mark that had stood since 2007. And **Josh Hoey** pushed the envelope further with a world record 1:42.50 in the indoor 800m.

Beyond the track, American endurance is thriving. **Connor Mantz** shattered the American men’s marathon record in **2:04:43**, while **Ashley Paulson** set a 100-mile world record of 12:19:34. On the collegiate stage, freshman sensation **Jane Hedengren** ran 8:34.98 for 3,000 meters and 14:44.79 indoors – historic marks that signal even more to come.

From the mile to the ultra, American distance running isn’t just competitive – it’s redefining what’s possible. And, we in the Humboldt area are close enough to see the best in person. Perhaps the world’s greatest track meet outside the Olympics is in Eugene, Oregon – The Prefontaine Classic, coming on July 3rd and 4th.

Thanks! – Chris Stevenson



**Lanore Bergenske** <lbergenske@fortunaesd.com> wrote on Wed, Feb 25, 2026:

On Sunday, February 22, **Alicia Mengel** and I completed the **Ventura Marathon** – a gorgeous course that began in the rolling hills of Ojai and finished near the ocean in Ventura. The setting was ideal, and the support along the way was fantastic. A special highlight was having my daughter, Amy, there to cheer me on as I crossed the finish line. This was marathon and beyond #116 for me – and the adventure continues!

## Ventura Marathon

Ventura, CA

6:30 am, Sun., Feb. 22, 2026



OvP	Name	G/age	Time	Home	Bib#
515	<b>Alicia Mengel</b>	F46	3:32:44	McKinleyville	1258
584	<b>Lanore Bergenske</b>	F68	3:39:15	Fortuna	35



After **FBMR in Ferndale** on 3/08/26:

[1-#] := Resolution Run (1/01/26)

[2-#] := Hour Run (2/14/26)

[3.t-#] := FBMR 10M (3/08/26); [3.f-#] := FBMR 4M

**14 & Under Male:** Liam Chapman [1-1, 2-2], Caleb Powell [1-2], Maddox Chapman [1-3, 2-1], Jacob Beede [1-4], Oliver Stamper [1-5, 2-4, 3.f-2], Onyx Kamplain [1-6], Nano Rayburn [1-7], Isaiah Pauline [1-8], Colin Blasi [1-9], Zane Chapman [2-3], Westley Porter [2-5], Felix Porter [2-6], Grant Bumgardner [3.f-1], Westley Porter [3.f-3], Felix Porter [3.f-4]. *Grandma, tell Oliver he's leading his division with three completed races. Looking sharp!*

**14 & Under Female:** Isla Archibald-Buchanan [1-1], Roenne Powell [1-2, 3.f-1], Marayah Kaiser [1-3], Elena Cudahy [1-4], Eliana Powell [1-5], Ariella Rayburn [1-6], Emilia Wright [2-1], Arianna Porter [2-2], Sofie Stampe [2-3]. *Roenne has a first in the Foggy Four to take over the lead with 2 races completed.*

**15-19 Male:** Sebastian Amaro [1-1], Brayden Ford [1-2], Ocean Goodrich [1-3], Gideon Turner [1-4, 2-1], Jorge Montenegro [3.t-1], Ryder Bullman [3.f-1], Juan Ornelas [3.f-2], Christopher Ornelas [3.f-3], Nolan Kavanaugh [3.f-4].

*Gideon did not compete at Ferndale, but still leads with two races completed. Jorge ran a strong Ten at the Foggy and Ryder and Juan took 3<sup>rd</sup> and 4<sup>th</sup> overall in the Four at a 5:39 and 5:43 pace, respectively.*

**15-19 Female:** Abby Choi [1-1], Joanna Tobon [3.t-1], Natalie Wyllie [3.f-1], Brida Lester [3.f-2], Arianna Porter [3.f-3]. *Abby, Joanna & Natalie each have a first. Brida has a second and Arianna a third. Joanna looked sharp in the Foggy Ten.*

**20-24 Male:** Caleb Turner [1-1, 2-1], Drew Jensen [1-2], Elias Surber [1-3], Diego Garcia [1-4], Lane Bolton [3.f-1], Azul Graham [3.f-2], Angel Ornelas [3.f-3], Adam Timek [3.f-4]. *Caleb still leads with two firsts, but Lane and Azul blistered at the Foggy Four taking 5<sup>th</sup> and 6<sup>th</sup> overall.*

**20-24 Female:** Elizabeth Odell [1-1], Hanna Taylor [1-2]. *Competitors in this division evidently got lost in the Ferndale Fog. :-)*

**25-29 Male:** Kent Davidson [1-1], Jasper [1-2, 2-1, 3.f-3], Eric Coppa [3.t-1], Sean Gordon [3.f-1], Seth Downey [3.f-2]. *Jasper leads the pack with three races, including a first place finish at the JW track. Eric ran a very respectable 8:01 pace in the Foggy Ten. Sean and Seth both completed the Foggy Four.*

**25-29 Female:** Desiree McBride [1-1], Alexa Stefanakis [1-2], Anna Riedl [3.t-1], Samantha Webb [3.t-2], Dakota Carlson [3.f-1]. *Dakota threw sparks with a second overall for women in the Foggy Four. Anna was even faster, with a 7:39 pace in the Ten.*

**30-34 Male:** Brent Ritschel [1-1], Ryan McLaughlin [1-2, 3.t-1], Ben Emery [1-3], Ross Mayfield [1-4, 3.f-1], Jesus Mendez [1-5], Thomas Nolan [2-1], Galen Hammitt [3.t-2], Marcus Torres [3.f-2]. *In his 2<sup>nd</sup> race of the year, Ross picked up his first win, outpacing Marcus in the Foggy Four. Ryan took 6<sup>th</sup> overall and was the second local runner to finish the Foggy Ten. Dynamic!*

**30-34 Female:** Day Robins [1-1], Ashley Knowlton [1-2], Savannah Steffen [1-3], Kristi Vernig [1-4], Jaslin Rowan [1-5, 3.f-2], Cheyenne Schorlig [1-6], Kayla Wendlandt [1-7], Diane Lamb [1-8], Jenna Mossi [3.t-1], Courtney Carlson [3.t-2], Olivia Moskowitz [3.t-3], Michelle Klim [3.f-1]. *Jaslin has two races for the lead, but taking out for Michelle, first overall in the Foggy Four at 6:45 per mile. Jenna and Courtney both put in excellent efforts in the Ten, with Jenna taking the honors.*

**35-39 Male:** Tim Burrus [1-1], Steve Luu [1-2], Jacob Kamplain [1-3], Dillon Ayers [2-1, 3.t-1], Matthew Scott [3.t-2], Alex Wright [3.t-3], Danny Emme-necker [3.t-4], Cole Salmon [3.f-1], Brendan Madsen [3.f-2]. *Dillon leads this division with two finishes, both firsts.*

**35-39 Female:** Nina Carson [1-1], Annie Fehrenbach [1-2, 3.t-3], Jenna Larson [1-3], Katrin Lemmon [1-4, 3.t-5], Nicole Kurth [1-5], Noël Loranger [1-6, 3.f-1], Ella Price [1-7], Valerie Fazan [1-8], Dori Larson [1-9], Christina Torres [1-10, 3.t-6], Krista Granshaw [1-11], Camille Sathrum [1-12], Kacy Tonkin [1-13], Catherine Lamb [1-14], Meg Stampe [1-15, 2-3], Ashley Powell [1-16, 3.f-3], Ariana Rayburn [1-17], Cruz Marbain [2-1], Sophia Sambo [2-2], Emily Batini [3.t-1], Sarah Collins [3.t-2], Isabel Hirsch [3.t-4], Mary Anderson [3.t-7], Alejandra Gallegos [3.f-2]. *Annie leads with a 2<sup>nd</sup> and a 3<sup>rd</sup>. Katrin, Noël & Ashley have also completed two races. This division had seven Ten-mile competitors at the Foggy, with Emily proving to be the quickest.*

**40-44 Male:** Dustin Diller [1-1, 3.t-1], Matthew Kidwell [1-2, 3.t-2], Zachary Chapman [1-3], Tyler Granshaw [1-4], Matt Wells [1-5, 2-1, 3.t-3], Jorge Preciado [1-6], Isaac Croteau [1-7], Shar-Lo Kelly [1-8], Mark Withrow [1-9], David Turner [2-2], Shawn Porter [2-3, 3.f-2], Isaac Croteau [3.t-4], Juan Reyes [3.t-5], Zion Carl [3.f-1], Adam Timek [3.f-3]. *Matt Wells leads the division with three races in the books. Dustin cruised Matt Kidwell to take first place in the Foggy Ten Masters competition and first local finisher overall. Matthew, stopping to milk a cow is not, I repeat, is not a requirement of the race.*

**40-44 Female:** Karen Kidwell [1-1, 3.t-2], Erica Caddell [1-2], Andrea Lovio [1-3], Jessica Burrus [1-4], Jo Archibald [1-5, 2-1, 3.t-4], Aubrey Gates [1-6], Melissa Kaiser [1-7], Lauren Pottker [1-8], Naomi Stamper [1-9, 2-3, 3.f-4], Leah Stamper [1-10, 2-2, 3.f-3], Danielle Lefever [1-11, 3.t-6], Becky Brennan [1-12], Crystal Porter [2-3, 3.f-5], Sarah Landis [3.t-1], Tara Vu [3.t-3], Heidi O'Hanen [3.t-5], Brittany Gribbin [3.f-1], Jennifer Alves [3.f-2], Cecelia Timek [3.f-6]. *Jo, Naomi & Leah with three races each, Karen, Danielle & Crystal with two races each. Six Tens and six Fours at Ferndale. The early lead goes to Jo.*

**45-49 Male:** Sky McKinley [1-1], Clayton Weber [1-2], Brian Buchanan [1-3], David Turner [1-4], Zachary Chapman [2-1], Richard Roybal [2-2], Shar-Lo Kelly [2-3], Jeremy Wright [2-4]. *Competition in this division delayed on account of fog. :-)*

**45-49 Female:** Alicia Mengel [1-1], Alicia Smith [1-2], Trudie Blasi [1-3], Mavelyn Socha [1-4, 3.t-5], Catherine Archibald [1-5], Kit Meyer [1-6, 2-1], Gretchen Whitmer [1-7], Brynn McCulloch [1-8], Brandy Scriptor [1-9], Robin Fraser [1-10, 3.f-4], Amy Turner [2-2], Pam Naylor [3.t-1], Courtney Ladika [3.t-2], Jennifer Marlow [3.t-3], Olivia Symanovich [3.t-4], Casse Weaver [3.t-6], Amy Taylor [3.f-1], Amy Livingston [3.f-2], Camille Riggs [3.f-3], Sarah Sullens [3.f-4]. *Mavelyn, Kit & Robin have two finishes each to lead this division. Pam is best overall woman in the Foggy Ten clocking a 6:59 pace. Magnificent!*

**50-54 Male:** Jake Johnson [1-1, 2-2, 3.f-1], Chris Schinke [1-2], Matthew House [1-3], Sung Choi [1-4, 2-3, 3.f-2], Darryl Pauline [1-5], Rob Amerman [2-1, 3.t-2], Craig Wasko [3.t-1]. *Jake has two firsts and a second to lead this division. Sung has completed three races and Rob two. Jake and Sung were both under an eight-minute pace in the Foggy Four, but Craig nearly maintained a seven-minute pace in the Ten, outrunning Rob, who kept up an 8:04 pace.*

**50-54 Female:** Yvette Ferreira [1-1], Amy Duerfeldt [1-2, 3.f-2], Meredith Wolfe [1-3], Susan House [1-4], Deirdre Amaro [1-5], Brenda Estes [2-1, 3.f-3], Meghan Mott [3.t-1], Katie Bisson [3.t-2], Jen Foesig [3.f-1]. *Brenda has a first and a third while Amy has two seconds, but Amy outpaced Brenda in the Foggy Four. We're all on pins and needles here.*





**55-59 Male:** Shawn Magnuson [1-1, 3.t-1], Donny Holiman [1-2, 2-2], Rob Amerman [2-1], Gabriel Bennett [3.f-1], Russell Gaskell [3.f-2]. *Shawn covered the Foggy Ten at a 9:02 pace and takes over the lead from Donny in the "I'm too young to be a grandpa" division.*

**55-59 Female:** Nicolette Amann [1-1], Becky Chapman [1-2, 3.f-2], Tonia Pettit [1-3], Jeanette Suhay [1-4], Shauna Davidsen [1-5], Michelle Hasting [1-6], Catrina Howatt [2-1, 3.f-3], Kim Bergel [3.t-1], Laura Coppini [3.f-1]. *Catrina has a first and a third and Becky has two seconds, one of which put her ahead of Catrina in the Foggy Four, putting them one-two, or should I say two-one in the early going.*

**60-64 Male:** David Macauley [1-1, 2-2], Eric Einem [1-2], Arthur Barker [1-3, 2-3, 3.t-1], Ed Kallen [1-4], Mel Sample [1-5], Dale Davidsen [1-6], Tom Davies [2-1], Pete Carlson [2-4], Richard Engel [2-5], Tom Nolan [2-6]. *Arthur dominates in his third race, winning easily.*

**60-64 Female:** Caroline Carson [1-1, 2-2, 3.t-2], Tj Chapman [1-2, 2-3], Sherrie Sample [1-3], Dawn Durbin [1-4], Andrea Wright [2-1, 3.t-1], Marlene Allen [2-4], Simona Carini [3.t-3]. *With three races in hand, Caroline leads. Andrea is right behind with two firsts, including a 7:38 fifth overall in the women's Foggy Ten and Simona joins the party with an excellent 9:13 pace in the Ten.*

**65-69 Male:** Jeff Haag [1-1], Mark Chapman [1-2, 2-1], John Carson [1-3], Robert Ayers [1-4], Michael Chapman [1-5, 3.f-3], Dean Matheson [1-6], Mishka Straka [2-2], Dave Ryan [3.f-1], John Aryanpur [3.f-2]. *Dave and John come in one-two in the Foggy Four and Michael joins Mark with two races in the book to lead the division.*

**65-69 Female:** Lanore Bergenske [1-1, 2-1, 3.t-1], Michaele Whiteley [1-2, 3.f-1], Marcile Raney [1-3], Mary Ann McCulloch [1-4], Lalitha Brinckhaus [1-5], Audrey Shears [1-6], Kathleen Lake [2-2], Marlene Allen [3.t-2], Karen Adams [3.t-3], Berit Meyer [3.f-2]. *Lanore makes it three for three for the lead at a 7:47 clip in the Foggy Ten. Marlene and Karen also serve ten while Michaele and Berit do time as well.*

**70-74 Male:** Paul Kinsey [1-1, 2-1, 3.t-1], Brian Ferguson [1-2, 2-3, 3.t-2], Bob Beede [1-3], Alan Grau [2-2], Mark Ellis [2-4], Harry Kavich [2-5]. *Paul and Brian go one-two in the Foggy Ten, increasing their stranglehold. Bob, Alan, Mark, Harry, put your heads together guys. I wanna' see something here.*

**70-74 Female:** Debbie Stamper [1-1, 2-1, 3.f-1], Sherry Myers [2-2, 3.f-2]. *Debbie and Sherry both do four at Ferndale. Did I already mention stranglehold?*

**75-79 Male:** Cyril Carl [1-1, 3.f-2], Tom Martin [1-2, 2-1], Joe Carroll [1-3], Alan Lowry [2-2], Randy Emenaker [3.f-1], Ira Blatt [3.f-3]. *Cyril still leads this division and looks unbeatable. He and Tom each have a first and a second, easily.....wait a minute, hold on. I think we need to review the footage on this one. Ira, did you see anything?*

(Continued on page 16)

# SRRC Crossword Puzzle

## ACROSS

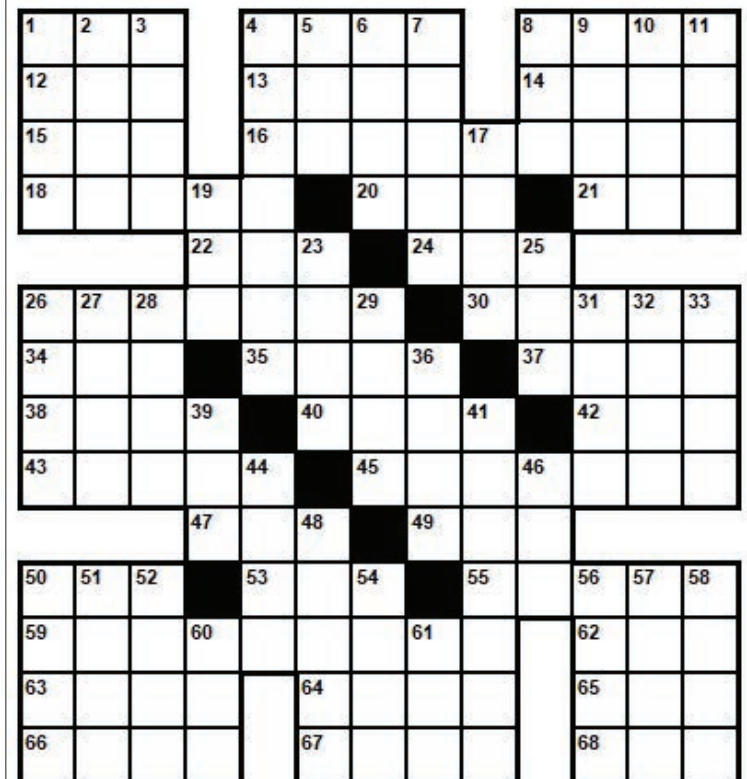
- 1 Distant
- 4 Deep voice
- 8 Donations to the poor
- 12 An individual
- 13 Baking chamber
- 14 Circuit
- 15 Ingested
- 16 What my running coach says, part 1
- 18 Intermediate distance runner
- 20 Ocean
- 21 Unhappy
- 22 Tear
- 24 "Messenger" molecule
- 26 What my running coach says, part 2
- 30 Chopped into cubes
- 34 Contrary, compactly
- 35 Swabs
- 37 Leader of the Venetian Republic, 8th-18th centuries
- 38 Portal
- 40 Young dogs
- 42 Regulation
- 43 Soaring
- 45 What my running coach says, part 3
- 47 In favor of
- 49 Beam
- 50 Trig function
- 53 French article
- 55 Answer
- 59 What my running coach says, part 4
- 62 Where to go in Britain
- 63 Enliven, with "up"
- 64 Otherwise
- 65 Atmosphere
- 66 At some time or other
- 67 Take a break
- 68 Toward Grants Pass from Eureka

## DOWN

- 1 Suds
- 2 Contrary to
- 3 Spool
- 4 Element number 107
- 5 May marathon, for short
- 6 Collections
- 7 Mocking expression
- 8 In total
- 9 Defeat
- 10 N.Y. home for Picasso
- 11 Went fast
- 17 Terrain
- 19 Get it wrong
- 23 Drip sound
- 25 Assistance
- 26 Eastern relaxation regimen
- 27 Iridescent gem
- 28 As far as
- 29 Electronic book format
- 31 Frigid
- 32 Mild expletive
- 33 "In the evening \_\_\_ and damps"
- 36 Goad
- 39 What comes between ee and gee
- 41 Budding actress
- 44 Travel fee
- 46 Nautical affirmation
- 48 Talk about, with "to"
- 50 Guitarist's clamp
- 51 Unrestricted
- 52 Our Club
- 54 Running shoe part
- 56 Strategy
- 57 Certain cut of meat
- 58 The old days
- 60 Presidential nickname
- 61 WW2 intelligence agency



Arcata  
Jan. 31, 2026



"Ken Yanosko" <kenyanosko@sbglobal.net>

# Upcoming Events

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

NONPROFIT  
ORG  
U.S. Postage  
PAID  
Eureka, CA  
Permit No. 43

SAT., APR 4, 2026 << **not SRRC race** >>

**5K Run in the Redwoods.** {\$25, free for kids < 12} **5K** at 10AM. Registration 8:30~9:45AM. Start & finish at the Prairie Creek State Park. All proceeds will benefit Redwood National & State Parks. Visit the web page <<https://redwood-parksconservancy.org/run-in-the-redwoods-5k/>> for more info.

SAT., APR 11, 2026 << **SRRC race** >>

**Master's Race.** {\$10 for nonmembers, free for SRRC members) **10K** at 10AM. Starts at the north parking lot of Clam Beach. This race is for runners **40 years old and older**. It is age graded and your start time is based on your age, with the oldest starting first. So it will be a "staggered" start, which makes registration in advance necessary. Visit our webpage ([www.6rrc.com](http://www.6rrc.com)) for **online signup**. For more information contact **Mark Ellis** at <[mg8ellis@gmail.com](mailto:mg8ellis@gmail.com)>.

SUN., MAY 3, 2026 << **SRRC race** >>

**54<sup>th</sup> Avenue of the Giants.** {fees for all} For more information visit <https://theave.org/>.

SUN., MAY 10, 2026 << **SRRC race** >>

**43<sup>rd</sup> Atalanta's Victory Run.** {fees for all} For more information visit <https://www.atalanta-run.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](mailto: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](mailto:pvpathway@gmail.com)> for more information.

## Wednesday Evening Run.

Every Wednesday at 5:30PM a group of runners meet up at a local restaurant and go out for a run. There is a wide range of runners, paces and distances. It's all about community! After the run they hang out and share a meal/and or beverage of your choice. Find them on Facebook under Humboldt County Beer runners or email **Mishka Straka** <[pvpathway@gmail.com](mailto:pvpathway@gmail.com)> for more information. All are welcome. See you there!

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



Continued from page 15)

**75-79 Female:** Donna Ayres [1-1], Lorraine Dillon [1-2, 2-1, 3.f-1], Portia Matheson [1-3, 2-2], Caroline Taberner [1-4], Faith Mason [1-5]. *Lorraine extends her lead in this division running the Foggy Four in 12:00 flat.*

**80-84 Male:** Gerald Crnich [3.f-1]. *Mr. Crnich, that be one!*

**85-89 Male:** Jib Ray [1-1, 2-1], Jurgen Giessel [2-2], Jerry Fowler [3.f-1]. *And Jerry throws his fedora into the ring.*

For any questions or suggestions, contact Yoon G Kim at <[ygk1@humboldt.edu](mailto:ygk1@humboldt.edu)>.



FBMR  
Mar. 8, 2026

Roenne

Ashley

## 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"





# HRRAY is Making Some Big Changes

At the beginning of 2013, **Reed Elmore, Sarah Elie** and I came up with an idea that we felt would improve local youth running and encourage more Humboldt County elementary and middle schools to be involved in cross country and track and field. We came up with a unique name for the program, HRRAY, Humboldt Redwoods Running Association. HRRAY was not a great acronym, so we added a "y" and it became HRRAY. By this time, we had built an email listing of almost all the school in the county. We found schools that would host cross country and track meets, and had the backing of the **Six Rivers Running Club**, who is our parent organization. We used many of the coaches who had experience to host meets at their schools. We supplied equipment and some volunteers, and purchased awards and incentives. To our surprise, at the first cross country season, we had almost 200 runners in kindergarten to 8<sup>th</sup> grade.

I had coached middle and high school track for over 30 years, so most of the coaches in Humboldt knew me or had heard of me, so it was fairly easy to use our program to support the middle and elementary track programs. We provided a schedule, equipment, awards and volunteers for the track programs beginning in 2014 or 2015. We added a kindergarten to 4<sup>th</sup> grade program with the help of Reed Elmore and College of the Redwoods. The 5<sup>th</sup> to 8<sup>th</sup> grade program was very large, but the smaller K-4<sup>th</sup> grade program was a lot of fun and easier to put together. Now the K-4 program attracts about 200 youth runners and the 5<sup>th</sup>-8<sup>th</sup> grade program has had a few meets with over 500 athletes. A fantastic surprise was having Cal Poly Humboldt offer to host both a K-4 meet and a 5<sup>th</sup>-8<sup>th</sup> grade meet, using Cal Poly athletes to hand out awards, do the timing, and help with all the events. With the local high schools, College of the Redwood and Cal Poly track team members helping at our meets, our local youth get a fantastic introduction to track and field.

Thanks to Reed Elmore and Sarah Elie, and the many members of the Six Rivers Running Club, this program had a great start. Eventually, our running committee changed. **Davita McGoldrick**, the Jacoby Creek and Arcata High Coach, joined our committee. She had already been one of the most important members of the organization, and was putting together the largest teams in the program. **Alysia Davidson** was helping with the Trinidad program and also joined our committee. **Breanna Cahoon** had three daughters in the program and became our fourth member after losing Reed and Sarah. Our final member, **Rikki Coutopassi**, joined recently. She has been a coach for many years and was a fantastic supporter of the program.

We have been lucky to have such an outstanding group of dedicated local runners and coaches, making this program a great success. But it may be coming to a close. Next year will be the last year these same five people will be continuing the program. Davita is going to concentrate on the high school track program and Alysia will be taking time to visit her children and taking more time for travel. I will be nursing sore muscles and relaxing, doing things in the fall and spring that I enjoy.

Rikki and Breanna will continue the program if they can get some more help for the HRRAY committee. If you would be interested, please contact me. After this track season, we will be organizing a meeting with anyone interested in learning about the program. Then, we will use the 2026/2027 season as a training year, and hopefully, keep the program going into the future.

We have support from various organizations besides **SRRC**, including **Humboldt Sponsors, Schmidbauer Family Foundation, Cal Plumbing and Fire Suppression, Rotary Club of Arcata Sunrise, College of the Redwoods, Cal Poly Humboldt** and our **local high schools**.

It is a great deal of work, but very rewarding. It is great for our community and the local track and cross country programs. I hope I will hear from some of you. I would hate to see this successful program disappear. – **Jack West** <jandjwest@yahoo.com>



## The 2026 Track Season is About to Begin

The 2026 youth track and field program is about to begin. The first three meets are at the end of March, so they may be complete by the time this newsletter reaches you. Cal Poly Humboldt will work with HRRAY for two meets, **March 24**, our only K-4 meet this year, and **March 26**, the first 5<sup>th</sup>-8<sup>th</sup> grade meet. Sarah Ingram and her coaches volunteer their track team to help both days. Because it is early in the season, we don't use a timing company, so we use old fashioned stopwatches, a regular starting pistol and handwritten results. The Cal Poly track athletes do most of the work, including starting, timing and running the field events. It is a great experience for our local youth track runners. HRRAY is thrilled to have this experience. The K-4 meet begins at 3:30 PM and is over about 6:30 PM. The 5<sup>th</sup>-8<sup>th</sup> grade meet begins at 3:00 PM with the 3,000 meters. We hope to complete the meet by 7:00 PM, but if we get over 400 runners, it may go longer.

There are two more meets for the 5<sup>th</sup>-8<sup>th</sup> graders. The second meet, the Fortuna High School Track & Field Invitational, is on Tuesday, **March 31**, at Fortuna High School. The Fortuna High School track team will be helping with the field events, finish line and announcing. The meet is held on the high school track and will begin at 3:30 PM and should be completed by 8:00 PM.

The final meet of the season is the Humboldt County 5<sup>th</sup>-8<sup>th</sup> Grade Track & Field Championships. It will be held Tuesday, **April 21**, at McKinleyville High School. It will also begin at 3:30 PM and end about 8:00 PM. The meet will decide the top eight runners in each division in each event. The divisions are 5<sup>th</sup> grade girls, 5<sup>th</sup> grade boys, 6<sup>th</sup> grade girls, 6<sup>th</sup> grade boys, 7<sup>th</sup> grade girls, 7<sup>th</sup> grade boys, 8<sup>th</sup> grade girls and 8<sup>th</sup> grade boys. The events are 100 meters, 200 meters, 400 meters, 800 meters, 1500 meters, 3000 meters, 100 meter hurdles, 4X100 relay, 4X400 relay, long jump, triple jump, high jump, discus and shot put.

We would love to have SRRC members attend some or all of our meets. Please let us know if you would like to help. Please call me at (707)845-6382 or write HRRAY at <hrray707@gmail.com>. – **Jack West** <jandjwest@yahoo.com>





HUMBOLDT COUNTY ELEMENTARY/MIDDLE SCHOOL  
2026 TRACK SCHEDULE  
TK-8<sup>TH</sup> GRADE



DATE	MEET	LOCATION	START TIME	END TIME	GRADE
Mon. February 23	Track Meeting	Jacoby Creek Multi-Purpose Room	6:00 PM	7:00 PM	Coaches
Thurs. February 26	Track Clinic Reed Elmore	College of the Redwoods	4:00 PM	6:00 PM	Coaches Parents
Tues. March 24	Cal Poly K-4 Meet Sarah Ingram	Cal Poly Humboldt	3:30 PM	7:00 PM	Kindergarten to 4 <sup>th</sup> Grade
Thurs. March 26	Cal Poly S. Ingram	Cal Poly Humboldt	3:00 PM	8:00 PM	5-8
Tues. Tentative	Arcata High Davita McGoldrick	Arcata High School	4:30 PM	7:30 PM	Kindergarten to 4 <sup>th</sup> Grade
Tues. March 31	Fortuna Invitational Vince Zinzelmair	Fortuna High School	3:30 PM	8:00 PM	5-8
* All athletes must register on athletic.net in advance to compete on both the <b>March 31 and April 21 meets</b> . More directions will be sent before the meets. Results will be posted on athletic.net.					
Tues. April 21	Championships McKinleyville High	McKinleyville High School (this meet is still tentative)	3:30 PM	8:00 PM	5-8
Thurs. April 30	Del Norte Invitational	Del Norte High School	3:30 PM	7:00 PM	6-8
<ul style="list-style-type: none"> <li>All athletes must register on <a href="https://athletic.net">Athletic.net</a> in advance to compete. Results will be posted on athletic.net. This meet offers a great experience for 7<sup>th</sup>-8<sup>th</sup> grade runners.</li> </ul>					

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HRRAY  
HRRAY  
Jacoby Creek Fortuna/Toddy  
HRRAY  
HRRAY

The Schmidbauer Family Foundation

Website  
Jack West  
Davita McGoldrick  
Breanna Cahoon  
Alysia Davidson  
Rikki Cortopassi



HRRAY Contacts:

Please note: Ending times for all meets are approximate.



FBMR 10-Mile Start  
Sun., Mar. 8, 2026