



July Minutes

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

Wed., July 2, 2025, 6:30 p.m. at Chipotle in Arcata. Board members in attendance: **Marlene Allen, Sarah Sullens, Juan Reyes, Jamie Hinckley, Mark Ellis, Sherry Myers, Matthew Kidwell, Gary Timek, Jessy Preciado** and **Catrina Howatt**. Guests: **Jack West** and **Cindy Timek**.

OLD BUSINESS

A. Grasshopper Peak Redwoods Run (8:00 am, Sat., 6/07/25)

recap: 100 finishers. Warm day but no problems due to heat. Director will present the financial report next time.

B. Dow's Prairie Run (10:00 am, Sat., 6/21/25) recap: 69 runners, everything went smoothly.

C. HRRAY: Will start planning the fall XC season soon. Looking for volunteers interested in helping to organize HRRAY moving forward, contact Jack West <jandjwest@yahoo.com>.

NEW BUSINESS

A. Arcata Marsh Fourth of July Run 5K (9:30 am, Fri., 7/04/25):

Everything is ready to go.

B. Fortuna Rodeo Run 5K (9:00 am, Sun., 7/13/25): Permits are in, everything should be good to go. Registration will open at 8:00 am.

C. Sand Dollar Shuffle Run 5M (9:00 am, Sat., 8/02/25): Everything is moving forward smoothly. If you'd like to volunteer contact Paul Kraus <paulkraus59@gmail.com>.

D. Arcata Bottoms Run 3M & 12K (9:00 am, Sat., 12/13/25): Will need a new race director for this run. If interested, let Gary know.

E. CR Dinner & Auction (Thur., 8/14/25): The club will have a table to support CR athletics.

F. Other:

- Feedback from parents that maybe the club should add 2 mile races to the circuit for kids. We could retroactively start this year and make the change for the future. Marlene will reach out to Robin to see if this might be doable.
- Due to the closure of the Blue Lake Fish Hatchery, Marlene does

not want to hold the race, Matthew will look into logistics about holding the event and we will discuss more at the next meeting.

- Year end financial reports due to Cindy in August.
- **Next meeting:** Chin's in Eureka; Dinner at 5:30, Meeting at 6:30 pm, Wed., Aug. 6, 2025. Ask Gary Timek <gtimek@aol.com> for details.

thank you

On Thu, Jun 12, 2025 **Donnie Nelson** <donnien@niaa.com> wrote:

Hello, Team.

I'm not sure if anyone says "thank you" enough to all those who organize/produce our club's **circuit** ... so kudos herein.

I understand the time, energy & effort that must be put forth to keep up with such a full slate. I've only competed in a few over the years (as I live in Reno, Nev.), but I keep tabs on everything and am always pleasantly surprised on how many participate in the wide-variety of events offered. Congratulations for having first-class opportunities (and especially within a small community) for all ages.

I'm motivated to get up there again as soon as possible (just have to finally get healthy again)!

Thank you and please keep it all going. I hope to live there one of these days and be able to contribute with race management.

Respectfully, Donnie Nelson

On Mon, Jun 23, 2025 **Robin Baker** <6rrccircuit@gmail.com> wrote:

Hi Donnie,

Thank you so much for your kind words. I've looped in just a few of the folks who are involved in The Circuit though there are many more people who are involved.

So happy that you're keeping an eye on what we're up to and we hope to see you at more races soon!

Six Rivers Running Club is incorporated under the laws of the State of California. Its goals are:

1. To encourage distance running both competitive and noncompetitive, by all interested people in the Humboldt County area;
2. To arrange and manage road races open to all who are interested;
3. To print and circulate a Club Newsletter to spread information about coming races, results of past races, and running tips; and
4. To encourage and support youth running.

Third Class Mail is not forwarded!

Send address changes to:
ygk1@humboldt.edu

or Newsletter Editor
P.O. Box 214
Arcata, CA 95518-0214
(707)826-5399

Submitting Material for Publication

Unsolicited material is welcome and will be used as space permits. Contributions of articles, race reports, art, and calendar listings may be submitted handwritten or typed. However, submission via E-mail, or digital form is preferable. Photographs are best mailed as prints or through special arrangement for electronic transfer. Digital photos should be at least 150 dpi at the dimensions to be printed. Articles are edited for size and content.

Send materials for publication by the **20th day** of each month to:

Six Rivers Running Club
Newsletter Editor
P.O. Box 214
Arcata, CA 95518-0214
e-mail: ygk1@humboldt.edu

SRRC BOARD OF DIRECTORS

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SRRC OFFICERS

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

SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



9:30 am, Fri., July 4, 2025

4th of July 5K -- Arcata Marsh

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

4th of July 5K at the Marsh - **James Washington** and I happily **thank** all the volunteers who came out for this annual event! **John Carson, Catrina Howatt, Sherry Myers, Jamie Hinckley** - registration; **Don Brubaker, Yoshi Uemura, Gary Timek, Jazmen McGinnis, Carrie Browne, Bella DeCarli** - Finish Line; **Mary Wells, Davita McGoldrick, Arcata High cross country team** - course; **Zoë Cappuccio** - parking; **Reed Elmore** - lead bike; and, of course, **Yoon Kim** for timely results and photos uploaded to our website 6RRC.com!

So many raffle items from watermelons to yogurt to socks donated by many local businesses including the **Jogg'n Shoppe, Redwood Yogurt, ACE Hardware, and Murphy's Markets.**

It's always a guess on the number of participants and the number of popsicles to have on hand. The weather, after a brief raincloud, was perfect for the 215 runners and 234 popsicles were enough, yea!

Many participants did stay to help with clean-up, I didn't list these names, but **Thank You!**

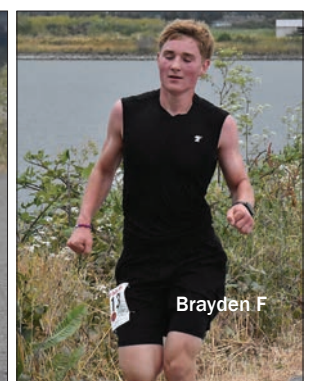
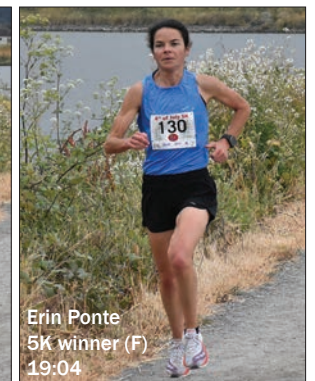
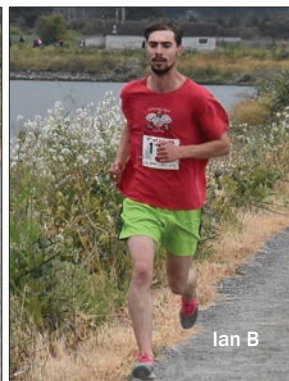
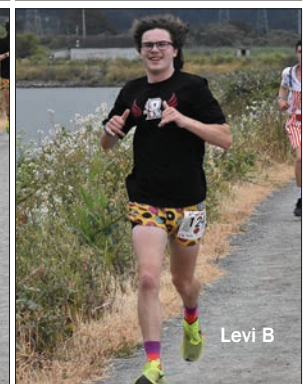
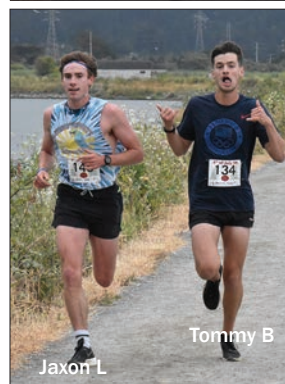
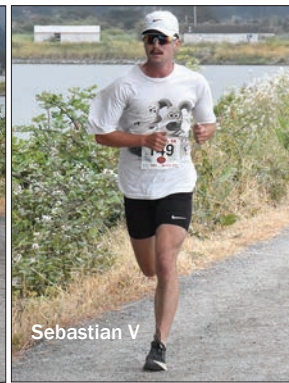


5K

Place	Name	G/age	Time
1	Jonah Grubbs	M21	16:15
2	Sebastian Vaisset	M22	16:36
3	Daniel Shaver	M19	16:42
4	Hunter Phillips	M22	16:45
5	Caleb Kyburz	M17	17:00
6	Unknown	M??	17:34
7	Jaxon LeDuc	M24	17:43
8	Tommy Becannon	M22	17:43
9	Nathan Whitney	M18	18:00
10	Levi Browne	M18	18:08
11	Rider Bullman	M16	18:14
12	Ian Bennett	M21	18:43
13	Sebastian Amaro	M15	18:44
14	Micah Okin	M14	18:54
15	Erin Ponte	F39	19:04
16	Dusty Diller	M41	19:26
17	Jakob Zolwik	M28	19:33
18	Michael Camilleri	M32	19:52
19	Owen Ingram	M14	19:54
20	Sky McKinley	M48	19:55
21	Elijah Chiles	M15	20:02
22	Brayden Ford	M15	20:05
23	Ivan Medel	M41	20:26
24	Brandon Nielsen	M29	20:27
25	Wyatt Davis	M13	20:28
26	Zachary Chapman	M43	20:33
27	Cedar Bunch Cramer	M16	20:59
28	Richard Roybal	M48	21:51
29	Matt Wells	M43	21:57
30	Doug Hartling	M41	22:22
31	Rob Amerman	M51	22:26
32	Mason Blair	M17	22:35
33	Dillon Manni	M34	22:44
34	Jake Johnson	M49	22:58
35	Andrew Jones	M48	22:59
36	Mishka Straka	M67	23:16
37	Isabel Hirsch	F36	23:23
38	Sung Choi	M54	23:33
39	Karen Kidwell	F40	23:35
40	Emily Batini	F38	23:37
41	Jenna Larson	F39	23:43
42	Evan Azinger	M19	23:44
43	Kelley Sheehy	F59	23:47
44	Lanore Bergenske	F67	23:58
45	Michele Gerdes	F45	24:08
46	Cash Jones	M15	24:15
47	Jolly Earle	F57	24:16
48	Lucy Evans	F16	24:34
49	Eddie Carpenter	M25	24:35
50	Summer Morales	F17	24:40
51	Toby Mattole	M15	24:41
52	Rathlin Hemmingsen	F17	24:52
53	Jen Foesig	F52	24:54
54	Sage Hartling	F12	25:04
55	Mark Chapman	M65	25:19

56	Brian Hudgens	M54	25:32	114	Jasper	M28	33:22
57	Rebecca Matias	F34	25:33	115	Roenne Powell	F08	33:54
58	Brandon Tomlin	M40	25:43	116	Julie Sorfleet	F28	34:08
59	Caroline Carson	F63	25:55	117	Maddox Chapman	M10	34:14
60	Katrin Lemmon	F35	25:56	118	Paulina Close	F29	34:17
61	Maria Martinelli	F29	26:14	119	Mary Daniels	F68	34:19
62	Kristin Lane	F50	26:15	120	Azalea Wiseman Nelson	F07	34:20
63	Dominic Romana	M??	26:16	121	Rachael Wiseman Nelson	F46	34:21
64	Paul Kraus	M64	26:20	122	Jane Gonzales	F69	34:25
65	Arthur Barker	M63	26:38	123	Doug Nelson	M53	34:28
66	Dayspring Mattole	F43	26:46	124	Isaiah Kalis	M25	34:30
67	Aaron Morales	M50	26:47	125	Ethan Crossley	M10	34:56
68	Shawn Magnuson	M55	26:53	126	Leah Stamper	F41	34:59
69	Sherry Culver	F50	27:10	127	Mark Ellis	M70	35:00
70	Antonya Diller	F37	27:25	128	Ed Kallen	M60	35:10
71	Gideon Turner	M14	27:30	129	Debbie Stamper	F71	35:29
72	John Aryanpur	M66	27:43	130	Robin Fraser	F46	35:31
73	Randy Emenaker	M74	27:55	131	Levi Okin	M11	35:35
74	Lynn Jones	F46	27:57	132	Elizabeth Okin	F48	35:36
75	Kathleen Brubaker	F60	28:04	133	Molly Wroten	F35	36:43
76	Tyler Hooker	M41	28:40	134	Michaele Whiteley	F65	36:45
77	Emerson Okin	F11	28:41	135	Lorraine Dillon	F74	37:09
78	Lena Neely-Mangos	F12	28:43	136	Jessicah Garon	F37	37:24
79	Brittany Gribbin	F40	28:56	137	Catrina Howatt	F58	37:31
80	Amanda Morettini	F28	29:06	138	Patricia Earle	F69	37:38
81	Sophia Sambo	F36	29:16	139	Bob Earle	M63	37:39
82	Shelby Evans	F19	29:35	140	Ryan Emenaker	M47	38:16
83	Kevin Schmidt	M35	29:39	141	Autumn Pires-Moore	F17	38:18
84	Miranda Arnett	F30	29:40	142	Juan Reyes	M43	38:20
85	Adriana Romesburg	F41	29:50	143	Delcie Hemmingsen-Moon	F41	38:31
86	Colin Garon	M46	29:57	144	Ruth Stumpf	F43	38:34
87	Robin Baker	F36	30:07	145	Jean Chiles	F47	38:50
88	Cynthia Thao	F29	30:09	146	Liam Chapman	M10	38:56
89	Tristan Giacomini	M10	30:19	147	Zane Chapman	M12	38:57
90	Audrey Evans	F13	30:34	148	Cristina Chapman	F40	38:58
91	John Carson	M67	30:37	149	Jeny Kyburz	F49	40:35
92	Mona Giacomini	F37	30:40	150	Audrie Farias	F10	40:38
93	Julia Hirsch	F39	30:44	151	Mike Williams	M64	40:39
94	Cyril Carl	M78	30:58	152	Sarah Sullens	F45	41:01
95	Elsie Chisholm	F09	31:00	153	Amy Pires-Moore	F46	41:07
96	Kim Bergel	F59	31:13	154	Katie Camilleri	F27	41:21
97	Peter Carlson	M63	31:16	155	Pa Yang	F52	41:28
98	Liana Stump	F17	31:18	156	Marcile Raney	F65	41:34
99	Kate Eilers	F33	31:19	157	Sonya Jackson	F53	41:56
100	Chris Robards	F23	31:25	158	James Millar	M39	42:44
101	Rob Gribbin	M39	31:28	159	Shelley Johnson	F64	42:45
102	Auden Kyburz	M10	31:38	160	Amanda Belmar	F10	43:00
103	Nolan Kyburz	M15	31:39	161	Rashaundra Ledford	F28	43:50
104	Ben Okin	M52	31:46	162	Sheyda Gomez	F41	44:15
105	Robert Ayers	M67	31:51	163	John Cappacio	M76	44:16
106	Brittany Trensneider	F30	32:19	164	Corrie Leyba	F23	44:42
107	Emma Knepp	F25	32:20	165	Suzette Leyba	F56	44:46
108	Shannon Evans	F53	32:38	166	Ian Pearson	M06	45:18
109	Claire Lawrence	F19	33:00	167	Angie Pearson	F49	45:19
110	Christina Torres	F37	33:07	168	Ira Blatt	M79	45:30
111	Ryan Kerkar	M42	33:10	169	Eliana Powell	F09	46:04
112	Vanessa Miranda	F31	33:11	170	Ashley Powell	F38	46:06
113	Wes Shinn	M41	33:15	171	Erika Guynn	F58	46:23

172 Brian Hemmingsen	M44	46:38
173 Tamara Escareno	F43	47:02
174 David Turner	M47	47:15
175 Ashlee Carns	F27	47:17
176 Camden Corse	M12	47:49
177 Amy Turner	F47	47:58
178 Gail Corzo	F67	51:07
179 Mariano Corzo	M79	51:08
180 Komal Kazim	F32	51:19
181 Steven Dewey	M32	51:20
182 Thomas Dewey	M66	51:21
183 Jennifer Coriell	F44	51:32
184 Sarah Bourque	F42	51:33
185 Tiffany Bullman	F40	51:34
186 Dean Matheson	M66	52:15
187 Portia Matheson	F77	53:47
188 Jenny Yang	F36	54:32
189 Isabella Avelar	F06	55:54
190 Jessica Avelar	F50	55:55
191 Adam Timek	M43	55:58
192 Harry Kavich	M71	55:59
193 Brian Nolen	M53	56:00
194 Cynthia Corse	F39	56:03
195 Caleb Corse	M08	56:04
196 Felix Porter	M08	56:20
197 Arianna Porter	F15	56:21
198 Westley Porter	M11	56:22
190 Crystal Porter	F41	56:23
200 Shawn Porter	M43	56:26
201 Ed Sanders	M71	56:40
202 Penny Holt	F75	56:41
203 Edward Harwood	M61	57:54
204 Brian Draeger	M51	57:55
205 Heather Scharlack	F62	57:56
206 Grayson Roberts	M14	57:58
207 Oliver Stamper	M04	58:32
208 Naomi Stamper	F40	58:33
209 Shawn Crossley	M40	58:36
210 Tj Chapman	F62	58:37
211 Cindy Timek	F67	58:38
212 Jamie Hinckley	F39	58:38
213 Sofia Pereira	F37	1:07:39
214 Reece Emenaker	M04	1:07:40
215 Shell Daley	F78	1:13:37





Ivan M



Brandon N

Wyatt D



Zachary C



Cedar C



Richard R



Matt W



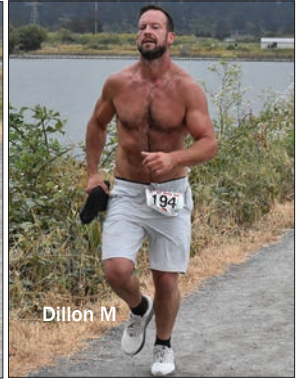
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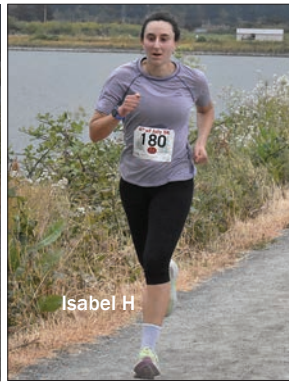
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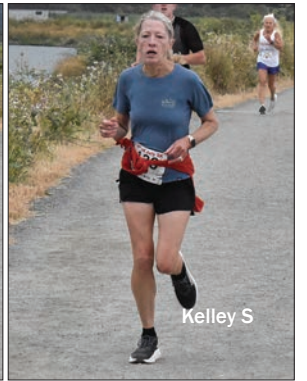
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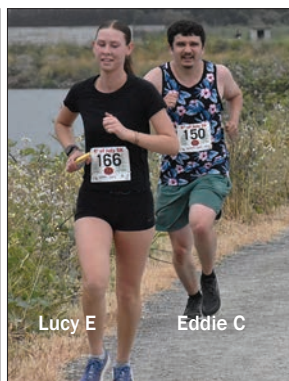


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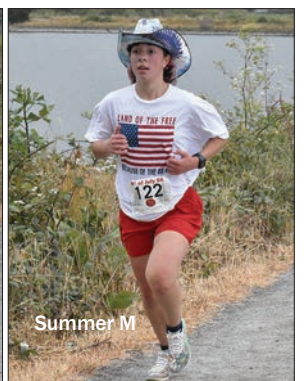
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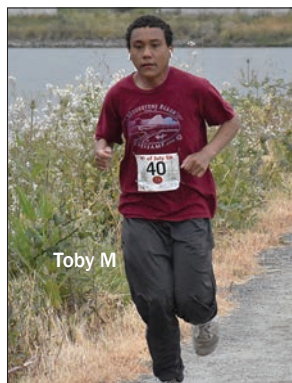


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Summer M



Toby M



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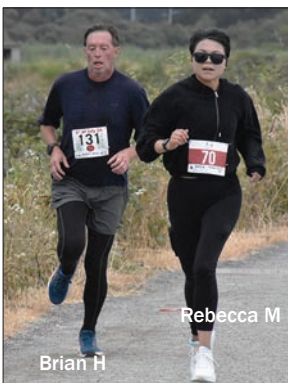
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Sage H

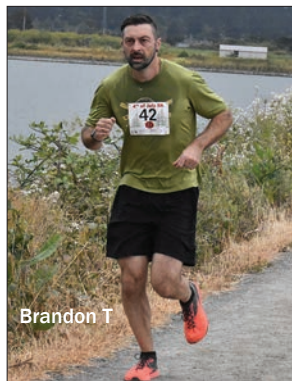


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Rebecca M



Brandon T



Caroline C

Katrin L



Maria M

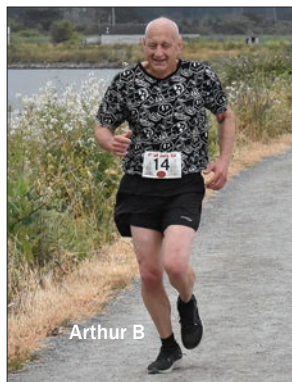
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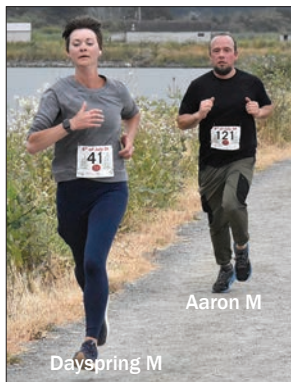
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Dominic R



Arthur B



Dayspring M

Aaron M



Shawn M



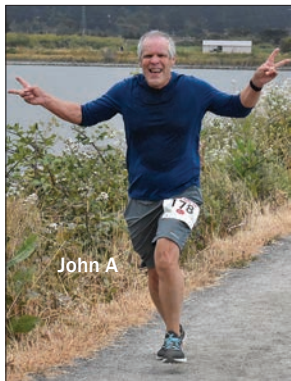
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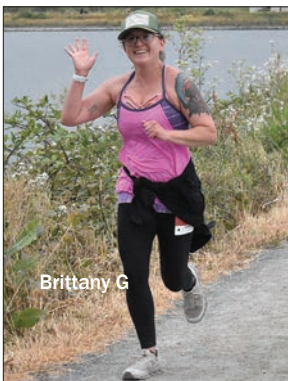


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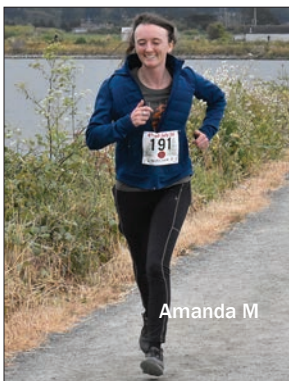


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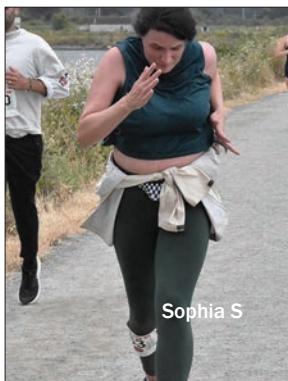
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Brittany G



Amanda M



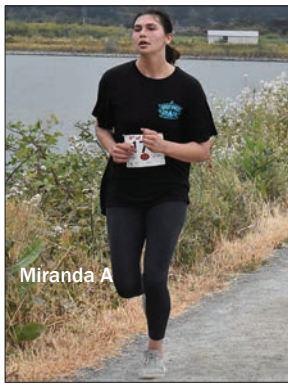
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Kevin S



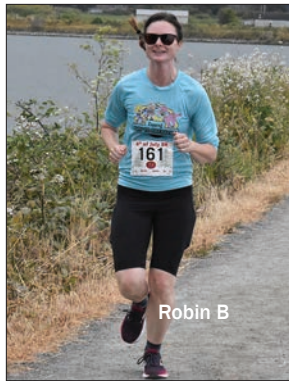
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Adriana R



Colin G



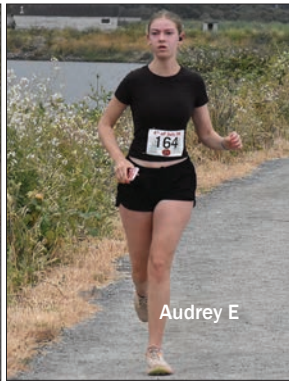
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Cynthia T



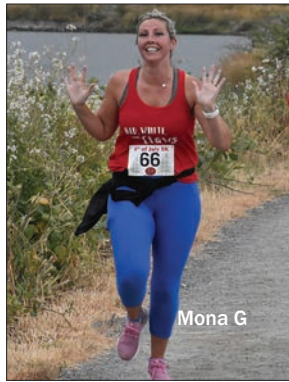
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Audrey E



John C



Mona G



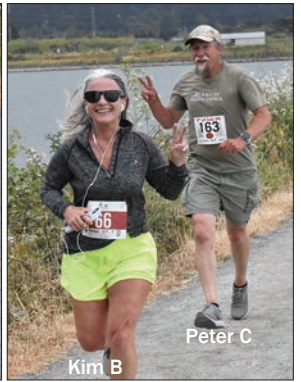
Julia H



Cyril C

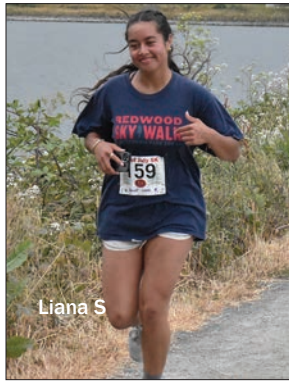


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Kim B

Peter C



Liana S



Chris R



Rob C

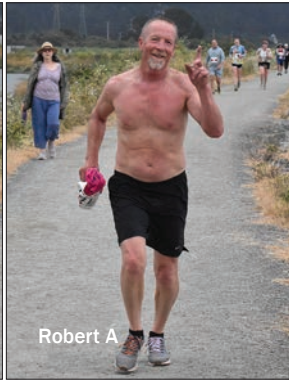


Nolan K

Auden K



Ben O

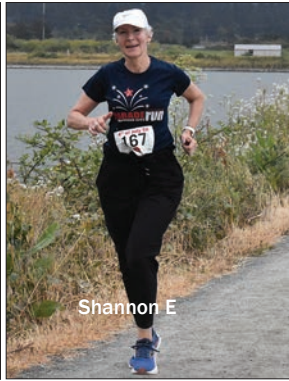


Robert A



Emma K

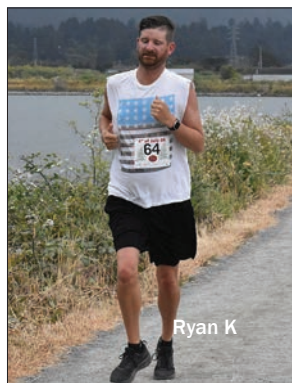
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Christina T



Ryan K



Vanessa M



Wes S



Jasper



Roenne P



Julie S

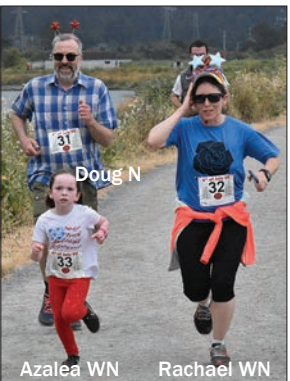


Mary D

Jane G

Paulina C

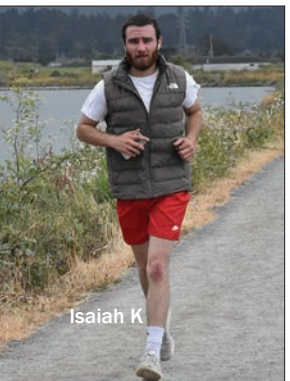
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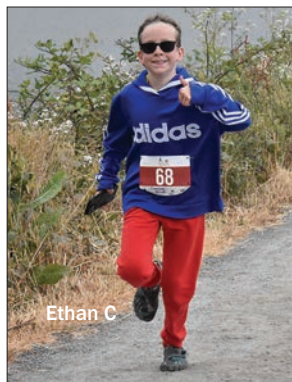
Doug N

Azalea WN

Rachael WN



Isaiah K



Ethan C



Ed K

Mark E

Leah S



Debbie S

Robin F



Levi O

Elizabeth O



Molly W



Michael W



Lorraine D



Jessica G

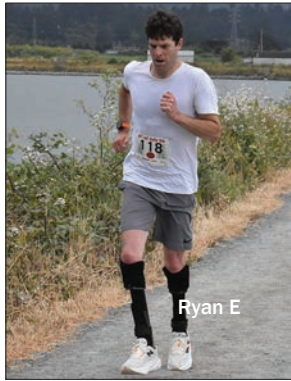


Catrina H



Patricia E

Bob E



Ryan E



Juan R

Autumn P-M



Delcie H-M



Ruth S



Jean C



Liam C

Zane C



Cristina C



Jeny K

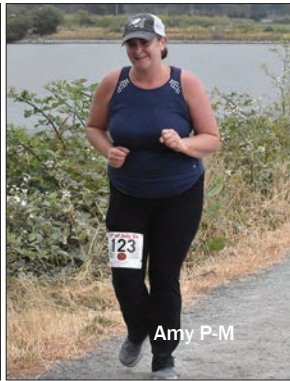


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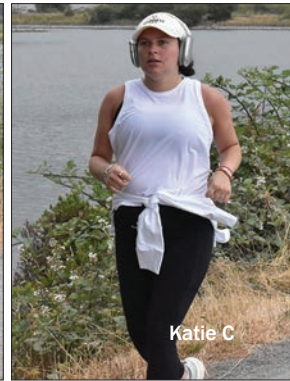
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Sarah S



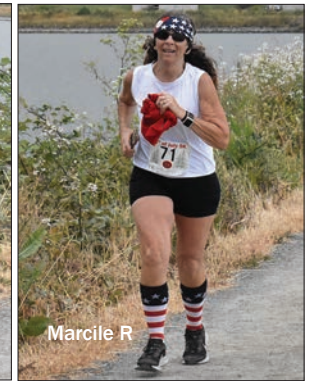
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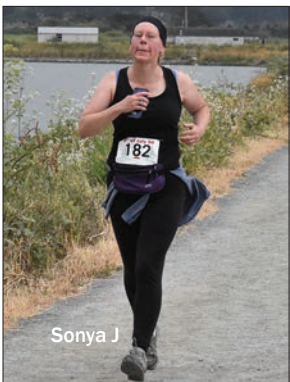
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Pa Y



Marcile R

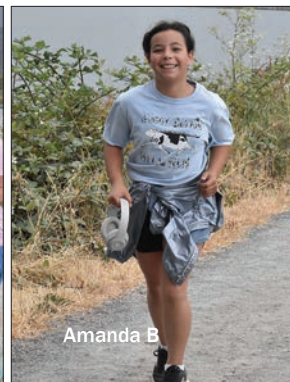


Sonya J

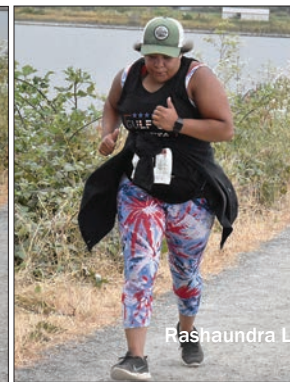


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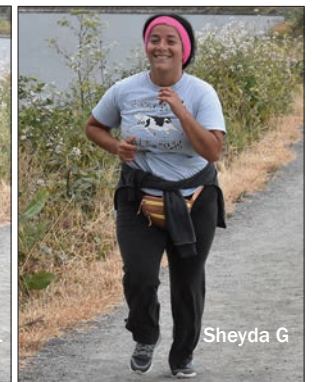
Shelley J



Amanda B



Rashaundra L



Sheyda G



John C



Corrie L

Suzette L



Ian P

Angie P

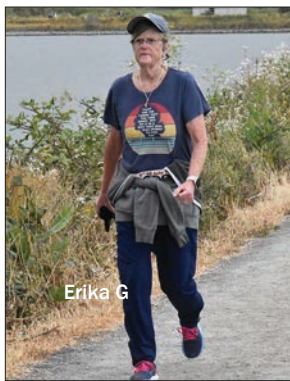


Ira B



Eliana P

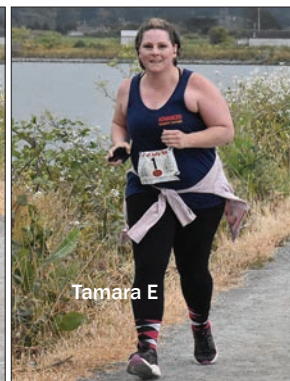
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Erika G



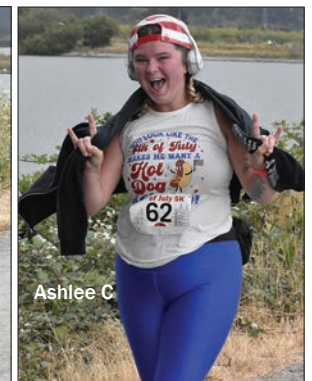
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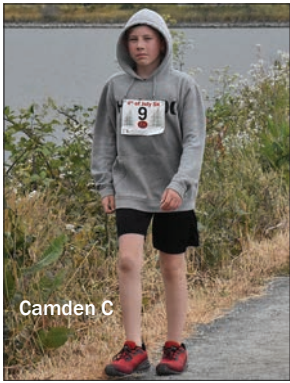
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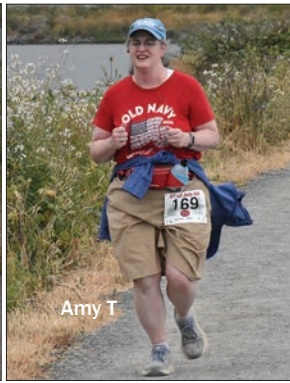
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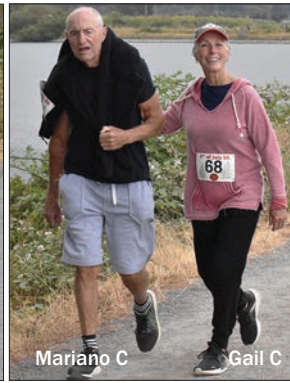
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Camden C



Amy T



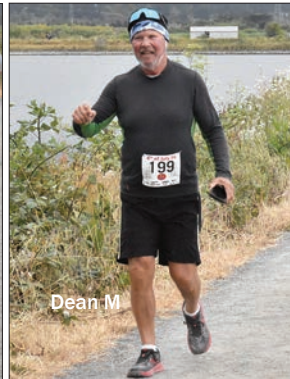
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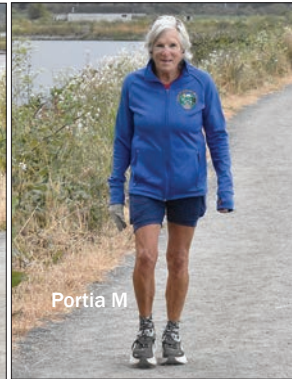
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Sarah B Jennifer C Tiffany B



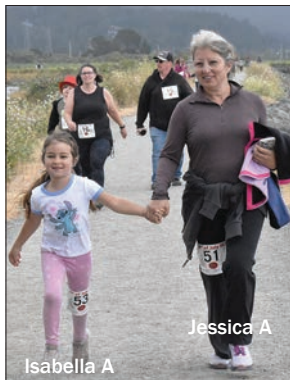
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Portia M



Jenny Y



Isabella A Jessica A



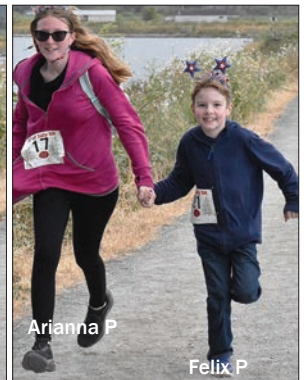
Adam T Brian N



Harry K



Cynthia C Caleb C



Arianna P Felix P



Crystal P Westley P Shawn P



Ed S



Penny H



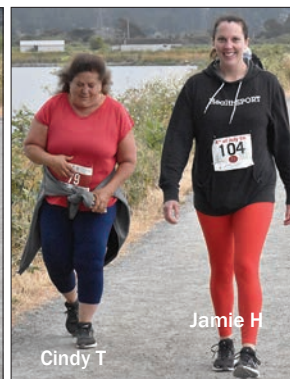
Heather S Brian D Edward H



TJ C Grayson R



Shawn C Naomi S Oliver S



Cindy T Jamie H



Reece E Sofia P



Shell D

Fortuna Rodeo Run 5K

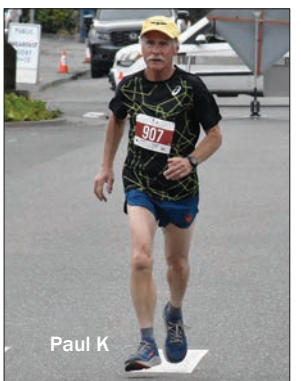
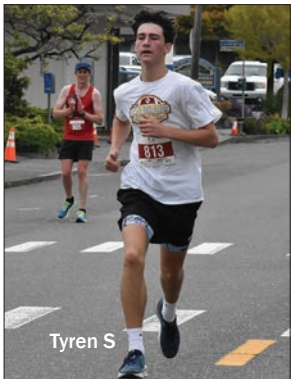
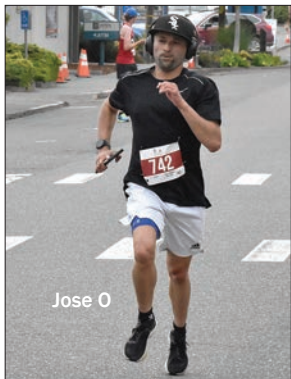
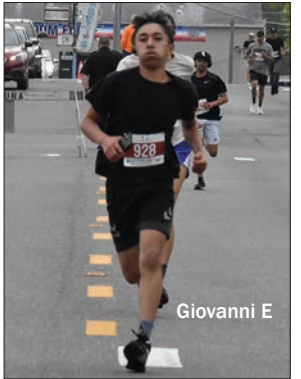
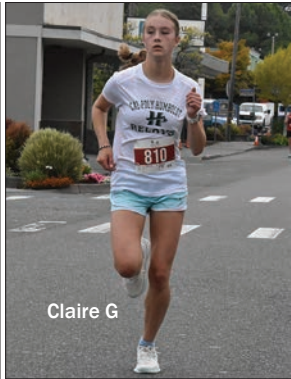
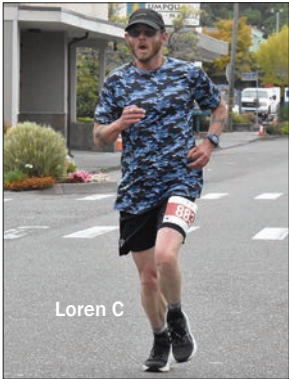
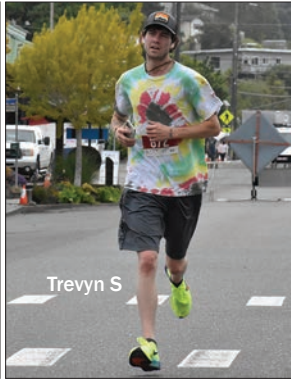
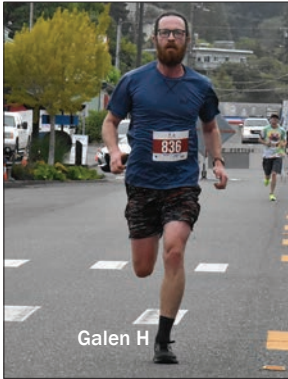
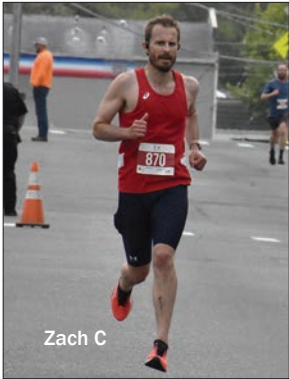
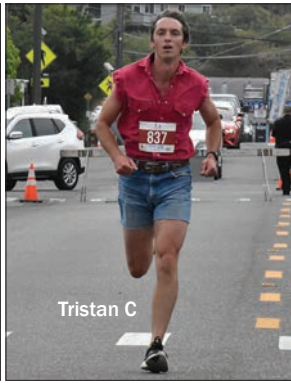
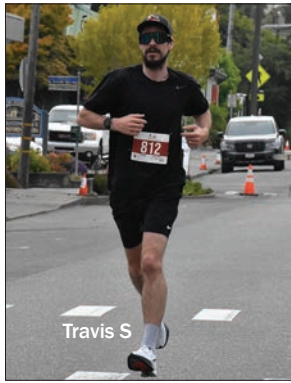
As a first time race director, the Fortuna Rodeo Run 5K is the perfect one to start with! The **City of Fortuna**, the **Fortuna Police Department** and the **Fortuna Rodeo** are great partners. I appreciate everything they did to make the permitting and the road closures easy and safe! This is a great event to help start off the Fortuna Rodeo Week! We were lucky to have great running weather and it was a great turnout – 167 runners!!

I want to **thank all the volunteers**. Without them, the race would not work! **Karen Kidwell** marked off the miles on the course for us, and **Matthew** helped get the cones up! **Mark Ellis, Randy Emenaker, Harry Kavich, Gary Timek, Jack West** and **Yoshi Uemura** helped with setting up and taking things down. They did a great job manning the finish line! **Jamie Hinkcley, Lorraine Dillion** and **Brida Lester** handled registration. They had everyone signed up then went out to run. **Robert Peck** and **Terri Little** manned the race turn around with much encouragement and enthusiasm. **Holly Sage** and **Brida Lester** helped with the food then Holly jumped over to help Jack get the numbers from our runners. **Jorge Matias** from Providence Health works with the club to sign up a large group of their families. My husband **Brent** was helping everywhere I turned. And **Yoon**, as always, you captured great pictures of the event! After a second call for volunteers, we had more offers of help than we used. I appreciate all the offers!

It was a pleasure to help put this race on for such a great running community! -- **Catrina**



Pl	Name	G/age	Time	56	Jaslin Rownan	F31	31:46	112	Tanya Pettit	F58	42:28
1	Juan Ornelas	M15	17:59	57	Josh Burge	M27	31:47	113	Jill Ceffalo	F50	42:28
2	Travis Sanborn	M36	18:17	58	Ali Gallegos	F36	32:10	114	Jeanette Suhay	F57	42:29
3	Matthew Kidwell	M44	18:44	59	Hanna Taylor	F24	32:17	115	Laura Ornelas	F47	42:45
4	Tristan Cole	M33	19:34	60	Joe Casacca	M11	32:35	116	Maria Jose Noriaga	F09	43:26
5	Luke Kamrud	M19	20:15	61	Debbie Stamper	F71	32:36	117	Mason Kamplain	M05	43:44
6	Zachary Chapman	M43	20:50	62	Oliver Stamper	M04	32:42	118	Onyx Kamplain	M03	43:44
7	Angel Ornelas	M22	20:57	63	Leah Stamper	F41	32:42	119	Catherine Lamb	F35	43:44
8	Galen Hammitt	M34	21:16	64	Yolanda Beceril	F50	32:53	120	Celina Gonzalez	F45	44:12
9	Trevyn Sanborn	M27	21:31	65	Amy Duerfeldt	F50	32:54	121	Renato Pricichi	M06	44:36
10	Rob Amerman	M51	22:13	66	Tylea Currie	F25	33:18	122	Yahir Cabrera Guerrero	M14	44:37
11	Loren Cannon	M61	22:17	67	Kirsten Foley	F41	33:38	123	Carol Edwards	F18	44:51
12	Lazareth Najera	M12	22:24	68	Violet Najera	F09	33:44	124	Nayeli Velazquez	F45	45:54
13	Karen Kidwell	F40	22:26	69	Robin Fraser	F46	33:48	125	Lenika Soltero	F47	46:17
14	Claire Gast	F16	22:30	70	Valeria Montoya	F30	33:54	126	Jamie Hinkleley	F39	46:31
15	Giovanni Esparza	M13	22:41	71	Flower Najera	F08	33:55	127	Pete Ciarabellini	M62	46:47
16	Isabel Hirsch	F36	22:46	72	Maddox Chapman	M10	33:55	128	Ellie Cox	F23	46:47
17	Jose Ornelas	M37	22:53	73	Lidia Campos	F38	34:13	129	Sadie Cox	F25	46:54
18	Yvette Rosales	F32	23:17	74	Orlando Payne	M60	34:14	130	Jose Valdivinos Aleman	F65	47:08
19	Marcus Torres	M33	23:20	75	Dalas Hayes	F27	34:21	131	Awtwon McCoy	M08	47:09
20	Tyren Sanborn	M16	23:21	76	Fernanda Hernandez	F28	35:13	132	Nancy Gonzalez	F42	47:10
21	Mason Crossley	M23	23:26	77	Guadalupe Garcia	F48	35:14	133	Belem Gonzalez	F07	47:10
22	Jackson Pollock	M38	23:47	78	Kyersten Sancho	F23	35:26	134	Erin Dipiero	F43	47:52
23	Michele Gerdes	F45	23:52	79	Cassie Peterson	F24	35:27	135	Jonell Johnson	F34	48:41
24	Cody Hurst	M27	24:17	80	Knox Stockdale	M07	35:53	136	Giselle C Guerrero	F12	50:04
25	Paul Kinsey	M70	24:28	81	Ashley Kingsbury	F31	35:54	137	Eva Pacheco Guerrero	F05	50:04
26	Ian Hart	M45	24:34	82	Steven Stockdale	M41	35:55	138	Nathalia Leal	F02	50:05
27	Mark Chapman	M65	24:42	83	Ed Kallen	M60	35:56	139	Fatima Soltero	F05	52:09
28	Harley Lukenbill	M19	25:09	84	Michelle Velazquez	F26	36:03	140	Jenni Rodriguez	F12	52:09
29	Mark DeLao	M31	25:46	85	Hollis Sanborn	F02	36:07	141	Jacob Kamplain	M39	54:32
30	Roberto Licona	M54	26:34	86	Cassie Sanborn	F36	36:07	142	Andrea Chavira Felix	F07	55:36
31	Aristotle Najera	M11	26:38	87	Zane Chapman	M12	36:45	143	Valeria Cuevas Noriega	F11	55:37
32	Arthur Barker	M63	26:40	88	Lorraine Dillon	F74	36:46	144	Felix Porter	M08	55:38
33	Taryn Sanborn	F23	26:48	89	Tristyn Church	F14	36:47	145	Arianna Porter	F15	55:38
34	Kevin Schmidt	M35	27:19	90	Desiree McBride	F26	37:05	146	Ashley Cabrera Guerrero	F16	55:54
35	Jesus Hernandez	M28	27:22	91	Aileen Ornelas	F06	37:14	147	Fredy Pacheco Guerrero	M02	56:06
36	Randy Emenaker	M74	27:31	92	Liam Chapman	M10	37:24	148	Rosa Maria Guerrero	F34	56:06
37	Charlotte Dallara-Bartley	F31	27:33	93	Alia Dunphy	F46	37:34	149	Michel Felix	F32	56:08
38	Jasper	M28	27:37	94	Patricia Earle	F69	37:35	150	Westley Porter	M11	56:15
39	Enrique Ulloa	M42	27:49	95	Jayce Johnson	M08	38:05	151	Crystal Porter	F41	56:21
40	Katrin Lemmon	F35	27:51	96	Asahel Arias	M41	38:12	152	Shawn Porter	M43	56:22
41	Sung Choi	M54	28:26	97	Yahir Ornelas	M10	38:12	153	Dominika Soltero	F22	57:19
42	Abby Choi	F18	28:33	98	Tj Chapman	F60	38:26	154	Britley Sietz	F36	57:48
43	Bill Evans	M61	28:37	99	Naomi Stamper	F40	38:32	155	Seren Sietz	M05	57:49
44	Sam DeLao	M33	29:17	100	Marisa Esparza	F39	39:22	156	Precious McCoy	F31	58:15
45	Axton Stockdale	M09	29:20	101	Fatima Ornelas	F08	39:32	157	Zion McCoy	M02	58:15
46	Cyril Carl	M78	29:24	102	Terry Gardener	M61	39:53	158	Kaygan Neal-Torres	M15	58:25
47	Mavelyn Socha	F47	30:21	103	Marisol Rodriguez	F43	40:24	159	Lane Dunphy	M15	58:26
48	Kate Eilers	F33	30:28	104	Quinnlan Torres	M25	40:48	160	Therese Torres	F44	58:35
49	Mariah Bravo	F17	30:49	105	Elibe Noriega Ortiz	F49	40:54	161	Ayvonne currington	F41	1:00:29
50	Jorlynn Villalvazo	F18	30:51	106	Haydee Hopkins	F57	40:55	162	Theodore Currington	M09	1:00:30
51	Robert Ayers	M67	30:55	107	Patricia Church	F34	41:00	163	Jose Herrera Modesto	M54	1:03:13
52	Jeff Faulk	M32	31:01	108	Olivia Town	F16	41:12	164	Eva Herrera Martinez	F45	1:03:13
53	Darly Diaz	F23	31:16	109	Carolina Estrada	F45	41:42	165	Abigail Marie Martinez	F11	1:03:15
54	Jorge Matias	M58	31:17	110	Sophia Villavazo	F21	41:43	166	Olivia Matias	F64	1:08:47
55	Michaele Whiteley	F65	31:25	111	Shelby Ornelas	F13	42:06	167	Amparo Mendez	F84	1:08:48





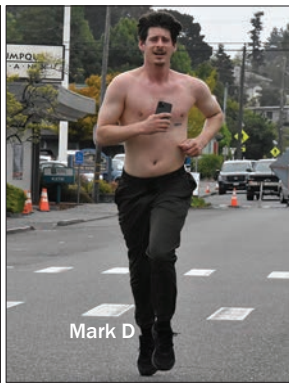
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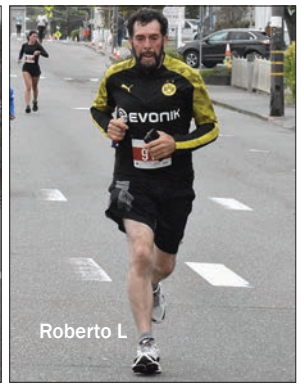
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Harley L



Mark D



Roberto L



Aristotle N



Arthur B



Taryn S



Kevin S



Jesus H



Randy E



Charlotte D-B



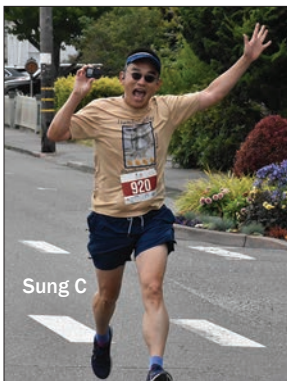
Jasper



Enrique U



Katrin L



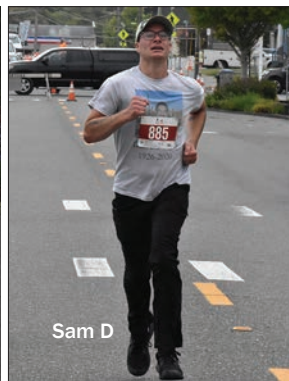
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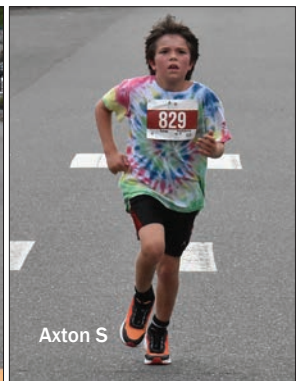
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Bill E



Sam D



Axton S



Cyril C



Mavelyn S



Kate E



Mariah B

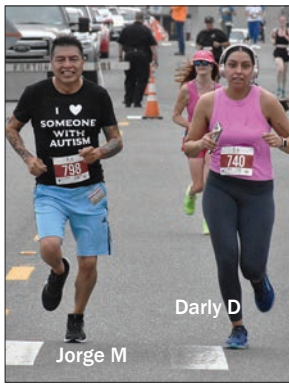


Jorlynn V

Robert A

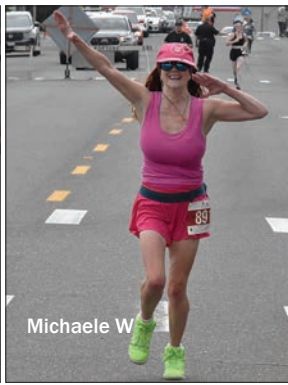


Jeff F

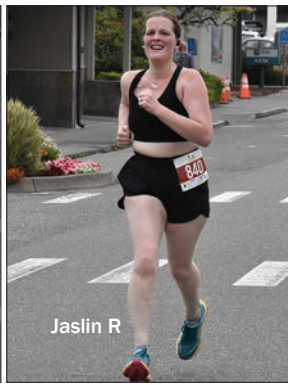


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Daryl D



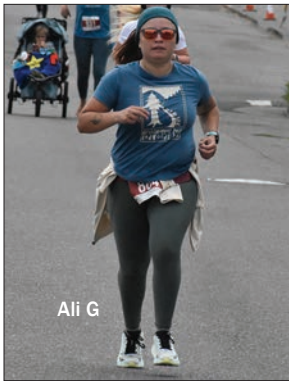
Michael W



Jaslin R



Josh B



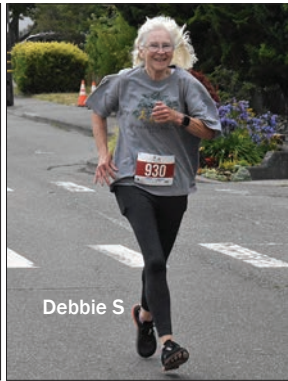
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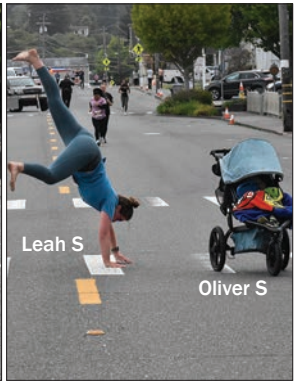
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Joe C



Debbie S



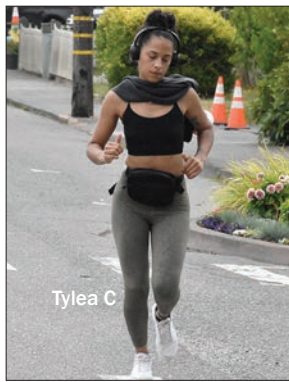
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Oliver S

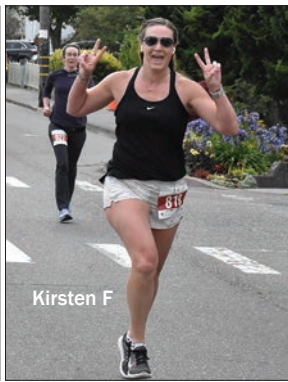


Yolanda B

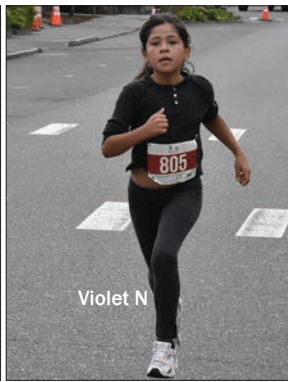
Amy D



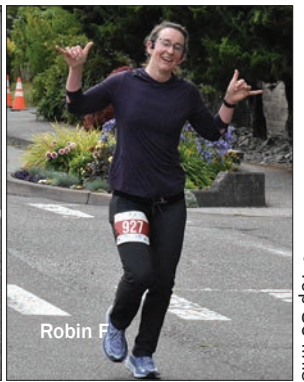
Tylea C



Kirsten F



Violet N



Robin F



Valeria M

Flower N

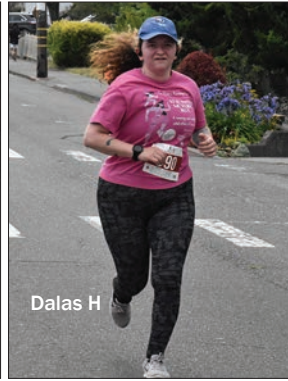


Maddox C



Lidia C

Orlando P



Dalas H



Guadalupe G

Fernanda H



Kyersten S

Cassie P

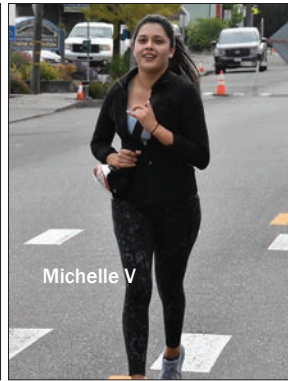


Steven S

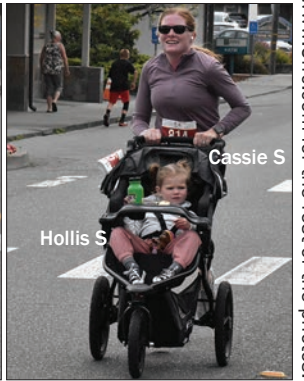
Knox S

Ashley K

Ed K



Michelle V



Cassie S

Hollis S

• Top 86 finishers are shown here. Please visit <http://www.6rrc.com> for the rest of the photos.

Dear SRRC,
 Thank you so much
 for selecting me as one of
 the Scholarship applicants.
 I will use the money to
 help pay for Sonoma State
 where I will be getting a
 Liberal Arts Degree in
 Education. I really appreciate
 your support. Thank you
 again.

Sincerely
 Helen Xiao Fang Little

Thank You!

Helen Little and **Madison Trieu** are proud recipients of the 2025 **SRRC Scholarship**. Shown here are their **THANK YOU** notes to SRRC.

Six Rivers Running Club Scholarship Committee,

Thank you for selecting me to be the
 recipient of the 2025 SRRC Scholarship.
 I was very happy and appreciative to
 learn that I was selected. I am truly
 grateful for this scholarship as it will
 help me to further my studies and
 academic knowledge.

Sincerely,

Madison Trieu

SRRC Crossword Puzzle

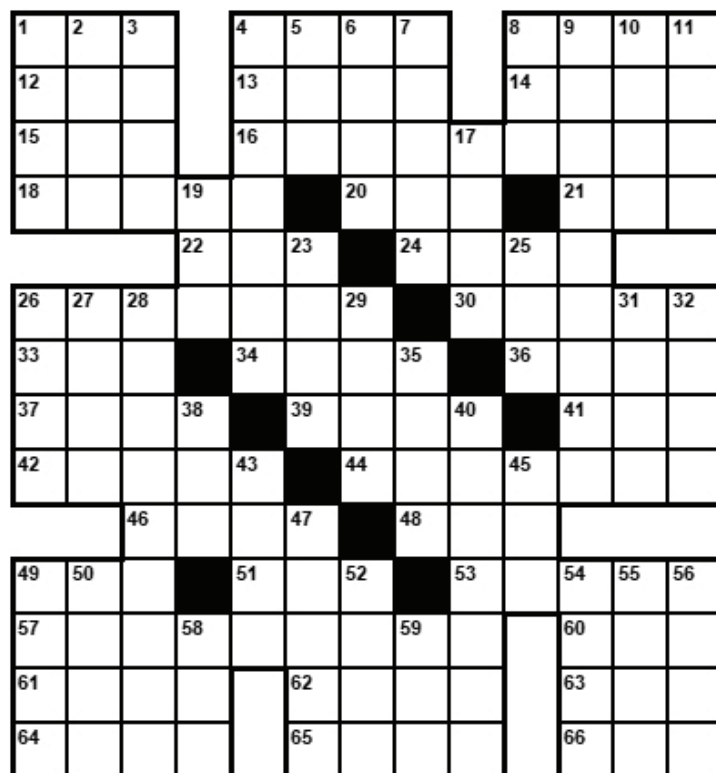
ACROSS

- 1 Fuel
- 4 Conceal
- 8 Farm measure
- 12 Screw up
- 13 In a moment, in the past
- 14 Lose traction
- 15 Atmosphere
- 16 DNfer's lament, part 1
- 18 Competitor
- 20 Work with fabric
- 21 Observe
- 22 Year one of the sixteenth century
- 24 Smashes into
- 26 DNfer's lament, part 2
- 30 Sprint distances
- 33 Canine comment
- 34 Primordial matter
- 36 Corrida participant
- 37 Skillful
- 39 Historical periods
- 41 Alley __
- 42 Grayish
- 44 DNfer's lament, part 3
- 46 Once again
- 48 Tropical cuckoo
- 49 Possess
- 51 Come in first
- 53 Warning
- 57 DNfer's lament, part 4
- 60 Meadow
- 61 "Univ. Donor" blood type
- 62 Sicilian volcano
- 63 Homo sapiens
- 64 Start again
- 65 Martian days
- 66 Non-lager

DOWN

- 1 Equipment
- 2 Operatic solo
- 3 Our group
- 4 Bad __ (reason to wear a hat)
- 5 Social connections
- 6 Accomplishes
- 7 Sign up for
- 8 Poisonous snake
- 9 Learning environment
- 10 World's most widely-consumed grain
- 11 Fencing implement
- 17 Not here
- 19 Physical effect meas. in volts
- 23 Small piece of land
- 25 Small rug
- 26 Magician's exclamation
- 27 Minerals
- 28 Extempore
- 29 Period
- 31 Let fall, accidentally
- 32 Second-yr. student
- 35 Indigenous Mesoamericans
- 38 Common road race distance, in kilometers
- 40 Musical compositions
- 43 Semi-aquatic salamander
- 45 Lubricate
- 47 Charms
- 49 Smell
- 50 Vino
- 52 European-American mil. alliance
- 54 __ Mater
- 55 Authentic
- 56 Leonine head of hair
- 58 Private non-profit grp.
- 59 Weekly TV skit show

Pharaoh Mentuhotep II
 Old Egyptian Museum
 Cairo, Jan., 2025



"Ken Yanosko" <kenyanosko@sbloglobal.net>

Upcoming Events

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

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

SUN., AUG 10, 2025 << **NOT SRRC race** >>

Humboldt Bay Marathon & Half. {Fees for all} (by HumboldtBayMarathon.com) Marathon at 7:00AM & Half Marathon at 8:00AM (both races at 1st & C St., Eureka). For more information please visit <HumboldtBayMarathon.com>.

SAT., AUG 23, 2025 << **NOT SRRC race** >>

Kevin Ebbert Memorial Run. {Fees for all} (by HealthSPORT) Start and finish at Arcata Community Forest. 10K+ at 9:00AM & 2-Mile at 9:30AM. For more information contact **Jamie Hinckley** at <jhinckley@healthsport.com>.

SAT., SEP 13, 2025 << **SRRC race** >>

Hammond Trail 5K. {\$10 for nonmembers, free for SRRC members} At 9:00AM. Start and finish at Hiller Park in McKinleyville. No early registration – show up in the morning, sign up, and you're ready to go. For more information contact **Sarah Sullens** at <sarahsullens10@gmail.com>.

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

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

Sunday Morning Run.

Everyone is welcome. Small group meets at 7:30AM at the corner of L.K. Wood Blvd. and Granite Ave. in Arcata. Runs to the Arcata Marsh and back by 9:20AM or so. Ask **Gary Timek** <gtimek@aol.com> for more information.

Saturday Morning Run.

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

Wednesday Afternoon Run.

Everyone is welcome. Participants meet at a different place in Arcata or Eureka at 5:30PM and (usually) runs through Arcata marsh or Eureka. Ask **Jeff Haag** <haag@humboldt.edu> for more information.

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



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

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Eureka, CA
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The HRRAY staff met to open the **2025 youth cross country season.**

Breanna Cahoon, Alysia Davidson, Davita McGoldrick and I have organized the season which will begin in early September. The program will run until the middle of October. We are in the early stages of the season, so the schedule is being organized. We will have the schedule in the next newsletter, but all meets except the McKinleyville Beach Invitational will be held on Tuesday or Thursday from Sept. 23 to Oct. 16. The beach run will be held on a Saturday.

We expect 300 to 400 kindergarten to 8th grade runners at many or all the meets, so the events are full of energy and great competition. Any SRRC members who would like to attend or help are welcome. If you wish to help, please call or write me at the number or email below.

All runners will receive awards at every race and special awards at the championship. Because of funding through **Humboldt Sponsors, Six Rivers Running Club, Cal Plumbing, Rotary Club of Arcata** (who supplies the awards and equipment at the Humboldt County Championships) and **many other sponsors**, we can afford to put together a great program.

It is fantastic to have a parent organization like SRRC to support our youth program. – **Jack West** <hrray707@gmail.com> (707)845-6382

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"

