



Della Molina
18:29

Mario Giannini
14:53

Damian Garcia
15:50

Irish Molina
17:58

Turkey Trot 5K
Eureka, CA
9:00 am, Thanksgiving, Day, Thurs., Nov. 27, 2025

These four are some of the fastest ever for 5K in Northern California. All Americans from Chico State. Picture was taken by Chuck Giannini, Mario's grandpa. They are making this race a tradition. Chuck himself is a Cal Poly Humboldt Hall of Famer. -- Mike Williams <mikearcata@aol.com>

Visit us at www.6RRC.com

December Minutes

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

Wed., Dec. , 2025, 6:30 p.m. at Marlene's home in Bayside. Board members in attendance: **Sarah Sullens, Catrina Howatt, Gary Timek, Matthew Kidwell, Marlene Allen, Jorge Preciado, Jessy Preciado, Mark Ellis** and **Sherry Myers**. Guests: **Michele Gerdes, Jessie Hunt, Jack West, Harry Kavich, Cindy Timek, Paul Kraus** and **Carla Kraus**.

OLD BUSINESS

A. Veteran's Day 5K & 10K (10:00 am, Sat., 11/15/25) recap: 363 finishers. Great event, big thanks to all who participated and helped out.

B. HRRAY: HRRAY season was great despite some challenges. Thanks so much to all who helped out. Over 500 students ran at least one race.

C. Sue-meg Park Run: Need to find a new date and looking at possibly moving it to the fall, maybe September or October.

D. Shoe Fund: Gave out 12 pairs of shoes this fall.

NEW BUSINESS

A. Arcata Bottoms 3M & 12K (9:00 & 9:15 am, Sat., 12/06/25): All set to go, course is marked. Hoping for good weather.

B. Resolution Run 5K (10:00 am, Thurs., 1/01/26): Permits are in. Jamie Hinckley has offered to help co-direct the race.

C. Membership Meeting/Award Ceremony (3:00 pm, Sat., 1/10/26): Set up at 2:00 pm. Everything is on track. Will have pizza from Babe's.

D. Hour Run (from 9:00 am, Sun., 2/15/26): Will be at AHS track this year.

E. Other:

- Avenue of the Giants 2026 will be sold out in January. Locals who miss registration should get on the waitlist, last year all waitlisted people got in.
- FBMR 2026: Registration is open, preparations are moving forward smoothly.

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

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

Third Class Mail is not forwarded!

Send address changes to:
ygk1@humboldt.edu

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

Submitting Material for Publication

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

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

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

SRRC BOARD OF DIRECTORS

2025-2026

Jamie Hinckley mrs.jamie.hinckley@gmail.com 599-7820
Catrina Howatt catrina.howatt@gmail.com 971-9080
Karen Kidwell karenhoffman@hotmail.com 444-2546
Sherry Myers sherrymyers1956@gmail.com 839-1057
Jessy Preciado jenglishjohnson@gmail.com 845-6838
Gary Timek gtimek@aol.com 845-5147

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

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>

Happy New Year

• **Next meeting:** Babe's in Cutten; Dinner at 5:30, Meeting at 6:30 pm, Wed., Jan. 7, 2026. Ask Gary Timek <gtimek@aol.com> for details.

July 19
Lorelai Onnikq ♥
Mckenzie Alyson
Savannah
Elwyn Deah
Alexandra
Jesse Mason
Oliver Rivard

Dear HRRAY,

Thank you for another amazing season of cross country meets! Our team had a lot of fun and love all the different and beautiful locations. We appreciate all the work you do to make this happen.

Sincerely,
Alicia Rousseau
Arcata Christian School

Thank You, HRRAY!



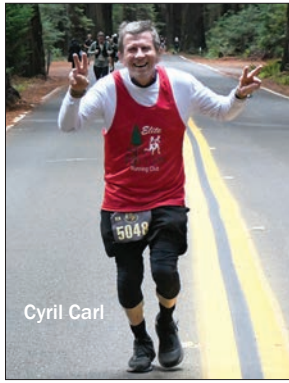
2025 Circuit Winners

SRRC heroes!

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



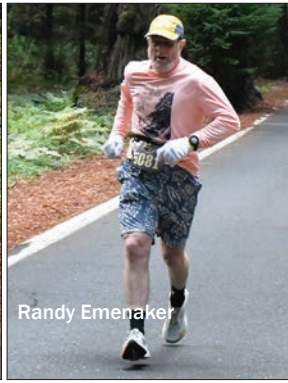
Portia Matheson



Cyril Carl



Debbie Stamper



Randy Emenaker



Lanore Bergenske



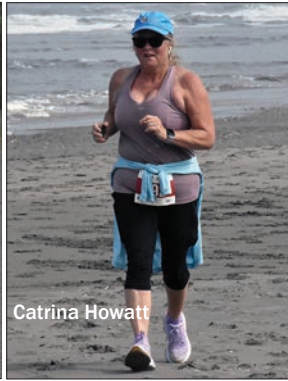
Jeff Haag



Andrea Wright



Paul Kraus



Catrina Howatt



Shawn Magnuson



Jen Foesig



Rob Amerman



Michele Gerdes



Sky McKinley



Karen Kidwell



Matthew Kidwell



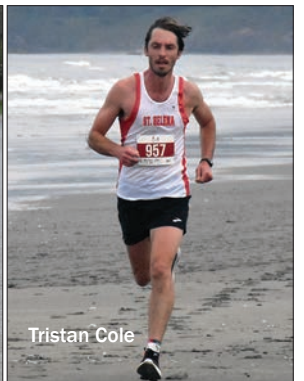
Isabel Hirsch



Travis Sanborn



Courtney Carlson



Tristan Cole



Jasper



Juan Ornelas



Roenne Powell



Maddox Chapman



Oliver Stamper



Old Town Turkey Trot 5K

9:00AM Thurs., Nov. 27, 2025

5K

Pl Name G/age Time

1	Mario Giannini	M21	14:53
2	Elias Wiggins	M21	15:46
3	Damian Garcia	M21	15:50
4	Jacob Christopher	M23	15:55
5	Daniel Shaver	M20	16:06
6	Tomy Becannon	M22	16:54
7	Phoenix Davis	M19	17:02
8	Everett Docherty	M19	17:07
9	Aidan Davis	M20	17:14
10	Marcus Romero	M26	17:44
11	Sean Morris	M17	17:53
12	Mica Mills	M24	17:55
13	Iresh Molina	F21	17:58
14	Erich Coulter	M32	18:08
15	Della Molina	F21	18:29
16	Owen Ingram	M15	18:44
17	Toby Shao	M31	18:44
18	Arnelia Jackson	F29	18:53
19	Liam Whitney	M13	18:59
20	Isaac Lockwood	M??	19:07
21	Bowen Low	M27	19:10
22	Jason Weldon	M17	19:11
23	Wyatt Davis	M13	19:13
24	Dylan Fluet	M35	19:26
25	Ian Bennett	M??	19:27
26	Charlotte Leonard	F20	19:28
27	Eli Chiles	M16	19:42
28	Michael Sorrenson	M20	19:44
29	Ai-Lan McGoldrick	F20	19:47
30	Matty Garcia(roller)	M37	19:54
31	Anthony Taurasi(roller)	M42	19:56
32	William English	M28	19:59
33	Mareaux Pireau	F32	20:04
34	Jarin Morais	M23	20:05
35	Milo Mateer	M24	20:06
36	Kaelan Docherty	M21	20:07
37	Tyler Lovio-Coley	M33	20:10
38	Christian Coley	M26	20:25
39	Joseph Rider	M26	20:30
40	Jeffrey Gunderson	M36	20:34
41	John Nicklas	M46	20:40
42	Brett Docherty	M42	20:47
43	Teagan Ferrell	F20	20:51
44	Victor Coonrod	M22	20:52
45	Elliott Portillo	M26	20:54
46	Noah Macknicki	M17	21:01
47	Juan Soto	M28	21:11
48	Jeremy Amstutz	M34	21:12
49	Spenser Barrett	M42	21:13
50	Konrad Kisch	M24	21:14
51	Noah Elway	M15	21:17
52	Jared Pereira	M19	21:18
53	Evan Anaya	M21	21:29
54	Rowan Magnuson	M17	21:30
55	Marcos Tejada	M14	21:35
56	Jordan Rivera	F21	21:36
57	Ivan Reyes	M27	21:37
58	Jordan Chasescott	M27	21:45
59	Reese Sipma	M14	21:46
60	Alyssa Cheney	F26	21:47
61	Joe Kent	M50	21:51
62	Cash Jones	M15	21:56
63	Wyatt Zerlang	M19	21:58
64	Lucca Faccini	M25	21:59
65	Holden Rinehart	M14	22:00
66	Bret Rinehart	M45	22:01

67	Elizabeth Odell	F23	22:02
68	Nick ??	M45	22:03
69	Bodie Benzinger	M14	22:06
70	Courtney Carlson	F33	22:17
71	Tom Cheney	M26	22:18
72	Tom Davies	M60	22:23
73	Alicia Mengel	F46	22:24
74	Colleen Sorrenson	F20	22:29
75	Jake Johnson	M49	22:31
76	Kendall Martin	F33	22:32
77	Jordan Hoese	F32	22:34
78	Ian Flader	M36	22:35
79	Farren Stalk	M18	22:36
80	Isaac Nicklas	M18	22:38
81	Micah Harvey	M21	22:41
82	Paul Kinsey	M70	22:42
83	Kaleo Major	M13	22:44
84	Jules Davis	M10	22:48
85	Mason Hemmerson	M14	22:49
86	Ryder Bullman	M16	22:50
87	Lucas Johnson-Bazan	M11	22:56
88	Ryder Colling	M11	22:57
89	?? ??	F??	22:59
90	Joseph Thomas	M10	23:00
91	Kelley Sheehy	F60	23:01
92	Jenna Larson	F39	23:05
93	Jonah Morgan Hessler	M17	23:11
94	Dan Thomas	M15	23:12
95	Layla Bohm	F46	23:13
96	Karl Klinger	M20	23:14
97	Elizabeth Earle-Rolise	F27	23:16
98	Andrew Cavinta	M25	23:22
99	Isaac Ingram	M16	23:23
100	Grayden Larson	M17	23:24
101	Landon Larson	M15	23:24
102	Leo Kalson	M14	23:25
103	Kinsley Yarbrough	F12	23:25
104	Lea Dunn	F20	23:25
105	Thomas O'Kane	M50	23:27
106	?? ??	M??	23:34
107	Jimmy Midtun	M46	23:37
108	Ben Sipma	M47	23:40
109	Sarah Sanders	F46	23:44
110	Andy Beronilla	M30	23:47
111	Sonia Brown	F13	23:49
112	Anthony Fleming	M78	23:50
113	Austin Davis	M13	23:51
114	Isaac Croteau	M41	23:52
115	Zach Bates	M29	23:53
116	Bill Prescott	M53	23:55
117	Patrick Kent	M14	23:56
118	Merek Sears	M23	23:57
119	Ashton Plessinger	M20	23:57
120	Paul Vanden Branden	M18	23:59
121	Taylor Hall	M39	24:00
122	Mike Davis Jr.	M48	24:01
123	Iver Vu	M10	24:03
124	Rosie Davis	F19	24:08
125	Jackson Stratman	M17	24:09
126	Aydee Arredondo	F22	24:13
127	Howard Kent	M16	24:16
128	Kiara Weldon	F17	24:25
129	Gavin Her	M20	24:27
130	Andrew Whitney	M54	24:28
131	Austin Tauzer	M33	24:41
132	Emmett Davison	M15	24:42
133	Kai Cavness	M16	24:42
134	Kiah Marcuz	F25	24:43
135	Dustin Jackson	M30	24:44
136	Erick Jackson	M32	24:48

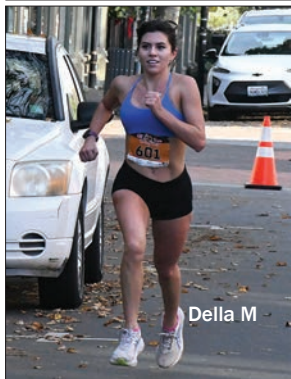
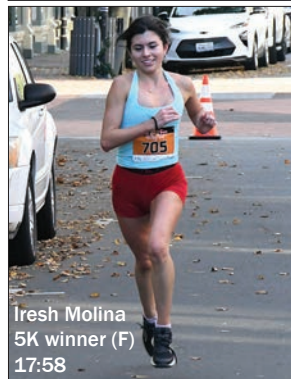
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138	Gideon Turner	M14	24:51
139	Timuvlin Page	M??	24:53
140	Emma Wilson	F??	25:03
141	Caroline Carlson	F63	25:04
142	Autumn Paynton	F25	25:09
143	Summer Morales	F17	25:10
144	Harmony Safier	F43	25:11
145	Rathlin ??	F17	25:12
146	Isalah Holland	M16	25:13
147	Tara Vu	F44	25:14
148	Seren Thomas	F13	25:14
149	Dennis Hunter	M52	25:15
150	Sicily Benzinger	F45	25:16
151	Michelle Rowic	F51	25:17
152	Trey Vera	M26	25:18
153	Adam Vera	M24	25:19
154	Matthew Prescott	M12	25:20
155	Ava Killoran	F24	25:23
156	Edward Carpenter	M25	25:25
157	Ethan Prescott	M15	25:26
158	Antonio Almeida	M20	25:32
159	Shawn Magnuson	M56	25:33
160	?? Peeples	F25	25:36
161	Heidi Tout	F11	25:39
162	Angela Viale	F45	25:40
163	Bear Kelley	M34	25:46
164	Elsie Chisholm	F10	25:50
165	Dugald Chisholm	M47	25:51
166	Alisha Davey	F40	25:56
167	Garrett McSurley	M45	25:57
168	Sheri Jensen	F61	25:58
169	Sally Elway	F13	25:59
170	Andrea Lovio	F43	26:00
171	Eric Sorenson	M58	26:01
172	Brock Holland	M39	26:03
173	Stasha Leonard	F20	26:04
174	Thornton Giovani	M20	26:07
175	Chrissie Keeney	F36	26:09
176	Cody Thompson	M48	26:09
177	Brandon Tomlin	M41	26:10
178	Rachel Good rich	F26	26:11
179	Hunter Ciarabellini	M21	26:16
180	Sophia Bates	F18	26:17
181	Ashley Knowlton	F34	26:18
182	Julian Gordon	M16	26:19
183	Emilee Kovar	F18	26:24
184	Jed Cruz	M43	26:27
185	Avery Rinehart	M11	26:31
186	Jude ??	M11	26:32
187	Jediah Meiser	M11	26:33
188	Karl Bruhns	M74	26:34
189	Karin Grantham	F57	26:36
190	Ashley Camarlingni	F27	26:42
191	Amber Coley	F55	26:44
192	Tristen Valenzuela	M19	26:47
193	Jerome Everta	M16	26:48
194	Joey Kovar	M25	26:49
195	Mario Kalson	M50	26:55
196	?? ??	???	26:58
197	Wyatt Hemmisen	M20	26:59
198	Gabriella Cavinta	F18	27:01
199	Shannon Celotto	F34	27:04
200	Mikayla Cooper	F24	27:06
201	Garrett Jacobs	M32	27:07
202	Adrienne Davis	F47	27:10
203	Rio Savage	M35	27:15
204	Janice Luong	F25	27:17
205	Audrey Nowak	F15	27:19
206	Vrad Volkov	M??	27:20

207 Kenny Moreno	M23 27:24	282 John Machado	M48 29:21	357 Graham Nowak	M13 31:10
208 Brittany Gribbin	F41 27:26	283 Gabriel Levy	M58 29:22	358 Alia San Giovanni	F23 31:13
209 Justine Peeples	F36 27:29	284 Karen Pope	F57 29:23	359 Taylar Opp	F31 31:15
210 Erin Fabian	F28 27:30	285 Brent Coley	M60 29:23	360 Megan Sorenson	F57 31:23
211 Jimmy Davis	M50 27:31	286 Brandi Perez	F47 29:24	361 Hayden Kamberg	M15 31:24
212 Brooks Davis	M12 27:32	287 Ember Ingram	F10 29:26	362 Aubrey Jaelen	M?? 31:25
213 Tyler Hooker	M42 27:33	288 Steffanie Souza	F39 29:27	363 Brian Celio	M25 31:26
214 Alyssa Jimenez	F?? 27:34	289 Brian O	M53 29:28	364 Ethan Fischel	M25 31:30
215 Bradley Pfeifer	M29 27:35	290 Thomas Fleener	M37 29:30	365 Briana Cavinta	F32 31:42
216 Katrin Lemmon	F35 27:36	291 Chris Halcomb	M37 29:31	366 Franny Chiang	F42 31:44
217 Violete Gutierrez	F23 27:37	292 Fenwick Halcomb	M08 29:32	367 Owen Lockwood	M08 31:45
218 Stephen Stockton	M29 27:38	293 Augie Hexym	F57 29:33	368 Kim Lockwood	F44 31:46
219 Ryan Chapman	M21 27:39	294 Isla Archibald-Buchanan	F07 29:34	369 Jessica Joy	F40 31:47
220 Dana Merrill	F31 27:41	295 Drake Allen	M08 29:34	370 Chanel Leipzig	F37 31:48
221 Jon Merrill	M32 27:42	296 Laura Levy	F36 29:35	371 Alayna Fiel	F26 31:49
222 Bryce Davey	M10 27:43	297 Mikayla Minton	F23 29:37	372 Emma Ayres	F13 31:49
223 Elijah Butler	M29 27:44	298 Jon Miller	M43 29:38	373 Christina Brown	F22 31:55
224 Mike Davey	M38 27:45	299 Madelyn Shanahan	F19 29:39	374 Brandan M	M?? 31:56
225 Sage Johnson	M?? 27:46	300 Shao-Lan Lew-Smith	F41 29:43	375 Kate Stockman	F44 31:57
226 Tonalli Ramirez	F26 27:47	301 Wyland Karevoll	M10 29:47	376 Kristin Decov	F44 31:57
227 Owen Shanahan	M20 27:50	302 Jennifer Karevoll	F36 29:48	377 Andrew Bohi	M42 31:58
228 Aaron Ostrom	M47 27:53	303 Steven Campbell	M54 29:51	378 Jessica ??	F22 31:58
229 Morgan Mireles	F34 27:56	304 Mike Minton	M52 29:52	379 S. Gage	M?? 32:00
230 Luta Belcher	M52 27:57	305 Elhaym ??	F15 29:54	380 Vincent Weldon	M42 32:06
231 Jayce Davey	M07 27:58	306 Adam Molofsey	M50 29:55	381 Katie Bisson	F53 32:07
232 Dan Branson	M32 27:58	307 Judah Ludwig	M14 30:01	382 Rachel Green	F29 32:08
233 Brian S	M41 27:59	308 Kaden Cruz	M?? 30:02	383 David Lehman	M28 32:09
234 Jesse Guagliano	M81 28:00	309 Stuart Conlin	M51 30:08	384 Naiya Anderson	F22 32:12
235 Olivia Symanovich	F48 28:02	310 Isaac Asa	M12 30:10	385 Brian Buchlanan	M47 32:13
236 Camille Shaver	F21 28:04	311 Gabrial Nova	M13 30:13	386 Danielle Garcia	F29 32:14
237 Brian Kaneko	M?? 28:08	312 Donald Herrera	M41 30:14	387 Gavin Dai	M21 32:15
238 Camryn Pinard	F20 28:09	313 Tara Cordisco-Guild	F37 30:14	388 Bri Cavanaugh	F?? 32:16
239 Sylvia Tout	F09 28:11	314 Maebyn Cordisco-Guild	F08 30:15	389 Styler Buck	M73 32:18
240 Matthew Tout	M42 28:12	315 Pete Leipzig	M36 30:16	390 Victoria Rimmey	F20 32:20
241 Sarah Visser	F34 28:13	316 Peter Leipzig	M08 30:17	391 Peter Lazar	M?? 32:21
242 Judah O'Shaughnessy	M30 28:17	317 Patrick Owen	M63 30:18	392 John Aryanpur	M67 32:22
243 Jake Krainock	M25 28:20	318 Carolina Mello	F40 30:18	393 Della ??	F09 32:23
244 Daisy Conde	F32 28:21	319 Anna Bronson	F31 30:19	394 ?? ??	??? 32:23
245 Ruth Jones	F35 28:22	320 Kurt Dervedde	M62 30:19	395 ?? ??	??? 32:25
246 Oceana ??	F35 28:23	321 Becky Chapman	F55 30:21	396 Betty Weldon	F17 32:26
247 Yvette Ferreira	F51 28:27	322 Michael Chapman	M66 30:22	397 George Cavinta	M29 32:27
248 Mavelyn Socha	F47 28:38	323 Danielle Locricchio	F31 30:30	398 Diana Cavinta	F55 32:28
249 Hannah Pereira	F24 28:40	324 George Little	M43 30:32	399 Maddie Kalson	F18 32:29
250 Josh Jimenez	M48 28:43	325 Emily Chiang	F07 30:33	400 Brantley Hemmingsen	M11 32:30
251 Ella Jimenez	F20 28:43	326 Josephine Archibald	F43 30:34	401 Jovani Montero	M19 32:31
252 Santiago Camacho	M25 28:45	327 Brian Ferguson	M72 30:35	402 Michael Whiteley	F66 32:45
253 Colleen Toste	F62 28:50	328 Hudson DeCou	M09 30:36	403 Christina Torres	F37 32:46
254 Scarlet Bullman	F13 28:51	329 Rob DeCou	M44 30:37	404 Raelynn Thomas	F06 32:48
255 Evan Fraser	M18 28:52	330 Amy Taylor	F46 30:38	405 Lindsey Thomas	F44 32:49
256 Kelvin Vu	M43 28:53	331 Meredith Wolfe	F52 30:39	406 Stick Dram	M69 32:50
257 Noemi Vu	F11 28:54	332 Brayden Pinard	M17 30:40	407 Wish Bone	F69 32:51
258 Joanna Szala-Pearicu	F?? 28:54	333 Marlene Allen	F69 30:41	408 Dark Meat	M59 32:57
259 Austyn Souza	F10 28:57	334 Rosa Granados	F26 30:45	409 William Jackson	M31 32:58
260 Niall Vu	M07 28:57	335 Ivan Mueting	M32 30:46	410 Lani Waggonek	F23 32:59
261 Lucas Graves	M30 28:58	336 Jacob Rivera	M26 30:47	411 Asher Novello	M12 33:07
262 Gusmaro Gastelom	M29 28:59	337 Kent Davidsen	M27 30:48	412 Glenn Farmer	M48 33:18
263 Craig Woods	M35 29:05	338 Joden Rivera	M18 30:48	413 Echo Rinehart	F10 33:19
264 John Carson	M67 29:10	339 Kellie Weeks	F39 30:49	414 Mason Atherton-Friend	M07 33:26
265 Bolton Meadows	M10 29:11	340 Jason Woods	M55 30:50	415 Megan Atherton	F42 33:27
266 Jake Larson	M?? 29:12	341 Sylvie Davis	F08 30:51	416 Mark Atherton	M77 33:28
267 Craig Watson	M58 29:13	342 Rebecca Bendzick	F?? 30:54	417 Brendon Fischel	M28 33:29
268 Conor Arnold	M?? 29:13	343 Tanisha Boswell-Cole	F35 30:55	418 Nicole Fischel	F28 33:30
269 Nick Watson	M26 29:14	344 Sharon Cardoza	F58 30:56	419 Mike Farrell	M49 33:33
270 Israel Ludwig	M10 29:15	345 Shawna Hatten	F37 30:57	420 Sarah Farrell	F44 33:33
271 Amber Thompson	F48 29:16	346 Julie Rivera	F52 30:57	421 Stanley Guild	M41 33:34
272 Charlotte Landis	F09 29:17	347 Kyle Cochran	M30 30:58	422 Pyper Cordisco-Guild	F05 33:36
273 Sarah Landis	F41 29:17	348 Ethan Shaw	M33 30:59	423 James Davis	M44 33:42
274 Esme Guterres	F11 29:17	349 Isaac Ostrom	M14 31:00	424 Arlene Woody	F64 33:43
275 Shota Guterres	M43 29:18	350 Lily Williamson	F19 31:01	425 Coral Ciarabellini	F23 33:44
276 Blake Callison	M26 29:18	351 Kellani Goodrich	F13 31:02	426 Rylee Pinard	F12 33:49
277 Lisa Hansen	F50 29:19	352 Teo Loring	M77 31:03	427 Larissa Conlin	F49 33:51
278 Trevor Harper	M51 29:19	353 Nevi Weldon	F12 31:03	428 Thornyn Adams	M09 33:54
279 Roman Gonzales	M35 29:20	354 Hope Von Werlhof	F35 31:04	429 ?? Adams	M?? 33:55
280 Maiya Martinez	F24 29:20	355 Evan Von Werlhof	M34 31:05	430 Todd Pahl	M57 34:00
281 Claire Creps	F13 29:21	356 Joshua Ballale	M35 31:07	431 Nicolette Amann	F56 34:01

432 Marie Cappiello	F53	34:02	507 William Defalco	M40	36:31	582 Julia Everta	F53	39:46
433 Robin Fraser	F49	34:04	508 ?? Morton	???	36:32	583 Karen Coonrod	F51	39:51
434 Rose Harper	F??	34:07	509 Jeff Mason	M??	36:37	584 Mary Scoggin	F64	39:52
435 Sherrie Sample	F62	34:12	510 Ian Hunter	M32	36:44	585 Elizabeth Williams	F26	40:02
436 Mike Cameron	M64	34:13	511 Micah Hammond	M21	36:47	586 Andrea Williams	F23	40:03
437 Samantha Little	F39	34:15	512 Avni Madhak	F11	36:48	587 Saria Bugnacki	F26	40:06
438 Ankit Panta	M15	34:16	513 Evan Newbanks	M49	37:00	588 Grace Agapinan	F24	40:07
439 Thadeus Lockwood	M06	34:17	514 Karen Adams	F66	37:01	589 Alexa Stefanakis	F29	40:11
440 Brian O'Rourke	M42	34:18	515 Dakota Carlson	F28	37:03	590 Alex Bippus	M32	40:12
441 Jack Kinzinger	M08	34:19	516 Finn Craven	M10	37:06	591 Deanne Newhouse	F65	40:16
442 Valerie Bowser	F23	34:20	517 Jeffrey Craven	M49	37:07	592 Alicia Tuso	F58	40:19
443 Reid McSorley	M13	34:21	518 Scott Carlson	M55	37:08	593 Martha Mendoza	F46	40:19
444 Keona Gutierrez	F21	34:21	519 Owen Kinziger	M12	37:09	594 Lincoln Johnson	M11	40:21
445 McKay Thomson	M25	34:22	520 Andrew Kinziger	M52	37:09	595 Kellie Johnson	F42	40:23
446 Liz Mengel	F19	34:23	521 Emmett Newbanks	M11	37:10	596 Kathryn Rowe	F41	40:24
447 Rhys Honrado	M13	34:26	522 Amaya Epperson	F11	37:11	597 Marisa Parish Hanson	F41	40:30
448 Cora Killoran	F18	34:28	523 Jess Ramirez	F35	37:12	598 Allie O'Brien	F11	40:42
449 Melinda Swank	F64	34:29	524 Zoe Macknicki	F20	37:13	599 Kendra O'Brien	F48	40:44
450 Holly Powell	F35	34:31	525 Sydney Davis	F10	37:18	600 Amelia Francis	F23	40:49
451 Hanna Taylor	F24	34:33	526 Lauren Samek	F18	37:27	601 Tiffany Bullman	F41	40:50
452 Rob Hemmingsen	M47	34:34	527 Douglas Socha	M65	37:28	602 Mel Domenighini	F48	40:54
453 Heather Equinoss	F51	34:35	528 Camden Renner	M08	37:29	603 Isaac Khelo	M23	40:55
454 Sarah Shanahan	F49	34:36	529 Libby Ikesaki	F19	37:41	604 Sandy Khelo	F22	40:56
455 Angelina Mendoza	F23	34:37	530 Keira Neily	F19	37:42	605 Talullah Downey	F16	40:57
456 Kelsey Hill	F38	34:38	531 Siobhan Ayres	F44	37:43	606 Daisy Sanchez	F27	40:58
457 Licky Meadows	M08	34:38	532 Chuck Ayres	M48	37:45	607 Sage Low	F22	40:59
458 Hailey Christensen	F42	34:39	533 Kacy Tonkin	F35	37:51	608 Sophia West	F20	41:02
459 Bryan Hall	M36	34:40	534 Vanesa Carillo-Salas	F31	37:54	609 Nessa Carlson	F11	41:05
460 Adaline Halcomb	F12	34:45	535 Nicole Goodin	F31	37:55	610 Trevor Carlson	M46	41:06
461 Colton La France	M11	34:48	536 Kona Shaw	F31	37:56	611 Samana Lake	F59	41:08
462 Jen Waites	F43	34:51	537 Nathaniel Rayburn	M06	37:58	612 Isabella Archibald	F36	41:10
463 Ember Hindbaugh	F15	34:52	538 Lindsay Bibby	F20	37:59	613 Sarah Sullens	F45	41:10
464 Arya Hindbaugh	F15	34:53	539 Amy Solari	F36	38:00	614 April Quincey	F44	41:14
465 Adien Campbell	M14	34:55	540 Nicole Davis	F41	38:02	615 Erika Benson	F46	41:15
466 Lyra Hindbaugh	F17	34:55	541 Brad Petzak	M39	38:03	616 Andrea Tout	F43	41:19
467 Jacob Beede	M07	34:58	542 Ed Kallen	M??	38:06	617 Elizabeth ??	F46	41:21
468 Danielle Ludwig	F40	35:04	543 Doug Deiling	M52	38:11	618 Alissa Clear	F36	41:25
469 Rakelle Ludwig	F16	35:04	544 Henry Deiling	M10	38:21	619 Destinee Valeska	F30	41:27
470 Laura Smither	F39	35:05	545 Delcie ??	F41	38:26	620 Nolan Davison	M12	41:28
471 Nicole Jean Hill	F47	35:06	546 Bryleigh Busick	F24	38:27	621 Karina O'Shaughnessy	F34	41:34
472 Julie Alderson	F54	35:15	547 Tim Moreno	M33	38:29	622 Bill Little	M70	41:47
473 Camille Riggs	F48	35:16	548 Seth L	M20	38:30	623 Dulce Ziegler	F48	41:52
474 S. Towns	F??	35:17	549 Alia Craven	F47	38:32	624 Blase Bonpane	M52	41:55
475 Carrie Levy	F54	35:18	550 Debbie Stamper	F71	38:41	625 Amanda Belmar	F11	41:59
476 Tamara Honrado	F45	35:27	551 Oliver Wason-Stamper	M05	38:43	626 David Belmar	M39	42:01
477 Rhett Honrado	M08	35:27	552 Naomi Stamper	F40	38:52	627 Sean Allen	M44	42:04
478 Zion Honrado	M08	35:30	553 Hailey Taylor	F25	38:54	628 Joaquin Dominick	M47	42:09
479 Kiley Ludwig	F20	35:31	554 Catrina Howatt	F59	38:56	629 Jasmine Sarp	F37	42:11
480 Ross Creech	M04	35:32	555 Stephanie Weldon	F48	38:58	630 Rue Sipma	F16	42:13
481 Maddox Epperson	M08	35:33	556 Grey Kaupman	M07	39:00	631 Paul Shanahan	M53	42:14
482 Bree Kalson	F46	35:34	557 Madison Acres	F27	39:01	632 Tabatha Miller	F57	42:27
483 Beck Hansen	M06	35:38	558 Tien Agapiman	M25	39:02	633 Rhys Prichett	M15	42:38
484 Aren Hansen	M47	35:39	559 Tracy Foltz	F43	39:03	634 Jessa Docherty	F45	42:43
485 Bob Beede	M73	35:45	560 Jean Chiles	F47	39:05	635 Breanne Docherty	F07	42:45
486 Linea Vizenor	F??	35:56	561 Collin Deiling	M08	39:06	636 Alice Gibbons	F08	42:48
487 Cara Lockwood	F21	35:58	562 Rachel Minton	F48	39:13	637 Jocelyn Gibbons	F40	42:49
488 Sierra Lockwood	F25	35:59	563 Kennedy Minton	F20	39:14	638 Emberly Elway	F08	42:51
489 Aiyasia Lovio-Coley	F30	36:01	564 Theo Creech	M11	39:15	639 Alyza Elway	F38	42:52
490 Hannah Graves	F34	36:03	565 Brian Heaton	M37	39:16	640 Danielle Epperson	F37	42:52
491 Vivienne Shanahan	F13	36:05	566 Eli Dominick	M07	39:18	641 Tristan Epperson	M08	42:53
492 Patrick Shanahan	M48	36:06	567 Lyndon Powell	M40	39:19	642 ?? ??	???	43:05
493 Sandra Mendoza	F57	36:10	568 Harry O'Hanen	M05	39:20	643 Rilynn Flanagan	F14	43:24
494 Heidi Bazan-Beltran	F46	36:11	569 Heidi O'Hanen	F41	39:21	644 ?? ??	???	43:26
495 Jeff Usry	M47	36:13	570 Lara Deiling	F40	39:23	645 Carol Ingram	F46	43:27
496 Scout Townsend	M14	36:15	571 Doug Nelson	M53	39:27	646 Matthew Ingram	M47	43:28
497 Hannah Golden	F44	36:16	572 Azalea Wiseman Nelson	F07	39:30	647 Toby Valenzuela	M11	43:31
498 Dash Townsend	M11	36:17	573 Rachael Wiseman Nelson	F46	39:32	648 Alder Corbett	M05	43:34
499 Kelly Allen	F42	36:20	574 Lexis Gillette	F31	39:37	649 Dawn Durbin	F61	43:34
500 Viivianna Cox	F12	36:21	575 Trevor De Grazia	M42	39:37	650 Ada Johnson	F08	43:35
501 Heather Ochoa	F41	36:23	576 Annalise Pool	F10	39:38	651 Mark Johnson	M41	43:36
502 ?? ??	M72	36:23	577 Ariane Pool	F43	39:39	652 Genevive Connelly	F06	43:37
503 James Creed	M32	36:24	578 Stephanie Kamberg	F38	39:41	653 Casey Nova	M34	43:41
504 Thomas Nolan	M31	36:25	579 Stephanie Stover	F34	39:42	654 Sean Winkler-Prins	F38	43:42
505 Jazmen McGinnis	F31	36:29	580 Jill Macknicki	F??	39:42	655 Sean McSmith	M48	43:43
506 Kayla Wendlandt	F33	36:30	581 Joann Rimmey	F51	39:43	656 David Fraser	M82	43:57

657 Kathy Wheatley	F53	44:24	732 Elizabeth Rodriguez	F09	49:32	807 Emma Weeks	F33	55:46
658 Todd Valenzuela	M14	44:25	733 Yami Hernandez	M09	49:51	808 Chelsey Herrera	F33	55:47
659 Katy Valenzuela	F43	44:26	734 Suanne Hilles	F73	49:53	809 Melanie Casillas	F36	55:50
660 Wilson Alburo	F50	44:29	735 Tom Hiller	M67	49:54	810 Lynn Casillas	F68	55:55
661 David Turner	M47	44:31	736 Karla Rodriguez	F40	49:56	811 Gail Narum	F69	56:16
662 Serenity Edwards	F25	44:32	737 Kari Hemmingsen	F47	50:20	812 Pasquale Romano	M74	56:17
663 Marissa McInerny	F26	44:34	738 Elizabeth Parks	F24	50:24	813 Stephanie Nicoll-Curtis	F42	56:41
664 Dino Novello	M47	44:35	739 Caleb Lutz	M24	50:24	814 Ethan Jabour	M24	56:42
665 ?? Adams	F06	44:36	740 Ronda O'Leary	F58	50:28	815 Adara Lewis	F23	56:42
666 Kristina Adams	F34	44:37	741 Joaquin Harper	M18	50:34	816 Sheyda Gomez	F42	56:51
667 Erick Rodriguez	M14	44:38	742 Darin Powell	M34	50:46	817 Patricia Arneson	F36	56:53
668 Aaron Rodriguez	M26	44:39	743 Camden Corse	M12	51:03	818 Rokiynn Arneson	F10	56:56
669 Ashley McCanless	F38	44:43	744 Sutton Waites	F09	51:05	819 Derek Nowak	M48	56:57
670 Kairi Fike	F07	44:48	745 Jennifer Pinard	F45	51:06	820 Valerie Kissiling	F54	56:58
671 Brittany Phinney	F36	44:55	746 Keenan Pool	???	51:07	821 Jerry Nairn	M66	57:06
672 Laura Austin	F??	44:57	747 Violet Pool	F09	51:15	822 Lily Dilber	F17	57:16
673 Matt Gaser	M47	45:06	748 Cynthia Corse	F39	51:16	823 Mia Corcic	F17	57:16
674 Mitch Townsend	M??	45:07	749 Tamara Lopez	F44	51:18	824 Caitlin Wheatley	F22	57:22
675 Carolyn Ybarra Pontani	F54	45:12	750 Liz Lable	F34	51:23	825 Mark Wheatley	M66	57:22
676 Mel Sample	M64	45:20	751 Maria McCormack	F23	51:48	826 Vicente Gerrerd	M31	57:25
677 Trinity Meadows	F52	45:31	752 Bob Pinard	M44	51:49	827 Reben Hernandez	M41	57:26
678 Sonya Woody	F47	45:33	753 Ariella Rayburn	F04	51:50	828 Sinclair Waites	F14	57:27
679 Gretchen Connelly	F38	45:34	754 Ariana Rayburn	F38	51:51	829 Frances Woody	F14	57:27
680 Aliya Nova	F08	45:35	755 Hope King	???	51:54	830 Teresa Brown	F21	57:31
681 Rubalit Sierra	F33	45:38	756 Ashlynn Barbee	F22	51:54	831 Elizabeth Wilson	F26	57:33
682 Serrina Chapman	F53	45:46	757 Debi King	F70	51:58	832 Walker Davenport	M03	57:38
683 Dawsyn Cordisco-Guild	F10	45:53	758 Jennie Jimenez	F??	52:01	833 Kira O'Rourke	F45	57:40
684 Gerald Crnich	M79	45:53	759 Alex Jimenez	M15	52:02	834 Cen Davenport	M50	57:43
685 Nick Allen	M40	45:54	760 Alissa Woods	F42	52:08	835 Jackson Little	M12	57:45
686 Dan Cavanaugh	M40	45:58	761 Celia Willson	F43	52:09	836 Ryan Chiang	M09	57:46
687 Drake Cavanaugh	M05	45:59	762 Amy Nilsen	F??	52:12	837 Erica Hindbaugh	F46	57:50
688 Rylee McBeth	F10	46:02	763 Kimberly Hernandez	F22	52:12	838 Grace Davenport	F18	57:51
689 Lydia Davis	F16	46:16	764 Ryan Nilsen	M50	52:13	839 Lynda Yeoman	F65	57:52
690 Matt Magee	M33	46:16	765 Braden Brawner	M51	52:13	840 Emily Davenport	F48	58:01
691 Peter Dauphinee	M50	46:17	766 Liam Gordon	M19	52:14	841 Jesse Hindbaugh	F46	58:06
692 Tracy Helard S.	F52	46:17	767 Julie Lyons	F60	52:15	842 Daniel Rojo	M36	58:07
693 Cooper Karevou	M07	46:19	768 Abigayle Mazzocco	F25	52:16	843 Katrina Knox	F55	58:07
694 Richard Karevou	M42	46:19	769 Oliver Cheech	M09	52:23	844 Hunter Dominguez	M33	58:15
695 Amy Dipman	F54	46:27	770 Alexandra Cheech	F39	52:25	845 Leonor Gasteht	F33	58:17
696 Gloria Dipman	F15	46:27	771 Wendy Gordon	F52	52:37	846 Sasha Dronkers	F18	58:41
697 Brook McCurdy	F48	46:28	772 Sherry Myers	F69	52:57	847 Sasha Dronkers	M58	58:42
698 Inga Townsend	F49	46:29	773 Brenda Estes	F53	52:59	848 Maureen Mainwaring	F50	58:43
699 Dan Twomey	M33	46:45	774 Mike Zwiefelhofer	M50	53:08	849 Deborah Cankila	F??	58:43
700 Kelli Flanagan	F40	46:46	775 Aileen Martin	F??	53:09	850 Darlene Tonkin	F??	58:49
701 Henry Flanagan	M11	46:50	776 Laura Shaver	F49	53:10	851 Gabriel Guiribitey	M09	58:52
702 Malia Masayos	F16	46:51	777 Nya Golightly	F??	53:15	852 Akia Hasan	F??	58:56
703 Arli Nieman	F13	46:56	778 Tatiana Miller	F??	53:32	853 John Foley	M26	58:57
704 Kallie Henry	F18	47:01	779 Brigitte Crittenden	F67	53:45	854 Brooklyn Pontoni	F25	58:57
705 Kera Conlin	F12	47:04	780 Tricia Brahns	F71	53:48	855 Bailey-Jean Pontoni	F20	59:05
706 Aubrey Davis	F12	47:10	781 Emilia Wright	F09	53:51	856 Katie Towns	F30	59:06
707 Harlow Brawner	F08	47:20	782 Jeremy Wright	M45	53:53	857 Tilly Landis	F06	59:06
708 Tec Corifm	F56	47:23	783 Sariyah Glasper	F28	53:54	858 Brianna Pendrak	F30	59:08
709 Brian Chiles	M60	47:25	784 Diego Garcia	M30	53:55	859 Emily Simmons	F41	59:09
710 Henry Hemmingsen	M45	47:27	785 Rey Newland	M54	53:56	860 Carrie Sams	F64	59:09
711 Fran Lastarria	F29	47:32	786 Jera Newland	F42	54:01	861 Lisa Gorge	F55	59:10
712 Crystal McKinney	F28	47:47	787 Xavier Newland	M14	54:02	862 Alex Gorge	M21	59:11
713 ?? ??	???	48:03	788 Anna Eckart	F25	54:07	863 Jaden Gorge	M24	59:12
714 Hannah Nicklas	F13	48:07	789 Jacques Emry	M38	54:09	864 Phoebe Marsh	F62	59:15
715 Victoria Salles	F29	48:08	790 Wendy Harper	F??	54:12	865 James Marsh	M57	59:16
716 Cody Bognuder	M??	48:09	791 Shannon Martina	F26	54:20	866 Garrett McElroy	M34	59:17
717 Zoey Quinionez	F??	48:23	792 Mark Moore	M73	54:41	867 Shayna McElroy	F29	59:18
718 Erika Guynn	F58	48:24	793 Joe Petzak	M60	54:51	868 Elaine Sams	F62	59:18
719 Barbara Blum	F61	48:33	794 Kim Wilkerson	F61	54:51	869 Stephanie Salvatore	F36	59:19
720 Katie Dens	F42	48:37	795 Aleks Kopiej	F??	55:05	870 Chet Chadbourne	M30	59:19
721 Jessa McFarlan	F35	48:45	796 Morgan Armanini	F29	55:06	871 Iris Ward	F40	59:20
722 Elias Cox	M06	48:48	797 Jamie Gillespie	F31	55:07	872 Shannon Sullivan	F45	59:20
723 Zack Cox	M46	48:48	798 Mia Filippini	F??	55:08	873 Emma Lynch	F13	59:21
724 Claire La France	F09	49:12	799 Ruth Fleshman	F75	55:20	874 Joan Sullivan	F??	59:21
725 Diann La France	F44	49:13	800 James Fleshman	M75	55:21	875 Ellie Mae Ward	F05	59:22
726 Kathleen Lake	F68	49:13	801 Tracie Jackson	F30	55:23	876 Hannah Ward	F39	59:23
727 Rendel Repair	F32	49:24	802 Michaela Hasler	F45	55:27	877 Steven Ward	M48	59:23
728 Amy Turner	F46	49:26	803 Matt Manago	M47	55:27	878 Sequoya Ward	F43	59:28
729 Sky McKinley	M49	49:31	804 Jon Clear	M38	55:37	879 Irene Gonzalez	F31	59:32
730 Aubrey Gates	F41	49:31	805 Aaron Valeska	M33	55:38	880 Mindy Duncan	F43	59:33
731 Emilio Silveira	M23	49:32	806 Charlie Valeska	M72	55:39	881 Kimberly Austin	F54	59:34

882 Ashley Nieman	F42 59:35	925 Chloe Cappuccio	F14 1:03:10	968 Orion Landis	M?? 1:04:50
883 Debbie Neeson	F74 59:43	926 Jenny Cappuccio	F53 1:03:11	969 ?? Hufancia	F39 1:04:54
884 Becky Koczko	F51 59:44	927 Monica McGraw	F70 1:03:12	970 Lyn Alburo	F45 1:04:54
885 Sarah M.	F53 59:46	928 Eric Chiang	M44 1:03:14	971 Harvey Nieto	M?? 1:05:18
886 Andrea Nelson	F38 59:50	929 Judy Cappuccio	F73 1:03:18	972 Mary Jane Schilz	F75 1:05:19
887 Ryan Nelson	M38 59:51	930 Lawrence Cappuccio	M74 1:03:19	973 Jim Schilz	M77 1:05:20
888 Mason Bascochea	M27 1:00:05	931 Zach O'Hanen	M36 1:03:24	974 Tim Schilz	M75 1:05:20
889 Sarah Batenburg	F26 1:00:05	932 Steve Larsen	M74 1:03:27	975 Joe Friend	M49 1:05:33
890 J. Roberst	F43 1:00:06	933 Frank Cappuccio	M52 1:03:28	976 Malia H.	F40 1:05:34
891 Nadine Honda	F05 1:00:07	934 Ernesto Cappuccio	M23 1:03:29	977 Tyler Nicely	M42 1:05:35
892 Cindy Newmann	F64 1:00:08	935 Jessica ??	F?? 1:03:33	978 Reece Emenaker	M05 1:05:37
893 Lalita Brinckhaus	F69 1:00:21	936 Mariah ??	F19 1:03:34	979 Ryan Emenaker	M47 1:05:40
894 Jeremy Hayes	M36 1:00:26	937 Brittney ??	F?? 1:03:36	980 Sofia Pereira	F38 1:05:46
895 Jake Hayes	M44 1:00:26	938 Christie ??	F?? 1:03:37	981 Alicia Anderson	F44 1:05:47
896 Andrea Sherrod	F40 1:00:27	939 Stephanie ??	F44 1:03:38	982 Loreza ??	M?? 1:05:48
897 Krystal Soeth	F50 1:00:32	940 Hannah ??	F?? 1:03:39	983 Aaron Anderson	M40 1:05:49
898 Sydney Arnold	F26 1:00:33	941 James King	M?? 1:03:40	984 Wesley Anderson	M04 1:05:50
899 Nikki Arnold	F55 1:00:37	942 Colton ??	M?? 1:03:41	985 Tori Kuwahara	F40 1:06:19
900 Katie Lynch	F45 1:00:42	943 Marissa Ehret	F38 1:03:45	986 Amy ??	F?? 1:06:20
901 Emily Rimmey	F26 1:00:42	944 Jason Spangler	M39 1:03:46	987 Kelly ??	F45 1:06:22
902 Dave Davison	M44 1:00:44	945 Cindy Spangler	F59 1:03:48	988 Hunter	M10 1:06:25
903 Kim Wilson	F?? 1:00:47	946 Lee Meents	M43 1:03:49	989 Anthony	M13 1:06:26
904 Tom Wilson	M?? 1:00:47	947 Michelle Taylor	F54 1:03:50	990 Mason Kamplain	M06 1:07:29
905 Anna Davison	F43 1:00:48	948 Koda Meents	M04 1:03:51	991 Shamar Wroter	??? 1:07:32
906 Henry Landis	M12 1:00:48	949 Adam Summerfield	M42 1:03:52	992 Marty Buell	M65 1:07:58
907 Erica Tiefjen	F54 1:00:59	950 Edward Summerfield	M05 1:03:53	993 Tam Buell	F?? 1:07:58
908 Kelley Hurlburt	F66 1:01:09	951 Jerykan Rosa	F26 1:04:07	994 Molly Wroter	F?? 1:08:18
909 Adam Landis	M45 1:01:11	952 Bethany Rosa	F44 1:04:09	995 Legin Wroter	??? 1:08:34
910 Michael Bibby	M56 1:01:11	953 Austin Chase	M?? 1:04:11	996 Ray Manka	M79 1:08:44
911 Hannah Bibby	F22 1:01:12	954 Steve Chase	M?? 1:04:13	997 Sherry Manka	F74 1:08:45
912 Kathy Davis	F64 1:01:12	955 Kay Zurasky	F28 1:04:16	998 Sean Thomas	M54 1:08:46
913 Koen Riggs	M14 1:01:17	956 Diane Zurasky	F63 1:04:20	999 Kevia Bell	F56 1:09:14
914 Angelica Yarbrough	F33 1:01:18	957 Laura Leipzig	F40 1:04:20	1000 Davis Bell	M23 1:09:15
915 Sheri Schlesinger	F53 1:01:26	958 Dana Zurasky	F63 1:04:21	1001 Monica Bell	F31 1:09:16
916 Shelly Davis	F?? 1:02:41	959 Ashley Leipzig	F05 1:04:22	1002 Mason Bell	M30 1:09:17
917 Rachel Burns	F36 1:02:42	960 Mary Leipzig	F73 1:04:24	1003 Pamela Rollins	F69 1:13:08
918 Patrick Burns	M?? 1:02:44	961 Sabrina ??	F?? 1:04:30	1004 Miachael Dakota	M25 1:13:10
919 Madeline Burns	F05 1:02:45	962 Emily ??	F?? 1:04:31	1005 Wynona Nash	F78 1:13:36
920 Scarlett Burns	F02 1:02:46	963 Mark Gardner	M53 1:04:32	1006 Weber Mardeena	F72 1:13:37
921 David Alves	M41 1:02:48	964 Kate ??	F51 1:04:33	1007 Janet Butler-Ward	F71 1:14:41
922 Reily Alves	M18 1:02:49	965 Isa ??	M27 1:04:34	1008 Jack Nash	M21 1:16:04
923 Kiera Alves	F?? 1:02:53	966 Sean ??	M28 1:04:35	1009 Alison Dunn	F50 1:16:14
924 Jennifer Alves	F41 1:03:01	967 Glenn Hurlburt	M69 1:04:47		



• Shown here are the top five runners in each group. You can find the full collection of photos on our website (<https://www.6rrc.com>, under 11/27/25).

Arcata Bottoms 3M & 8M

directed by "Harry Kavich" <hkavich@yahoo.com>

8M

Place	Name	G/age	Time
1	Jakob Zolwik	M28	49:54
2	Sky McKinley	M49	52:31
3	Jorge Preciado	M45	56:39
4	Galen Hammitt	M34	57:27
5	Annie Fehrenbach	F37	58:35
6	Courtney Carlson	F33	58:36
7	Chris Metro	M39	58:56
8	Jake Johnson	M49	59:37
9	Michele Gerdes	F46	59:52
10	Kevin Roberts	M47	1:01:04
11	Sung Choi	M54	1:01:11
12	Sarah Sanders	F46	1:01:54
13	Isabel Hirsch	F36	1:02:16
14	Shar-Lo Kelly	M44	1:03:03
15	Jen Foesig	F52	1:04:02
16	Caroline Carson	F63	1:05:40
17	Kristin Lane	F50	1:06:41
18	Jo Archibald	F43	1:06:49
19	Shawn Magnuson	M56	1:07:56
20	Amber Coley	F55	1:10:51
21	Arthur Barker	M64	1:11:27
22	Katrin Lemmon	F35	1:11:43
23	Drake Newell	M21	1:12:57
24	Rae Woodland	F19	1:12:58
25	Dana Merrill	F31	1:17:30
26	Jazmen McGinnis	F31	1:17:31
27	John Carson	M67	1:17:47
28	Randy Emenaker	M74	1:18:26
29	Marlene Allen	F69	1:19:25
30	Angie Pearson	F49	1:23:27
31	Casse Weaver	F48	1:26:13
32	Chrystyna Johnson	F47	1:26:14
33	Christina Torres	F37	1:29:48
34	Ed Kallen	M60	1:42:52
35	Jasper	M29	1:48:08

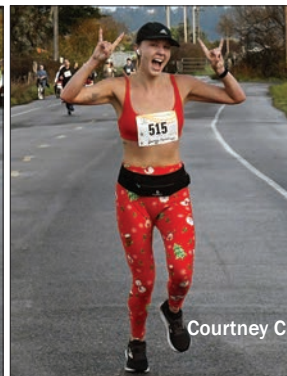
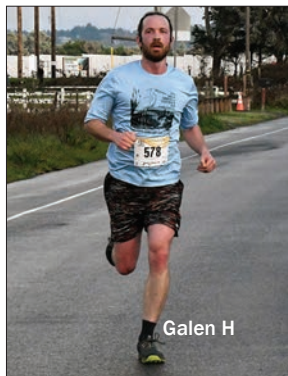
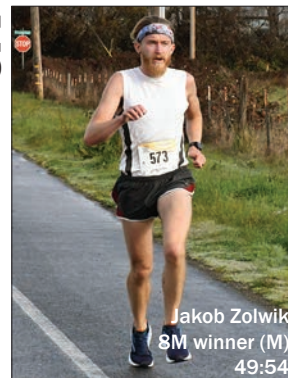
3M

Place	Name	G/age	Time
1	Ryan McLaughlin	M34	18:31
2	Margaux Pireau	F32	18:47
3	Zachary Chapman	M44	19:08
4	Day Robins	F30	20:25
5	Holden Rinehart	M14	20:46
6	Bret Rinehart	M45	20:47
7	Rob Amerman	M51	21:20
8	Jeff Haag	M66	21:28
9	Mishka Straka	M67	21:56
10	David Macauley	M63	22:33
11	Jenna Mossi	F33	23:32
12	Jeff Craven	M49	24:00
13	Brian Hudgens	M55	24:06
14	Nicole Kurth	F35	25:01
15	Caroline Lowry	F47	25:10
16	Jade Sullivan	F27	25:16
17	Joel Smith	M37	25:17
18	Blake Sample	M14	25:46
19	Griffin Folger	M07	27:54
20	Maddox Chapman	M11	28:17
21	Thomas Dewey	M66	28:51
22	Roenne Powell	F08	28:53
23	Joe Sample	M38	29:17
24	Sarah Larsen	F43	29:32
25	Kyle Hoppes	M38	29:33
26	Wyatt Eglian	M29	29:36
27	Oceanna Dillon	F29	29:37
28	Alan Lowry	M76	29:42
29	Amy Duerfeldt	F50	29:43
30	Savannah Steffen	F30	30:00

The **2025 Arcata Bottoms Run** was held on December 6th at St. Mary's Church in Arcata, California. There were a total of 110 participants in this year's event: 35 runners in the 8 Mile Run and 75 runners in the 8 Mile run. I would like to thank all of the **volunteers** who came out to help and make this year's event a success: **Carla, Catrina, Jessie, Amanda, Gary, Yoshi, Mark, Paul, Jack, Margaret, Terri, Carolyn, Brian, Cindy, Yoon and Marlene**. A special thanks to **Sherry Myers**, the Race Director of the last two ABR holiday runs, which were not only successful but a most joyful and festive way for this running community to spend their holidays together. See you in 2026 ... Harry

31	Kristi Vernig	F33	30:01
32	Zane Chapman	M12	30:04
33	Karen Adams	F66	30:23
34	Leah Stamper	F42	30:54
35	Camille Sathrum	F37	31:20
36	Lauren Pottker	F41	31:22
37	Josh Pottker	M41	31:24
38	Liam Chapman	M11	31:47
39	Sherrrie Sample	F62	31:57
40	Debbie Stamper	F71	32:02
41	Mark Chapman	M66	32:03
42	Hanna Taylor	F24	32:11
43	Holly Powell	F35	32:33
44	Marie Cappiello	F55	32:57
45	Robin Fraser	F46	32:58
46	Megan Atherton	F42	33:10
47	DeAnn Mendoza	F54	33:28
48	Mason Atherton	M07	33:47
49	Juan Reyes	M44	34:13
50	Kit Meyer	F45	34:41
51	Hanna Sample	F37	36:39
52	Jimmy Folger	M11	37:07
53	Ira Blatt	M79	39:58
54	Lauren Jackson	F25	40:49
55	Sam Webb	F27	40:51
56	Isaiah Pauline	M04	41:53
57	Becky Brennan	F44	41:55
58	Mel Sample	M64	42:23
59	Jamelle Dube	F38	45:05
60	Mary Kavanaugh	F45	45:05
61	Kayla Wendlandt	F30	47:50
62	Brandy Scriptor	F47	47:50
63	Ella Holland	F28	48:01
64	Talon Kline	M23	48:01
65	Shauna Davidson	F54	48:47
66	Portia Matheson	F78	51:48
67	Lorraine Dillon	F74	51:48
68	Arianna Porter	F15	55:28
69	Felix Porter	M09	55:30
70	Shawn Porter	M43	55:30
71	Westley Porter	M11	55:38
72	Nick Mossi	M33	58:03
73	Shanna Fraser	F37	1:24:00
74	Matthew Merrill	M36	1:24:01
75	Amy Dewey	F64	ran 2M

8M





Chris M



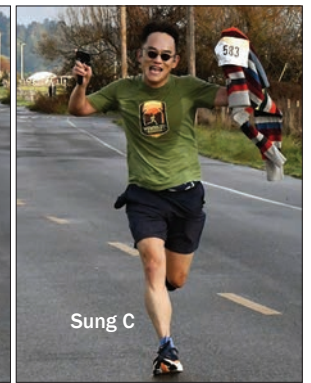
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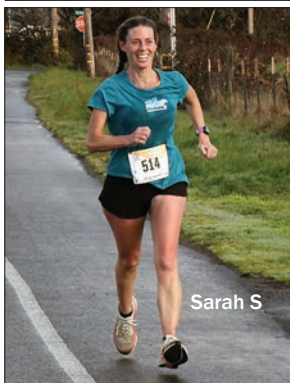
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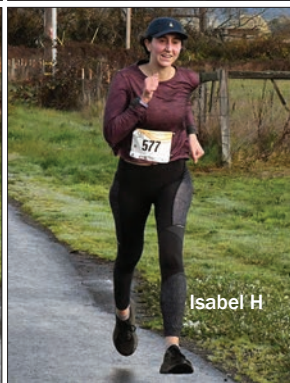
Kevin R



Sung C



Sarah S



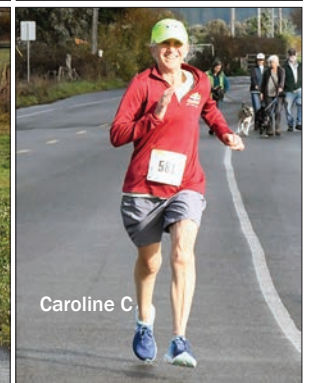
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Shar-Lo K



Jen F



Caroline C



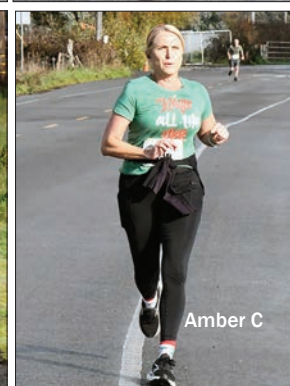
Kristin L



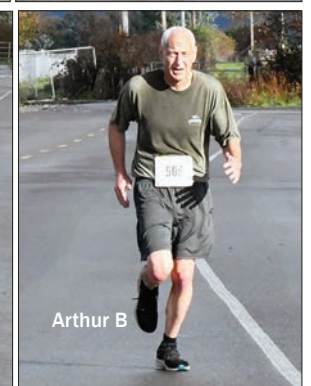
Jo A



Shawn M



Amber C



Arthur B



Katrin L



Rae W

Drake N



Dana M

Jazmen M



John C



Randy E



Marlene A



Angie P



Chrystyna J

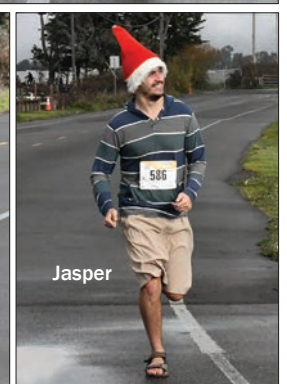
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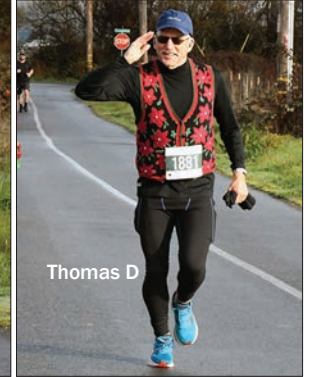
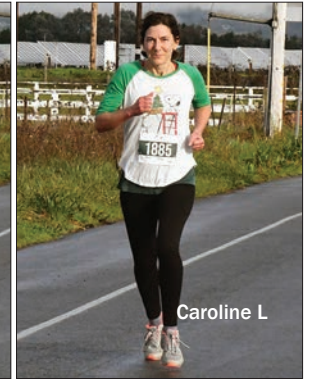
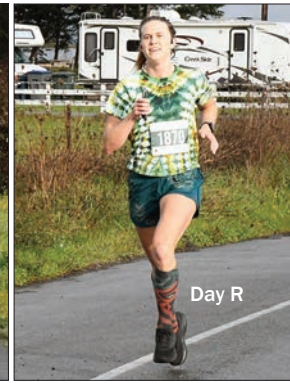
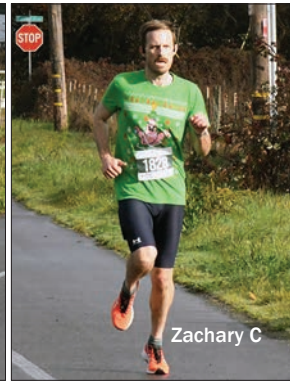
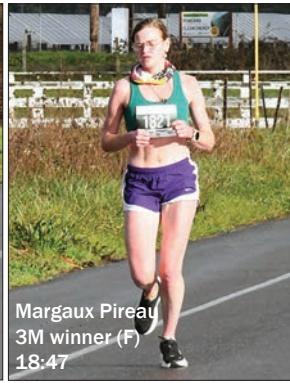
Christina T

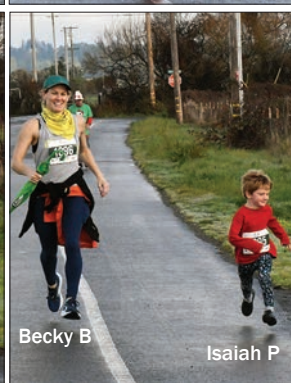
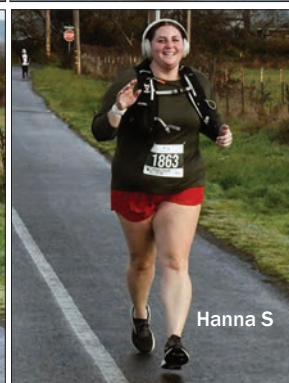
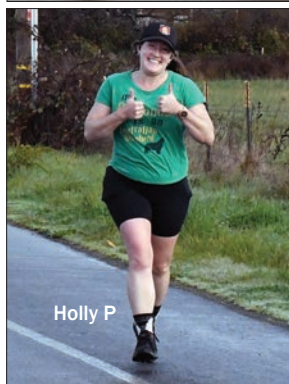
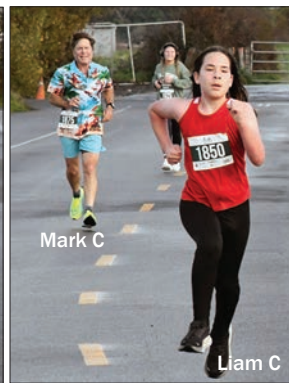
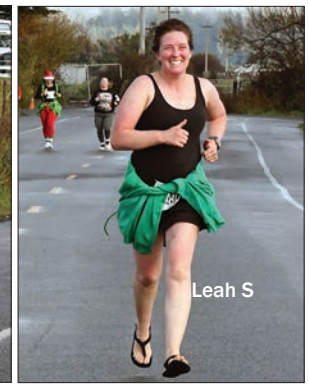


Ed K



Jasper







2025 24th ANNUAL S R R C CIRCUIT

Congratulations to everyone who completed the **2025 Circuit!** Please check the results closely and email me at <6rrccircuit@gmail.com> if anything needs to be updated.

The winner of each group will be in **bold** and the number of races for each runner will be in parentheses behind their names.

This will be my last article as Circuit keeper. If you want to pick up the crown and manage the Circuit next year, email me at <6rrccircuit@gmail.com>. You'll get access to the Circuit email, all of my notes from this year, templates for future articles, and the power to run the Circuit how you'd like to. It has been fun supporting the Club for the last two years. Thanks to **Sky McKinley** who made a magical spreadsheet that made this year's tracking even easier.

14 & Under Male: Oliver Stamper (7) and **Maddox Chapman** (6) (**first place tie**); Zane Chapman (6), Liam Chapman (6), FelixPorter (7), Westley Porter (7)

14 & Under Female: Roenne Powell (6), Arianna Porter (8)

15-19 Male: Juan Ornelas (6)

25-29 Male: Jasper (11)

30-34 Male: Tristan Cole (6), Galen Hammitt (7)

30-34 Female: Courtney Carlson (6), Amanda Lee (6), Becca Matias (8)

35-39 Male: Travis Sanborn (6), Jose Ornelas (7)

35-39 Female: Isabel Hirsch (11), Jenna Larson (11), Annie Fehrenbach (6), Katrin Lemmon (6), Christina Torres (7), Naomi Stamper (7)

40-44 Male: Matthew Kidwell (8), Doug Hartling (7), Zachary Chapman (6), Shawn Porter (7)

40-44 Female: Karen Kidwell (7), Crystal Porter (7), Leah Stamper (11), Kit Meyer (6)

45-49 Male: Sky McKinley (8), Richard Roybal (7), Jake Johnson (11)

45-49 Female: Michele Gerdes (7), Robin Fraser (9), Alia Dunphy (6), Angie Pearson (6)

50-54 Male: Rob Amerman (9), Sung Choi (9)

50-54 Female: Jen Foesig (11), Marie Cappiello (7)

55-59 Male: Shawn Magnuson (9), Ed Kallen (10)

55-59 Female: Catrina Howatt (7)

60-64 Male: Paul Kraus (6), Arthur Barker (11)

60-64 Female: Andrea Wright (8), Caroline Carson (14), Tj Chapman (6), Dawn Durbin (6), Marcile Raney (8), Simona Carini (6)

65-69 Male: Jeff Haag (7), Mishka Straka (7), Paul Kinsey (7), John Carson (10), Mark Chapman (9), Dave Ryan (10)

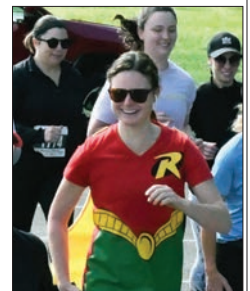
65-69 Female: Lanore Bergenske (9), Karen Adams (7), Marlene Allen (9), Sherry Myers (10)

70-74 Male: Randy Emenaker (12)

70-74 Female: Debbie Stamper (12), Lorraine Dillon (6)

75-79 Male: Cyril Carl (6)

75-79 Female: Portia Matheson (12)



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

100 Miles in 12:37:04

Yet that is what **Caitriona Jennings**, a 45-year-old ultrarunner from Donegal, did this month when breaking the **women's world record for 100 miles**. Her time for the Tunnel Hill 100 Mile in Illinois was 12hr 37min 4sec – an average pace of 7min 34sec a mile.

Sherman Schapiro <shsch1@gmail.com> sent us this article from "The Guardian" on Wed, Nov 19, 2025:

'A drug that's very safe and healthy': what ultrarunners can teach us about life

Sean Ingle, The Guardian

Caitriona Jennings ran 100 miles in just over 12 hours and wants other women to follow her example – 'it's not actually that difficult'

Caitriona Jennings broke the **women's world record** for 100 miles this month. 'You do get a huge sense of achievement from accomplishing a challenge you've set yourself.'

Imagine being able to run a marathon in three hours and 17 minutes. That is certainly no mean feat. But now think about trying to sustain that same pace for another nine hours. To most of us, the idea veers somewhere between the fantastical and the insane. Yet that is what Caitriona Jennings, a 45-year-old ultrarunner from Donegal, did this month when breaking the women's world record for 100 miles.

Her time for the Tunnel Hill 100 Mile in Illinois was **12hr 37min 4sec** – an **average pace of 7min 34sec a mile**. Incredibly, until then Jennings had never run more than 60 miles in one go. Having smashed the record, she then jumped on a red-eye economy flight from Chicago that landed in Dublin at 5am. Then she cycled straight to the office, where she works for a company that trades and leases planes to global airlines.

Some say ultrarunners are a little kooky, a little out of the box. In truth, they probably are, but perhaps they can also teach us a thing or two about life, and how to live it.

Jennings dismisses the idea she is any kind of superwoman. Sure, the thought of running 100 miles felt a bit crazy at first, she says. But, as an experienced runner, why not probe the boundaries of the possible? So she trained before work and during her lunch breaks, as well as running 48-64 miles every weekend, to ready herself for what lay ahead.

"The hardest part in the race came after 60 miles because I hadn't even got to the point where I could say: 'Right, just one marathon to go now,'" she says. "But my body held up pretty well. It was just the mental side."

Her coach, Terry McConnon, reckons Jennings has an amazing engine and some capacity for pain. The fact she finished the London 2012 Olympic marathon despite suffering a stress fracture in her foot suggests he has a point.

A little struggle, she says, is no bad thing. "You need to sustain a certain amount of pain because that's just the nature of the game. If you are going to run that fast, for that long, you're going to hurt unless you're superhuman. I think I've had such a strong desire to do well and to win that I'm willing to suffer a little in order to get that."

Intriguingly, Jennings is not the only ultrarunner in her 40s proving it is possible to juggle the preternatural and the normal. In October, **Sarah Webster**, a 46-year-old vet from East Sussex, took down the **women's 24-hour world record** at the world championships in France, running an astonishing **173.1 miles**.

California International Marathon Sacramento, CA 7:00 am, Sun., Dec. 7, 2025

OvPl	Name	G/age	Time	Home	Bib#
874	Erik Kinsey	M39	2:51:50	Mammoth Lakes	3987
974	Matthew Kidwell	M44	2:53:46	Eureka	2642
1671	Rosa Granados	F26	3:05:05	Arcata	394
3189	Karen Kidwell	F41	3:29:11	Eureka	2644
3280	Sarah Landis	F41	3:30:13	McKinleyville	7475
3405	Paul Kinsey	M70	3:32:35	Arcata	7330
5058	Tara Logan	F31	3:58:25	McKinleyville	5812

Then there is **Jasmin Paris**, who last year battled hallucinations and no sleep to become the first woman to complete the **Barkley marathon**, which consists of five 20-mile loops with more than 12,000 feet of elevation gain per loop, in the 60-hour time limit.

That was the culmination of months of training from 5am to 7.45am, before her two children were up and she started work. "It sounds a bit corny, but you also find out more about yourself, when you strip away all the stuff that makes life easier," she says.

That theme is explored in a new film, **Run Again**, that charts the singer Dave Pen's attempt to complete the 268-mile Spine Race along the Penine Way. "People say are you mad?" he says at one point. "But it's not madness, is it? It's living. I wanted to do something other people don't do. I like extremes."

At the end of the film, which has its UK premiere in London on Thursday, Pen trudges to the finish in 145hr 44min 45sec – more than 62 hours slower than Paris when she won the race in 2019.

Not surprisingly, Pen, whose band Archive is popular across Europe, looks desperately sleepdeprived, exhausted and frozen to his core. And yet he promises to be back.

Adharanand Finn was on to something when he described ultrarunning as a metaphor for life, with all its ups and downs, its struggles and revivals. In his brilliant book, **The Rise of the Ultrarunners**, Finn cites a tattoo the Spanish ultra-athlete Azara García de los Salmenes has on her leg, as indicative of what pushes competitors on. "The devil whispered in my ear: 'You're not strong enough to withstand the storm,' it reads. "I whispered back: 'I am the storm.'"

Finn asks: "Is this the appeal of ultrarunning? To push ourselves to a place where we stand face to face with the devil, the depths of the struggle, but then to rise up to overcome it?"

When I put this to Jennings, she laughs and calls it an interesting theory. But for her there is something else. "As humans we're not really designed to be on screens all day. We crave being in nature and having breaks from the noise in our heads. But, yes, you do get a huge sense of achievement from accomplishing a challenge you've set yourself. It's like a drug that's a very safe and healthy one."

There is one thing that surprises her. "I would like for other women to see what I'm doing and realise it's not actually that difficult." I have people say to me quite a lot, 'Oh, I'd love to do that, but I wouldn't be able to.' That still frustrates me. Because you can if you really want to and you're willing to put in the work."

Jennings is certainly living testament to that.



5th Veterans Day at McKay -- Recap



Dear SRRC,

I wanted to share about the success of the **5th Annual Veterans Day at McKay** event. It was a truly joyous and inspiring day, filled with heartfelt moments and a strong sense of community.

I am sharing this heartfelt write-up, which captures reflections on the event as well as personal insights on military service, loss, and hope. It beautifully illustrates the impact such gatherings have on our Veterans and their loved ones. Read here: Veterans Day at McKay Event Reflection "<https://substack.com/inbox/post/180138061>" by Mark Price. You can also use the QR code that links to Mike's write up and reflections: **"More than a Race -- Reflections on Military Service, Loss, and Hope"** -- Ella Price <Ella.Price@va.gov>



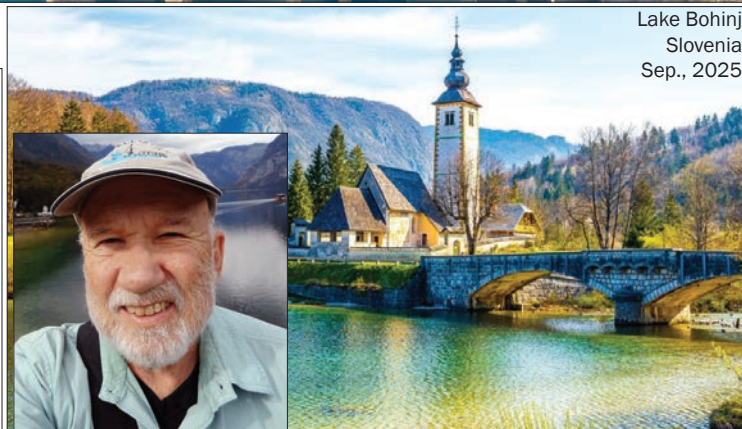
SRRC Crossword Puzzle

ACROSS

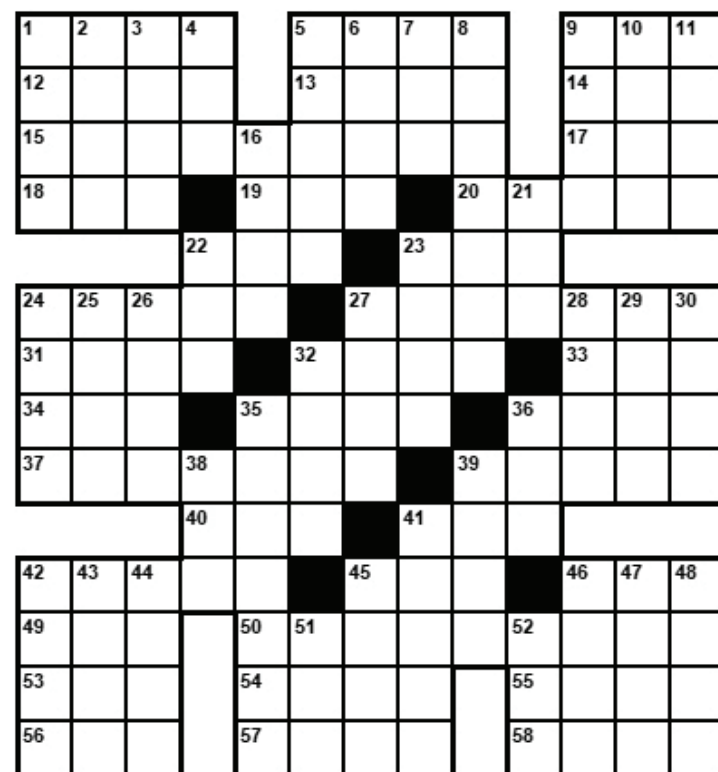
- 1 It's said to be as good as a mile
- 5 Form of internet satire
- 9 Fallen trunk
- 12 Curly hairstyle
- 13 Unrestricted
- 14 Exist
- 15 Runner's question, part 1
- 17 ___ culpa
- 18 E. coast metropolis
- 19 Common list ender
- 20 Hard work
- 22 Fire residue
- 23 Help
- 24 Brief
- 27 Runner's question, part 2
- 31 Metal vat
- 32 Looped cross in ancient Egypt
- 33 Mindlessly copy
- 34 Sch. class for newcomers
- 35 Curved paths
- 36 Be familiar with
- 37 Runner's question, part 3
- 39 Indicators
- 40 Laudatory poem
- 41 Star, when up close
- 42 Circles' measurements
- 45 Hard water?
- 46 Steal, or one who prevents stealing
- 49 Turkish title
- 50 Runner's question, part 4
- 53 Feline
- 54 Black, poetically
- 55 Artistic work
- 56 Before, poetically
- 57 Dreadful
- 58 Assessment

DOWN

- 1 Principal
- 2 Questionable
- 3 Our Club
- 4 Old French coin
- 5 Calendar sheet
- 6 It's a long story
- 7 Old boys
- 8 The E in 34 across
- 9 Young sheep
- 10 Brand of sandwich cookie
- 11 Equipment
- 16 Avian abode
- 21 Hubbub
- 22 Biblical boat
- 23 Requests
- 24 One-pot meal
- 25 Chopped meat
- 26 Merely
- 27 Ruler division
- 28 Sharp tooth
- 29 Atop
- 30 What's happening
- 32 British butt, rudely
- 35 Reviewed
- 36 Relative
- 38 French king
- 39 Hard fat
- 41 Part of an act
- 42 Event for 3 down
- 43 Culture medium
- 44 Social get-together
- 45 Stereotypical evil scientist's assistant
- 46 Deal with
- 47 Burden
- 48 Bothersome one
- 51 Japanese sash
- 52 Period



Lake Bohinj
Slovenia
Sep., 2025



"Ken Yanosko" <kenyanosko@sboglobal.net>

Upcoming Events

THUR., JAN 1, 2026 << **SRRC race** >>

Resolution Run at the Eureka Waterfront Trail.

{ \$10 for nonmembers, free for SRRC members } Start at 10AM. 5K Start and finish at the Del Norte Street Pier parking lot (foot of Del Norte Street in Eureka along the Bay). The race will head south along the Waterfront Trail to the Hikshari' Trail and back. For more information, contact **Matthew Kidwell** at <matthew5513@yahoo.com>.

SAT., JAN 10, 2026 << **SRRC event** >>

Award, Membership Meeting & Party.

At 3 pm. Celebration of running in 2025 at the Neighborhood Center in Arcata (1301 D St., Arcata, CA). Pizzas & drinks are provided. For more information, contact **Sherry Myers** at <sherrymyers1956@gmail.com>.

SAT., FEB 7, 2026 << **NOT SRRC race** >>

60th Trinidad to Clam Beach. { \$60 with shirt or \$40 w/o shirt by 1/16/26; \$50 afterward w/o shirt } 5&3/4 mile at 9:30AM. Race starts at Saunder's Park (400 Janis Ct., Trinidad, Ca; behind the Chevron Station). Visit <https://www.exploret Trinidadca.com/tcbr> for online registration and 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.

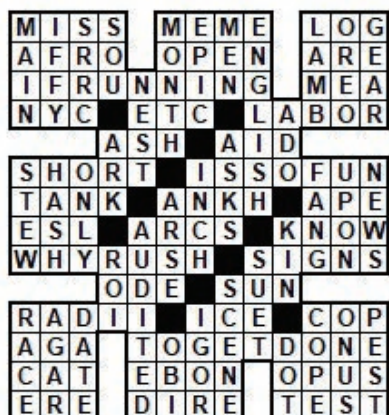
Saturday Morning Run.

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** <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> for more information. All are welcome. See you there!

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



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

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Eureka, CA
Permit No. 43



You are cordially invited to
Six Rivers Running Club
Annual Member Appreciation + Award Pizza Party
Neighborhood Center
(1301 D St., Arcata)
3:00 pm, Sat., 1/10/26

- The pizza, beer, & soda are on us so please come to our annual party.
- We'll be presenting the much coveted Circuit Awards as well as the "Red Jacket" award for super runners, super volunteers, the Elite Runner Singlet, and many raffle prizes.



Arcata Bottoms Run, Sat., 12/06/25
The nonpareil of the helpers!



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"

