



Dustin Jackson

Thomas Nolan

Eric Coppa

Courtney Carlson

Rikki Cortopassi

2026 Dow's Prairie 2M & 10K
McKinleyville, CA
10:00 am, Sat., Jun. 20, 2026

June Minutes

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

Wed., Jun. 3, 2026, 6:30 pm at Babe's Pizza in Eureka. Board members in attendance: **Matthew Kidwell, Mark Ellis, Harry Kavich, Gary Timek, Sarah Sullens, Sherry Myers, Catrina Howatt, Karen Kidwell, and Marlene Allen.** Guest: **Yoshi Uemura.**

OLD BUSINESS

A. Atalanta Run (10:00 am, Sun., 5/10/26) recap: Jessy was unable to attend, she emailed this Atalanta recap. About 500 registrants, 449 finishers, up about 40 people from last year. Everything went very smoothly on race day. A big thank you to all the volunteers and everyone who participated. It was a very successful fundraiser for the Breast and GYN Health Project. I am still waiting on some checks to clear and will present my final financial report at the July meeting. *Thanks! Jessy.*

B. The Ave (7:45 am, Sun., 5/03/26) recap: Cindy was unable to attend – table for July 1st meeting.

C. Shoe Fund/Scholarship Update: Yoshi reported out on the 4 Scholarship applications he received. After discussion Gary made a motion to award all 4 applicants; Marlene seconded; more discussion about next year's timeline for applications to be received needs to be a month sooner, and the applications should be in the Newsletter 3 times (3 months in advance). All in favor, motion passed, Cindy will cut checks. Yoshi also presented the spreadsheet for shoes given out by the Club at the Jogg'N Shoppe – 24 pairs were awarded! Cindy will cut a check for reimbursement to Mike.

D. Grasshopper Peak Redwoods Run (8:00 am, Sat., 6/06/26): Karen said all is marked and ready to go for Saturday. The event has sold out (150 participants) Should be good weather and some mosquitos, so run fast!

E. (Small Race) Race Director Handbook Committee: Matthew received some comments/input, more input needed before next meeting.

F. Safe Sport: Board members/race directors - print out completion certificate and get it to Matthew, here's the link to RRCA Safe Sport Compliance: <https://rrcanational.getlearnworlds.com/course/abuse-awareness-training>

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
15th day of each month to:

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

SRRC BOARD OF DIRECTORS

2026-2027

Marlene Allen* allens@humboldt1.com 822-9115
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Catrina Howatt catrina.howatt@gmail.com 971-9080
Karen Kidwell karenrhoffman@hotmail.com 444-2546
Sherry Myers sherrymyers1956@gmail.com 839-1057
Gary Timek gtimek@aol.com 845-5147

SRRC OFFICERS

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

SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>

NEW BUSINESS

A. Dow's Prairie Run (10:00 am, Sat., 6/20/26): Jeff Haag indicated to Gary that everything was set. He needs to get with Matthew about Additionally Insured on the permit from the County. He also asked to have an aid station at Sherry's driveway area on Baird Road.

B. 4th of July 5K (9:30 am, Sat., 7/04/26): Marlene said all will be ready. James Washing is holding pre-reg Wed/Thurs/Fri July 1,2, 3 at Arcata High parking lot 5 pm - 7 pm. Flyer was not in the June Newsletter, it will be in July Newsletter.

C. Fortuna Rodeo Run 5K (9:00 am, Sun., 7/12/26): Catrina said all will be ready, she does need help/volunteers. Contact Catrina at <catrina.howatt@gmail.com>.

D. The Ave Update: With Cindy stepping down after 19 years, we need a new race director for our premier event. After much discussion about The AVE being a full year-round job, and the necessity of having an experienced director step in, a motion was made by Marlene to ask Jorge Preciado to be the director for the 2027 event. The motion was seconded by Karen. Gary expressed the importance of getting going with a new director as the 2027 registration is already open on the website. Ideas around mentoring, shadowing, co-directing, and having a race 'go-to' binder were also discussed. After discussion the motion passed, Matthew will talk to Jorge.

E. HELP Wanted Column: Matthew will be looking for a new race director for each of these races – Arcata Community Forest & Resolution run. This will be posted in the "Help Wanted" in the Newsletter. Also, Harry will take on the task of checking with current race directors about their volunteer needs when their races come up. He will coordinate with Yoon, about getting info into the "Help Wanted" section of the Newsletter.

F. Compensation for Small Race Directors: More discussion is needed about compensation – free membership for race directors, and board members, and others (?), is on the table. Matthew will make a list of who would qualify. More discussion will be necessary.

G. July Meeting: Matthew will not be attending. Meeting is July 1st. Jamie, VP, will run the meeting. (Don't forget your Safe Sport certificate.)

• *Next meeting:* Chin's in Eureka; Dinner at 5:30, Meeting at 6:30 pm, Wed., Jul. 1, 2026. Ask Matthew Kidwell <matthew5513@yahoo.com> for details.



11th Grasshopper Peak Redwoods Run

Thank you to all who participated in the 11th annual Grasshopper Peak Redwoods Run! Both runners and volunteers alike are what make this event fun and successful.

Special thank you to: **Paul Kraus, Kerry Byrne, David Park +3, Rachel Cardoza Park, Jamie Hinckley, Leslie and Ken Ames, Lily Simmons, Yoon Kim, Jenny Bumgardner and Co, Gary Timek, Pete Ciotti, Amy Hamilton, TJ and Mark Chapman, and Olivia Black.** Additional thank you to **Humboldt Co SAR: Jennifer Kubik, John Lynott, and Mark Kubik.** Aid station supplies were sponsored by **Adventure's Edge**, thank you! A final and biggest thank you to my volunteer coordinator, **Matthew Kidwell.** A team like this sure makes directing a safe and fun trail race in the middle of nowhere much easier to accomplish. See you next year! – Karen



10.5 Mile

Pl	Name	G/age	Time
1	Mark Mulholland	M45	1:32:08
2	Eric Coppa	M29	1:34:07
3	Tristan Cole	M34	1:34:18
4	Noel Woodhouse	M44	1:34:41
5	Emily Batini	F39	1:36:45
6	Sarah Collins	F37	1:38:22
7	Matt Wells	M44	1:38:50
8	Silvia Manzo	F42	1:39:16
9	Dillon Ayers	M37	1:39:50
10	Anna Riedl	F30	1:40:56
11	Richard Roybal	M49	1:44:23
12	Aidan Stephens	M36	1:45:01
13	Kate Eilers	F34	1:45:18
14	Nathan Voelckers	M43	1:45:26
15	Jason Yost	M46	1:46:27
16	David Manthorne	M54	1:47:11
17	Jessica Howlett	F49	1:48:14
18	Tami Quan	F62	1:48:15
19	Albie Rumfelt	M48	1:48:25
20	Jeff Haag	M67	1:50:52
21	Simon Stampe	M39	1:52:27
22	Jerry Alston	M60	1:52:57
23	Sung Jae Choi	M54	1:52:58
24	Kristal Mendez	F44	1:54:25
25	Shao-Lan Lew-Smith	F41	1:55:18
26	Ella Price	F39	1:55:30
27	Jen Foesig	F53	1:55:43
28	Jenna Larson	F40	1:55:52
29	Angel Torres	M14	1:56:30
30	Bryan Little	M63	1:57:29
31	Kristin Lane	F50	1:57:32
32	Andrea Lovio	F43	1:59:24
33	Dustin Jackson	M31	2:00:25
34	Caroline Carson	F64	2:01:36
35	Dave Ryan	M69	2:02:13
36	Ziah Kobley	M15	2:04:04
37	Maceo Gienger	M52	2:04:37
38	Paul Kraus	M65	2:05:23
39	Olivia Symanovich	F49	2:08:49
40	Nicolette Amann	F56	2:09:16
41	Christopher West	M45	2:10:24
42	Katie Bisson	F54	2:12:35
43	David Cedar	M40	2:12:44
44	Nicole Montee	F47	2:12:45
45	Spencer Ashbaugh	M13	2:13:02
46	Ben Ashbaugh	M47	2:13:03
47	Brian Ferguson	M72	2:13:25
48	Jose Solis	M38	2:16:32
49	Brittany Gribbin	F41	2:17:18
50	Robert Ayers	M68	2:17:33
51	Rose Francia Pearson	F48	2:17:54
52	Janelle Guggenbickler	F28	2:18:55
53	Cody Nicholson Stratton	M38	2:18:56
54	Marlene Allen	F70	2:19:53

55	Lissa Daugherty	F34	2:20:07
56	Casse Weaver	F49	2:21:05
57	Thomas Dewey	M66	2:21:55
58	Bianca Hayashi	F44	2:27:13
59	Matt Dennis	M45	2:27:14
60	Karen Adams	F66	2:28:41
61	David Wokanovicz	M55	2:29:46
62	Victoria Ordway	F61	2:30:30
63	Marie Cappiello	F55	2:31:46
64	April Quincey	F45	2:32:11
65	Joni Hammond	F65	2:33:02
66	Seth Peterson	M47	2:35:30
67	Angie Pearson	F50	2:35:46
68	Daisy Ching	F41	2:36:09
69	Ed Kallen	M61	2:40:01
70	Rosalind Litzky	F45	2:40:22
71	Chrystyna Johnson	F47	2:40:59
72	Christina Torres	F38	2:42:42
73	Sarah Wennerholm	F37	2:44:51
74	Ale Gallegos	F37	2:46:19
75	Roman Futoma	M44	2:49:56
76	Cathryn LaRochelle	F35	2:52:10
77	Catrina Howatt	F59	3:00:36
78	Annette Eshelman	F65	3:00:37
79	Marcile Raney	F66	3:02:35
80	Laura Albright	F61	3:06:32
81	Tom Noll	M71	3:07:26
82	Alyse Nichols	F45	3:09:15
83	Sara Starr	F69	3:10:01
84	Tonie Quigley	F68	3:16:02
85	Julie Jonte	F70	3:17:11
86	Gordon Johnson	M80	3:18:31
87	Kristin Pitsenbarger	F63	3:18:39
88	Jenny Early	F46	3:33:07
89	Jib Ray	M85	3:34:21
90	Jim Dees	M62	3:56:37

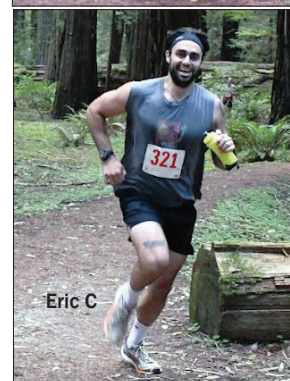
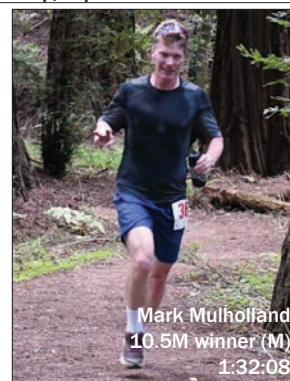
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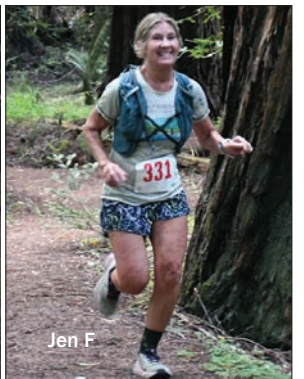
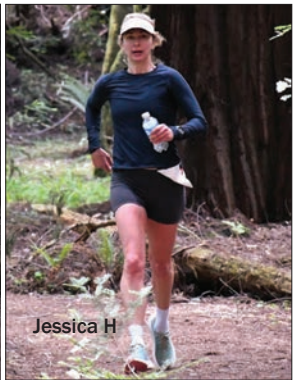
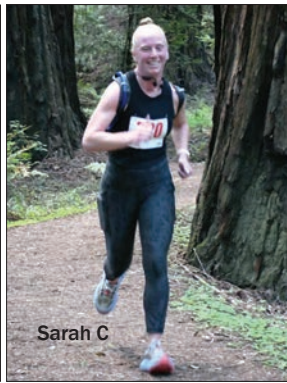
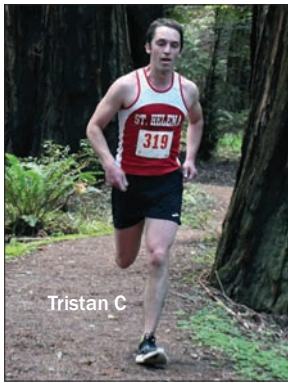
Pl	Name	G/age	Time
1	Ryan Thompson	M43	2:45:15
2	Austin Newblom	M30	2:45:59
3	Matthew Kidwell	M45	2:48:40
4	Craig Wasko	M54	3:02:33
5	Day Robins	F30	3:02:57
6	Sky McKinley	M49	3:03:32
7	Kanan Wilson	M42	3:15:28
8	Anne Fehrenbach	F38	3:15:32
9	Yvette Rosales	F33	3:16:15
10	Matthew Scott	M35	3:31:04
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13	Patrick Orona	M38	3:37:01
14	Jazmen McGinnis	F31	3:37:26
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16	Corey Matson	M41	3:39:20
17	Joshua Schultz	M35	3:39:25

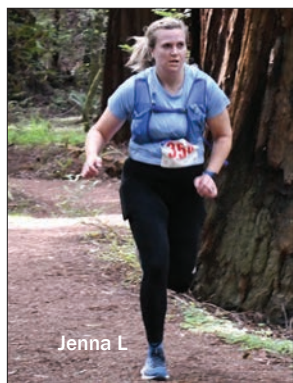
18	Lanore Bergenske	F68	3:41:07
19	Stephanie Lopez	F33	3:45:58
20	Kris Fleming	M36	3:48:09
21	Josh Allard	M24	3:49:41
22	Alicia Mengel	F47	3:50:58
23	Paul Kinsey	M71	3:54:34
24	Jennifer Marlow	F45	3:56:09
25	Courtney Ladika	F46	3:57:53
26	Gabriela Neufeld	F55	3:58:15
27	Daisy Lowndes	F23	4:00:33
28	Veronica Padilla	F50	4:00:42
29	Terri Vroman Little	F63	4:05:00
30	Daniel Jones	M48	4:15:16
31	Kelly Buck	F38	4:15:40
32	Regan Lowndes	M26	4:22:06
33	Daniel Emmenecker	M37	4:31:40
34	Abby Nitz	F26	4:34:50
35	Nick Litchfield	M39	4:34:51
36	James Epperson	M34	4:35:17
37	Taylor Morrow	M38	4:42:04
38	Sam Brownell	F32	4:44:42
39	Fay Lightbody	F23	4:46:40
40	Christopher Drogan	M28	5:09:37
41	Pj Darmody	M25	5:09:38
42	B Sweeney	F34	5:16:00
43	Tina Sorensen Ogata	F58	5:50:49
44	Olivia Black★	F26	5:51:00

★course sweep, superstar

10.5M







Jenna L



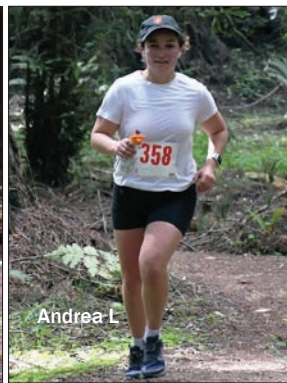
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Bryan L



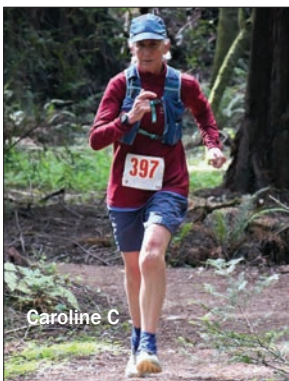
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Andrea L



Dustin J



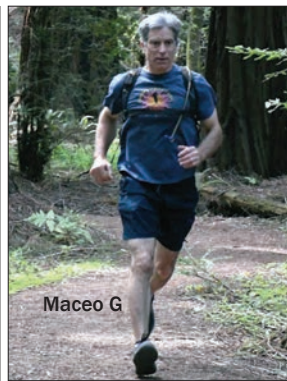
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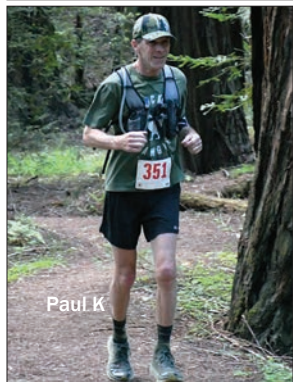
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Ziah K



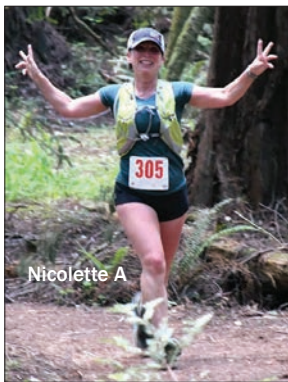
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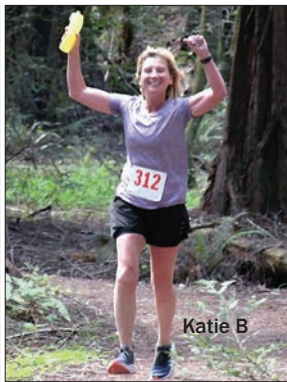
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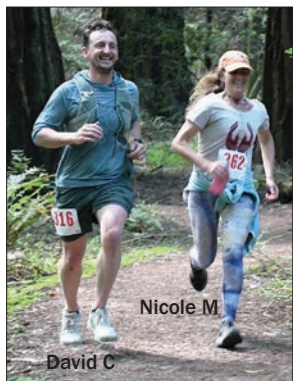
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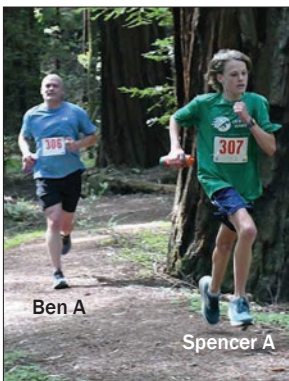


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David C

Nicole M

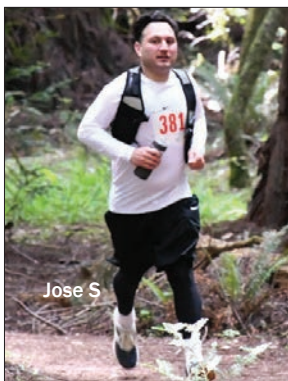


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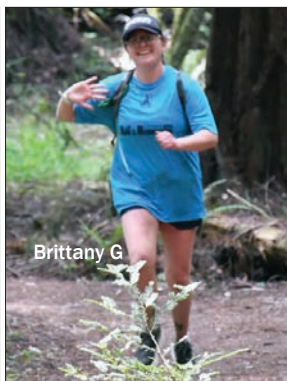
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Brian F



Jose S



Brittany G



Robert A



Rose P

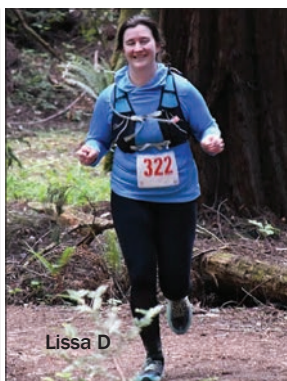


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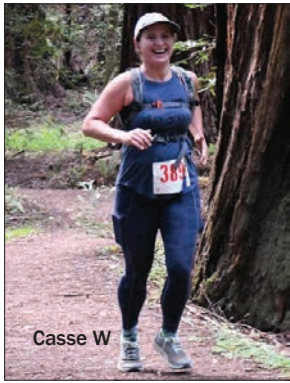
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Marlene A



Lissa D



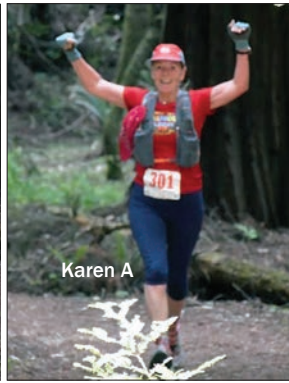
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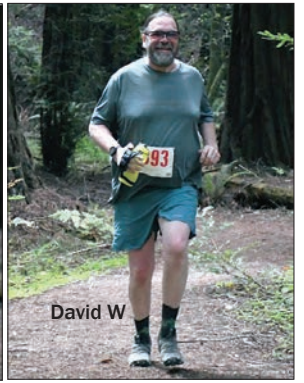
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Bianca H Matt D



Karen A



David W



Victoria O



Marie C



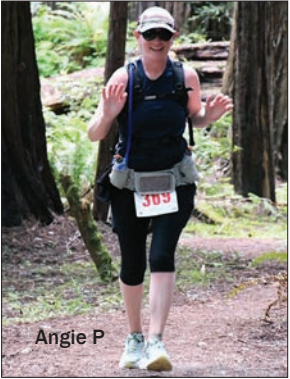
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Joni H



Seth P



Angie P



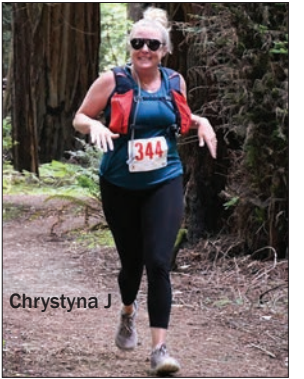
Daisy C



Ed K



Rosalind L



Chrystyna J



Christina T



Sarah W



Ale G



Roman F



Cathryn L



Catrina H



Annette E



Marcile R



Laura A



Tom N



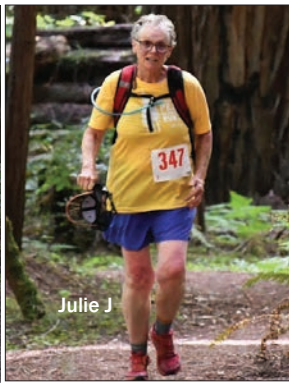
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Sara S



Tonie Q



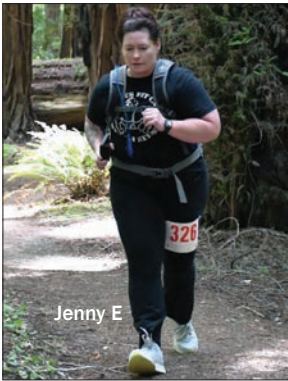
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Gordon J



Kristin P



Jenny E



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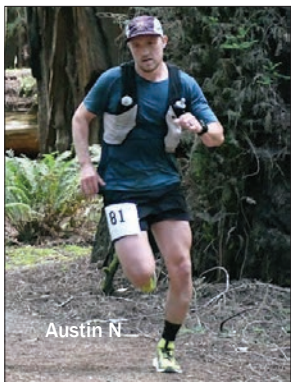


Jim D



Ryan Thompson
30K winner (M)
2:45:15

30K



Austin N



Matthew K



Craig W



Day Robins
30K winner (F)
3:02:57



Sky M



Kanan W



Anne F



Yvette R



Matthew S



Tim B

Casey A



Patrick O



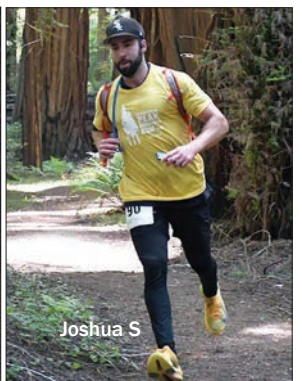
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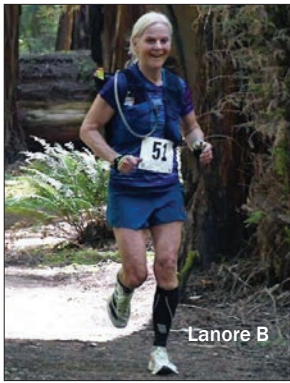
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Corey M



Joshua S



Lanore B



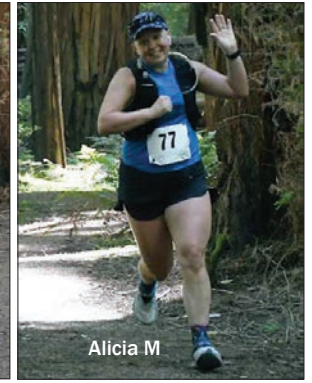
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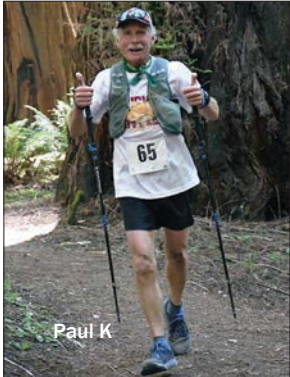
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Josh A



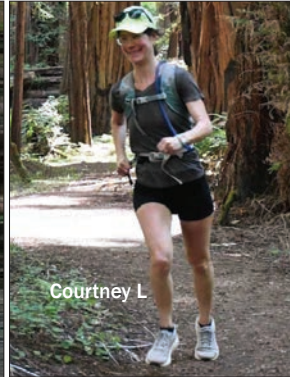
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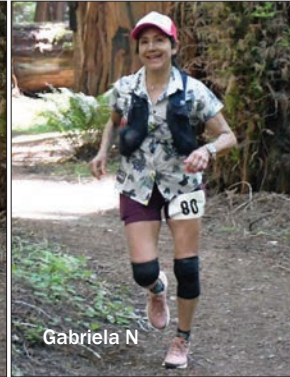
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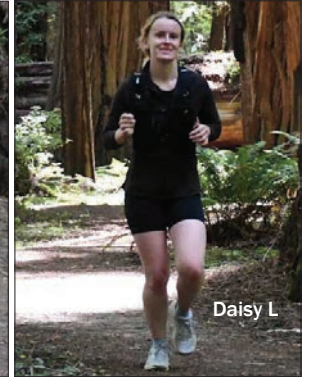
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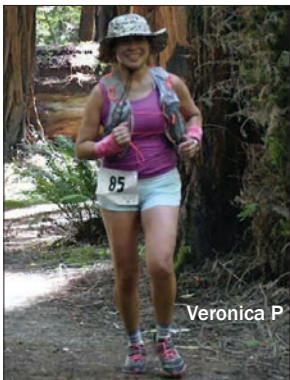
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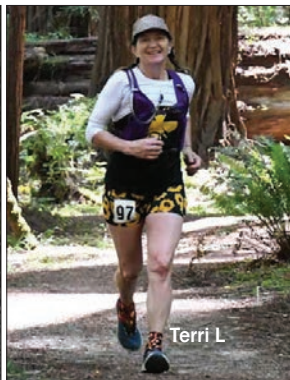
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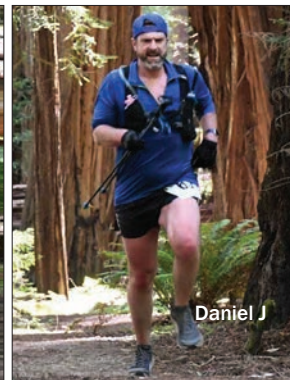
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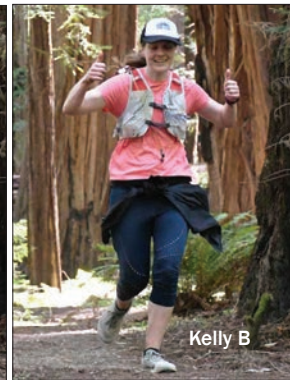
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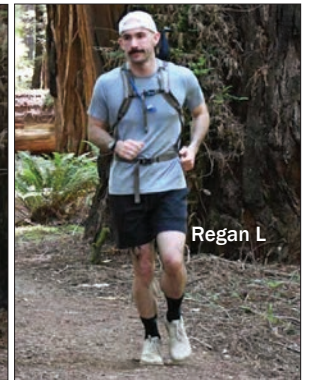
Terri L



Daniel J



Kelly B



Regan L

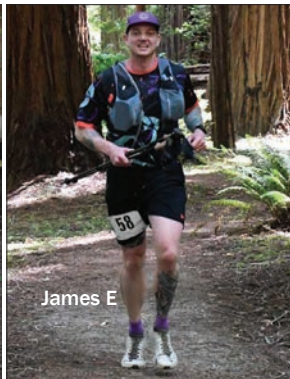


Daniel E



Abby N

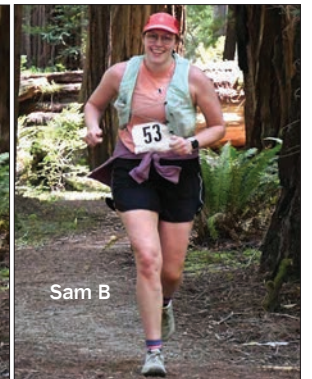
Nick L



James E



Taylor M



Sam B

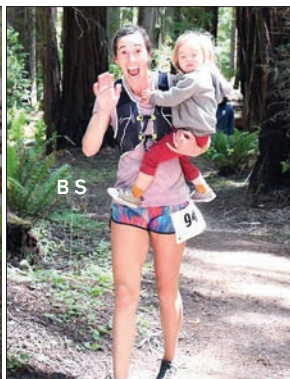


Fay L



Christopher D

Pj D



B S



Tina O



Olivia B



10:00 am, Sat., June 20, 2026

The 37th Dow's Prairie Run

The 37th Annual Dows Prairie Races took place the day before the summer solstice of 2026. Sixty runners, ranging in age from 8 to 77 Earth years, turned out to run either 10,560 feet or 1,000,000 centimeters.

A new million centimeter (10k) course record, 37 minutes 34 seconds, was set by **Travis Sanborn**. Second place went to **Trevyn Sanborn**, only 229 seconds back. First and second place female runners were **Courtney Carlson** and **Andrea Wright**. Andrea finished 1 second after Courtney.

Brittany Gribbin won the 2-mile race, followed closely by **Nate Bowhall** in second and, with an impressive sprint finish, 8-year-old Isla Archibald-Buchanan in third.

The Six Rivers Running Club races are family affairs. Half the runners in the shorter race were Archibalds, Buchanans, or both. The longer race featured 2 Sanborns, 2 Carlsons, 2 Pottkers, and 6 Weldons!

It was nice to get television coverage again from Redwood News. Thank you, **John Farley**.

Races would not be as pleasurable, or even possible, without the generous contributions from our **volunteers**. We would like to thank **Jennifer Singer**, **Amy Livingston**, and **Tammy Haag** for getting everyone registered to run. Amy also helped cut those watermelons. **Jake Johnson** and **Dave Ryan** served as course monitors. **Roenne, Eliana**, and **Ashley Kinman** worked the 10k aid station. Working the finish line was the all-star veteran lineup of **Harry Kavich**, **Yoshi Uemura**, **Paul Kraus**, **Jack West**, and **Gary Timek**. **Yoon Kim** had photos and results online in a timely fashion. Special thanks to **Dave Ryan**, **Gary Timek**, and **Dustin Jackson**, who all helped with setting up, taking down, and transporting tables, chairs, traffic signs and cones, and all the other gear associated with a race. It was my pleasure to work with you all and forgive me if I omitted anyone.

See you at the Dows Prairie Races next year! – **Jeff Haag**, Race Director. June 20, 2026

2M

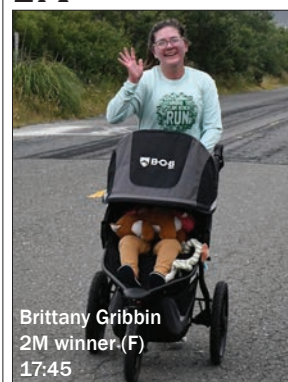
Pl	Name	G/age	Time
1	Brittany Gribbin	F41	17:45
2	Nate Bowhall	M19	17:51
3	Isla Archibald-Buchanan	F08	19:46
4	Alan Lowry	M77	20:06
5	Jo Archibald	F43	24:46
6	Brian Buchanan	M48	27:08
7	Jeanette Suhay	F58	27:27
8	Donny Holiman	M56	28:19

10K

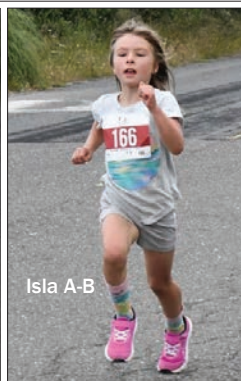
Pl	Name	G/age	Time
1	Travis Sanborn	M37	37:34
2	Trevyn Sanborn	M28	41:23
3	Craig Wasko	M54	42:09
4	Thomas Nolan	M32	42:12
5	Matthew Yamamoto	M25	42:39
6	Ross Mayfield	M35	45:07
7	Jason Weldon	M18	46:34
8	Courtney Carlson	F34	46:36
9	Andrea Wright	F65	46:37
10	Matt Wells	M44	47:12
11	Galen Hammitt	M35	48:49
12	Stephen Winterroth	M39	50:00
13	Dustin Jackson	M31	50:42
14	Micah Harvey	M21	51:08
15	Richard Roybal	M49	51:27
16	Noël Loranger	F35	51:50
17	Jen Foesig	F53	52:33
18	Collin Roland	M33	53:02
19	Kristin Lane	F51	53:09
20	Nathan Whitney	M19	53:10
21	Shar-Lo Kelly	M44	53:24
22	Gideon Turner	M15	53:29
23	Katrin Lemmon	F36	53:52
24	Tara Vu	F44	53:56
25	Eric Coppa	M29	54:20
26	Rikki Cortopassi	F48	54:21
27	Danny Emmenecker	M37	54:58
28	Cruz Marbain	F38	56:49
29	Rebecca Matias	F35	57:18
30	Shawn Magnuson	M56	58:01
31	Arthur Barker	M64	59:30
32	Jaslin Rowan	F32	59:38
33	Kiara Weldon	F18	1:00:48
34	Pete Carlson	M64	1:02:37

35 Randy Emenaker	M75	1:02:38
36 Zoe Poer	F19	1:04:28
37 Vin Weldon	M43	1:06:27
38 Nevi Weldon	F13	1:07:39
39 Jasper	M29	1:08:13
40 Stephanie Weldon	F49	1:08:43
41 Karen Adams	F66	1:08:55
42 Christina Torres	F38	1:13:04
43 Mark Ellis	M71	1:13:05
44 Camille Sathrum	F38	1:14:31
45 Lauren Pottker	F41	1:15:01
46 Josh Pottker	M42	1:15:02
47 Kit Meyer	F45	1:24:18
48 Meg Stampe	F36	1:24:19
49 Betty Weldon	F17	1:24:56
50 Sarah Sullens	F46	1:28:04
51 April Quincey	F45	1:28:05
52 Simona Carini	F63	DNF

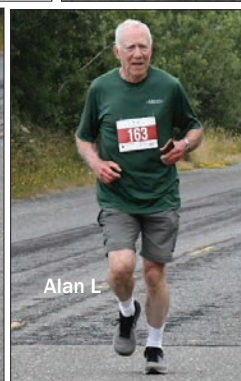
2M



Nate Bowhall
2M winner (M)
17:51



Isla A-B



Alan L



Jo A



Brian B

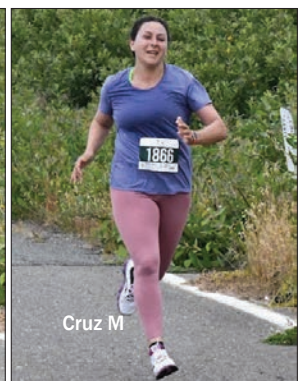
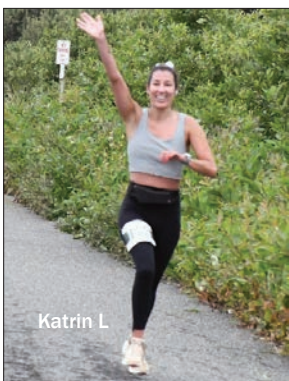
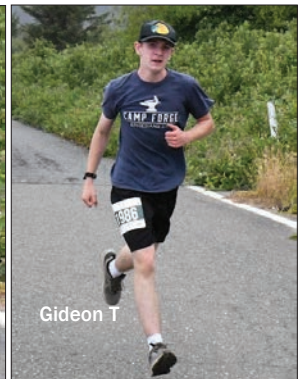
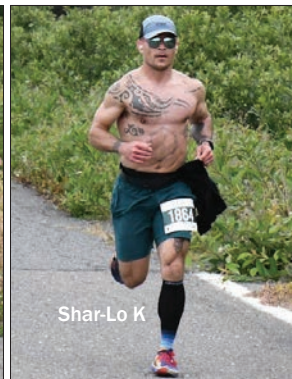
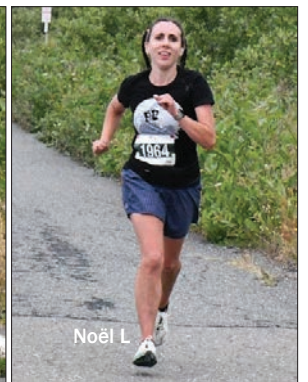
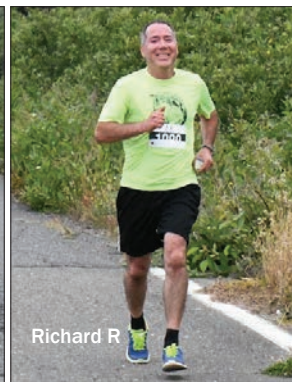
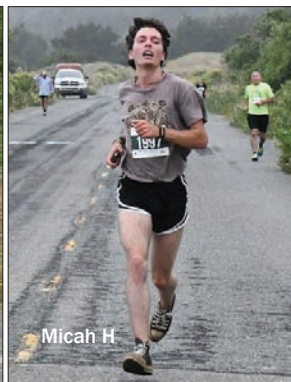
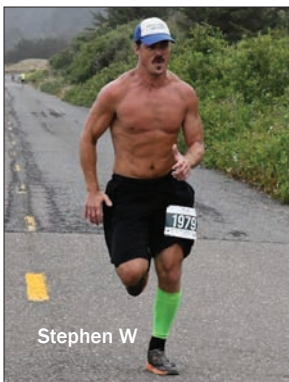
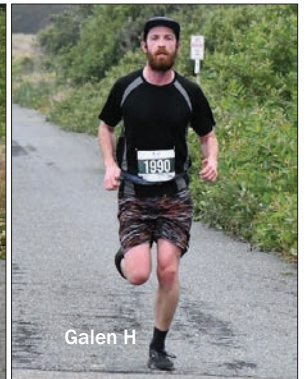
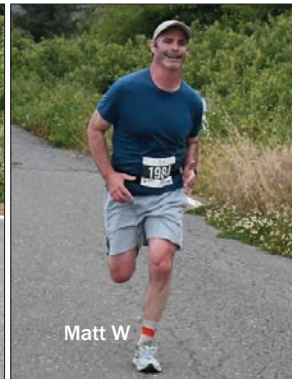
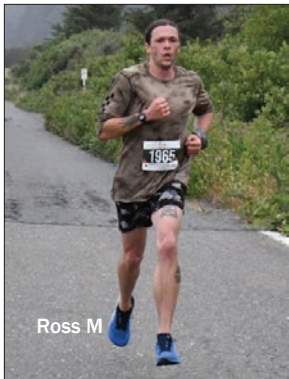


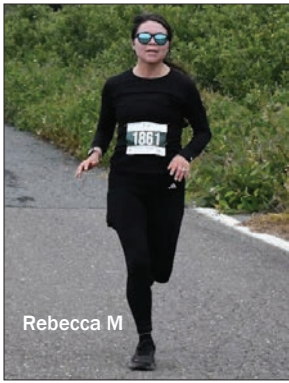
Jeanette S



Donny H

10K





Rebecca M



Shawn M



Arthur B



Jaslin R

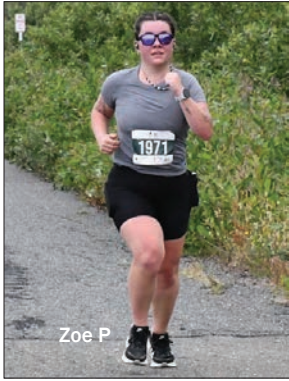


Kiara W



Randy E

Pete C



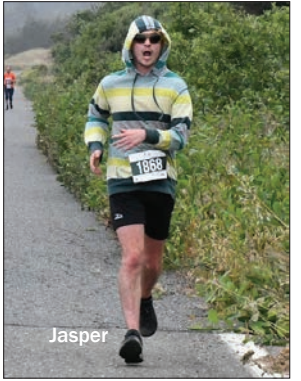
Zoe P



Vin W



Nevi W



Jasper



Stephanie W



Karen A

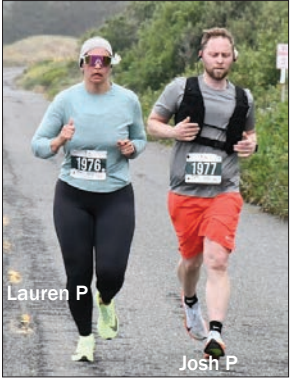


Mark E

Christina T



Camille S



Lauren P

Josh P



Meg S

Kit M



Betty W



April Q

Sarah S



Simona C



Ashley

Eliana

Roenne



After **Grasshopper Peak Redwoods Run** on 6/06/26 & **Dow's Prairie Run** on 6/20/26:

Runners (if younger than 70) who have run **≥ 2 SRRC races** are included below.

- [1-#] := Resolution Run (1/01/26)
- [2-#] := Hour Run (2/14/26)
- [3.t-#] := FBMR 10M (3/08/26); [3.f-#] := FBMR 4M
- [4-#] := ACF, Arcata Community Forest Run (3/21/26)
- [5-#] := Masters Run (4/11/26)
- [6.m-#] := Ave, marathon (5/03/26); [6.h-#] := ½ marathon; [6.t-#] := 10K
- [7-#] := Atalanta Run 5M (5/10/26)
- [8.s-#] := GPR10.5M; [8.l-#] := GPR30K (6/06/26)
- [9-#] := Dow's Prairie 6.2M (6/20/26)

* := Volunteered (Please contact us if you believe you have not received appropriate credit.)



2019

14 & Under Male: Liam Chapman* [1-1, 2-2], Maddox Chapman* [1-3, 2-1], Oliver Stamper [1-5, 2-4, 3.f-2], Grant Bumgardner* [3.f-1, 4-1]. Angel Torres [4-2, 8.s-1]. **Angel** finished the Grasshopper-10.5 mile in 1:56:30 for his second race of the year. **Oliver**, with three finishes, is on pace to complete the circuit.

14 & Under Female: Roenne Powell* [1-2, 3.f-1, 4-1, 7-2], Isla Archibald-Buchanan [1-1, 7-1]. No grasshoppers or prairie dogs here.

15-19 Male: Gideon Turner [1-4, 2-1, 4-1, 9-1], Jorge Montenegro [3.t-1, 6.m-1]. No grasshoppers here. **Gideon** turned in a 53:29 at Dow's to record his fourth finish of the year.

15-19 Female: No grasshoppers or prairie dogs here.

20-24 Male: Caleb Turner [1-1, 2-1, 4-1]. No grasshoppers or prairie dogs here.

20-24 Female: Elizabeth Odell [1-1, 7-1]. No grasshoppers or prairie dogs here.

25-29 Male: Jasper* [1-2, 2-1, 3.f-3, 4-1, 9-2], Eric Coppa [3.t-1, 6.h-1, 8.s-1, 9-1]. **Eric** tore up the Grasshopper-10.5 in 1:34:07 for second place overall. **Jasper** and **Eric** both completed the Dow's for their fifth and fourth finishes respectively. **Eric's** are all firsts. **Trevyn Sanborn** was second overall in 41:23 at the Dow's for his first race of the year.

25-29 Female: Alexa Stefanakis [1-2, 6.h-1], Anna Riedl [3.t-1, 8.s-1]. **Anna** turned in an excellent 1:40:56 in the Grasshopper-10.5. With six months to go, who will step up and take the honors in this division?

30-34 Male: Brent Ritschel [1-1, 4-1], Ryan McLaughlin [1-2, 3.t-1], Ross Mayfield [1-4, 3.f-1, 4-3, 9-2], Galen Hammitt [3.t-2, 4-2, 9-3], Juliano Pereira [4-3, 6.h-1], Thomas Nolan [2-1, 9-1]. **Tristan Cole** finished the Grasshopper-10.5 in 1:34:18 for third overall in his first race of the year. **Tristan**, we want to see more! **Thomas**, **Ross** and **Galen** all ran well and went one, two, three in this division at the Dow's. This division is heating up.

30-34 Female: Savannah Steffen [1-3, 4-2], Kristi Vernig [1-4, 4-1], Jaslin Rowan [1-5, 3.f-2, 7-2, 9-2], Ashley Knowlton [1-2, 7-1], Day Robins [1-1, 8.l-1], Courtney Carlson [3.t-2, 9-1]. **Day** (3:02:57) nearly broke the 3-hour mark as the first female finisher in the Grasshopper-30. **Jazmen McGinnis** (3:37:26 in the Grasshopper-30) and **Kate Eilers** (1:45:18 in the Grasshopper-10.5) chose the trails for their first races of the year. **Courtney** (46:36) bested **Jaslin** and the rest of the women's field at the Dow's.

35-39 Male: Steve Luu [1-2, 4-2], Dillon Ayers [2-1, 3.t-1, 4-1, 8.s-1], Simon Stampe [6.h-2, 8.s-2], Matthew Scott [3.t-2, 8.l-1], Tim Burrus [1-1, 8.l-2], Danny Emmenecker [3.t-4, 8.l-3, 9-1]. **Matthew** held off **Tim** and **Danny** in the Grasshopper-30, and **Danny** also finished the Dow's. **Dillon** and **Simon** glided up and down the grasshopper-10.5. **Travis Sanborn** was first overall in 37:34 at the Dow's for his first race of the year.

35-39 Female: Annie Fehrenbach* [1-2, 3.t-3, 6.m-2, 8.l-1], Jenna Larson [1-3, 4-1, 6.h-2, 8.s-4], Katrin Lemmon [1-4, 3.t-5, 7-5, 9-2], Noël Loranger [1-6, 3.f-1, 4-2, 7-3, 9-1], Christina Torres [1-10, 3.t-6, 8.s-5, 9-4], Meg Stampe [1-15, 2-3, 6.h-4, 9-6], Ashley Powell* [1-16, 3.f-3, 6.t-1, 7-8], Alejandra Gallegos [3.f-2, 4-3, 7-7, 8.s-6], Emily Batini [3.t-1, 6.h-1, 7-2, 8.s-1], Ella Price [1-7, 6.h-3, 8.s-3], Nina Carson [1-1, 6.m-1], Sarah Collins [3.t-2, 7-1, 8.s-2], Cruz Marbain [2-1, 7-4, 9-3], Sophia Sambo [2-2, 7-6], Jamie Hinckley* [4-4, 7-9], Camille Sathrum [1-12, 9-5]. **Anne** placed second overall in the women's division of the Grasshopper-30. **Emily** came in at 1:36:45, 1:37 ahead of **Sarah**, as they went one-two overall in the Grasshopper-10.5. That's two for **Emily**, and one for **Sarah**. **Ella**, **Jenna**, **Christina** and **Ale** also conquered the Grasshopper-10.5. **Noël** was third woman overall in the Dow's, and **Katrin** wasn't far behind, leading six finishers in this division.

40-44 Male: Dustin Diller [1-1, 3.t-1], Matthew Kidwell* [1-2, 3.t-2, 4-1, 6.m-1, 8.l-1], Zachary Chapman* [1-3, 2-2, 5-1], Matt Wells* [1-5, 2-1, 3.t-3, 4-4, 5-2, 6.h-1, 8.s-1, 9-1], Shar-Lo Kelly [1-8, 2-3, 4-5, 5-3, 9-2], Shawn Porter [2-4, 3.f-2], Juan Reyes [3.t-5, 4-8, 6.h-2], Roman Futoma [4-7, 8.s-2], Casey Ales [6.m-3, 8.l-2]. **Matthew K** was third overall and the first local finisher in the Grasshopper-30 with a time of 2:48:40. Somebody give that man a grasshopper pin! **Matt W** turned in a very respectable 1:38:50 in the Grasshopper-10.5. **Casey's** 3:34:51 in the 30 is nothing to be sneezed at and **Roman** also loped up and down the hill in the 10.5. **Matt W** and **Shar-Lo** completed the Dow's. That's eight races on the year for **Matt W**.

40-44 Female: Karen Kidwell* [1-1, 3.t-2, 6.m-1], Andrea Lovio [1-3, 4-1, 5-1, 7-2, 8.s-3], Jo Archibald [1-5, 2-1, 3.t-4, 4-3, 7-5], Aubrey Gates [1-6, 4-4, 7-4], Naomi Stamper [1-9, 2-3, 3.f-4, 7-8], Leah Stamper [1-10, 2-2, 3.f-3, 7-7], Danielle Lefever [1-11, 3.t-6], Crystal Porter [2-3, 3.f-5], Tara Vu [3.t-3, 4-2, 7-3, 9-1], Brittany Gribbin [3.f-1, 7-1, 8.s-4], Lauren Pottker [1-8, 7-6, 9-2], Kristal Mendez [6.h-1, 8.s-1], Shao-Lan Lew-Smith [4-5, 8.s-2]. **Silvia Manzo** recorded a 1:39:16 in the Grasshopper-10.5 in her first race of the year. **Kristal** finished the 10.5 mere seconds ahead of **Shao-Lan**, and **Andrea** and **Brittany** also proved they can scamper on the hills. Meanwhile, **Tara** completed her first win of the season, coming in ahead of **Lauren** in the Dow's competition.

45-49 Male: Sky McKinley* [1-1, 4-1, 8.l-1], Netra Khatri [5-1, 6.h-1], Richard Roybal [2-2, 4-2, 8.s-1, 9-1], Albie Rumpf [6.h-1, 8.s-2]. **Sky** turned in a 3:03:32 in the Grasshopper-30 while **Richard** and **Albie** both easily bested two hours in the 10.5. **Richard** also finished the Dow's, giving him four completions on the year.

45-49 Female: Alicia Smith [1-2, 5-1], Maveyn Socha [1-4, 3.t-5, 5-3], Kit Meyer [1-6, 2-1, 4-4, 9-1], Robin Fraser [1-10, 3.f-4], Amy Taylor [3.f-1, 4-2], Jennifer Marlow [3.t-3, 6.h-1, 8.l-2], Amy Hamilton [4-1, 6.h-2], Angie Pearson [4-3, 7-1, 8.s-3], Amy Livingston [3.f-2, 7-2], Sarah Sullens* [3.f-4, 7-3, 9-2], Olivia Symanovich [3.t-4, 8.s-1], Casse Weaver [3.t-6, 8.s-2], Alicia Mengel [1-1, 8.l-1], Courtney Ladika [3.t-2, 8.l-3]. **Alicia**,

Jennifer and **Courtney** were a very close one-two-three in the Grasshopper-30 and **Olivia, Casse** and **Angie** romped over the Grasshopper-10.5 in fine fashion. **Kit** and **Sarah** finished behind **Rikki Cortopassi**, who won her first race of the year, at the Dow's.

50-54 Male: Jake Johnson* [1-1, 2-2, 3.f-1, 4-2, 5-1], Sung Choi [1-4, 2-3, 3.f-2, 8.s-1], Rob Amerman [2-1, 3.t-2, 4-3, 6.m-2], Craig Wasko [3.t-1, 4-1, 6.m-1, 8.l-1, 9-1]. **Sung Jae** bested the Grasshopper-10.5 in under two hours while **Craig** was fourth overall, second local, in the Grasshopper-30 and followed up with a third overall at the Dow's, clocking 42:09.

50-54 Female: Yvette Ferreira [1-1, 4-3], Amy Duerfeldt [1-2, 3.f-2, 5-1, 7-2], Brenda Estes [2-1, 3.f-3], Jen Foesig* [3.f-1, 4-1, 7-1, 8.s-1, 9-1], Kristin Lane [4-2, 8.s-2, 9-2], Katie Bisson [3.t-2, 8.s-3]. **Jen, Kristin** and **Katie** all finished the Grasshopper-10.5, with **Jen** and **Kristin** both completing the task in under two hours. **Jen** and **Kristin** both had excellent times at the Dow's, giving **Jen** five firsts on the year.

55-59 Male: Shawn Magnuson [1-1, 3.t-1, 9-1], Donny Holiman [1-2, 2-2, 4-1]. No grasshoppers here, but **Shawn** completed the Dow's in under one hour, giving him three firsts on the year.

55-59 Female: Becky Chapman [1-2, 3.f-2], Catrina Howatt* [2-1, 3.f-3, 4-3, 6.t-1, 8.s-3], Laura Coppini [3.f-1, 5-1], Nicolette Amann [1-1, 8.s-1], Marie Cappiello [4-1, 8.s-2]. **Nicolette, Marie** and **Catrina** each bested the mountain at the Grasshopper-10.5. That's five in the books for **Catrina**.

60-64 Male: David Macauley [1-1, 2-2, 5-1, 6.m-1], Arthur Barker [1-3, 2-3, 3.t-1, 4-1, 5-2, 9-1], Pete Carlson* [2-4, 4-2, 9-2], Ed Kallen [1-4, 8.s-1]. **Ed** traversed the Grasshopper-10.5 with skill and courage. **Arthur** completed the Dow's in under one hour and **Pete** came in just over.

60-64 Female: Caroline Carson [1-1, 2-2, 3.t-2, 5-2, 6.m-1, 7-1, 8.s-1], Tj Chapman* [1-2, 2-3], Sherrie Sample [1-3, 5-4, 6.h-1, 7-3], Dawn Durbin [1-4, 4-2], Andrea Wright [2-1, 3.t-1, 5-1, 9-1], Kelley Sheehy [5-3, 6.h-1], Simona Carini* [3.t-3, 4-1, 7-2], Annette Eshelman [4-3, 8.s-2], Terri Vroman Little [6.t-1, 8.l-1]. **Terri** ran well in 4:05 even at the Grasshopper-30. **Annette** completed the Grasshopper short course in almost exactly three hours and **Caroline** finished her seventh race of the year with a 2:01:36 at the Grasshopper-10.5. **Andrea** was an eyelash behind **Courtney** for first woman overall at the Dow's. Now if **Courtney** was in this division, that might turn into some real competition.

65-69 Male: Jeff Haag* [1-1, 4-2, 5-1, 8.s-1], Mark Chapman* [1-2, 2-1], John Carson [1-3, 4-4], Michael Chapman [1-5, 3.f-3], Mishka Straka [2-2, 4-1], Dave Ryan* [3.f-1, 4-3, 5-2, 8.s-2], John Aryanpur [3.f-2, 6.t-1], Tim Canning* [5-3, 6.t-2], Dean Matheson [1-6, 6.t-3], Robert Ayers [1-4, 8.s-4]. **Jeff** easily cleared the two-hour hurdle at the Grasshopper-10.5. Four other competitors also ran well. **Paul Kraus** and **Tom Dewey** got their first races in for the year. **Paul**, don't forget to sign up for medicare.

65-69 Female: Lanore Bergenske* [1-1, 2-1, 3.t-1, 5-1, 6.m-1, 7-1, 8.l-1], Michaele Whiteley [1-2, 3.f-1, 7-2], Karen Adams [3.t-3, 4-1, 5-2, 6.h-1, 7-3, 8.s-2, 9-1], Berit Meyer [3.f-2, 6.t-1], Marcile Raney [1-3, 6.t-2, 7-4, 8.s-3], Sara Starr [4-2, 7-5, 8.s-4], Marlene Allen* [2-2, 3.t-2, 7-5, 8.s-1]. **Lanore** hopped over the Grasshopper-30 and **Marlene** led a group of four in the Grasshopper-10.5. **Karen** completed the Dow's. She and **Lanore** each have seven races in the books.

70-74 Male: Paul Kinsey* [1-1, 2-1, 3.t-1, 5-1, 6.h-1, 8.l-1], Brian Ferguson [1-2, 2-3, 3.t-2, 5-2, 6.h-2, 8.s-1], Bob Beede [1-3], Alan Grau [2-2], Mark Ellis* [2-4, 9-1], Harry Kavich* [2-5]. **Brian** danced to a finish in the Grasshopper-10.5 and **Paul** bested the four hour mark in the Grasshopper-30, despite the impediment of a pair of shillelaghs. **Mark** completed his second race of the year, wafting over the Dow's in good order.

70-74 Female: Debbie Stamper [1-1, 2-1, 3.f-1, 4-1, 5-1, 7-1], Sherry Myers* [2-2, 3.f-2, 4-2, 6.t-1, 7-2], Julie Jonte [8.s-1]. Retraction! Retraction! **Oliver**, forget what I said last month! Your grandma did compete in the Atalanta, using an alias. Sorry, **Sherry**, I did what I could. The rest is up to you. **Julie** joined the fray by besting the Grasshopper-10.5.

75-79 Male: Cyril Carl* [1-1, 3.f-2], Tom Martin* [1-2, 2-1], Joe Carroll [1-3], Alan Lowry [2-2], Randy Emenaker* [3.f-1, 4-1, 5-1, 6.t-1, 9-1], Ira Blatt [3.f-3]. No grasshoppers here, but **Randy** is making up for lost time, completing the Dow's in slightly over an hour.

75-79 Female: Donna Ayres [1-1], Lorraine Dillon* [1-2, 2-1, 3.f-1, 4-1, 5-1], Portia Matheson* [1-3, 2-2, 4-2, 5-2, 6.h-1, 7-1], Caroline Taberner [1-4], Faith Mason [1-5]. No grasshoppers or prairie dogs here.

80-84 Male: Gerald Crnich [3.f-1], Gordon Johnson [8.s-1]. **Gordon**, by virtue of his heroic effort in the Grasshopper-10.5, is now neck and neck with **Gerald** for the lead in this division. Who will surge ahead and take charge?

85-89 Male: Jib Ray [1-1, 2-1, 5-1, 6.h-1, 8.s-1], Jurgen Giessel [2-2, 5-2], Jerry Fowler [3.f-1]. **Jib** has conquered the mountain for another first

• For any questions, corrections or suggestions, contact Yoon G Kim at <ygk1@humboldt.edu>.

Don Brubaker <clarks_crow@hotmail.com> wrote on Sun, May 24, 2026:

... well, not the Blue Lake most of us know ... Blue Lake in the southern Warner Mountains, Modoc National Forest, California. A nearly 3-mile National Recreation Trail (NRT) surrounds the lake, which is at an elevation of 6,100ft.



Kathleen Brubaker

The 54th Sue-meg Race 5K & 10K

10:00 am, Sat., Sept. 19, 2026

Last year, the Sue-meg race course was rerouted to include the scenic Rim Trail. It was also held in the spring so the views could be enjoyed in sunny weather. This year, we could not use the April date, so it was switched to September. Hopefully, this date will continue to be the race date. This will be the second year Sue-meg will be held on this course.

Until 2020, the Sue-meg Run was called The Patrick's Point Run. However, since Patrick, the land owner of the headlands, was not a popular figure with local Indian tribes, the State of California changed the name of the park to the original Yurok name for these headlands. If you would like to get some background about the reason for the change, you can watch a YouTube page – search for “**Always Have Been, Always Will Be: Sharing the Story of Sue-meg State Park**” on YouTube.com.

The Sue-meg Run has always been one of the SRRC's favorite small races. For years it was held at Palmer's Point and the whole race was run on pavement. Part of the course left the park and was run on Patrick's Point Drive. It was moved when Humboldt County decided to charge SRRC to use Patrick's Point Drive, and then switched to the area near the park entrance. However, it was still held mostly on paved roads. The new course is 50% roads and 50% trails, with terrific views of the coast along the Rim Trail, and beautiful running trails.

There are a couple of concerns. The race is run in the park, and there is very little free parking outside the park so most runners will need to enter Sue-meg to park. The entry fee is \$8.00 per car or \$7.00 for seniors. This year, we will not charge non-members for the race since they will have to pay to enter the park. We will have a tip jar and hope those of you who did not pay to enter the park will donate to our club.

It is important to carpool. Although there is quite a bit of parking, the parking lots can fill up if we get a lot of runners. Once the parking lots are filled, it will be very difficult to park close enough to the park to run the race. Please come early to park and bring friends and other runners with you. It is also important to come early to register. Registration is quick and easy, but we would like to have everyone arrive at the race early so the volunteers can get everyone registered and have time to warm up for the race. If you would like to help, please let me know. I hope to get some volunteers who will not run the race and can help on the course.

There will be parking areas outside the park for volunteers, but there will be a few free spots available. If all are filled, take the main entrance to Sue-meg State Park and follow signs for the parking area. The lot in front of the Visitor's Center fills quickly. All other parking lots require a little bit of walking and will be marked. Please bring the exact change to the kiosk so traffic can move quickly.

I hope you will join us for a great run on September 19. – **Jack West**, Race Director <jandjwest@yahoo.com>



View from the Rim Trail about mile 2



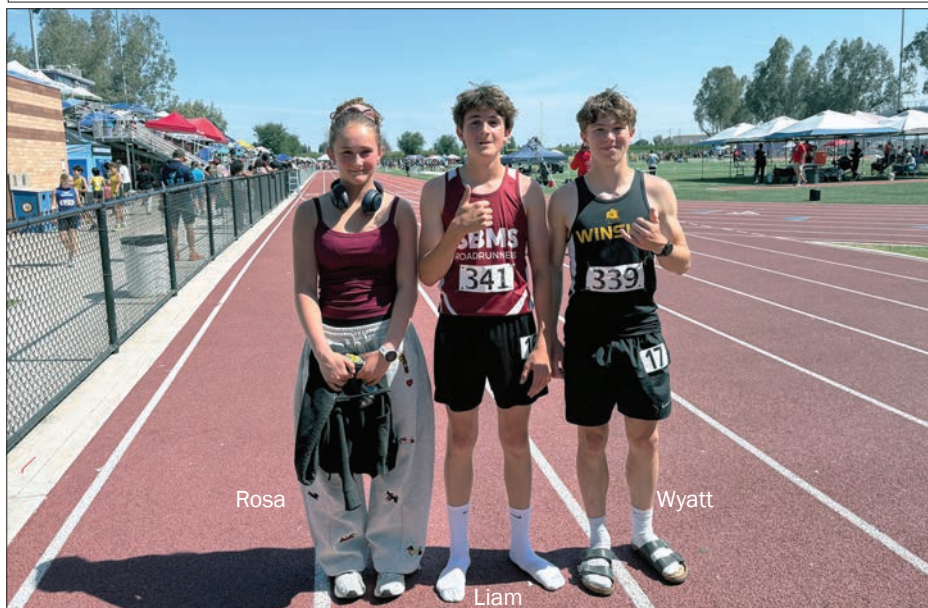
Kristin Lane <kristinlane13@gmail.com> wrote on Sat, May 30, 2026:

I wanted to share with Six Rivers Running Club the success the **Humboldt Hummingbirds** had at their first track meet in Modesto, CA. It was the **Tim Moore meet** in Modesto over Memorial weekend, Sat - Sun, 5/23/26 - 5/24/26.

Rosa Nofsinger, Liam Whitney and **Wyatt Davis** participated in our first meet (picture).

Highlights: **Rosa** ran 800m with a 6 second PR. The next day **Rosa** ran the 400m in 1:07:69. **Wyatt** and **Liam** ran the 800m, 1500m doing well in both races. **Wyatt** ran with group 13-14 and placed 4th in the 800m with a PR, 3rd in the 1500m. **Liam** ran in group 15-16 and placed 8th with 2 sec PR's for the season in the 800m and 7th in the 1500m.

Thank you, – **Kristin Lane**.



Rosa

Liam

Wyatt



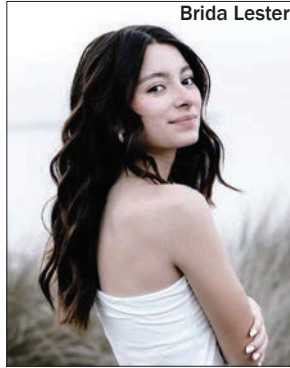
Wyatt

MileSplit
Tom Moore Classis
Johansen HS • Modesto, CA

Congratulations to the 2026 SRRC Scholarship Recipients



Betty Weldon



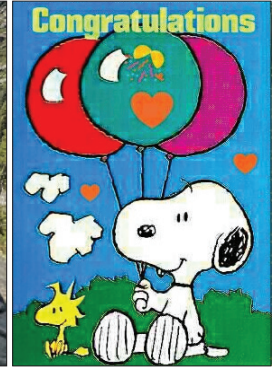
Brida Lester



Anthony Trieu



Ocean Walker



Hello Humboldt Youth Runners!

Is your child interested in running and challenging their racing skills?

Humboldt Hummingbirds is an off season club that will practice x 3 a week and travel occasionally for races/meets (not a requirement). Ages 8-14.

* Please email Kristin Lane @ <kristinlane13@gmail.com>.



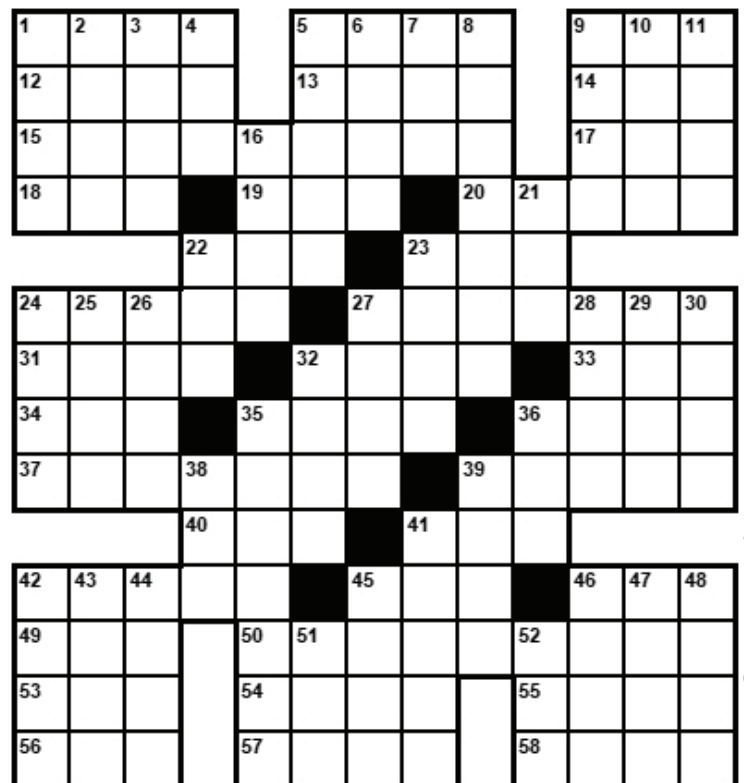
SRRC Crossword Puzzle

ACROSS

- 1 At a distance
- 5 This place
- 9 Her, as a subject
- 12 Partner
- 13 Japanese noodle
- 14 Fmr Mideast state
- 15 "No pain, no gain" in a way, part 1
- 17 Greek vowel
- 18 Rep's political opponent
- 19 From within
- 20 Seeps
- 22 Abscess fluid
- 23 A pair
- 24 Not now
- 27 See 15 across, part 2
- 31 Workplace protection org
- 32 Honey wine
- 33 Road or roof material
- 34 US spy group
- 35 Fanciful tale
- 36 Frilly material
- 37 See 15 across, part 3
- 39 Fireplace residues
- 40 Sports cheer
- 41 Finish
- 42 Less rude
- 45 Cereal grain
- 46 Greek consonant
- 49 Poem of praise
- 50 See 15 across, part 4
- 53 Heavy weight
- 54 Great Lake
- 55 To be in France
- 56 Elev datum
- 57 Common wild ruminant
- 58 PC competitors

DOWN

- 1 Surrounded by
- 2 Lose color
- 3 Unit of matter
- 4 Stimpy's cartoon pal
- 5 Rich soil
- 6 Revise, literarily
- 7 Actor-director Howard
- 8 Bestowed
- 9 Mideast canal
- 10 Abhor
- 11 Historical periods
- 16 Travel through
- 21 Exclamation of surprise or delight
- 22 Legume
- 23 Comparative conjunction
- 24 Mathematical sites
- 25 Like, comparatively
- 26 Modern Siamese
- 27 Mega, giga, __
- 28 One of the Four Corner states
- 29 Club event
- 30 __ bien
- 32 Arith or geom, for example
- 35 Longed
- 36 Trippy drug
- 38 Test for college srs
- 39 Social insects
- 41 Consumer
- 42 __ bene
- 43 Object of worship
- 44 Penny
- 45 Boo-boo
- 46 Flatbread
- 47 This org
- 48 Suffix for followers
- 51 Before, poetically
- 52 Clothing edge



"Ken Yanosko" <kenyanosko@sbglobal.net>

Upcoming Events

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

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SAT., JUL 4, 2026 << **SRRC race** >>

Arcata Marsh Fourth of July 5K. {\$10 or \$5 age 17 or under} At 9:30AM. Start and finish at the Arcata Marsh by Klopp Lake. For more information, contact **Marlene Allen** at <allens@humboldt1.com>.

SUN., JUL 12, 2026 << **SRRC race** >>

Fortuna Rodeo Run 5K. {\$10 for nonmembers, free for SRRC members} {USATF certified course} At 9:00AM. Please show up **AT LEAST 30-40 MINUTES early** to register. Start and finish in the parking lot of Redwood Café (corner of 12th & Main Street in Fortuna). For more information, contact **Catrina Howatt** at <catrina.howatt@gmail.com>.

SAT., AUG 1, 2026 << **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>.

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!

More Wednesday Evening Run.

Join **Love It Run Club** every Wednesday at 6:00PM at the gazebo in Old Town, Eureka. We do a fun, supportive community run where all paces are welcome. Come for the vibes, stay for the accountability. Email **Eric Coppia** at <eric@coppacetictraining.com> for details.

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



Help Wanted! Opportunities in July

- Fourth of July Run (Sat., 7/04/26)
Marlene Allen, the Race Director is looking for volunteers to help at the finish line and course monitors. Please contact her at <allens@humboldt1.com>.
- Fortuna Rodeo Run (Sun., 7/12/26)
Catrina Howatt, the Race Director is looking for volunteers to help with registration, finish line and to work at the turn around. Please contact her at <catrina.howatt@gmail.com>.
- Matthew Kidwell is looking for someone to take over as the Race Director for the Arcata Community Forest Run to be held in March 2027. Please contact him at <matthew5513@yahoo.com>.

– Harry Kavich <hkavich@yahoo.com>



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"

