



Hour Run
Arcata High School
9:30 am, Sat., Valentine's Day, 2026

February Minutes

by "Catrina Howatt" <catrina.howatt@gmail.com>

Wed., Feb. 4, 2026, 6:30 pm at El Chipotle in Arcata. Board members in attendance: **Gary Timek Jamie Hinckley, Harry Kavich, Juan Reyes, Jorge Preciado, Jesse Preciado, Matthew Kidwell, Karen Kidwell, Sarah Sullens, Marlene Allen, Mark Ellis** and **Catrina Howatt**. Guests: **Jack West, Michele Gerdes** and **Jessie Hunt**.

OLD BUSINESS

A. Membership Meeting (3:00 pm, Sat., 2/10/26) recap: Great party with great feedback. Thank you.

B. Arcata Bottoms Run (9:00 am, Sat., 12/06/25) recap: Report from December 2025. There were 110 runners: 35 for the 8 mile and 75 for the 3 mile. Everything went well.

NEW BUSINESS

A. Election Results: Everyone who ran was elected. Harry Kavich has been appointed.

B. Election of Officers:

- **Matthew Kidwell** was nominated for President. Motion to remove Gary Timek from the Six Rivers Running Club Coast Central Credit union accounts and to add Matthew Kidwell to the account. Motioned by Harry Kavich and seconded by Mark Ellis. Motion carried.
- **Jamie Hinckley** was nominated for Vice President by Marlene Allen and seconded by Harry Kavich. Motion carried.
- **Marlene Allen** was nominated for Secretary by Mark Ellis and seconded by Karen Kidwell. Motion carried.
- **Cindy Timek** was nominated for Treasurer by Marlene Allen and seconded by Juan Reyes. Motion carried..

C. HRRAY & Sue-meg Park Run in 2026: HRRY is scheduled to start meets in late March. Some meets will be on Tuesdays. The schedule will be posted online when finalized. Sue-Meg Run: Looking at Sat., Sept. 19th. Jack West cannot submit to Parks until mid April.

D. Shoe Fund & SRRC Scholarship in 2026: Yoshi is getting the shoe fund started. There will be two \$1,000 scholarships again this year.

E. Hour Run (9:00 am, Sat., 2/14/26): Arcata High Track. Gary

Timek reported that the run is ready to go on February 14th.

F. FBMR (Noon & 2 pm, Sun., 3/08/26): Michele Gerdes and Jessie Hunt reported that things are going great and registration numbers are up early.

G. Arcata Community Forest Run (10:00 am, Sat., 3/21/26): Matthew Kidwell reported he is working on permits.

H. Atalanta Run (10:00 am, Sun., 5/10/26): Proposed budget was presented for approval. Motion to approve by Marlene Allen and seconded by Karen Kidwell. Motion carried. Jesse Preciado reported everything is moving forward.

I. Grasshopper Peak Trail Run (8:00 am, Sat., 6/06/26): Proposed budget was presented for approval. Motion to approve by Marlene Allen and seconded by Sarah Sullens. Motion carried.

J. Other:

- ◇ Community Fund request from Brida Lester for \$200 to attend Indoor Track Meet in Reno, NV. Juan Reyes moved to approve the request, Marlene Allen seconded the request. Motion carried.
- ◇ Harry Kavich expressed our thanks to Gary Timek for the great job he has done being President of the Board for the last 16 ½ years. We will miss you!

• **Next meeting:** TBA Juan's choice; Dinner at 5:30, Meeting at 6:30 pm, Wed., Mar. 4, 2026. Ask Matthew Kidwell <matthew5513@yahoo.com> for details.



Matt Kidwell
New President



Gary Timek
Former President

Jamie Hinckley
New VP

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:
ygek1@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: ygek1@humboldt.edu

SRRC BOARD OF DIRECTORS

2026-2027

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2025-2026

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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 <ygek1@humboldt.edu>



60th Trinidad to Clam Beach Run

9:30 am, Sat., Feb. 7, 2026

{ Results shown below are from www.runtheday.com. }

5³/₄M

Pl	Name	G/age	Time
1	Jonah Grubbs	M22	29:06
2	Sebastian Vaisset	M23	29:35
3	Daniel Shaver	M20	29:42
4	Vincent Sandford-Carroll	M19	30:01
5	Jaxon Leduc	M24	30:10
6	Alex Varner	M40	30:18
7	Nichola Woolery	M18	30:32
8	Finn Granger	M20	30:39
9	Arlo Gagnon	M20	31:04
10	Elias Wiggins	M21	31:15
11	Burp Burp	M18	31:20
12	Diego Honda	M22	31:21
13	Kees Van Der Meer	M19	31:44
14	William Oscar Boag	M16	31:57
15	Hunter Phillips	M22	31:58
16	Sebastian Amaro	M15	32:07
17	Trevor Stewart	M20	32:21
18	James Woolery	M21	32:25
19	Ryder Bullman	M16	32:32
20	Christopher Dudley	M31	32:35
21	Aidan Davis	M20	32:50
22	William Acord	M17	32:54
23	Chase Jimenez	M19	33:22
24	Carson Smith	M23	33:22
25	Spencer Borin	M20	33:24
26	Thomas Becannon	M23	33:25
27	Riley Martel-Phillips	F24	33:31
28	Zach Sherman	M21	33:34
29	Pablo Chapman	M21	33:37
30	Jacob Christopher	M23	33:40
31	Orlando Soriano	M20	33:44
32	Asher Love	M21	33:45
33	Daniel Gober	M22	34:04
34	Erich Coulter	M33	34:14
35	Anna Hanstveit	F21	34:14
36	Robert Moncrief	M22	34:16
37	Keegan Henry	M23	34:30
38	Emma Hanstveit	F21	34:57
39	Saul Jimenez	M19	35:05
40	Lennox Rowlett	M20	35:11
41	Amelia Jackson	F30	35:31
42	Eric Hartmann	M57	35:35
43	RJ Kennedy	M22	35:46
44	Brinna Weiseth	F22	35:48
45	Ryan McLaughlin	M34	35:50
46	Jose Cota	M20	35:54
47	Charlotte Leonard	F20	35:55
48	Owen Ingram	M15	36:14
49	Seamus Frazer-Newcomb	M28	36:15
50	Trevor Gannaway	M16	36:23
51	Jakob Zolwik	M28	36:31
52	Kaden Ashdown	M27	36:37
53	Dinon Mcintosh	M17	36:40
54	Jonathan Santarelli	M43	36:50
55	Craig Wasko	M54	36:50
56	Eli Chiles	M16	36:51
57	Benjamin Wartburg	M45	36:54
58	Dylan Fluet	M35	37:05
59	Lane Bolton	M21	37:08
60	Micah Okin	M14	37:08
61	Phil Slama	M47	37:11
62	Jenna Periandri	F31	37:19
63	Tristan Cole	M34	37:19
64	Jeffrey Gunderson	M37	37:33
65	Rogue Cutler	F16	37:59

66	Quinlan Sauter	M19	38:04
67	Michelle Klim	F30	38:05
68	Ryan Putt	M31	38:16
69	Joanna Tobon	F19	38:20
70	Dalton Olson	M36	38:20
71	Lane Baker	M16	38:26
72	Ross Odell	M35	38:31
73	Liam Whitney	M14	38:56
74	Sean Berry	M34	38:56
75	Alexa Amador	F21	39:04
76	Reese Sion	F22	39:04
77	John Coxford	M54	39:17
78	Maddie McKenna	F19	39:37
79	Lex Craven	F24	39:42
80	Kate Pringle	F21	39:45
81	Ryan Dube	M21	39:45
82	Sol Fernandez	F24	39:55
83	Juan Ramos-Cool	M24	39:59
84	Nyron Bernard	M52	40:00
85	Flynn Merriman	M19	40:09
86	Lyla Fedio	F19	40:09
87	Izzi Peila	F18	40:10
88	Bolt Vanderhughe	M21	40:15
89	Farrah Tyler	F25	40:18
90	Tom Davies	M60	40:19
91	Carson Riley	M38	40:22
92	Jarin Morais	M23	40:36
93	Jason Weldon	M17	40:50
94	Matt Wells	M44	40:50
95	Don Powers	M45	40:53
96	Elizabeth Odell	F23	41:01
97	Courtney Carlson	F33	41:06
98	Thomas Parker	M56	41:15
99	Ian Jewett	M41	41:15
100	Jasper Bayless	M21	41:19
101	Kenneth Hammer	M70	41:25
102	Kelly Coash	F31	41:27
103	Aleah Polansky	F17	41:28
104	Lucia Acord	F12	41:28
105	Augustus Taylor	M14	41:28
106	Danny Martinez	M35	41:31
107	Nolan Clements	M25	41:35
108	Dustin Jackson	M30	41:37
109	Kevin Roberts	M47	41:42
110	Madrone Shelton	M14	41:48
111	Sarah Collins	F37	42:04
112	Emily Batini	F38	42:04
113	Ryan Tremblay	M36	42:07
114	Jake Johnson	M50	42:12
115	Jolly Earle	F58	42:12
116	Casey Malloy	M34	42:15
117	Nicholas Acord	M41	42:15
118	Stacie Lyans	F45	42:17
119	Bret Rinehart	M46	42:17
120	Lanore Bergenske	F68	42:23
121	Niko Hrdy	M39	42:26
122	Jynch De'Arman	M33	42:28
123	Colin Moore	M42	42:34
124	Melissa Tucker	F42	42:35
125	Varik Shockey	M25	42:38
126	Rob Amerman	M52	42:38
127	Zaya Taylor	M49	42:39
128	Ryan Bourque	M48	42:41
129	Hailee Schmidt	F35	42:41
130	Evan Jackson	M22	42:48
131	Will Stromberg	M36	42:49
132	Richard Roybal	M49	42:54
133	Asher Kolden	M26	42:56
134	Corrina Kamoroff	F36	43:04
135	Courtney Ladika	F45	43:07

136	Drake Newell	M21	43:17
137	Kate Touchet	F21	43:20
138	Justin Onstine	M45	43:23
139	Billy Martin	M26	43:23
140	Amanda Lee	F33	43:24
141	Lorin Daly	M31	43:27
142	Patrick Honsinger	M60	43:31
143	Christopher Kirk	M21	43:35
144	Holden Rinehart	M14	43:38
145	Rowan Magnuson	M18	43:43
146	Aidan Stephens	M36	43:46
147	Kristal Mendez	F43	43:48
148	Carson Degarmo	M20	43:54
149	Sammy Maybruck	M26	43:56
150	Eric Einem	M61	44:05
151	Jazmen McGinnis	F31	44:14
152	Sean Gordon	M29	44:16
153	Arion Zapper	M13	44:20
154	Miranda Gray	F41	44:21
155	Jim Larriue	M??	44:26
156	Malcolm Flint	M29	44:27
157	Jordan Hoese	F32	44:29
158	Steven Pearl	M41	44:36
159	Jenna Mossi	F34	44:49
160	Aaron Honsinger	M18	44:51
161	Zack Cox	M46	44:52
162	May Fournier	F36	45:00
163	Marley McClure	M25	45:00
164	Mike Scarborough	M65	45:05
165	Alexis Price	F10	45:09
166	David Macauley	M64	45:11
167	Helen Serassio	F49	45:13
168	Adam Glaser	M50	45:16
169	Gabriel Bertolozzi	M22	45:24
170	Stephen Luther	M36	45:24
171	Santino Baldassarre	M21	45:27
172	Jacob Michaud	M43	45:27
173	Albie Rumfelt	M47	45:27
174	Wade Wright	M21	45:39
175	Luis Sandoval	M21	45:41
176	Josh Goodman	M40	45:43
177	Austin Tauzer	M33	45:44
178	Quinn Ballard	M33	45:45
179	Jen Foesig	F53	45:47
180	Isaac Coppock	M32	45:55
181	AJ Mendoza	M21	45:55
182	Michael Hellmair	M42	45:58
183	Ellis Lebombard	M16	46:02
184	Lena Neely-Mangos	F12	46:03
185	Phil Tran	M34	46:03
186	Emerson Okin	F12	46:04
187	Jayden Paine	M23	46:04
188	Chris Van Meter	M24	46:04
189	Martina Miller	F31	46:07
190	Alex Wright	M35	46:10
191	Ian Ivey	M32	46:11
192	Day Robins	F30	46:14
193	Juan Vasquez	M46	46:15
194	Duncan Robins	M60	46:16
195	Jason Yost	M46	46:18
196	Skyler Porter	M21	46:19
197	Ned Peck	M42	46:21
198	Paul Kinsey	M70	46:28
199	Jeffrey Hanck	M62	46:40
200	Beth Larson	F43	46:43
201	Caroline Carson	F64	46:44
202	Correy Greer	M25	46:58
203	Charlie Wilson	M11	46:58
204	Stefan Rheinschmidt	M52	47:01
205	Lauren Matson	F42	47:07

206 Aaron Belcher	M19	47:12	282 Alicia Kiefler	F22	50:53	358 Jennifer Tiscornia	F53	54:43
207 Raymond Markland	M34	47:13	283 Steve Taylor	M55	50:54	359 Mavelyn Socha	F47	54:45
208 Kristin Lane	F50	47:19	284 Genay Pilarowski	F34	50:55	360 Elizabeth Okin	F49	54:49
209 Gabriel Price-Hall	M37	47:19	285 Heidi O'Hanan	F41	51:03	361 Sarah Van Wesep	F42	54:50
210 Vivian Adams	F15	47:24	286 Netra Khatari	M48	51:06	362 Veronica Rios	F42	54:51
211 Laura Levy	F37	47:24	287 Ashley Knowlton	F34	51:15	363 Dylan Pearce	M29	54:51
212 Rebecca Matias	F35	47:29	288 Tyren Sanborn	M17	51:19	364 Andrew Miner	M51	54:53
213 Trevor Estlow	M54	47:38	289 Travis Sanborn	M37	51:20	365 Jay Schoenfield	M31	54:55
214 Devon Nakamura	M23	47:44	290 Taryn Sanborn	F24	51:21	366 Cyril Carl	M78	54:55
215 Yvette Ferreira	F51	47:45	291 Jesus Munoz	M21	51:27	367 Amelia Reeves	F19	54:56
216 Zachary Baez	M20	47:48	292 Tyler Stumpf	M46	51:33	368 Scarlet Miner	F10	54:57
217 Shawn Ankeny	M52	47:49	293 Bradley Tisdahl	M44	51:36	369 Sophia Nielsen	F27	54:57
218 Anastasia Schmaltz	F35	47:50	294 Tracy Ralston	F35	51:37	370 Tai Syhaphom	M22	54:58
219 Rico Garcia	M62	47:54	295 Kellen Johnson	M17	51:43	371 Hunter Ciarabellini	M22	54:58
220 Brandon Klith	M38	47:58	296 Lisa Weise	F53	51:51	372 Zion Carl	M43	55:00
221 Ryan Reed	M25	48:02	297 Thomas Stull	M42	51:58	373 JJ Young	M28	55:01
222 Karin Grantham	F57	48:05	298 John Zwick	M25	51:58	374 Tabitha Olson	F39	55:02
223 Isaac Croteau	M41	48:09	299 Julia Moreland	F28	51:59	375 Rhett Menexas Bechler	M12	55:02
224 John Albertini	M60	48:10	300 Melanie Williams	F70	51:59	376 Anna Cottrell	F36	55:04
225 Katie Poburko	F49	48:10	301 Christian Coley	M26	52:00	377 Katie Parker	F34	55:11
226 Maya Williams	F29	48:10	302 William Brow	M44	52:03	378 Katie Bisson	F54	55:19
227 Elijah Jacobson	M17	48:17	303 Lorelei Phillips	F55	52:12	379 Olivia Symanovich	F49	55:19
228 Andrea Lovio	F43	48:21	304 Chrystal Ales	F42	52:12	380 Talan Howes	M14	55:22
229 Michael Gerace	M46	48:21	305 Kelly Ridgway	F40	52:13	381 Meghan Prin	F42	55:22
230 Jeffrey Stone	M70	48:22	306 James Griffiss	M40	52:13	382 Natalie Swearingen	F22	55:29
231 Becky Brennan	F44	48:26	307 Casey Ales	M43	52:13	383 Leandro Ramirez	M16	55:31
232 Dalitza Mena	F16	48:28	308 Amber Coley	F55	52:14	384 Emmery Parker	M29	55:31
233 Ella Price	F39	48:31	309 Miles Garrett	M47	52:21	385 Melati Kaye	F40	55:32
234 Frida Duran Arellano	F21	48:34	310 Willa Heacock	F20	52:22	386 Savannah Steffen	F30	55:36
235 Julie Robertson	F55	48:40	311 JOSEPH ANGLES	M24	52:23	387 Kaylee Schoenfield	F30	55:36
236 John Loera	M61	48:44	312 Sage Johnson	M??	52:33	388 Tristan Petranek	M14	55:37
237 Melissa Avila	F38	48:45	313 Owen Mcintosh	M22	52:33	389 Kristi Vernig	F33	55:37
238 Ryan Fitzpatrick	M30	48:47	314 Tonalli Orona-Ramirez	F26	52:34	390 Chris Dazzi	M51	55:37
239 Rene Dewees	M34	48:51	315 Joel Pimentel	M21	52:40	391 Jennifer Tebon	F54	55:41
240 Joshua Sharp	M20	48:58	316 Jodi Marthaller	F65	52:48	392 Ana Rodriguez	F34	55:41
241 Emma Knepp	F25	49:00	317 Sarah Knight	F61	52:50	393 Paul Gibbons	M28	55:42
242 Kevin Aultman	M24	49:03	318 Dana Webb	F34	52:51	394 Casey Russo	M44	55:44
243 Logan Koppenhaver	M24	49:03	319 ?? ??	???	52:52	395 Dana Dunford	F40	55:50
244 Adam Forsell	M28	49:06	320 Alan Grau	M72	52:55	396 Kevin Montgomery	M52	55:50
245 ?? ??	???	49:07	321 Kaya Murillo	F20	52:56	397 Carlos Lopez	M33	55:51
246 Lauren Picone	F25	49:09	322 Danielle Locricchio	F31	52:59	398 Lily Simmons	F27	55:59
247 Will Bebee	M26	49:10	323 Elizabeth Sarwar	F50	53:01	399 Dana Merrill	F31	56:00
248 Rachel Collins	F37	49:11	324 Christoffer Hansen	M??	53:04	400 Olivia Black	F26	56:01
249 Clay Mosolino	M34	49:13	325 Christa Meingast	F33	53:12	401 Allegra Wrocklage	F34	56:10
250 Claire Kinder	F27	49:15	326 Sean Wilson	M48	53:16	402 Maevyn Cordisco Guild	F08	56:11
251 Ben Grassman	M26	49:17	327 Sky McKinley	M49	53:19	403 Scott Tebon	M54	56:11
252 Thomas Bloom	M23	49:19	328 Aubrey Gates	F41	53:19	404 Tara Cordisco Guild	F37	56:12
253 Zachary Caldwell	M45	49:20	329 Lulu Sandstorm	F55	53:21	405 Danielle Lefever	F43	56:13
254 Daniel Valdovinos	M32	49:25	330 Haley Williams	F36	53:36	406 Jocelyn Douglas	F22	56:16
255 Rob Horn	M54	49:26	331 Allen Scoville	M49	53:38	407 Mollie Hernandez	F22	56:19
256 Brenden Nye	M22	49:30	332 Randall Stone	M52	53:43	408 Angel Gonzalez	M23	56:24
257 Joey Wilson	M56	49:31	333 Rhys Stone	M12	53:44	409 Patrick Owen	M63	56:31
258 Melissa George	F47	49:41	334 Kellie Haigh	F53	53:46	410 Emily Rich	F22	56:31
259 Eli Maxwell	M16	49:42	335 Will Ross	M24	53:49	411 Dj Gutierrez	M21	56:31
260 Carly Mantle	F31	49:44	336 Scott Williams	M33	53:53	412 Elizabeth Tisdahl	F42	56:37
261 Inbar Yaar	F45	49:46	337 Eric Isaacs	M31	53:55	413 John Aryanpur	M67	56:47
262 Sylvie Hunter	F15	49:47	338 Ryder Koppenhaver	M22	53:55	414 Meghan Brinson	F42	56:53
263 Rachel Pesch	F51	49:58	339 Ryan Phillips	M40	53:59	415 Julie Hall	F61	57:14
264 Matt Olson	M46	49:59	340 Michelle Moon	F48	54:00	416 Nicole Montee	F46	57:15
265 Shannon Thompson	F44	50:03	341 Kaily Fineran	F29	54:00	417 John Carson	M67	57:21
266 Bruce Munsee	M60	50:05	342 Mason Rewerts	M25	54:00	418 Onyx Parrott	M14	57:22
267 Barbara Hughes	F56	50:05	343 Lilliana Herrera	F35	54:00	419 Maiya Martinez	F24	57:23
268 Ernest Stromberg	M64	50:13	344 Kevin Berry	M31	54:03	420 Brian Halverson	M45	57:24
269 Luke Parr	M24	50:20	345 Luta Belcher	M52	54:18	421 Tracie Hannick	F56	57:40
270 Kiara Weldon	F17	50:20	346 Matt Jochim	M29	54:20	422 Marlene Allen	F69	57:46
271 Brittany Gribbin	F40	50:25	347 Jordan King	M42	54:22	423 Jonathan David Juarez	M30	57:46
272 Patricia Shackleton	F74	50:29	348 William Lee	M38	54:23	424 Ursula Parker	F55	57:49
273 Alex Harper	F41	50:30	349 Michael Valenzuela	M31	54:32	425 Laurie Clendenen	F69	57:56
274 Shawn Magnuson	M56	50:31	350 Tess Weathers	F41	54:32	426 Jacob Delaney	M29	57:57
275 Josephine Archibald	F43	50:32	351 Isabelle Blackwell	F15	54:33	427 Leanne Macres	F49	58:00
276 Sophia Sambo	F37	50:32	352 Catherine Munsee	F61	54:35	428 Daniel Taylor	M38	58:06
277 Catherine Hrdy	F38	50:35	353 Jenny Winsted-Wilson	F41	54:35	429 Aimee Cutright	F55	58:09
278 Tim Milton	M64	50:38	354 Evan Hatfield	M47	54:36	430 Rhythm McCollum	F34	58:12
279 Conner Phillips	M15	50:43	355 Karen Pope	F57	54:36	431 Michael Drinkers	M49	58:17
280 Dana Foley	F25	50:49	356 William Sharp	M55	54:38	432 Randell Emenaker	M74	58:20
281 Mike Reinman	M58	50:51	357 Matthew DRUMMOND	M37	54:40	433 Nick Keane	M35	58:32

434 Roman Futoma	M44	58:45	510 Sophia Villalvazo Estrada	F??	1:02:18	586 Douglas Monsalud	M60	1:06:54
435 Betsy Gasparri	F64	58:47	511 Jane Labass	F35	1:02:18	587 Ashley Powell	F38	1:06:57
436 Brian Stromberg	M66	58:56	512 Laura Shinn	F42	1:02:19	588 Morgan Edwards	M12	1:06:58
437 Perry King	M56	58:58	513 Bryan Atkinson	M46	1:02:19	589 Keith Rupert	M25	1:06:59
438 Larisa King	F48	58:58	514 Luis Medina	M26	1:02:23	590 Bonnie Hrdina	F67	1:07:00
439 Philip Lescano	M71	59:01	515 Michaele Whiteley	F66	1:02:26	591 Melinda Seeger	F46	1:07:03
440 Jessica Benoit	F43	59:03	516 James Phillips Armenta	M35	1:02:38	592 Meredith Matthews	F51	1:07:07
441 Chelsea Osa	F25	59:03	517 Rose Tatman	F43	1:02:38	593 Ella Feick	F25	1:07:08
442 Trace Osa	M26	59:08	518 Natasha Niclai	F31	1:02:43	594 Michael Chapman	M66	1:07:17
443 Griffin Folger	M07	59:17	519 Brian Vargas	M31	1:02:56	595 Becky Chapman	F55	1:07:17
444 Rebecca Cagigas	F40	59:24	520 Chelsea Coppock	F34	1:02:58	596 Alexa Canipe	F31	1:07:20
445 Bob Fredenburg	M73	59:27	521 Daniel Garcia	M29	1:03:00	597 Elaina Brow	F29	1:07:27
446 Reka Mar	F53	59:32	522 Lucian Rodriguez	M18	1:03:03	598 Sandy Aguiar	F60	1:07:41
447 Sarah Hapgood	F55	59:34	523 Darren Walton	M75	1:03:06	599 Nick Machado	M47	1:07:43
448 Brian Heaton	M38	59:44	524 Genevive Macias	F45	1:03:07	600 Desi Escarda	F27	1:07:44
449 Hope Kibby	F23	59:44	525 Jami Sutter	F52	1:03:08	601 Rae Machado	F44	1:07:44
450 Steven McShane	M55	59:46	526 William Rodstrom	M76	1:03:14	602 Laura Coppini	F50	1:07:47
451 Mia Scotney-Castle	F21	59:48	527 Madeleine Haskell	F31	1:03:16	603 Emily Jackson	F26	1:07:53
452 Veronica Hallock	F37	59:49	528 Rosalind Litzky	F44	1:03:21	604 Liisa Luick	F58	1:07:54
453 Brian Speaks	M41	59:49	529 Matthew Benton	M40	1:03:32	605 Michael Manchester	M45	1:07:58
454 Barbara Larrondo-Soto	F25	59:49	530 Jose Solis	M38	1:03:33	606 Lena Manchester	F10	1:08:02
455 Brittny Tresenrider	F30	59:51	531 Mikayla Jekabsons	F??	1:03:35	607 David Belmar	M39	1:08:06
456 Chloe Dinsdale	F??	59:55	532 Angel Andrade	M??	1:03:35	608 Thomas Dewey	M66	1:08:07
457 Zoe Douglas	F19	59:56	533 Ian Hunter	M32	1:03:38	609 Sherrie Sample	F62	1:08:08
458 Angie Pearson	F40	59:59	534 Shaina Fink	F29	1:03:42	610 Barbara Lahaie	F??	1:08:09
459 Lucian Steinkamp	M22	1:00:00	535 Melissa Merryman	F63	1:03:43	611 Russ Burnett	M78	1:08:10
460 Coelho Hill	F29	1:00:01	536 Megan Maier	F31	1:03:46	612 Shane Smith	M38	1:08:27
461 Deron Cutright	M58	1:00:02	537 Manuel Lewis	M37	1:03:47	613 Stephanie Weldon	F48	1:08:32
462 Scott Estepa	M24	1:00:06	538 Timothy R Doran	M57	1:03:51	614 Hanna Taylor	F24	1:08:35
463 Justina Madrigal	F29	1:00:07	539 Victoria Ordway	F61	1:04:04	615 Matt Niclai	M59	1:08:36
464 Melanie Castalano	F26	1:00:07	540 Jennifer Grimmett	F50	1:04:09	616 Leticia Phillips Armenta	F34	1:08:37
465 Bruce Theisen	M72	1:00:13	541 Jaimoe Kibby Jr	M22	1:04:10	617 Sarah Gunther	F29	1:08:38
466 Kelli Ercolano	F66	1:00:14	542 Michelle Hernandez	F51	1:04:11	618 Robert Urzua	M51	1:08:55
467 Giorgio Zampaglione	M28	1:00:14	543 Karin Cassidy	F44	1:04:12	619 Chris Gardner	F59	1:09:01
468 Juan Ruiz Pozuelo	M26	1:00:14	544 Mingyun Huey	F14	1:04:17	620 Karen Templeton	F70	1:09:09
469 Shelby Broecker	F29	1:00:20	545 Gabrielle Cohen	F63	1:04:20	621 Justus Hawks	M40	1:09:15
470 Lizzy Cutler	F15	1:00:21	546 Ryan Kerker	M43	1:04:24	622 Victoria Ziegler	F40	1:09:17
471 Audrey Cutler	F40	1:00:22	547 Emily Dill	F26	1:04:25	623 Siobhan Ayres	F44	1:09:19
472 Eileen Burger	F70	1:00:33	548 Melia Sinacori	F20	1:04:26	624 Dana Franz	F60	1:09:32
473 Steven Throne	M57	1:00:35	549 William Jackson	F32	1:04:26	625 Camille Sathrum	F37	1:09:35
474 Salomon Schoffer	M??	1:00:39	550 Chelsey Castiglione	F34	1:04:28	626 Amy Livingston	F49	1:09:48
475 Julia Sway	F40	1:00:43	551 Ryan Crabtree	M22	1:04:29	627 Erin Lester	F47	1:09:59
476 Amber Jacobson	F41	1:00:46	552 Shannon Jackson	F25	1:04:31	628 Ron Franz	M63	1:10:00
477 Guy Walker	M38	1:00:47	553 Juan Reyes	M44	1:04:31	629 Mike Magana	M35	1:10:15
478 Mike Davis	M66	1:00:49	554 Jenna Santangelo	F29	1:04:32	630 Brandon Salcido	M38	1:10:35
479 Scott Washington	M43	1:00:53	555 Holly Powell	F35	1:04:39	631 Violet Orozco	F44	1:10:38
480 Zoe Lacoco	F34	1:00:56	556 Kevin Mabry	M40	1:04:49	632 Leah Lamattina	F44	1:10:39
481 Mike Koepenhaver	M48	1:01:08	557 Tavia Huey	F43	1:04:51	633 Kate Sipma	F44	1:10:40
482 Kerry A Molz	F52	1:01:08	558 Sarah Larsen	F43	1:04:52	634 Claudio Carrizo	M22	1:10:49
483 Wyatt Eglian	M29	1:01:10	559 Micaela Natale	F33	1:05:01	635 Hannah Vitello	F34	1:10:50
484 Oceanna Dillon	F29	1:01:11	560 David Cedar	M40	1:05:03	636 Haylie Bynum	F33	1:10:57
485 Chrystyna Johnson	F47	1:01:14	561 Rowena Mohun	F62	1:05:03	637 Aubrae Gullick	F43	1:10:59
486 Shelby Birnie	F30	1:01:14	562 Deji Akinlosotu	M44	1:05:04	638 Dalas Hayes	F28	1:11:03
487 Tara Logan	F31	1:01:15	563 Mark Ellis	M71	1:05:18	639 Jamie Sullivan	F40	1:11:13
488 Heather Hammers	F31	1:01:16	564 Kerry Smith	M67	1:05:25	640 Catrina Howatt	F59	1:11:15
489 Vincent Weldon	M42	1:01:17	565 Allan Woodworth	M74	1:05:26	641 Nick Bundy	M42	1:11:25
490 Tabitha Kuehne	F57	1:01:17	566 Eric Taylor	M57	1:05:30	642 Maddy Bundy	F11	1:11:26
491 Graciela Guerrero	F??	1:01:20	567 Jon Fechner	M55	1:05:30	643 Sierra Mclean	F32	1:11:30
492 Ki Moon	M46	1:01:22	568 Jaymi Dark	F43	1:05:37	644 Colby Kelley	M31	1:11:45
493 Keith Slauson	M51	1:01:25	569 Hayden Dark	F15	1:05:38	645 Kyle Fears	M43	1:12:09
494 Christina Torres	F37	1:01:25	570 Lisa Hemphill	F71	1:05:38	646 Kara Drummond	F34	1:12:12
495 Stacy Garcia	F33	1:01:27	571 Justin Grimes	M45	1:05:44	647 Ana Baldosser	F36	1:12:20
496 Brandon Dazzi	M15	1:01:34	572 Nevi Weldon	F12	1:05:44	648 Wendy Cole	F73	1:12:30
497 Casse Weaver	F48	1:01:39	573 Suzanne Anderson	F72	1:05:45	649 Lauren Pottker	F41	1:12:33
498 Christopher Molz	M61	1:01:42	574 Laretta Johnson	F28	1:05:54	650 Rachel Smith	F60	1:12:34
499 Chris Wild	M45	1:01:49	575 Sacha De Jong	F28	1:05:54	651 Anna Martinez	F21	1:12:40
500 Roxanne Hopwood	F33	1:01:52	576 Krista Duarte	F53	1:05:56	652 Melody Bareilles	F22	1:12:46
501 Carlos Coradines	M46	1:01:59	577 Christina Campbell	F59	1:05:58	653 Keylei Carroll	F22	1:12:47
502 Kristin Kearney	F36	1:02:00	578 Heather Lake	F55	1:06:05	654 Frank Vanderpool	M25	1:12:48
503 Cathryn Devons	F65	1:02:05	579 Joni Hammond	F64	1:06:06	655 Sarah Dora	F??	1:12:49
504 Caro Knef	F??	1:02:06	580 Laura Smither	F39	1:06:09	656 Holly Vanderpool	F??	1:12:49
505 Juan Gonzalez	M26	1:02:09	581 Christopher Perez	M25	1:06:16	657 Chelsey Olivera	F36	1:12:55
506 Karen Adams	F66	1:02:09	582 Liana Stumpf	F17	1:06:42	658 Noa Grace Hansen	F12	1:12:57
507 Ryan Williamson	M30	1:02:10	583 Charley Reed	M31	1:06:43	659 Flynn Dazzi	F12	1:12:58
508 Jasper Z.	M28	1:02:17	584 Jennifer Knaust	F41	1:06:43	660 Allison Kelley	F32	1:12:58
509 Jorlynn Villalvazo	F18	1:02:18	585 Betty Weldon	F17	1:06:44	661 John Hunter	M71	1:13:10

662 Kevin Shawhan	M74	1:13:25	738 Lisandra Torres	F48	1:23:35	814 Jessica Furland	F45	1:41:12
663 Christina Keeling	F39	1:13:25	739 Alissa Clear	F36	1:23:38	815 Carl Maloney	M43	1:41:20
664 Hanna Sample	F37	1:13:27	740 Isabella Archibald	F36	1:23:40	816 Patrick Hurton	M58	1:41:21
665 Kim Bergel	F59	1:13:28	741 Adaline Fahrner	F08	1:23:44	817 D'Lorah Hurton	F68	1:41:23
666 Malinda Damme	F40	1:13:34	742 Lilianna Whitley	F08	1:24:08	818 Brad Leiferman	M26	1:42:41
667 Dawsyn Cordisco Guild	F10	1:13:44	743 Allison Fahrner	F43	1:24:16	819 Lindsay Jackson	F26	1:42:42
668 Brandy Scriptor	F47	1:13:51	744 Jim Clover	M83	1:24:42	820 Sarah Hiller	F39	1:43:16
669 Maya Wilson	F39	1:13:54	745 Renata Urbina De La Flor	F27	1:24:55	821 Sierra Pifferini	F37	1:43:34
670 Ed Kallen	M60	1:14:00	746 Jordan Peterson	F21	1:24:57	822 Tyler Bradbury	F47	1:44:33
671 Victoria Slack	F22	1:14:01	747 Emily Wortman	F41	1:25:05	823 Megan Kesler	F40	1:44:34
672 Kent Davidsen	M27	1:14:07	748 Jamie Hinckley	F39	1:25:10	824 Don Bradbury	M78	1:45:12
673 Kyle Amann	M28	1:14:09	749 Sarah Hughes	F47	1:25:24	825 Liam Salcuni	M30	1:46:14
674 Gordon Johnson	M80	1:14:15	750 Priscilla Turgon	F77	1:25:28	826 Allie Kradepohl	F27	1:46:15
675 Tricia Bender	F32	1:14:32	751 Terry Wilson	F??	1:25:30	827 Jeannie Steffan	F53	1:46:47
676 Maritza Guzman	F35	1:14:36	752 Katrina Taylor	F56	1:25:33	828 Gina Short	F57	1:46:47
677 Madison Petranek	F23	1:14:46	753 Riley Monthule	M25	1:26:00	829 Cyndi Code	F56	1:47:15
678 Tayshu Bommelyn	F46	1:15:09	754 Lily Munsee	F27	1:26:05	830 ?? ??	???	1:48:39
679 Trevor Sciarrotta	M33	1:15:13	755 Destiny Rivera	F24	1:26:22	831 Indigo Townsend	F55	1:48:43
680 Jocelyn Gibbons	F40	1:15:28	756 Genora Peterson	F??	1:26:27	832 Angie Dean	F49	1:48:43
681 Meg Stampe	F36	1:15:40	757 Diane McIntire	F72	1:26:59	833 ASHLEY FLESCHER	M54	1:48:43
682 Kit Meyer	F45	1:15:42	758 Ryan Reunicki	M79	1:27:33	834 Lori Green	F65	1:48:47
683 Charlie Hurton	M??	1:16:00	759 Jim Peters	M86	1:27:42	835 Kris Hulse	F56	1:48:47
684 Joseph Hurton	M38	1:16:25	760 Molly Dorgan	F23	1:28:02	836 Laura Silva	F61	1:48:50
685 Sara Starr	F69	1:16:36	761 Jennifer Be	F38	1:28:13	837 Vonnie Davison	F51	1:48:51
686 Rachel Sechan	F34	1:16:48	762 Joshua Ponce	M49	1:28:37	838 James Alspach	M25	1:49:16
687 Travis Massey	M32	1:16:49	763 Samantha Webb	F28	1:28:44	839 Savannah Alspach	F23	1:49:18
688 Marco Brine	M36	1:16:57	764 Gabriel Ponce	M12	1:28:46	840 Diana Simpson	F41	1:49:23
689 Dan Nelson	M67	1:16:59	765 M. Emily Grossman	F77	1:28:55	841 Hannah Digennaro	F34	1:49:31
690 Bricen Keeling	M37	1:16:59	766 Miriam Miner	F53	1:28:56	842 Deja Kono	F37	1:49:33
691 Michelle Zink-Urzuza	F45	1:17:11	767 Lauren Jackson	F25	1:29:17	843 James Alspach	M52	1:49:43
692 Becky Evans	F48	1:17:11	768 David Laneback	M40	1:29:27	844 Alexandria Monnéy	F26	1:50:47
693 Lilia Lorta	F35	1:17:13	769 Colleen Murrish	F71	1:29:38	845 Barbara Loera	F67	1:51:40
694 Jaimoe Kibby Sr	M50	1:17:26	770 Amanda Hayes	F33	1:29:53	846 Karen Sheehy	F64	1:51:41
695 Bob Vaughn	M86	1:17:28	771 Owen Hayes	M08	1:29:55	847 Tianna Nourot	F50	1:51:55
696 Tim Canning	M67	1:17:32	772 Ashleigh Erwin	F17	1:30:03	848 Hayden Bramble	M10	1:51:56
697 Rachel Hamstad	F42	1:17:40	773 Lisa Gorge	F55	1:30:03	849 Portia Bramble	F41	1:52:00
698 Marina Nichols	F32	1:17:49	774 Emma Allmaras	F16	1:30:04	850 Desirae Keyes	F33	1:52:00
699 Makinzi Nichols	F27	1:17:54	775 Dan Collenberg	M72	1:30:08	851 Toni Tuttle	F36	1:52:01
700 Alia Dunphy	F46	1:18:01	776 Devin Morton	M38	1:30:33	852 Toni Loera	F35	1:52:22
701 Megan Atherton	F42	1:18:02	777 Cruz Aguilar Miner	M17	1:30:54	853 John Edwards	M47	1:53:08
702 Tonja Pettit	F58	1:18:02	778 Isai Aguilar Miner	M14	1:30:55	854 Jake Edwards	M39	1:53:10
703 Tiffany Thomsen	F59	1:18:08	779 Alyssa Langer	F33	1:31:05	855 Kristin Edwards	F41	1:53:14
704 Aaron Hakenen	M??	1:18:25	780 Andy Aguilar Miner	M17	1:31:11	856 Cheyenne Edwards	F46	1:53:14
705 Darby Rose	F19	1:18:30	781 Porfiria Mora	F??	1:31:13	857 Sherry Keyes	F55	1:53:14
706 Mason Atherton-Friend	M07	1:18:36	782 Hailey Wells	F25	1:31:16	858 Janice West	F78	1:53:40
707 Jeanette Suhay	F57	1:18:39	783 Daniella Sanchez	F25	1:31:17	859 Bonnie Etz-Mott	F74	1:53:44
708 Alyssa Thomsen	F32	1:18:43	784 Lillianna Ensminger	F24	1:31:18	860 Suzy Shawhan	F68	1:53:55
709 Eddie Bacon	M21	1:18:58	785 Jill Ceffalo	F51	1:31:36	861 Annette Parsons	F74	1:53:57
710 Mary Rose	F48	1:19:17	786 Joe Carroll	M78	1:32:17	862 Nezzie Wade	F76	1:53:57
711 Marcile Raney	F65	1:19:27	787 Gerald Bernard	M80	1:32:18	863 Paisley Sloan	F10	1:54:04
712 Francoise Crandell	F57	1:19:36	788 Zoe Denckla	F25	1:33:39	864 Florentina Jones	F37	1:54:14
713 Carol Edwards	F73	1:19:43	789 Don Witek	M76	1:33:47	865 Alyza Elway	F39	1:54:16
714 Wesley Crandell	M31	1:19:51	790 Andy Witek	M72	1:33:48	866 Sara Nafus	F39	1:54:32
715 David White	M39	1:19:51	791 Donna Biteman	F76	1:34:03	867 Laura Petersen	F39	1:54:32
716 Alexa Stefanakis	F29	1:20:02	792 Lisa Bilodeau	F66	1:34:31	868 Celeste Bountour	F32	1:54:33
717 Alex Bippus	M32	1:20:16	793 Maurene Aakre	F73	1:35:01	869 Carrie Peyton-Dahlberg	F70	1:54:45
718 Emily Nichols	F44	1:20:21	794 Diane Deluca	F66	1:35:18	870 Deidre Pike	F60	1:54:45
719 Mari Solano	F23	1:20:24	795 Jason Gosch	M39	1:36:13	871 ?? ??	???	1:55:03
720 Jace Baldosser	M35	1:20:39	796 Erin Rubin	F38	1:36:14	872 Helen Law	F65	1:55:13
721 Coby Martin	M10	1:20:45	797 Katie Kammerer	F31	1:36:15	873 Carlee Mattz-Colegrove	F10	1:55:27
722 Lisa Andreatta	F62	1:20:52	798 Wayne Arrison	M66	1:36:17	874 Wendy Parkhurst	F58	1:56:23
723 Morgan Hefington (Martin)	F41	1:21:03	799 Leticia Rosado	F60	1:36:25	875 Christine Ndeti	F63	1:57:02
724 Terry Sharp	F63	1:21:05	800 Jen Flores	F39	1:36:31	876 Charles Nganga	M63	1:57:04
725 Mel Sample	M64	1:21:27	801 Joshua Yagle	M26	1:37:16	877 Stephanie Burns	F64	1:57:40
726 Ann McCabe	F73	1:21:54	802 Ashley Montero Cabrera	F23	1:37:17	878 Elizabeth Drabkin	F65	1:57:54
727 Meagan Bet	F37	1:21:55	803 Lauri Bryan	F65	1:37:22	879 Sari Swede	F66	1:57:56
728 David Lonn	M71	1:22:08	804 Chance May	M31	1:37:32	880 Dan Steffen	M??	1:58:49
729 Monica Rondon	F59	1:22:09	805 Patricia McCloskey	F35	1:37:41	881 Stephanie Steffen	F69	1:58:49
730 Sonia De Leon	F26	1:22:31	806 Jackie Pelt	F70	1:37:49	882 Rosebud Cope	F21	1:59:32
731 John Waters	M69	1:22:42	807 Brandon McCloskey	M33	1:37:51	883 Jay Burns	M30	1:59:41
732 Allen Lund	M70	1:22:54	808 Amy Jackson	F55	1:38:02	884 Richard Burns	M65	1:59:42
733 Ashli McCracken	F40	1:22:54	809 Elizabeth Wardell	F71	1:40:07	885 Michael Shanahan	M38	2:00:21
734 John Rushton	M43	1:22:55	810 Karna Hess	F55	1:40:08	886 Danny Davis	M33	2:00:45
735 Andy Solitz	M69	1:23:16	811 Stephanie Gebo	F46	1:40:14	887 Angeliqe Blake	F57	2:00:47
736 Tonie Quigley	F68	1:23:16	812 Melody Schnoerzinger	F67	1:40:22	888 Grant Peterson	M39	2:00:48
737 Kristen Hunter	F43	1:23:35	813 Stephen Keuning	M58	1:40:53	889 Teresa Mello	F77	2:02:29

TCCR heroes!

• Please visit our webpage (<https://www.6rrc.com>, under 2/07/26) for the rest of the photos.

890 Kevin Mello	M54 2:02:40	895 Kath Collom	F60 2:08:24	900 Charlotte Crockett	F77 3:11:34
891 Amanda Ortiz	F28 2:05:58	896 Haley Collom	F34 2:08:35	901 Shelly Titus	F52 3:11:46
892 Blanca Luevanos	F29 2:06:53	897 Armando Morales	M22 2:08:52	902 Linda Combs	F78 3:11:51
893 Emily Collon	F33 2:07:51	898 Scott Caricato	M19 2:08:52		
894 Victoria Callahan	F59 2:08:23	899 Katherine Beck	F27 2:17:57		



Gordon Johnson
51 times



Phil Lescano
46 times



Joe Carroll
40 times



Wayne Arrison
39 times



Lanore B



Jonah Grubbs
winner (M)
29:06



Riley Martel-Phillips
winner (F)
33:31



Sebastian A



Craig W



Tristan C



Matt W



Jake J



Rob A



Richard R



Amanda L



Kristal M



Alexis P



Paul K

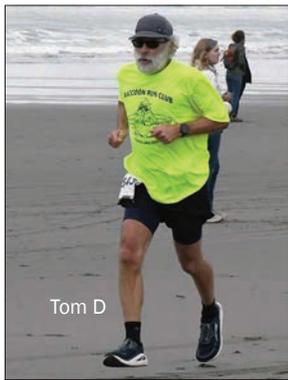


Kristin L



Randy E





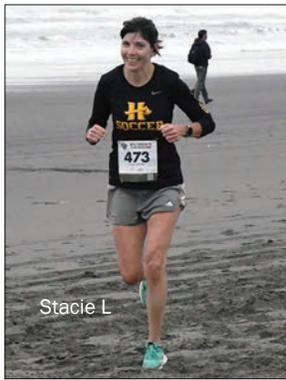
Tom D



Courtney C



Jolly E



Stacie L



Corrina K



Courtney L



Rowan M



Jazmen M



Zack C



Dave M



Albie R



Jen F



Caroline C



Yvette F



Trevor E



Andrea L



Ella P



Mishka S



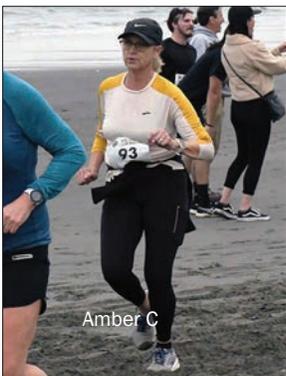
Shawn M



Jo A



Mike R



Amber C



Kelly R



Dana W



Alan G



Aubrey G

Sky M



Cyril C



Katie B



Dana M

Olivia B



John C



Marlene A



Angie P



Christina T



Karen A



Michael W



Jasper



Melissa M

Madeleine H



Juan R



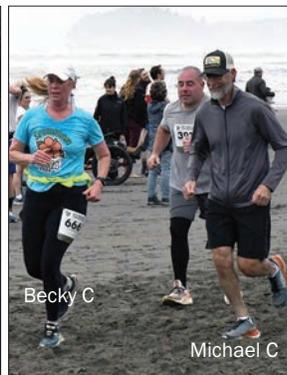
Mark E



Joni H



Ashley P



Becky C

Michael C



Tom D



Catrina H



Kim B



Maya W

Brandy S

Malinda D



Ed K



Kit M

Meg S



Sara S



Marcile R

• Please visit our webpage (<https://www.6rrc.com>, under 2/07/26) for the rest of the photos.



Hour Run

47	Sherry Myers	F70	3.5000 mi (14 laps + 000 yds)
48	Kathleen Lake	F68	3.5000 mi (14 laps + 000 yds)
49	Naomi Stamper	F40	3.2500 mi (13 laps + 000 yds)
50	Oliver Stamper	M05	3.2500 mi (13 laps + 000 yds)
51	Harry Kavich	M71	3.2330 mi (12 laps + 410 yds)
52	Donny Holiman	M56	3.1000 mi (12 laps + 176 yds)
53	Brenda Estes	F53	3.0000 mi (12 laps + 000 yds)
54	Crystal Porter	F41	3.0000 mi (12 laps + 000 yds)
55	Emilia Wright	F09	3.0000 mi (12 laps + 000 yds)
56	Shawn Porter	M43	3.0000 mi (12 laps + 000 yds)
57	Arianna Porter	F15	3.0000 mi (12 laps + 000 yds)
58	Westley Porter	M11	3.0000 mi (12 laps + 000 yds)
59	Felix Porter	M09	3.0000 mi (12 laps + 000 yds)
60	Amy Turner	F47	2.5000 mi (10 laps + 000 yds)
61	Marlene Allen	F60	2.3125 mi (09 laps + 110 yds)
62	Thomas Nolan	M32	1.2500 mi (05 laps + 000 yds)
63	Sofie Stampe	F01	0.2500 mi (01 laps + 000 yds)

440 Yards

Pl	Name	G/age	Time
1	Isla Archibald-Buchanan	F07	1:50
2	Mark Ellis	M71	2:07
3	Milo Martel	M05	2:10
4	Zena Merrill	F04	2:15
5	Jon Merrill	M32	2:16
6	Owen LeBlanc	M04	2:36
7	Blaire Bean	F04	3:33
8	Valerie Archibald-Buchanan	F02	3:57
?	Sophia Sambo	F07	DNF

Mile Run

Pl	Name	G/age	Time
1	Jon Merrill	M32	6:10
2	Richard Roybal	M49	6:41
3	Lanore Bergenske	F68	6:59
4	Isla Archibald-Buchanan	F07	8:20
5	Nathan Stoll	M08	8:21
6	Jo Archibald	F43	8:21
7	Milo Martel	M05	10:25
?	Sophia Sambo	F07	DNF

Hour Run

Place	Name	G/age	Distance (laps)
1	Tom Davies	M60	8.4000 mi (33 laps + 264 yds)
2	Andrea Wright	F64	8.2800 mi (33 laps + 053 yds)
3	Rob Amerman	M52	8.1875 mi (32 laps + 330 yds)
4	Matt Wells	M44	8.1250 mi (32 laps + 220 yds)
5	Lanore Bergenske	F68	7.9700 mi (31 laps + 387 yds)
6	Jake Johnson	M50	7.9700 mi (31 laps + 387 yds)
7	Zachary Chapman	M44	7.8000 mi (31 laps + 088 yds)
8	Sung Choi	M54	7.7000 mi (30 laps + 352 yds)
9	Paul Kinsey	M70	7.6300 mi (30 laps + 229 yds)
10	Richard Roybal	M49	7.5000 mi (30 laps + 000 yds)
11	David Macauley	M64	7.4886 mi (29 laps + 420 yds)
12	Dillon Ayers	M37	7.3000 mi (29 laps + 088 yds)
13	Caroline Carson	F64	7.2500 mi (29 laps + 000 yds)
14	Mark Chapman	M66	7.1000 mi (28 laps + 176 yds)
15	Shar-Lo Kelly	M44	7.1000 mi (28 laps + 176 yds)
16	Jo Archibald	F43	6.8300 mi (27 laps + 141 yds)
17	Mishka Straka	M68	6.8125 mi (27 laps + 110 yds)
18	Cruz Marbain	F37	6.8000 mi (27 laps + 088 yds)
19	Sophia Sambo	F37	6.7500 mi (27 laps + 000 yds)
20	Alan Grau	M72	6.3000 mi (25 laps + 088 yds)
21	Arthur Barker	M64	6.2500 mi (25 laps + 000 yds)
22	Brian Ferguson	M72	6.2000 mi (24 laps + 352 yds)
23	Pete Carlson	M63	6.1000 mi (24 laps + 176 yds)
24	Richard Engel	M62	6.0000 mi (24 laps + 000 yds)
25	Tom Martin	M78	5.9545 mi (23 laps + 360 yds)
26	Alan Lowry	M76	5.9500 mi (23 laps + 352 yds)
27	Maddox Chapman	M11	5.8125 mi (23 laps + 110 yds)
28	Tj Chapman	F63	5.7500 mi (23 laps + 000 yds)
29	Caleb Turner	M23	5.7500 mi (23 laps + 000 yds)
30	Gideon Turner	M15	5.7500 mi (23 laps + 000 yds)
31	Jasper	M28	5.5625 mi (22 laps + 110 yds)
32	Jeremy Wright	M45	5.5000 mi (22 laps + 000 yds)
33	Liam Chapman	M11	5.3750 mi (21 laps + 220 yds)
34	Debbie Stamper	F71	5.0000 mi (20 laps + 000 yds)
35	Mark Ellis	M71	5.0000 mi (20 laps + 000 yds)
36	Zane Chapman	M12	5.0000 mi (20 laps + 000 yds)
37	Catrina Howatt	F59	4.9000 mi (19 laps + 264 yds)
38	Kit Meyer	F45	4.6900 mi (18 laps + 334 yds)
39	Tom Nolan	M62	4.6250 mi (18 laps + 220 yds)
40	Lorraine Dillon	F75	4.6000 mi (18 laps + 176 yds)
41	Jib Ray	M85	4.3920 mi (17 laps + 250 yds)
42	Meg Stampe	F36	4.1500 mi (16 laps + 264 yds)
43	Leah Stamper	F42	4.0000 mi (16 laps + 000 yds)
44	David Turner	M44	3.9000 mi (15 laps + 264 yds)
45	Jurgen Giessel	M89	3.7100 mi (14 laps + 370 yds)
46	Portia Matheson	F78	3.7100 mi (14 laps + 370 yds)

440 yds



Isla Archibald-Buchanan
Sophia S
winner (F)
1:50



Mark Ellis
winner (M)
2:07



Milo M



Jon M

Zena M



Owen L



Blaire B

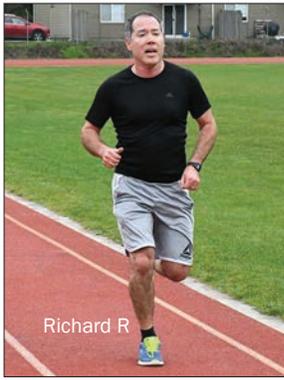


Valerie A-B

1 Mile



Jon Merrill
winner (M)
6:10



Richard R



Lanore Bergenske
winner (F)
6:59



Nathan S

Isla A-B

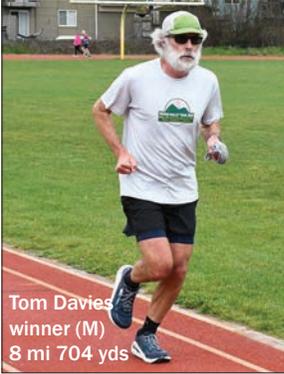


Jo A



Milo M

Hour Run



Tom Davies
winner (M)
8 mi 704 yds



Andrea Wright
winner (F)
8 mi 493 yds



Rob A



Matt W



Lanore B



Jake J



Zachary C



Sung C



Paul K



Richard R



David M



Dillon A



Mark C

Caroline C



Shar-Lo K



Jo A



Mishka S



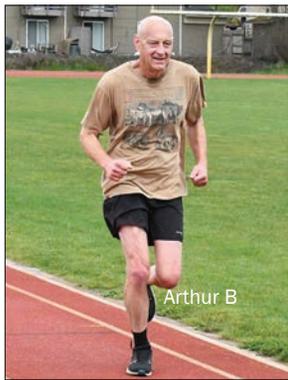
Cruz M



Sophia S



Alan G



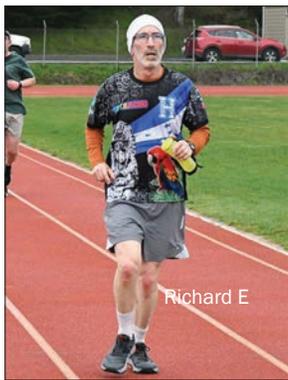
Arthur B



Brian F



Peter C



Richard E



Tom M



Alan L



TJC

Maddox C



Caleb T



Gideon T



Jasper



Jeremy W



Liam C



Debbie S



Mark E



Zane C

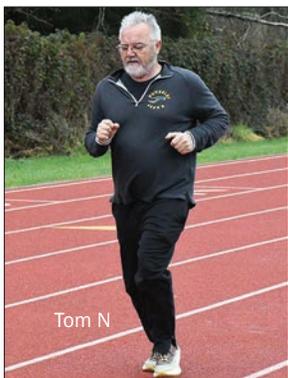


Catrina H



Meg S

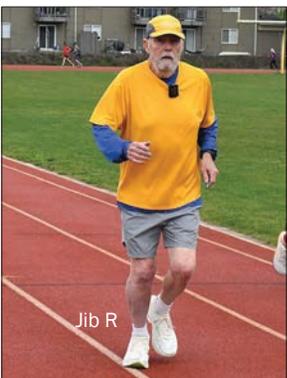
Kit M



Tom N



Lorraine D



Jib R



Leah S

Oliver S

Naomi S



David T



Jurgen G



Sherry M

Portia M



Kathleen L



(Continued on page 16)

Mike Wood in Casablanca, Morocco

Mike Wood <oneononerunner@gmail.com> wrote on Tue, Feb 3, 2026:

Hi friends,

I finally have something worthy of submitting for the newsletter.

In September, Kate and I decided to move to Africa for nine months, hopscotching our way through the landmass as we explore the continent. But one downside has been the lack of running opportunities. Either we've been in a wilderness area where we can't run because we'd get eaten or we're in an urban area where it's unsafe to run because of the traffic, sidewalk surface (buckled, three foot deep holes, etc) or the people. So we've dropped from running four times a week to two times a month.

While we haven't been able to run much, we've at least been able to go mountain climbing. We picked up **Mt. Longonot**, **Mt. Kilimanjaro** (awful) and **Mt. Kenya** (fantastic).

We'd been hoping to pick up a race and we finally had the chance. We arrived in **Casablanca, Morocco** on February 1st at 1 AM and got to bed by 2 AM. We got up at 6:30 AM and took a taxi to the **Casa Downtown race**. We hadn't found out about the race until the day before and preregistration was closed. So we just showed up and hoped for the best. Amazingly, they gave us free registration, t-shirts and everything! It was total party atmosphere before the race and the organizers led everyone through a 20-minute warm-up session.

This was my first race in almost two years. All told, I figured that I'd be lucky to finish in an hour. Somehow, I ran it in 56:48 (9:10 pace). Was it really only ten years ago that I could still finish in 42 minutes? Oh, how the mighty have fallen.

While I ran the 10K, Kate Gentry ran the 5K race. Kate doesn't like running on roads and especially city settings, but was excited to participate in a foreign race. It didn't disappoint! She especially liked how the locals treated us with extreme kindness. After the race, the party atmosphere kicked up a notch and Kate was twirled around by a fellow runner dancing to the music. It was a very memorable race.

Mike Wood - time 56:48, 576 of 1,290 runners in the 10K.

Kate Gentry - time 35:45. 172 of 388 runners in the 5K

Thanks -- Mike Wood



Upcoming: FBMR (Ferndale, 2M (at 2PM), 4M & 10M (at noon), Sun., 3/08/26) Arcata Community Forest 2M & 5.5M (10AM, Sat., 3/21/26)

After **Hour Run at the James Washington track** on 2/14/26:

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

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

14 & Under Male: Liam Chapman [1-1, 2-2], Caleb Powell [1-2], Maddox Chapman [1-3, 2-1], Jacob Beede [1-4], Oliver Stamper [1-5, 2-4], Onyx Kamplain [1-6], Nano Rayburn [1-7], Isaiah Pauline [1-8], Colin Blasi [1-9], Zane Chapman [2-3], Westley Porter [2-5], Felix Porter [2-6], Sofie Stampe [2-7] *Liam has a slim lead over Maddox. Oliver also has two races completed. Sofie waddled one lap on the JW track and is already trying to compete with the boys. Get back with the girls, Sofie! :-]*

14 & Under Female: Isla Archibald-Buchanan [1-1], Roenne Powell [1-2], Marayah Kaiser [1-3], Elena Cudahy [1-4], Eliana Powell [1-5], Ariella Rayburn [1-6], Emilia Wright [2-1], Arianna Porter [2-2] *Emilia and Arianna both completed 3 laps on the JW track for a strong start to their season. One race completed by each contestant in this division.*

15-19 Male: Sebastian Amaro [1-1], Brayden Ford [1-2], Ocean Goodrich [1-3], Gideon Turner [1-4], Gideon Turner [2-1] *Gideon completed 5 3/4 miles on the JW track and leads this division with two races.*

15-19 Female: Abby Choi [1-1] *Nothing to report here.*

20-24 Male: Caleb Turner [1-1, 2-1], Drew Jensen [1-2], Elias Surber [1-3], Diego Garcia [1-4] *Caleb is looking good with two wins on the year.*

20-24 Female: Elizabeth Odell [1-1], Hanna Taylor [1-2] *No news.*

25-29 Male: Kent Davidson [1-1], Jasper [1-2, 2-1] *Jasper leads this division with two races completed.*

25-29 Female: Desiree McBride [1-1], Alexa Stefanakis [1-2] *No news.*

30-34 Male: Brent Ritschel [1-1], Ryan McLaughlin [1-2], Ben Emery [1-3], Ross Mayfield [1-4], Jesus Mendez [1-5], Thomas Nolan [2-1] *Six runners, each with one race. It's a 6-Rivers 6-Way tie!*

30-34 Female: Day Robins [1-1], Ashley Knowlton [1-2], Savannah Steffen [1-3], Kristi Vernig [1-4], Jaslin Rowan [1-5], Cheyenne Schorlig [1-6], Kayla Wendlandt [1-7], Diane Lamb [1-8] *And again, no news. What is going on? The race must have been held on Valentine's Day or something. Is that any reason to miss a race? I don't think so. :-]*

35-39 Male: Tim Burrus [1-1], Steve Luu [1-2], Jacob Kamplain [1-3], Dillon Ayers [2-1] *Dillon put in 7.3 miles at the JW track on Valentine's Day. Was his competition out buying cards and candy?*

35-39 Female: Nina Carson [1-1], Annie Fehrenbach [1-2], Jenna Larson [1-3], Katrin Lemmon [1-4], Nicole Kurth [1-5], Noel Loranger [1-6], Ella Price [1-7], Valerie Fazan [1-8], Dori Larson [1-9], Christina Torres [1-10], Krista Granshaw [1-11], Camille Sathrum [1-12], Kacy Tonkin [1-13], Catherine Lamb [1-14], Meg Stampe [1-15, 2-3], Ashley Powell [1-16], Ariana Rayburn [1-17], Cruz Marbain [2-1], Sophia Sambo [2-2] *And by virtue of having completed two races, Meg grabs the lead in this division.*

40-44 Male: Dustin Diller [1-1], Matthew Kidwell [1-2], Zachary Chapman [1-3], Tyler Granshaw [1-4], Matt Wells [1-5, 2-1], Jorge Preciado [1-6], Isaac Croteau [1-7], Shar-Lo Kelly [1-8], Mark Withrow [1-9], David Turner [2-2], Shawn Porter [2-3] *Matt sees his chance and ceases it.*

40-44 Female: Karen Kidwell [1-1], Erica Caddell [1-2], Andrea Lovio [1-3], Jessica Burrus [1-4], Jo Archibald [1-5, 2-1], Aubrey Gates [1-6], Melissa Kaiser [1-7], Lauren Pottker [1-8], Naomi Stamper [1-9, 2-3], Leah Stamper [1-10, 2-2], Danielle Lefever [1-11], Becky Brennan [1-12], Crystal Porter [2-3] *Jo leads, with Leah in second, by virtue of two races each.*

45-49 Male: Sky McKinley [1-1], Clayton Weber [1-2], Brian Buchanan [1-3], David Turner [1-4], Zachary Chapman [2-1], Richard Roybal [2-2], Shar-Lo Kelly [2-3], Jeremy Wright [2-4] *Sky and Zachary are in a dead heat for first in this division, one win apiece.*

45-49 Female: Alicia Mengel [1-1], Alicia Smith [1-2], Trudie Blasi [1-3], Mavelyn Socha [1-4], Catherine Archibald [1-5], Kit Meyer [1-6, 2-1], Gretchen Whitmer [1-7], Brynn McCulloch [1-8], Brandy Scriptor [1-9], Robin Fraser [1-10], Amy Turner [2-2] *Kit takes a first on the JW track and leads with two races completed.*

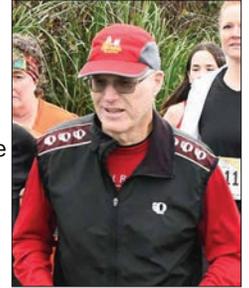
50-54 Male: Jake Johnson [1-1, 2-1], Chris Schinke [1-2], Matthew House [1-3], Sung Choi [1-4], Darryl Pauline [1-5], Sung Choi [2-2] *Jake and Sung each had a good day on the JW track. Jake leads this division with two wins.*

50-54 Female: Yvette Ferreira [1-1], Amy Duerfeldt [1-2], Meredith Wolfe [1-3], Susan House [1-4], Deirdre Amaro [1-5], Brenda Estes [2-1] *Brenda put in three miles on the JW track to pull into a tie for the lead with Yvette.*

55-59 Male: Shawn Magnuson [1-1], Donny Holiman [1-2, 2-2], Rob Amerman [2-1] *And Donny leads the division by virtue of two races completed, both seconds.*

55-59 Female: Nicolette Amann [1-1], Becky Chapman [1-2], Tonia Pettit [1-3], Jeanette Suhay [1-4], Shauna Davidsen [1-5], Michelle Hastings [1-6], Catrina Howatt [2-1] *Catrina tosses her hat into the ring and shares the lead with Nicolette at one race and one win each.*

60-64 Male: David Macauley [1-1, 2-2], Eric Einem [1-2], Arthur Barker [1-3, 2-3], Ed Kallen [1-4], Mel Sample [1-5], Dale Davidsen [1-6], Tom Davies [2-1], Pete Carlson [2-4], Richard Engel [2-5], Tom Nolan [2-6] *Tom takes the overall at the JW track, but David and Arthur lead with two races completed.*



60-64 Female: Caroline Carson [1-1, 2-2], Tj Chapman [1-2, 2-3], Sherrie Sample [1-3], Dawn Durbin [1-4], Andrea Wright [2-1], Marlene Allen [2-4] *Andrea was the first female athlete and nearly first overall at the JW, but Caroline and Tj are one-two with two races completed. Did I mention that Andrea holds the all-time record for this division of this race? (8 mi, 704 yards)*

65-69 Male: Jeff Haag [1-1], Mark Chapman [1-2, 2-1], John Carson [1-3], Robert Ayers [1-4], Michael Chapman [1-5], Dean Matheson [1-6], Mishka Straka [2-2] *Mark takes over the lead with a first in this division and two races completed.*

65-69 Female: Lanore Bergenske [1-1, 2-1], Michael Whiteley [1-2], Marcile Raney [1-3], Mary Ann McCulloch [1-4], Lalitha Brinckhaus [1-5], Audrey Shears [1-6], Kathleen Lake [2-2] *2025 Hall of Fame Inductee, Lanore B., snatches her second win of the year, nearly eclipsing the 8-mile mark at the JW track. No one was looking, Lanore, maybe you could have shuffled forward a foot or two?*

70-74 Male: Paul Kinsey [1-1, 2-1], Brian Ferguson [1-2, 2-3], Bob Beede [1-3], Alan Grau [2-2], Mark Ellis [2-4], Harry Kavich [2-5] *Paul and Brian are one-two at the moment. Paul (7 mi, 1109 yards) was just steps away from beating John Zinselmeir's all-time hour run record for 70-year-olds (7 mi, 1155 yards). Monstrous!*

70-74 Female: Debbie Stamper [1-1, 2-1], Sherry Myers [2-2] *Debbie is looking to nail down another circuit championship in this division, and did I mention that she holds the record for this division in the hour run? (5mi, 880 yards)*

75-79 Male: Cyril Carl [1-1], Tom Martin [1-2, 2-1], Joe Carroll [1-3], Alan Lowry [2-2] *And Tom takes the lead in this division by virtue of two finishes, claiming to have beaten Alan by a good 24 feet, at the JW track.*

75-79 Female: Donna Ayres [1-1], Lorraine Dillon [1-2, 2-1], Portia Matheson [1-3, 2-2], Caroline Taberner [1-4], Faith Mason [1-5] *Lorraine has jumped into the lead in this division, by virtue of two finishes. However, there is a rumor having to do with a forged birth certificate. We will keep you posted. Portia, winner of like about 19 or 20 circuit championships, may have more details. :-]*

85-89 Male: Jib Ray [1-1, 2-1], Jurgen Giessel [2-2] *Jib leads the golden cane crew, but 2025 Hall of Fame Inductee, Jurgen G., winner of even more circuit championships than Portia, may have something to say about that.*

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

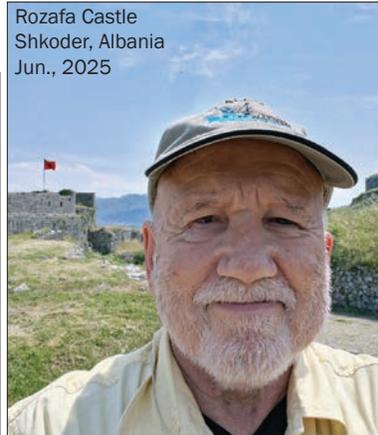
SRRC Crossword Puzzle

ACROSS

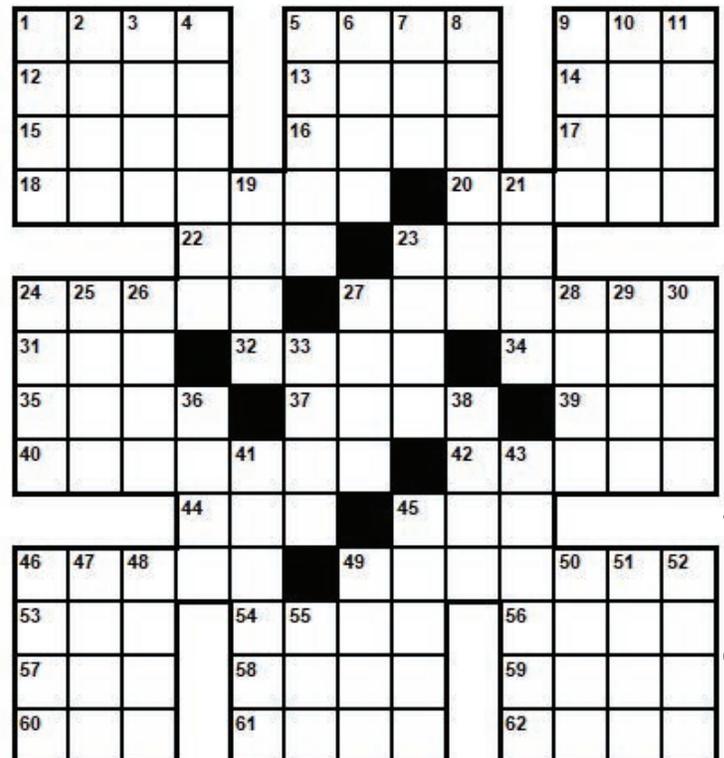
- 1 What you give when you give it your best
- 5 Cheers at corridas
- 9 Thus, classicy
- 12 French father
- 13 Portion
- 14 La la leadin
- 15 Expanse
- 16 Beige
- 17 Cereal grain
- 18 Excuse for not running: "I'm ___"
- 20 Mornings
- 22 Historical period
- 23 Clamor
- 24 Pointed shovel
- 27 Excuse for not running: "I'm ___"
- 31 "The Raven" poet
- 32 This org.
- 34 Forest unit
- 35 Monster
- 37 Comfort
- 39 Vase
- 40 Excuse for not running: "I'm ___"
- 42 Secret messages
- 44 Tiny hill dweller
- 45 Greek consonant
- 46 Remains
- 49 Excuse for not running: "I'm ___"
- 53 Buddy
- 54 Missing impermissibly, abbreviatedly
- 56 One of the Great Lakes
- 57 Frozen water
- 58 Card game
- 59 Pro ___
- 60 Pedal digit
- 61 Observer
- 62 Mix

DOWN

- 1 Argument
- 2 Protagonist
- 3 Sandwich cookie
- 4 Harassed
- 5 Classical musical show
- 6 Shoe fastener
- 7 Screw up
- 8 Artist's workspace
- 9 Put away
- 10 Modern Persia
- 11 Eliot-Webber musical
- 19 Raw materials
- 21 Med sch subj
- 23 Med sch grads
- 24 Blemish
- 25 Hopping stick
- 26 Prefix for flight words
- 27 Platter
- 28 Filth
- 29 At this place
- 30 Desires
- 33 Recovery time
- 36 Online auction house
- 38 Reverberate
- 41 Dangerous
- 43 Former Houston footballers
- 45 Tint
- 46 Expectorate
- 47 Mexican sandwich
- 48 Toward shelter
- 49 Ripped
- 50 "I smell ___"
- 51 Tubiform pasta
- 52 Annual period
- 55 Route



Rozafa Castle
Shkoder, Albania
Jun., 2025



"Ken Yanosko" <kenyanosko@sbcglobal.net>

Upcoming Events

Six Rivers Running Club
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Arcata, CA 95518-0214

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SUN., MAR 8, 2026 << **SRRC race** >>

48th Foggy Bottom Milk Run.

{fees for all} **2M** at 2PM, and **4M & 10M** at NOON. Start and finish in downtown Ferndale. More information about the run can be found from the insert of this newsletter. Please contact race directors, **Jessica Hunt & Michele Gerdes**, at <foggybottom-milkrun@gmail.com>.

SAT., MAR 21, 2026 << **SRRC race** >>

Arcata Community Forest Run.

{\$10 for nonmembers, free for SRRC members} The **5.5 mile** run will start at 10:00 and the **2 mile** run will start at 10:15. For more information contact **Karen Kidwell** at <karenhoffman@hotmail.com>.

SAT., MAR 21, 2026 << **NOT SRRC race** >>

Redwood Wildriver Run.

{fees for all} 5K and 15K at 11AM. 15K walkers start at 9AM. Start and finish in Crescent City. Check the homepage (<http://www.rwrr.org/>) for more information & registration. For more information contact **Michelle Martinich** at <martinichm@gmail.com> or call her at (707)954-4987.

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>



(Continued from page 13)



Harry K

Marlene A



Westley P



Amy T



Thomas N



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"

