



Paul Kraus

Catrina Howatt

Paul Kinsey

Ken Yanosko

Evan Koch

53rd Sue-meg Park 5K & 10K
10:00 am, Sun., Apr. 6, 2025

April Minutes



Wed., Apr. 2, 2025, 6:30 p.m. at El Chipotle in Arcata. Board members in attendance: **Sherry Myers, Marlene Allen, Sarah Sullens, Catrina Howatt, Mark Ellis, Jessy Preciado, Gary Timek** and **Jorge Preciado**. Guests: **Cindy Timek, Jack West, Jessie Hunt** and **Michele Gerdes**.

OLD BUSINESS

A. FBMR (noon, Sun., 3/09/25) recap: 970+ finishers, lots of positive feedback. Might change the direction of the 10 mile course next year to avoid 2 mile traffic.

B. Arcata Community Forest Run (10 am, Sat., 3/22/25) recap: There were 98 finishers in total, 42 in the 2 Mile and 56 in the 5.5 Mile. The rain mostly held off, nobody got injured or lost, and everyone seemed to have a good time. Thank you to those who helped on race day.

C. HRRAY: This season has had two cancelled meets so far due to bad weather, but the others have been lots of fun. Will be trying out an automatic timing system. Championship meet will be on 4/24/25.

D. Shoe Fund / Scholarship: 1 scholarship application so far. Shoe fund has had a few requests so far.

NEW BUSINESS

A. Conflict of Interest: All race directors and board members must complete and return at the next meeting.

B. Safesport: RRCA Safesport policy reviewed. New race directors will need to take the online course.

C. Sue-meg Park Run (10 am, Sun., 4/06/25): New course this year! Everything is set to go. Be sure to carpool and plan on crowded parking.

D. Master's Race (10 am, Sat., 4/12/25): Permits are set. Pre-registration link didn't make it into the newsletter, Yoon will send a bulk email to club membership.

E. Avenue of the Giants (7:45 & 8:30 am, Sun., 5/04/25): Permits are in. Hopefully the slide on the Avenue will be cleared by race day. Shirts were misprinted and will need to be re-done. Will need to find a couple of new groups to run an aid station and help with food prep.

F. Atalanta's Victory Run (10 am, Sun., 5/11/25): Please pre-register if possible to help with the efficiency of chip timing and avoid day-of fee increase. Day of registration will close at 9:30.

• **Next meeting:** Babe's in Cutten; Dinner at 5:30, Meeting at 6:30 pm, Wed., May 7, 2025. Ask Gary Timek <gtimek@aol.com> for details.

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

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

Third Class Mail is not forwarded!

Send address changes to:
ygk1@humboldt.edu

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

Submitting Material for Publication

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

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

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

SRRC BOARD OF DIRECTORS

2025-2026

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

2024-2025

Marlene Allen
Mark Ellis
Jamey Harris
Matthew Kidwell
Jorge Preciado
Juan Reyes
Sarah Sullens

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

SRRC OFFICERS

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

SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>

53rd Sue-meg Park Run

The 2025 Sue-meg Run Was a Great Success

As I began working on this year's Sue-meg Run, I planned to begin a search for a course for 2026 that would be more scenic and include the Rim Trail. I came up with a new idea that seemed like it could work out to be close to 3 miles and ran it. I was wrong, but tried again with a few small changes. About a month before the race, after having turned in all the paperwork to the State Parks, I found a new course that I loved and it was almost the perfect distance. I wrote to State Parks and told them about the new course and they immediately agreed that I could change the course to run in 2025 (I think they really like our race).

I ran it three more times, twice on beautiful, sunny days. It seemed to me that it was a far better course than we had been running, but I had to wait to see our members liked it. On race day, I was glad to have many helpers so I could take time to ask how people liked the course. The responses were overwhelming. Everybody loved it and many people seemed excited that it seemed more downhill than uphill. (It starts and finishes in the same place.) Thank you all for the smiles and the responses after the race. This course is here to stay.

I had a lot of excellent helpers. **Gary Timek, Harry Kavich, Ken Yanosko, Laura Chapman, Catrina Howatt** and my wife, **Jan**, all were busy at the finish line. A new face for me, **Evan Koch**, helped the whole day doing many jobs. **Mark Ellis** and **Paul Kraus** made sure you were safe crossing the main park road. There is a drop off on the Rim Trail, so **Dane Hart** was on the course to make sure you took the Campfire Trail and **Don Brubaker** made sure you were safely on your way after leaving the trail. **Marlene Allen, Sherry Myers, Ed Kallen, Dawn Durbin** helped with registration and at the finish. **Anita Thompson** is Jan's walking partner and she attended to sweep the races. **Savannah Thompson** was the attending nurse. She wanted to meet you and see the event. It was nice to have her there to enjoy watching you finish. Of course, **Yoon** was there to take the photos. He also helped by typing the results. Thank you, Yoon.

The day before the race, **Mark** and **Tj Chapman**, who were camping in the park, helped me place cones along the race course the evening before the event, ensuring runners stayed on the right track. The next day, they helped me clean. Tj was on the course at the one-mile mark. They made both days much more enjoyable and helped me get home much sooner on Sunday.

Thank you all for a great day! If I missed any helper, please let me know. -- **Jack West** <jandjwest@yahoo.com>

5K

Pl	Name	G/age	Time
1	Tristan Cole	M33	19:01
2	Brent Ritschel	M31	19:02
3	Zachary Chapman	M43	20:01
4	Skyler Twohig	M34	20:11
5	Jason Weldon	M17	20:51
6	Jorge Preciado	M44	21:05
7	Doug Hartling	M41	21:25
8	Andrew Jones	M47	21:30
9	Mike Williams	M64	22:56
10	Robert Wilson	M44	24:49
11	Kristin Lane	F49	25:01
12	Dan Link	M47	25:22
13	Jeff Johnson	M41	25:25
14	Jessy Preciado	F35	25:26
15	Meghan Prin	F41	26:06
16	Matt Lewis	M36	26:12
17	Kiara Weldon	F17	26:59
18	Kathleen Brubaker	F59	27:16
19	John Carson	M67	28:05
20	Scott Riley	M54	28:22
21	Jack Stringham	M29	28:42
22	Kyla Orr	F32	28:43
23	Peter Carlson	M62	29:30
24	Thomas Fleener	M36	29:45
25	Allen Lowry	M76	30:17
26	Joe Sample	M38	30:42
27	Whitney Jacoby	F34	30:59
28	Robert Ayers	M67	31:05
29	Nevi Weldon	F12	32:04
30	Marlene Allen	F69	32:13
31	Vincent Weldon	M42	32:59

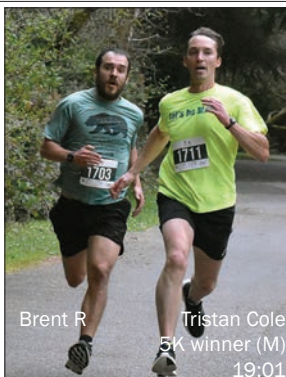
32	Maddox Chapman	M10	33:31
33	Zane Chapman	M11	33:32
34	Debbie Stamper	F71	33:44
35	Cindi Kiehn-Mola	F52	34:49
36	Jonathan Vaccaro	M32	34:57
37	Carlee Mattz-Colegrove	F09	35:04
38	Jaimoe Kibby Jr.	M49	35:11
39	Liam Chapman	M10	35:37
40	Mark Chapman	M65	35:41
41	Holly Powell	F35	35:47
42	Hanna Sample	F37	36:31
43	Scott Griffin	M42	36:39
44	Lorraine Dillon	F74	37:31
45	Ed Kallen	M60	37:39
46	Mel D Reynolds	F47	37:45
47	Phoebe Marsh	F27	37:46
48	Cristina Chapman	F39	38:26
49	Sherry Myers	F69	38:30
50	Sarah Sullens	F44	39:56
51	Thomas Dewey	M65	40:44
52	Alia Dunphy	F46	40:47
53	Marcile Raney	F64	42:09
54	Jeanette Suhay	F57	42:33
55	Tonia Pettit	F58	42:33
56	Stephanie Weldon	F48	43:18
57	Nano Rayburn	M05	43:20
58	Josh Rayburn	M41	43:21
59	Kathleen Lake	F68	50:51
60	Meg Stampe	F35	57:33
61	Paul Kinsey	M69	DNF

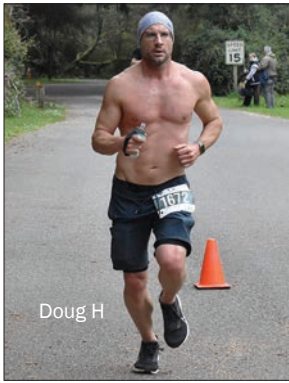
10K

Pl	Name	G/age	Time
1	Corrina Kamoroff	F35	41:45

2	Dylan Fluett	M35	41:47
3	Sky McKinley	M48	42:09
4	Rob Amerman	M51	44:35
5	Jenna Larson	F39	46:07
6	Francisco Herrera	M57	46:08
7	Hailee Schmidt	F35	46:19
8	Courtney Carlson	F33	47:08
9	Jeff Haag	M65	47:42
10	Jake Johnson	M49	47:51
11	Simon Stampe	M38	47:56
12	Isaiah Kibby	M33	48:13
13	Jen Foesig	F52	48:23
14	Michele Gerdes	F45	48:39
15	Rebecca Matias	F34	49:06
16	Richard Engel	M61	49:27
17	Jon Riggs	M46	50:47
18	Trevor Estlow	M54	51:07
19	Hope Kibby	F22	52:01
20	Caroline Carson	F63	52:25
21	Jeremy Wright	M44	53:19
22	Arthur Barker	M63	55:56
23	Dave Ryan	M67	58:53
24	Tom Davies	M59	58:54
25	Jaimoe Kibby	M21	1:01:49
26	Randy Emenaker	M74	1:02:23
27	Dawn Durbin	F60	1:02:42
28	Ale Gallegos	F35	1:07:31
29	Christina Torres	F37	1:08:33
30	Jasper	M28	1:09:40
31	Robin Fraser	F46	1:11:25
32	Kit Meyer	F44	1:17:45
33	Bruin Hinton	M26	1:20:21
34	Hannah Allison	F34	1:20:22
35	Portia Matheson	F77	1:35:52

5K





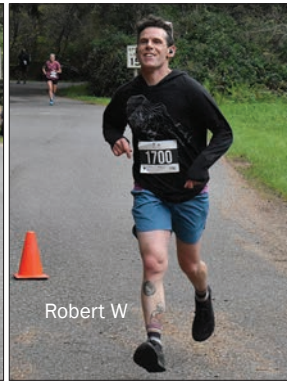
Doug H



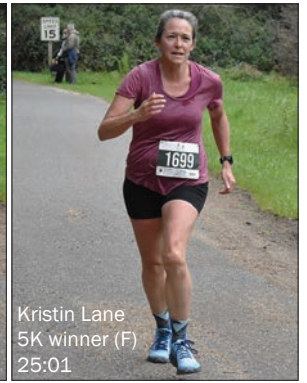
Andrew J



Mike W



Robert W



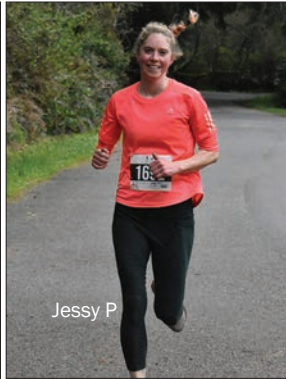
Kristin Lane
5K winner (F)
25:01



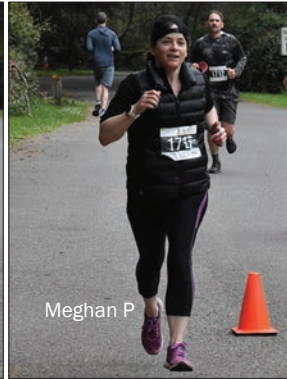
Dan L



Jeff J



Jessy P



Meghan P



Matt L



Kiara W



Kathleen B



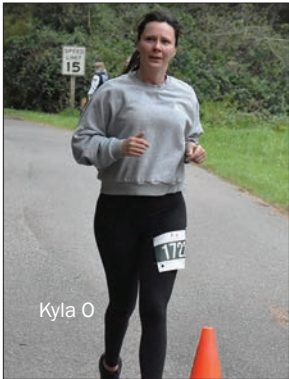
John C



Scott R



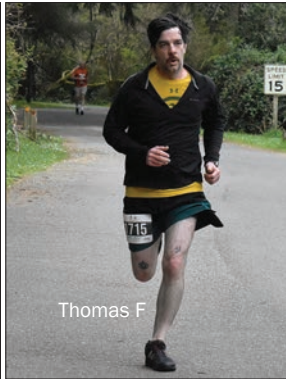
Jack S



Kyla O



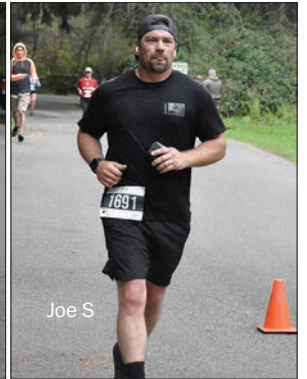
Peter C



Thomas F



Allen L



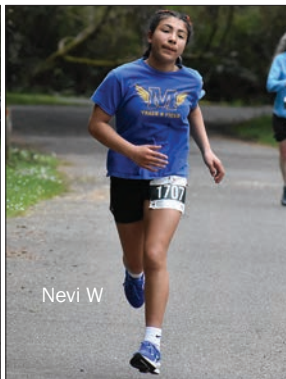
Joe S



Whitney J



Robert A



Nevi W



Marlene A

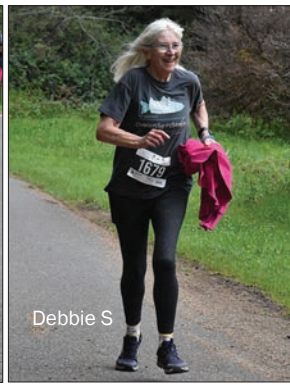


Vincent W



Maddox C

Zane C



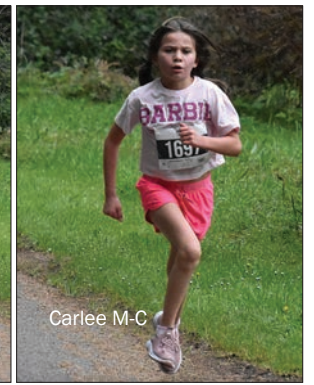
Debbie S



Cindi K-M



Jonathan V



Carlee M-C

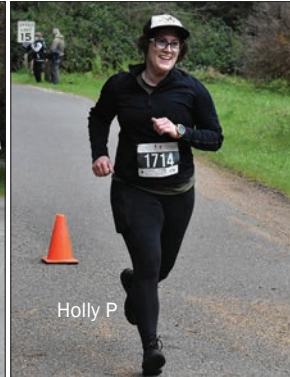


Jaimoe K



Liam C

Mark C



Holly P



Hanna S



Scott G



Lorraine D



Ed K

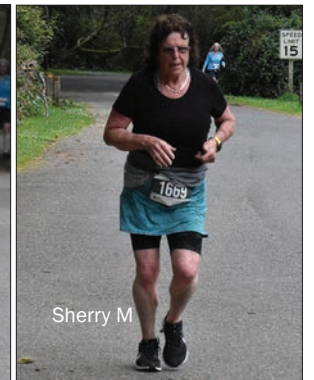


Phoebe M

Mel R



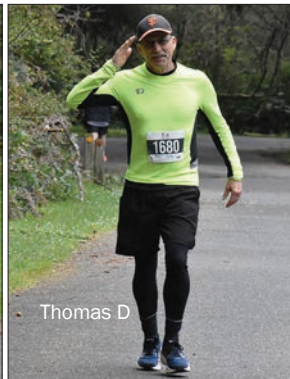
Cristina C



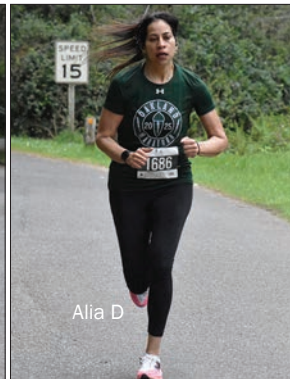
Sherry M



Sarah S



Thomas D



Alia D

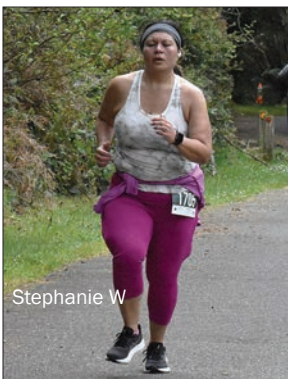


Marcile R

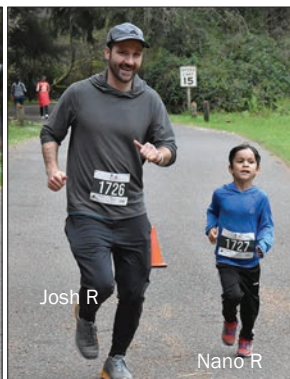


Tonia P

Jeanette S



Stephanie W



Josh R

Nano R



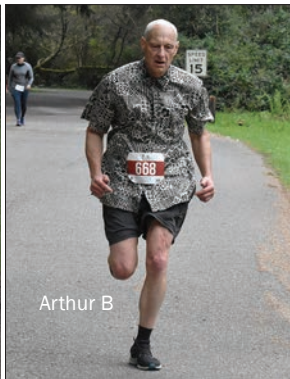
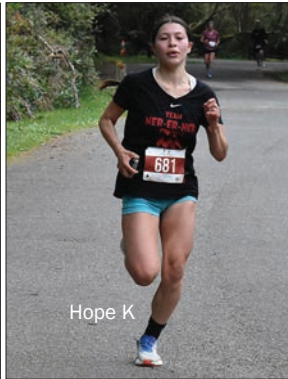
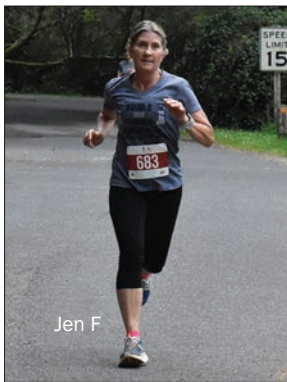
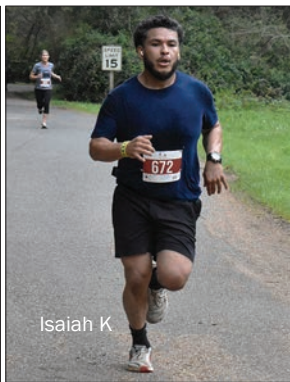
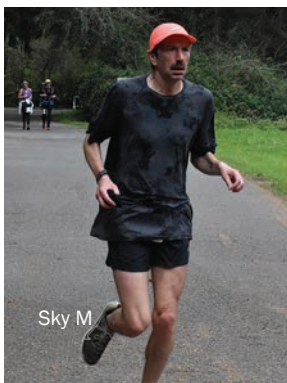
Kathleen L



Meg S



Paul K





Jim Barker ran Pepsi 72 race!

The 40th birthday had arrived faster than a meteor shower. I found myself resolved to take on an ultra-endurance race to hopefully “field goal” the myth that humanity is on a downhill slalom aging crisis after the passage of the 40th hash mark! With a competitive background of long-distance racing and triathlons, including two respectable finishes in the “**Wide World of Sports Ironman**” at Kona, Hawaii years prior, I became intrigued with the prospect of taking on the **Pepsi Tahoe 72 Mile Perimeter Race**. Two factors made this Western USA distance event particularly challenging; the 7,000 foot elevation start, and the extensive distance of the race. My longest previous ultra-race was 50 miles at the age of 29, in which the time of 5 hours, 35 minutes was the best road 50 Miler in America in 1977.

Now, at 40, the question and mystery loomed; was it possible to run a quality performance at this ‘ultra-ultra’ distance? There were some classic 100 Mile endurance events in the USA, however, given the often trail running nature of those courses, it was understood that part of each race would involve rapid walking through segments of rugged terrain. Given the paved road surface at Tahoe however, the implication was that the course was to be run continuously.

Race day arrived in early dawn amid the retreating lake mists, revealing the motion of a few hundred “brave and crazy” souls launching away on the full perimeter run. Observing the field, I noticed I was definitely in the senior runners rank! The early miles floated along almost deceptively easy. After a few hours the course started undulating, making the field spread out more.

Some runners had already dropped out due to fatigue or injury. Running some hills in roller-coaster fashion, looking down on Emerald Bay was a spectacular sight.

As time lengthened, the sun became more intense on the now warm September afternoon. Running in the upper percentage of the field, striding into South Shore Tahoe at the 38th mile mark, I began to feel like a vehicle with a blown radiator. Diverting into a gas station, I literally doused and baptized myself in a water tank! Back on the road, I witnessed Mexico’s most promising entry sidelined with a leg injury. The next twelve miles was a serpentine and torturous elevation climb. It began to feel my feet were on fire, and my ankles had turned to jelly! Running at a halted pace, and having to accept race-walking at intervals, it became natural to envision the experience of the historic

Greetings!

SRRC friend from the past

and infamous World War II Bataan Death March. Finally, the 50 Mile marker appeared as the elevation was beginning to level. My handler barked out a time of 8 hours. Hearing the time, a wave of frustration and anger flushed through my anguished body.

My handler then held out a “Power Bar” to try to reignite a hidden energy source. Stumbling and fumbling, the bar hit the gravel curb. In desperation, I scooped it up, disregarding any extra attachments, and bolted it “de rigor!” Somehow, that started a “renaissance” of energy, and I found myself picking up the pace again.

With the increased flow, everything was now a focus and crusade to run gloriously at maximum effort. Over those final 22 miles, bordering into nightfall, I continued passing several of the forward vanguard of runners. A race official shouted excitedly: “This is the strongest surge of a runner we have seen!”

Bursting through the final miles like an emancipated slave, I strode across the finish line at Tahoe City in exuberant elation. The timer’s clock read 13 hours. A day that had evolved as a lifetime of “highs and lows,” had ended in a victory of spirit and energy flow! The senior trophy for 9th place overall holds a sacred spot in the family library. By reminiscence, it still seems a mystery about those final miles. Beyond the borders of empirical science, the power of “will and spirit,” is a potential force to anyone seeking excellence.

Just one caloric mystery: I can’t remember the flavor of that magic Power Bar!

Sincerely,

Jim Barker <erodemango@yahoo.com> on Mon, Mar 17, 2025:

{ newsletter editor’s note }

- Jim now lives on the east side of the Big Island of Hawaii.
- He enjoys gardening & daily powerwalking, pursuing a mostly youthful 79!
- Some of his accomplishments include Avenue of the Giants Finisher: 1975, 76, 79, in 2:28:08, 2:26:52 and 2:29:15. Beyond: some great Humboldt Redwoods Half-Marathons.

Master's Race 10K

10:00 am, Sat., Apr. 12, 2025

Thanks to those who came out and completed the blustery but sunny and enjoyable Masters Run. The top three of both the men and women will have their names engraved on the respective incredible Hobart Brown trophies. **Congratulations** to **Andrea Wright** on her repeat top finish, to **Craig Wasko** for topping the men on his first Masters Run, and to **Jurgen Giessel** for a great run at age 88! Thanks to all the **volunteers**, **Gary Timek**, **Yoon Kim**, **Harry Kavich**, **Sherry Myers**, **Yoshi Uemura**, **Jessy Preciado**, **David Turner**, **Amy Turner**, **Emily Hartling**, **Sage Hartling**, **Ashley Powell**, **Eliana Powell**, and **Roenne Powell** for making my job much easier and helping to make the run more enjoyable.

Thanks! – Mark



"Staggered" start

Start time after

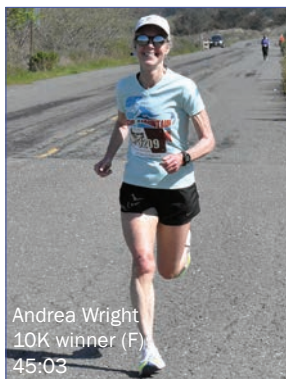
10:00AM Age (Women run with men 10 yrs older)

0:00	88	Jurgen G
0:50	87	Portia M
1:40	86	
2:30	85	
3:20	84	
4:10	83	
5:00	82	
5:50	81	Debbie S
6:40	80	
7:20	79	Sherry M, Marlene A
8:00	78	Kathleen L
8:40	77	
9:20	76	
10:00	75	
10:40	74	Andrea W., Randy E
11:20	73	Caroline C
12:00	72	Simona C
12:40	71	
13:20	70	
13:50	69	
14:20	68	
14:50	67	Dave R, John C
15:20	66	Don E
15:50	65	Jeff H, Mark C
16:20	64	Paul K
16:50	63	Rich B, Arthur B
17:20	62	
17:50	61	Richard E
18:20	60	
18:40	59	Tom D
19:00	58	
19:20	57	
19:40	56	Alia D
20:00	55	
20:20	54	Jen M, Lindsey T
20:40	53	Kerry B, Craig W
21:00	52	
21:20	51	Rob A
21:40	50	
21:50	49	Jake J
22:00	48	
22:10	47	
22:20	46	
22:30	45	
22:40	44	
22:50	43	Matt W
23:00	42	
23:10	41	Doug H
23:20	40	

Started 40 seconds early



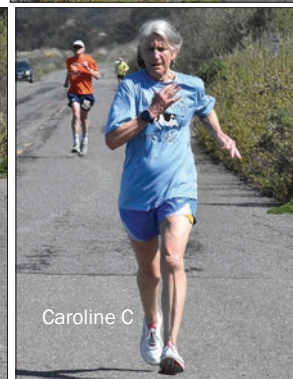
Overall Place	Name	G/age	Race Time	Actual Time	P1 @5K
1	Andrea Wright	F63	55:43	45:03	1
2	Craig Wasko	M53	1:02:38	41:58	8
3	Caroline Carson	F63	1:03:47	52:27	2
4	Jeff Haag	M65	1:03:54	48:04	5
5	Tom Davies	M59	1:04:43	46:03	10
6	Kerry Byrne	F43	1:06:24	45:44	12
7	Simona Carini	F62	1:07:05	55:05	3
8	Mark Chapman	M65	1:07:05	51:15	7
9	Rob Amerman	M51	1:07:33	46:13	13
10	Matt Wells	M43	1:08:13	45:23	16
11	Jake Johnson	M49	1:09:25	47:35	15
12	Dave Ryan	M67	1:09:31	54:41	9
13	Doug Hartling	M41	1:10:28	47:18	21
14	Richard Engel	M61	1:10:47	52:57	14
15	Jennifer Marlow	F44	1:11:03	50:43	17
16	Randy Emenaker	M74	1:11:57	1:01:17	4
17	Paul Kraus	M64	1:13:25	57:05	18
18	John Carson	M67	1:14:43	59:53	11
19	Lindsey Thomas	F44	1:16:28	56:08	20
20	Arthur Barker	M63	1:16:36	59:46	19
21	Debbie Stamper	F71	1:16:55	1:11:05	6
22	Rich Baker	M63	1:26:45	1:09:55	23
23	Don Elwell	M66	1:34:10	1:18:50	27
24	Sherry Myers	F69	1:35:53	1:28:33	24
25	Jurgen Giessel	M88	1:38:08	1:38:08	22
26	Portia Matheson	F77	1:41:06	1:40:16	26
27	Marlene Allen	F69	1:41:37	1:34:17	25
28	Alia Dunphy	F46	1:45:29	1:25:49	29
29	Kathleen Lake	F68	1:47:21	1:39:21	28



Andrea Wright
10K winner (F)
45:03



Craig Wasko
10K winner (M)
41:58



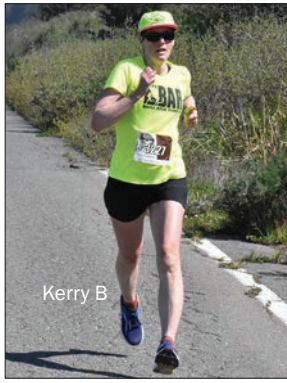
Caroline C



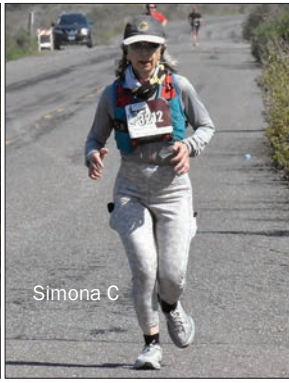
Jeff H



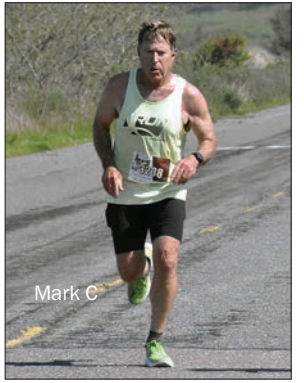
Tom D



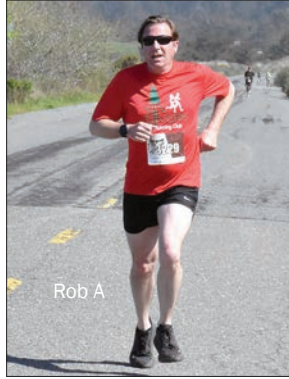
Kerry B



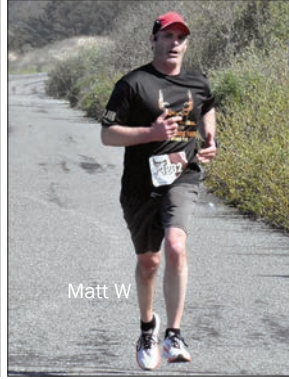
Simona C



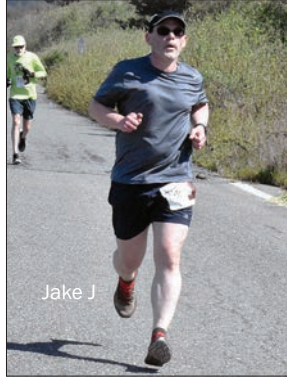
Mark C



Rob A



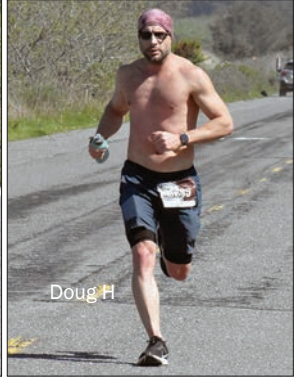
Matt W



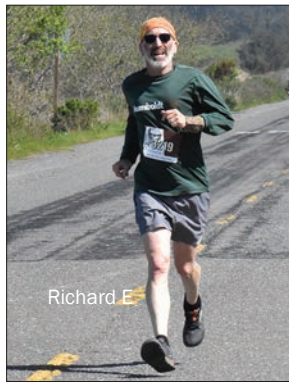
Jake J



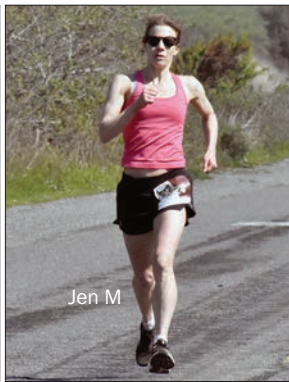
Dave R



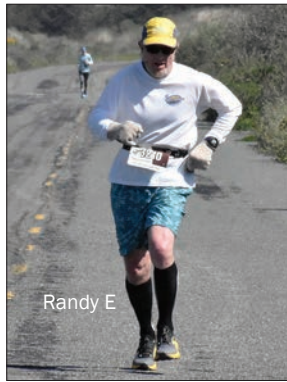
Doug H



Richard E



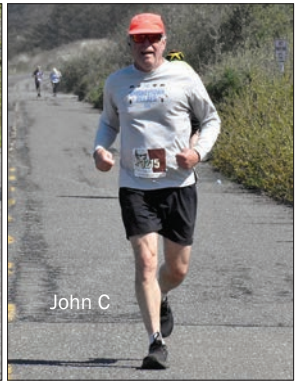
Jen M



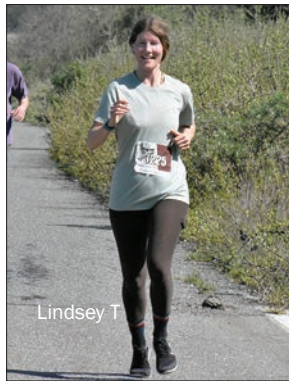
Randy E



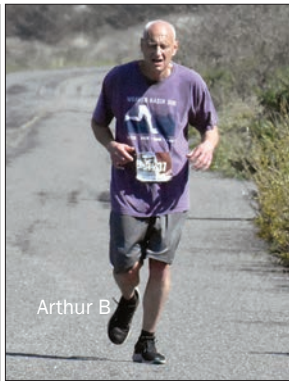
Paul K



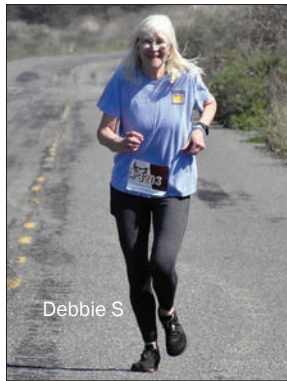
John C



Lindsey T



Arthur B



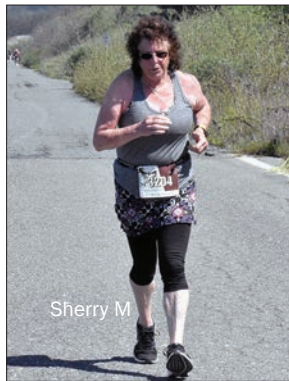
Debbie S



Rich B



Don E



Sherry M

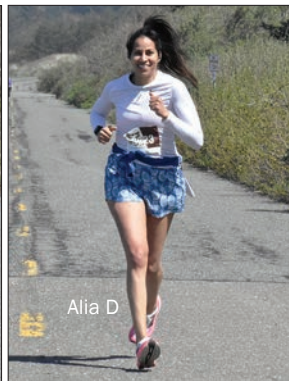


Jurhen G



Marlene A

Portia M



Alia D



Kathleen L



Mike Williams <mikearcata@aol.com> wrote On Thu, Apr 3, 2025:

Viva Thomas Nolan! He put all his chips on the table, and came up with a winning hand. Desire, training, toughness and a crew to make the run **from Los Angeles to Las Vegas**. **Austin, Zoey** and **Zola** (doggie) made a great pit crew. I thought the marathon around the Arcata Plaza was tough on the mind, but that was just a warmup for this 300 plus miles to Sin City. I am afraid to ask Thomas, "What's Next?" Keep tuned in, because this young man is full of life, and he has fun on the run, wherever he goes.



TJ Chapman <tjandmark@gmail.com> wrote on Sun, Mar 30, 2025:

Mark and I ran half marathons in two more states. In **Gulf Shores, Alabama** we participated in the **Big Beach Half Marathon** and in **Greenville, Mississippi** we ran the **Mississippi River Half Marathon**. We spent 9 days in the south and really enjoyed our road trip taking in the scenery, culture and rich history.

Warmly, TJ Chapman

Big Beach Marathon, Half & Safari 5K

Half Marathon: Jan. 25, 2025

Gulf Shores, AL

OvP	Name	G/age	Home	Time	Bib#
220	Mark Chapman	M65	Miranda	2:03:50	4249
261	Tj Chapman	F62	Miranda	2:08:18	4248

Mississippi River Marathon & Half

Half & Full Marathon: Feb. 1, 2025

Greenville, MS

OvP	Name	G/age	Home	Time	Bib#
42	Mark Chapman	M65	Miranda	1:59:25	68
68	Tj Chapman	F62	Miranda	2:12:38	69

Congratulations!



SRRC Crossword Puzzle

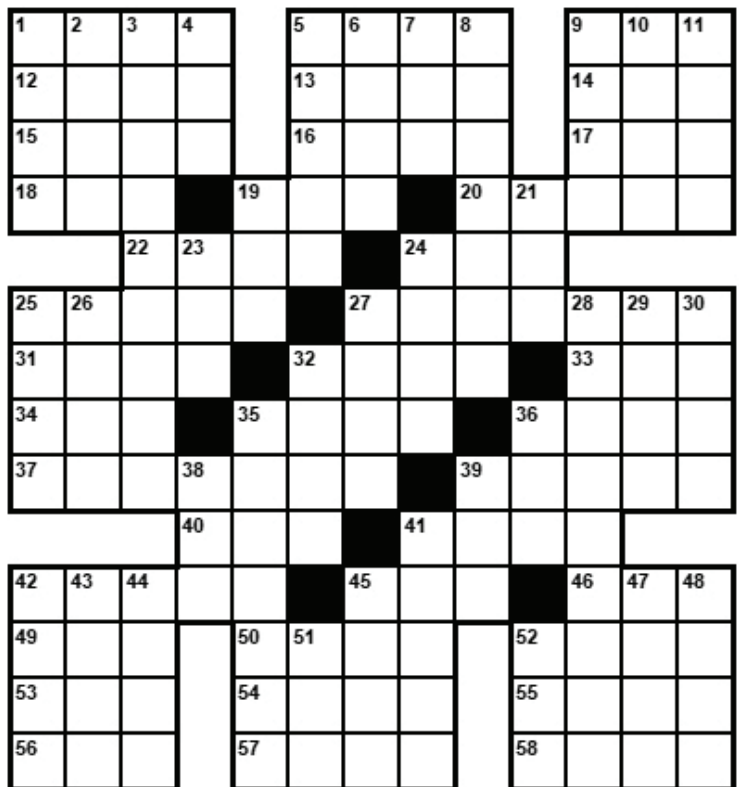
ACROSS

- Rim
- Put up with
- Distant
- Natatorium
- Great Lake
- This month's marathon, with "The"
- Graven image
- Sponsor of 14 across
- Human males
- Fish of the species Gadus
- Affirmative reply
- Blatant
- Pace between a walk and a run
- Anger
- Saying
- As an afterthought
- Approach
- Matures
- Informal debt
- The night before
- Cow calls
- Fmr. Eurasian country
- Recovering from exertion
- Choral composition
- Corrida cheer
- Mama's mate
- Fruit of the vine
- Knock
- Siesta
- Tolerant
- Open, but just barely
- Farmer's measure
- In the past
- Opening for a fence
- Social equal
- Hideout
- Pitcher
- Jacob's twin

DOWN

- Heroic saga
- Extinct bird of Mauritius
- Runners' goals
- Building additiion
- Harass
- Screws up
- Atmosphere
- Runners' accomplishments
- Reknown
- State
- Housing fee
- __ Kippur
- Wedge shape
- Fish eggs
- __ of March
- Freezer
- Pigeon relative
- Awestruck
- Runners' data points
- Not win
- Mongolian tent
- Top quality
- Runners' cumulative data
- Stockton sch.
- Upper part
- Chart
- Peeler
- Happy
- Throw a tantrum
- Nerve fiber
- Percentage
- What 52 across is a measure of
- South American Country
- Mandible
- Tailless primate

Valley of the Kings, Luxor, Egypt, Jan., 2025



"Ken Yanosko" <kenyanosko@sbglobal.net>

Upcoming Events

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

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

SUN., MAY 4, 2025 << **SRRC race** >>

53rd Avenue of the Giants. {fees for all} {USATF certified course} {RRCA West Regional Championship Marathon} **Marathon** (at 7:45AM), **half-marathon** (at 8:30AM) and **10K** (at 8:30AM). Start and finish at Dyerville Bridge. For more information see the Avenue's website <https://theaveve.org/>.

SUN., MAY 11, 2025 << **SRRC women's run** >>

42nd Atalanta's Victory Run. {fees for all} On Mother's Day Sunday. **2M** and **5M** at 10:00AM. Start and finish at the Arcata Co-op parking lot. Everyone must pre-register online (<https://www.atalanta-run.com/>) or by mail.

SAT., JUN 7, 2025 << **SRRC race** >>

10th Grasshopper Peak Redwoods Run. {fees for all} **10.5M** and **30K** at 8AM. Start and finish at the Grasshopper Trail/Bull Creek Road junction about five miles west of Hwy 101 heading towards Honeydew within Humboldt Redwoods State Park. Parking at Albee Campground. For more information contact Karen Kidwell at <karenrhoffman@hotmail.com>.

SAT., JUN 21, 2025 << **SRRC race** >>

Dow's Prairie Run. {\$10 for nonmembers, free for SRRC members} **2M** and **6.1M** at 10AM. (No walkers for 6.1M Please.) Please show up AT LEAST 20~30 MINUTES early to register. Start and finish at the north parking lot of the Clam Beach Frontage Road. For more information, contact Jeff Haag at <haag@humboldt.edu>.

Sunday Morning Run.

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

Saturday Morning Run.

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

Wednesday Afternoon Run.

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

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



2025 K-4th Grade Track & Field
photo: from www.hrray.org

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"

