



David Maccauley

Lanore Bergenske

Andrea Wright

Caroline Carson

Paul Kinsey

Jeff Haag

Masters Run 10K top finishers
Clam Beach, McKinleyville
10:00 am, Sat., Apr. 11, 2026

April Minutes

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

Wed., Apr. 1, 2026, 6:30 pm at Babe's Pizza in Cutten. Board members in attendance: **Mark Ellis, Juan Reyes, Harry Kavich, Gary Timek, Matthew Kidwell, Karen Kidwell, Sherry Myers, Catrina Howatt, Marlene Allen** and treasurer **Cindy Timek**. Guests: **Jack West, Michele Gerdes** and **Jessie Hunt**.

OLD BUSINESS

A. FBMR (Noon, Sun., 3/08/26) recap: Michele presented the 2026 FBMR Final Budget. It was great weather for second year in a row making for a 25% increase in registrations; almost 1,400 registrants! Everyone was happy with the new 10 Mile route. Overall, everyone had good things to say about the day! Thank you Michele Gerdes and Jessie Hunt for all of your work and a super event!

B. Arcata Community Forest Run (10:00 am, Sat., 3/21/26) recap: Matthew reported about 100 participants in both distances; all went well. Next year will try not to conflict with Redwood Wild River Run (unfortunately on the same date this year).

C. HRRAY: Jack reported that the first 3 kids' track meets have gone well. The March 31st meet in Fortuna was a whole lot of kids and a little bit of rain; the meet ran over about an hour because of the large number of participants, but all had fun. **The final meet will be held April 21st at McKinleyville High Track – it begins at 3:30 pm.** Come watch or help!

D. Shoe Fund & Scholarship Fund: Gary reported that Yoshi has received 20 Shoe Fund Applications, but no Scholarship Fund Applications as of yet.

E. Conflict of Interest Forms: Matthew will pick up completed forms from Jamie; he will also look into whether or not this form needs to be signed yearly or just once.

NEW BUSINESS

A. Masters Run (10:00 am, Sat., 4/11/26): Mark has everything under control and has contacted Yoon to send out an email reminding members to sign up in advance of April 11 on our website.

B. The AVE (7:45 am, Sun., 5/03/26): Cindy has most things covered; small details are still being dealt with. **NEWS FLASH – This**

year is Cindy's last year as Race Director for AVE – she has been the Race Director for AVE since 2008 – that's 19 years of solid work and pouring her heart into this spectacular event! When you see Cindy at this year's event, stop and say **THANK YOU!**

C. Atalanta's Victory Run (10:00 am, Sun., 5/10/26): Jessie could not attend the meeting, but relayed that everything is on schedule and **PLEASE** email her at <atalantasvictoryrun@gmail.com> if you can volunteer, and/or visit the website to register <https://www.atalanta-run.com/>.

D. Cal Poly Humboldt Sports Auction (5:00 pm, Sat., 4/11/26): Matthew asked about the protocol for paying for the Cal Poly Sports Auction table for attendees, and how we (as a Board) decide how much to donate to the Scholarships for Track & Field and Cross Country programs. Cindy commented that we have not increased our donation in many years. After discussion, Juan made a motion to increase our Cal Poly Athletic Scholarship donation to \$2,000 for each of the Track & Field and Cross Country programs. The motion was seconded, and the motion passed.

E. Safesport: Matthew will look at the RRCA website/link to make sure we are in compliance.

F. Other:

◇ Matthew, along with new Circuit overseer Tom Martin, are looking at ideas for different awards (maybe a T-shirt or hat, etc.) for completion of the circuit. More info to follow. Also discussed was bringing back the 'retro' club logo for our 50th anniversary as an identified 501c3 club. More to follow on that one as well.

◇ Marlene needed the 500 meter Calibration Course re-certified as it expired 12/31/2025. The course is needed for bicycle calibration; course measuring. Harry, Sherry, and Casey helped re-tape the course. Thanks you guys!

● **Next meeting:** El Chipotle in Sunny Brae; Dinner at 5:30, Meeting at 6:30 pm, Wed., May 6, 2026. Ask Matthew Kidwell <matthew5513@yahoo.com> for details.

!!!

Note: The March meeting minutes published in the April newsletter were recorded by Marlene Allen.

Reminder: Beginning next month, the deadline for submitting articles to the newsletter will be the 15th of each month. Submissions received earlier are always appreciated!

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

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Secretary *	Marlene Allen <allens@humboldt1.com>
Treasurer	Cindy Timek <ctimek@aol.com>

SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



Arcata Community Forest Run

Thanks to all the **volunteers** and **participants** for coming out and making it a great race. **Catrina Howatt** and **Jamie Hinckley** got registration going with **Harry Kavich**, **Laura Chapman** and **Tim Canning** taking over for two mile registration. **Matt Wells** helped me mark the course and then ran the race as well. **Jack West** led the finish line crew of **Christina Torres**, **Cyril Carl**, and **Yoshi Uemura**, with **Harry**, **Laura** and **Tim** assisting as well. **Laura McNulty**, **Leslie Ames** and **Paul Kraus** were out the trail keeping everyone on track. **Holly Sage** managed the food table, keeping everyone from eating all of Karen's delicious cookies at once. **Lorraine Dillon** and **Portia** did a great job sweeping the course and wiping out the markers. Thanks to **Yoon** for taking pictures and getting the results up so quickly. Finally, thanks to **Karen** for making cookies, running the show while I raced and numerous other little things. Thanks everyone for a great day!
 - **Matthew Kidwell** <matthew5513@yahoo.com>

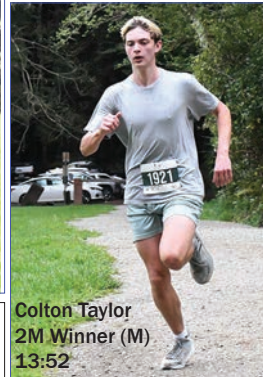
2M

Pl	Name	G/age	Time
1	Colton Taylor	M15	13:52
2	Richard Engel	M62	17:34
3	Roslyn Bumgardner	F09	18:16
4	Jenny Bumgardner	F45	18:17
5	Maddox Chapman	M11	19:03
6	Liam Chapman	M11	19:13
7	Netra Khatri	M48	19:18
8	Tj Chapman	F63	20:12
9	Zane Chapman	M12	20:16
10	Cory Crnich	M40	22:06
11	Alan Lowry	M77	22:19
12	Jacob Beede	M07	23:28
13	Bob Beede	M73	23:29
14	Ashley Powell	F39	25:22
15	Amy Livingston	F49	26:13
16	Pep Roybal	F48	26:40
17	David Turner	M48	27:41
18	Dillon Cudahy	M09	28:07
19	Danielle LeFever	F43	28:07
20	Tracy Foltz	F43	28:38
21	Michael O'Neill	M57	28:52
22	Julia Everta	F54	29:00
23	Mason Atherton	M07	31:04
24	Blue Jay Hazard	M08	31:04
25	Silvia Manzo	F42	34:43
26	Zinia Vollman	F05	35:14
27	Felix Atherton	M03	37:16
28	Megan Atherton	F42	37:17
29	Mark Atherton	M78	37:17
30	Peggy Seidel	F73	53:34



25	Kristin Lane	F50	55:59
26	Andrea Lovio	F43	56:05
27	Noël Loranger	F35	56:17
28	Ross Mayfield	M35	56:18
29	Tara Vu	F44	57:07
30	Shar-Lo Kelly	M44	57:24
31	Amy Hamilton	F47	57:27
32	Arthur Barker	M64	57:55
33	Chris Flaherty	M30	59:09
34	Jo Archibald	F43	59:51
35	Aubrey Gates	F41	1:00:48
36	Shao-Lan Lew-Smith	F41	1:01:13
37	Simona Carini	F63	1:01:41
38	Jasper	M28	1:03:09
39	Yvette Ferreira	F51	1:03:11
40	Nick Dedini	M46	1:03:14
41	Dave Ryan	M68	1:04:28
42	Marie Cappiello	F55	1:06:19
43	Steve Luu	M39	1:07:21
44	Jamie McMullen	F53	1:07:46
45	Kristi Vernig	F34	1:08:41
46	Savannah Steffen	F30	1:08:42
47	Amber Coley	F55	1:09:20
48	Dawn Durbin	F61	1:09:43
49	Pete Carlson	M63	1:09:51
50	Amy Taylor	F46	1:10:13
51	Randy Emenaker	M75	1:11:23
52	Daniel Marsolan	M13	1:12:37
53	Roenne Powell	F08	1:12:40
54	Abby Walker	F25	1:12:41
55	Tim Marsolan	M44	1:12:50
56	Roman Futoma	M44	1:13:12
57	Karen Adams	F66	1:13:33
58	Adriana Romesburg	F42	1:14:57
59	Angie Pearson	F49	1:16:22
60	Debbie Stamper	F72	1:16:48
61	John Carson	M68	1:18:44
62	Catrina Howatt	F59	1:20:34
63	Juan Reyes	M44	1:21:20
64	Kit Meyer	F45	1:22:16
65	Alejandra Gallegos	F36	1:27:57
66	Annette Eshelman	F64	1:28:32
67	Sara Starr	F69	1:28:57
68	Sherry Myers	F70	1:41:32
69	Jamie Hinckley	F39	1:41:40
70	Donny Holiman	M56	1:42:18
71	Lorraine Dillon	F75	2:36:51
72	Portia Matheson	F75	2:36:55

2M



Colton Taylor
2M Winner (M)
13:52



Richard E



Jenny B
Roslyn Bumgardner
2M Winner (F)
18:16



Maddox C



Liam C



Netra K



Tj C



Zane C

5.5M

Pl	Name	G/age	Time
1	Brent Ritschel	M32	40:38
2	Jakob Zolwik	M28	42:51
3	Craig Wasko	M54	43:31
4	Matthew Kidwell	M44	44:17
5	Sky McKinley	M49	44:55
6	Dillon Ayers	M37	46:45
7	Galen Hammitt	M34	47:41
8	Jake Johnson	M50	47:46
9	Ivan Medel	M41	48:01
10	Zach Lehner	M40	48:58
11	Juliano Pereira	M34	49:06
12	Grant Bumgardner	M13	49:06
13	Richard Roybal	M40	49:46
14	Rob Amerman	M52	49:58
15	Matt Wells	M44	50:36
16	Caleb Turner	M23	51:18
17	Mishka Straka	M68	51:24
18	Gideon Turner	M15	51:36
19	Jeff Haag	M66	53:01
20	Angel Torres	M14	53:47
21	Jen Foiesig	F53	54:25
22	Adam Bumgardner	M46	54:36
23	Jenna Larson	F39	54:43
24	Trevor Estlow	M54	54:46



Cory C



Alan L



Bob B

Jacob B



Ashley P



Amy L



Pep R



David T



Dillon C

Danielle L



Tracy F



Michael O



Julia E



Blue Jay H

Mason A



Silvia M



Zinia V



Megan A

Felix A

Mark A



Peggy S



Brent Ritschel
5.5M Winner (M)
40:38



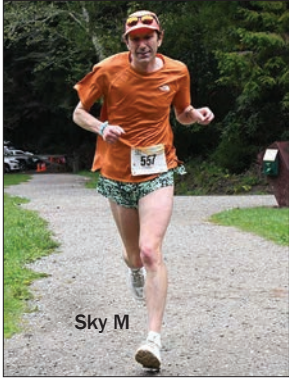
Jakob Z



Craig W



Matthew K



Sky M



Dillon A



Galen H



Jake J



Ivan M

5.5M



Zach L



Juliano P

Grant B



Richard R



Rob A



Matt W



Caleb T



Mishka S



Gideon T



Jeff H



Angel T



Jen Foesig
5.5M Winner (54:25)



Adam B



Jenna L



Trevor E



Kristin L



Andrea L



Noel L

Ross M



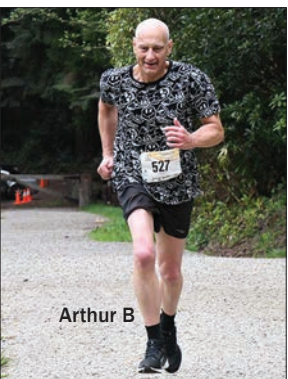
Tara V



Shar-Lo K



Amy H



Arthur B



Chris F



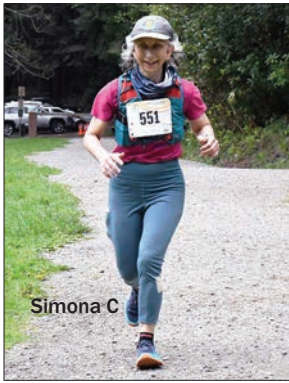
Jo A



Aubrey G



Shao-Lan L



Simona C



Jasper



Yvette F



Nick D



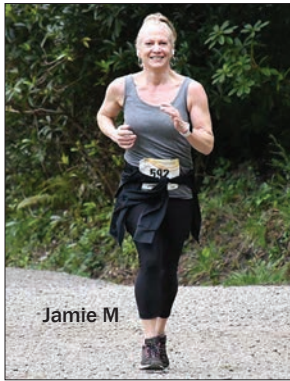
Dave R



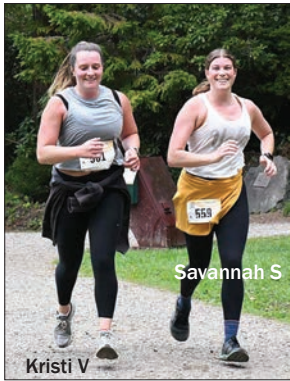
Marie C



Steve L

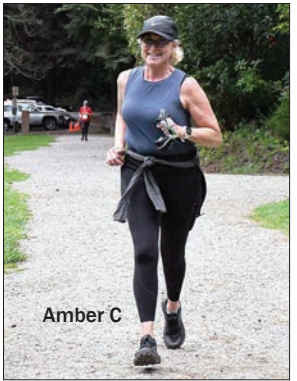


Jamie M



Savannah S

Kristi V



Amber C



Dawn D



Pete C



Amy T



Randy E



Daniel M



Roenne P



Abby W



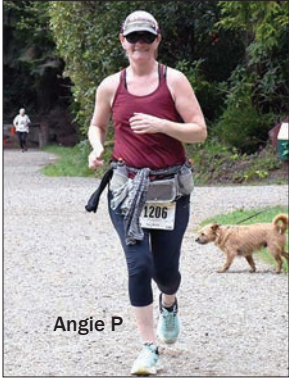
Roman F



Karen A



Adriana R



Angie P



Debbie S



John C



Catrina H



Juan R

Master's Race 10K

10:00 am, Sat., Apr. 11, 2026

Thanks to those who came out and braved the rain for the Masters Run. The top three of both the men and women will have their names engraved on the respective incredible Hobart Brown trophies. Thanks to all the volunteers: **Gary Timek, Yoon Kim, Paul Kraus, Harry Kavich, Yoshi Uemura, David Turner, and Caleb Turner** for making things run smoothly despite the rain. **Jeff Haag** not only ran a great time but also saved the day before the run started by going to get TP for the restrooms. – Mark



“Staggered” start

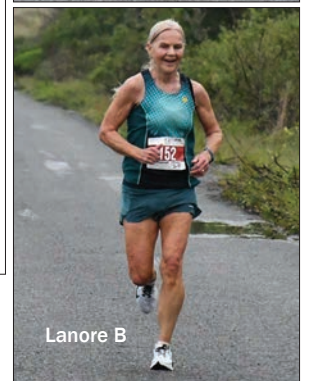
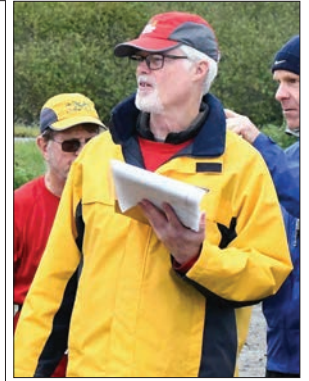
Start time after

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

0:00	89	Jurgen G
0:50	88	Portia M
1:40	87	
2:30	86	
3:20	85	Jib R, Lorraine D
4:10	84	
5:00	83	
5:50	82	Debbie S
6:40	81	
7:30	80	
8:10	79	Cyril C
8:50	78	Lanore B
9:30	77	
10:10	76	Karen A
10:50	75	Randy E
11:30	74	Caroline C, Andrea W, Arthur B*
12:10	73	
12:50	72	Sherrie S, Brian F
13:30	71	
14:10	70	Kelley S, Paul K
14:40	69	Laura C
15:10	68	Dave R, Robert A
15:40	67	Tim C
16:10	66	Jeff H
16:40	65	Mel S
17:10	64	David M
17:40	63	
18:10	62	
18:40	61	Amy D
19:10	60	
19:30	59	
19:50	58	Mavelyn S
20:10	57	Alicia S
20:30	56	Sarah S
20:50	55	Trevor E
21:10	54	
21:30	53	Andrea L
21:50	52	Megan A
22:10	51	
22:30	50	Jake J
22:40	49	
22:50	48	Netra K
23:00	47	
23:10	46	
23:20	45	
23:30	44	Shar-Lo K, Matt W, Zachary C, Shane E

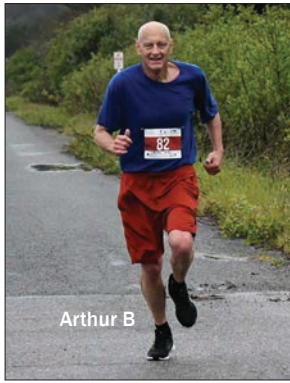
Overall			Race	Actual	Place
Place	Name	G/age	Time	Time	@5K
1	Andrea Wright	F64	55:58	44:28	2
2	Lanore Bergenske	F68	56:31	47:41	1
3	Paul Kinsey	M70	1:01:48	47:38	4
4	Caroline Carson	F64	1:03:30	52:00	3
5	Jeff Haag	M66	1:04:25	48:15	9
6	David Macauley	M64	1:05:34	48:24	10
7	Arthur Barker	M64	1:07:18	55:48	6
8	Zachary Chapman	M44	1:07:23	43:53	17
9	Dave Ryan	M68	1:07:49	52:39	12
10	Jake Johnson	M50	1:08:22	45:52	15
11	Kelley Sheehy	F60	1:08:48	54:38	11
12	Randy Emenaker	M75	1:09:05	58:15	7
13	Matt Wells	M44	1:09:30	46:00	19
14	Alicia Smith	F47	1:09:31	49:21	16
15	Debbie Stamper	F72	1:10:42	1:04:52	5
16	Sarah Sanders	F46	1:10:59	50:29	18
17	Trevor Estlow	M55	1:13:08	52:18	21
18	Brian Ferguson	M72	1:13:24	1:00:34	14
19	Andrea Lovio	F43	1:14:57	53:27	23
20	Karen Adams	F66	1:15:19	1:05:09	13
21	Shar-Lo Kelly	M44	1:16:55	53:25	26
22	Megan Atherton	F42	1:19:34	57:44	27
23	Netra Khatri	M48	1:20:28	57:38	29
24	Lorraine Dillon	F75	1:21:02	1:17:42	8
25	Laura Coppini	F59	1:21:27	1:06:47	24
26	Rob Ayers	M68	1:21:50	1:06:40	22
27	Mavelyn Socha	F48	1:22:53	1:03:03	28
28	Shane Embry	M44	1:25:39	1:02:09	34
29	Amy Duerfeldt	F51	1:27:59	1:09:19	32
30	Sherrie Sample	F62	1:30:10	1:17:20	30
31	Jib Ray	M85	1:38:42	1:35:22	25
32	Tim Canning	M67	1:42:16	1:26:36	35
33	Portia Matheson	F78	1:47:03	1:46:13	33
34	Jurgen Giessel	M89	1:49:17	1:49:17	31
35	Cyril Carl	M79	DNF		20
36	Mel Sample	M65	DNF		36

• Turned early
* Started 5 min 40 seconds early





David M



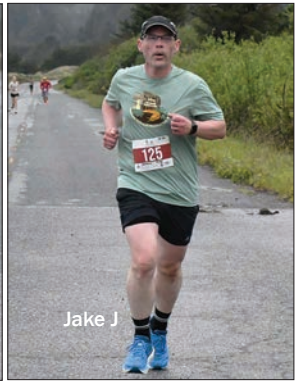
Arthur B



Zachary C



Dave R



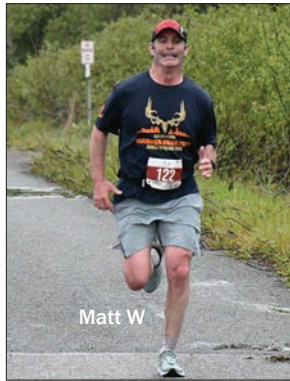
Jake J



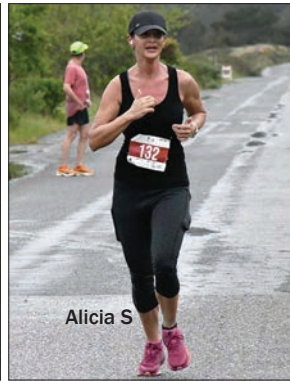
Kelley S



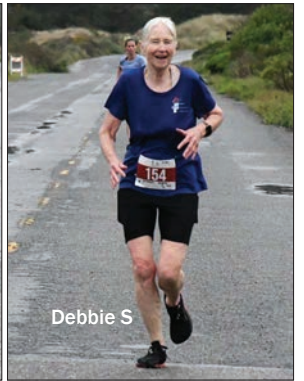
Randy E



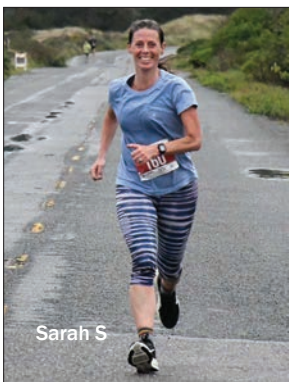
Matt W



Alicia S



Debbie S



Sarah S



Trevor E



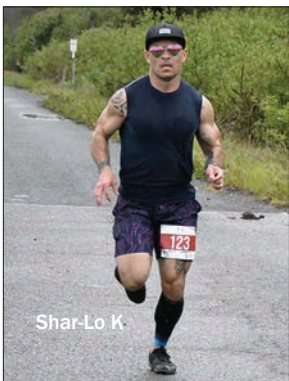
Brian F



Andrea L



Karen A



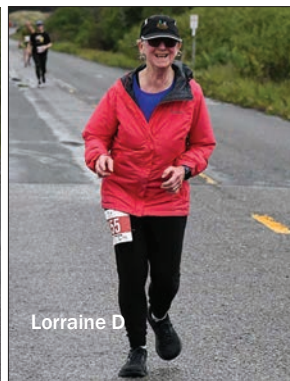
Shar-Lo K



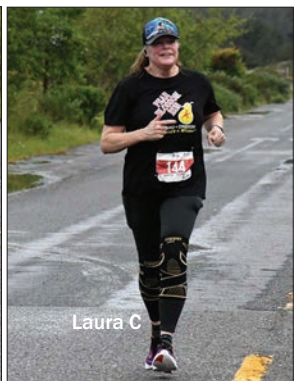
Megan A



Netra K



Lorraine D



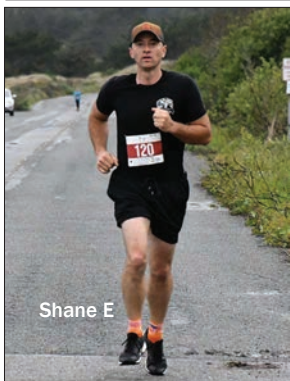
Laura C



Rob A



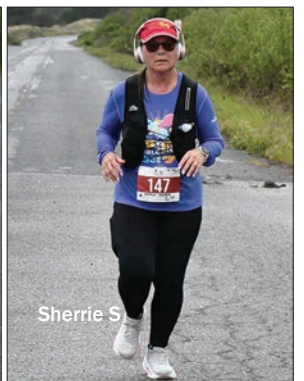
Mavelyn S



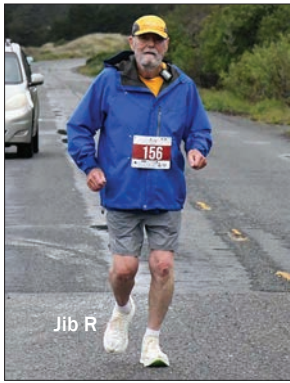
Shane E



Amy D



Sherrie S



Jib R



Tim C



Portia M



Jurgen G



Cyril C

📷 More photos from the Arcata Community Forest Run



Mel S



Kit M



Alejandra G



Annette E



Sara S



Sherry M



Jamie H



Donny H



Portia M

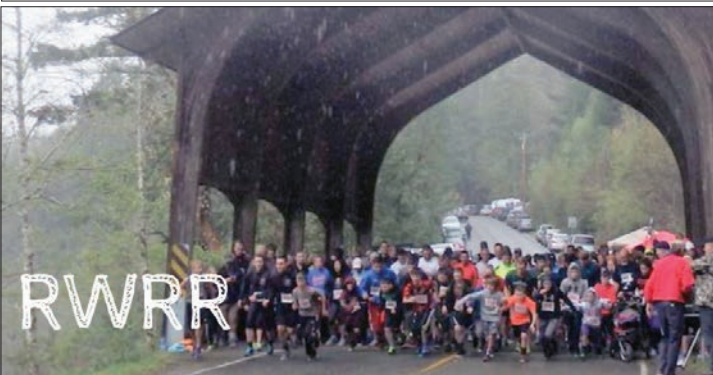
Lorraine D



SRRC members run all over California!

Redwood Wild River Run 15K
 9:00 am, Sat., Mar. 21, 2026
 Crescent City, CA

Pl	Name	G/age	Time	Home
6	Lanore Bergenske	F68	1:15:31	Fortuna
9	Sarah Sanders	F46	1:18:35	Trinidad
10	Caroline Carson	F64	1:24:55	Eureka
11	Melanie Williams	F70	1:30:22	Arcata
15	Roxanne Golich	F62	1:50:42	McKinleyville



RWRR

Bidwell Classic 1/2 Marathon
 8:10 am, Sat., Mar. 7, 2026
 Chico, CA

Pl	Name	G/age	Time	Home
168	Chelsea Rainey	F36	3:02:32	Chico
169	Catrina Howatt	F59	3:02:38	Eureka



Chelsea
 Catrina's niece

Catrina

After **Masters Run in McKinleyville** on 4/11/26:

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)

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

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]. **Grant** dodged enough trees to record a 49:06 and 12th overall at ACF, placing himself solidly into second in this division. **Oliver** still clings to the lead by virtue of three finishes. **Liam** and **Maddox** each have two races while the rest of their competition have recorded just one.



14 & Under Female: Roenne Powell [1-2, 3.f-1, 4-1]. **Roenne** clocked a 1:12:40 at ACF for her third strong finish of the young season. There are several other competitors with one race in the books.

15-19 Male: Gideon Turner [1-4, 2-1, 4-1]. **Gideon** turned in a 51:36 at ACF for his third finish of the year. His nearest competition have each completed one race.

20-24 Male: Caleb Turner [1-1, 2-1, 4-1]. **Caleb** recorded a 51:18 at ACF and now has three firsts in as many trys. None of his competition have more than one race in the books so far.

25-29 Male: Jasper* [1-2, 2-1, 3.f-3, 4-1]. **Jakob** recorded an excellent 42:51 at ACF for his first race of the year. **Jasper**, however, came in at 1:03:09 and leads with four races in the books.

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], Galen Hammitt [3.t-2, 4-2]. This division had five finishers at the ACF, each finishing in under one hour. **Brent** took overall honors for the day with a 40:38 showing. **Ross** leads for the month of April with three finishes.

30-34 Female: Savannah Steffen [1-3, 4-2], Kristi Vernig [1-4, 4-1], Jaslin Rowan [1-5, 3.f-2], **Kristi** and **Savannah** finished the ACF together in 1:08:41 to join **Jaslin** with two races completed. Nine runners have completed one race so far.

35-39 Male: Steve Luu [1-2, 4-2], Dillon Ayers [2-1, 3.t-1, 4-1]. **Dillon** outpaced **Steve** at the ACF for his third first in three races. Several runners have completed one race.

35-39 Female: Annie Fehrenbach* [1-2, 3.t-3], Jenna Larson [1-3, 4-1], Katrin Lemmon [1-4, 3.t-5], Noël Loranger [1-6, 3.f-1, 4-2], Christina Torres [1-10, 3.t-6], Meg Stampe [1-15, 2-3], Ashley Powell [1-16, 3.f-3], Alejandra Gallegos [3.f-2, 4-3]. **Jenna** was a close second place overall in 54:43 at the ACF and **Noël** also finished in under one hour, sweeping into the lead with three finishes on the season. Lots of good competition in this division. Several runners with just one race in the books.

40-44 Male: Dustin Diller [1-1, 3.t-1], Matthew Kidwell* [1-2, 3.t-2, 4-1], Zachary Chapman [1-3, 2-2, 5-1], Matt Wells* [1-5, 2-1, 3.t-3, 4-5, 5-2], Shar-Lo Kelly [1-8, 2-3, 4-6, 5-3], Shawn Porter [2-4, 3.f-2], Juan Reyes [3.t-5, 4-9]. There were nine finishers at the ACF in this division, with **Matt K** taking the honors in 44:17. **Zachary Chapman** came in 8th overall with the best overall actual time of 43:53 to lead the division at the Masters. **Matt W** has completed all five races to lead in the early going.

40-44 Female: Karen Kidwell* [1-1, 3.t-2], Andrea Lovio [1-3, 4-1, 5-1], Jo Archibald [1-5, 2-1, 3.t-4, 4-3], Aubrey Gates [1-6, 4-4], Naomi Stamper [1-9, 2-3, 3.f-4], Leah Stamper [1-10, 2-2, 3.f-3], Danielle Lefever [1-11, 3.t-6], Crystal Porter [2-3, 3.f-5], Tara Vu [3.t-3, 4-2]. **Andrea** took firsts at both the ACF and the Masters, but with four races in hand, **Jo** leads the division.

45-49 Male: Sky McKinley [1-1, 4-1]. **Sky** led this division with a 44:55 at the ACF, giving him two first place finishes. The rest of the pack have completed only one race each.

45-49 Female: Alicia Smith [1-2, 5-1], Mavelyn Socha [1-4, 3.t-5, 5-3], Kit Meyer [1-6, 2-1, 4-4], Robin Fraser [1-10, 3.f-4], Amy Taylor [3.f-1, 4-2]. **Amy Hamilton** took a first at the ACF, **Alicia** took first at the Masters, **Amy T** took a second at ACF and **Kit** leads with three finishes.

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], Rob Amerman [2-1, 3.t-2, 4-3], Craig Wasko [3.t-1, 4-1]. **Jake** has five finishes, including three firsts and two seconds. **Sung** and **Rob** have three finishes each and **Craig** has two finishes, both firsts, including a 43:31 at ACF.

50-54 Female: Yvette Ferreira [1-1, 4-3], Amy Duerfeldt [1-2, 3.f-2], Brenda Estes [2-1, 3.f-3], Jen Foesig [3.f-1, 4-1]. Four competitors here, with **Jen's** two firsts giving her the edge. **Jen** ran a 54:25 to lead all women at ACF.

55-59 Male: Shawn Magnuson [1-1, 3.t-1], Donny Holiman [1-2, 2-2, 4-1]. **Donny** takes back the lead with three finishes, but **Shawn** has two firsts.

55-59 Female: Becky Chapman [1-2, 3.f-2], Catrina Howatt* [2-1, 3.f-3, 4-3], Laura Coppini [3.f-1, 5-1]. **Catrina** has crossed the finish line three times, **Becky** and **Laura** twice each. **Laura** took another first at the Masters.

60-64 Male: David Macauley [1-1, 2-2, 5-1], Arthur Barker [1-3, 2-3, 3.t-1, 4-1, 5-2], Pete Carlson [2-4, 4-2]. **David** finished just ahead of **Arthur** at the Masters for his third race. **Arthur** now is five for five with a first at ACF and a second at the Masters. **Pete** has two in the books.

60-64 Female: Caroline Carson [1-1, 2-2, 3.t-2, 5-2], Tj Chapman [1-2, 2-3], Sherrie Sample [1-3, 5-4], Dawn Durbin [1-4, 4-2], Andrea Wright [2-1, 3.t-1, 5-1]. **Caroline** leads with four finishes, including a fourth overall at the Masters. **Tj**, **Sherrie** and **Dawn** each have two finishes. **Andrea** smoked the field at the Masters with a 44:28 "actual" time.

65-69 Male: Jeff Haag* [1-1, 4-2, 5-1], 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]. **Jeff and Dave** finished two-three at ACF and one-two at the Masters to lead the division with three apiece. **Mishka** was first in division at ACF for his second. **Mark, John and Michael** each have two finishes.

65-69 Female: Lanore Bergenske* [1-1, 2-1, 3.t-1, 5-1], Michaele Whiteley [1-2, 3.f-1], Karen Adams [3.t-3, 4-1, 5-2]. **Lanore** has four, with a 47:41 "actual" time, placing second overall at the Masters. **Karen** added a first and a second to inch ahead of **Michaele** as we go to press.

70-74 Male: Paul Kinsey [1-1, 2-1, 3.t-1, 5-1], Brian Ferguson [1-2, 2-3, 3.t-2, 5-2], Bob Beede [1-3], Alan Grau [2-2], Mark Ellis* [2-4], Harry Kavich* [2-5]. **Paul** was three seconds quicker on the road than Lanore, but finished 5:17 behind at the Masters finish line. **Brian** almost bested one hour actual at the Masters for his fourth race. **Bob, Alan, Mark and Harry** all paid their bribes to get listed with one race apiece.

70-74 Female: Debbie Stamper [1-1, 2-1, 3.f-1, 4-1, 5-1], Sherry Myers* [2-2, 3.f-2, 4-2]. **Debbie** and **Sherry** went one-two at ACF and then Debbie posted a very respectable 1:04:52 actual at the Masters for her fifth finish.

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], Ira Blatt [3.f-3]. **Randy** is romping to the lead as he adds two more firsts while his competition languishes. **Cyril, Tom & Ira** need to find out what that youngster is having for breakfast.

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], Caroline Taberner [1-4], Faith Mason [1-5]. That's four aces and a deuce for **Lorraine**. **Portia** has four in the books and the rest of the field just one.

80-84 Male: Gerald Crnich [3.f-1]. **Gerry**, we missed you this month. Five more, you can do it.

85-89 Male: Jib Ray [1-1, 2-1, 5-1], Jurgen Giessel [2-2, 5-2], Jerry Fowler [3.f-1]. **Jib, Jurgen and Jerry** are one-two-three. You need a J or they won't let you play!

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

SRRC Crossword Puzzle

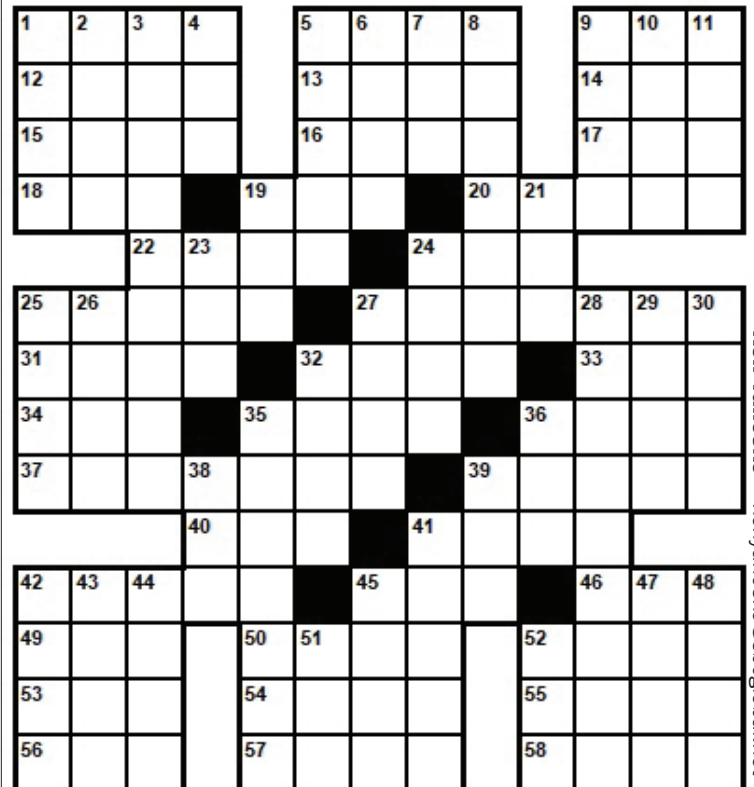
ACROSS

- 1 Yard expanse
- 5 French state
- 9 Key next to Q
- 12 Be sore
- 13 __ contendere
- 14 Wing of a building
- 15 Pause
- 16 Film __
- 17 One's measure of years
- 18 Title of respect
- 19 Bolt's partner
- 20 Wanderer
- 22 Ill times XIX
- 24 Female, informally
- 25 A, E, I, O, or U
- 27 Enlightened ones, in eastern religions
- 31 Short funeral notice
- 32 El __, TX
- 33 One-eighty, while driving
- 34 Charged particle
- 35 Penny
- 36 Local Club
- 37 Night flights
- 39 Winner's place
- 40 M divided by IV
- 41 Short skirt
- 42 Praise
- 45 Lair
- 46 Sporty hat
- 49 Arid
- 50 Portent
- 52 Domesticated
- 53 Fish species
- 54 Require
- 55 Persons
- 56 Look at
- 57 Finishes
- 58 Is gone

DOWN

- 1 Regulations
- 2 Palm berries
- 3 See 8 down
- 4 After deductions
- 5 Boredom
- 6 Beep
- 7 Arabic name meaning "exalted"
- 8 See 28 down
- 9 Squad
- 10 Simple plantlike organism
- 11 Hemorrhaged
- 19 Zero
- 21 Antiquated
- 23 Animal doc
- 24 Breeze
- 25 To see in France
- 26 Certain woodwind
- 27 Forbids
- 28 See 35 down
- 29 Arrogances
- 30 Religious group
- 32 Unwrap
- 35 See 3 down
- 36 Moral transgression
- 38 "Green" prefix
- 39 Fish limb
- 41 Fixes
- 42 Boundary
- 43 See-through photo
- 44 Ancient city of Lebanon
- 45 Certificate of ownership
- 47 Congregation's response
- 48 Nuisance
- 51 Human males
- 52 Pull

Lake Bled, Slovenia
Sept., 2025



"Ken Yanosko" <kenyanosko@sbgljba1.net>

Upcoming Events

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SUN., MAY 3, 2026 << **SRRC race** >>

54th 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://theave.org/>.

SUN., MAY 10, 2026 << **SRRC women's run** >>

43rd 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 6, 2026 << **SRRC race** >>

11th Grasshopper Peak Redwoods Run.

{fees for all} **10.5M** and **30K** at 8AM. Start/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 20, 2026 << **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** <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>



HRRAY 5th-8th meet
Fortuna High, Mar. 31, 2026



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"



2026 HRRAY TRACK & FIELD

The HRRAY track season ended on April 21 with the Humboldt County 5th-8th Grade Championships at McKinleyville High School. We had two 5th-8th grade meets earlier; one at Cal Poly Humboldt on March 26th and a second at Fortuna High School on March 31st. We had one kindergarten to 4th track meet at Cal Poly Humboldt on March 24th. At the K-4 track meet, we had about 200 athletes and gave out ribbons to every runner in every race. We gave over 740 ribbons at each of the Cal Poly and Fortuna meets. At this time, the Championships have not been held, but each top eight finisher will receive an award ribbon.

We have worked out a terrific agreement with Cal Poly over the last few years to hold two meets on their track. The university track team helps run the meets. The Cal Poly athletes are very supportive and the youth athletes Cal Poly athletes have a great time. It is an excellent introduction to track and field for the youngsters.

The Fortuna and McKinleyville meets are run by high school athletes and Six Rivers Running Club members. (SRRC also helps at Cal Poly.) The high school lets us use the track and the track team gives up a workout day and stays at the meet until very late.

HRRAY supports the track program by organizing a website and keeps all the schools in the county apprised of the program and meets. The meets run over 4 hours and are a great deal of work, but very rewarding.

The **Pebble Beach Timing Company** from Crescent City times our meets for a discounted price so we can keep our costs low. They did not time the Cal Poly 5th-8th grade meet, but did almost all of our cross country meets and the final two track meets.

We have had support from Humboldt Sponsors for many years and I believe they will continue supporting the program is we can get enough volunteers to keep the program going. We have had support from **Schmidbauer Family Foundation, Ca Plumbing and Fire Suppression in Blue Lake, College of the Redwoods, Cal Poly Humboldt, Rotary Club of Arcata Sunrise** and **SRRC**. All the high schools and many elementary schools help put on meets for us.

Next year will be the last year of the program if there are not some interested volunteers who would like to see the program continue. We have three members of HRRAY who would like to continue the program, but we need a few more. HRRAY is very busy during the fall cross country season, with a number of meets in September and October. The track season is very busy for about a month. We need at least one dedicated SRRC individual who would like to work as a member of both HRRAY and SRRC and youth running. Please let me know if any of membership is interested. Write me at <jandjwest@yahoo.com> or call me at 707 845-6382.

The photos for this article were taken by Yoon Kim, the SRRC photographer, who set aside time to watch and take photos of our local youth runners. Thank you, Yoon. -- **Jack West** <jandjwest@yahoo.com>



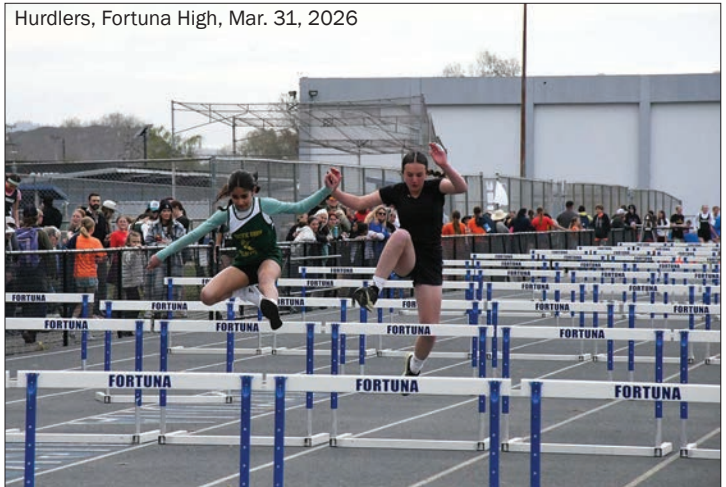
(L to R) Helpers: Gary Timek, Alysia Davidson, Mark Ellis, Harry Kavich
Mar. 26, 2026



Cal Poly timers, Mar. 26, 2026



3000 meters, Fortuna High, Mar. 31, 2026



Hurdlers, Fortuna High, Mar. 31, 2026