



12th Kevin Ebbert Memorial Run  
Arcata Community Forest  
9:00 am, Sat. Aug. 23, 2025



# September Minutes

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

Wed., Sep. 3, 2025, 6:30 p.m. at Chin's in Eureka. Board members in attendance: **Juan Reyes, Matthew Kidwell, Marlene Allen, Catrina Howatt, Mark Ellis, Karen Kidwell, Jessy Preciado, Gary Timek, Jorge Preciado, Jamie Hinckley, Sarah Sullens** and **Sher-ry Myers**. Guests: **Cindy Timek** and **Michelle Gerdes**.

## OLD BUSINESS

**A. Kevin Ebbert Memorial Run (9:00 am, Sat., 8/23/25) recap:** 117 runners, good weather. Thanks to all who came out and ran!

**B. HRRAY:** First meet will be at the Arcata marsh 9/23/25. Check out <<https://hrray.org/>> for the full season schedule.

**C. Shoe Fund:** Fund has started for xc season.

**D. FBMR:** Proposed budget submitted for approval. Marlene motions to approve the 2026 FBMR budget, Karen seconds the motion. Motion passes.

## NEW BUSINESS

**A. Hammond Trail 5K Run (9:00 am, Sat., 9/13/25):** Everything is ready to go.

**B. Community Fund request:** Request submitted for \$500 to pay for timing at the Clam Beach Invitational XC HS meet. This race is a major fundraiser for McKinleyville High School XC. Catrina motions to fund the request, paying the timing company directly. Marlene seconds the motion, motion passes.

**C. HRM (8:30 & 9:00 am, Sun., 10/12/25):** Everything is on track. 1,400 registrants so far. Caltrans warned that in the future permits might not always be free.

**D. Blue Lake Fish Hatchery Run (9:30 am, Sun., 11/02/25):** Race is a go! Annie Fehrenbach would like to direct the race and has been working on procuring permits and insurance. Matthew motions to approve Annie as race director, Sarah seconds the motion, the motion passes.

**E. Arcata Bottoms Run (9:00 am, Sat., 12/13/25):** Harry Kavich will direct the race again this year.

**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.

### 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 karenrhoffman@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

**F. Board Member Removal:** Per club bylaws, board members missing three meetings in a row are eligible to be removed from the board.

**G. Other:** If you are interested in becoming a board member, reach out to Gary.

- **Next meeting:** El Chipotle in Arcata; Dinner at 5:30, Meeting at 6:30 pm, Wed., Oct. 1, 2025. Ask Gary Timek <gtimek@aol.com> for details.

thank you

**Jen Foesig** <jenfoesig3@gmail.com> wrote on Sun, Sep 14, 2025:

I am sending a huge **thank you**, to each of you, Six Rivers Running Club, for approving the donation to cover timing costs at the upcoming **Clam Beach Invitational**.

I love running and our local club and community. The Clam Beach Invitational is possible due the contributions of your members, ALWAYS willing to volunteer and help make things happen!

Thank you, -- Jen Foesig



**Donnie Nelson** <donnien@niaa.com> wrote on Mon, Sep 15, 2025:

I truly enjoyed the Hammond Trail run and the entire weekend. Being able to help Coach Scott Pesch & his staff set up Friday night was really fun. Being able to run a loop on the Beau Pre course in the early morning before heading over to the park was wonderful. I even took a long walk on Little River State (Clam) Beach ... and then ... took a tour of the Humboldt athletic facilities before I departed. Too much fun in a beautiful place. Everyone is so nice. I hope I can get Vanessa and our girls up there again sooner than later (probably a club event in the spring).

I wish I could get up there often. But, now the indoor track job is ready to kick back into gear, so my next visit is probably not until the spring (sadly to say). I'm going to "fully" retire after this winter season, so hopefully more trips starting in the spring/summer. Stay safe & healthy. Best wishes for success with the HRM next month.



Send materials for publication by the **20<sup>th</sup> 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 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>



# 12<sup>th</sup> Kevin Ebbert Memorial Run

I just wanted to take a moment to extend a huge **thank you** to all of you for everything you do to make the race a success. We could not do it without the support, dedication, and hard work from the entire crew.

Being there on race day to help with everything from registration to finish line duties, each of you plays a vital role. Your contributions make the experience smooth, organized, and memorable for everyone involved, and it's truly appreciated.

It's an honor to work alongside such a passionate and committed group. We're so lucky to have such an amazing team that comes together to honor Kevin's memory year after year.

Thank you again for all the time, effort, and heart you put into this event. I'm already looking forward to next year! – Jamie



9:00 am, Sat., Aug. 23, 2025

## 10K+

9:00 am, Sat., Aug. 24, 2024

Pl	Name	G/age	Time
1	Ryder Bullman	M16	45:21
2	Eyan Smith	M20	53:28
3	Ivan Medel	M41	54:05
4	Craig Wasko	M53	55:05
5	Jeffrey Gunderson	M36	56:43
6	Jack Carl Fisher	M15	58:30
7	Sequoia Ashby	F19	58:50
8	Richard Roybal	M49	58:54
9	Brett Docherty	M42	59:54
10	Sky McKinley	M48	1:00:48
11	Yvette Rosales	F32	1:00:59
12	Matt Wells	M44	1:01:20
13	Rob Amerman	M51	1:01:24
14	Jackson Stratman	M16	1:02:55
15	Summer Morales	F17	1:02:57
16	Lanore Bergenske	F68	1:03:45
17	Tami Quan	F61	1:04:21
18	Courtney Ladika	F45	1:04:26
19	Albie Rumfelt	M47	1:04:41
20	Jen Foesig	F53	1:05:26
21	David Macauley	M63	1:06:36
22	Amanda Lee	F33	1:06:46
23	Sean Morris	M17	1:07:37
24	Kristal Mendez	F43	1:07:52
25	Claire Gast	F16	1:08:20
26	Trevor Estlow	M54	1:10:13
27	Tara Vu	F43	1:12:25
28	James Houston	M30	1:15:50
29	Kristin Lane	F50	1:16:50
30	Caroline Carson	F63	1:16:56
31	Taylor Appy	F20	1:18:26
32	Marcus Appy	M51	1:18:27
33	David Herman	M56	1:19:41
34	Arthur Barker	M64	1:20:09
35	Jennifer Olson	F44	1:20:43
36	Danielle Locricchio	F31	1:20:50
37	Jake Tidd	M38	1:23:09
38	Thomas Dewey	M66	1:23:53

39	Sophia Villavaso	F21	1:27:34
40	Julie Alderson	F54	1:30:54
41	Scott Rose	M55	1:31:36
42	Rondie Buzzard	M43	1:33:59
43	Heather Malloy	F38	1:46:20
44	Danith Davis	F28	2:00:17

## 2M

9:30 am, Sat., Aug. 24, 2024

Pl	Name	G/age	Time
1	Colton Taylor	M14	12:31
2	Wyatt Davis	M13	12:34
3	Wyatt Zerlang	M18	12:52
4	Victor Isaacs	M14	13:17
5	Reese Sipma	M14	13:37
6	Vincent Speights-Galvez	M17	13:48
7	Holden Rinehart	M14	14:03
8	Ryan Hoopes	M38	14:44
9	Clifford Petroske	M15	15:15
10	Cooper Hubbard	M15	15:28
11	Robert Pitts	M15	15:56
12	Mark Chapman	M65	16:31
13	Avery Rinehart	M11	17:43
14	Bret Rinehart	M45	17:44
15	Julian Gordon	M16	18:44
16	Jesse Tidd	M14	18:51
17	Shannon Rinehart	F43	19:25
18	Evelyn Ladika	F16	19:38
19	Leah Stevens	F15	19:39
20	Chris Hansen	M45	20:12
21	Brian Halverson	M44	21:01
22	Liam Burns	M31	21:05
23	Liam Chapman	M10	21:09
24	Maddox Chapman	M10	21:10
25	Echo Rinehart	F09	21:10
26	Robin Fraser	F46	21:25
27	Rich Baker	M63	21:25
28	Alan Lowry	M76	21:32
29	Tj Chapman	F62	21:50
30	Amy Taylor	F46	21:55
31	Donna Croix	F61	22:31
32	Julie Sorfleet	F28	22:41

33	Alyus Campbell	M11	22:44
34	Christina Campbell	F58	23:10
35	Zoe Poer	F18	23:33
36	Chris Gardner	F59	24:07
37	Rae Ann Machado	F43	24:15
38	Skylar Rawitch	F20	24:32
39	Sarah Bopp	F36	25:28
40	Armand Prieditis	M64	25:28
41	Ryan Emenaker	M47	25:36
42	Michele Stover	F45	27:06
43	Selkie King	F08	27:29
44	Jess King	F39	27:30
45	Jacob Beede	M07	28:17
46	Markel Appy	F45	28:25
47	Amy Scolari	F35	28:58
48	Bob Beede	M72	28:58
49	Shaud Wisher	M30	29:24
50	Breanne Docherty	F06	29:56
51	Jessa Docherty	F45	29:56
52	Amy Jester	F47	31:41
53	Leslie-Anna Smith	F29	31:44
54	Shauna Davidsen	F53	38:05
55	Tamra Escarno	F43	38:42
56	Chris Wild	M45	38:43
57	Mark Loughmiller	M67	39:31
58	Kel Loughmiller	F62	39:37
59	Reece Emenaker	M05	41:15
60	Sofia Pereira	F38	41:18
61	Olivia Alexander	F21	42:48
62	Ryan Patel	M21	42:49
63	Nipa Patel	F46	42:49
64	Danielle DeMartini	F34	43:57
65	Nathan Wells	M37	43:57
66	Kailey Martin	F23	44:12
67	Tiffany Swift	F37	44:13
68	Kristie Clark	F34	56:54
69	Angie Flores	F28	56:55
70	Erik Jansson	M77	1:02:19
71	Arnold King	M38	1:02:26
72	Mathew Morrill	M35	1:34:07
73	Shanna Fraser	F37	1:34:08

10K+



Ryder Bullman  
10K+ winner (M)  
45:21



Eyan S



Ivan M



Craig W



Jeffrey G





Jack F



Sequoia Ashby  
10K+ winner (F)  
58:50



Richard R



Brett D



Sky M



Yvette R



Rob A      Matt W



Jackson S      Summer M



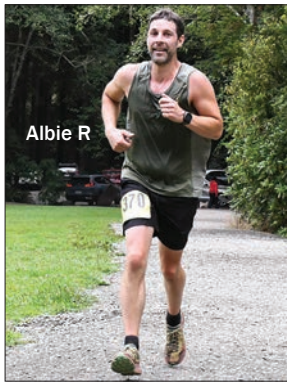
Lanore B



Tami Q



Courtney L



Albie R



Jen F



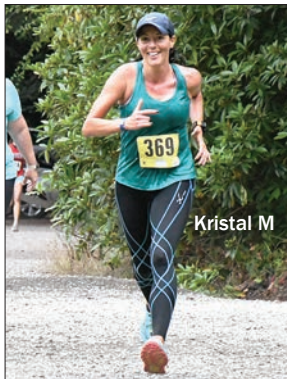
David M



Amanda-L



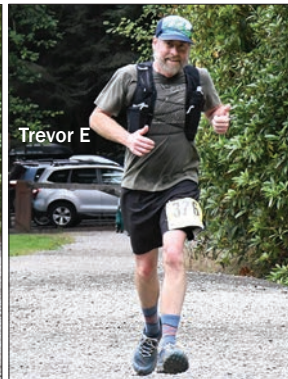
Sean M



Kristal M



Claire G



Trevor E



Tara V



James H



Kristin L



Caroline C



Taylor A      Marcus A



David H





Arthur B



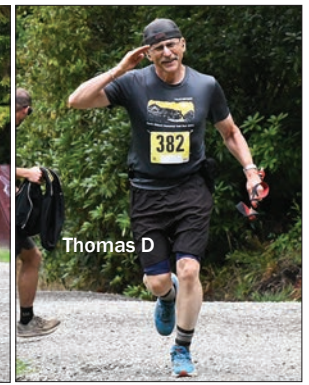
Jennifer O



Danielle L



Jake T



Thomas D



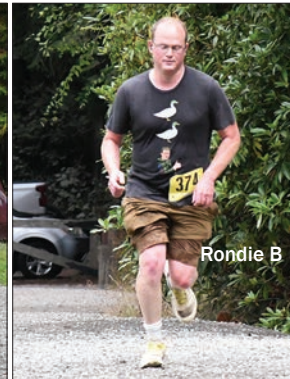
Sophia V



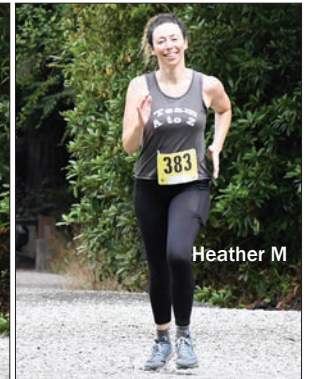
Julie A



Scott R



Rondie B



Heather M



Danith D

2M



Colton Taylor  
2M winner (M)  
12:31



Wyatt D



Wyatt Z



Victor I



Reese S



Vincent S-G



Holden R



Ryan H



Clifford P



Cooper H



Robert P



Mark C



Avery R

Bret R

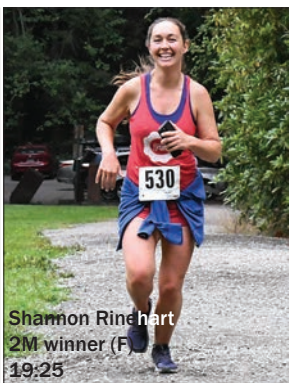


Julian G





Jesse T



Shannon Rinehart  
2M winner (F)  
19:25



Evelyn L

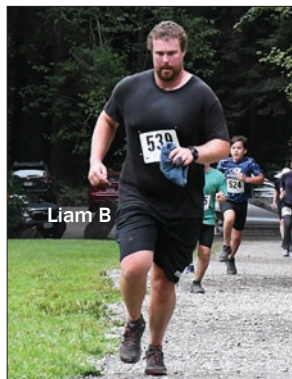
Leah S



Chris H



Brian H



Liam B



Liam C

Maddox C



Echo R



Robin F



Rich B



Alan L



TJ C



Amy T



Donna C



Julie S



Alyus C



Christina C



Zoe P



Chris G



Rae Ann M



Skylar R



Sarah B

Armand P



Ryan E



Michele S



Jess K

Selkie K





Jacob B



Markel A



Amy S



Bob B



Shaud W



Jessa D

Breanne D



Amy J



Leslie-Anna S



Shauna D



Chris W

Tamra E



Reece E

Sofia P



Olivia A



Nipa P

Ryan P



Danielle D

Nathan W



Tiffany S

Railey M



Kristie C

Angie F



Erik J



Arnold K



Shanna F

Mathew M





# Hammond Trail 5K

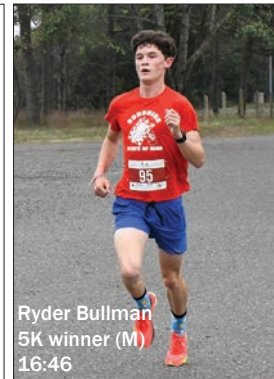
by "Sarah Sullens" <sarahsullens10@gmail.com>

Place	Name	G/age	Time
1	Ryder Bullman ■	M16	16:46
2	Sebastian Amaro ■	M15	17:01
3	Cedar Cramer	M16	19:04
4	Eyan Smith	M20	19:57
5	Luke Padilla	M17	20:09
6	Donnie Nelson	M54	20:11
7	Zachary Chapman	M44	20:47
8	Galen Hammitt	M34	21:13
9	Dillon Ayers	M36	21:39
10	Claire Gast	F16	21:42
11	Richard Roybal	M49	22:00
12	Andrea Wright	F64	22:01
13	Rob Amerman	M52	22:05
14	Courtney Carlson	F33	22:23
15	Braden Padilla	M16	22:33
16	Ryan Trumbly	M36	22:35
17	Lanore Bergenske	F68	22:56
18	Jake Johnson	M49	22:58
19	Isabel Hirsch	F36	23:04
20	David Macauley	M63	23:32
21	Michele Gerdes	F46	23:33
22	Lars Gerdes	M17	23:34
23	Summer Morales	F17	23:46
24	Austin Corbett	M36	23:49
25	Jen Foesig	F53	23:54
26	Iver Vu	M10	23:57
27	Jenna Larson	F39	24:01
28	Amanda Lee	F33	24:16
29	Sarah Sanders	F45	24:32
30	Mishka Straka	M67	24:37
31	Mark Chapman	M65	25:12
32	Tara Vu	F43	25:13
33	Rathlin Hemmingsen	F17	25:14
34	Caroline Carson	F63	25:20
35	Paul Kraus	M64	25:29
36	Brian Hudgens	M55	25:33
37	Katrin Lemmon	F35	25:49
38	Antonya Diller	F37	25:58
39	Shawn Magnuson	M56	26:12
40	Jo Archibald	F43	26:34
41	Stevie Luther	M35	26:35
42	Kevin Schmidt	M35	26:42
43	Arthur Barker	M64	27:07
44	Taryn Sanborn	F23	27:11
45	Travis Sanborn	M37	27:12
46	Scott Riley	M54	27:23
47	Robin Baker	F37	27:44
48	Chris Hansen	M45	28:00
49	Tess Weathers	F40	28:02
50	Randy Emenaker	M74	28:47
51	Brittany Gribbin	F40	29:02
52	Jasmin McGinnis	F31	29:15
53	John Carson	M67	29:37
54	Kim Bergel	F59	29:43
55	Sophia Villaluazo	F21	29:54
56	Dawn Durbin	F61	30:21
57	Marie Cappiello	F55	30:22
58	Christa Meingast	F33	30:37
59	Roenne Powell	F08	30:59
60	Alan Lowry	M76	31:03
61	Donelle Tupper	F55	31:18
62	Angie Pearson	F49	31:20
63	Tj Chapman	F62	31:38
64	Robin Fraser	F46	32:54
65	Peter Carlson	M63	32:56
66	Rich Baker	M63	33:23
67	Jasper	M28	33:44
68	Zane Chapman	M12	33:56
69	Vincent Weldon	M42	34:16
70	Michelle Hasting	F55	34:30

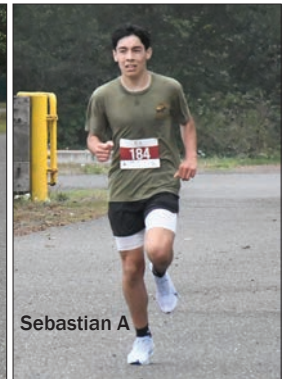
**Thank you** to everyone who made it out to Hiller Park for the **Hammond Trail 5K!** A special **thank you** to **Robin, Marie, Cyril, Debbie, Naomi, Oliver, Leah, Harry, Paul, and Jasper** for volunteering – as well as board members **Gary, Jamie, Mark, and Yoon** for all their support and assistance. Volunteers like you make these races possible. – **Sarah S**

71	Mark Ellis	M70	34:45
72	Maddox Chapman	M10	34:46
73	Liam Chapman	M10	34:53
74	Sherrie Sample	F62	35:13
75	Michelle Zink-Urzua	F44	35:49
76	Deann Mendoza	F54	36:22
77	Ryan Emenaker	M47	36:35
78	Oliver Stamper	M04	36:48
79	Leah Stamper	F42	36:48
80	Jacob Beede	M07	37:07
81	Ed Kallen	M60	37:08
82	Naomi Stamper	F40	37:14
83	Brandy Scriptor	F46	37:28
84	Bob Beede	M72	37:34
85	Jo Mo	F44	38:39
86	Calder Johnson	M43	38:40
87	Jenny Early	F45	39:27
88	Stephanie Weldon	F48	40:16
89	Jodie Jackson	F50	43:03
90	Sherry Myers	F69	43:08
91	Sarah Hughes	F47	45:09
92	Amy Pires-Moore	F47	45:10
93	Mel Sample	M63	45:30
94	Tanya Pettit	F58	49:58
95	Jeanette Suhay	F57	49:59
96	Felix Porter	M08	55:00
97	Arianna Porter	F15	55:14
98	Westley Porter	M11	55:32
99	Crystal Porter	F41	55:50
100	Shawn Porter	M43	55:51

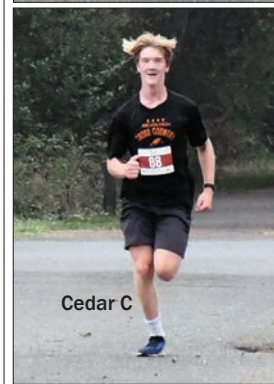
■ = took a slightly wrong turn



Ryder Bullman  
5K winner (M)  
16:46



Sebastian A



Cedar C



Eyan S



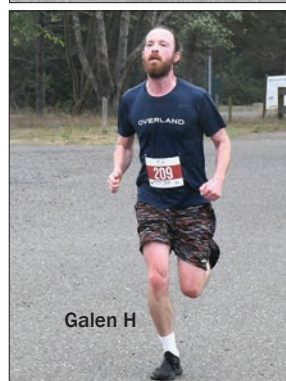
Luke P



Donnie N



Zachary C



Galen H



Dillon A



Claire Gast  
5K winner (F)  
21:42





Richard R



Andrea W



Rob A



Courtney C



Braden P



Ryan T



Lanore B



Jake J



Isabel H



David M



Michele G

Lars G



Summer M



Austin C



Jen F



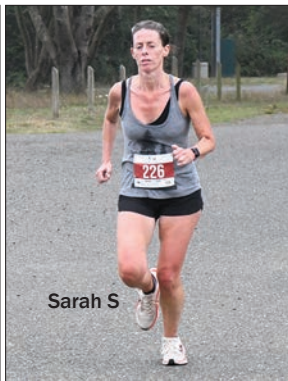
Iver V



Jenna L



Amanda L



Sarah S



Mishka S



Mark C



Tara V



Rathlin H



Caroline C



Paul K

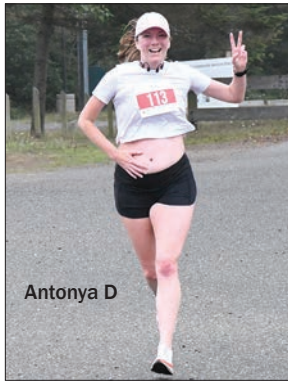


Brian H





Katrin L



Antonya D



Shawn M



Jo A



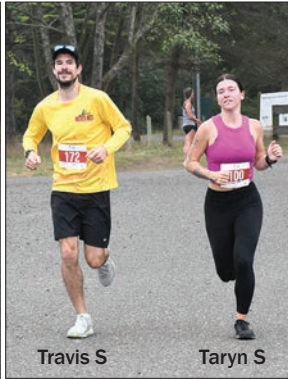
Stevie L



Kevin S



Arthur B



Travis S

Taryn S



Scott R



Robin B



Chris H



Tess W



Randy E



Brittany G



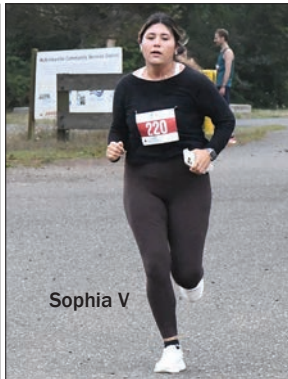
Jasmin M



John C



Kim B



Sophia V



Dawn D

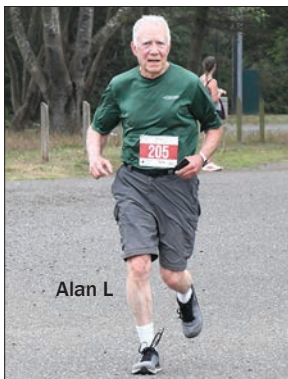
Marie C



Christa M



Roehne P



Alan L



Angie P

Donelle T



Tj C



Robin F





Peter C



Rich B



Jasper



Zane C



Vincent W



Michelle H



Mark E



Maddox C



Liam C



Sherrie S



Michelle Z-U



Deann M



Ryan E



Leah S  
Oliver S



Jacob B



Ed K



Naomi S



Brandy S



Bob B



Calder J  
Jo M



Jenny E



Stephanie W



Jodie J



Sherry M



Amy P-M  
Sarah H





Hammond Trail 5K  
9:00 am, Sat., Sep. 13, 2025





# Fall 2025 SRRC Shoe Fund Information



The goal of the Shoe Fund is to provide youth, in need, free running shoes to participate in their school's or organization's running program and have fun.

**Six Rivers Running Club** (SRRC) provides the majority of the funds for their Youth Running Shoe Fund.

The Shoe Fund provides running shoes redeemable at **The Jogg'N Shoppe, 1090 "G" Street, Arcata.**

**THE FORM MUST BE FILLED OUT COMPLETELY - TO BE ELIGIBLE FOR CONSIDERATION.\***

- **Where did the Shoe Fund come from?** **Six Rivers Running Club** (SRRC) administers the Shoe Fund and purchases the running shoes from **The Jogg'N Shoppe.**
- Applications available by contacting this e-mail: [<maguro4u@gmail.com>](mailto:maguro4u@gmail.com)
- 1. Your original one page application must be legibly filled out **completely**, including an **email** and **phone number**. You can use the coach's e-mail if one is not available. Failure to fill out the form legibly hand printed and completely will result in rejection of the application.
- 2. **Coach's contact information, signature and approval of the coach are required.**
- 3. A parent or guardian must approve their child's application with a hand signed **signature**.
- 4. Deadline to submit applications is **Oct. 31, 2025**. The deadline may be extended.
- 5. **Eligibility:** Humboldt County youth, grades K through 12<sup>th</sup>, participating in organized running programs, Cross Country, Track & Field. **Shoes must be picked up before Nov. 30, 2025.**
- 6. Low income youth should have initial preference. The team's coach will decide on recipients.
- 7. Only 1 pair of shoes in a 12-month period is allowed.
- 8. Each participating school or organization will receive at least 1 shoe scholarship, more if the budget allows.
- 9. No personal information will be released to the public.
- 10. SRRC reserves the right to cancel this program at any time.

- **Team Coach returns the hand-signed form, scanned individually as a "pdf", by e-mail to**

[<maguro4u@gmail.com>](mailto:maguro4u@gmail.com)

**OR coach mails completed forms to:**

**SRRC SHOE FUND, P.O. BOX 214, ARCATA, CA 95518**





**Lanore Bergenske** <[lbergenske@fortunaesd.com](mailto:lbergenske@fortunaesd.com)> wrote on Fri, Aug 22, 2025:

On Saturday, August 16<sup>th</sup>, I ran in the **Tamalpa Headlands 50K** in Marin. It was also a USATF trail championship race. With over 6,500 feet elevation gain, the views were spectacular! #111 Marathon and Beyond. Time: 6:10 and first in AG.  
– Lanore Bergenske

## Tamalpa Headlands 50K

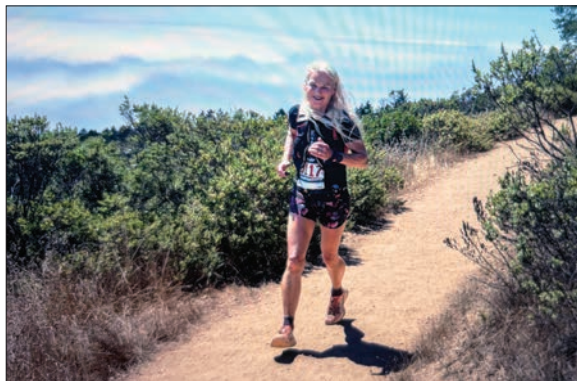
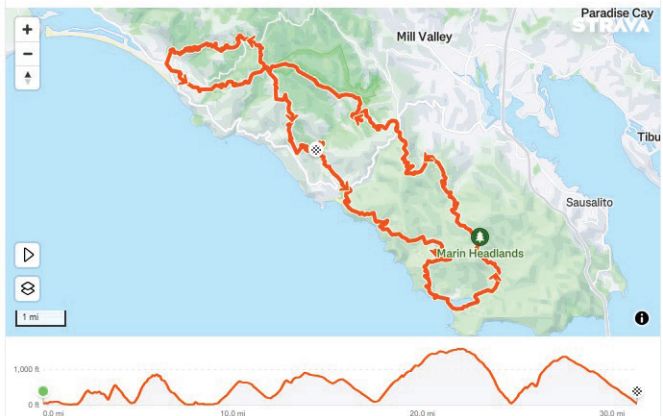
2704 Muir Woods Road  
Santos Meadows, Mt. Tamalpa State Park  
Mill Valley, CA  
7:30 am, Sat., Aug. 16, 2025



OvP Name	G/age Home	Time	Bib#
125 <b>Lanore Bergenske</b>	F67 Fortuna	6:10:55	3117

## Tamalpa Headlands 2025

Type	Distance	Elev Gain
	31.3 mi	6,682 ft



# 2025 24<sup>th</sup> ANNUAL S R R C CIRCUIT

In order to get a **Circuit Certificate**, you must complete **6 races** and **volunteer**. You may help out a race or lend a hand with the Circuit. Complete **10 races** and get a **framed certificate**. This month's article includes folks who have completed **at least four races**. I'll just be sharing names and the number of races each person has completed. This month's results include **the Resolution Run, Hour Run, Foggy Bottoms Milk Run, Arcata Community Forest Run, Sue Meg Park, Masters Race, the Ave, Atalanta, Grasshopper Peak, Dow's Prairie, July 4<sup>th</sup> 5K, Fortuna Rode 5K, the Sand Dollar Shuffle and the Hammond Trail 5K**.

Race Directors, please remember to get your volunteer lists to me so I can incorporate them into the Circuit. If you've got questions or suggestions for the Circuit, email <[6rrccircuit@gmail.com](mailto:6rrccircuit@gmail.com)>. If you're interested in helping with or taking over the Circuit next year, please let me know.

- 14 & Under M:** Maddox Chapman (5), Oliver Stamper (7), Zane Chapman (5), Liam Chapman (5), Felix Porter (6), Westley Porter (6)
- 14 & Under F:** Arianna Porter (4), Sage Hartling (4), Roenne Powell (4)
- 15-19 Male:** Juan Ornelas (6), Ryder Bullman (4)
- 20-24 Female:** Taryn Sanborn (4)
- 25-29 Male:** Jasper (10)
- 30-34 Male:** Tristan Cole (5), Galen Hammitt (5)
- 30-34 Female:** Rebecca Matias (4), Amanda Lee (5), Jaslin Rowan (4), Courtney Carlson (4)
- 35-39 Male:** Travis Sanborn (5), Jose Ornelas (7)
- 35-39 Female:** Emily Batini (4), Isabel Hirsch (8), Jenna Larson (9), Christina Torres (6), Katrin Lemmon (5), Annie Fehrenbach (5), Antonya Diller (4), Naomi Stamper (7)
- 40-44 Male:** Matthew Kidwell (6), Doug Hartling (7), Matt Wells (4), Zachary Chapman (5), Shawn Porter (6), Jeremy Wright (4)
- 40-44 Female:** Kerry Byrne (5), Karen Kidwell (6), Kit Meyer (5), Crystal Porter (7), Leah Stamper (8), Tara Vu (4)
- 45-49 Male:** Sky McKinley (7), Richard Roybal (7), Jake Johnson (9)
- 45-49 Female:** Robin Fraser (7), Alia Dunphy (6), Michele Gerdes (4), Angie Pearson (4)
- 50-54 Male:** Rob Amerman (8), Craig Wasko (4), Sung Choi (6)
- 50-54 Female:** Marie Cappiello (5), Jen Foesig (9)
- 55-59 Male:** Ed Kallen (8), Shawn Magnuson (6)
- 55-59 Female:** Catrina Howatt (6), Jeanette Suhay (5)
- 60-64 Male:** Arthur Barker (9), Paul Kraus (5), Rich Baker (5), Peter Carlson (5)
- 60-64 Female:** Andrea Wright (6), Caroline Carson (11), Tj Chapman (6), Dawn Durbin (5), Marcile Raney (7), Simona Carini (6)



by "Robin Baker" <[6rrccircuit@gmail.com](mailto:6rrccircuit@gmail.com)>



<b>65-69 Male:</b>	Jeff Haag (5), Paul Kinsey (4), John Carson (8), Mark Chapman (8), Don Elwell (4), Dave Ryan (8), Mishka Straka (5), Robert Ayers (5)
<b>65-69 Female:</b>	Lanore Bergenske (8), Karen Adams (5), Marlene Allen (7), Sherry Myers (10), Michael Whiteley (4)
<b>70-74 Male:</b>	Randy Emenaker (10)
<b>70-74 Female:</b>	Debbie Stamper (10), Lorraine Dillon (5)
<b>75-79 Male:</b>	Cyril Carl (5)
<b>75-79 Female:</b>	Portia Matheson (9)



## SRRC Crossword Puzzle

### ACROSS

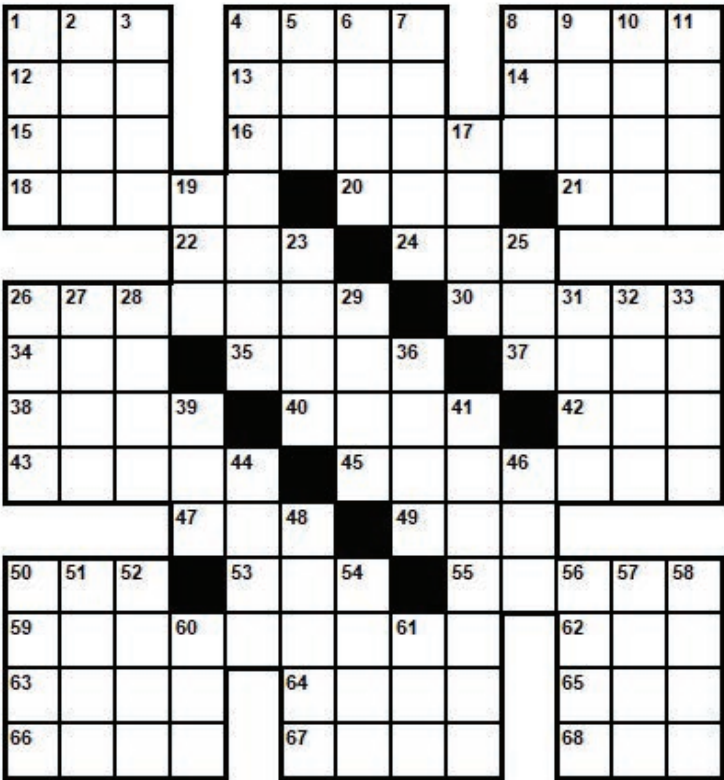
- 1 Affirmative answer
- 4 Relinquish
- 8 Defect
- 12 Blunder
- 13 Middle Eastern Sultanate
- 14 Competitive event
- 15 Atmosphere
- 16 How to turn back time, perhaps? Part 1
- 18 Exploration, in military jargon
- 20 "Green" prefix
- 21 \_\_\_ Moines
- 22 Slippery, in winter
- 24 Uppermost part
- 26 How to turn back time, perhaps? Part 2
- 30 Deadly
- 34 Ingest
- 35 Amorphous shape
- 37 Proofreader's command
- 38 Saudi citizen
- 40 Ceremonial dagger
- 42 Ocean
- 43 Fracas
- 45 How to turn back time, perhaps? Part 3
- 47 Arid
- 49 Health resort
- 50 Rear, in naval jargon
- 53 Existential affirmation
- 55 Team race
- 59 How to turn back time, perhaps? Part 4
- 62 Lumberjack's tool
- 63 Become fatigued
- 64 Dutch cheese
- 65 Cambridge tech. sch.
- 66 Eye infection
- 67 Attend a banquet
- 68 Greek consonant

### DOWN

- 1 Annual period
- 2 Great Lake
- 3 Our org.
- 4 Possible pipe material
- 5 Flightless Australian avian
- 6 Hamlet, for one
- 7 Make a law
- 8 To's opposite
- 9 Praise
- 10 Skin problem
- 11 Marries
- 17 Building cover
- 19 Lubricant
- 23 Egg nutrient
- 25 Cushion
- 26 Competitive group
- 27 Loser in a famous race
- 28 And others, briefly
- 29 French pig
- 31 Trial
- 32 Toward shelter
- 33 Shakespearean king
- 36 Computer firmware
- 39 Place to sleep
- 41 Greatest
- 44 Norse explorer, nicknamed "The Red"
- 46 Scot's denial
- 48 Swerved side to side
- 50 Deeds
- 51 Flutter
- 52 British Conservative
- 54 Calf-length skirt
- 56 Light source
- 57 Line to rotate around
- 58 Himalayan cryptid
- 60 Semicircular letter
- 61 First name of 24 California cities



The joy of watching the moon  
Albee Creek Campground  
Aug. 2, 2025



"Ken Yanosko" <kenyanosko@sbcglobal.net>



# Upcoming Events

SUN., OCT 12, 2025 << **SRRC race** >>

**45<sup>th</sup> Humboldt Redwoods.** {Fees for all} Marathon & Half-marathon at 8:30AM, 5K at 9AM. Start and finish at Dyerville Bridge. Visit the HRM website <redwoodsmarathon.com> for more information.

SUN., NOV 2, 2025 << **SRRC race** >>

**Blue Lake Fish Hatchery Run/Walk.** {\$10 for nonmembers, free for SRRC members} 2M at 9:30AM and 4M at 10AM. Registration at 8:00~9:15AM. Start and finish at the Mad River Fish Hatchery. For more information, contact **Annie Fehrenbach** at <anniefehrenbach@gmail.com>.

SAT., NOV 15, 2025 << **NOT SRRC race** >>

**5<sup>th</sup> Annual Veterans' Day Run at McKay.** {\$20 for individuals, \$15 for teams, \$5 for kids; FREE for Veterans & Active Duty} 5K & 10K Run/Walk and Community Connections Fair. At 10:00AM. On the McKay Community Forest, 3100 Harris St., Eureka. Park at Redwood Acres. Post Race Community Connections Fair at Humboldt Cider Garden! Race flyer and online registration link are available at the SRRC website (https://www.6rrc.com, under 11/15/25). For more information, contact **Ella Price** at (707)616-8494 or e-mail <Ella.Price@va.gov>.

## 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 <http://www.6rrc.com>



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

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



From: **Jack West** <jandjwest@yahoo.com>

RE: Your help at these HRRAY youth races would be GREAT

This message is about HRRAY youth meets. We have a couple of meets where we need extra help.

The SRRC youth cross country season began on Tuesday, September 23. We have seven regular meets and the McKinleyville Beach Run.

We are hoping some of SRRC membership will be able to donate time to the HRRAY youth program on two dates where we need extra help. The second meet of the season was held at Perigot Park in Blue Lake on Thursday, September 25th. The fourth meet will be held at Hiller Park in McKinleyville on Thursday, October 2nd. Both meets begin at 4:00 PM, but we would like volunteers to arrive at 3:30. We will reserve parking for volunteers if we know you are coming. The races are usually completed by 5:30. Please write me at <jandjwest@yahoo.com> if you would like to help. We need course monitors, finish line and sign up help. Thank you.

– **Jack West** (707)845-6382, <hrray707@gmail.com>, <jandjwest@yahoo.com>  
Here is 2025 schedule:

- Tuesd., Sep. 23, 4:00 pm, Arcata Marsh, K-8
- Thurs., Sep. 25, 4:00 pm, Perigot Park (Blue Lake), K-8
- Sat., Sep. 27, 9:00 am, Clam Beach Invitational, K-8 & HS
- Tuesd., Sep. 30, 4:30 pm, Winship Middle School (Eureka), K-8
- Thurs., Oct. 2, 4:00 pm, Hiller Park (McKinleyville), K-8
- Tuesd., Oct. 7, 4:00 pm, Willow Creek Golf Course, K-8
- Thurs., Oct. 9, 4:00 pm, Rohner Park (Fortuna), K-8
- Thurs., Oct. 16, 4:00 pm, Championships, Arcata Community Center, K-8

## 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"

