Walkers Welcome

SIX RIVERS Running Club

Sue-meg Park 5K & 10K
10:00 am, Sat., Sep. 19, 2026

September Minutes

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

Board Meeting Minutes – 6RRC
September 2, 2026 6:30 pm El Chipotle

I. Introductions - Board members attending were Mark Ellis, Juan Reyes, Harry Kavich, Gary Timek, Sarah Sullens, Jamie Hinckley, Sherry Myers, Catrina Howatt, Marlene Allen, Treasurer Cindy Timek. Guests were - Adam Timek, Jack West

II. Old Business:

A. **Grasshopper Peak Run – Karen –** not present but emailed the Financial Report/Budget Final for 2026 Grasshopper Peak Run. State Park Permit Fees increased significantly ($1/person), all else basically was as proposed.
B. **Safe Sport –** Done (?)
C. **Hammond Trail 5K – Sarah –** 92 participants; may move start time 15 minutes (possibly 9:15) due to restrooms being locked; thanks to all who volunteered.
D. **Kevin Ebbert Run – Jamie –** 168 participants in 2 events; the courses were good; great to have so many runners from Cal Poly and EHS; may move the 2 mile start up 15 minutes next year.
E. **HRRAY X/C - Jack –** The season is set! The 1st meet is Tuesday, Sept 22 in Trinidad. A total of 6 meets (Tues/Thurs) then the Championship meet in Arcata Thursday, Oct 15th. The complete schedule with locations, times, distances, is up on HRRAY.org & 6rrc.com websites. Pebble Beach Timing will again do the timing (except Willow Creek meet). Jack invites everyone to come help or watch, but please carpool!
F. **C/R Dinner/Auction –** A successful event; 6RRC donated $1,000 to each of the C/R Track & Field and Cross County programs.
G. **AVE – Cindy –** Final Budget for AVE was presented; difficulties in keeping General fund, HRM, and AVE line items completely separate due to AVE paying for many of the overlapping expenses (i.e., Permits, director fees) but the event did well.

III. New Business:

A. **Humboldt Redwoods Marathon (Sunday October 11th, 5K, ½, Marathon) – Jorge –** not present but Cindy has been working with him. Cindy says all is going well and entries are up to 1900.
B. **Sue-Meg (Saturday September 19th, 5K & 10K @ 10am) – Jack –** Same courses as last year; all trails are looking good; may have a big crowd this year; asking everyone to carpool.
C. **Blue Lake Fish Hatchery Run (Sunday November 1st, 2 mi @ 9:30am; 4 mi @ 10am) – Annie –** not present but sent an email regarding obtaining permits from the Hatchery and additional insurance.
D. **AVE – New Race Director – Jorge** was not present but Cindy relayed that **Jorge Preciado** will direct AVE 2027.
E. **New RRCA Waivers – for ALL club races; for ALL volunteers – Marlene –** RRCA has new event waivers and volunteer waivers. We need to update our event and volunteer forms for our small races. Race Directors for our fee events will need to go to the RRCA website and download the event waiver template. Event Waiver Templates - Road Runners Club of America and make the update to their entry forms both paper and online on their sign-up site. Sarah commented that copies of the new waivers should be available in the Small Race Director Handbook. Catrina added that copies should also be available on our 6RRC website for download. Marlene will start working on the waivers.
F. **Headphone, Stroller, Pet Guidelines – Mark –** The RRCA Guidelines are quite clear and Mark has proposed that we have flyers printed up for display at our registration tables. He made a sample flyer that looked great. Mark will design flyers for use at event registration.
G. **Other - 1. Small Race Director Handbook –** waiting for update from Matthew. **2. Secretary, minutes, approvals - Marlene -** (Secretary) emails the minutes to the Board; board members have 1 week to reply with corrections or approval; after corrections and final approval the minutes will then be emailed to the Newsletter Editor (generally, 7-10 days after the meeting). **3. Veterans Day Run - Ella Price -** contacted Gary about 6RRC having an info/promo table at the upcoming at the McKay Community Forest. The event is Saturday November 14th. We decided we don't want an info table.

IV. Adjourn - Next Meeting - To Be Determined - 5:30 pm dinner, 6:30 pm meeting.

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

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Juan Reyes	violate2much@yahoo.com (915)276-7642		
Sarah Sullens	sarahsullens10@gmail.com 845-9652		

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

SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>

13th Kevin Ebbert Memorial Run

by "Jamie Hinckley" <jhinckley@healthsport.com>





10K+

9:00 am, Sat., Aug. 22, 2026

Pl	Name	G/age	Time
1	Elias Wiggins	M22	41:56
2	Jonah Grubbs	M22	42:14
3	Jack Butterfield	M??	42:38
4	Trevor Stewart	M20	42:44
5	Daniel Shaver	M20	42:48
6	Tomas Rey	M18	44:22
7	Jared Hayes	M21	44:27
8	Owen Church	M18	44:43
9	Ryan Giglio	M22	44:45
10	Edgar Gutierrez	M22	44:50
11	Jordan Berkley	M21	45:09
12	Ryder Bullman	M17	45:10
13	Flynn Merriman	M19	45:13
14	Arlo Gagnon	M20	45:40
15	Jaxon Le Duc	M25	45:41
16	Tristan Bobadilla	M20	46:07
17	Kees Van Der Meer	M20	46:34
18	Aidan Davis	M21	46:36
19	Ocean Walker	M18	46:37
20	Jacob Christopher	M23	46:38
21	Ezekiel Donoghue	M19	46:39
22	Owen Carter	M18	46:48
23	Colin Wright	M21	46:56
24	Christopher Wehan	M44	47:01
25	Jose Cota	M20	47:24
26	Christofer Vel-Patino	M22	47:47
27	Robert Chavez	M??	47:54
28	Hunter Phillips	M23	48:17
29	Saul Jimenez	M20	48:56
30	Dorin Spencer	M??	49:06
31	Zach Sherman	M21	50:23
32	Bobby Moncrief	M22	51:22
33	Isabel Perez-Zhogbi	F22	51:46
34	Jorge Montenegro	M19	51:50
35	Bowen Kruckenberg	M??	51:52
36	Aunika Miller	F22	52:10
37	Brett Docherty	M43	53:10
38	Amaya Uvalle	F18	53:17
39	Karl Klinger	M21	56:28
40	Tea Kaizen	F18	57:57
41	Craig Wasko	M54	59:36
42	Scott Caricato	M19	59:48
43	Kelly Otis	M20	1:00:15
44	Pablo Chapman	M21	1:00:16
45	Matilda Fitzgerald	F21	1:00:17
46	Analise Miller	F20	1:00:17
47	Joanna Tobon	F19	1:00:56
48	Lyla Fedio	F20	1:00:57
49	Elizabeth Odell	F24	1:01:09
50	Julian Gordon	M17	1:03:36
51	Jake Johnson	M50	1:03:51
52	Samantha Brink	F18	1:04:01
53	Sally Woodruff	F17	1:04:02
54	Richard Roybal	M50	1:04:37
55	Josh Sharp	M21	1:05:18
56	Jeff Haag	M67	1:05:20
57	Tami Quan	F62	1:05:31
58	Albie Rumfelt	M48	1:05:36
59	Stephen Winterroth	M39	1:05:47
60	Ken Croteau	M65	1:07:01
61	Marcus Torres	M34	1:08:44
62	Archer Deno	M15	1:09:26
63	Jorge Escobar	M37	1:09:41
64	Citlalih Ferrer	F18	1:10:20
65	Harry Grand	M25	1:10:22
66	Kristal Mendez	F44	1:10:31
67	Dave Ryan	M69	1:10:39
68	Marcus Appy	M52	1:11:20
69	Richard Engel	M63	1:12:21
70	Courtney Ladika	F46	1:12:42
71	Sarah Groth	F50	1:13:36
72	Becky Brennan	F45	1:13:46
73	Arthur Barker	M65	1:14:13
74	Alex Wright	M35	1:14:44
75	Diego Funes	M25	1:15:37
76	Winston Cherry	M40	1:15:58
77	Melanie Williams	F71	1:19:14
78	Ethan Reger	M25	1:21:49
79	Pete Carlson	M64	1:22:34
80	David Herman	M57	1:23:20
81	Jake Tidd	M39	1:23:22
82	April Quincey	F45	1:24:03
83	Kara Deno	F44	1:24:26
84	Amy Taylor	F47	1:28:40
85	Marlene Allen	F70	1:29:02
86	Roman Futoma	M44	1:29:19
87	Julie Alderson	F55	1:29:53
88	Lauren O'Grady	F25	1:30:24
89	Karen Adams	F66	1:31:33
90	Natalynne DeLapp-Brandt	F46	1:31:35
91	Stephanie Ray	F44	1:35:01
92	Rondie Buzzard	M44	1:35:51
93	Sean Deno	M47	1:35:56
94	Sean Quincey	M44	1:35:58
95	Griffin Folger	M08	1:40:39
96	Chelsey Castiglione	F34	1:40:43

2M

9:30 am, Sat., Aug. 22, 2026

Pl	Name	G/age	Time
1	Reese Sipma	M15	11:53
2	Elija Childs	M17	12:13
3	Holden Reinhart	M15	12:30
4	Ryan McLaughlin	M35	12:47
5	Claire Gast	F17	13:50
6	Iris Bartlett	F16	14:27
7	Jesse Tidd	M15	15:09
8	Granite Price	M09	15:15
9	Avery Rinehart	M12	15:47
10	Mike Davis	M49	15:52
11	Ella Price	F39	16:07
12	Emma Ayres	F14	16:49
13	Chuck Ayres	M48	17:08
14	Evelyn Ladika	F17	18:21
15	Marayah Kaiser	F15	18:30
16	Jeff Usry	M48	18:36
17	Dash Townsend	M12	18:38
18	Scout Townsend	M15	18:43
19	Sawer Hunt	M15	18:49
20	Scarlet Bullman	F13	19:36
21	Elhym Hemingsen-Moon	F16	19:38
22	Echo Rinehart	F10	19:53
23	Bret Rinehart	M46	19:54
24	Jamie Bailey	F48	20:35
25	Alyus Campbell	M12	20:51
26	Meredith Matthews	F52	22:24
27	Aliyah Machado	F16	22:49
28	Christina Campbell	F59	22:50
29	Shane Steele	M36	23:08
30	Briana Steele	F32	23:22
31	Shawna Jeavons	F49	23:48
32	Elizabeth Drabkin	F66	24:00
33	Delcie Hemmingsen-Moon	F42	25:56
34	Sherrie Sample	F63	26:51
35	Markel Appy	F46	27:02
36	Donny Holiman	M57	27:05
37	Hannah Golden	F45	27:26
38	Leslie Rohan	F66	28:21
39	Mel Sample	M65	28:32
40	Nadia Van Lynn	F31	29:04
41	Chelsea Coppock	F34	29:05
42	Tiffany Bullman	F42	29:27
43	Lily Bourque	F07	32:58
44	Sarah Bourque	F44	32:59
45	Jennifer Coriell	F46	33:04
46	Kenny Carsell	M34	33:05
47	Brianne Docherty	F07	33:07
48	Jessa Docherty	F46	33:39
49	Mark Ritz	M71	35:57
50	Alexandria Monney	F26	35:59
51	Eric Johnson	M78	36:00
52	Atlas Roberts	M07	37:06
53	Hanna Taylor	F25	37:30
54	Sativa Younge	F25	37:30
55	Olivia Chadwick	F10	38:23
56	Nina Chadwick	F40	38:24
57	Garret Davidson	M27	38:41
58	Emi Canterbury	F26	38:43
59	Ora Henderson	F34	39:01
60	Alexandra Creech	F40	39:19
61	Jazzie Roberts	F35	39:20
62	Navie Roberts	F05	39:21
63	Terry Bean	F69	39:22
64	Jordan Rode	M34	39:23
65	Aliya McCarthy	F34	39:25
66	Danielle Demartini	F35	44:08
67	Nathan Wells	M38	44:09
68	Liam Kelly	M03	56:19
69	Heather Malloy	F39	56:20
70	Kristie Clark	F33	56:41
71	Anndrea Olsen	F26	56:44
72	Donna Malloy	F68	57:03

10K+ (and some 2M finishers)




















































Hunter P


Saul J


Dorin S


Zach S


Bobby M


Jorge M
Isabel Perez-Zhogbi
10K+ winner (F)
51:46


Bowen K


Aunika M


Brett D


Amaya U


Karl K


Tea K


Craig W


Scott C


Matilda F
Analise M
Kelly O
Pablo C


Lyla F
Joanna T


Elizabeth O


Julian G


Jake J


Samantha B
Sally W


Richard R


Josh S


Jeff H


Tami Q


Albie R

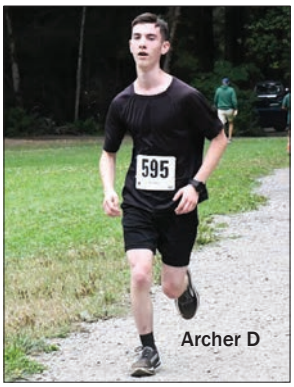

Stephen W


Atlas R (2M)

Ken C


Ora H (2M)

Marcus T


Archer D


Jorge E


Citlalih F


Harry G


Kristal M


Dave R


Marcus A


Richard E


Courtney L


Sarah G


Danielle D (2M)
Nathan W (2M)

Becky B


Arthur B


Alex W

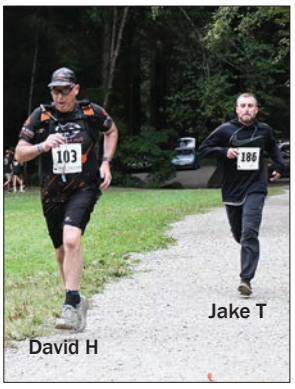

Diego F


Winston C


Melanie W


Ethan R


Pete C


David H

Jake T


April Q


Kara D


Amy T


Marlene A

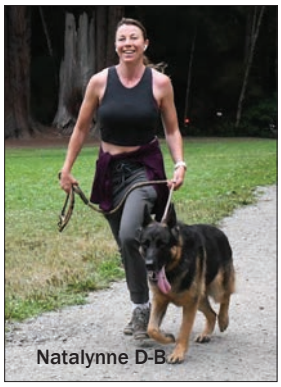


Roman F


Julie A


Lauren O


Karen A


Natalynne D-B



Stephanie R



Sean D
Rondie B
Sean Q



Chelsey C
Griffin E

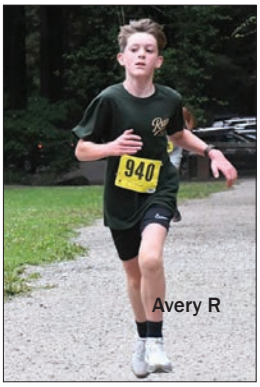
2M



Holden R



Claire Gast
2M winner (F)
13:50



Avery R



Mike D



Chuck A



Evelyn L



Marayah K



Jeff U



Dash T



Scout T



Sawer H



Scarlet B
Elhym H-M



Bret R
Echo R



Jamie B



Alyus C



Meredith M



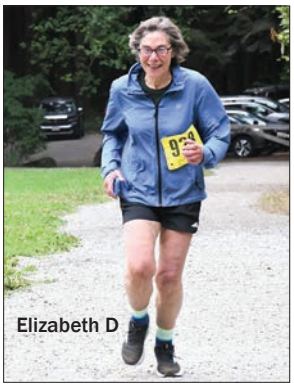
Christina C
Aliyah M



Shane S


Briana S


Shawna J


Elizabeth D


Delcie H-M


Sherrie S


Donny H

Markel A


Hannah G


Leslie R


Mel S


Nadia VL

Chelsea C


Tiffany B


Jennifer C

Lily B

Sarah B

Kenny C


Brianne D


Jessa D


Mark R

Alexandria M


Eric J


Hanna T

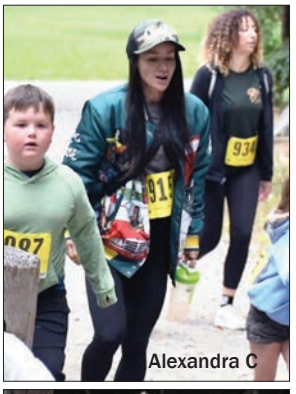
Sativa Y


Nina C

Olivia C


Emi C

Garret D


Alexandra C


Navie R

Jazzie R


Terry B

Aliya M

Jordan R


Liam K

Heather M


Anndrea O

Kristie C


Donna M

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

54th Sue-meg Park Run

by "**Jack West**" <jandjwest@yahoo.com>



I feel terrible that I have to spend quite a bit of time putting the Sue-meg Race together. I have to walk those terrible trails, step around banana slugs, watch out for deadly dear and try to ignore the sounds of ocean. It's a tough job, and I hope I can keep doing it for a lot longer. And it is especially nice when all you who attended seem to have such a good time.

I spoke to the park personnel who manned the kiosk as I left the park. They were very pleased that the event went so well and the runners were so nice. I told them how much everyone enjoyed the run and they were more pleased.

I got a chance to talk to many of you after the race and I got wonderful feedback about the course. I am very glad everyone had such an enjoyable race. Thank you for all your complements and positive feedback.

However, I want to complement the help putting the race on for all of you. I think **Gary Timek** has helped almost every race I've been race director for Patrick's Point and Sue-meg. The first time I was race director was in 2005, so it's been a long time. He brings the clocks and times, and this year he brought my wife, Jan, too. I can't tell how much I appreciated his help.

Harry Kavich, Mark Ellis, Paul Kraus and **Don Brubaker** have helped me many or most of the Patrick's Point/Sue-meg Races. Not only are they excellent workers, they know how to put a race together with competence and humor-and a lot of really bad jokes.

Marlene Allen, Sherry Myers and my wife, **Jan**, have been helping for a long time, too. Jan has been there every year. **Catrina Howatt** has not been helping quite as long, but is as terrific as any of the other helpers. She also helps while the races are running. That is one of the main reasons this race tends to have everyone on the line before 10:00 AM. **Dawn Durbin, Sarah Sullens, Jamie Hinckley** and **Zane Chapman**, whose family ran while he helped, all did a great job getting everyone ready or helped at the finish line. **Holly Sage** has offered to help many years while her son, Jasper, runs in the race. She does a great job with traffic and keeping people on the right course.

Alan Lowry couldn't run because of an injury so he helped get all of you safely through the finish. **Dane Hart** was the volunteer who made sure you didn't run the wrong way just after the 2 or 5 mile mark. He has been helping for years, and I appreciate having him there every year. **Reed Elmore** surprised me by riding his bike to the event and helping with keeping people safe and helping identify who was on the course. A former runner from one of my cross country teams at Fortuna Middle School, **Hannah Leiterman**, was in her State Parks uniform and helped with traffic. I haven't seen her in almost 20 years. **Rikki Larsen**, one of my HRRAY partners, offered to help and helped Yoon with his backup finishers. It was very nice to have her help.

I didn't get everyone's name, but I appreciate those who stepped in when needed.

But no race would be complete without our newsletter editor and photographer, **Yoon Kim**. He efficiently gets every race covered and I appreciate that he has been willing to be so important to our club.

Congratulations to all of you who ran, helped or watched. And congratulations to those who won, improved or just had a nice race.

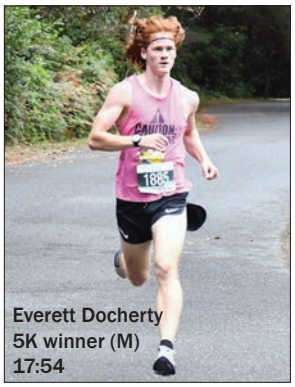
There were 120 runners this year. That is the largest field since 2020. You can see results and photos at www.6rrc.com.

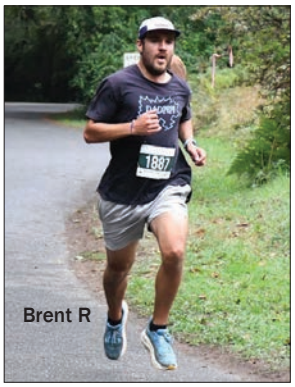
5K

Pl	Name	G/age	Time
1	Everett Docherty	M19	17:54
2	Brent Ritschel	M33	18:24
3	Zachary Chapman	M45	20:47
4	Caleb Turner	M24	21:35
5	Jake Johnson	M50	21:43
6	Richard Roybal	M50	22:22
7	Ross Mayfield	M35	22:28
8	Jon Larson	M11	23:23
9	Jenna Larson	F40	23:25
10	Mark Chapman	M67	23:50
11	Jen Foesig	F54	23:59
12	Pam Willey	F46	24:04
13	Liam Chapman	M11	25:05
14	Maddox Chapman	M11	25:06
15	Becca Matias	F36	25:13
16	Andrea Lovio	F43	25:38
17	Meghan Prin	F43	25:41
18	Paul Kraus	M65	26:14
19	Charlotte Landis	F10	26:32
20	Roger Rees	M47	27:02
21	Kathleen Brubaker	F61	27:49
22	Jo Archibald	F44	27:56
23	Bel Halet	F21	28:30
24	Zachary Baez	M21	28:32
25	Aubrey Gates	F42	28:36
26	Jessica Rhodes	F48	29:20
27	Kelsey McCulloch	F43	29:34
28	Quincey Brownfield	F46	29:35
29	Leah Stamper	F43	30:02
30	Casse Weaver	F49	30:58
31	Chrystyna Johnson	F48	31:08
32	Tj Chapman	F63	31:30
33	Robert Ayers	M69	31:53
34	Sean Quincey	M45	32:44
35	Avery Kamada	M07	33:51
36	Jessica Joy	F40	33:57
37	Matilda Landis	F07	35:39
38	Sarah Landis	F41	35:41
39	Malia Honda	F40	35:49
40	Nadine Honda	F07	35:50
41	Lorraine Dillon	F75	36:02
42	Amy Livingston	F49	36:04
43	Jasper	M29	36:34
44	Debbie Stamper	F72	36:48
45	Donny Holiman	M57	40:07
46	Shauna Davidsen	F55	40:31
47	Sarah Sullens	F46	40:34
48	Kerri O'Kane	F58	40:35
49	Marcile Raney	F66	40:35
50	Harlie Malloy	F06	40:40
51	Rebekah Malloy	F39	40:41
52	David Turner	M48	42:28
53	Sherry Myers	F70	43:48
54	Bluejay Hazard	M09	43:57
55	Mason Atherton-Friend	M08	43:58
56	Erin Ferguson	F33	45:37
57	Berit Meyer	F69	45:38
58	Mila Holbrooks	F05	46:32
59	James Holbrooks	M37	46:32
60	Hanna Taylor	F25	47:06
61	Andrea Taylor	F65	47:07
62	Amy Dewey	F65	55:30
63	Tom Dewey	M67	55:30
64	Alisha Fielder	F37	1:02:30
65	Astrid Dobo	F47	1:02:30
66	Winston Cherry	M40	1:02:31

10K

Pl	Name	G/age	Time
1	Leonard Nortor	M18	40:27
2	Eric Coppa	M29	40:33
3	Brett Docherty	M43	40:58
4	Matthew Yamamoto	M26	41:19
5	Yvette Rosales	F33	41:27
6	Casey Malloy	M36	41:57
7	Craig Wasko	M54	42:17
8	Rob Amerman	M52	43:59
9	Andrea Wright	F65	45:29
10	Lanore Bergenske	F69	45:38
11	Dillon Ayers	M37	45:41
12	Silvia Manzo	F43	46:57
13	Jazmen McGinnis	F32	47:50
14	Noël Loranger	F36	47:51
15	Courtney Carlson	F34	47:57
16	Jeff Haag	M67	48:26
17	Sarah Sanders	F46	49:21
18	Sky McKinley	M49	49:27
19	Katrin Lemmon	F36	50:45
20	Daisy Lowndes	F23	51:18
21	Dave Ryan	M69	51:35
22	Shao-Lan Lew-Smith	F41	51:37
23	Trevor Estlow	M55	51:58
24	Jason Weldon	M18	53:36
25	Kiara Weldon	F18	53:36
26	Jamie Bellermann	M53	54:10
27	Shar-Lo Kelly	M44	54:28
28	Cruz Marbain	F38	54:59
29	Megan Atherton	F43	55:39
30	Jesse Hindbaugh	M47	55:51
31	Vincent Weldon	M43	56:08
32	Arthur Barker	M65	56:15
33	Myra Epperson	F39	56:21
34	Shawn Magnuson	M57	56:27
35	Amber Coley	F55	56:29
36	Simona Carini	F63	56:54
37	Brittany Gribbin	F41	57:04
38	Pete Ciotti	M48	57:35
39	Randy Emenaker	M75	57:59
40	Brian Ferguson	M73	1:00:06
41	Tom Davies	M60	1:00:14
42	Thomas Nolan	M32	1:00:15
43	Ashley Knowlton	F35	1:00:23
44	Pete Carlson	M64	1:01:03
45	April Quincey	F45	1:02:53
46	Stephanie Weldon	F49	1:03:21
47	Marlene Allen	F70	1:03:44
48	Christina Torres	F38	1:10:19
49	Liisa Luick	F58	1:10:56
50	Camille Sathrum	F37	1:13:17
51	Lauren Potkter	F42	1:13:33
52	Josh Pottker	M42	1:19:15
53	Jamie Hinckley	F40	1:24:54
54	Jib Ray	M86	1:32:40


Everett Docherty
5K winner (M)
17:54


Brent R


Zachary C


Caleb T


Jake J


Richard R


Ross M


Jon L

Jenna Larson
5K winner (F)
23:25

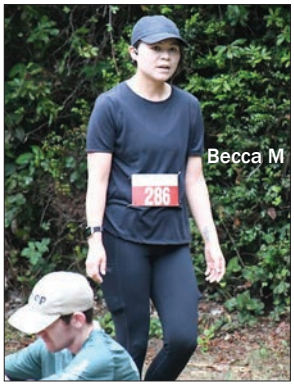

Mark C


Jen F


Pam W


Liam C

Maddox C

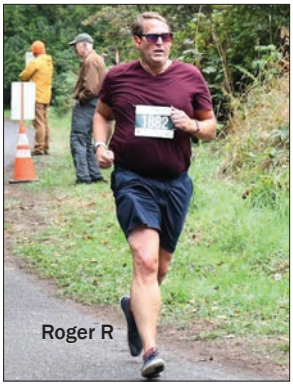

Becca M


Andrea L


Meghan P

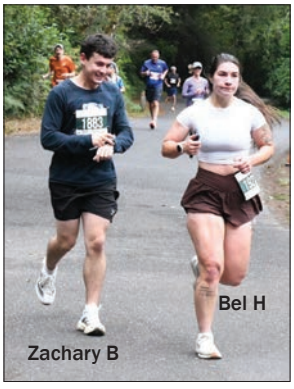

Paul K


Charlotte L


Roger R


Kathleen B


Jo A


Zachary B

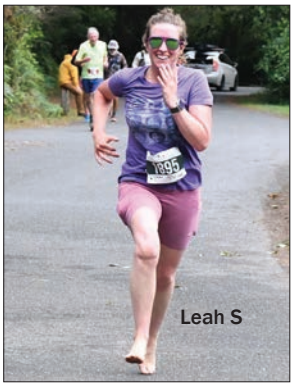
Bel H

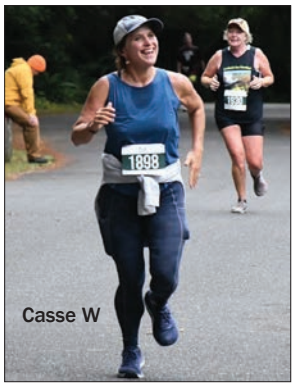

Aubrey G


Jessica R


Kelsey M

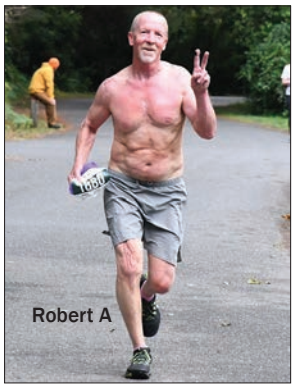
Quincey B


Leah S

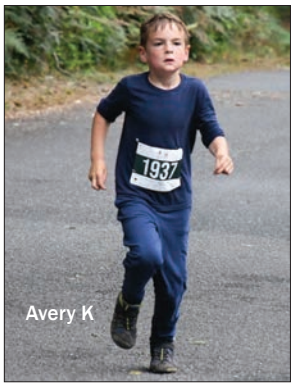

Casse W


Chrystyna J


Tj C


Robert A


Sean Q


Avery K


Jessica J


Matilda L
Sarah L


Malia H
Nadine H


Lorraine D


Amy L

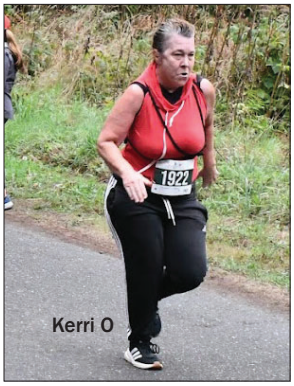

Jasper


Debbie S


Donny H


Shauna D


Sarah S


Kerri O


Marcile R


Rebekah M
Harlie M


David T


Sherry M

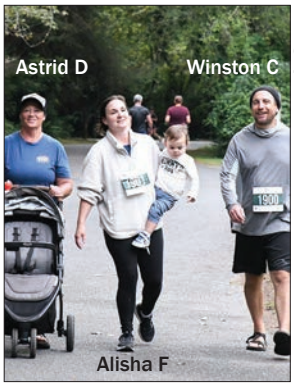

Bluejay H
Mason A-F


Erin F
Berit M


Mila H
James H


Andrea T
Hanna T

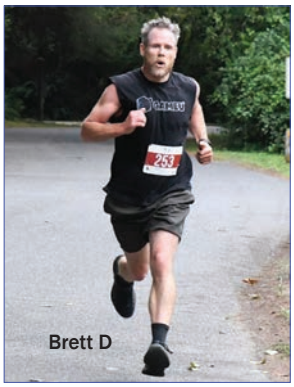

Amy D
Tom D


Astrid D
Winston C
Alisha F

10K


Leonard Nortor
10K winner (M)
40:27


Eric C


Brett D


Matthew Y


Yvette Rosales
10K winner (F)
41:27


Casey M


Craig W


Rob A

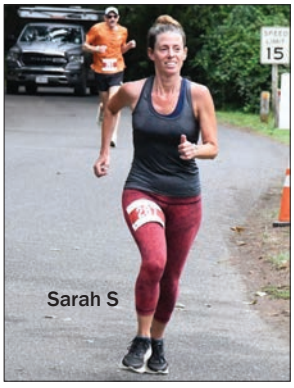

Andrea W


Dillon A
Lanore B


Jazmen M
Noël L


Courtney C


Jeff H


Sarah S


Sky M


Katrin L


Daisy L


Dave R


Shao-Lan L-S


Trevor E


Kiara W
Jason W


Jamie B


Shar-Lo K


Cruz M


Felix A-F Megan A


Jesse H


Vincent W


Arthur B


Myra E


Shawn M


Amber C


Simona C


Brittany G


Pete C


Randy E


Brian F


Thomas N Tom D


Ashley K


Pete C


April Q


Stephanie W


Marlene A


Christina T


Liisa L


Camille S


Lauren P


Jamie H


Jib R

Yomif Kejelcha (ETH) sets a new half marathon WR



Ethiopia's **Yomif Kejelcha** set a new half marathon world record of 56 minutes and 51 seconds at the Media Maratón Ciudad de Buenos Aires on August 23, 2026.

- Yomif Kejelcha (Ethiopia)Time: **56:51** (breaking the previous record by 29 seconds)
- Pace: 2:42 per kilometer (**4:20 per mile**)
- Location: Buenos Aires, Argentina
- Women's Winner: **Fotyen Tesfay** (Ethiopia) with a time of **1:03:57**
- Kejelcha was the second finisher, clocking an incredible time of **1:59:41** when Sebastian Sawe ran the 2026 London Marathon in **1:59:30**.

Lanore Bergenske <lbergenske@fortunaesd.com> wrote on Thu, Aug 27, 2026:

Hi, friends!

What a **super fun-filled weekend in Santa Rosa** with the most amazing ladies ever! 🎉💕 We celebrated my **69th birthday** in the best way possible --running the **Santa Rosa Marathon #120**, which was held on my actual birthday! 🥳🎂🏃‍♀️

Caroline, Alicia, and **I** took on the full marathon, starting in downtown Santa Rosa and following the beautiful Santa Rosa Creek Trail before heading west into the heart of Sonoma County wine country. 🍇🍷 The absolute highlight was getting to run on the grounds of the DeLoach Vineyard -- including a rare and unforgettable run right through the winery's barrel room! What an incredible experience!

Meanwhile, **Jen, Kristin, Amber, Nicolette, Casse**, and **Chrystyna** ran the half marathon, which also began in downtown Santa Rosa and traveled along the mostly shaded and beautiful Santa Rosa Creek Trail.

There truly is no better way to celebrate another year of life than with amazing friends, lots of laughter, beautiful miles, and unforgettable memories! Feeling incredibly blessed to have these wonderful women in my life and so grateful to celebrate **69 years and Marathon #120** with them! ❤️🏃‍♀️🎂 -- Lanore Bergenske



Santa Rosa Marathon
Santa Rosa, CA
Sun, Aug. 23, 2026

SANTA ROSA MARATHON • HALF • 10K • 5K

OvP	Group	Name	G/age	Time	Home	Bib#
548	1 (F65-69)	**Lanore Bergenske**	F69	3:50:03	Fortuna	2250
641	14 (F45-49)	**Alicia Mengel**	F47	3:57:25	McKinleyville	1575
789	3 (F60-64)	**Caroline Carson**	F64	4:14:55	Eureka	2349

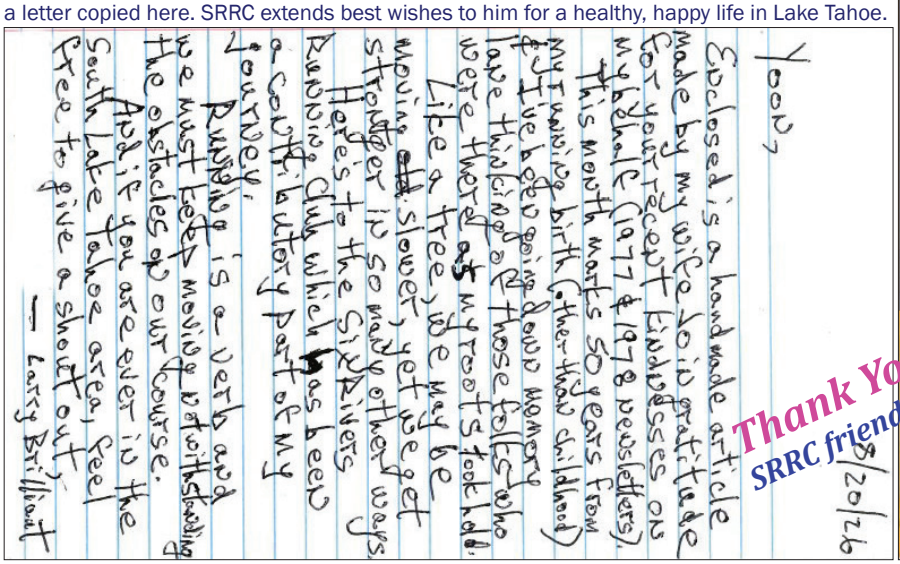
Santa Rosa ½ Marathon

OvP	Group	Name	G/age	Time	Home	Bib#
697	12 (F50-54)	**Kristin Lane**	F51	1:57:11	Arcata	11621
729	13 (F50-54)	**Jen Foesig**	F54	1:57:59	Eureka	10610
912	21 (F55-59)	**Nicolette Amann**	F56	2:04:23	McKinleyville	11634
933	23 (F55-59)	**Amber Coley**	F55	2:05:15	McKinleyville	11564
1228	43 (F45-49)	**Casse Weaver**	F49	2:15:42	Eureka	11620
1587	73 (F45-49)	**Chrystyna Johnson**	F55	2:32:14	McKinleyville	11466





♥ **Larry Brilliant**, who lives in South Lake Tahoe, ran the Avenue of the Giants Marathon in 1978, finishing in 3:35:11. He also participated in the event in 1977. After Larry requested his race record, SRRC sent him a copy of the 1978 result. He expressed his appreciation with a letter copied here. SRRC extends best wishes to him for a healthy, happy life in Lake Tahoe.



Yoon,

Enclosed is a handmade article made by my wife Jo in gratitude for your receipt Kindnesses on my behalf (1977 & 1978 newsletters). This month marks 50 years from my birth (other than childhood) that I've been down those folks who have thinking of a point moment were there at my roots took hold. Life a tree, we may be moving slower, yet we get stronger in so many other ways. Here's to the Six Rivers Running Club which has been a constant & lutory part of my journey.

Running is a verb and we must keep moving & pushing the obstacles of our course. And if you are ever in the South Lake Tahoe area, feel free to give a shout out.

— Larry Brilliant

8/20/26



hand-made refrigerator magnet

Thank You!
SRRC friend in S. Lake Tahoe

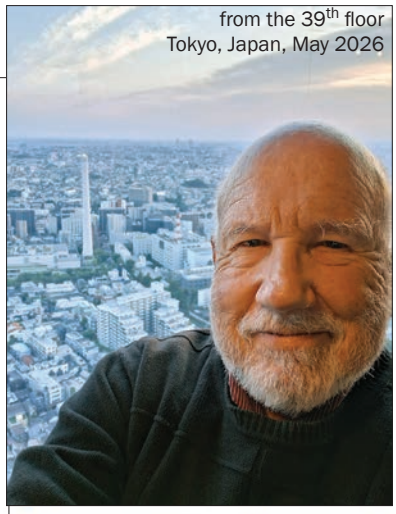
SRRC Crossword Puzzle

ACROSS

1 Do something
4 Upper limbs
8 Elevated
12 Greek consonant
13 Orderly
14 Concept
15 Filled pastry
16 Coach's advice to team members, part 1
18 Get outta here!
20 Meditative syllables
21 Nautical shelter
22 Once around, on the track
24 Buddy
26 Coach's advice to team members, part 2
30 Go get it!
34 Part of a circle
35 Break suddenly
37 Where the runner meets the road
38 Search for
40 Who we are
42 Onetime dialup ISP
43 Firemen's implements
45 Coach's advice to team members, part 3
47 French nose
49 Con's opposite
50 Core muscles, informally
53 Was in front
55 Smithy fixture
59 Coach's advice to team members, part 4
62 Flightless bird
63 Café au __
64 In addition
65 Long-nosed fish
66 Finishes
67 Fortune-teller
68 Lumberjack's tool

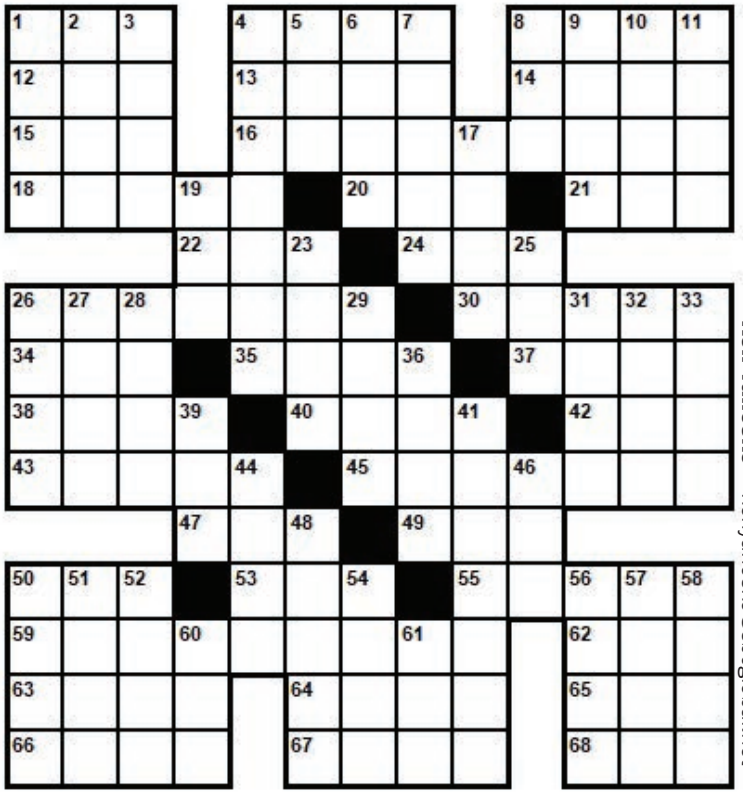
DOWN

1 Programs on your phone
2 Stylish
3 Level
4 Zoo denizens
5 Sports official
6 Sandwich spread, informally
7 Put your foot down
8 Concealed
9 Object of worship
10 Unit of heredity
11 Really, really dislike
17 American mil. flyers
19 Every one
23 What race directors need a lot of
25 __ Misérables
26 Wide cut
27 Sandwich cookie
28 High cards
29 None, old-fashionedly
31 Siamese, modernly
32 Nonchalant
33 Underworld
36 Support
39 Barbie's boyfriend
41 Museum official
44 Identity
46 Came in first
48 More Greek consonants
50 Competent
51 Legume
52 Lost traction
54 Handout
56 Star in Lyra
57 Big screen movie format
58 Attract
60 UFO riders
61 Put into action



from the 39th floor
Tokyo, Japan, May 2026





"**Ken Yanosko**" <kenyanosko@sbcglobal.net>

Upcoming Events

SUN., OCT 11, 2026 << **SRRC race** >>

46th 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 1, 2026 << **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 14, 2026 << **not SRRC race** >>

(6th) Veteran's Day 5K/10K. {FREE for Veterans & Active Duty; $20 for adults, $5 for kids; fees increase after 10/19/26} **5K & 10K** at 10:00 AM. Start and finish McKay Tract road (McKay Community Forest, Harris Street entrance, 3100 Harris St., Eureka). Visit https://6rrc.com for online registration. For more information, contact **Ella Price** at <ella.price@va.gov>.

THUR., NOV 26, 2026 << **not SRRC race** >>

Turkey Trot 5K. {$25 for adults & $20 for kids (Pre Race); $30 for all (Race Day} **5K** at 9:00 AM. Start and finish Eureka Old Town, between 2nd and F Street in Eureka. For more information, contact **Davita McGoldrick** at <dmcgoldrick@nohum.k12.ca.us> or **Reed Elmore** at (707)476-4597 or e-mail at <Reed-Elmore@redwoods.edu>.

SAT., DEC 5, 2026 << **SRRC race** >>

Arcata Bottoms 3M/8M. {$10 for nonmembers, free for SRRC members} 8M at 9:00AM and 3M at 19:15AM. For more information, contact **Harry Kavich** at <hkavich@yahoo.com>.

Sunday Morning Run.

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

Saturday Morning Run.

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

Wednesday Evening Run.

Every Wednesday at 5:30PM a group of runners meet up at a local restaurant and go out for a run. There is a wide range of runners, paces and distances. It's all about community! After the run they hang out and share a meal/and or beverage of your choice. Find them on Facebook under Humboldt County Beer runners or email **Rob Amerman** <robamerman@gmail.com> for more information. All are welcome. See you there!

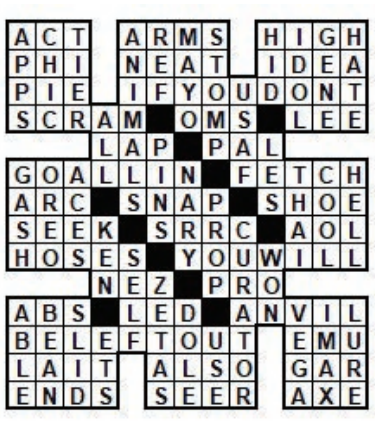
Another Wednesday Evening Run.

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

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

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

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P A I D
Eureka, CA
Permit No. 43



Help Wanted!

Opportunities in October

- Humboldt Redwood Marathon, Half & 5K (8:30 am, Sun. 10/11/26): Jorge Preciado, the Race Director, is looking for volunteers to help out at the HRM event. Please contact him at <humboldtredwoodsmarathon@gmail.com>.
- HRRAY 2026 Cross Country Season: Jack West, the HRRAY Cross Country director is looking for volunteers to help out at the late September and early October events. To view the 2026 HRRAY Cross Country Season, please visit the HRRAY website at: www.hrray.org and you can contact Jack at: <jandjwest@yahoo.com>.

-- Harry Kavich <hkavich@yahoo.com>



Join the fun! Sign up to start your journey with SRRC!

Looking for motivation, camaraderie, set a new PR, challenge all-time age group records, and a healthier lifestyle? Look no further! SRRC is the perfect place for beginners and seasoned runners alike to reach their goals, make friends, and have a blast doing it.



To join:
[1] Visit https://www.6rrc.com/ and click "Join" OR
[2] Visit https://runsignup.com/MemberOrg/SixRiversRunningClub/Info
$30 for "individual"
$50 for "family"

by "**Tom Martin**" <tom.atalanta@gmail.com>



After **Sue-Meg Park Run** on 9/19/26:
Runners (if younger than 70) who have run ≥ **3 SRRC races** are included below.

```
[1-#]     := Resolution Run (1/01/26)
[2-#]     := Hour Run (2/14/26)
[3.t-#]   := FBMR 10M (3/08/26); [3.f-#] := FBMR 4M
[4-#]     := ACF, Arcata Community Forest Run (3/21/26)
[5-#]     := Masters Run (4/11/26)
[6.m-#]   := Ave, marathon (5/03/26); [6.h-#] := ½ marathon; [6.t-#] := 10K
[7-#]     := Atalanta Run 5M (5/10/26)
[8.s-#]   := GPR10.5M; [8.l-#] := GPR30K (6/06/26)
[9-#]     := Dow's Prairie 6.2M (6/20/26)
[10-#]    := 4th pf July 5K (7/04/26)
[11-#]    := Fortuna Rodeo 5K (7/12/26)
[12-#]    := Sand Dollar Shuffle 5M (8/01/26)
[13-#]    := Hammond Trail 5K (8/15/26)
[14.f-#] := Sue-Meg Park 5K (9/19/26); [14.t-#] := 10K
```

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

------ By the number of 2026 SRRC races completed ----------

⓫ Matt Wells*, Lanore Bergenske*

⓾ Caroline Carson*, Arthur Barker, Brian Ferguson*, Randy Emenaker*

❾ Jasper*, Noël Loranger, Jake Johnson*, Jeff Haag*, Sherry Myers*, Lorraine Dillon*

❽ Portia Matheson*, Dillon Ayers, Zachary Chapman*, Andrea Lovio, Richard Roybal, Rob Amerman*, Jen Foesig*, Andrea Wright*, , Jib Ray*

❼ Roenne Powell*, Catrina Howatt*, Karen Adams, Liam Chapman*, Maddox Chapman*, Jenna Larson*, Shar-Lo Kelly, Jo Archibald, Marcile Raney, Marlene Allen*, Debbie Stamper*

❻ Gideon Turner*, Naomi Stamper*, Amy Taylor, Kristin Lane, David Macauley, Paul Kinsey*, Cyril Carl*, Caleb Turner*, Eric Coppa*, Ross Mayfield, Katrin Lemmon, Camille Sathrum, Brittany Gribbin, April Quincey*, Craig Wasko, Shawn Magnuson, Pete Carlson*, Dave Ryan*

❺ Oliver Stamper*, Ashley Powell*, Alejandra Gallegos*, Matthew Kidwell*, Kit Meyer, Angie Pearson, Sherrie Sample, Tim Canning*, Michaele Whiteley, Christina Torres, Becca Matias, Aubrey Gates, Leah Stamper*, Lauren Pottker, Megan Atherton, Sky McKinley*, Sarah Sullens*, Donny Holiman, Simona Carini*, Mark Chapman*

❹ Galen Hammitt, Jaslin Rownan, Danny Emmenecker, Annie Fehrenbach*, Meg Stamp, Emily Batini, Ella Price, Karen Kidwell*, Tara Vu, Sung Choi, Amy Duerfeldt, Mel Sample, John Carson, Sara Starr, Courtney Carlson, Jazmen McGinnis, Cruz Marbain, Sarah Landis, David Turner*, Amy Livingston*, Casse Weaver, Robert Ayers, Paul Kraus*, Berit Meyer

❸ Zane Chapman*, Jacob Beede, Felix Porter, Westley Porter, Isla Archibald-Buchanan, Arianna Porter, Juan Ornelas, Ryder Bullman, Jakob Zolwik, Anna Riedl, Brent Ritschel, Thomas Nolan, Savannah Steffen, Kristi Vernig, Ashley Knowlton, Day Robins, Alex Wright, Sarah Collins, Jamie Hinckley, Shawn Porter, Juan Reyes, Roman Futoma, Danielle Lefever, Shao-Lan Lew-Smith, Crystal Porter, Mavelyn Socha, Robin Fraser, Jennifer Marlow, Trevor Estlow, Laura Coppini, Nicolette Amann, Liisa Luick, Shauna Davidsen, Ed Kallen, Richard Engel, Tj Chapman, Terri Vroman Little, John Aryanpur, Dean Matheson*, Thomas Dewey, Bob Beede

14 & Under Male: Liam Chapman* [1-1, 2-2, 10-2, 11-1, 12-1, 13-2, 14.*f*-1], Maddox Chapman* [1-3, 2-1, 10-1, 11-2, 12-2, 13-1, 14.*f*-2], Zane Chapman* [2-3, 10-3, 11-3], Oliver Stamper* [1-5, 2-4, 3.*f*-2, 10-5, 13-4], Jacob Beede [1-4, 10-4, 13-3], Felix Porter [2-6, 3.*f*-4, 10-6], Westley Porter [2-5, 3.*f*-3, 10-7].

14 & Under Female: Roenne Powell* [1-2, 3.*f*-1, 4-1, 7-2, 10-2, 11-1, 13-1], Isla Archibald-Buchanan [1-1, 7-1, 10-1], Arianna Porter [2-2, 3.*f*-3, 10-5].

15-19 Male: Gideon Turner* [1-4, 2-1, 4-1, 9-1, 10-3, 13-2], Juan Ornelas [3.*f*-2, 10-1, 11-1], Ryder Bullman [3.*f*-1, 11-2, 13-1].

20-24 Male: Caleb Turner* [1-1, 2-1, 4-1, 10-1, 13-1, 14.*f*-1].

25-29 Male: Jasper* [1-2, 2-1, 3.*f*-3, 4-2, 9-2, 10-1, 11-3, 13-2, 14.*f*-1], Eric Coppa [3.*t*-1, 6.*h*-1, 8.*s*-1, 9-1, 12-1, 14.*t*-1], Jakob Zolwik [4-1, 11-2, 13-1].

25-29 Female: Anna Riedl [3.*t*-1, 8.*s*-1, 12-1].

30-34 Male: Brent Ritschel [1-1, 4-1, 14.*f*-1], Ross Mayfield [1-4, 3.*f*-1, 4-3, 9-2, 10-1, 14.*f*-2], Galen Hammitt [3.*t*-2, 4-2, 9-3, 12-2], Thomas Nolan [2-1, 9-1, 14.*t*-1].

30-34 Female: Savannah Steffen [1-3, 4-2, 13-3], Kristi Vernig [1-4, 4-1, 13-4], Jaslin Rownan [1-5, 3.*f*-2, 7-2, 9-2], Ashley Knowlton [1-2, 7-1, 14.*t*-3], Day Robins [1-1, 8.*l*-1, 12-1], Courtney Carlson [3.*t*-2, 9-1, 13-1, 14.*t*-2], Jazmen McGinnis [8.*l*-2, 12-2, 13-2, 14.*t*-1].

35-39 Male: Dillon Ayers [2-1, 3.*t*-1, 4-1, 8.*s*-1, 10-1, 12-1, 13-1, 14.*t*-1], Danny Emmenecker [3.*t*-4, 8.*l*-3, 9-1, 12-2], Alex Wright [3.*t*-3, 11-2, 13-2].

35-39 Female: Annie Fehrenbach* [1-2, 3.*t*-3, 6.*m*-2, 8.*l*-1], Jenna Larson* [1-3, 4-1, 6.*h*-2, 8.*s*-4, 10-4, 13-2, 14.*f*-1], Katrin Lemmon [1-4, 3.*t*-5, 7-5, 9-2, 10-2, 14.*t*-2], Noël Loranger [1-6, 3.*f*-1, 4-2, 7-3, 9-1, 10-1, 12-1, 13-1, 14.*t*-1], Christina Torres [1-10, 3.*t*-6, 8.*s*-5, 9-5, 14.*t*-4], Meg Stampe [1-15, 2-3, 6.*h*-4, 9-6], Ashley Powell* [1-16, 3.*f*-3, 6.*t*-1, 7-9, 10-6], Alejandra Gallegos* [3.*f*-2, 4-3, 7-7, 8.*s*-6, 11-3], Emily Batini [3.*t*-1, 6.*h*-1, 7-2, 8.*s*-1], Ella Price [1-7, 6.*h*-3, 8.*s*-3, 10-3], Sarah Collins [3.*t*-2, 7-1, 8.*s*-2], Cruz Marbain [2-1, 7-4, 9-3, 14.*t*-3], Jamie Hinckley* [4-4, 7-10, 14.*t*-6], Camille Sathrum [1-12, 7-8, 9-6, 10-5, 11-2, 14.*t*-5], Becca Matias [9-4, 11-1, 12-2, 13-3, 14.*f*-2].

40-44 Male: Matthew Kidwell* [1-2, 3.*t*-2, 4-1, 6.*m*-1, 8.*l*-1], Zachary Chapman* [1-3, 2-2, 5-1, 10-1, 11-1, 12-2, 13-2, 14.*f*-1], Matt Wells*

[1-5, 2-1, 3.t-3, 4-4, 5-2, 6.*h*-1, 8.*s*-1, 9-1, 10-2, 12-1, 13-1], Shar-Lo Kelly [1-8, 2-3, 4-5, 5-3, 9-2, 12-4, 14.*t*-1], Shawn Porter [2-4, 3.*f*-2, 10-3], Juan Reyes [3.*t*-5, 4-8, 6.*h*-2], Roman Futoma [4-7, 8.*s*-2, 11-2].

40-44 Female: Karen Kidwell* [1-1, 3.*t*-2, 6.*m*-1, 11-1], Andrea Lovio [1-3, 4-1, 5-1, 7-2, 8.*s*-3, 10-1, 13-1, 14.*f*-1], Jo Archibald [1-5, 2-1, 3.t-4, 4-3, 7-6, 10-2, 14.*f*-2], Aubrey Gates [1-6, 4-4, 7-4, 13-2, 14.*f*-3], Naomi Stamper* [1-9, 2-3, 3.*f*-4, 7-9, 10-8, 13-4], Leah Stamper* [1-10, 2-2, 3.*f*-3, 7-8, 14.*f*-4], Danielle Lefever [1-11, 3.*t*-6, 10-6], Crystal Porter [2-3, 3.*f*-5, 10-9], Tara Vu [3.*t*-3, 4-2, 7-3, 9-1], Brittany Gribbin [3.*f*-1, 7-1, 8.*s*-4, 10-4, 12-1, 14.*t*-4], Lauren Pottker [1-8, 7-7, 9-2, 10-5, 14.*t*-5], Shao-Lan Lew-Smith [4-5, 8.*s*-2, 14.*t*-2], Megan Atherton [5-2, 7-5, 10-3, 13-3, 14.*t*-3], Sarah Landis [3.*t*-1, 10-7, 12-2, 14.*f*-5].

45-49 Male: Sky McKinley* [1-1, 4-1, 8.*l*-1, 13-1, 14.*t*-1], Richard Roybal [2-2, 4-2, 8.*s*-1, 9-1, 10-1, 12-1, 13-2, 14.*f*-1], David Turner* [1-4, 2-2, 13-3, 14.*f*-2].

45-49 Female: Mavelyn Socha [1-4, 3.*t*-5, 5-3], Kit Meyer [1-6, 2-1, 4-4, 9-1, 10-4], Robin Fraser [1-10, 3.*f*-4, 10-5], Amy Taylor [3.*f*-1, 4-2, 10-1, 11-1, 12-4, 13-2], Jennifer Marlow [3.*t*-3, 6.*h*-1, 8.*l*-2], Angie Pearson [4-3, 7-1, 8.*s*-3, 10-2, 12-2], Amy Livingston* [3.*f*-2, 7-2, 13-3, 14.*f*-2], Sarah Sullens* [3.*f*-6, 7-3, 9-2, 10-6, 14.*f*-3], Casse Weaver [3.*t*-6, 8.*s*-2, 12-3, 14.*f*-1], April Quincey* [3.*f*-5, 9-3, 10-3, 12-1, 13-1, 14.*t*-2].

50-54 Male: Jake Johnson* [1-1, 2-2, 3.*f*-1, 4-2, 5-1, 10-1, 11-2, 13-2, 14.*f*-1], Sung Choi [1-4, 2-3, 3.*f*-2, 8.*s*-1], Rob Amerman* [2-1, 3.*t*-2, 4-3, 6.*m*-2, 11-1, 12-1, 13-1, 14.*t*-2], Craig Wasko [3.*t*-1, 4-1, 6.*m*-1, 8.*l*-1, 9-1, 14.*t*-1], Trevor Estlow [4-4, 5-1, 14.*t*-3].

50-54 Female: Amy Duerfeldt [1-2, 3.*f*-2, 5-1, 7-2], Jen Foesig* [3.*f*-1, 4-1, 7-1, 8.*s*-1, 9-1, 11-1, 12-1, 14.*f*-1], Kristin Lane [4-2, 8.*s*-2, 9-2, 10-1, 12-2, 13-1].

55-59 Male: Shawn Magnuson [1-1, 3.*t*-1, 9-1, 10-1, 12-1, 14.*t*-1], Donny Holiman [1-2, 2-2, 4-1, 12-2, 14.*f*-1].

55-59 Female: Catrina Howatt* [2-1, 3.*f*-3, 4-3, 6.*t*-1, 8.*s*-3, 10-3, 12-1], Laura Coppini [3.*f*-1, 5-1, 10-2], Nicolette Amann [1-1, 8.*s*-1, 10-1], Liisa Luick [10-3, 13-1, 14.*t*-2], Shauna Davidsen [1-5, 13-2, 14.*f*-1].

60-64 Male: David Macauley [1-1, 2-2, 5-1, 6.*m*-1, 12-1, 13-1], Arthur Barker [1-3, 2-3, 3.*t*-1, 4-1, 5-2, 9-1, 11-2, 12-3, 13-3, 14.*t*-1], Pete Carlson* [2-4, 4-2, 9-2, 12-4, 13-4, 14.*t*-3], Ed Kallen [1-4, 8.*s*-1, 10-2], Richard Engel [2-5, 10-1, 13-2], Mel Sample [1-5, 6.*t*-1, 7-1, 13-5].

60-64 Female: Caroline Carson* [1-1, 2-2, 3.*t*-2, 5-2, 6.*m*-1, 7-1, 8.*s*-1, 10-1, 11-2, 13-2], Tj Chapman* [1-2, 2-3, 14.*f*-1], Sherrie Sample [1-3, 5-4, 6.*h*-1, 7-3, 13-3], Andrea Wright* [2-1, 3.*t*-1, 5-1, 9-1, 10-1, 11-1, 13-1, 14.*t*-1], Simona Carini* [3.*t*-3, 4-1, 7-2, 12-2, 14.*t*-2], Terri Vroman Little [6.*t*-1, 8.*l*-1, 12-1].

65-69 Male: Jeff Haag* [1-1, 4-2, 5-1, 8.*s*-1, 10-1, 11-1, 12-1, 13-1, 14.*t*-1], Mark Chapman* [1-2, 2-1, 10-2, 13-2, 14.*f*-1], John Carson [1-3, 4-4, 10-6, 13-5], Michael Chapman* [1-5, 3.*f*-3], Mishka Straka [2-2, 4-1], Dave Ryan* [3.*f*-1, 4-3, 5-2, 8.*s*-2, 10-5, 14.*t*-2], John Aryanpur [3.*f*-2, 6.*t*-1, 10-3], Tim Canning* [5-3, 6.*t*-2, 10-7, 12-2, 13-6], Dean Matheson* [1-6, 6.*t*-3, 10-9], Robert Ayers [1-4, 8.*s*-4, 13-4, 14.*f*-3], Paul Kraus* [8.*s*-3, 10-4, 13-3, 14.*f*-2], Thomas Dewey [8.*s*-5, 10-8, 14.*f*-4].

65-69 Female: Lanore Bergenske* [1-1, 2-1, 3.*t*-1, 5-1, 6.*m*-1, 7-1, 8.*l*-1, 11-1, 12-1, 13-1, 14.*t*-1], Michaele Whiteley [1-2, 3.*f*-1, 7-2, 10-1, 11-2], Karen Adams [3.*t*-3, 4-1, 5-2, 6.*h*-1, 9-1, 10-2, 13-3], Berit Meyer [3.*f*-2, 6.*t*-1, 13-4, 14.*f*-2], Marcile Raney [1-3, 6.*t*-2, 7-4, 8.*s*-3, 10-4, 11-3, 14.*f*-1], Sara Starr [4-2, 7-5, 8.*s*-4, 10-3], Marlene Allen* [2-2, 3.*t*-2, 7-5, 8.*s*-1, 12-2, 13-2, 14.*t*-2], Lalitha Brinckhaus [1-5, 11-4].

70-74 Male: Paul Kinsey* [1-1, 2-1, 3.*t*-1, 5-1, 6.*h*-1, 8.*l*-1], Brian Ferguson* [1-2, 2-3, 3.*t*-2, 5-2, 6.*h*-2, 8.*s*-1, 10-1, 12-1, 13-1, 14.*t*-1], Bob Beede [1-3, 10-2, 13-2], Alan Grau [2-2], Mark Ellis* [2-4, 9-1], Harry Kavich* [2-5].

70-74 Female: Debbie Stamper* [1-1, 2-1, 3.*f*-1, 4-1, 5-1, 7-1, 14.*f*-1], Sherry Myers* [2-2, 3.*f*-2, 4-2, 6.*t*-1, 7-2, 11-1, 12-1, 13-1, 14.*f*-2], Julie Jonte [8.*s*-1].

75-79 Male: Cyril Carl* [1-1, 3.*f*-2, 10-1, 11-1, 12-1, 13-2], Tom Martin* [1-2, 2-1], Joe Carroll [1-3], Alan Lowry* [2-2, 10-3], Randy Emenaker* [3.*f*-1, 4-1, 5-1, 6.*t*-1, 9-1, 10-2, 11-2, 12-2, 13-1, 14.*t*-1], Ira Blatt [3.f-3].

75-79 Female: Donna Ayres [1-1], Lorraine Dillon* [1-2, 2-1, 3.*f*-1, 4-1, 5-1, 10-1, 12-1, 13-1, 14.*f*-1], Portia Matheson* [1-3, 2-2, 4-2, 5-2, 6.*h*-1, 7-1, 10-2, 12-2], Caroline Taberner [1-4], Faith Mason [1-5].

80-84 Male: Gerald Crnich [3.*f*-1, 10-1]. Gordon Johnson [8.s-1].

85-89 Male: Jib Ray* [1-1. 2-1, 5-1, 6.*h*-1, 8.s-1, 11-1, 13-1, 14.*t*-1], Jurgen Giessel [2-2, 5-2], Jerry Fowler [3.*f*-1, 12-1].

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

Lanore Bergenske <lbergenske@fortunaesd.com> wrote on Fri, Sep 18, 2026:

On Saturday, September 12th, on a gorgeous, humid day in Santa Barbara, my daughter, granddaughter, and I shared another very special running adventure at the "**She Is Beautiful 5K**."

This race has become an annual tradition for the three of us, and each year it seems to mean a little more. There is nothing better than sharing the miles, the laughter, and the memories with my girls!

Three generations. One beautiful tradition. Running strong together -- and truly the best ever!

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Congratulations!

