



Sand Dollar Shuffle 5K  
Clam Beach, McKinleyville  
9:00 am, Sat., Aug. 2, 2025

# August Minutes

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

Wed., Aug. 6, 2025, 6:30 p.m. at Chin's in Eureka. Board members in attendance: **Gary Timek, Mark Ellis, Sarah Sullens, Juan Reyes, Sherry Myers, Marlene Allen, Jamie Hinckley, Karen Kidwell, Matthew Kidwell** and **Catrina Howatt**. Guests: **Jack West, Ricky Lam** and **Paul Kraus**.

## OLD BUSINESS

### A. Arcata Marsh 4th of July Run (9:00 am, Fri., 7/04/25) recap:

Marlene Allen reported it was great with 215 runners and 234 popsicles. There were a ton of volunteers. Motion to donate proceeds of \$1,600 to Arcata High Cross Country Team. Motion – Matthew Kidwell, Second – Juan Reyes, Motion passed unanimously.

**B. Fortuna Rodeo Run (9:00 am, Sun., 7/13/25) recap:** Catrina Howatt reported there were 167 runners. The run collected \$670 dollars and had \$107.91 in expenses. The run went smoothly and many thanks to the City of Fortuna and the Police Department. Discuss making a donation from the proceeds to a local cause at the next meeting.

**C. Sand Dollar Shuffle Run (9:00 am, Sat., 8/02/25) recap:** Paul Kraus reported there were 48 runners. It was a nice run.

**D. HRRAY:** Jack West passed out a schedule of the fall Cross Country meets. They are looking for volunteers to help out at the events. Please contact Jack <jandjwest@yahoo.com> if you want to help. Also, the HS Clam Beach run on Sat., 9/27/25 is trying to get a timing company for the meet. If anyone knows anyone who will be willing to sponsor that, please let Jen Foesig know at <jenfoesig3@gmail.com>.

## NEW BUSINESS

### A. Kevin Ebbert Memorial Run (9:00 & 9:30 am, Sat., 8/23/25):

2M at 9:30 am, 10K at 9:00 am. Jamie Hinckley reported that they are working on the run and will be ready to go!

**B. Hammond Trail 5K (9:00 am, Sat., 9/13/25):** Sarah Sullens reported that the paperwork is in and she is getting the volunteers lined up. It is on track!

**C. CR Banquet (5:00 pm, Thurs., 8/14/25):** Gary reported that a

table has been reserved

**D. Blue Lake Fish Hatchery Run (9:30 & 10:00 am, Sun., 11/02/25):** Matthew Kidwell reported no luck getting ahold of the Fishery people. He is working on a plan for a Blue Lake run and will bring it back to the Board next month.

**E. Arcata Bottoms Run (9:00 & 9:15 am, Sat., 12/13/25):** There is interest for the Race Director of this race. It will be discussed at the next Board meeting.

**F. Financials:** Reminder from Cindy Timek to get her the financials from the races this year so she can get it to the accountant.

**G. Other:** Discussion that Board members should not miss more than three meetings. Karen Kidwell also forwarded the financials from the Grasshopper Peak run.

• **Next meeting:** Babe's in Cutten; Dinner at 5:30, Meeting at 6:30 pm, Wed., Sep. 3, 2025. Ask Gary Timek <gtimek@aol.com> for details.



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

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

### Third Class Mail is not forwarded!

Send address changes to:  
ygk1@humboldt.edu

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

### Submitting Material for Publication

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

Send materials for publication by the **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

### SRRS 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

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

### SRRS 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>

### SRRS Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>



9:00 am, Sat., Aug. 2, 2025

# Sand Dollar Shuffle Run

**Thanks to all the runners** who showed up for the **Sand Dollar Shuffle** today and **Special thanks to the volunteers** that made the event run so smoothly:

- Registration – **Catrina Howatt** and **Andrea Wright**
- Finish Line – **Mark Ellis**
- Timing – **Gary Timek** and **Yoshi Uemura**
- On site Food Preparation and Cleanup – **Holly Sage**
- Results and Photos – **Yoon Kim**
- Course Calibration and Turn-around Setup – **Matthew Kidwell**
- Gear Haulers – **Gary Timek, Mark Ellis, Carla, Andrea Wright, Yoshi Uemura, Yoon Kim, Randy Emenaker** and **Matthew Kidwell**
- Huge thanks to **Carla** for baking the sand dollar cookies, preparing the watermelon, shopping with me and general event organization.

**Thanks again to all. – Paul and Carla Kraus**

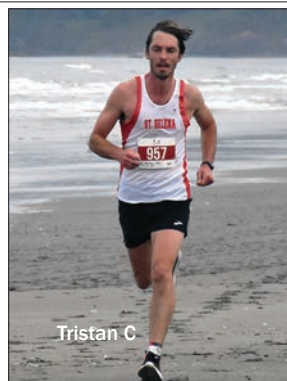


## 5M

| Place | Name              | G/age | Time    |
|-------|-------------------|-------|---------|
| 1     | Matt Kidwell      | M44   | 33:15   |
| 2     | Tristan Cole      | M33   | 33:56   |
| 3     | Richard Roybal    | M49   | 36:28   |
| 4     | Rob Amerman       | M51   | 37:25   |
| 5     | Sequoia Ashby     | F19   | 37:50   |
| 6     | Scott Dailey      | M59   | 37:56   |
| 7     | Doug Hartling     | M41   | 38:39   |
| 8     | Jeff Haag         | M66   | 38:44   |
| 9     | Liam Carey-Rand   | M42   | 38:57   |
| 10    | Matt Wells        | M44   | 38:58   |
| 11    | Mishka Straka     | M67   | 39:22   |
| 12    | Isabel Hirsch     | F36   | 40:08   |
| 13    | Sung Choi         | M53   | 40:43   |
| 14    | Becca Matias      | F34   | 41:38   |
| 15    | Kerry Byrne       | F43   | 42:05   |
| 16    | Kelley Sheehy     | F59   | 42:06   |
| 17    | Simona Carini     | F62   | 43:59   |
| 18    | Sage Hartling     | F12   | 44:12   |
| 19    | Arthur Barker     | M63   | 44:26   |
| 20    | Shawn Magnuson    | M55   | 46:22   |
| 21    | Dave Ryan         | M68   | 46:49   |
| 22    | Brittany Gribbin  | F40   | 47:38   |
| 23    | Cyril Carl        | M78   | 48:21   |
| 24    | Randy Emenaker    | M74   | 49:12   |
| 25    | Rich Baker        | M63   | 52:02   |
| 26    | Jasper            | M28   | 54:49   |
| 27    | Robert Ayers      | M67   | 55:45   |
| 28    | Leah Stamper      | F41   | 56:23   |
| 29    | Christina Torres  | F37   | 57:27   |
| 30    | Lorraine Dillon   | F74   | 1:02:07 |
| 31    | Debbie Stamper    | F71   | 1:03:17 |
| 32    | Catrina Howatt    | F58   | 1:03:27 |
| 33    | Roenne Powell     | F08   | 1:08:35 |
| 34    | Caleb Larson      | M08   | 1:09:02 |
| 35    | Dori Larson       | F37   | 1:09:03 |
| 36    | Marcile Raney     | F65   | 1:09:21 |
| 37    | Rocco Pearson     | M10   | 1:09:40 |
| 38    | Ian Pearson       | M06   | 1:11:50 |
| 39    | Angie Pearson     | F49   | 1:11:51 |
| 40    | Tonja Pettit      | F58   | 1:13:07 |
| 41    | Jeanette Suhay    | F57   | 1:13:10 |
| 42    | Sherry Myers      | F69   | 1:18:23 |
| 43    | Portia Matheson   | F77   | 1:18:24 |
| 44    | Marlene Allen     | F69   | 1:18:25 |
| 45    | Sandra Healy      | F75   | 1:19:23 |
| 46    | Davita McGoldrick | F46   | 1:20:12 |
| 47    | Kit Meyer         | F44   | 1:20:13 |
| 48    | Jerry Fowler      | M86   | 1:27:30 |



Matt Kidwell  
5M winner (M)  
33:15



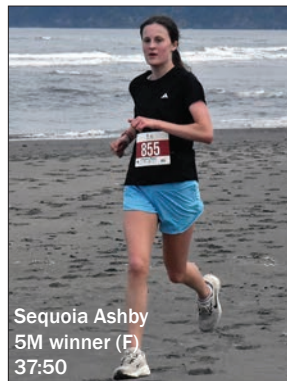
Tristan C



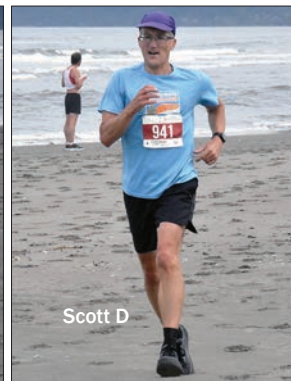
Richard R



Rob A



Sequoia Ashby  
5M winner (F)  
37:50



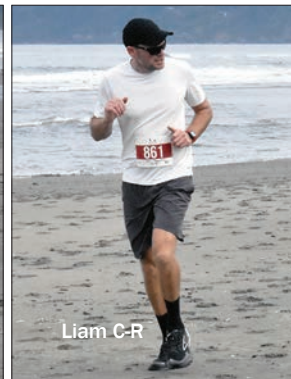
Scott D



Doug H



Jeff H

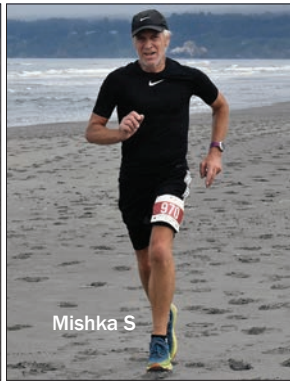


Liam C-R

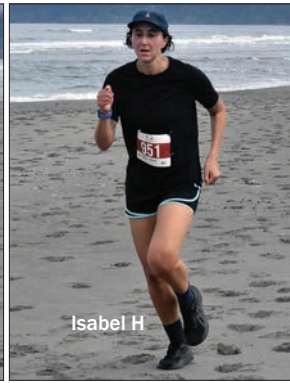




Matt W



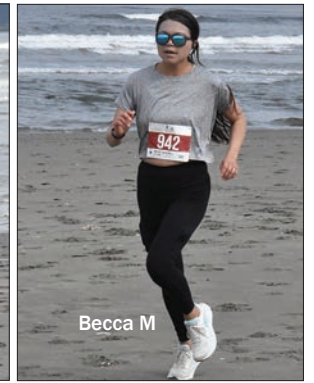
Mishka S



Isabel H



Sung C

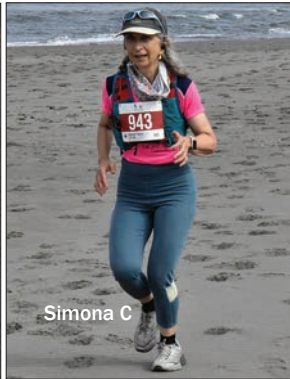


Becca M

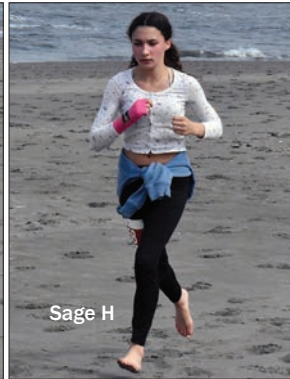


Kelley S

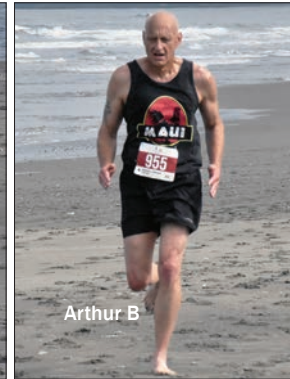
Kerry B



Simona C



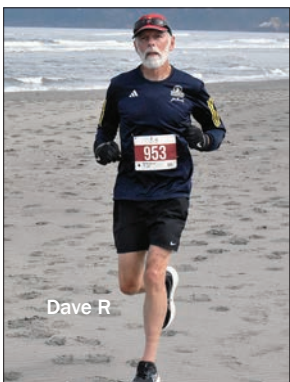
Sage H



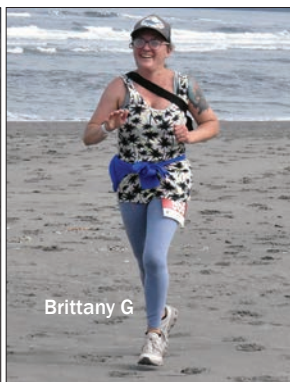
Arthur B



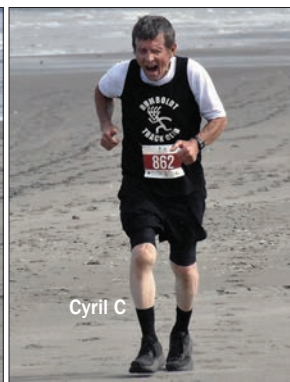
Shawn M



Dave R



Brittany G



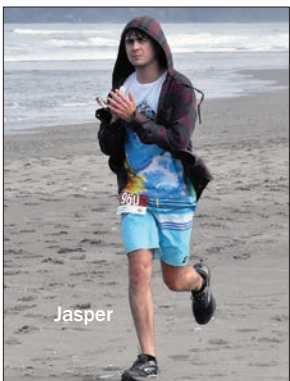
Cyril C



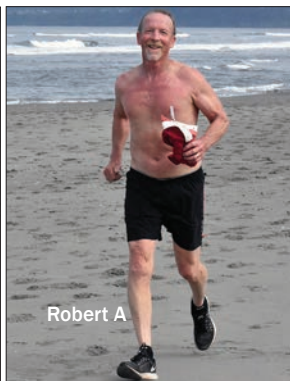
Randy E



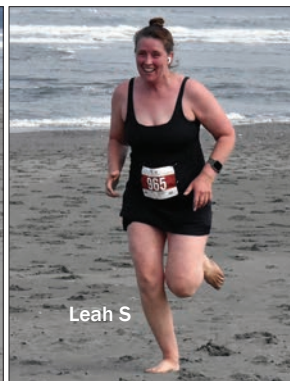
Rich B



Jasper



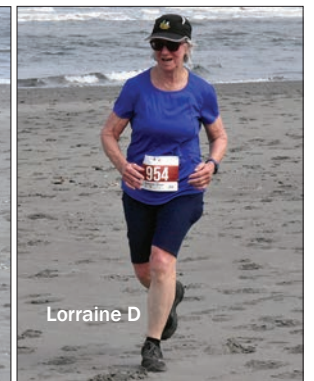
Robert A



Leah S



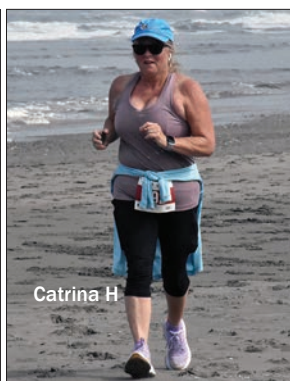
Christina T



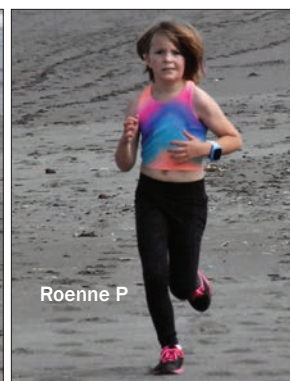
Lorraine D



Debbie S



Catrina H

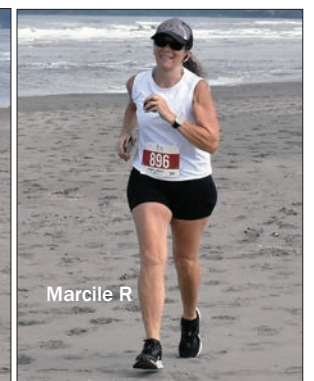


Roenne P



Caleb L

Dori L



Marcile R



# 2025 24<sup>th</sup> ANNUAL SRRC 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, Dows Prairie, July 4th 5K, Fortuna 5K** and the **Sand Dollar Shuffle**.

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)>. Guest writers for the articles are welcome. If you're interested in helping with or taking over the Circuit next year, please let me know.

**14& Under Male:** Maddox Chapman (4), Oliver Stamper (6), Zane Chapman (4), Liam Chapman (4), Felix Porter (5), Westley Porter (5)

**14 & Under Female:** Arianna Porter (4), Sage Hartling (4)

**15-19 Male:** Juan Ornelas (6)

**25-29 Male:** Jasper (9)

**30-34 Male:** Tristan Cole (5), Galen Hammitt (4)

**30-34 Female:** Rebecca Matias (4), Amanda Lee (4), Jaslin Rowan (4)

**35-39 Male:** Travis Sanborn (4), Jose Ornelas (7)

**35-39 Female:** Emily Batini (4), Isabel Hirsch (7), Jenna Larson (8), Christina Torres (6), Katrin Lemmon (4)

**40-44 Male:** Matthew Kidwell (6), Doug Hartling (7), Matt Wells (4), Zachary Chapman (4), Shawn Porter (5), Jeremy Wright (4)

**40-44 Female:** Kerry Byrne (5), Karen Kidwell (5), Kit Meyer (5), Crystal Porter (6), Leah Stamper (7)

**45-49 Male:** Sky McKinley (7), Richard Roybal (6), Jake Johnson (8)

**45-49 Female:** Robin Fraser (6), Alia Dunphy (6)

**50-54 Male:** Rob Amerman (7), Craig Wasko (4), Sung Choi (6)

**50-54 Female:** Marie Cappiello (4), Jen Foesig (8)

**55-59 Male:** Ed Kallen (7), Shawn Magnuson (5)

**55-59 Female:** Catrina Howatt (6), Jeanette Suhay (4)

**60-64 Male:** Arthur Barker (8), Paul Kraus (4), Rich Baker (4), Peter Carlson (4)

**60-64 Female:** Andrea Wright (5), Caroline Carson (10), Tj Chapman (5), Dawn Durbin (4), Marcile Raney (4), Simona Carini (6)

**65-69 Male:** Jeff Haag (5), Paul Kinsey (4), John Carson (7), Mark Chapman (7), Don Elwell (4), Dave Ryan (8), Mishka Straka (4), Robert Ayers (5)

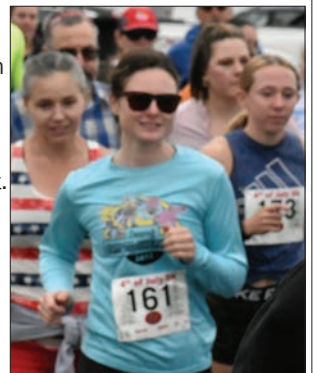
**65-69 Female:** Lanore Bergenske (7), Karen Adams (5), Marlene Allen (7), Sherry Myers (9), Michael Whiteley (4)

**70-74 Male:** Randy Emenaker (9)

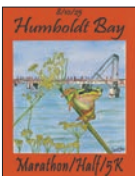
**70-74 Female:** Debbie Stamper (9), Lorraine Dillon (5)

**75-79 Male:** Cyril Carl (5)

**75-79 Female:** Portia Matheson (9)



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



# 10<sup>th</sup> Humboldt Bay Marathon, Half & 5K

## Marathon

Eureka, CA, 7:00am, Sun., Aug. 10, 2025

| Pl | Name                 | G/age | Time    |
|----|----------------------|-------|---------|
| 1  | Travis Sandborn      | M32   | 2:49:22 |
| 2  | Aiden Boothby        | M20   | 2:50:47 |
| 3  | Eric Inouye          | M26   | 3:09:03 |
| 4  | Matthew Littlefield  | M47   | 3:11:15 |
| 5  | Craig Wasko          | M53   | 3:14:45 |
| 6  | Maddie Christman     | F28   | 3:17:23 |
| 7  | Nathan Hanson        | M21   | 3:22:41 |
| 8  | Alyssabeth De Jerez  | F31   | 3:23:22 |
| 9  | Dan Thatford         | M52   | 3:24:04 |
| 10 | Romney Resney        | F57   | 3:27:10 |
| 11 | Day Robins           | F29   | 3:27:38 |
| 12 | Kimberlee Howley     | F34   | 3:29:00 |
| 13 | AnnaLise Sandrich    | F21   | 3:30:58 |
| 14 | Jett Jaress          | M33   | 3:32:15 |
| 15 | Luke Prince          | M43   | 3:36:40 |
| 16 | Bryan Baroffio       | M67   | 3:37:36 |
| 17 | Javier Villalvazo    | M29   | 3:41:36 |
| 18 | Erin Banda           | F28   | 3:42:15 |
| 19 | Rainer Schochat      | M69   | 3:44:24 |
| 20 | Courtney Carlson     | F33   | 3:46:58 |
| 21 | Shpresa Knowles      | F19   | 3:49:40 |
| 22 | Thomas Nolan         | M31   | 3:50:05 |
| 23 | Gus Liu              | M30   | 3:59:45 |
| 24 | Rose Melville        | F24   | 3:59:46 |
| 25 | Taylor McCole        | M27   | 4:03:35 |
| 26 | Alicia Mengel        | F46   | 4:03:36 |
| 27 | Dave Fraser          | M33   | 4:03:44 |
| 28 | Lanore Bergenske     | F67   | 4:08:37 |
| 29 | Jen Foesig           | F53   | 4:09:46 |
| 30 | Christian Rozzo      | M32   | 4:26:11 |
| 31 | Robin Rogers         | F60   | 4:28:17 |
| 32 | Jack Merrill         | M23   | 4:28:17 |
| 33 | Torrey Meza          | F21   | 4:28:17 |
| 34 | Sky McKinley         | M48   | 4:30:05 |
| 35 | Garrett Harwood      | M30   | 4:31:16 |
| 36 | Kelly Ridgway        | F39   | 4:44:18 |
| 37 | Sam Vernekoff        | M21   | 4:45:54 |
| 38 | Sheri Jensen         | F60   | 4:46:32 |
| 39 | Netra Khatri         | M47   | 4:46:53 |
| 40 | Thor Dunn            | M54   | 4:49:51 |
| 41 | J.R. Mintz           | M59   | 4:50:39 |
| 42 | Scot Davis           | M53   | 4:51:20 |
| 43 | Christina Liu        | F32   | 4:56:02 |
| 44 | Elizabeth Raynal     | F29   | 5:02:58 |
| 45 | Craig Reinbolt       | M39   | 5:02:59 |
| 46 | Jordi Garcia Gonzalo | M45   | 5:07:22 |
| 47 | Sarah Miller         | F48   | 5:12:19 |
| 48 | Julia Croteau        | F55   | 5:13:37 |
| 49 | Hope King            | F21   | 5:14:58 |
| 50 | Garrett Sobol        | M21   | 5:15:01 |
| 51 | Bryn Miller          | F34   | 5:23:16 |
| 52 | Walter Bullock       | F68   | 5:24:44 |
| 53 | Larry Handt          | M63   | 6:13:00 |
| 54 | Tanner Johnson       | M26   | 6:20:00 |
| 55 | Javier Romero        | M26   | 6:33:00 |
| 56 | Holly Panetta        | F49   | 6:37:27 |
| 57 | Elizabeth Bright     | F49   | 6:38:00 |
| 58 | Edgar Roberts III    | M56   | 7:35:00 |
| 59 | Laysha Roberts       | F52   | 8:16:00 |
| 59 | Kathleen Merz        | F56   | 8:16:00 |
| 61 | Thomas McCutchen     | M51   | 9:30:00 |

## Half Marathon

Eureka, CA, 8:00am, Sun., Aug. 10, 2025

| Pl | Name                | G/age | Time    |
|----|---------------------|-------|---------|
| 1  | Ryder Bullman       | M16   | 1:16:33 |
| 2  | Donald Leedy        | M27   | 1:22:41 |
| 3  | Erin Ponte          | F39   | 1:23:45 |
| 4  | Erich Coulter       | M32   | 1:26:27 |
| 5  | Maxwell Witherspoon | M32   | 1:29:10 |
| 6  | Damian Dinan        | M19   | 1:29:32 |
| 7  | Matthew Kidwell     | M44   | 1:29:40 |
| 8  | Ellison Ma          | M33   | 1:29:46 |
| 9  | Levi Myers          | M16   | 1:33:58 |
| 10 | Emmanuel Parage     | M39   | 1:34:18 |
| 11 | Kendall Martin      | F33   | 1:34:45 |
| 12 | Eve Schaeffer       | F45   | 1:35:02 |
| 13 | Tayla Starr         | F19   | 1:37:15 |
| 14 | Elena Marengni      | F31   | 1:39:33 |
| 15 | Michelle Klim       | X30   | 1:40:04 |
| 16 | Andrew Garrett      | M64   | 1:40:20 |
| 17 | Olivia Black        | F25   | 1:40:27 |
| 18 | Kaylee Rapinoe      | F25   | 1:43:04 |
| 19 | Kayla Black         | F27   | 1:43:30 |
| 20 | Sarah Collins       | F36   | 1:44:26 |
| 21 | Dillon Creasy       | M40   | 1:44:39 |
| 22 | Jennifer Heidmann   | F55   | 1:45:09 |
| 23 | Patrick Storm       | M27   | 1:45:15 |
| 24 | Doug Peterson       | M27   | 1:45:16 |
| 25 | Tim Fallon          | M27   | 1:45:30 |
| 26 | David McAulay       | M63   | 1:45:37 |
| 27 | Rob Amerman         | M51   | 1:46:42 |
| 28 | Canyon Robins       | M27   | 1:48:05 |
| 29 | Marvin Barroso      | M16   | 1:48:41 |
| 30 | James Watson Watson | M27   | 1:48:44 |
| 31 | Sequoia Ashby       | F19   | 1:48:48 |
| 32 | Summer Morales      | F17   | 1:49:20 |
| 33 | Chrissie Keeney     | F35   | 1:49:39 |
| 34 | Jenna Larson        | F39   | 1:50:00 |
| 35 | Sarah McGraw        | F34   | 1:50:10 |
| 36 | Amanda Lee          | F33   | 1:50:22 |
| 37 | Albie Rumfelt       | M47   | 1:51:12 |
| 38 | Jordan Ochoa        | F30   | 1:51:57 |
| 39 | Ethan Cohen-Cole    | M51   | 1:52:07 |
| 40 | Kristal Mendez      | F43   | 1:52:24 |
| 41 | Princesa Pabalan    | F43   | 1:52:45 |
| 42 | Jake Johnson        | M49   | 1:53:00 |
| 43 | Liz Cornwall        | F42   | 1:53:16 |
| 44 | Lauren Taylor       | F27   | 1:53:39 |
| 45 | Alex King           | M16   | 1:53:47 |
| 46 | Derek Wurst         | M50   | 1:54:05 |
| 47 | Dustin Jackson      | M30   | 1:54:15 |
| 48 | Andrew Lennon       | M43   | 1:54:34 |
| 49 | Alan James          | M65   | 1:54:55 |
| 50 | Duncan Robins       | M60   | 1:55:38 |
| 51 | Damian Morton       | M31   | 1:55:55 |
| 52 | Bri Cavanaugh       | F33   | 1:56:05 |
| 53 | Shawn Magnuson      | M56   | 1:56:08 |
| 54 | Lily Simmons        | F25   | 1:56:15 |
| 55 | Saira Fuentes       | F21   | 1:56:26 |
| 56 | Kristin Lane        | F50   | 1:56:50 |
| 57 | Ed Kallen           | M60   | 1:56:58 |
| 58 | Eric Coppa          | M28   | 1:57:44 |
| 59 | Tara Vu             | F43   | 1:59:07 |
| 60 | Celeste Kelso       | F26   | 1:59:49 |
| 61 | Sungjae Choi        | M53   | 1:59:50 |
| 62 | Phoebe Ruggles      | F28   | 2:01:16 |
| 63 | Thomas Nguyen       | M29   | 2:01:16 |
| 64 | Siena Cohen-Parikh  | F21   | 2:01:28 |
| 65 | Uriel Esteves       | M19   | 2:02:07 |

|     |                      |     |         |
|-----|----------------------|-----|---------|
| 66  | Beth Hansen          | F40 | 2:03:56 |
| 67  | Mike Hansen          | M47 | 2:03:57 |
| 68  | Jasper               | M28 | 2:04:36 |
| 69  | Angie Grytness       | F35 | 2:04:37 |
| 70  | Jordyn Franklin      | F26 | 2:04:37 |
| 71  | Kaori Maciel         | F50 | 2:04:51 |
| 72  | Raewyn Butcher       | F58 | 2:04:53 |
| 73  | Malcolm Seemann      | M21 | 2:05:04 |
| 74  | Vicki Hayler         | F52 | 2:05:05 |
| 75  | Yvette Ferreira      | F51 | 2:05:09 |
| 76  | Heidi O'Hanan        | F40 | 2:05:46 |
| 77  | Christian Woodward   | M44 | 2:06:23 |
| 78  | Hank Seemann         | M54 | 2:07:37 |
| 79  | Kyla Berman          | F20 | 2:08:31 |
| 80  | Jennifer Wettemann   | F47 | 2:08:32 |
| 80  | Kaylee Wettemann     | F18 | 2:08:32 |
| 82  | Rubin Massey         | M36 | 2:08:47 |
| 83  | Matthew Wiedmann     | M36 | 2:08:50 |
| 84  | Emilee Kovar         | F17 | 2:08:58 |
| 85  | Kelli Starr          | F48 | 2:09:28 |
| 86  | Kim Bergel           | F39 | 2:10:34 |
| 87  | Erik Alfin           | M49 | 2:10:53 |
| 88  | Michelle Caisse      | F51 | 2:12:09 |
| 89  | Will Peterson        | M27 | 2:13:05 |
| 90  | Mavelyn Socha        | F47 | 2:13:56 |
| 91  | Betty Kobia          | F33 | 2:14:00 |
| 92  | Chris Brant          | M48 | 2:14:00 |
| 93  | Emily Hsu            | F29 | 2:14:02 |
| 94  | Molly Bongio         | F28 | 2:14:03 |
| 95  | Mary Bongio          | F57 | 2:14:03 |
| 96  | Bret Vernekoff       | M50 | 2:14:50 |
| 97  | Robert Chernoff      | M63 | 2:15:10 |
| 98  | Olivia Symanovich    | F48 | 2:15:49 |
| 99  | Nora Wynne           | F58 | 2:17:00 |
| 100 | Casse Weaver         | F48 | 2:18:56 |
| 101 | Chrystyna Johnson    | F46 | 2:19:05 |
| 102 | David Caisse         | M46 | 2:19:06 |
| 103 | Rebecca Parage       | F37 | 2:19:15 |
| 104 | Amy Waterman         | F39 | 2:19:36 |
| 105 | Bill Evans           | M61 | 2:23:52 |
| 106 | Jaylee Lister        | F30 | 2:26:45 |
| 107 | Roxi Mueller         | F55 | 2:30:36 |
| 108 | Christina Torres     | F37 | 2:32:05 |
| 109 | Mary Anderson        | F34 | 2:34:04 |
| 110 | Lucas Stott          | M44 | 2:36:10 |
| 111 | Chelsea Castigione   | F33 | 2:36:38 |
| 112 | Ale Gallegos         | F36 | 2:37:48 |
| 113 | Karen Adams          | F65 | 2:37:56 |
| 114 | Shannon Cavness      | F54 | 2:40:10 |
| 115 | Gelareh Rahbar       | F53 | 2:42:13 |
| 116 | Thomas Williams      | M32 | 2:43:07 |
| 117 | Brandon Ward         | M33 | 2:43:46 |
| 118 | Eva Mohrman-DeLaCruz | F43 | 2:45:44 |
| 119 | Dalas Hayes          | F27 | 2:47:54 |
| 120 | Rachel Ross          | F66 | 2:49:23 |
| 121 | Daena Angeles        | F27 | 2:51:56 |
| 122 | Andrew Conner        | M41 | 2:53:18 |
| 123 | Alexis Jackson       | F38 | 2:57:04 |
| 124 | Kylie Conti          | F23 | 2:58:31 |
| 125 | Elizabeth Heinberger | F44 | 2:59:06 |
| 126 | Eileen Wolf          | F62 | 3:01:20 |
| 127 | Jan Mendenhall       | F63 | 3:03:04 |
| 128 | Donnell Duclo        | F61 | 3:03:53 |
| 129 | Alison Brewer        | F50 | 3:04:22 |
| 130 | Anthony Contreras    | M51 | 3:10:45 |
| 131 | Joseph Bean          | M37 | 3:10:46 |
| 132 | Suzette Bana         | F42 | 3:10:50 |
| 133 | Sara Starr           | F68 | 3:12:42 |
| 134 | Joni Hammond         | F64 | 3:12:42 |

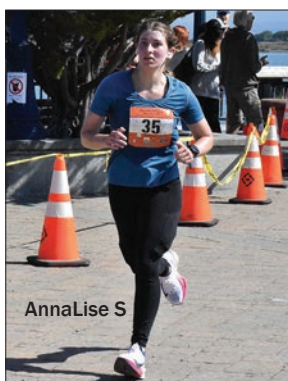
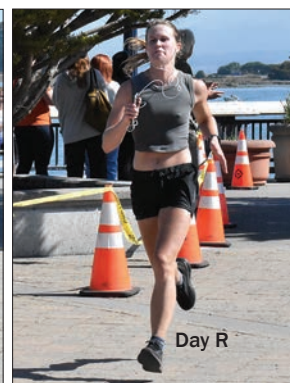
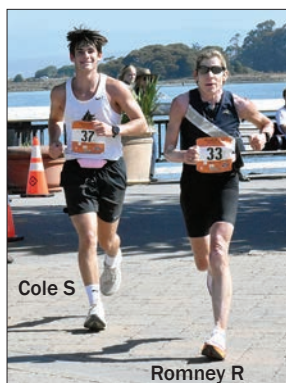
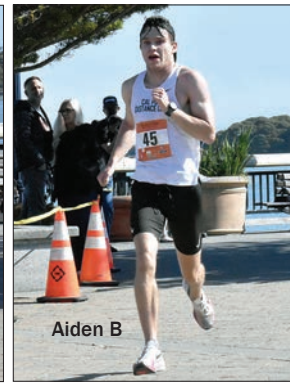
|     |                |     |         |
|-----|----------------|-----|---------|
| 135 | Erika Gynn     | F58 | 3:13:48 |
| 136 | Jenny Early    | F45 | 3:14:50 |
| 137 | Adam Malavasic | M42 | 3:40:23 |
| 138 | Kate Sosin     | F74 | 3:52:04 |
| 139 | Amita Khazanie | F46 | 3:55:57 |
| 140 | Kanen Ishimoto | M30 | 3:56:25 |
| 141 | Tammy Wik      | F40 | 4:00:05 |
| 142 | Andrew Morris  | M40 | 4:00:05 |
| 143 | Ransom Ryman   | M45 | 4:06:43 |
| 144 | Dennis Mori    | M78 | 4:10:33 |

## 5K

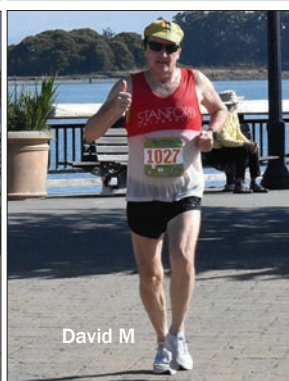
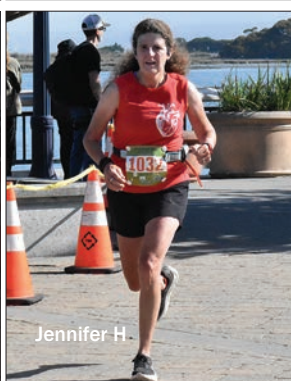
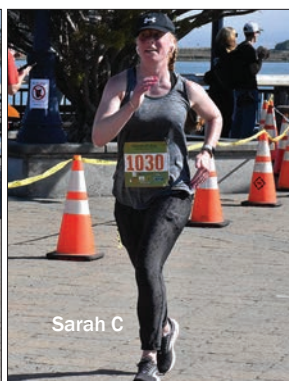
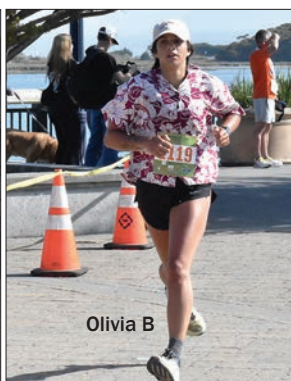
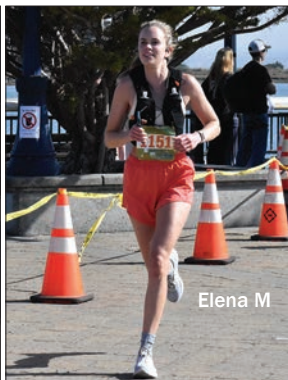
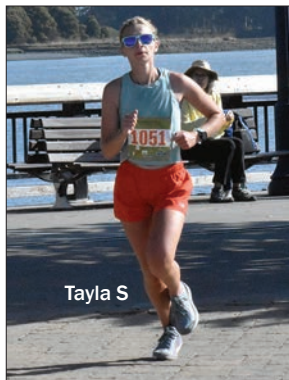
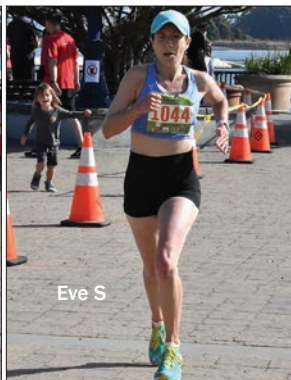
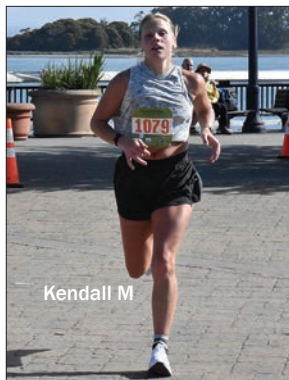
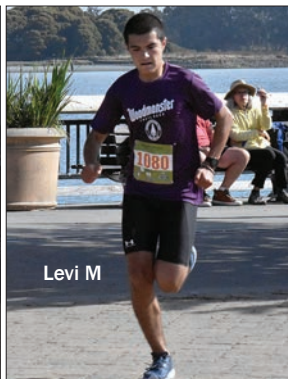
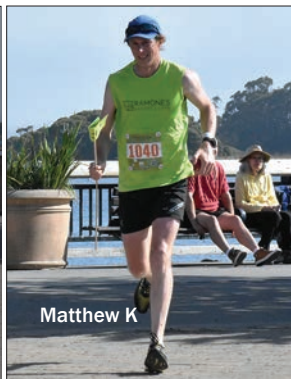
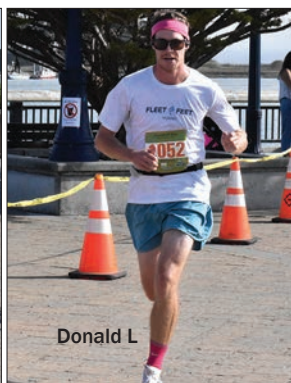
Eureka, CA, 9:00am, Sun., Aug. 10, 2025

| P1 | Name                  | G/age | Time  |
|----|-----------------------|-------|-------|
| 1  | Zack Cox              | M46   | 22:45 |
| 2  | Kelley Sheehy         | F59   | 23:29 |
| 3  | Ezra Myers            | M18   | 23:43 |
| 4  | Sarah Sanders         | F45   | 24:01 |
| 5  | Rebecca Matias        | F35   | 25:05 |
| 6  | Ron Sutliff           | M29   | 25:54 |
| 7  | John Aryanpur         | M66   | 26:47 |
| 8  | Brittany Emerson      | F40   | 26:52 |
| 9  | Amber Coley           | F54   | 27:28 |
| 10 | Brenna Coley          | F30   | 27:28 |
| 11 | Christian Coley       | M25   | 27:28 |
| 12 | Brent Coley           | M60   | 27:28 |
| 13 | Michael Whiteley      | F65   | 30:57 |
| 14 | Rob Gribbin           | M39   | 32:37 |
| 15 | Jomhel Tomas          | F28   | 32:52 |
| 16 | Madison Flynn         | M40   | 33:02 |
| 17 | Megan Atherton        | F42   | 34:07 |
| 18 | Mason Atherton-Friend | M07   | 34:07 |
| 19 | Taryn Sanborn         | F23   | 34:28 |
| 20 | Josh Burge            | M27   | 34:28 |
| 21 | Michele Stover        | F45   | 37:37 |
| 22 | Sherrie Sample        | F62   | 38:11 |
| 23 | Marsha Ryan           | F70   | 39:21 |
| 24 | Sarah Sullens         | F45   | 39:36 |
| 25 | Ryan Yakely           | M28   | 39:52 |
| 26 | Dana Estevo           | F41   | 39:57 |
| 27 | Stella Jaress         | F08   | 40:46 |
| 28 | Jessica Lynn          | F29   | 40:46 |
| 29 | Eric Myers            | M60   | 41:45 |
| 30 | Sara Villa            | F18   | 42:31 |
| 31 | Mel Sample            | M64   | 44:30 |
| 32 | Megan Kesler          | F40   | 44:43 |
| 33 | Orin Kesler           | M08   | 44:44 |
| 34 | Kayce Rasmussen       | F42   | 53:01 |
| 35 | Bryce Mussey          | M06   | 56:04 |
| 36 | Zayne Mussey          | M04   | 56:09 |
| 37 | Ember Lasbury         | F32   | 56:09 |
| 38 | Kai Heifetz           | M38   | 59:00 |
| 39 | Gayle Heifetz         | F67   | 59:01 |

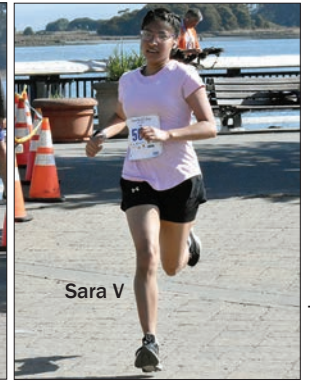
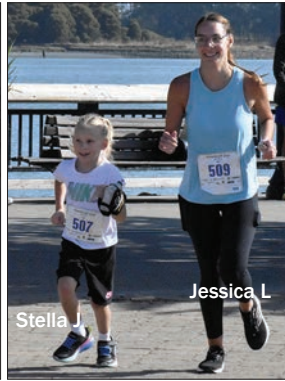
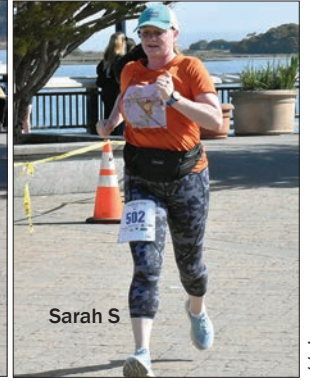
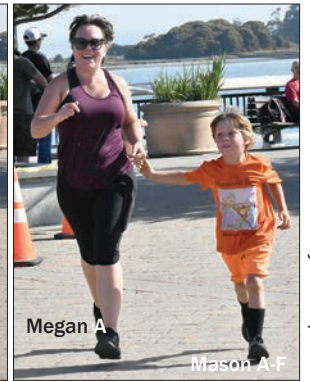
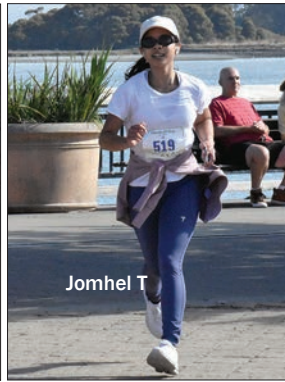
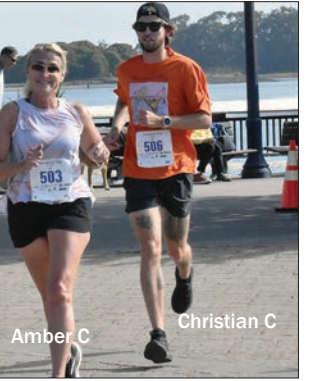
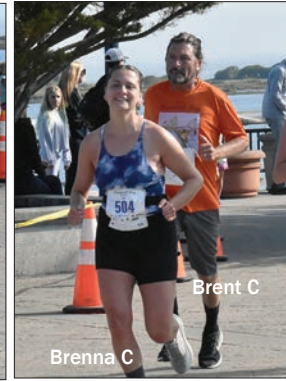
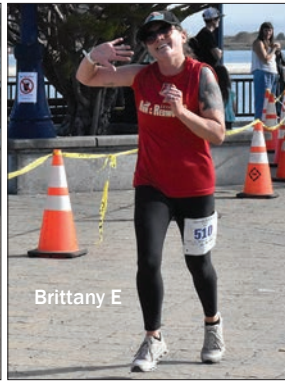
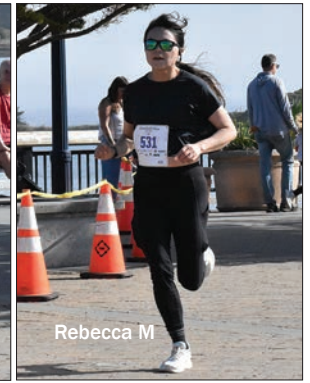
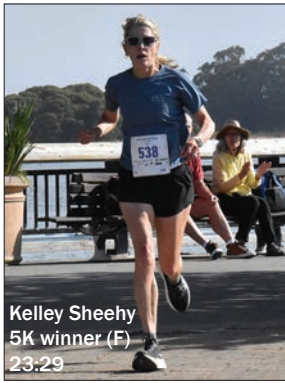
## Marathon



• Only the top finishers are shown here. Please visit <http://www.grc.com> for the rest of the photos.



• Only the top finishers are shown here. Please visit <http://www.grrc.com> for the rest of the photos.



• Only the top finishers are shown here. Please visit <http://www.6rrc.com> for the rest of the photos.



Humboldt Bay 1/2 Marathon start  
1st & C Street, Eureka  
8:00 am, Sun., Aug. 10, 2025

**Lanore Bergenske** <lbergenske@fortunaesd.com> wrote on Sun, Jul 20, 2025:

**Humboldt** and **SRRC** was well represented at the **Siskiyou Out Back (SOB)**. We all shared in participating and completing the breathtaking and tough course! The revamped finish was an added bonus and challenge, however, having the **Raccoon Runners** cheering us on at the finish line brought smiles!

## Siskiyou Out Back

11 Mt. Ashland Ski Road  
Ashland, OR

### 100K

5:00 am, Sat., 7/12/25

| OvP | Name        | G/age | Time     | Home          |
|-----|-------------|-------|----------|---------------|
| 49  | Dylan Fluet | M35   | 15:26:41 | McKinleyville |

### 50K

7:00 am, Sat., 7/12/25

| OvP | Name             | G/age | Time    | Home          |
|-----|------------------|-------|---------|---------------|
| 103 | Jen Foesig       | F52   | 7:23:43 | Eureka        |
| 119 | Alicia Mengel    | F46   | 7:40:40 | McKinleyville |
| 122 | Kim Coelho       | F61   | 7:44:54 | McKinleyville |
| 125 | Lanore Bergenske | F67   | 7:51:00 | Fortuna       |
| 155 | Cliff Lamastus   | M37   | 8:38:37 | Fortuna       |
| 166 | Kristin Lane     | F50   | 8:53:23 | Arcata        |
| 167 | Nicolette Amann  | F55   | 8:53:58 | McKinleyville |
| 183 | Mark Bernards    | M60   | 9:35:01 | Eureka        |

### 15K

9:00 am, Sun., 7/13/25

| OvP | Name             | G/age | Time    | Home   |
|-----|------------------|-------|---------|--------|
| 80  | Amanda Lee       | F33   | 1:42:48 | Arcata |
| 109 | Olivia Moskowitz | F30   | 1:52:59 | Arcata |

*Congratulations!*

**SOB**  
**SISKIYOU OUT BACK**



*Congrats!*



**Simona Carini** <[simonacarini1@gmail.com](mailto:simonacarini1@gmail.com)> wrote on Tue, Aug 12, 2025:

Attached is a photo from the **39<sup>th</sup> Annual Crescent City Triathlon**'s finish line showing (L to R) Jen Foesig, Simona Carini, Alicia Mengel -- a powerful trio :)

Thanks! -- Simona <[website: https://simonacarini.com/](https://simonacarini.com/)>

## 39<sup>th</sup> Annual Crescent City Triathlon

Crescent City, CA

8:00 am, Sun., Jul. 27, 2025

500 YD pool swim + 12 M bike + 3.1M run

| P1 | Name             | G/age  | Swim  | T1   | Bike  | T2   | Run   | Finish  | Bib# |
|----|------------------|--------|-------|------|-------|------|-------|---------|------|
| 16 | Jen Foesig       | F50-59 | 12:26 | 2:01 | 42:41 | 0:26 | 24:05 | 1:21:40 | 28   |
| 28 | Simona Carini    | F60-69 | 10:05 | 2:03 | 48:37 | 0:37 | 24:55 | 1:26:19 | 59   |
| 32 | Alicia Mengel    | F40-49 | 12:45 | 2:14 | 48:07 | 1:21 | 24:57 | 1:29:25 | 1    |
| 39 | Marie Cappiello  | F50-59 | 10:53 | 4:02 | 51:18 | 1:55 | 28:44 | 1:36:53 | 39   |
| 44 | Cindi Kiehn-Mola | F50-59 | 9:51  | 3:38 | 48:11 | 2:50 | 37:43 | 1:42:15 | 11   |

# SRRC Crossword Puzzle

## ACROSS

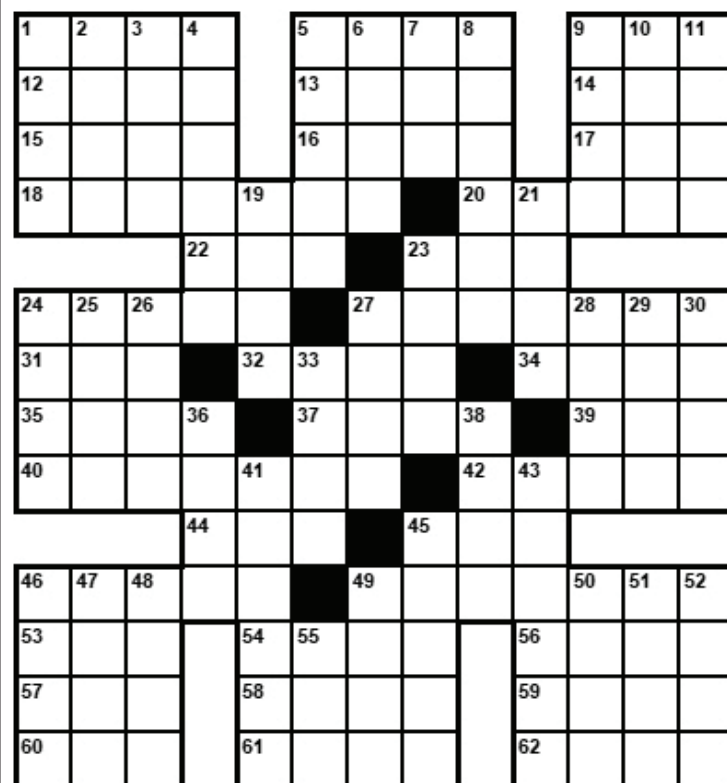
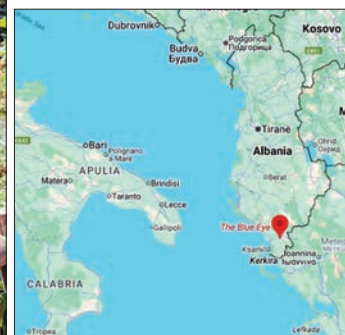
- 1 Artificial colors
- 5 Coordinate
- 9 Constrictor
- 12 Indian flatbread
- 13 Rear appendage
- 14 Massage
- 15 Excited
- 16 Opposed to
- 17 Hard water
- 18 Being first, for example
- 20 When it's dark out
- 22 Unusual
- 23 Dell or de Janeiro
- 24 Old-fashioned
- 27 Being first, for example
- 31 A rose \_\_ rose
- 32 Island garlands
- 34 Medicinal plant
- 35 Indonesian island
- 37 Went fast
- 39 Greek vowel
- 40 Being first, for example
- 42 Enthusiastic
- 44 Fútbol cheer
- 45 Shade tree
- 46 Magnificent
- 49 Being first, for example
- 53 Tier
- 54 Fencing sword
- 56 Financial transaction
- 57 Our country
- 58 Our club
- 59 Adam and Eve's garden
- 60 Cove
- 61 Camp shelter
- 62 Oceans

## DOWN

- 1 Sketch
- 2 Eastern mystic
- 3 British high school
- 4 Italian mister
- 5 Get to one's feet
- 6 Yin's complement
- 7 Louse egg
- 8 Medical office
- 9 Ship's slammer
- 10 Cry of pain
- 11 Aid, criminally
- 19 False god
- 21 Greek vowel
- 23 Get to one's feet
- 24 Barbequer's specialty, often
- 25 Biblical twin brother
- 26 Soft mineral
- 27 Big shots
- 28 Designer Cassini
- 29 Memorization
- 30 Annual period
- 33 To be, to Caesar
- 36 Symbol
- 38 Lunch counter
- 41 Firstborn
- 43 Entertains
- 45 Put up
- 46 Chow
- 47 Santa \_\_
- 48 Not home
- 49 Gull relative
- 50 Manufactured
- 51 Entreaty
- 52 Fowl females
- 55 Syllable that means before when used before



The Blue Eye -- a mountain spring and popular tourist attraction in southern Albania, June 2025



"Ken Yanosko" <[kenyanosko@sbloglobal.net](mailto:kenyanosko@sbloglobal.net)>

# Upcoming Events

SAT., SEP 13, 2025 << **SRRC race** >>

**Hammond Trail 5K.** {\$10 for nonmembers, free for SRRC members} At 9:00AM. Start and finish at Hiller Park in McKinleyville. No early registration – show up in the morning, sign up, and you're ready to go. For more information contact **Sarah Sullens** at <sarahsullens10@gmail.com>.

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 **Gary Timek** at <gtimek@aol.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 Afternoon Run.

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

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



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

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



## Humboldt County Kindergarten-8<sup>th</sup> Grade 2025 Cross Country Schedule



| Dates                           | School/Coach<br>Distances                                                                                                                                                                     | Location                | Starting<br>Time | Website<br>Email/Phone                                                                                                                                      |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sun., Sept. 7                   | CC Coaching Clinic<br>Information on coaching youth cross country                                                                                                                             | Arcata Community Center | 11:00 AM         | <a href="https://hurray.org/Clinic">https://hurray.org/Clinic</a><br><a href="mailto:hurray707@gmail.com">hurray707@gmail.com</a>                           |
| Tues., Sept. 23                 | TBA                                                                                                                                                                                           |                         |                  | <a href="https://hurray.org/winship">https://hurray.org/winship</a><br><a href="mailto:hurray707@gmail.com">hurray707@gmail.com</a>                         |
| Thurs., Sept. 25                | TBA                                                                                                                                                                                           |                         |                  | <a href="https://hurray.org/blue-lake">https://hurray.org/blue-lake</a><br><a href="mailto:hurray707@gmail.com">hurray707@gmail.com</a>                     |
| Tues., Sept. 30                 | TBA                                                                                                                                                                                           |                         |                  | <a href="https://hurray.org/redwood-park">https://hurray.org/redwood-park</a><br><a href="mailto:hurray707@gmail.com">hurray707@gmail.com</a>               |
| Thurs., Oct. 2                  | TBA                                                                                                                                                                                           |                         |                  | <a href="https://hurray.org/willow-creek">https://hurray.org/willow-creek</a><br><a href="mailto:shostler@ktj.usd.k12.ca.us">shostler@ktj.usd.k12.ca.us</a> |
| Tues., Oct. 7                   | TBA                                                                                                                                                                                           |                         |                  | <a href="https://hurray.org/rohner-park">https://hurray.org/rohner-park</a><br><a href="mailto:hurray707@gmail.com">hurray707@gmail.com</a>                 |
| Thurs., Oct. 9                  | HRRAY/Alysia Davidson<br>K-2 <sup>nd</sup> runs .8 mile, 3 <sup>rd</sup> -5 <sup>th</sup> runs 1.5 miles, 6 <sup>th</sup> -8 <sup>th</sup> runs 1.8 miles                                     | Hammond Trail           | 4:00 PM          | <a href="https://hurray.org/hammond-trail">https://hurray.org/hammond-trail</a><br><a href="mailto:hurray707@gmail.com">hurray707@gmail.com</a>             |
| *Sat, Sept. 27<br>Arrive Early! | Mack High Clam Beach Invite - Clam Beach South Entrance<br>All runners will run one mile<br>TBA<br>Meet Info: <a href="https://hurray.org/cross-country">https://hurray.org/cross-country</a> |                         |                  | K-5 Race-TBA<br>6-8 Race-TBA                                                                                                                                |
| Thurs., Oct 16                  | Championships<br>K-2 <sup>nd</sup> runs 1 mile, 3 <sup>rd</sup> -5 <sup>th</sup> runs 2 miles, 6 <sup>th</sup> -8 <sup>th</sup> runs 2 miles                                                  | Arcata Community Center | 4:00 PM          | <a href="https://hurray.org/championships">https://hurray.org/championships</a><br><a href="mailto:hurray707@gmail.com">hurray707@gmail.com</a>             |

## 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"

