



Hammond Trail 5K
Hiller Park, McKinleyville
9:00 am, Sat., Aug. 15, 2026

August Minutes

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

Wed., Aug. 5, 2026, 6:30 pm at Peppers in Arcata. Board members in attendance: **Matthew Kidwell, Mark Ellis, Harry Kavich, Gary Timek, Jamie Hinckley, Sherry Myers, Catrina Howatt, Marlene Allen, Karen Kidwell** and Treasurer **Cindy Timek**. Guests: **Paul Kraus, Jack West** and **Adam Timek**

OLD BUSINESS

A. The Ave (Sun., 5/03/26) recap: Cindy – not all bills are in yet, since the financial reports for club races are due (reporting year is Aug 1 to July 31), Cindy will report the AVE on the July 31/Aug 1 timeline.

B. Grasshopper Run (Sat., 6/06/26) recap: Karen – still waiting on a check to clear.

C. Fourth of July Run (Sat., 7/04/26) recap: Marlene – 248 participants. No extra Porta toilet, club was refunded. Proceeds were \$3,035. Expenses were permit & refreshments. James and AHS did most of the volunteering: week before pre-registration, course set up, course monitoring, cleanup. Marlene makes a motion that the club donates \$2,700 to AHS cross country & Track for their work keeping this event running smoothly, Gary seconds the motion. Motion passes. Cindy will send a check to James/AHS XC.

D. Fortuna Rodeo Run (Sun., 7/12/26) recap: Catrina – 162 finishers. After expenses and permit, \$638 was net. There were no issues. Catrina will talk to Marlene about course re-certification.

E. Sand Dollar Shuffle Run (Sat., 8/01/26) recap: Paul – 59 finishers, a 23% increase from last year. Thanks to Paul for a great day! Carla's cookies are the best!

F. SafeSport: get it done.

G. Small Race Director Handbook: almost ready for final review.

NEW BUSINESS

A. Hammond Trail 5K (9:00 am, Sat., 8/15/26): Sarah (not able to

attend) – Everything is ready.

B. Kevin Ebbert Run (Sat., 8/22/26): 10K at 9:00 am, 2M at 9:30 am, Jamie – Equipment rental finish line/clocks = \$50. Gary will help at shed.

C. HRRAY Cross Country: Jack presented budget for HRRAY XC season. Timing costs will increase to \$6,000 this season for timing 7 XC meets (Pebble Beach Timing), still worth it. The HRRAY committee has 3 new members, 6 total. Hopefully they will stay on. Jack and other committee members are currently looking for sponsors.

D. Sue-Meg Park Run (5K & 10K, 10:00 am, Sat., 9/19/26): Jack – will need volunteers. Trying a "team" category this year ... more info to follow.

E. CR Dinner/Auction (5-9:00 pm, Thur., 8/13/26): Table of 10 – Gary makes motion to donate to C/R XC and Track & Field \$1,000 each, Harry seconds, motion passes.

F. SRRC hats: Matthew – will look at hat colors, logos, companies. Sherry volunteered to help.

G. Financials: Accounting/Financial Officer. Cindy – all race financials are due now: send to Cindy. Financial year is Aug 1, 2025 – July 31, 2026. Cindy reported that AalFs Evans is now the accounting firm for Club tax reporting.

H. Other:

- Redwood Coast Montessori is holding their annual Fox Trot Friday, Oct. 2, 2026
- Harry will update the "Help Wanted" column to add Sue-Meg run volunteers.
- Gary pointed out the need to do a shed cleanup (plus shred old documents). Possibly before HRM.
- Marlene pointed out that RRCA has updated the volunteer/participant waiver, we should update all of ours as well. Discussion of how to handle the Headphone, Stroller, Pet Guidelines will be tabled to September.
- Next meeting: place – TBA by Gary; Dinner at 5:30 pm, Meeting at 6:30 pm, Wed. Sept. 2, 2026. Ask Matthew Kidwell <matthew5513@yahoo.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 **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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Gary Timek gtimek@aol.com 845-5147

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Treasurer Cindy Timek
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Yoon G Kim <ygk1@humboldt.edu>

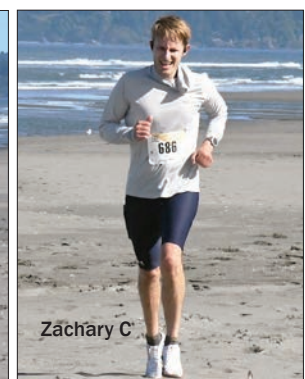
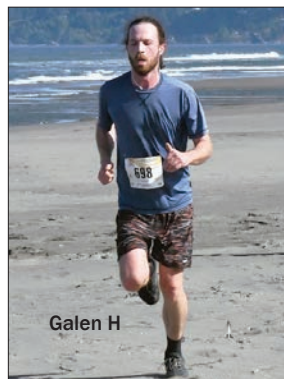
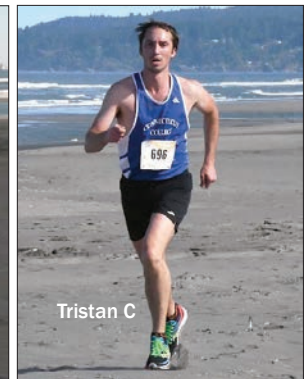
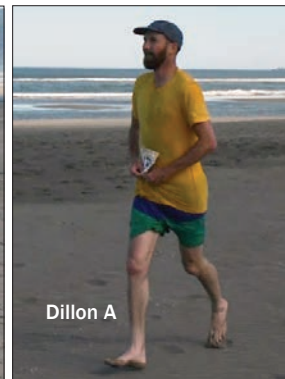
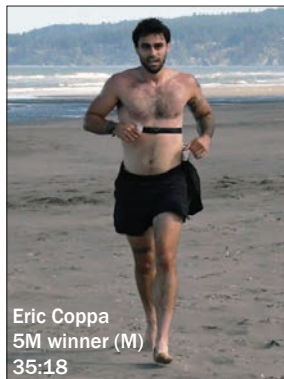
Sand Dollar Shuffle Run

by "Paul Kraus" <paulkraus59@gmail.com>

It turned out to be a great day at the beach, thanks to all who showed up to run and to SRRC veterans and volunteers. Special thanks to **Sherry Myers, Marlene Allen, Catrina Howatt, Andrea Wright, Yoon Kim, Gary Timek, Mark Ellis, Harry Kavich, Matthew Kidwell, Eric Coppa** and **Tim Canning**. Apologies to anyone that we may have missed.

5M

Place	Name	G/age	Time
1	Eric Coppa	M29	35:18
2	Dillon Ayers	M37	35:42
3	Tristan Cole	M34	36:21
4	Galen Hammitt	M34	37:03
5	Dustin Jackson	M31	37:07
6	Rob Amerman	M52	37:12
7	Richard Roybal	M50	37:29
8	Jeff Haag	M67	37:38
9	Matt Wells	M45	37:39
10	Zachary Chapman	M44	37:57
11	Anna Riedl	F30	38:11
12	Ivan Medel	M42	38:28
13	Scott Dailey	M60	39:27
14	Day Robins	F30	39:44
15	Juliana Carvajal	F32	39:48
16	Olivia Black	F26	39:50
17	Jazmen McGinnis	F32	40:14
18	Matt Boudreau	M35	40:25
19	Amanda Lee	F34	40:53
20	Lanore Bergenske	F68	41:01
21	Stephen Winterroth	M39	41:17
22	David Macauley	M64	41:30
23	Eddie Fuel	M64	42:34
24	Noël Loranger	F36	42:47
25	Ziah Koblay	M15	43:36
26	Becca Matias	F35	43:46
27	Jen Foesig	F53	44:09
28	Shawn Magnuson	M56	44:34
29	Brittany Gribbin	F41	44:49
30	Arthur Barker	M64	46:58
31	Danny Emmenecker	M38	47:05
32	Kristin Lane	F51	47:07
33	Shar-Lo Kelly	M44	48:21
34	Terri Vroman Little	F63	48:30
35	Cyril Carl	M79	49:45
36	Simona Carini	F63	49:51
37	Brian Ferguson	M73	52:02
38	Pete Carlson	M64	53:10
39	April Quincey	F45	54:00
40	Marlene Allen	F70	54:51
41	Liam Chapman	M11	54:56
42	Randy Emenaker	M75	55:32
43	Maddox Chapman	M11	55:57
44	Winston Cherry	M40	56:27
45	Angie Pearson	F50	57:18
46	Chrystyna Johnson	F47	58:20
47	Casse Weaver	F49	58:21
48	Mason Atherton-Friend	M08	58:52
49	Megan Atherton	F43	58:54
50	James Holbrooks	M37	58:58
51	Amy Taylor	F47	1:00:05
52	Catrina Howatt	F59	1:03:40
53	Lorraine Dillon	F75	1:04:42
54	Sean Quincey	M45	1:05:02
55	Tim Canning	M67	1:09:53
56	Sherry Myers	F70	1:16:52
57	Donny Holiman	M56	1:19:26
58	Portia Matheson	F78	1:29:08
59	Jerry Fowler	M87	1:32:40





Anna Riedl
5M winner (F)
38:11



Ivan M



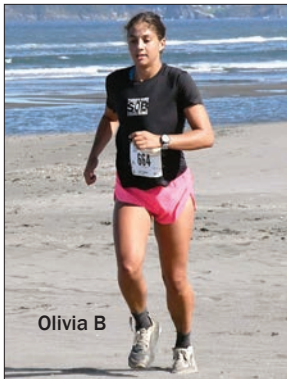
Scott D



Day R



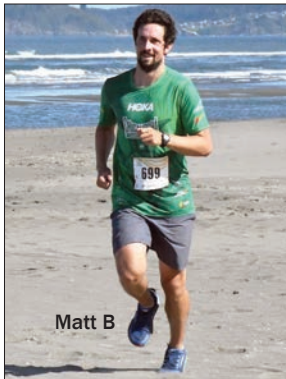
Juliana C



Olivia B



Jazmen M



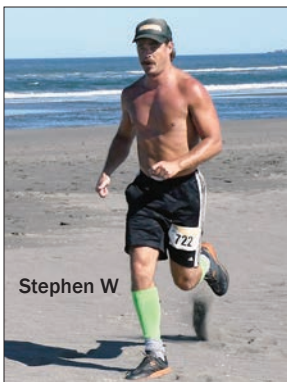
Matt B



Amanda L



Lanore B



Stephen W



David M



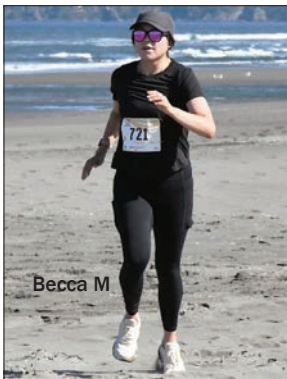
Eddie F



Noël L



Ziah K



Becca M



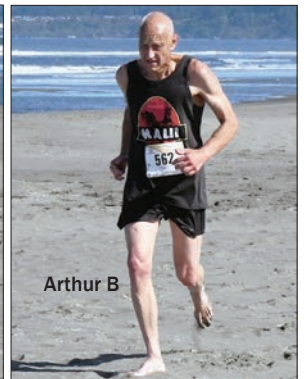
Jen F



Shawn M



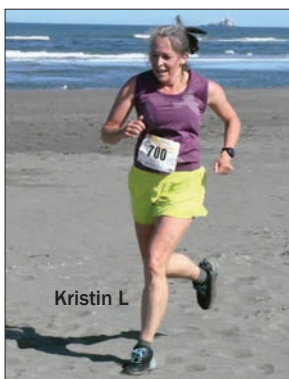
Brittany G



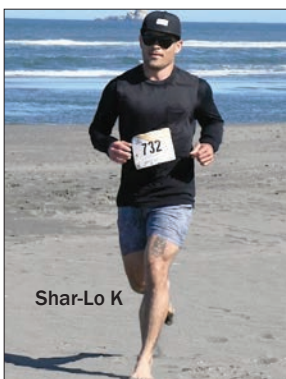
Arthur B



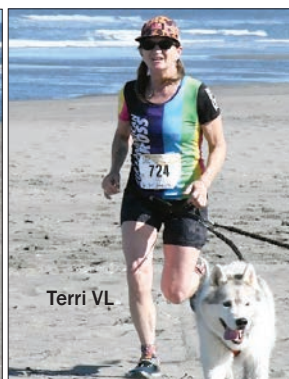
Danny E



Kristin L



Shar-Lo K



Terri VL



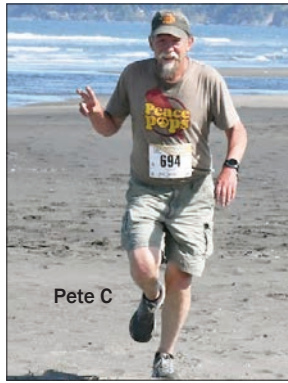
Cyril C



Simona C



Brian F



Pete C



April Q



Marlene A



Liam C



Randy E



Maddox C



Winston C



Angie P



Chrystyna J

Casse W



Megan A

Mason A-F



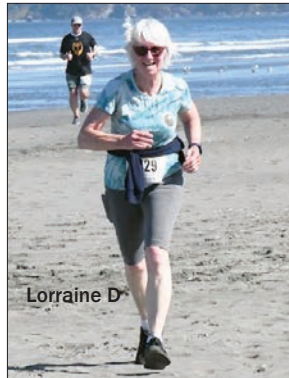
James H



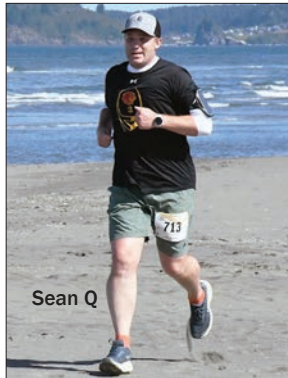
Amy T



Catrina H



Lorraine D



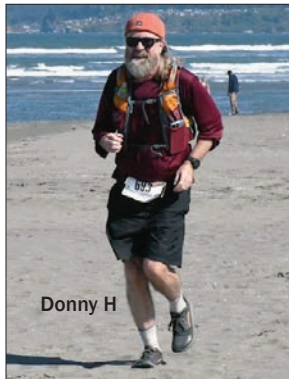
Sean Q



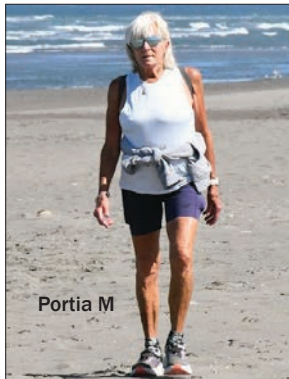
Tim C



Sherry M



Donny H



Portia M



Jerry F





11th Humboldt Bay Marathon, Half & 5K

• by <webscorer.com> 9:00 am, Tues., 8/11/26

Marathon

Eureka, CA, 7:00 am, Sun., Aug. 9, 2026

Pl	Name	G/age	Time
1	James Ratliff	M20	2:44:15
2	Charlie McMurry	M27	2:54:24
3	Seth Crumrine	M36	2:57:20
4	Cassidy Parker	M29	3:03:44
5	Austin Newblom	M30	3:05:41
6	Richard Ducharme	M44	3:05:52
7	Dave Braden	M54	3:07:10
8	Eric Coppa	M29	3:08:34
9	Matt Cover	M46	3:09:09
10	Lucy Andrews	F34	3:10:23
11	Sofia Jones	F27	3:12:18
12	Chris Pallatrone	M45	3:13:48
13	Guy Sutton	M57	3:17:02
14	Eliza Smallwood	F28	3:18:02
15	Yvette Rosales	F33	3:18:40
16	Paul Wojtkiewicz	M64	3:20:44
17	Patrick Goodwin	M28	3:27:10
18	Annalise Sandrich	F22	3:29:44
19	Brayden Ford	M16	3:29:57
20	Logan Kingsland	M29	3:32:17
21	James Elgin	M33	3:32:20
22	Peter McColgan	M61	3:33:34
23	John Almeda	M32	3:35:33
24	Xavier Venegas	M26	3:35:35
25	Rachel Brinker	F47	3:36:09
26	Sebastian Wicke	M25	3:36:15
27	Arnold Berber	M34	3:38:33
28	Scott Lindsay	M44	3:38:40
29	Rob Amerman	M52	3:38:54
30	Christopher Hilliard	M53	3:44:11
31	Thomas Theakanath	M58	3:45:12
32	Jeff Mrowka	M57	3:46:54
33	John Kolander	M37	3:47:04
34	Jason Burleigh	M55	3:47:30
35	Eva Vrijen	F25	3:48:46
36	Marcus Kretz	M29	3:50:11
37	Jonathan van der Zweep	M29	3:51:00
38	Jess Villie	F31	3:52:06
39	Alicia Mengel	F47	3:52:08
40	Mary Newman	F37	3:56:25
41	Sylvain Perret	M62	3:56:29
42	Matt Boren	M37	3:57:38
43	Stephen Galindo	M29	3:57:43
44	Will Legrand	M28	3:58:29
45	Paul Madeira	M48	3:59:34
46	Christopher Packer	M40	4:00:52
47	Christian Woodward	M45	4:05:30
48	Lanore Bergenske	F68	4:06:03
49	Jesse Schwarz	M38	4:06:03
50	Joe Rico	M26	4:07:47
51	Stephanie Alde	F28	4:09:21
52	Armando Morales	M22	4:13:16
53	George Rehmet	M59	4:14:38
54	Sky McKinley	M49	4:15:25
55	Chris Welsh	M64	4:16:27
56	William Perez	M41	4:17:17
57	Jeffrey Kingsland	M60	4:18:25
58	Jonathan Gelfond	M22	4:22:57
59	Mariano Alatorre	M25	4:26:27
60	Juliana Sears	F20	4:26:41
61	Dan Kort	M32	4:27:33
62	Andrew Lewalski	M19	4:28:08
63	Rubi Haub	F38	4:28:31
64	Mattias Kayler	M30	4:28:56

65	Guillermo Bolio	M42	4:28:56
66	Jeff Schinske	M47	4:29:45
67	Jonathan Li	M25	4:29:53
68	Jazz McGinnis	F32	4:29:59
69	Katie Goepel	F33	4:30:10
70	Janet Uhde	F57	4:31:38
71	Alex Brown	M19	4:33:11
72	Trung Le	M40	4:39:28
73	Courtney Ladika	F46	4:41:08
74	Kanenaka Kent	M35	4:43:10
75	Madelaine Wheeler	F36	4:43:58
76	Joel DeCou	M43	4:44:28
77	Michelle Leach	F47	4:44:51
78	Sean Haub	M37	4:46:04
79	Kelly Ridgway	F40	4:47:08
80	David Cobb	M19	4:51:34
81	Jordan Kauffman	F33	4:56:52
82	Tara Logan	F32	4:56:55
83	Heather Hammers	F32	4:56:55
84	William Haffey	M79	4:59:40
85	Maximilian Esparza	M25	5:00:08
86	Steve Symanovich	M68	5:07:51
87	Julie Sears	F57	5:14:42
88	Keith Borland	M41	5:15:21
89	Daniel Jones	M48	5:22:14
90	Julia Croteau	F56	5:28:25
91	Teddi Howard	F39	5:34:09
92	Walter Bullock	M69	5:36:57
93	Cassandra Stapleton	X42	5:55:06
94	Willie McKenzie	M72	6:49:03
95	Quynh Chen	F42	6:59:16
96	Tu Hai Le	M44	6:59:17
97	Laysa Roberts	F53	7:04:47
98	Catherine Burges	F54	8:30:00
99	Thomas McCutchen	M52	8:30:00

Half Marathon

Eureka, CA, 8:00 am, Sun., Aug. 9, 2026

Pl	Name	G/age	Time
1	Travis Sanborn	M37	1:14:54
2	Lane Bolton	M22	1:27:57
3	Luke Padilla	M18	1:29:03
4	David Zeng	M38	1:29:21
5	Maya Okada	F20	1:29:33
6	Tyler Belarde	M41	1:30:07
7	Christian Alexandre	M34	1:30:16
8	Matthew Yamamoto	M25	1:30:59
9	Eve Schaeffer	F46	1:31:31
10	Erich Coulter	M33	1:32:20
11	Olivia Black	F26	1:33:20
12	Craig Wasko	M54	1:39:23
13	Jonah Veerkamp	M14	1:39:24
14	Tristan Snow	M28	1:39:46
15	Courtney Carlson	F34	1:40:17
16	Cameron Bartuk	M33	1:41:04
17	Jason Weldon	M18	1:41:48
18	Nicholaus Jackosky	M32	1:42:18
19	Kaylee Rapinoo	F26	1:42:48
20	Nick Miller	M47	1:43:37
21	Dustin Jackson	M31	1:43:50
22	Antonya Diller	F38	1:43:59
23	Matthew Kidwell	M45	1:44:15
24	Day Robins	F30	1:46:27
25	Duncan Robins	M61	1:46:27
26	Vern Smith	M68	1:46:35
27	Benton Brown	M23	1:46:53
28	Billy Marcial	M40	1:47:11
29	Albie Rumpfelt	M48	1:48:29
30	Braden Padilla	M17	1:48:55

31	Amity Marcial	F39	1:49:21
32	Sequoia Ashby	F20	1:49:28
33	Caleb Johnson	M22	1:51:25
34	Kim Perry	F57	1:51:26
35	Sandor Mandoki	M41	1:51:41
36	David Macauley	M64	1:51:56
37	Kristal Mendez	F44	1:52:09
38	Bryce McCurry	M31	1:52:09
39	Aaron Marinella	M17	1:52:22
40	Aidan Stephens	M37	1:52:23
41	Katrin Lemmon	F36	1:52:35
42	Alexander Hilson	M41	1:52:55
43	Jacqueline Leiman	F24	1:54:15
44	Caroline Lowry	F47	1:54:52
45	Elizabeth Raspanti	F55	1:54:54
46	Rathlin Hemmingsen	F18	1:55:43
47	Lucas Gelfond	M25	1:55:54
48	David Guggenbickler	M53	1:55:56
49	Andrea Guggenbickler	F30	1:55:57
50	Ashley Holt	F36	1:56:00
51	Michael Guss	M46	1:56:17
52	Hank Seemann	M55	1:56:23
53	Jacob Michaud	M44	1:57:25
54	Emily Hsu	F30	1:58:19
55	Ryan Jang	M26	1:58:23
56	Rebekah Bell	F46	1:58:33
57	Summer Morales	F18	1:58:41
58	Karen Kidwell	F41	1:59:03
59	Kaori Maciel	F51	2:00:36
60	Lacey Pipher	F46	2:01:40
61	Cruz Anabella Marbain	F38	2:03:53
62	Rodrigo Avila	M28	2:04:01
63	Michael van der Zweep	M61	2:04:13
64	Netra Khatri	M48	2:04:25
65	Kiara Weldon	F18	2:04:29
66	Janelle Guggenbickler	F28	2:05:27
67	Uriel Esteves	M20	2:05:55
68	Ashley Ross	F39	2:06:06
69	Sheri Jensen	F61	2:06:11
70	Danny Emmenecker	M38	2:06:38
71	Alexander Foott	M36	2:06:56
72	Mary Bongio	F58	2:07:22
73	Mavelyn Socha	F48	2:07:25
74	Jada Baca	F25	2:08:12
75	Kristin Lane	F51	2:08:29
76	Melati Kaye	F41	2:11:09
77	Janell Colosio	F45	2:11:48
78	Debbie Symanovich	F70	2:12:03
79	Hans Boas	M61	2:12:30
80	Antoinette Wood	F43	2:12:51
81	Vanessa Miranda	F33	2:12:59
82	Nadine Semerau	F46	2:13:44
83	Rosa Reynoza	F40	2:14:23
84	David Diaz	M52	2:14:34
85	Marilee Diaz	F62	2:14:35
86	Danielle Briscoe	F52	2:14:56
87	Avi Feinstein	M39	2:15:06
88	Roxi Mueller	F56	2:15:10
89	Jaslin Rownan	F32	2:15:46
90	Hailey Goodwin	F21	2:16:27
91	Kacy Tonkin	F36	2:17:23
92	Amanda Steinheiser	F32	2:17:47
93	Lydia Haake	F30	2:17:47
94	Casse Weaver	F49	2:18:12
95	Jacqueline Chavarria	F35	2:18:47
96	Louie Stone III	M38	2:18:59
97	Olivia Symanovich	F49	2:19:34
98	Connor Morris	M18	2:19:40
99	Tatiana Pashkevich	F66	2:19:46

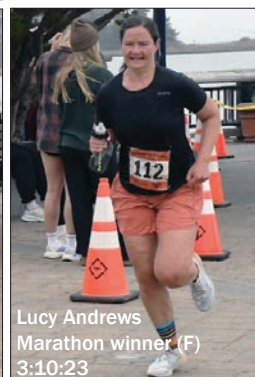
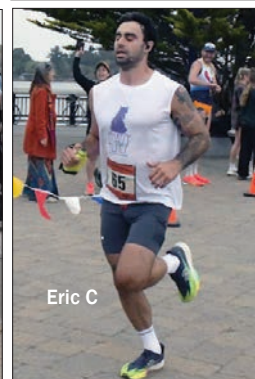
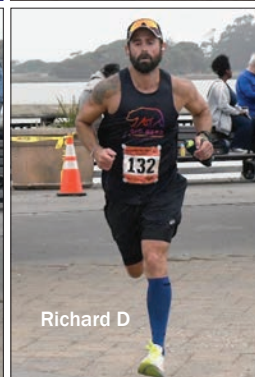
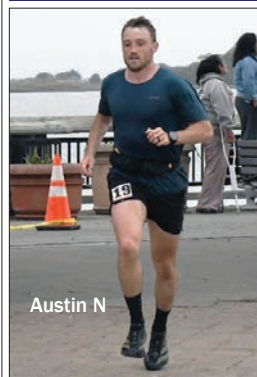
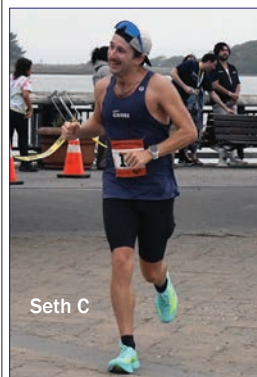
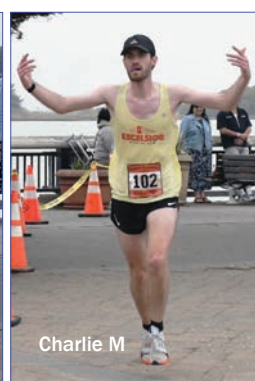
100 Alex Gutierrez	M55	2:19:48
101 Caroline Carson	F64	2:19:50
102 Vincent Weldon	M43	2:21:04
103 Huynh Phan	M28	2:21:17
104 Blair Boswell	F26	2:21:34
105 Josiah Alexander	M29	2:22:23
106 Alicia Rodriguez	F56	2:22:47
107 Chelsey Castiglione	F34	2:22:56
108 Nevi Weldon	F13	2:23:30
109 Julissa Aguirre	F31	2:23:39
110 Sandi Buchheister	F46	2:23:48
111 April Quincey	F45	2:25:37
112 Jerry Nairn	M67	2:25:39
113 Teresa Sollom	F32	2:26:35
114 Jessica Cabeceira	F37	2:27:29
115 Stephanie Weldon	F49	2:27:49
116 Shelby Broecker	F30	2:29:08
117 Josh Pottker	M42	2:30:18
118 Sheli Benson	F55	2:30:23
119 Ziah Kobley	M15	2:30:46
120 Cora Brown	F28	2:32:58
121 Darly Diaz	F24	2:33:03
122 Isaac Torres	M33	2:36:08
123 Laura Smither	F40	2:37:32
124 Daniel Garcia	M30	2:37:33
125 Jasper	M29	2:38:07
126 Liisa Luick	F58	2:38:16
127 Edward Kallen	M61	2:40:20
128 Christopher Yu	M43	2:41:26
129 Meredith Matthews	F52	2:42:55
130 Christina Torres	F38	2:45:02
131 Joni Hammond	F65	2:46:30
132 Molly Wroten	F37	2:48:25
133 Caroline Gemes	F27	2:48:33
134 Sarah Larsen	F44	2:48:58
135 Alexa Stefanakis	F29	2:49:36
136 Kim Bergel	F40	2:49:38
137 Lauren Pottker	F42	2:50:36
138 Hilary Schwartz	F50	2:52:03
139 Ale Gallegos	F37	2:54:10
140 Dalas Hayes	F28	2:57:04
141 Nat Leong	X28	2:57:48
142 Lovely Scheckla	F29	2:59:50
143 Diana Naal	F28	3:00:12
144 Royce Fonseca	F46	3:02:46
145 Gage Qualls	M38	3:05:11
146 Liam Joiner	M11	3:05:38
147 Alexis Jackson	F39	3:05:39
148 Sung Choi	M55	3:06:36
149 Kascee Qualls	F36	3:10:09
150 Sara Starr	F69	3:14:06
151 Jane Moran	F45	3:15:07
152 Sherrie Sample	F63	3:15:52
153 Elizabeth Cornwell	F43	3:16:23
154 Yuli Orozco	F41	3:20:38
155 Edgar Roberts	M57	3:20:45
156 Anthony Symanovich	M77	3:23:53
157 Kanen Ishimoto	M31	3:35:26
158 Kari Steen	F40	3:36:13
159 Kristen Foreman	F44	3:36:13
160 Angela Ray	F56	3:41:45
161 Jib Ray	M86	3:41:48
162 Joylene Swanberg	F66	3:45:22
163 Kirsten Swanberg	F29	3:45:22
164 Crystal Morse	F49	3:56:35
165 Josh Stanley	M42	3:56:36
166 Dennis Mori	M79	3:59:42
167 Seana Vanderbur	F28	4:13:06
168 Jayleen Sanchez	F33	4:13:06

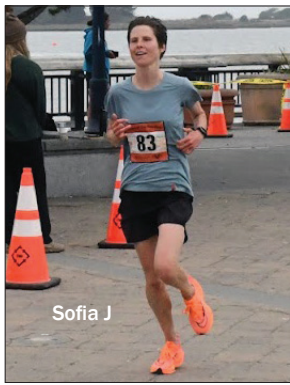
5K

Eureka, CA, 8:20 am, Sun., Aug. 9, 2026

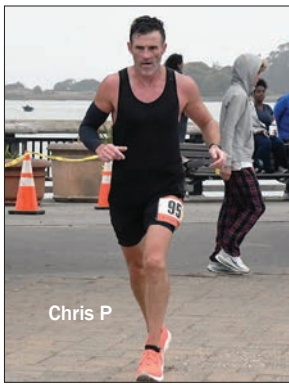
Pl	Name	G/age	Time
1	Ryder Bullman	M17	20:13
2	Chase Jimenez	M19	20:38

3 Wyatt Davis	M13	21:02
4 Ellison Ma	M34	21:29
5 Brida Lester	F18	24:09
6 Caden Bailey	M16	24:09
7 Meghan Prin	F43	24:47
8 Hannah Belarde	F42	26:21
9 Bob Moore	M48	26:52
10 Michael Schoeck	M42	26:56
11 Brennan Hodge	M40	27:23
12 Brittany Gribbin	F41	27:58
13 Brian Holt	M40	27:59
14 John Hunter	M64	28:12
15 Jeff Martz	M36	28:12
16 Sean Berry	M34	28:15
17 Roger Rees	M47	28:25
18 Tonya Geers	F67	28:29
19 Kameron Kendall	M23	29:11
20 Bella Halet	F21	29:11
21 Anna Patterson	F25	29:18
22 Scarlet Bullman	F13	29:37
23 Lauren Vanderdeen	F32	30:54
24 Michael Whiteley	F66	31:09
25 Emma Swan	F33	31:40
26 Sara Hodge	F36	31:41
27 Caitlin Thomas	F53	32:17
28 Thomas Fleener	M38	32:28
29 Cindi Beaman	F59	33:10
30 Stephany Su	F37	33:20
31 Rob Gribbin	M40	34:08
32 Elva Lopez	F32	34:09
33 Briana Steele	F32	34:22
34 Molly Bongio	F29	34:22
35 Scott Marcus	M71	34:45
36 Xochitl Pena	F33	34:46
37 Kar-Yan Choy	F39	35:06
38 Sean Quincey	M45	35:34
39 Lorien Hunter	F45	35:36
40 Megan Watson	F37	36:03
41 Kessler Hilson	M12	36:15
42 Bob Beede	M73	36:16
43 Brenda Garcia	F35	36:33
44 Kristi Landry	F49	36:42
45 Holly Powell	F36	36:57
46 Marsha Ryan	F71	36:59
47 Nadine Stanton	F49	37:13
48 Gail Jiles	F80	37:55
49 Maria Regina Valenzuela	F39	38:38
50 Delcie Hemmingsen	F42	39:03
51 Tim Canning	M67	40:00
52 Jean Gardner	F82	40:42
53 Morgan Tully	M47	41:37
54 Mel Sample	M65	42:36
55 Jacob Beede	M08	42:40
56 Rachel Capistrano	F38	43:01
57 Abby Fore	F21	44:09
58 Gerald Crnich	M80	44:30
59 Alma Peralta	F48	46:47
60 Kory Starkey	M43	51:09
61 Landon Hilson	M13	53:11
62 Michelle Hilson	F46	53:11
63 Raewyn Butcher	F59	53:15
64 Vicki Hayler	F53	53:17
65 Morgan Sheeran	M37	54:54
66 Kai Heifetz	M39	55:02
67 Gayle Heifetz	F68	55:02
68 Charlotte Merkel	F56	56:13
69 Kirsten Leeper	F48	59:17
70 Kelli Totten	F64	1:00:54
71 Calli Coleman	F43	1:03:03
72 Cheyla Alexander	F21	1:03:19
73 Jhaneen Lindstrom	F61	1:20:56
74 Jon Mueller	M15	1:25:16
75 Veronica Freeman	F74	1:28:42
76 Debbie Miller	F73	1:28:42
77 Janet Tedsen	F69	1:47:27

★ Top 35 finishers are shown here. Please visit our webpage (<https://6rc.com>) to see the rest.



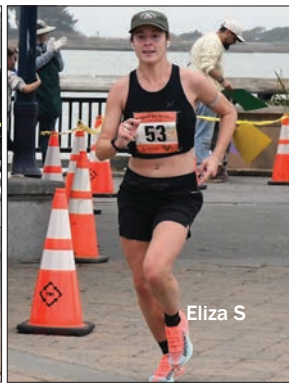
Sofia J



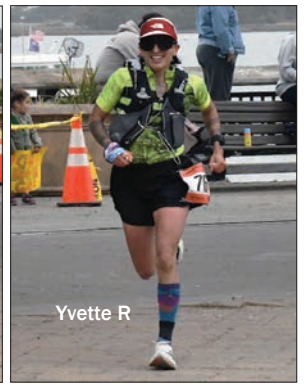
Chris P



Guy S



Eliza S



Yvette R



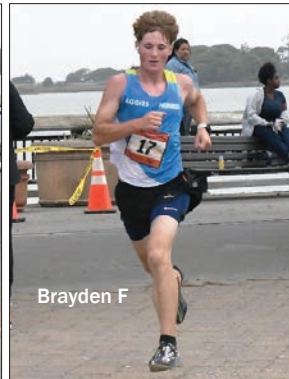
Paul W



Patrick G



Annalise S



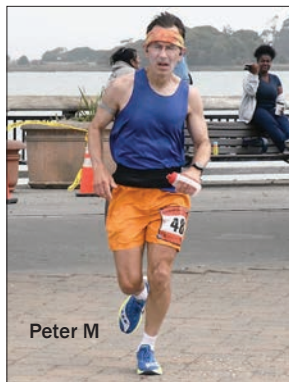
Brayden F



Logan K



James E



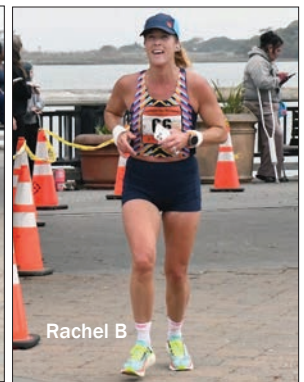
Peter M



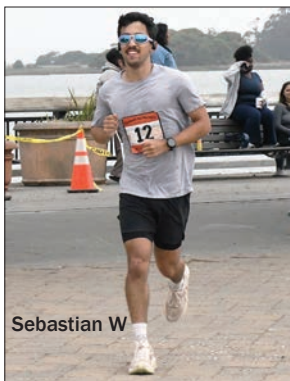
John A



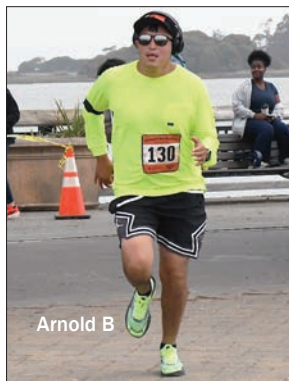
Xavier V



Rachel B



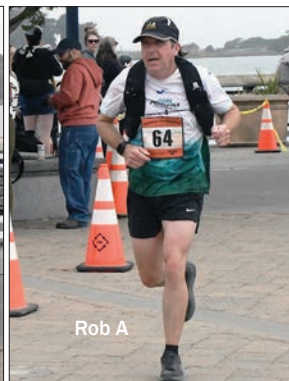
Sebastian W



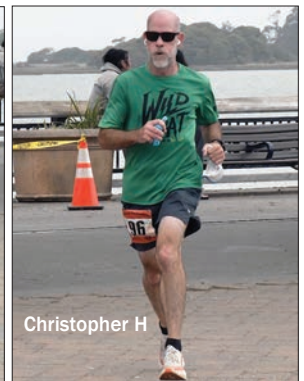
Arnold B



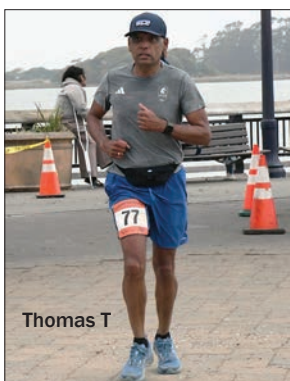
Scott L



Rob A



Christopher H



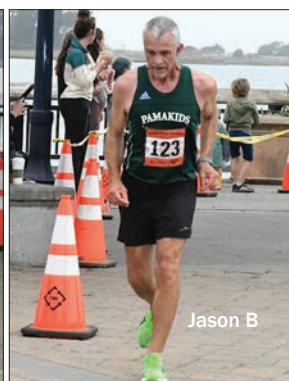
Thomas T



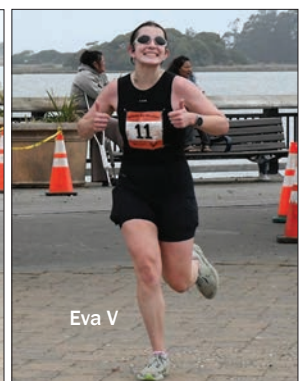
Jeff M



John K

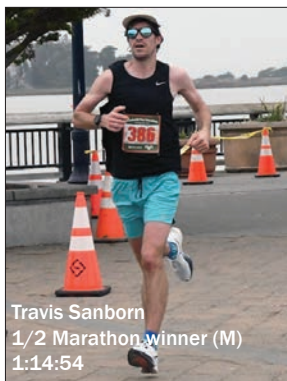


Jason B

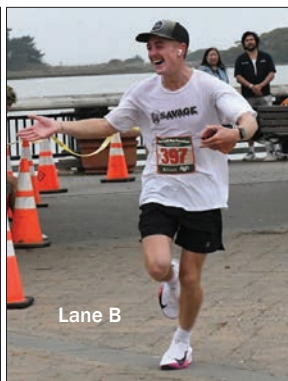


Eva V

Half Marathon



Travis Sanborn
1/2 Marathon winner (M)
1:14:54



Lane B



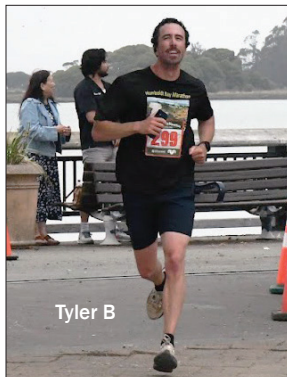
Luke P



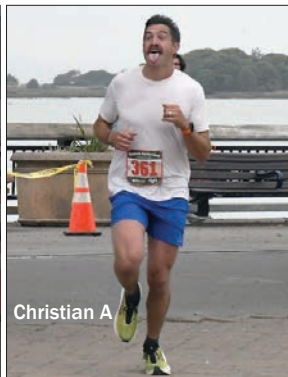
David Z



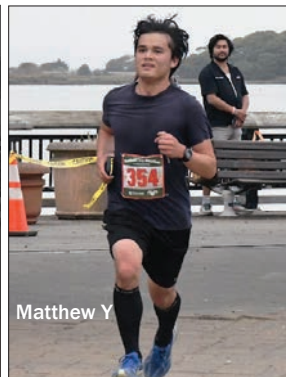
Maya Okada
1/2 Marathon winner (F)
1:29:33



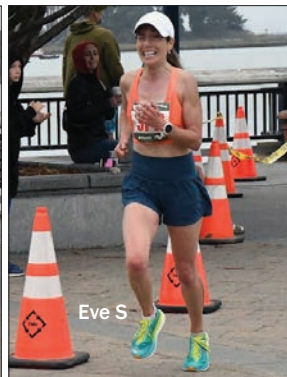
Tyler B



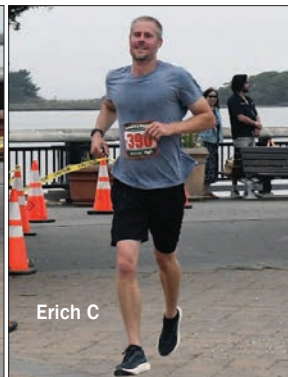
Christian A



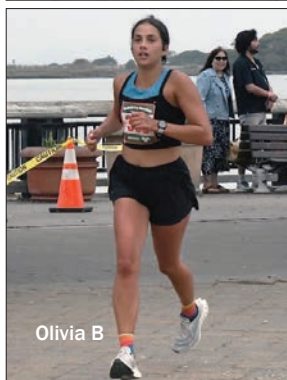
Matthew Y



Eve S



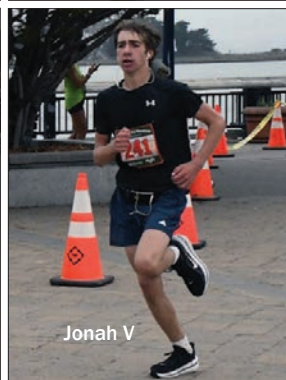
Erich C



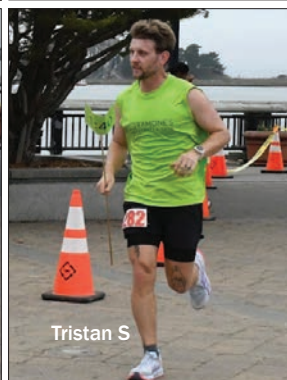
Olivia B



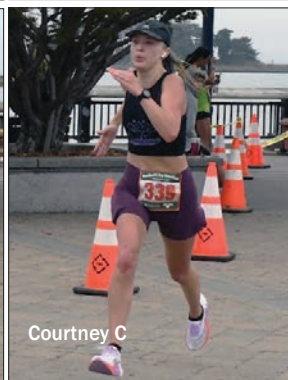
Craig W



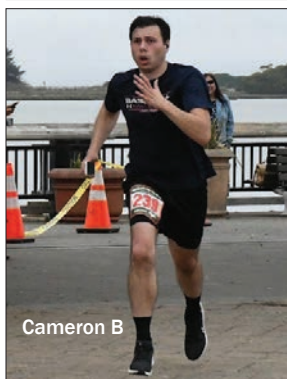
Jonah V



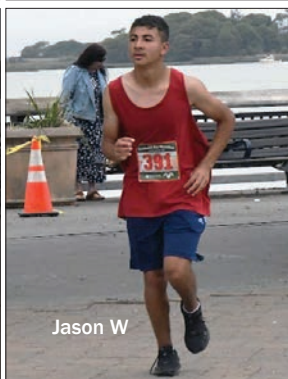
Tristan S



Courtney C



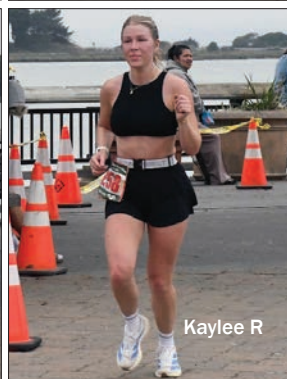
Cameron B



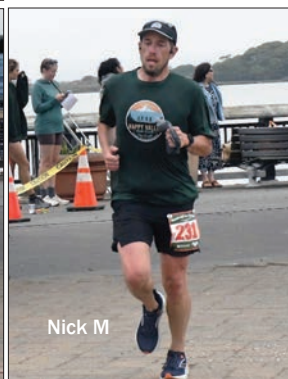
Jason W



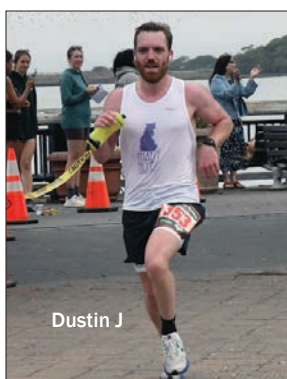
Nicholaus J



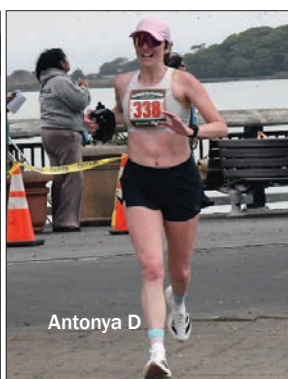
Kaylee R



Nick M



Dustin J



Antonya D

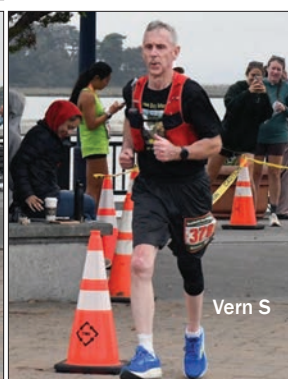


Matt K



Duncan R

Day R



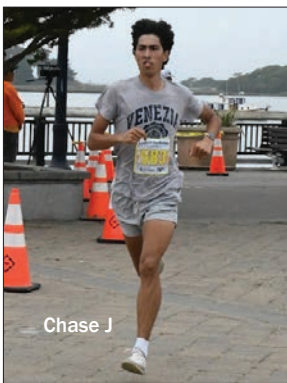
Vern S

★ Top 26 finishers of the half. Please visit our webpage (<https://6rcc.com>) to see the rest.

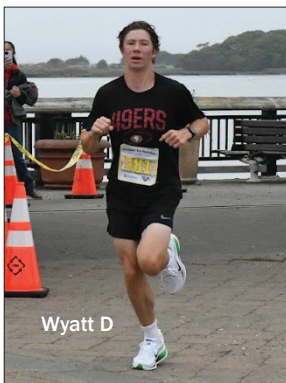
5K



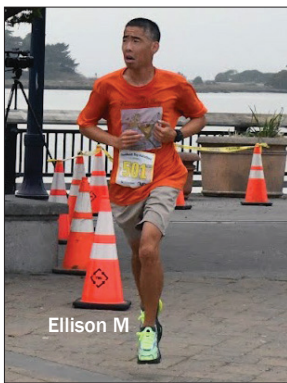
Ryder Bullman
5K winner (M)
20:13



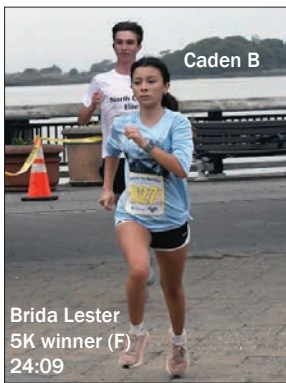
Chase J



Wyatt D



Ellison M



Brida Lester
5K winner (F)
24:09

Caden B



Meghan P



Hannah B



Bob M



Jean G

Randy E

Gail J

Fall 2026 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.**
- Application process for K through 12th graders: **Submitted by the team coach only.**
- Applications available by contacting this e-mail: **<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. Starting in August, deadline to submit applications is **Oct. 31, 2026**. The deadline may be extended.
- 5. **Eligibility:** Humboldt County youth, grades K through 12th, participating in organized running programs, Cross Country, Track & Field. **Shoes must be picked up before Nov. 25, 2026.**
- 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>

OR coach mails completed forms to:

SRRC Shoe Fund, P.O. Box 214, Arcata, CA 95518

Hammond Trail 5K

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

Thank you to everyone who made it out to Hiller Park for the Hammond Trail 5K! A **BIG THANK YOU** to all the volunteers: **Debbie Stamper, April Quincey, Jenna Larson, Yoon Kim, Carla Kraus, Paul Kraus, Holly Sage, Naomi Stamper, Leah Stamper, Oliver Stamper** and **Yoshi Uemura** for volunteering – as well as board members: **Marlene Allen, Jamie Hinckley, Sherry Myers, Mark Ellis, Gary Timek, and Harry Kavich** for all your support and assistance. Volunteers like you make these races possible. – **Sarah S**

Place	Name	G/age	Time
1	Ryder Bullman	M17	17:09
2	Jakob Zolwik	M29	19:14
3	Andrew Fuel	M27	19:42
4	Sky McKinley	M49	20:41
5	Dillon Ayers	M37	21:01
6	Matt Wells	M45	21:35
7	Courtney Carlson	F34	21:43
8	Rob Amerman	M52	21:46
9	Andrea Wright	F65	21:51
10	Zachary Chapman	M44	21:52
11	Jake Johnson	M50	22:50
12	Liam Corey-Rand	M43	22:57
13	Jeff Haag	M67	23:13
14	Jazmen McGinnis	F32	23:17
15	Richard Roybal	M50	23:19
16	Lanore Bergenske	F68	23:23
17	Julian Gordon	M17	23:33
18	Caleb Turner	M24	23:52
19	Olivia Spellmeyer	F11	24:03
20	David Macauley	M64	24:07
21	Noël Loranger	F36	24:11
22	Richard Engel	M63	24:13
23	Kristin Lane	F51	24:26
24	Gideon Turner	M15	24:32
25	Mark Chapman	M66	24:43
26	Jon Larson	M11	25:06
27	Jenna Larson	F40	25:06
28	Alex Wright	M35	25:12
29	Caroline Carson	F64	25:26
30	Becca Matias	F36	25:39
31	Andrea Lovio	F43	25:55
32	Summer Morales	F18	26:37
33	Randy Emenaker	M75	26:46
34	Russell Rogers	M27	26:57
35	Maddox Chapman	M11	27:25
36	Arthur Barker	M65	27:32
37	Andrew Nugent	M39	27:34
38	Paul Kraus	M65	27:44
39	Liam Chapman	M11	27:47
40	Cyril Carl	M79	27:50
41	Daisy Lowndes	F23	28:50
42	Myra Epperson	F39	28:50
43	Pete Carlson	M64	28:54
44	Brian Ferguson	M73	29:01
45	Aubrey Gates	F42	29:17
46	Andrea Carby	F41	29:19
47	Savannah Steffen	F30	29:21
48	Kristi Vernig	F34	29:22
49	Kacy Tonkin	F36	30:56
50	April Quincey	F45	31:09
51	Jasper	M29	31:22
52	Amy Taylor	F47	31:52
53	Robert Ayers	M68	32:14
54	Marlene Allen	F70	33:26
55	Karen Adams	F66	34:38
56	Beth Spellmeyer	F42	34:45
57	Roenne Powell	F09	34:58
58	Liisa Luick	F58	35:12
59	Marisol Rodriguez	F45	35:14
60	John Carson	M68	35:23
61	Felix Atherton-Friend	M03	36:09

62	Megan Atherton	F43	36:10
63	Sean Quincey	M44	36:15
64	Amy Livingston	F49	36:16
65	Lorraine Dillon	F75	36:30
66	Bob Beede	M73	36:50
67	Berit Meyer	F69	37:45
68	Sherrie Sample	F63	38:11
69	Jacob Beede	M08	40:15
70	Jennie Rodriguez	F13	41:17
71	Tim Canning	M67	41:41
72	Maria Ortega	F36	42:34
73	Mel Sample	M65	42:50
74	Shauna Davidssen	F54	42:57
75	Angela Ray	F56	43:01
76	Jib Ray	M86	43:02
77	Abby Fore	F21	43:25
78	Oliver Stamper	M05	44:54
79	Naomi Stamper	F41	44:54
80	Jorge Matias	M59	45:02
81	Sherry Myers	F70	46:26
82	Laurie De Keyser	F49	46:38
83	David Turner	M48	46:39
84	Charlotte Merkel	F56	53:46
85	Amanda McKinzie	F50	54:44
86	Ellinor Clothier	F02	1:10:22
87	Jessica Clothier	F33	1:10:23
88	Alysa Cringle	F23	1:12:13
89	Julia Cringle	F45	1:12:14
90	Veronica Freeman	F74	1:29:58
91	Debbie Miller	F73	1:29:58
92	Janet Tedsen	F69	1:29:59



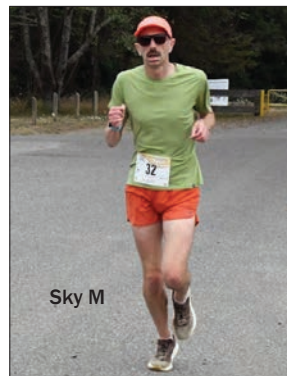
Ryder Bullman
5K winner (M)
17:09



Jakob Z



Andrew F



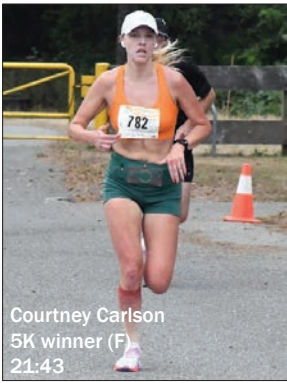
Sky M



Dillon A



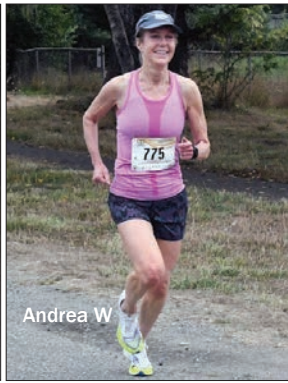
Matt W



Courtney Carlson
5K winner (F)
21:43



Rob A



Andrea W



Zachary C



Jake J



Liam C-R



Jeff H



Jazmen M



Richard R



Lanore B



Julian G



Caleb T



Olivia S



David M



Noël L



Richard E



Kristin L



Gideon T



Mark C



Jenna L

Jon L



Alex W



Caroline C



Becca M



Andrea L



Summer M



Randy E



Russell R



Maddox C



Arthur B



Andrew N



Paul K



Liam C



Cyril C



Daisy L

Myra E



Pete C



Brian F



Aubrey G



Andrea C



Savannah S

Kristi V



Kacy T



April Q



Jasper



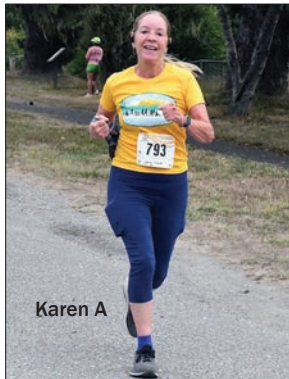
Amy T



Robert A



Marlene A



Karen A



Beth S



Roenne P



Liisa L



Marisol R



John C



Megan A

Felix A-F



Sean Q



Amy L



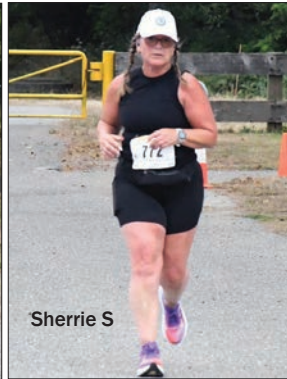
Lorraine D



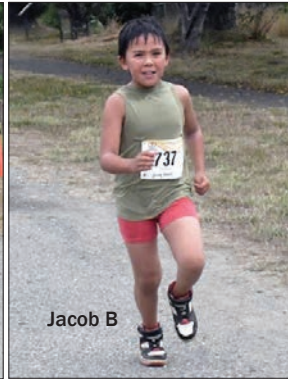
Bob B



Berit M



Sherrie S



Jacob B



Jennie R



Tim C



Maria O



Mel S



Shauna D

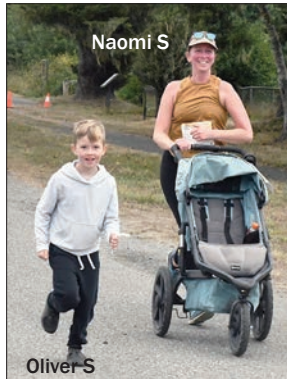


Angela R

Jib R



Abby F



Naomi S

Oliver S



Jorge M



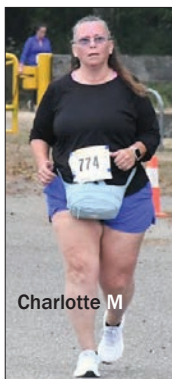
Sherry M



Laurie D



David T



Charlotte M



Amanda M



Ellinor C

Jessica C



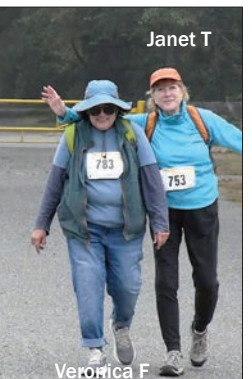
Alysa C



Julia C

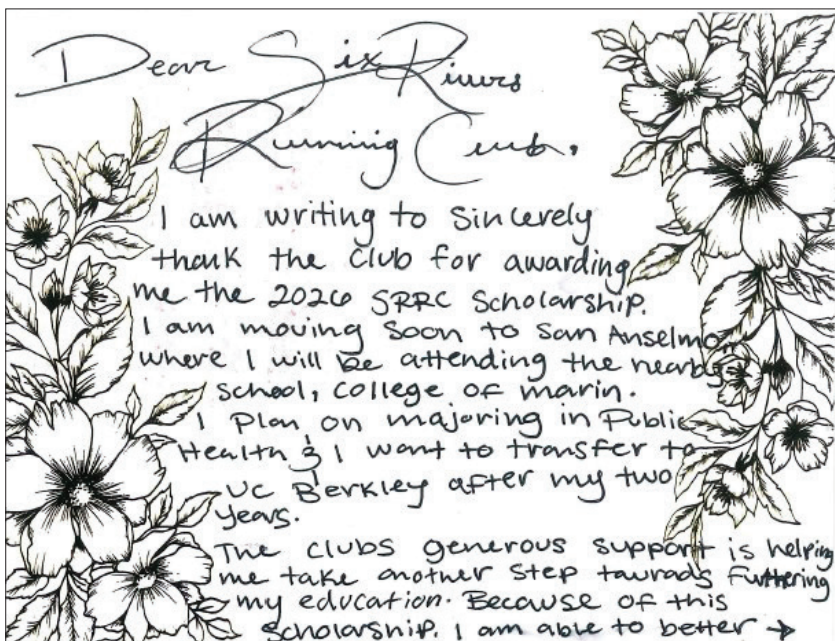


Debbie M



Janet T

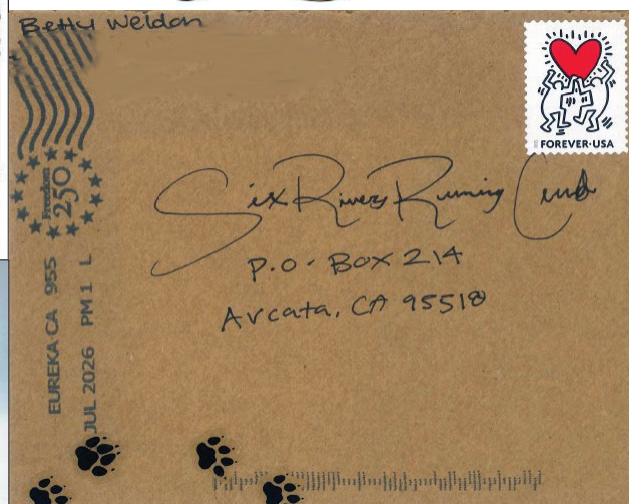
Veronica F



afford housing. After graduation at COM, I mentioned Berkley. That's why I choose the college. College of Marin has a 98% transfer admission rate to UC Berkeley.

Once again, thank you GRRC. I am deeply grateful for this club's investment in my future.

Sincerely Betty Weldon,



Thank You!
from Betty Weldon
SRRC Scholarship Recipient



USATF National Masters T&F Championships

Donnie Nelson <donnien@niaa.com> wrote on Mon, Jul 20, 2026:

Hello, Hope this finds you well and enjoying some beautiful summer weather. Back in Reno for a short time ... then off for a family vacation. Whirlwind two weeks, LOL.

Captured **bronze medals** in both the 5000 (Thursday) and 1500 (yesterday/Sunday) at the **USATF National Masters Track & Field Championships** in Geneva (outside Cleveland), Ohio. 18:27.70 (a hint slower than in San Mateo) in the 5K and 4:55.28 (nice chunk of time faster than San Mateo) in the 1500.

Thursday was challenging as the upper Midwest / Northeastern states were dealing with the smoke (very bad air quality index, reached 752 in Cleveland for a brief time) from the Canadian wildfires. The meet was suspended right before my race (only the fourth of the day), everything was moved into the facility's 300 meter indoor track (pretty amazing) and then we basically were just told to line up and go after the timers + officials got ready. We were lucky as after our race, the meet was called for the rest of the day (and then again all day Friday) because the building's cooling fans were bringing in the smoke from outside. It was challenging to keep splits and track of place, but in all honesty we were incredibly fortunate to get the race in. It was hot and humid as well.

Sunday provided better air quality (only moderate range), and it was a bit cooler with a little less humidity. I worked hard in the 1500 and had a decent time to show for it.

All in all, it was a wonderful experience. The meet directors and officials did a first class job packing four competition days into two (after losing basically all of Thursday & Friday). The "Aspire Academy" has a fantastic Olympic development-type facility (track & field, soccer, swimming & diving, etc.).

Anyway, there's the report from nationals 😊

Time to pack up and head out for a week-long family vacation ... one that was planned long in advance of this track meet LOL.

Take good care, Donnie

2026 USATF Masters Outdoor Championships

Spire Institute, Geneva, OH

Thursday, July 16 - Sunday, 19, 2026

7/16 12:00 AM - 7/19 11:59 PM

Donnie Nelson (M55, Bib# 1126, Reno Tahoe Athletics)

5000 Run, Indoors, M55-64

18:27.70

1500 Run, M55-59

4:55.28



**2026 USATF
MASTERS
OUTDOOR
CHAMPIONSHIPS**
GENEVA, OH

2026 25th S R R C C I R C U I T

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

After **Hammond Trail 5K** on 8/15/26 & **Sand Dollar Shuffle 5M** on 8/01/26:

Runners (if younger than 70) who have run **≥ 2 SRRC races** are included below.

- [1-#] := Resolution Run (1/01/26)
- [2-#] := Hour Run (2/14/26)
- [3.t-#] := FBMR 10M (3/08/26); [3.f-#] := FBMR 4M
- [4-#] := ACF, Arcata Community Forest Run (3/21/26)
- [5-#] := Masters Run (4/11/26)
- [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)

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



85-89 Male: Jib Ray* [1-1, 2-1, 5-1, 6.h-1, 8.s-1, 11-1, 13-1], Jurgen Giessel [2-2, 5-2], Jerry Fowler [3.f-1, 12-1]. **Jib**, looking strong! **Jurgen** and **Jerry**, we're right down to the wire now. Four months left, four races needed, four races on the schedule. You can do it!

80-84 Male: Gerald Crnich [3.f-1, 10-1], Gordon Johnson [8.s-1]. **Gerald**, can you go four months without missing a race? Hang in there, brother!

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], Ira Blatt [3.f-3]. This could come right down to the wire folks! **Cyril** edges **Randy**! **Randy** edges **Cyril**! At this point, **Joe**, **Alan**, **Ira** and **I** are standing on the sidelines cheering the two of you on. Hooray!

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], 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]. **Portia** and **Lorraine** both have eight races in the books. Looking good!

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], Bob Beede [1-3, 10-2, 13-2], Alan Grau [2-2], Mark Ellis* [2-4, 9-1], Harry Kavich* [2-5]. **Brian** added on, bringing his total for the year to nine. **Paul** has also completed the circuit. **Bob** is at three, coming on strong. **Mark**, with two down and four more club races, you can still qualify for the circuit. **Alan** and **Harry**, I'm afraid the news isn't so good for you. Unless one of you volunteers to devise and direct a new race before year-end, you have been statistically eliminated for this year.

70-74 Female: Debbie Stamper* [1-1, 2-1, 3.f-1, 4-1, 5-1, 7-1], Sherry Myers* [2-2, 3.f-2, 4-2, 6.t-1, 7-2, 11-1, 12-1, 13-1], Julie Jonte [8.s-1]. **Debbie** has six, **Sherry** eight and four months are left in the season. Magnificent!

65-69 Male: Jeff Haag* [1-1, 4-2, 5-1, 8.s-1, 10-1, 11-1, 12-1, 13-1], Mark Chapman* [1-2, 2-1, 10-2, 13-2], 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], 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], Paul Kraus* [8.s-3, 10-4, 13-3], Thomas Dewey [8.s-5, 10-8]. And that makes eight for **Jeff**, with a 37:38 in the sand and a 23:13 on the trail. **Dave** and **Tim** have five finishes each. **Mark** and **John C** have four. **Dean**, **John A**, **Robert** and **Paul** each have three and **Michael** and **Mishka** have two apiece. Only four more opportunities to make six.

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], Michael 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], Marcile Raney [1-3, 6.t-2, 7-4, 8.s-3, 10-4, 11-3], 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], Lalitha Brinckhaus [1-5, 11-4]. **Karen**, **Lanore**, **Marcile** and **Marlene** have each completed the circuit, four months in advance. Looking good! **Michael** has five, **Berit** three and **Lalitha** two on the year. Only four races left. Don't leave it to the last minute.

60-64 Male: David Macauley [1-1, 2-2, 5-1, 6.m-1, 12-1, 13-1], Eddie Fuel [11-1, 12-2], Arthur Barker [1-3, 2-3, 3.t-1, 4-1, 5-2, 9-1, 11-2, 12-3, 13-3], Pete Carlson* [2-4, 4-2, 9-2, 12-4, 13-4], Ed Kallen [1-4, 8.s-1, 10-2], Richard Engel [2-5, 10-1, 13-2], Mel Sample [1-5, 6.t-1, 13-5]. That's nine finishes for **Arthur**, including three firsts. But watch out, **David** just ran a 41:30 at the dunes and a 24:07 on the trail. **Pete** has two more finishes for a total of five. **Ed** and **Mel** have three and **Eddie** has two. Four races left. Who can make it over the line?

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], Sherrie Sample [1-3, 5-4, 6.h-1, 7-3, 13-3], Dawn Durbin [1-4, 4-2], Andrea Wright [2-1, 3.t-1, 5-1, 9-1, 10-1, 11-1, 13-1], Kelley Sheehy [5-3, 6.h-1], Simona Carini* [3.t-3, 4-1, 7-2, 12-2], Annette Eshelman [4-3, 8.s-2], Terri Vroman Little [6.t-1, 8.l-1, 12-1]. **Terri** ran a 48:30 at the dunes for her third finish, all firsts, for the year. **Andrea** took the honors on the trail, second woman overall in 21:51. **Caroline** and **Lanore** are the first competitors with ten finishes this year, **Caroline** had a 25:26 at the Hammond railway. **Sherrie** picked up her fifth finish of the year and **Tj** her fourth. Lots of speed in this division.

55-59 Male: Shawn Magnuson [1-1, 3.t-1, 9-1, 10-1, 12-1], Donny Holiman [1-2, 2-2, 4-1, 12-2]. hat's five for **Shawn** and four for **Donny**. Finish strong, guys.

55-59 Female: Becky Chapman [1-2, 3.f-2], 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], Marie Cappiello [4-1, 8.s-2], Jeanette Suhay [1-4, 11-1], Liisa Luick [10-3, 13-1], Shauna Davidsen [1-5, 13-2]. **Catrina** recorded her third first place finish at the dunes. **Liisa** and **Shauna** went one-two at the Hammond Trail. Plan your strategy, ladies. Four races left.

50-54 Male: Jake Johnson* [1-1, 2-2, 3.f-1, 4-2, 5-1, 10-1, 11-2, 13-2], 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], Craig Wasko [3.t-1, 4-1, 6.m-1, 8.l-1, 9-1], Scott Park [10-2, 11-3]. **Jake** and **Rob** have both completed the circuit. **Rob** is tightening his grip with a 37:12 in the sand and a 21:46 on the Trail. **Craig** has five races in and **Sung** has four. **Scott**, with two finishes, can still complete the circuit by running each of the final four races.

50-54 Female: Yvette Ferreira [1-1, 4-3], Amy Duerfeldt [1-2, 3.f-2, 5-1, 7-2], Brenda Estes [2-1, 3.f-3], Jen Foesig* [3.f-1, 4-1, 7-1, 8.s-1, 9-1, 11-1, 12-1], Kristin Lane [4-2, 8.s-2, 9-2, 10-1, 12-2, 13-1], Katie Bisson [3.t-2, 8.s-3]. **Kristin** had two finishes this month, including a first on the Trail, to complete the circuit in style. **Jen** added another first in the sand for a perfect seven. **Yvette**, **Amy**, **Brenda** and **Katie** can still complete the circuit, with four races remaining on the schedule.

45-49 Male: Sky McKinley* [1-1, 4-1, 8./-1, 13-1], Netra Khatri [5-1, 6.h-1], Richard Roybal [2-2, 4-2, 8.s-1, 9-1, 10-1, 12-1, 13-2], Albie Rumpf [6.h-1, 8.s-2], David Turner* [1-4, 2-2, 13-3]. **Sky** ran a 20:41 at the Hammond Trail for his fourth win of the year, placing him in a very favorable position coming into the home stretch. With a first in the dunes and a second on the Trail, **Richard** has completed the circuit in style. **Netra, Albie** and **David** will each have to finish a perfect four for four to earn their certificates this year.

45-49 Female: Alicia Smith [1-2, 5-1], Mavelyn Socha [1-4, 3.t-5, 5-3], Kit Meyer [1-6, 2-1, 4-4, 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./-2], Amy Hamilton [4-1, 6.h-2], Angie Pearson [4-3, 7-1, 8.s-3, 10-2, 12-2], Amy Livingston* [3.f-2, 7-2, 13-3], Sarah Sullens* [3.f-6, 7-3, 9-2, 10-6], Olivia Symanovich [3.t-4, 8.s-1], Casse Weaver [3.t-6, 8.s-2, 12-3], Alicia Mengel [1-1, 8./-1], Courtney Ladika [3.t-2, 8./-3], April Quincey* [3.f-5, 9-3, 10-3, 12-1, 13-1]. **April** has accepted the challenge! **Amy T** has completed the circuit with three firsts to her credit, but **April** is coming on strong, having won her last two races, edging **Amy T** in the process. **Angie** also has five in the books and is stepping it up. **Kit** has five, **Sarah** four, **Mavelyn, Amy L, Casse, Jennifer** and **Robin** three and **Alicia S, Alicia M, Olivia, Amy H** and **Courtney** two. Four races left to see who gets the marbles.

40-44 Male: Dustin Diller [1-1, 3.t-1], Matthew Kidwell* [1-2, 3.t-2, 4-1, 6.m-1, 8./-1], Zachary Chapman* [1-3, 2-2, 5-1, 10-1, 11-1, 12-2, 13-2], 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], 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], Casey Ales [6.m-3, 8./-2], Ivan Medel [4-2, 12-3]. **Matt W.** picked up two more firsts, am I repeating myself? **Zachary** picked up two seconds, right behind **Matt**. Somebody help me out here. Who's the fastest? Wait, **Matthew K** has dusted them both and just needs one more race. But wait, speaking of **Dustin**, he has won two and can take the crown with four wins in the final four races. I hate to say 'Wait and see', but I guess we'll just have to wait and see.

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], Jo Archibald [1-5, 2-1, 3.t-4, 4-3, 7-6, 10-2], Aubrey Gates [1-6, 4-4, 7-4, 13-2], 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], 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], Lauren Pottker [1-8, 7-7, 9-2, 10-5], Kristal Mendez [6.h-1, 8.s-1], Shao-Lan Lew-Smith [4-5, 8.s-2], Megan Atherton [5-2, 7-5, 10-3, 13-3], Sarah Landis [3.t-1, 10-7, 12-2]. Let's see, that's another first for **Andrea** and another first for **Brittany**. **Andrea, Jo** and **Naomi** have completed the circuit. **Brittany** has five. **Karen, Aubrey, Leah, Tara, Lauren** and **Megan** each have four. **Danielle, Crystal** and **Sarah** have completed three and **Kristal** and **Shao-Lan** have two each. **Andrea** and **Brittany** are battling it out for the lead, but will **KK** slip in ahead of both?

35-39 Male: Steve Luu [1-2, 4-2], Dillon Ayers [2-1, 3.t-1, 4-1, 8.s-1, 10-1, 12-1, 13-1], Simon Stampe [6.h-2, 8.s-2], Matthew Scott [3.t-2, 8./-1], Tim Burrus [1-1, 8./-2], Danny Emmenecker [3.t-4, 8./-3, 9-1, 12-2], Travis Sanborn [9-1, 11-1], Alex Wright [3.t-3, 11-2, 13-2], Jacob Kamplain [1-3, 11-3]. **Dillon** has qualified for the circuit with a second overall, 35:42, in the sand and a fifth overall, 21:01, on the old Hammond spur. **Danny** has four finishes and **Alex** three, with four races left for the season.

35-39 Female: Annie Fehrenbach* [1-2, 3.t-3, 6.m-2, 8./-1], Jenna Larson* [1-3, 4-1, 6.h-2, 8.s-4, 10-4, 13-2], Katrin Lemmon [1-4, 3.t-5, 7-5, 9-2, 10-2], Noël Loranger [1-6, 3.f-1, 4-2, 7-3, 9-1, 10-1, 12-1, 13-1], Christina Torres [1-10, 3.t-6, 8.s-5, 9-5], 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], Nina Carson [1-1, 6.m-1], Sarah Collins [3.t-2, 7-1, 8.s-2], Cruz Marbain [2-1, 7-4, 9-3], Sophia Sambo [2-2, 7-6], Jamie Hincley* [4-4, 7-10], Camille Sathrum [1-12, 7-8, 9-6, 10-5, 11-2], Becca Matias [9-4, 11-1, 12-2, 13-3], Ariana Rayburn [1-17, 11-4], Mary Anderson [3.t-7, 11-5], Kacy Tonkin [1-13, 13-4]. **Noël** has picked up two more firsts as she turns up the heat on her competition. **Jenna** has also completed the circuit. **Katrin, Ashley, Alejandra** and **Camille** have five finishes each. **Annie, Christina, Meg, Emily, Ella** and **Becca** each have four finishes. **Sarah** and **Cruz** have three finishes and **Nina, Jamie, Ariana, Kacy, Mary** and **Sophia** have two. That's a lot of races and a lot of potential qualifiers in a good-looking division.

30-34 Male: Brent Ritschel [1-1, 4-1], Ryan McLaughlin [1-2, 3.t-1], Ross Mayfield [1-4, 3.f-1, 4-3, 9-2, 10-1], Galen Hammitt [3.t-2, 4-2, 9-3, 12-2], Juliano Pereira [4-3, 6.h-1], Thomas Nolan [2-1, 9-1], Marcus Torres [3.f-2, 11-1], Tristan Cole [8.s-1, 12-1], Dustin Jackson [9-4, 12-3]. **Tristan** was third overall, in 36:21 at the dunes. **Galen** now has four finishes, but **Ross** is closest to qualifying with just one more finish required.

30-34 Female: Savannah Steffen [1-3, 4-2, 13-3], Kristi Vernig [1-4, 4-1, 13-4], Jaslin Rowan [1-5, 3.f-2, 7-2, 9-2], Ashley Knowlton [1-2, 7-1], Day Robins [1-1, 8./-1, 12-1], Courtney Carlson [3.t-2, 9-1, 13-1], Kate Eilers [8.s-1, 11-1], Jazmen McGinnis [8./-2, 12-2, 13-2]. **Day** was second woman overall, clocking a 39:44 in the sand, **Jazmen** was right behind, with a 40:14. **Courtney** was first woman overall at the Hammond Trail, in 21:43. This is a very tight division. **Jaslin** still leads with four finishes. Four more chances to catch the brass ring.

25-29 Male: Jasper* [1-2, 2-1, 3.f-3, 4-2, 9-2, 10-1, 11-3, 13-2], Eric Coppa [3.t-1, 6.h-1, 8.s-1, 9-1, 12-1], Jakob Zolwik [4-1, 11-2, 13-1], Travyn Sanborn [9-1, 11-1]. **Eric** and **Travyn** both have perfect records. **Jasper** is the current leader, but **Eric** can surge into the lead with one more finish. At this point, none of the four competitors have been eliminated from winning this division. **Eric** has the inside path with a 35:18 first place finish in the sand.

25-29 Female: Alexa Stefanakis [1-2, 6.h-1], Anna Riedl [3.t-1, 8.s-1, 12-1]. **Anna** was the first woman across the finish line at the dunes, in 38:11. **Anna**, three more finishes and you will graduate from this division as champion.

20-24 Male: Caleb Turner [1-1, 2-1, 4-1, 10-1, 13-1], Angel Ornelas [3.f-3, 10-2]. One more race and **Caleb** will qualify and wear the laurels in this division.

20-24 Female: Elizabeth Odell [1-1, 7-1]. **Elizabeth**, you will win this division if you complete just one race per month for the remainder of the year.

15-19 Male: Gideon Turner [1-4, 2-1, 4-1, 9-1, 10-3, 13-2], Jorge Montenegro [3.t-1, 6.m-1], Juan Ornelas [3.f-2, 10-1, 11-1], Sebastian Amaro [1-1, 10-2], Ryder Bullman [3.f-1, 11-2, 13-1]. That's six for **Gideon**, making him the odds-on favorite to win this division. **Ryder** took no wrong turns and came in first again this year on the Hammond tracks, clocking 17:09. Four races left and you need three, **Ryder**. You too, **Juan**.

15-19 Female: Brida Lester* [3.f-2, 11-1]. **Brida**, you will need to go a perfect four for four to qualify and win this division.

14 & Under Male: Liam Chapman* [1-1, 2-2, 10-2, 11-1, 12-1, 13-2], Maddox Chapman* [1-3, 2-1, 10-1, 11-2, 12-2, 13-1], 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], Grant Bumgardner* [3.f-1, 4-1], Angel Torres [4-2, 8.s-1], Felix Porter [2-6, 3.f-4, 10-6], Westley Porter [2-5, 3.f-3, 10-7], Nano Rayburn [1-7, 11-4], Onyx Kamplain [1-6, 11-5]. With four months and four races left, **Liam** and **Maddox** have both qualified by completing six races apiece, and are still co-leaders of this division. With one more race, **Oliver** can be this year's youngest to complete the circuit. **Zane, Jacob, Felix** and **Westley** each need three more races to qualify.

14 & Under Female: Roenne Powell* [1-2, 3.f-1, 4-1, 7-2, 10-2, 11-1, 13-1], Eliana Powell [1-5, 10-4], Isla Archibald-Buchanan [1-1, 7-1, 10-1], Elena Cudahy [1-4, 10-3], Arianna Porter [2-2, 3.f-3, 10-5], Ariella Rayburn [1-6, 11-2]. **Roenne** cruised to victory through the trees on the Hammond Trail. Will **Isla** be able to catch her?

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



The HRRAY Cross Country Season Is Underway

The 2026 cross country season will begin on September 22 with a meet at Trinidad School. The race will start at 4:00 PM with a TK to 2nd grade boys and girls ½ mile run. The second race will be a .8 mile race for 3rd-5th grade boy and girl runners. The final race will be for 6th-8th graders who will run a .9 mile race. All youth runners are eligible to run, and many schools have a cross country program. If you wish to participate, check with son or daughter's school to see if there is a program that he or she can participate with. If not, your son or daughter may still participate.

There are seven cross country during the season with the final meet a county championship. The races get a little longer each meet so runners will be prepared to run one mile for TK to 2nd graders and two miles for 3rd to 5th and 6th to 8th graders at the Championships. There is no charge for this program.

For more information, go to www.hrray.org or write to <hrray707@gmail.com>. – **Jack West** <jandjwest@yahoo.com>

HRRAY Needs an SRRC Member

Humboldt Redwoods Running Association for Youth (HRRAY) has been keeping young runners involved in running programs for over 13 years. For about half of that time, the club has attracted 400-500 runners per year to be involved in the cross country programs this club has organized. Three of the members who have spent many years working with the program are retiring. There has been enough interest in keeping the program active that we hope to see it continue. However, this organization is part of SRRC. It is important to have a member of SRRC to be part of the committee that organizes HRRAY. It would be nice to find an SRRC member who would be willing to go to both the meetings for SRRC and HRRAY, and take part in the cross country and track program. It is a lot of work during the spring and fall, but it is very rewarding.

If anyone would consider working with HRRAY, please call Jack West at (707)845-6382 or send an email to <jandjwest@yahoo.com>. – **Jack West** <jandjwest@yahoo.com>

E.T. Full Moon Midnight 51K

Paul Kinsey <paulkinsey395@gmail.com> wrote on Sun, Aug 9, 2026:

Sunday night, August 2, I ran the **E.T. Full Moon Midnight Marathon** (<http://calicoracing.com/events/et-full-moon/>) starting at midnight.

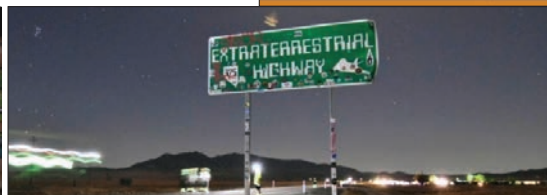
Since it is held in mysterious “**Area 51**”, I ran the 51 km event. Everyone was in high spirits running through the arid, high desert. Finishing near dawn, I spent a good amount of time chasing my moon shadow and spotting meteorites.

There were no records broken at this event. It's harder than it might seem, but super fun too. – Paul



ET Full Moon Midnight Marathon 2026
Alien Cowpoke (near Area 51), Rachel, NV
Midnight, August 1, 2026
51K

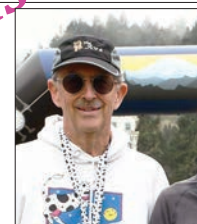
Pl	Name	G/age	Time	Bib#	Home
8	Paul Kinsey	M71	5:34:33	164	Arcata, CA



The 54th Sue-meg Race 5K & 10K

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

Join us!



The Sue-meg Run is one of the prettiest runs in Humboldt County. I hope many of you will come to the event on September 19 to find out. Both the 5K and 10K will begin at 10 AM. The 5K is very pretty, but the 10K is twice as pretty since you do the same course twice.

Please come early since one of the biggest issues for this run is parking. We have worked with the park personnel to find ways to cover the parking on the day of the event. We will ask everyone to **carpool and come early**. We mark every parking lot so they are easier to find. There is a lot of signage to help people find parking. We also ask all club members to bring the exact change so going into the park is faster. We ask the park employee(s) who runs the kiosk to not give any more information than necessary to each car so pass through quickly. I believe these steps have helped parking to be easier.

You register at the race. The registration is done quickly, but many of the volunteers who come early to help are also planning to run. Please come early enough so they can also run.

We allow everyone to run the race for free since there is an \$8.00 entrance fee (\$7.00 for seniors). We hope those who don't have to pay to enter will consider a donation. If you go to one of the participating libraries in Humboldt County within two weeks of the race, you may be able to get a pass for free entrance to the park. Remember to thank the park employees as they all support the run.

I hope to see a lot of you on September 19. – **Jack West**, Race Director <jandjwest@yahoo.com>

5K & 10K start, 2025



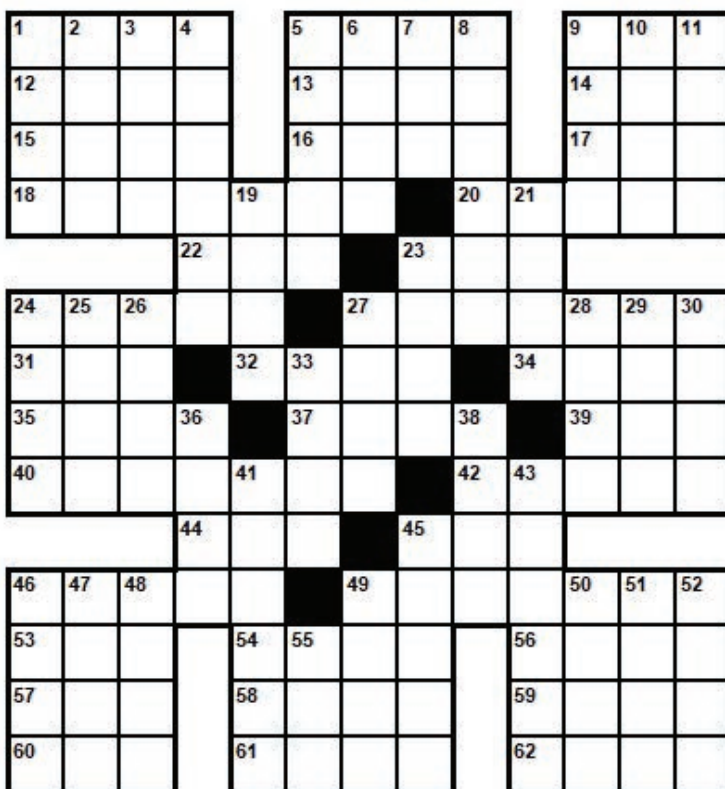
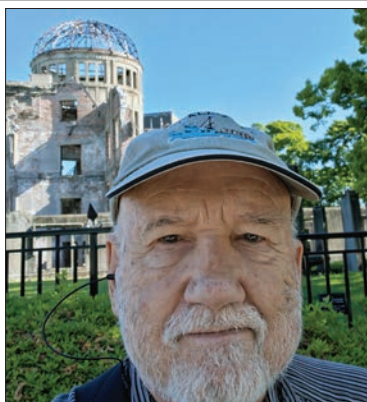
SRRC Crossword Puzzle

ACROSS

- 1 Jingle
- 5 Taunt
- 9 "___ the ramparts ..."
- 12 Bucket
- 13 Farm measure
- 14 Health resort
- 15 Sicilian volcano
- 16 Our org.
- 17 Thus
- 18 Rhyme, part 1
- 20 Rap on the door
- 22 Is able
- 23 Female deer
- 24 Come in
- 27 Rhyme, part 2
- 31 What you say to the doctor
- 32 Anti-drug cop
- 34 Compos mentis
- 35 Greek portico
- 37 Stately trees
- 39 Juniper berry distillate
- 40 Rhyme, part 3
- 42 Rush
- 44 Color
- 45 Hairpiece
- 46 Centuries-old communication medium
- 49 Rhyme, part 4
- 53 Raw material
- 54 Persian poet
- 56 Back of the neck
- 57 Beer barrel
- 58 Wander
- 59 Raven kin
- 60 Curley letter
- 61 Primates
- 62 Desires

DOWN

- 1 Throw up
- 2 Vow
- 3 Vertices in an enneagon
- 4 Peek
- 5 Leader of the Argonauts
- 6 Neutral shade
- 7 Mess up
- 8 Suppose
- 9 ___ buco
- 10 Long story
- 11 Frame
- 19 Knitter's supply
- 21 Webs
- 23 Naval parking place
- 24 Simple
- 25 Euro-American alliance since 1945
- 26 You, formerly
- 27 Darn it!
- 28 Cleaning cloths
- 29 One piece
- 30 Hawaiian goose
- 33 Tip-top
- 36 Be sore
- 38 Gangster's knife
- 41 Sky light
- 43 Bureau
- 45 Goods
- 46 Prod
- 47 Greek war god
- 48 Dowels
- 49 Possess
- 50 Transport cost
- 51 Atop
- 52 Happenings
- 55 Floor washing tool



"Ken Yanosko" <kenyanosko@sbglobal.net>

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SAT., SEP 19, 2026 << **SRRC race** >>

54th Sue-Meg Park Run. {\$10 for nonmembers, free for SRRC members} **5K** and **10K** at 10AM. Start and finish near the entrance to Sue-Meg State Park. Carpooling for this event is encouraged because there is a \$8 fee per vehicle! For more information contact **Jack West** <jandjwest@yahoo.com>.

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>.

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!

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://6rrc.com>



Help Wanted! Opportunities in the Fall

- Sue-Meg Park Run 5K and 10K (10:00 am, Sat., 9/19/26): Jack West, the Race Director is looking for volunteers to help out at the Sue-Meg State Park event. Please contact him at <jandjwest@yahoo.com>.
- Humboldt Redwoods 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>.

-- 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://6rrc.com/> and click "Join" OR

[2] Visit <https://runsignup.com/MemberOrg/SixRiversRunningClub/Info>

\$30 for "individual"

\$50 for "family"

