



Sammamish Running December 2023

Welcome to the holiday running season. Great time of the year to get those early runs in and beat out the rain and snow showers. We will announce the winners of the race series at our Santa Bear 10k run at Sixty Acre Park at 10:30 am. Come out and beat the bear the Santa Bear on Saturday December 16, 2023, at 9 am at Sixty Acres Park Redmond Washington. All finishers that beat the bear get a specially designed sticker: 'I beat the Bear. The Santa Bear'. Once again, we will have hot chili and hot coffee for all finishers. Just added to close out the year is the Lake Sammamish Classic 13.1 starting out at the Issaquah Court House at 9 am on Saturday December 30, 2023. Get that one last half in for 2023! It is a USATF certified course and a New York City Marathon qualifier race. Come out and see if you can qualify for the November Classic. The Snoqualmie 15k was a gem. Winning the

race was Rebecca Adamson and the top male



Snoqualmie 15k Winner Rebecca Adamson

2024, 8 am. For 2024 we will have a new timing clock for a photo finish and two new big, huge red buoys for the swims. Thanks to our volunteer Darlene Ripley we will be handing out race packets, bibs, T-shirts earlier and our team will be at Road Runners Sports Bellevue to answer questions and make sure you are ready for the big day. Please reach out to our triathlon coach Marques Garcia, Ironman 70.3. Ruth Perkins, Olympic marathon qualifier is also a great running coach. We would like to thank our local sponsors Nick Lu GL Architectural Engineering, Matt McManus Reality, and Road Runners Sports. John Ludeman Photography takes all your action photos at the Beaver Lake Triathlon.

Injury Prevention. One of the biggest threats to a racing career is the major injuries. Most are not even running (or swim/bike) related. Listen to your body. If we are doing longer distances, we may be straining the muscles or losing proper form. In these cases, slow down and focus on your form for either the bike, swim or run. Be extra cautious during the winter months when it gets darker earlier there may be slick surfaces or leaves covering tree roots or stones. If you are running in stormy/windy conditions, be aware of potential falling trees and branches and if coming down the mountain slick or dark surfaces that may cause a fall. Always bring enough water and nutrients for the course and if there is an unknown course bring a little extra. Listen to your body, hydrate properly and be aware of your surroundings and enjoy the run. RD Mic

Snoqualmie 15k

October 28, 2023, 9 am

Aldarra Field, Redmond to Tolt Hill Road

Flat and Fast

Top 3 female and Top 3 Male Receive \$50 Gift Card to the Blarney Inn

Winner
Rebecca Adamson

Top Male
Gary Wright

Blue Heron 15K - August 21, 2022

Blue Heron 15K

Run In Progress

Register

Mic Brisk