

## 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

spot goes to Gary Wright. You can sign up today for the racing series which includes the Fall City Classic 8k on March 16, 2024, 9 am starting at the Fall City Community Park, the Red Hawk 10k at starting at Newcastle Beach Park out and back to the Seattle Seahawks VMAC Virginia Mason Athletic Center in Renton on June 15, 2024, Sam 10k on September 14, 2024, at 9 am starting at the Marymoor Connector, and finally the Santa Bear 10k on December 14, 2024. Our first Duathlon of the season will be out at Ocean Shores with a 13-mile bike and 5-mile beach run. Also, a favorite to kick off the year on May 19, 2024, at 9 am starting at Sharky's on Ocean Shores Boulevard. We have the Pine Lake ½ mile Swim 6k Run on June 30, 2024, 8 am followed by the 1-mile Beaver Lake Swim and 4.3 mile run on July 28, 2024, 8 am. June 8, 2024, 8 am Saturday will be the Soaring Eagle 10-mile road bike, and 4.3-mile trail run. Our triathlon season kicks off on May 12th, 2024, at 8 am with the Cedar River Triathlon (1/4-mile Swim, 10 mile off road bike, 6k trail run). The Ocean Shores Triathlon and Duathlon will be on August 4, 2024, 8 am with a ¼ mile swim, 8-mile bike, and 5k run AND ½ mile swim, 16-mile bike, 10k run, AND 8-mile bike, 5k run AND 16-mile bike, 10k Run. Just added this year is the Newcastle Beach Triathlon 1k swim in Lake Washington, 8 mile off road bike, and 5 mile run on August 11, 2024, 8 am. The Beaver Lake Triathlon will be on August 25, 2024, at 8 am. Sold out last year (¼ mile swim, 13.4-mile bike, 4.3-mile run). The Rattlesnake Lake Triathlon will be on Labor Day weekend Sunday September 1,

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

