



Sammamish Running

June 2023

What a great day for racing! Today's misty morning gave way to a great finish from Liang Gang Yu to take the top honors at the Red Hawk race. First female was Lana Doi. The 10k top spots were taken by Kevin Rovegno and Alison Ogliore. Congratulations to all finishers. They were treated to a red hot (hawk) tamale and finisher medal. Next race is the Easttrail 10k – Flat and Fast on July 16, 2023, 8 am starting at the trail head at New Castle Beach. Some upcoming events – June 25, 2023, 8 am is the Pine Lake Aquathlon ½ mile Swim – 6k Run. The Beaver Mile Swim and 4.3k Run is on July 30, 2023, 8am. Rattlesnake Lake Triathlon on August 6, 2023, 8 am includes a ¼ mile swim, 10 mile off road bike and 6k Run. The Ocean Shores Triathlon this year is at the North Bay Park Oceans Shores and includes a ¼ mile swim, 8-mile bike and 5k run (Super Sprint) and double the distances for the Sprint competition. The Beaver Lake Triathlon

closes our season on August 27, 2023, 8 am with a ¼ mile swim, 13-mile bike and 4.3-mile Run. We hope to see you at our upcoming events.



Top Finisher Red Hawk Liang Gang Yu and Daniel Qian

Red Hawk Results:

Bib#	Chip#	race	Participant name	AG	Finish
202	F52D	10k	Rovegno, Kevin	M30-39	0:43:54
205	D3FD	10k	Ogliore, Alison	F40-49	1:05:55
206	D3ED	6k	Yu, Liang Gang	M40-49	0:24:18
207	D3DD	6k	Qian, Daniel	M10-19	0:34:50
210	6D3AD	6k	Anderson, Eric	M50-59	0:27:52
211	D39D	6k	Anderson, Audrey	F20-29	0:37:40
212	D38D	10k	Flynn, Bob	M70-79	0:51:00
213	D37D	10k	Pruthi, Vineet	M40-49	1:06:00
215	D35D	6k	DeWitte, Chelsea	F30-39	0:31:56
216	D34D	6k	Doi, Lana	F60-69	0:31:38
217	D33D	6k	Doi, Shawn	M30-39	0:31:56
219	D31D	6k	Liu, Tony	M10-19	0:37:00
220	D30D	6k	Liu, yong	M50-59	0:37:36
222	3010E	6k	Wong, Tiffany	F30-39	0:41:50
224	E0111	6k	Davé, Nilam	F40-49	1:16:22



Finishers Eric Anderson and Liang Gang Yu at the Red Hawk 10k and 6k Event



Start of the Red Hawk 6k and 10k June 17, 2023



Winners of the kids' Run



Top female in the 10k Race Alison Ogliore

We thank our sponsors:

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