

# Fall City Classic 5k

Fall City, WA, United States



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## Sammamish Running

April 2024

Great start to the running year with the Fall City Classic 8k and 5k. Ian Field takes top honors with a scorching time of 30:17 for the 8k followed by Katherine Thompson 30:46 for top female honors. David Branson took care of business with a time of 20:17 in the 5k followed by Top female Chelsea Doi. Included in the race series this year is the Run the Red Hawk 10k on EASTRAIL, Sam 10k on East Lake Sammamish Corridor and the Santa Bear 10k Beat the Bear run. All entrants receive a commemorative T-Shirt, Medal, Hand towel, photo finish and Cliff Bar. Race to the Top of Mount Si and Rattlesnake Lake Ledge are next

on the schedule. We are listening to you! Trail runs, triathlons, flat and fast, half marathons are all on the 2024 schedule. Just added is the Beaver Lake Experience. This will be a pre-race Pasta dinner, 3 live bands, and USA Rio Olympian triathlete in the 2016 Rio games Greg Billington will be on site August 24, 2024, 5 pm as well as local triathlon coach favorite Marques Garcia. Sign up early since the BLT was sold out in 2023. We are looking for volunteers for the upcoming Cedar River Triathlon. You get a \$25 gift card to Starbucks, free entry into any future race and mentioned in our newsletter. Sign up today! Safety is our

number one priority. Always stay to the right on the road or trail, be aware of your surroundings, and adhere to race officials, flaggers, and law enforcement directions. Also listen and ask questions during the pre-race briefings. We want all athletes, participants, and volunteers to come home safely.

### **Boston Bound**

We just got approved for the Marina Bay Squantum Point Boston 5k/10k on April 13, 2024, 9 am. If you are in town, please check us out. More info at [SammamishRunning.com](http://SammamishRunning.com)

### **Sharky's Duathlon – Ocean Shores**

Join us May 19, 2024, at 9 am for a 14-mile bike, 5.2-mile beach run/asphalt competitive race event. Great tune up for upcoming Triathlon season.

### **Run the Red Hawk**

Join us at Newcastle Beach on June 15, 2024, 9 am start for a flat and fast on newly paved Eastrail corridor 10k and 5k cash awards to both male and female 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> passing by VMAC Seahawks Training facility. Clock in one of your fastest times of the season!



**Winners of the Fall City Classic 8k Ian Field Overall and Katherine Thompson top Female**

Cross training is good for your health. Running, biking, and swimming allows you to use more of your muscles. Weightlifting and cardio training also improves your overall health as well as a healthy diet. Coach Marquis Garcia and Coach Ruth Perkins will be on hand to answer any of your questions and concerns to get you to maximum potential and continued good health. They will help you set goals and achieve your full potential.



**We beat the Fall City Alpaca**

### **Don't miss the Race to the Top!**

Rattlesnake Lake Ledge is a grueling uphill race to the Top to claim your medal of valor and compete to claim the Golden Rattlesnake Award. March 31, 2024, 9 am North Bend WA. Grab a friend and compete for the trophy. Beat Noah's record and win a cash bonus. Good speed!

