



January 2024

# Sammamish Running

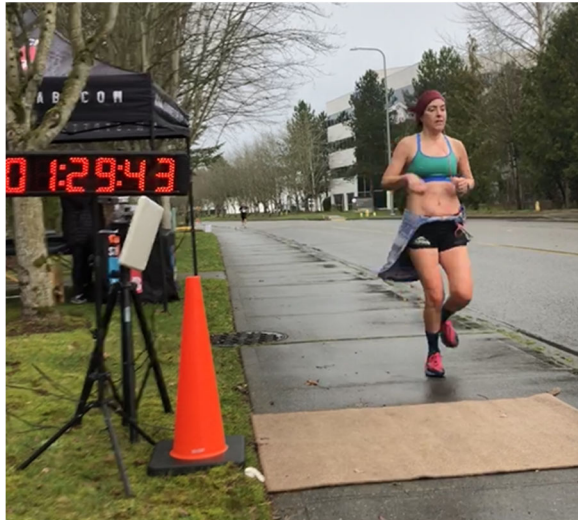
Happy New Year 2024! We have a great year planned for you. What a great turn out for the inaugural Lake Sammamish Classic 13.1 event. David Lyons took the top honors with an impressive finish in 1:16:55 for the half marathon course. Elva Williams took the top female podium spot in 1:29:36. Congratulations! Age group winners received a ribbon, all finishers received a Classic 13.1 Medal, and all registered runners got a finishing photo with times and an authentic Lake Sammamish Classic 13.1 T-Shirt. Starting temps were in the upper 40s with misty weather with cloudy skies. Results and photos are posted on the [SammamishRunning.com](http://SammamishRunning.com) webpage. Special thanks to Stretch Labs Issaquah for providing free 15-minute stretch sessions for all our athletes and to Road Runner Sports for providing Packet Pickup at their Bellevue store. Special thanks to our volunteer team of David and Darlene Ripley. They are the



**Top Finisher David Lyons Issaquah WA 1:16:55  
Lake Sammamish Classic 13.1 'Best racecourse ever'**



sticky rice that keeps our organization moving smoothly. Congratulations to all finishers of the Lake Sammamish Classic 13.1 - We are proud of you!



**Top female in the Lake Sammamish Classic 13.1**  
**Elva Williams, Seattle 1:29:36**

Rounding out the top 3 for the females for the Lake Sammamish Classic 13.1 were 2<sup>nd</sup> place Melissa Arima 1:35:37 and 3<sup>rd</sup> place Rebecca Adamson, 1:41:55. Congratulations!

We look forward to seeing you on the 28<sup>th</sup> for the upcoming Race to the Top of Squak mountain. Winner receives the Golden Squak trophy and if they beat last years' time, they get a cash bonus. Last years' time to beat is by Paul Guillien is 38:10 for the 3.2-mile mountain event. All finishers receive a golden Squak medallion, finishing time and photo. Our first event of our running series starts March 16, 2024, at 9 am with the Fall City Classic 8k. Great race to kick off the running season. For those doing the Boston Marathon we have the Boston 5k/10k warm up run on April 13, 2024, 9 am starting at the Lower Neponset River Trail. Come out and root for your favorite runners! Come meet the Coach at Road Runners Sports in Bellevue Washington on Saturday January 27, 2024, at 4 pm – 5 pm. Find out how you can up your game, and improve your times, and be more comfortable while achieving your 2024 goals. We will also be handing out T-Shirts, medals, and lost and found items from past races that you left at the race site. Come out and have a Starbucks Coffee on us!

Olympic Games Paris 2024 – Who is inspired by the Olympics Games? How do you qualify for the Olympic games? Find out the minimum standards to compete in the USA Olympic trials. You may have

the potential of running in the Paris Olympics or the 2028 Los Angeles Olympic Games. Find out how you can qualify.



**Top 3 finishers Lake Sammamish Classic 13.1**  
**1<sup>st</sup> David Lyons #36, 2<sup>nd</sup> Lance Biggers #108 - 3<sup>rd</sup> Brendan Yeh #110**

Results for the Lake Sammamish Classic 13.1 can be found at [SammamishRunning.com](https://SammamishRunning.com) or [Active.com](https://Active.com)



**Richelle Kala-Lufulwabo Issaquah WA Lake Sammamish Classic 13.1 - 1:54:04 - 30<sup>th</sup> overall - 3<sup>rd</sup> Age Group**

How are we doing? We would love to hear from you. Did you have enough food and beverages at the finish, on the course? Were there enough restrooms on the course and at the start/finish? Were you able to get medical supplies if needed? Was there enough parking? Did you feel safe during the run? Were the course markings adequate? Did you receive T-Shirt, medal, and finisher photo? Will you do this race again? Will you tell your racing buddies about your experience? How can we improve?