



Sammamish Running

July 2022

Thank you for joining us this weekend at the Red Hawk 6k. Danny Riley annihilated Kelsey Wong's previous record in a time of 20:01 for the 6k (5:22/mile). Conditions were nearly perfect for the jaunt down the austere Cedar River Trail. Rounding out the top spots were Ian Fields 21:49 followed by Elva Williams 22:22. Top places received \$50 gift card from Twede's Café and Plateau Running. Door prize \$219 for North Bend Film festival went to Rachel Cundy and Natalie Roberts pick up a \$50 gift card. All finishers receive authentic Red Hawk medals and signature Red Hawk hot tamales. We look forward to seeing at our next event the Metaverse 6k and 10k race starting at the University of Washington Bothell campus on the North Creek Trail. 10k winner brings home \$100 cash prize and lots of door prizes for all! Join us this weekend for the USAT Pine Lake Aquathon with ½ swim in Pine Lake and a 6k run

around the Lake. The winner takes home a \$50 gift card from JEMCO and door prizes for: A free month of motivational fitness and nutrition from (\$300 value) Jennmfnutrition.com and a \$500 gift card from Dawn Sanders for coaching

<https://www.sanderscoachingteam.com>



Figure 1 Red Hawk 6k Finishers Yong and Tony Liu

Beaver Lake Triathlon

We have an exciting summer fitness plan just for you: Join us for the Beaver Lake Triathlon on Sunday August 28, 2022, at 8 am for a ¼ swim in Beaver Lake, 13.1-mile lollipop loop around Duthie Hill followed by a 4.3-mile jaunt around Beaver Lake. Sign up today at BeaverLakeTriathlon.com



Figure 2 In training for the Beaver Lake Triathlon

On Sunday July 31, 2022, we have the Beaver Mile swim followed by the 4.3-mile jaunt around the Lake.

On Saturday September 17, 2022, at 9 am we have the Fastest of Fastest race down the East Corridor Trail just east of Marymoor Park. Winner takes all \$200 cash prize for the fastest individual in King County.

On Sunday October 2022 we have the Race to the top of Rattle Snake Ridge. A 3.2-mile ascent up 1,600 feet. Bragging rights to the fastest to top!

10k Bellevue Mercer Slough Nature Park on Saturday November 19, 2022. Burn some calories before the Thanksgiving Break!



Figure 3 Start of the Red Hawk 6k

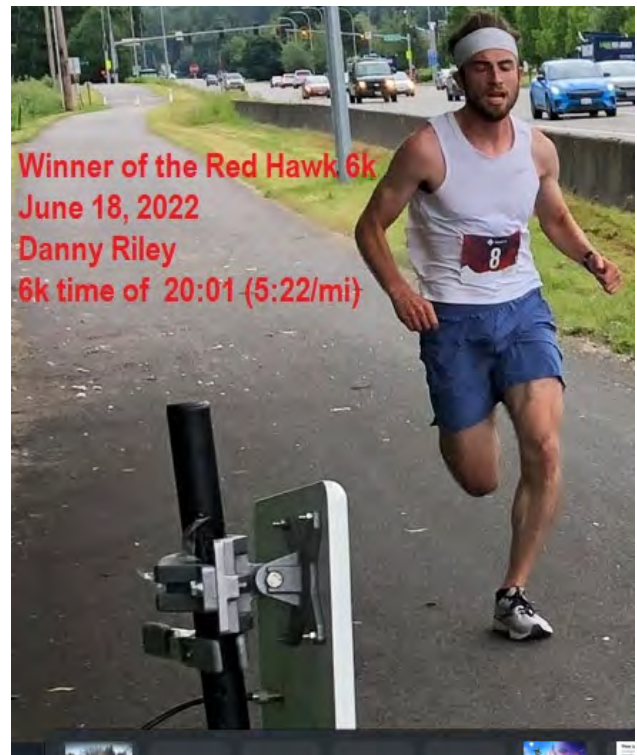


Figure 4 Top Finisher Danny Riley in Saturday's Red Hawk 6k



Figure 5 First Female Elva Williams 22:22 in the Red Hawk 6k

Be part of the excitement for the Sammamish Running and Beaver Lake Triathlons this Summer. Run fast, run hard and enjoy the beautiful summer weather! Mic Brisbois Race Director