

Pre-Race Instructions

The Fastest of the Fastest Sam 10k starts promptly at 9 am at the Marymoor Connector Trail and E Lake Sammamish Trail. The course is out and back and is chip time. To get your score you must go between the two Red Cones. There will be a water aid station at the turn around 3.1 mile and 3 RED cones. Registration opens at 8 am for race packet pick up. All registered runners get a custom designed Fastest of the fastest T-Shirt and all finishers receive a custom designed Fastest of the Fastest Medal. The 10k will have cash awards for 1st, 2nd and 3rd place for male and female. Cash bonus for the 1st runner to beat the course record 35:00. Age group ribbons 3 deep. Bibs with chips must be worn on front torso for photo finish and timing. Sammy 1k kids run 7-15 ages starts at 10 am Sharp. Come cheer on the future Olympic athletes. Good Luck!

Invite your friends! REGISTER

Thank you for registering for the Sam 10k event The Fastest of the Fastest. The 5th Annual Sam 10k starts promptly at 9 am on Saturday September 16, 2023, at the intersection of Marymoor Connector Trail and E Lake Sammamish Trail in Redmond Washington. It is a chip timed race. Please wear the bib on the front torso and go between the two red cones at the finish. There will be cash awards for the top finishers M-F 1st, 2nd, and 3rd. Ribbons to all age group winner's 1st, 2nd and 3rd. Custom designed medallions to all finishers. Random door prizes will be awarded. The race is USATF sanctioned. The race starts promptly at 9 am and will remain open for 90 minutes. There will be no dogs allowed on the course. Goodie bags with your name on them will be at an isolated table for your pickup which include your custom designed Sam 10k Fastest of the Fastest T-Shirt. There is plenty of parking at Marymoor Park and the local trail parking. Toilet facilities at Marymoor Park. Fruit and snacks to all finishers! Race net proceeds go to American Cancer Society. Bring a friend - See you there! If you registered for the Santa Bear 6k and Sam 10k combo you are now registered for both races. Enjoy! The Fastest of the Fastest. Cash prizes or top male and female 1st, 2nd, and 3rd and ribbons to all age group winners 3 deep. Enjoy!

Start/Finish

Marymoor Connector Trail and E Lake Sammamish Trail in Redmond Washington

*** No parking at Marymoor Self Storage *** Park at the King County Lot ½ mile

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