



SR Sammamish Running

March 2022

Welcome to Sammamish Running! We have a great year of running planned for the greater Seattle area you don't want to miss.

Thanks for joining us for the Fall City Classic 6k. The weather turned out nearly perfect for the 3.73-mile jaunt down Neal Road along the Snoqualmie River at Fall City Community Park in Fall City Washington. Congratulations! Steve Heaps, a Fall City resident broke the course record with a blazing time of 22:12. First female Elva Williams Congratulations!!

Top Female Athletes

1st Elva Williams 23:05

2nd Rachel Cundy 24:33

3rd Kathy Perry 31:09

Top Male Athletes

1st Steve Heaps 22:12 * New Course Record

2nd Ian Fields 23:09

3rd Chris Miland 23:29

Please support our sponsors:

- Fall City Farms
- Farmhouse Market Fall City
- Sammamish Running
- Beaver Lake Triathlon
- Fantasy Football World Championship
- Naked Bars
- Perpetual Motion NW
- Boeshaar Law

Some upcoming events:

April 23, 2022, 10 am Sammamish Sunset Beach 6k starting at Sammamish State Park. Ribbons to all age group winners, Custom designed medals to all finishers and commemorative Sunset Beach 6k T-shirt to all participants. Run, jog, trot this festive 3.73-mile cross terrain course. All finishers will be treated to a 1/4 pound all beef Sammamish Hot dog with all the toppings. Gift cards to local restaurants for all door prize winners. Sign up today! REGISTER at SammamishRunning.com

May 15, 2022, at 10 am Fortnite 6k Jungle Run Join us for our Jungle adventure through the streets of North Bend Washington as you go deep into the dark forest along the Snoqualmie Raging River. You will encounter wild animals, land mines and sniper positions. Grab a partner to successfully complete the Jungle Adventure. Hot fudge Sundaes await your successful completion of the mission. God speed!

July 16, 2022, at 10 am Metaverse 6k. Come out and enjoy the metaverse. Your 3.73-mile journey begins at the University of Washington Bothell campus and winds through North Creek Trail along the Sammamish River. Your entry fee of \$10 will be donated to the local food bank. You will receive custom designed cool Metaverse 6k T-Shirt, authentic Metaverse medallion. Fresh squeezed

lemonade will be waiting for you at the finish.
Register at SammamishRunning.com

Race Series

\$75 includes entry into the following which includes race T-Shirt, finisher medal and SWAG.

- Red Hawk 6k Saturday June 18, 2022, 9 am
 - Sam 6k Saturday September 17, 2022, 9 am
 - Santa Bear 6k Saturday December 17, 2022, 9 am
- Register at SammamishRunning.com

Other Events coming up in 2022:

USAT Duathlon Ocean Shores 12B, 5R May 22, 2022, 9am
Pine Lake 1/2S, 6K Duathlon USAT June 26, 2022, 9 am
Beaver Mile Swim 4.3R USAT Duathlon July 24, 2022, 9am
Beaver Lake Triathlon 1/4S, 12.4B, 4.3R Aug 28, 2022, 8 am
Sign up at BeaverLakeTriathlon.com

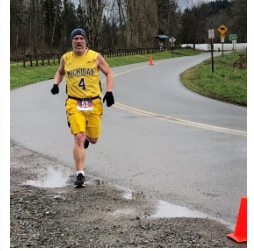
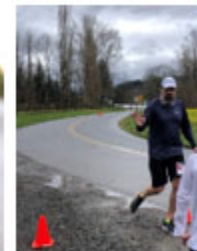
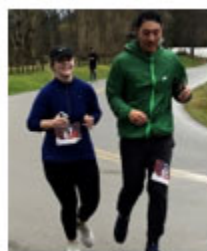


Steve Heaps and Elva Williams Winners of the Fall City Classic. New Course Record by Steve 22:12 for 6k

OA	First	Last	AG	Time	Bib	AG	Pace/mile	
1	Steve	Heaps	M50-59	0:22:12	55	1st	0:05:57	1st Male, New Course Record!
2	Elva	Williams	F30-39	0:23:05	54	1st	0:06:11	1st Female
3	Ian	Field	M30-39	0:23:09	66	1st	0:06:12	2nd Male
4	Chris	Miland	M30-39	0:23:29	56	2nd	0:06:17	3rd Male
5	Rachel	Cundy	F20-29	0:24:33	68	1st	0:06:34	2nd Female
6	Christopher	Hill	M40-49	0:25:03	57	1st	0:06:42	
7	Thomas	Elliott	M40-49	0:27:21	53	2nd	0:07:19	
8	Tony	Liu	M10-19	0:29:48	50	1st	0:07:59	
9	Connor	Brown	M10-19	0:29:54	59	2nd	0:08:01	
10	Matt	Brown	M30-39	0:30:16	58	3rd	0:08:06	
11	Kathy	Perry	F60-69	0:31:09	62	1st	0:08:21	3rd Female
12	Tony	Lariccia	M40-49	0:32:59	63	3rd	0:08:50	
13	Lana	Doi	F60-69	0:34:07	48	2nd	0:09:08	
14	Jim	Bennett	M60-69	0:34:09	64	1st	0:09:09	
15	Chelsea	DeWitte	F20-29	0:35:33	67	2nd	0:09:31	
16	Shawn	Doi	M20-29	0:35:35	65	1st	0:09:32	
17	Ahana	Roy	F30-39	0:36:06	46	2nd	0:09:40	
18	Deborah	Peterman	F70-79	0:37:35	61	1st	0:10:04	
19	Yong	Liu	M50-59	0:39:00	51	2nd	0:10:27	
20	Tiffany	Wong	F30-39	0:39:33	49	3rd	0:10:36	
21	Erica	Farr	F30-39	DNS	45			
22	Kelsey	Wong	F30-39	DNS	47			
23	Anna	Prashanth	F30-39	DNS	52			
24	Daniel	Qian	M10-19	DNS	60			



Chris Miland 3rd overall male in the Fall City Classic 6k 23:29



Congratulations to all finishers at the Fall City Classic 6k!!

Overall finishers at the Fall City Classic 6k – Fall City Community Park Fall City Washington Saturday March 19, 2022