



October 2022

Thank you for joining us for the Race to the Top of Rattlesnake Ledge. Our fastest up the mountain was Noah Shirk covering 1,600-foot elevation gain, 2.6-mile trek in 26:05. Our first female was Kenzie Richards in a time of 27:42. We thank our sponsor Fogo de Chao Brazilian Steak House in Bellevue with dinner for two for our winner. Join us next month on Saturday November 12, 2022 when we compete for the Duthie Hill 5k/10k King of the Hill award. Don't miss out! Sign up today at SammamishRunning.com

Top Finishers – Race to the Top of Rattlesnake Ledge Male

1. Noah Shirk - 26:05
2. Brendan Hyland - 29:26
3. Aaron Leavitt - 34:19

Female

1. Kenzie Richards - 27:47
2. Amber Nova - 34:39
3. Angelena Sichelski - 40:30

The race time temperature for the Race to the Top of Rattlesnake Ledge was 75°F and very windy with wind gusts of up to 40 mph. The course was very dry with some rocks, but the nice switchbacks were well maintained by the SPU (Seattle Public Utilities) which we thank them for letting us use the course. We were well stocked with water, cliff bars and gel at the Top of the mountain. All that took part in the event



Race to the Top of Rattlesnake Ledge winners Noah Shirk and Kenzie Richards

enjoyed the trek to the Top and were cheered on by local hikers along the course. The scenic views of Rattlesnake Lake and the fall festive atmosphere and warmer than normal October made for an ideal race with running comrades to enjoy this Fall Day. All runners were treated to festive Rattlesnake music and received a racing cap, SammamishRunning.com and BeaverLakeTriathlon.com coaster, and custom designed long sleeve T-shirt. We look forward to seeing you all at the race to the top of Poo Poo Point on January 29, 2023, 8 am. A \$50 cash bonus for the winner if they break the course record of 29:52 held by Laura Breymann.



Robert Bondurant – RIP September 28, 2022

Rob was a Super Pacer. We did the Bellingham Honey Wagon half marathon every year. I used to kick Robert's butt at every race until I got injured. In the later years he overtook me. He always had a friendly gesture to stay up with him as he sailed past me. Always good to see him at the Victoria Marathon pacing the half. He was a dedicated bus driver and always on time and never late. I think one thing Robert would be saying to us now is to be careful. The riskier events you do the more chance you have of getting hurt but we need to live life and let our passions drive us. This could have been anyone of us with a tree falling on us, a boulder hitting us in the head, or a slick spot on the mountain top. We will miss you, Rob! Marathon Manic #6 Mic

My mom is another trooper. She inspired me to do conferences, public speaking and event organizing. I knew if my mom could do it with only a high school degree that I could easily follow in her footsteps with a college degree. I knew I was following in her footsteps when I was the top sales candy bar person in the 7th grade at St. Louis Elementary. I knew I was born to organize when I held the Ronald McDonald Muscular dystrophy carnival in my back yard when I was age 10. My mom was a wizard Tupperware Sales lady. She went from Tupperware dealer with four babies at home to Tupperware Manager and eventually honored with her very own distributorship in Plainfield Connecticut. My mom, though not a

runner had the fighting spirit like Rob Bondurant. She, like Rob, put her mind to it and achieved her goals. She was able along with my dad to put four boys through college. We will miss you, Mom!



Irene Pauline Cusson Greenwood– RIP October 4, 2022

I would like to dedicate this upcoming Duthie Hill 5k/10k to Rob and my mom. They both had the Endurance to succeed. They always kept their eye on the end goal. They did not waiver in adversity. Give thanks to the Lord, for he is good; his faithful love endures forever. Psalms 107:1 CSB



The Golden Rattlesnake Award – Race to the top