

SR *Sammamish Running*

Connecting Runners. Building Community. Giving Back.

Congratulations to all finishers in the Red Hawk 6k held on Saturday June 13, 2020! Kelsey Wong finished the course in a blazing time of 21:16 followed closely by Rachel Cundy 21:45. We had a few showers at the beginning of the race and it was very temperate for the jaunt down the King County Corridor Trail getting great views of Lake Washington and the Seattle Seahawks VMAC training center.



Congratulations to Kelsey Wong #419 winner of the 2nd Annual Red Hawk 6k in a time of 21:16

We thank our sponsors for the event:

[Sammamish Running](#)

[Ivar's Seafood](#)

Lessons Learned from Saturday's race. We can live together and protect ourselves from this ailment by continuing to wear face protection, sanitizing, and keeping a safe distance from our participants and supporters. We must all work together on reducing the

spread of the virus. The course was out and back. The runners kept to the right except for passing while maintaining six feet separation during the race. We would like to thank all the volunteers and Team Brisbois for setting up the course and providing a safe venue for our runners. We appreciate all the behind the scene work by race directors Jiaxing and Mic. We welcome you to our next event on Sunday September 20, 2020 at 2 pm for the Sam 6k. The flat and fast run will be out and back along the Marymoor Connector Trail with spectacular views of Lake Sammamish. To register go to sammamishRunning.com. Next event will have custom designed Sam 6k Coffee Mug, T-shirt, scarf and \$10 coupon for a Sammy Burger at Sam's Tavern as well as custom designed finisher metals.

The Red Hawk 6k results and photos can be found at SammamishRunning.com



Tony and Yong Liu finishers at the Red Hawk 6k

Running through injuries is not a great idea for athletes and runners. If we feel pain in the ankle, knees, and tendons we should taper off until we get better. We have seen many runners giving up the sport because of bum knees or thinking that they would not be able to run or participate in sports. In most cases this may not be true. Stretching and building up the tendon and muscles and LISTENING to your body can help. Physical

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therapists and personal trainers can help you achieve and maximize your running potential. Eat well, train hard, get sufficient sleep and LISTEN to your body and you will be able to achieve your athletic goals.



Alex Williams first male to cross the finish line at the Red Hawk 6k on June 13, 2020 10 am Newcastle Beach Park Bellevue Washington

Beaver Lake Triathlon ¼ S, 13.8B, 4.3R – Sunday September 12, 2021 BLP Sammamish Washington

To register for the Sam 6k go to:
SammamishRunning.com or
<https://www.active.com/> and type in Sam



Race Director Mic Brisbois – Red Hawk 6k

Sam 6k – Sunday September 20, 2020 at 2 pm Sammamish
Santa Bear 6k – Saturday December 19, 2020 10a Redmond
Fall City Classic 6k – Saturday March 20, 2021 10am Fall City
Red Hawk 6k – Saturday June 19, 2021 10 am Bellevue WA

	First	Last	age group	M/F	Time	Bib#	pace/mile	Age Group
1	Kelsey	Wong	30-39	F	21:16	419	0:05:42	1st
2	Rachel	Cundy	20-29	F	21:45	418	0:05:50	1st
3	Kristi	Williams	30-39	F	22:38	424	0:06:04	2nd
4	Alex	Williams	30-39	M	25:11	425	0:06:45	1st
5	Yong	Liu	40-49	M	34:45	420	0:09:19	1st
6	Tony	Liu	10-19	M	35:47	421	0:09:35	2nd
7	Meilene	Brisbois	10-19	F	40:43	417	0:10:55	1st

Race Results Red Hawk 6k June 13, 2020 – New Castle Beach Park Bellevue Washington



Sammamish Running connects runners, builds the local community by having local support and gives back each race to the American Cancer Society.

Let's support our local restaurants, athletic stores, and community to get us back running safely. Be safe!