



Sammamish Running

September 2022

Thanks for all those that came out for the Fastest of the Fastest Sam 6k in Redmond Washington. The 4th annual event had perfect weather conditions for a jaunt down the east Sammamish corridor trail for a breath-taking view of Lake Sammamish. Our winner was Elva Williams with a time of 22:53. She takes home the \$200 cash winnings. Congratulations!



Fastest of the Fastest Sam 6k winner Elva Williams

Join us next month for the 2-mile Trek up Rattlesnake Ledge and claim the fastest up the Mountain Golden Rattlesnake award! Age group winners, customer Rattlesnake Medal and Authentic Race to the Top of Rattlesnake Ridge Long Sleeve T-shirt is included with your registration. The course is USATF sanctioned. First aid will be on the course as well as nearby fire department on call. Water and refreshments at the Top of the Mountain. Don't miss out! Be the first in your class to hit the top. Gorgeous views of the Fall Foliage. Invite your running friends to join you and compete for the Golden Rattlesnake Award to be published in our monthly newsletter. God Speed!

Event details and schedule. There is plenty of parking in the Rattlesnake Ledge Trailhead area. Discovery pass is required \$30 per year or \$10 per day. The weather may be a little Chilly so dress accordingly. Water station and refreshments will be at the top of the mountain. The Ledge may be slippery so watch your footing once you reach the top/finish. Use caution on the way down the mountain (down is not timed). The race will be timed. Sign up today at SammamishRunning.com

Oceanfront in Ocean Shores

Ocean Shores USAT Duathlon
14 mile Bike, 5.3 mile Run
May 21, 2023 8am

Join us for the Grand Ridge 10k Trail race on Saturday November 12, 2022 at 9 am for scenic jaunt through the festive wilderness. Sign up today at SammamishRunning.com

Our last series event will be the Santa Bear 6k at Sixty Acres Park Redmond WA. Come out and meet Santa Bear and have a cup of eggnog and hot cider. This year's event will have a special presentation of awards at 10:30 am for the '22 series winners and special prize presentation for the age group victors. You don't want to miss! Sign up today and get your jingle bells and classic Holiday running apparel on as we celebrate the holiday season. This year all kids 12 and under can register for \$5. We want the whole family to take part in this joyous event.

New racing series coming up in 2023. All races will be upgraded to 10k for prizes and scoring. Your 6ks will also be available as a fun run.

Fall City Classic Sat March 18, 2023 9am
Red Hawk 6k Sat June 17, 2023 9am
Sam 6k Sat Sept 16, 2023 9am
Santa Bear 6k Dec 16, 2023 9am

Sign up for the Series today at:
SammamishRunning.Com

For those that like Running, Biking and Swimming we have special events just for you:

RACE PACKAGE Series includes:

1. Ocean Shores Duathlon – 12-mile bike, 5-mile Ocean Beach Run USAT sanctioned May 21, 2023, 9 am
2. Pine Lake ½ mile swim and 6k Run June 25, 2023, 8 am
3. Beaver Lake Mile Swim and 4.3-mile Run July 30, 2023, 8 am
4. Beaver Lake Triathlon August 27, 2023 at 8am Sammamish Washington

1,2,3 is \$130 or 1,2,3,4 is \$190. Sign up today at BeaverLakeTriathlon.com

We want to hear from you. What type of events do you like? Running, speed walking, trail runs, the Road Mile, or open water swims? How are we doing? Do you like chip timing so you can track your times and improved over the months? Would you like more themed runs like the North Bend Adventure run? How are the registration fees? Our goal at Sammamish Running is to break even. We are looking to give back, build Community, and connect runners and athletes. If you have an organization, we would like to have them as one of our sponsors. We will promote them and have them compete in the Corporate 6k event bringing more teams together for a healthier work force. Feel free to reach out to us and let us know how we are doing and let us know how we can improve. Happy Running! mic@beaverLakeTriathlon.com



Ahana Roy Finisher of The Fastest of the Fastest Sam 6k