



SR Sammamish Running

June 2022

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

Thanks for joining us for the North Bend 6k Jungle Adventure race. We had a few showers during the 3.73-mile jaunt through the treacherous jungle terrain of the Snoqualmie Raging River. Congratulations to all Survivors! Winner Evan Jakubek and Jennifer Wakeman 1st female for the endurance Jungle Run!

We would like to thank our sponsors today:

- Snoqualmie Casino
- Super Joc n Jill
- Erika Laureano Design
- Twede's Café
- Tanoor Lebanese Grill
- Beaver Lake Triathlon
- Sammamish Running

Some upcoming events

June 18, 2022, at 9 am Red Hawk 6k. Join us for a jaunt down the Cedar River trail with breath taking views of the Cedar River and rustic farmhouses. The paved bike trail will give you record breaking times for your run. Designer long sleeve shirt for all entrants and custom designed medals for all

finishers. Sign up today at [Active.com](https://www.active.com) and type in 'Red Hawk'. Red Hawk hot tamales await you at the finish line. You don't want to miss! Invite your friends and family. Race Starts at Ron Regis Park in Renton.

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 (First 30 registrants). 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](https://www.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](https://www.sammamishrunning.com)

Other Events coming up in 2022:

Pine Lake ½ mi swim, 6k run Duathlon USAT June 26, 2022, 8 am
Beaver Mile Swim 4.3mi run 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](https://www.beaverlaketriathlon.com)



Congratulations to all finishers Saturday at the North Bend 6k Jungle Adventure Race!



Rank over	First name	Last name	age group	Gender	Final Resu	Rank divis	Distance	Bib#	Average Pace
1	Evan	Jakubek	M10-19	M	0:26:17	1 MI		90	0:07:04
2	Byron	Jansen	M30-39	M	0:29:51	1 MI		91	0:08:01
3	David	Potts	M40-49	M	0:35:08	1 MI		94	0:09:27
4	Andy	Bergen	M40-49	M	0:35:14	2 MI		88	0:09:28
5	Deren	Kurtay	M10-19	M	0:39:22	2 MI		92	0:10:35
6	Miray	Kurtay	M40-49	M	0:39:23	3 MI		93	0:10:35
7	Jennifer	Wakeman	F30-39	F	1:06:58	1 MI		95	0:18:00
8	Tyler	Wakeman	M20-29	M	1:06:58	1 MI		96	0:18:00

Super Jock 'N Jill, LLC carries a wide range of shoes, clothing, and accessories to keep your running, walking, working, or participating in all your fitness activities. Their goal is to help every runner and triathlete make the best decision to suit their personal needs. Please support our sponsors to keep our entry fees low. Mic <https://www.superjocknjill.com/>