



SR *Sammamish Running*

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

Congratulations to all our Santa Bear 6k finishers that came out to our rain-soaked event. Fantastic finish for Mike Rossi who broke the course record in a time of 20:26 for the 3.72-mile trek (5:29/mile). Ian Field and Ted Crane finished 2nd and 3rd for top over all male and the women finished with times of:

Kelsey Wong 22:48 - 6:07/mile

Nikki Jensen 26:52 - 7:12/mile

Lana Doi 31:53 - 8:33/mile

Some upcoming events:

January 30, 2021 8 am Race to the Top of Poo Poo Point 1.8-mile jaunt to the top of Tiger Mountain with 1,400 feet elevation gain.

February 26, 2022 11 am Mardi Gras 6k starting at Riverview Park in Renton Washington. All finishers will be treated with fresh hot Jambalaya, medals, T-shirts, face masks, beads and Cajun tunes!

March 19, 2022 Saturday 9 am Fall City Classic 6k. Come out and get a PR on this flat and fast course. All finishers get a Mountain Huckleberry Yogurt, special designed medal and authentic T-shirt. Register at SammamishRunning.com

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 3.72-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



Santa Bear join us on December 18, 2021 for the 6k



Race Series

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

- Fall City Classic 6k Sat March 19, 2022 9 am
- 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, 6kR 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

Race Results

					Santa Bear 6k			December 18, 2021			
Rank	First name	Last name	age group	Gender	Finish Result	Bib	Chip	Rank division	Distance unit	Average Pace	Chip time
1	Mike	Rossi	M30-39	MALE	0:20:26	133	133	1	MI	0:05:29	0:20:26
2	Ian	Field	M30-39	MALE	0:22:46	490	8A5F	2	MI	0:06:06	0:22:46
3	Kelsey	Wong	F30-39	FEMALE	0:22:48	475	586F	1	MI	0:06:07	0:22:48
4	Ted	Crane	M40-49	MALE	0:24:29	488	8A3F	1	MI	0:06:34	0:24:29
5	Nikki	Jensen	F30-39	FEMALE	0:26:52	497	8A3F	2	MI	0:07:12	0:26:52
6	Mic	Brisbois	M50-59	MALE	0:28:12	395	8AFF	1	MI	0:07:34	0:28:12
7	Lance	Albertson	M50-59	MALE	0:30:22	493	8A8F	2	MI	0:08:09	0:30:22
8	Lana	Doi	F60-69	FEMALE	0:31:53	396	8C4F	1	MI	0:08:33	0:31:53
9	Corbin	Stanford	M20-29	MALE	0:33:51	495	8AAF	1	MI	0:09:04	0:33:51
10	Paris	Allred	F20-29	FEMALE	0:33:52	480	58BF	1	MI	0:09:05	0:33:52
11	Harper	Booth	F0-19	FEMALE	0:34:39	489	8A4F	1	MI	0:09:18	0:34:39
12	Katie	Booth	F30-39	FEMALE	0:34:40	492	8A7F	3	MI	0:09:18	0:34:40
13	Shawn	Doi	M20-29	MALE	0:36:44	397	8C5F	2	MI	0:09:50	0:36:44
14	Chelsea	DeWitte	F20-29	FEMALE	0:36:45	470	8C3F	2	MI	0:09:51	0:36:45
15	Mia	Morello	F0-19	FEMALE	0:37:45	477	588F	2	MI	0:10:08	0:37:45
16	Erika	Farr	F30-39	FEMALE	0:39:18	483	58EF	4	MI	0:10:32	0:39:18
17	Ahana	Roy	F30-39	FEMALE	0:39:52	491	8A6F	5	MI	0:10:42	0:39:52
18	Ryann	Booth	F0-19	FEMALE	0:40:33	487	8A2F	3	MI	0:10:49	0:40:33
19	Nilam	Dave	F40-49	FEMALE	0:42:02	494	58A9F	1	MI	0:11:16	0:42:02
20	Lydia	Devita	F40-49	FEMALE	0:43:42	481	58CF	2	MI	0:11:43	0:43:42
21	Anonymous		F	FEMALE	0:44:57	-	-	-	MI	0:12:03	0:44:57
22	Gordon	Bayes	M70-79	MALE	0:48:33	484	58FF	1	MI	0:13:01	0:48:33
23	Shushama	Mirashi	F40-49	FEMALE	0:49:31	478	589F	3	MI	0:13:17	0:49:31
24	Michael	Bohannon	M60-69	MALE	0:49:45	472	583F	1	MI	0:13:21	0:49:45
25	Charlotte	Booth	F0-19	FEMALE	0:50:18	486	8A1F	3	MI	0:13:29	0:50:18
26	Kevin	Booth	M30-39	MALE	0:54:12	474	585F	3	MI	0:14:32	0:54:12
27	Lily	Morello	F0-19	FEMALE	0:54:12	482	58DF	4	MI	0:14:32	0:54:12