

The State of Running in the Pacific Northwest THANKS

Thursday January 28, 2021 at 7 pm PST

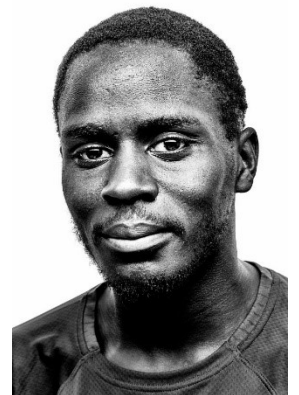


Joseph Gray Winner of the World Mountain Running Championship

American world champion runner who competes mostly in trail, mountain, and snowshoe races. He won the World Mountain Running Championships in 2016. He is the first Black American to not only make the Team USA World Mountain Running Team, but also the first Black American to win the USA National Mountain Running Championships and the World Mountain Running Championships.

Ultrarunner Coree Woltering runs almost 1,200 miles in record time, fueled by fast food and heavy metal

You would have forgiven ultrarunner Coree Woltering for taking some time off after several his races were canceled amid the global pandemic, but the 30-year-old had other ideas. Not content with seeing his training go to waste, the athlete took on the crazy challenge of recording the fastest known time across the Ice Age Trail -- a historic footpath which runs through the state of Wisconsin, US. Starting on June 1, it took Woltering 21 days, 13 hours, 35 minutes to run the 1,147 miles -- smashing the previous record by some five hours.



Live Stream Event Thursday January 28, 2021 7 pm PST Benefit the Bellingham Food Bank

Opening remarks by our Mayor of Bellevue Dr. Lynne Robinson
Your host and moderator Mic Brisbois with Special Guest Dan Bucci
to benefit the Bellingham Food Bank
Register at: [SammamishRunning.com](https://www.sammamishrunning.com)

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