



Sammamish Running

December 2022

Thanks for joining us for the Issaquah Preston Trail Run. We look forward to seeing you at our upcoming Santa Bear 10k Trail Run and 6k Fun Run in Redmond Washington Sixty Acres Park on Saturday December 17, 2022, starting promptly at 9 am. The race is out and back along the Sammamish River Trail along the beautiful Sammamish River. Get views of Chateau St. Michelle Winery, exotic birds, and rustic farmhouses. This is our final race of 2022, and we will have special awards ceremony at 10:30 am for our series winners.

The Santa Bear 6k is part of the race circuit. Cash awards for top 3 males and top 3 females in the 6k. Winner also receives custom backpack from our sponsor. 2nd place over all gets a hyper baric session at O'Hana in Edmonds Washington. Age group ribbons to top finishers and medal to all finishers. Custom designed T-Shirt and Santa Bear hat to all registered runners. At 10:25 am there will be a Santa Bear Diaper Dash - out 100 yards and back. All kids beating the Santa Bear will receive large candy cane. This year we

opened it for all kids 12 and under will receive Santa Bear T-shirt, medal, and Santa Bear hat for \$5. Hot Chili will be waiting for you at the finish along with Santa Bear Classic Songs for the Holiday Spirit.



Top Finishers at the Issaquah Preston Trail Run 10k
L-R Shubhangi Patil, Joaquin Naraval, and Jack Riggin

Come out and enjoy the Santa Bear. Get your photo with the Santa Bear. All finishers receive photo finish. Entry for random door prizes for all registered participants.

Join us for the Maple Valley Gnome 10 Mile Trail Run on Saturday January 14, 2023, at 9 am at the Gnome Trail head in Maple Valley. Winner receives a custom designed Gnome. All registered runners receive a Maple Valley 10 miler Gnome Trail Run T-Shirt. Come out and enjoy the festive music of Maple Valley. All finishers are treated to a hot bacon and egg breakfast with all the fixings. Get your Gnome medal and age group ribbons.

The 2023 Race Series is now available for only \$85. The lowest score for three races will be crowned winner at our Santa Bear Race on Saturday December 16, 2023, 10:30 am. Must run at least 3 of the 4 races to be eligible. The race series are flat and fast 6ks.

Race Series Includes:

1. Fall City Classic 6k
2. Red Hawk 6k
3. Sam 6k
4. Santa Bear 6k

Upcoming Race - RUNNING

Dec 17, 9 am Santa Bear Trail Run-Redmond
Jan 14, 9am – Maple Valley Gnome 10 miler
Jan 29, 8 am – Race to the Top Poo Poo Point
Mar 18, 9 am – Fall City Classic 6k and 8k
Jun 17, 9 am – Red Hawk 6k and 10k Renton
Sep 16, 9 am – Sam 6k and 10k Redmond
Dec 16, 9 am – Santa Bear 6k and 10k - 2023

Upcoming Events – TRIATHLONS

May 14, 9 am – Rattlesnake Lake ¼S, 10B, 6kR
May 21, 9 am – Ocean Shores 12B, 5R
Jun 25, 9 am – Pine Lake ½S, 6kRun
Jul 30, 8 am – Beaver Mile Swim, 6kR
Aug 27, 8 am Beaver Lake Triathlon ¼S, 13B,4.3R

Register for races at SammamishRunning.com

Mic Brisbois, Race Director

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Rank overall	First name	Last name	Age Group	Final Result	Rank division	Distance unit	Bib#	Average Pace
1	Keith	Ryan	M20-29	0:20:58	1st	MI	80	0:06:45
2	Kyle	Ryan	M30-39	0:21:30	1st	MI	79	0:06:56
3	Ryan	Crawford	M40-49	0:24:36	1st	MI	81	0:11:19
4	Matthew	Poach	M30-39	0:24:42	2nd	MI	66	0:07:58
5	Jason	Rusyn	M20-29	0:29:38	2nd	MI	68	0:09:33
6	Sarah	Williamson	F40-49	0:30:22	1st	MI	70	0:09:47
7	Kelly	Montgomery	F50-59	0:30:23	1st	MI	71	0:09:48
8	Jeffrey	Haga	M50-59	0:30:24	1st	MI	72	0:09:48
9	Judy	Riggin	F60-69	0:34:19	1st	MI	76	0:11:04
10	Janelle	Crawford	F40-49	0:30:24	2nd	MI	10	0:11:54

Top 10 Finishers Issaquah Preston Trail Run – Congratulations!

Maple Valley 10 Mile Gnome Run

January 14, 2023, 9 am

