



Sammamish Running

October 2023

We have an exciting Fall running season planned for you. On October 28, 2023, 9 am we have the scenic Blue Heron Snoqualmie 15k. The flat and fast course goes out and back along the Fall City to Carnation Nature Corridor passing by Carnation Slough. The race starts and finishes at Aldarra Fields Park. All registrants receive a custom designed classic Snoqualmie 15k T-Shirt and hand towel. All finishers receive an authentic medallion and are treated to a pull pork sandwich and enjoy the tunes of Nature in the Northwest. Sign up today and use the code 'nature' for 5 dollars off. December 16, 2023, we have the 5th Annual Beat the Bear Run in Redmond Washington at Sixty Acres Park. This year if you beat Santa Bear, you will get a specially designed ribbon. 'I beat the bear! Santa Bear Run 2023'. The family fun run 1k for kids all receive a candy cane for finishing. We have a full list of running events for 2024 as well as the 10k Series run now available on our website. The 10k racing series will have a 1k kids run as well as 5k fun run at each of the events Fall City Classic 8k, Eastrail 10k, Sam 10k, and Santa Bear 10k. Just announced this week is the opening of the Lake Sammamish paved trail from Sammamish to Redmond. Our

Half marathon event 'Half Sam' along this beautiful scenic coastline is now open (August 18, 2024). Sign up today and receive five dollars off. Use the code 'LakeSam'.



Winner of the USAT Duathlon 10-mile Road Bike 4.3-mile Trail Run 0:59:24 **Benjamin Anderson**

Last weekend we concluded our triathlon and duathlon season with a gorgeous 10-mile Duthie Hill Road bike and 4.3-mile Soaring Eagle Trail Run. It was a stellar event. All finishers received a commemorative USAT Duathlon medal and Classic T-shirt. Age group winners got slick ribbons. Registration is now open for next year June 8, 2023. Don't miss out on this gem of a race. Sign up today and get five dollars off. Use code 'gem'. Benjamin Anderson won the event (10-mile road bike and 4.3-mile Trail run) in a smokin' time of 0:59:24. Top female Carly Waterman crossed the finish line in 1:27:59.

Need a Coach? I would like to introduce you to Marques Garcia. Marques has +500 followers on Facebook and coaches many young starter triathletes and experienced. If you ever thought about competing in a triathlon Marques can get you started on your way to success at Strong2theFinishLine.com

How to prevent injuries? Speaking from experience, listen to your body. In some cases, stretching the hamstring or calf muscle. Most runners will go for a brief warm up jog to get the blood pumping then stretch. Don't bounce. You don't want to pull or rupture that tendon or muscle. Slowly put pressure on the sore/strained tendon and hold for a few seconds. Always run with good form. If you are going too fast slow down and establish good running form. This gives your body good muscle memory so when you are sprinting to the finish line you are not thinking about your form, your body has already learned you focused on finishing strong. Typically, don't increase milage more than ten percent a week. If you are training for a marathon and presently running 30 miles a week. Don't start running 60 miles a week. Start by running 33 miles a week. Build up your training over time. In some cases, you may want to cross train bike, run, swim and weightlifting.



Upcoming Events

Snoqualmie 15k – Saturday October 28, 2023, 9 am

Santa Bear 10k – Sixty Acre Park Redmond Washington Saturday December 16, 2023, 9 am

Race to the Top of Squak Mountain Issaquah Washington January 28, 2024, 9 am

Fall City Classic 8k – March 16, 2024, 9 am