



SR *Sammamish Running*

April 2022

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

Thanks for joining us for the Sunset Beach 6k. The weather turned out nearly perfect for the 3.73-mile jaunt around Sammamish State Park in Issaquah Washington. Congratulations to all finishers! Winner Jonathan Wilks male and Lana Doi female.

Please support our sponsors:

- Fall City Farms
- Farmhouse Market Fall City
- **Tanoor Lebanese Grill**
- Fantasy Football World Championship
- Perpetual Motion NW
- Boeshaar Law
- Beaver Lake Triathlon
- Sammamish Running

Some upcoming events

May 15, 2022, at 10 am North Bend 6k Jungle Run

Join us for our Jungle adventure through the streets of North Bend Washington as you go deep into the dark forest along the Snoqualmie Raging River. You will encounter wild animals, land mines and sniper positions. Grab a partner to successfully complete the Jungle Adventure. Hot fudge Sundaes await your successful completion of the mission. God speed!

June 18, 2022, at 9 am Red Hawk 6k. Join us for a jaunt down King County South Corridor trail with breath taking views of Lake Washington and the Seattle Seahawks VMAC center. They newly paved bike trail will give record breaker times for your run. Sign up today at Active.com and type in 'Red Hawk'. Red hot tamales await you at the finish line. You don't want to miss! Invite your friends and family. Race Starts at New Castle Beach Park in Bellevue WA.

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. 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

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

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

| | First | Last Name | Age Group | 1st Lap | 2nd Lap | Final | AG | Bib# | Average P | 2nd Lap (sec) |
|----|-----------|------------|-----------|---------|---------|---------|----|------|-----------|---------------|
| 1 | Jonathan | Wilks | M40-49 | 0:13:36 | 0:14:08 | 0:27:44 | 1 | 89 | 0:07:26 | 32 slower |
| 2 | Mic | Brisbois | M50-59 | 0:14:21 | 0:14:39 | 0:29:00 | 1 | 94 | 0:07:46 | 18 faster |
| 3 | Charles | Newberry | M40-49 | 0:14:07 | 0:15:03 | 0:29:10 | 2 | 84 | 0:07:49 | 56 slower |
| 4 | Brian | Hubbard | M30-39 | 0:15:34 | 0:15:26 | 0:31:00 | 1 | 74 | 0:08:18 | 8 faster |
| 5 | Chad | Buechler | M30-39 | 0:15:50 | 0:15:44 | 0:31:34 | 2 | 86 | 0:08:27 | 6 faster |
| 6 | Sunil | Gowda | M40-49 | 0:16:01 | 0:16:57 | 0:32:58 | 3 | 90 | 0:08:50 | 56 slower |
| 7 | Lana | Doi | F60-69 | 0:16:58 | 0:16:27 | 0:33:27 | 1 | 78 | 0:08:58 | 31 faster |
| 8 | Dimitriou | Gkanatsios | M30-39 | 0:17:14 | 0:16:31 | 0:33:45 | 3 | 88 | 0:09:03 | 43 faster |
| 9 | Chelsea | DeWiite | F20-29 | 0:17:15 | 0:17:52 | 0:35:07 | 1 | 87 | 0:09:25 | 37 slower |
| 10 | Shawn | Doi | M20-29 | 0:17:14 | 0:17:54 | 0:35:08 | 1 | 93 | 0:09:25 | 40 slower |
| 11 | Staci | Owen | F30-39 | 0:17:53 | 0:18:44 | 0:36:57 | 1 | 72 | 0:09:54 | 50 slower |
| 12 | Joseph | Lindsey | M30-39 | 0:18:04 | 0:19:00 | 0:37:04 | 4 | 85 | 0:09:56 | 56 slower |
| 13 | Travis | Tomblin | M30-39 | 0:18:21 | 0:20:00 | 0:38:21 | 5 | 77 | 0:10:17 | 99 slower |
| 14 | Peter | VerHage | M40-49 | 0:20:22 | 0:22:01 | 0:42:23 | 4 | 75 | 0:11:21 | 99 slower |
| 15 | Mark | Zubotov | M0-10 | 0:26:15 | 0:22:57 | 0:49:12 | 1 | 80 | 0:13:11 | 56 faster |
| 16 | Lyudmila | Zubotov | F30-39 | 0:26:51 | 0:22:24 | 0:49:15 | 2 | 81 | 0:13:12 | 143 faster |
| 17 | Daniel | Zubotov | M0-10 | 0:26:10 | 0:22:51 | 0:49:32 | 2 | 82 | 0:13:13 | 70 faster |
| 18 | Evgeny | Zubotov | M40-49 | 0:26:11 | 0:23:00 | 0:49:20 | 5 | 83 | 0:13:13 | 169 faster |
| 19 | Tiffany | Wong | F30-39 | 0:26:51 | 0:23:00 | 0:49:51 | 3 | 79 | 0:13:22 | 180 faster |
| 20 | Jennifer | Tucker | F50-59 | 0:45:56 | 0:48:40 | 1:34:36 | 1 | 73 | 0:25:21 | 164 slower |



Jonathan Wilks, Winner of the Sunset Beach 6k with Race Director Mic Brisbois



Congratulations to all finishers
 Saturday at the Sunset Beach 6k!