

Sammamish Running

December 2022

Congratulations to all Santa Bear Finishers! It was a little icy at the start but everyone finished safely. Our top finisher Ian Field with a time of 24:48 for the Santa Bear wins the Elite Gym bag and 2nd place finisher Kyle Ryan 28:19 wins the O'Hana Hyperbaric Spa visit. Join us for our next event on January 21, 2023, 9 am starting at the Gnome Trail head 10 miler Maple Valley. Great event to start off the new year 2023!

Congratulations to our 2022 Series Winners

2022 Series winners - Must complete 3 of the 4 races - Fall City Classic, Red Hawk, Sam 6k, Santa Bear (lowest placed scores win)

Male

Ian Field 6

Tony Liu 15

Harrison Min 21

Female

Kristi Williams 6

Lana Doi 28

Tiffany Wong 44

Congratulations!

Gift Cards to all winners

Register today for the 2023 Race Series!



Our first race of the 2023 circuit will be the Fall City Classic on Saturday March 18, 2023, 9 am. Cash awards for top 3 males and top 3 females in the 6k. Age group ribbons to top finishers and medal to all finishers. Custom designed T-Shirt and Race Towel to all registered runners. At 10:25 am there will be a Diaper Dash - 100 yards around the Ballpark. All kids beating the Fall City Mascot will receive Fall City Classic Patch. This year we opened it for all kids 12 and under will receive Fall City T-shirt, medal, and Race Towel. Hot porridge and oat meal will be waiting for you

at the finish along with Fall City Classic Songs Rite of Springtime! Come and get your photo with the Fall City Mascot. All finishers receive a photo finish and Finisher's Certificate and



entry for random door prizes.

Sign up today at SammamishRunning.com

Finishers Jackie Soo and Ann Sloan with Santa Bear

Join us for the Maple Valley Gnome 10 Mile Trail Run on Saturday January 21, 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

Jan 21, 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 708.668.5488
mic@beaverLakeTriathlon.com

Rank overall	First name	Last name	Age Group	Final Result	Rank division	Distance unit	Bib#	Average Pace
1	Ian	Field	M30-39	0:24:48	1	MI	34	0:06:39
2	Kyle	Ryan	M30-39	0:28:19	2	MI	5	0:07:35
3	Shreya	Krishnamurthy	F10-19	0:28:29	1	MI	25	0:07:38
4	Tony	Liu	M10-19	0:31:08	1	MI	36	0:08:21
5	Min	Harrison	M10-19	0:33:26	2	MI	17	0:08:57
6	Summer	Tucker	F40-49	0:34:18	1	MI	21	0:09:12
7	Lana	Doi	F60-69	0:34:48	1	MI	32	0:09:19
8	Shaun	Doi	M30-39	0:34:49	3	MI	13	0:09:20
9	Chelsea	DeWitte	F30-39	0:34:50	1	MI	14	0:09:20
10	Daniel	Qian	M10-19	0:36:04	3	MI	38	0:09:40

Top 10 Finishers Santa Bear 6k

Maple Valley 10 Mile Gnome Run

January 14, 2023, 9 am

