



Sammamish Running

January 2023

Congratulations to all finishers in Saturday's Maple Valley 10-mile Gnome Trail Race. We lucked out as soon as the last finisher came in the rains came down otherwise it was a very dry temperate race for the out and back course through the enchanted forests of the Maple Valley Gnome. The winner of the Maple Valley Gnome was Toby Nelson with a time of 1:14:15. First female in was Lisa-Marie Sonia. The door prize winner for the mini-Gnome went to Heidi Somes. We look forward to seeing you all on the 29th of January for the Race to the Top of Squak Mountain. All entrants get a long sleeve T-Shirt, Race cap, Sammamish Running Coaster, Cliff Bar and hand towel. Be the first up the mountain to claim the Golden Squak Award. Finishers receive a medal. Water and Cliff Bars will be at the Top. Our first Series event will be the Fall City Classic. Come out and win some prize money for top 3 females and top 3 males. All entrants get the Fall City Classic T-Shirt. Finishers claim a Fall City Medallion. This year we added the 8k to the 6k Race Series plus added bonus the Diaper dash around the Fall City Community Park. Come out and cheer on our future athletes.



Winner of the Maple Valley Gnome 10-mile Trail Race Toby Nelson with race director Mic Brisbois

We want to hear your feedback. What is your favorite distance 5k, 6k, 8k, 10k? What is your favorite terrain: Flat limestone gravel, hilly technical, asphalt flat and Fast? What is your favorite swag from races: T-shirt Cotton/technical, Racing Cap, Truckers Cap, hand towel, Beanie, Shorts, gloves, and/or socks? Favorite finishing token: Medal, Certificate, hand towel? Favorite overall winning prize: cash, running shoes, gift card? Favorite time of the day to race – Saturday/Sunday or other day? Mornings,

afternoons, Night race? 8 am, 9 am or 10 am?
Favorite City to race in: Bellevue, Redmond,
Everett, Seattle, Sammamish, North Bend,
and/or Bellingham.



Rank overall	First name	Last name	age group	Gender	Final Result	Rank division	Distance unit	Bib#	Average Pace
1	Toby	Nelson	M30-39	M	1:14:15	1	MI	103	0:07:25
2	Daniel	Bannon	M50-59	M	1:14:51	1	MI	112	0:07:29
3	Scott	Mitchell	M50-59	M	1:15:01	2	MI	106	0:07:30
4	Lisa-Maria	Sonia	F40-49	F	1:18:00	1	MI	111	0:07:48
5	Scott	Duffy	M30-39	M	1:21:07	2	MI	105	0:08:06
6	Derek	Wyszynski	M50-59	M	1:35:20	3	MI	108	0:09:32
7	Amanda	Gunning	F30-39	F	1:36:40	1	MI	110	0:09:40
8	Heidi	Somes	F40-49	F	1:36:41	2	MI	107	0:09:41
9	Julie	Murray	F50-59	F	1:45:05	1	MI	113	0:10:30
10	Joan	Tidrick	F40-49	F	1:49:51	2	MI	109	0:10:59

Top 10 overall Maple Valley Gnome Trail Race January 21, 2023, 9 am

The Race to the Top of Squak Mountain

January 29, 2023, 9 am

Issaquah Washington

Distance 3.22 mi Elev Gain 1,694 ft



Be the first up the Mountain and win the Golden Squak Award. Great winter trail run with you and your friends to breathe the fresh mountain air.

Come compete for the Prize. Great scenic views of Issaquah and beyond. All registered runners get a Custom designed Long Sleeve T-Shirt, SammamishRunning.com Coaster, hand towel, hand warmer Gel and Cliff Bar. All finishers receive a medallion.

