

# SR Sammamish Running

Connecting Runners. Building Community. Giving Back.



***Congratulations to Kelsey Wong #438 winner (front left) of the 3<sup>rd</sup> Annual Red Hawk 6k in a time of 22:18***

Congratulations to all finishers in the Red Hawk 6k held on Saturday June 19, 2021! The winner Kelsey Wong finished the course in a blazing time of 22:18 followed closely by Ian Field 22:54. We had a perfect Sunny 70-degree day for a jaunt down the Cedar River Trail with gorgeous views the bird Sanctuary and rustic buildings.

We thank our Mile Marker Sponsors:

Mile 1 – Lisa Poole Link ME LLC

Mile 2 – Bob Williams Integrated Power Systems

Mile 3 – Devon Anderson Hybrid Lighting Solutions

[Sammamish Running](#)

[City of Kent Parks and Rec](#)

[Sunset Ale House Issaquah](#)

Join us September 11<sup>th</sup> 2021 for the 3<sup>rd</sup> Annual Sam 6k starting promptly at 8 am The flat and fast out and back course with spectacular views of Lake Sammamish starting at Marymoor Connector and East Sammamish Trail then head back in at 1.85 miles. Sign up today [active.com](#) type in Sam 6k. All finishers get a custom designed medallion. The 2021 Red Hawk 6k results and photos can be found at [SammamishRunning.com](#)

Join us for the State of the running Food Bank Benefit when we host the USA Tokyo Olympians. Find out how they were affected by Covid, how the Japanese welcomed our athletes and how they performed. Seattle Mayoral candidate Lorena Gonzalez will have opening remarks. You don't want to miss! Register today at [SammamishRunning.com](#)



***Breakfast of Champions Food Bank Benefit Meb Keflezighi***

Breakfast of Champions World Class Cyclists on Thursday June 24, 2021. On July 22, 2021 we host World Class Swimmers and on Thursday August 26, 2021 we honor Meb Keflezighi winner of the Boston, New York, and Chicago Marathons as well as Silver Medalist in the Olympic Games in the Marathon. Presentations are on [SammamishRunning.com](#)



***USA Triathletes Brad Snyder and Greg Billington bring home Gold in Tokyo '21***

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	<u>First</u>	<u>Last</u>	<u>age group</u>	<u>Time</u>	<u>Bib#</u>	<u>pace/mile</u>	<u>AG</u>
1	Kelsey	Wong	F30-39	0:22:18	438	0:05:59	1st
2	Ian	Field	M30-39	0:22:54	464	0:06:09	1st
3	Rachel	Cundy	F20-29	0:24:30	442	0:06:34	1st
4	Nikki	Jensen	F30-39	0:26:41	456	0:07:09	2nd
5	Mic	Brisbois	M50-59	0:27:55	462	0:07:29	1st
6	Hubert	Chew	M60-69	0:28:11	458	0:07:34	1st
7	Tony	Liu	M10-19	0:30:13	447	0:08:06	1st
8	Lana	Doi	F60-69	0:30:41	445	0:08:14	1st
9	Matt	Brown	M30-39	0:31:15	451	0:08:23	2nd
10	Connor	Brown	M10-19	0:31:16	461	0:08:23	2nd
11	Megan	Martin	F20-29	0:31:18	466	0:08:23	2nd
12	Andy	Martin	M50-59	0:33:16	460	0:08:55	2nd
13	Juan	Cabrera	M40-49	0:34:22	450	0:09:13	1st
14	Elva	Williams	F30-39	0:34:26	441	0:09:14	3rd
15	Chelsea	DeWiite	F20-29	0:34:50	440	0:09:21	3rd
16	Aarif	Nakhooda	M50-59	0:35:15	452	0:09:27	3rd
17	Yong	Liu	M40-49	0:35:30	444	0:09:31	2nd
18	Mark	LeMaster	M50-59	0:36:33	453	0:09:48	4th
19	Veronica	Nakhooda	F50-59	0:38:10	463	0:10:14	1st
20	Shawn	Doi	M20-29	0:39:29	439	0:10:35	1st
21	Tiffany	Wong	F30-39	0:39:38	437	0:10:38	4 <sup>th</sup>
22	Harrison	Min	M10-19	0:40:47	443	0:10:56	3rd
23	Mary	Lanning	F60-69	0:44:00	454	0:11:48	2 <sup>nd</sup>
24	Beyonda	Wilkerson	F50-59	0:44:00	455	0:11:48	2 <sup>nd</sup>
25	Gul	SIDDIQI	F40-49	0:44:52	457	0:12:02	1 <sup>st</sup>
26	Teresa	Joiner	F50-59	0:44:53	459	0:12:02	3 <sup>rd</sup>
27	Samson	Jiang	M10-19	1:12:20	448	0:19:24	4th

## Upcoming events:

Sam 6k Saturday  
September 11, 2021 8 am  
Santa Bear 6k Saturday  
December 18, 2021 8 am

Beaver Lake Triathlon ¼ S,  
13.8B, 4.3R Sunday  
September 19, 2021 Beaver  
Lake Park 8 am Sammamish  
Washington

Meet Greg Billington, Rio  
Olympic USA Triathlete at  
our Pasta event the day  
before the Triathlon as he  
speaks on perfecting your  
swim, bike and run for peak  
performance. You don't  
want to miss. Sign up today!



**Race Director Meilene  
on the Cedar River Trail**

**Race Results Red Hawk 6k June 19, 2021  
Saturday 8 am Cedar River Trail Ron Regis  
Park Renton Washington.**



**Custom Designed Red Hawk 6k Metal**

Sammamish Running connects runners, builds community, and gives back. Support our local restaurants, athletic stores, and community to get us back running safely. Join us for the State of the Running Food Bank Benefit on Thursday September 23, 2021 at 4 pm when we host the USA Tokyo Olympians. See you at the Sam 6k on Saturday September 11, 2021 at 8 am. Be safe!