



Sammamish Running

March 2024



Great conditions for the Cedar River Half. Men and women champions duked it out for first place. The challenging Cedar River Half was won by Tim Mealy in a time of 1:25:54. The top women's finisher was Katherine Thompson in a time of 1:26:43. Join us next month for the Fall City Classic 8k on March 16, 2024, at 9 am. Cash prizes for top 3 male and female. Congratulations to all finishers!

Boston 10k – April 13, 2024

Join us for the Boston 10k on April 13, 2024, at 9 am at Lower Neponset River Trail. The Race starts promptly at 9 am Flat and Fast. The course is a lollipop course. Starting out at Lower Neponset River Trail head heading north 0.5 miles and turn around (loop) back and south for 1 mile and back. Run the course twice for the 10k. Water and gel stations at 1 mile, 3.1 miles and 4 miles. First Aid and CPR trained personnel on the course. For the 10k

Top 3 male and top 3 female win a \$20 gift card to Red Lobster. The course is chip timed (on your bib). Bib and race packet pick up opens at 8 am on race day. All runners receive a custom



Winner Tim Mealy Cedar River Half 1:25:53

designed Boston 10k shirt. All finishers receive a Boston 10k medallion, and Fruit and Gatorade at the water stations and finish. Photo finish at the end so please have your bib on your front torso. Kid's 1k starts at 10 am and if they beat the Red Lobster, they win a prize. Register at SammamishRunning.com



Top female Cedar River Half Katherine Thompson

Fall City Classic 8k March 16, 2024

Join us for the Fall City Classic 8k (5k run - kids 1k Dash) on Saturday March 16, 2024, at 9 am. The event is out and back on Neal Road. The flat and fast course runs along the scenic Snoqualmie River and passes by rustic farmyards and pumpkin patches. The event is chip timed and will feature a commemorative Fall City Classic T-shirt and medals to all finishers. Age group winners will receive ribbons and there will be Cash Awards for the Fall City 8k Classic 1st, 2nd and 3rd place male and female winners. Come out and beat the Fall City Alpaca!



Finisher Jayden Moomaw Cedar River Half

Race to the Top of Rattlesnake Ledge March 31, 2024

Join us in North Bend Washington for a jaunt up to Rattlesnake Lake Ledge. Be the first on your block to capture the Rattlesnake Medal of Honor. Top male and female get a \$50 gift card and Golden Rattlesnake Award. Beat Noah's time (26:05) and receive a cash bonus.



Congratulations to Joseph Munden 13.1 miles

Cedar River Triathlon May 12, 2024

Join us for an early season triathlon along the beautiful Cedar River. Perfect beginner triathlon 1/4-mile swim, 10-mile bike on limestone and asphalt pathways, and a 6k run out and back on a limestone trail in beautiful Maple Valley Washington. Register at Active.com type in USAT Cedar River Triathlon. Register today: SammamishRunning.com/tri

Congratulations! to all finishers in the Cedar River Half in Maple Valley Washington on February 24, 2024. The results are now posted on our webpage. We look forward to seeing you at the Fall City Classic on March 16, 2024. Thank you, Team Ripley Darlene, David, & Mu.

