



Sammamish Running

September 2023

Great day at the East Lake Trail for the fastest of the fastest race Sam 10k. Sarah Paquet 38:34 takes top honors followed by Elva Williams 39:10 and Judy Chen 53:32. Top Males include Alan Kim 43:50, Sarath Chandar 45:28 and Jay Grubb 47:01. The 10k run had spectacular views of Lake Sammamish and the beaches. Our last and final leg of the series will be the Santa Bear 10k on December 16, 2023. Come out and compete with your racing buddies to beat the Santa Bear! Sign up today and get \$10 off. Use Code 'Santa'.

Join us for upcoming events:

Join us for the USAT Soaring Eagle Duathlon 10-mile road bike on September 30, 2023. The course is up and down Duthie Hill and around King County. Great season ending event for Tri Duathlon season. The event starts at the Trail Head at Soaring Eagle Park Trossachs Boulevard and SE 9th Way Sammamish Washington. There is plenty of street parking. Portable potties will be provided. The event starts promptly at 8 am with the 10-mile road bike, Mass Start along



**Winner of the Fastest of the Fastest Sam 10k
Sarah Paquet 38:34 – 6:13/mile Redmond WA**

Trossachs Boulevard through flashing red lights (police officer) and continues down Duthie Hill to SR202 then on to rural gentle rolling hills to the

climb up Duthie Hill and back down. This challenging course is one for your bucket list. The course is a lollipop course. The event starts promptly at 8 am with the 10-mile bike followed by the 4.3-mile Trail run through Soaring Eagle Park. All registered athletes get a custom designed T-Shirt, and all finishers receive authentic Duthie Hill Beast Finisher Medallion.

Come and join us for the Flat and Fast Snoqualmie 15k on October 28, 2023, 9 am. Enjoy the scenic marshlands with real blue herons, lily pads and frogs. Enjoy your jaunt down scenic country farmlands and gorgeous mountain views of the Cascades and Mount Si. Top 3 females and 3 males in the 15k receive \$50



We thank our volunteers Darlene and David Ripley

gift card to the Blue Heron Bar & Grill. Random door prizes to the Blue Heron Bar and Grill. Relax over the marshlands after the race and enjoy a super Sunday Brunch. Parking at the Aldarra Ball Field where your journey begins on the 9.3 mile out and back course on rural farmyard roads. It makes for a flat and fast journey. Grab your running companion and enjoy the scenic

marshlands together. We will have flaggers on the course and road officials for a safe journey. Enjoy the brisk fall days with one of your best 15k finishes.

Join us for the 5th Annual Santa Bear Runs on December 16, 2023, 9 am at Sixty Acre Park Redmond Washington. The course is along the beautiful Sammamish River Trail in Redmond Washington. The race is out along the Sammamish River Trail to Chateau Ste Michelle Winery and back. The race starts on the trail at the intersection of NE 116th Street and Sammamish River Trail. All registered runners receive a custom designed Santa Bear T-Shirt, Cliff bar and photo finish. The course is flat and fast with a few winding turns ending at Sixty Acres Park. Run, jog, trot and/or walk with Santa Bear! The Santa Bear Runs starts promptly at 9 am on Saturday December 16, 2023, at the intersection of NE 116th Street and the Sammamish River Trail at the 60 Acre Park in Redmond Washington. The race is chip timed. Local Covid 19 mandates are in effect. There will be cash awards for the top finishers M-F 1st, 2nd and 3rd. All kids will receive candy canes from Santa Bear at the finish. Hot chili will be available at the race finish. Ribbons to all age group winners 5 deep. Random door prizes will be awarded at the finish. Custom designed Santa Bear T-shirt, Finisher Medal, hand towel and pictures with Santa Bear are included in your registration. All net proceeds will go to the American Cancer Society. Be Safe!

The 2024 Race Series is now open. Race Series Santa Bear 10k - Sat December 16, 2023, at 9 am Fall City Classic 8k - Sat March 16, 2024 at 9 am Red Hawk 10k - Sat June 15, 2024 at 9 am Sam 10k - Sat September 14, 2024 at 9 am Santa Bear 10k - Sat December 14, 2024 at 9 am (includes the Santa Bear 10k 2023). Register today at

SammamishRunning.com

We thank all our sponsors. Sponsor this race. You get your name and webpage on the back of the T-Shirt, announced at the beginning of the race, on the race webpage and in the monthly newsletter. Sign up at SammamishRunning.com

