

Fall City Classic 6k SammamishRunning.com

March 2023

Record breaking times! Nicholas Eiben smashed the old course record by over 2 minutes with a blazing



Winner of the Fall City Classic 6k Nicholas Eiben

time of 19:51 for the 6k course, which is a 5 minute 20 second pace. Second place honors go to Aaron Coe logging in at 20:11 and rounding out the top 3 Sally Crowther with a time of 20:22 for top women's place. The 8k winners were Elva Williams 31:53 and David Kroeppler 31:21 taking top honors. Congratulations to all finishers!

The Fall City Classic race series kicked off with a gem of a race. The top 8 finishers broke the course record held by Steve Heaps in 2022, 22:12. We look forward to another record-breaking race at The Red Hawk in Renton Washington on Saturday June 17, 2023, 9 am. Cash Bonus for anyone breaking Danny Riley's 6k Course Record of 20:01 in 2022. We are also honored to host the kids race with a ¼ mile run to the other side of the tunnel and back. Beat the Red Hawk and win a prize! Special kids race entry fee. Kids receive an authentic Red Hawk T-Shirt, finisher Medal and Red-Hot Tamales. Special thanks to David Ripley for helping out at registration. We can't make these events happen without our volunteers. We thank all our volunteers. If you would like to be part of the excitement, we have a role for you. All volunteers get

a Starbucks gift card and a classic deluxe race T-shirt. Sign up today at Sammamishrunning.com/volunteer. We thank you for volunteering with our group. Can



Matt Cook and his daughter blazing their way to the finish line at the Fall City Classic 6k

you pass out race packets, help at the water stations, be a flagger and/or lifeguard (must be certified) for 1 to 2 hours? We need volunteers for the upcoming USAT Rattlesnake Lake Triathlon, The Red Hawk, and the Beaver Lake Triathlon. Connecting Runners, Building Community, Giving Back.

Sammamishrunning.com/volunteer

The race series comprises of 4 – 6k races (Fall City Classic, The Red Hawk, Sam 6k, and the Santa Bear). Runners with the best overall time at the end of the year get honored at the Santa Bear Event in Redmond. Must complete 3 of the 4 events. Special discount for the registering for the race series. All registered runners are treated to race buffet, finisher medal, and authentic race T-Shirt. All times will be posted. These events happen every 3 months. Come out and enjoy the festivities.

We are honored to have some of the best and elite runners from around the country join us at our Flat and Fast 6k Racing Circuit. All top runners receive cash awards. Bonus for breaking the previous



Age Group winner in the Fall City Classic

Course record. Our top age group winners: 1st, 2nd, and 3rd receive ribbons, and all finishers receive authentic race medallions. As always random door prizes for all registered runners.

Upcoming Events:

The Red Hawk – Saturday June 17, 2023, 9 am Ron Regis Park, Renton WA

USAT Rattlesnake Lake Triathlon ¼ mile swim, 10-mile limestone path bike, and 6k run May 14, 2023, 8 am North Bend WA

USAT Ocean Shores Duathlon – May 21, 2023, 9 am. 13-mile bike, 5-mile run

June 25, 2023, 8 am – Pine Lake Duathlon ½ mile swim, 6k Run

July 30, 2023, 8 am – Beaver Mile Swim, 4.3 mile run

August 27, 2023, 8 am Beaver Lake Triathlon ¼ mile swim, 13.7-mile bike, and 4.3-mile run

What other events would you like?

How are we doing? Feedback positive or negative is appreciated. Safety is our number one priority. Please be vigilant while in streets and watch for traffic. We want you to enjoy our events safely and in a safe place. All our workers are safe sport certified and trained. Our life guards and flaggers are certified. Thank you again for joining us for the Fall City Classic! We look forward to seeing you at our next event on the Race Circuit.

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