



Sammamish Running July 2023

Thank you for joining us today for the Eastrail 10k Flat and Fast Course overlooking the Beautiful Lake Washington and views of the Seahawks Training Facility. We congratulate Jalen Locke smoking the rest of the field with sub-6-minute miles. The Eastside beat out the Westside with some of the top runners in the region. Hope to see the Westside (i.e., Seattle) come back at the Fastest of the Fastest event Sam 10k on September 16, 2023 at the East Corridor Trail head. Rounding out the top three for the males Brendan Yeh, and Max Locke. Honors go out to the top 3 females Heidi Nevin, Judy Chen and Arliss Barrie. All received a \$50 gift card from our sponsors. The event started out



Winners of the Eastrail 10k July 16, 2023, Jalen Locke and Brendan Yeh

sunny and 64 degrees at race start. All finishers received authentic Easttrail medal and custom designed T-shirt. The results are now published on the SammamishRunning.com webpage. We look forward to seeing you at our up coming events.

We had another stellar event at Pine Lake Aquathon on June 25, 2023, 8 am. Top honors for the ½ mile swim and 6k Run went to: Drew Marlar 40:58, Oleksandr Golovaty, and Mark Drangsholt. The Female honors went to Danielle Roe (54:14), Heather Woloshyn, and Kelly Danielson. Drew missed beating the course record by only 6 sec.

Join us for the Beaver Mile Swim and 4.3 run on July 30, 2023, 8 am at Beaver Lake. We have a full team of life guards and safety personnel on site.

Some upcoming events: Join us for Upcoming Events:

Beaver Mile Swim 4.3 mile Run Sammamish WA

July 30, 2023, 8 am

Rattlesnake Lake Triathlon North Bend WA August

6, 2023, 8 am

Ocean Shores Triathlon/Duathlon North Bay Park

August 13, 2023, 8 am

Half Sam Issaquah Courthouse along Lake

Sammamish Trail August 20, 2023, 8 am

Beaver Lake Triathlon Sammamish WA August 27, 2023, 8 am

New Castle Beach Triathlon Bellevue WA Labor

Day September 4, 2023, 8 am

Duthie Hill 9k Mountain Bike, 6k Run Grand Ridge

September 9, 2023, 8 am

Sam 10k Redmond WA September 16, 2023, 9 am



Top females in the Easttrail 10k – Heidi Nevin and Judy Chen – Congratulations!

We would like to Thank our sponsors:

Dr. Youcef Abdelli, ZeroAvia.com

Nick Lu, GL Engineering and Architecture

Robert Worl, <https://f3pugetsound.com/>



Top Female Aubrey Nolan with RD Mic
Up next Beaver Mile Swim 4.3R
July 30, 2023, 8 am



Lifeguards Daniel and Lauren



Garrett and Danielle Roe



Ivan Gacharna



Winner Drew Marlar and runner up Oleksandr Golovaty



Mark Drangsholt

Sunday, June 25, 2023