



SR *Sammamish Running*

March 2022

Welcome to Sammamish Running! We have a great year of running planned for the greater Seattle area you don't want to miss.

Thanks for joining us for the Mardi Gras 6k. The weather turned out nearly perfect for the 3.72-mile jaunt along the Cedar River at Riverview Park in Renton Washington. Congratulations! Sarah Paquet was crowned the winner of our festive Mardi Gras in a blazing time of 22:20. In her court was Ian Field 2nd and Elva Williams 3rd.

We thank our sponsors for the \$50 gift cards to all our winners:

Sarah Paquet	Ian Field
Elva Williams	Daniel Naylor
Catlyn Blanchard	Derek Moore

Please support our sponsors:

- Pamala Hamblin
- GL Architecture and Engineering
- Pandora's Box
- Blue Lake Energy
- EC Power
- Sammamish Running
- Lake Washington Institute of Technology
- Starbucks Coffee

Some upcoming events:

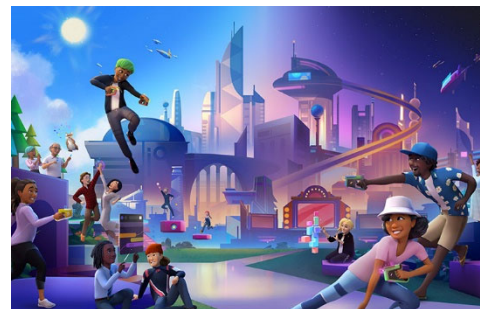
March 19, 2022, Saturday 9 am Fall City Classic 6k. Come out and get a PR on this flat and fast course. All finishers get a Mountain Huckleberry Yogurt, special designed medal, and authentic T-shirt. Register at SammamishRunning.com

April 23, 2022, 10 am Sammamish Sunset Beach 6k starting at Sammamish State Park. Ribbons to all age group winners, Custom designed medals to all finishers and commemorative Sunset Beach 6k T-shirt to all participants. Run, jog, trot this festive 3.72-mile cross terrain course. All finishers will be treated to a 1/4 pound all beef Sammamish Hot dog with all the toppings. Gift cards to local restaurants for all door prize winners. Sign up today! REGISTER at SammamishRunning.com

May 15, 2022, at 10 am Fortnite 6k Jungle Run Join us for our Jungle adventure through the streets of North Bend Washington as you go deep into the dark forest along the Snoqualmie Raging River. You will encounter wild animals, land mines and sniper positions. Grab a partner to successfully complete the Jungle Adventure. Hot fudge Sundaes await your successful completion of the mission. God speed!

July 16, 2022, at 10 am Metaverse 6k. Come out and enjoy the metaverse. Your 3.72-mile journey begins at the University of Washington Bothell campus and winds through North Creek Trail along the Sammamish River. Your entry fee of \$10 will be donated to the local food bank. You will receive custom designed cool Metaverse 6k T-Shirt, authentic Metaverse medallion.

Fresh squeezed lemonade will be waiting for you at the finish. Register at SammamishRunning.com





Race Series

\$75 includes entrance into the following which includes race T-Shirt, finisher medal and SWAG.

- Fall City Classic 6k Sat March 19, 2022, 9 am,
- Red Hawk 6k Saturday June 18, 2022, 9 am
- Sam 6k Saturday September 17, 2022, 9 am
- Santa Bear 6k Saturday December 17, 2022, 9 am

Register at SammamishRunning.com

Other Events coming up in 2022:

USAT Duathlon Ocean Shores 12B, 5R May 22, 2022 9am
 Pine Lake 1/2S, 6kR Duathlon USAT June 26, 2022 9 am
 Beaver Mile Swim 4.3R USAT Duathlon July 24, 2022 9am
 Beaver Lake Triathlon 1/4S, 12.4B, 4.3R Aug 28, 2022 8 am

Sign up at BeaverLakeTriathlon.com



Overall	First	Last	AG	Gender	Time	Bib	AG rank	Distance	Ave Pace
1	Sarah	Paquet	F20-29	Female	0:22:20	1	1	MI	0:06:00
2	Ian	Field	M30-39	Male	0:22:43	2	1	MI	0:06:06
3	Elva	Williams	F30-39	Female	0:22:58	3	1	MI	0:06:10
4	Daniel	Naylor	M30-39	Male	0:24:41	4	2	MI	0:06:38
5	Chris	Miland	M30-39	Male	0:24:58	5	3	MI	0:06:42
6	Derek	Moore	M30-39	Male	0:24:59	6	4	MI	0:06:43
7	Michael	Brisbois	M50-59	Male	0:28:46	7	1	MI	0:07:44
8	Catlyn	Blancard	F30-39	Female	0:35:44	8	2	MI	0:09:36
9	Liz	Murray	F50-59	Female	0:39:06	9	1	MI	0:10:30
10	Serenity	Shay	F30-39	Female	0:39:14	10	3	MI	0:10:32
11	Mandy	McIsaac	F40-49	Female	0:41:01	11	1	MI	0:11:01
12	David	Brown	M70-79	Male	0:44:37	12	1	MI	0:11:59
13	Tiffany	Meckle	F40-49	Female	0:52:16	13	1	MI	0:14:03

Congratulations to all finishers at the Mardi Gras 6k!!

Overall finishers at the Mardi Gras 6k – Riverview Park Renton Washington Saturday February 26, 2022 at 11 am

