

SR Sammamish Running

Connecting Runners. Building Community. Giving Back.



Winner of the Rattlesnake Lake 6k Christopher Brown #131 from Snoqualmie Washington 27:26.3 with Race Director Mic Brisbois #129 on November 28, 2021

Congratulations to all finishers in the Rattlesnake 6k held on Sunday November 28, 2021! The winner Chris Brown from Snoqualmie finished the course in a time of 27:26 followed closely by Mic Brisbois 27:29. Top female Sonja O'Brien 44:03. We had a great day for the trail run Cloudy 59-degree day for a jaunt down the Rattlesnake Lake, Cedar Falls, Palouse to Cascade Trail with gorgeous views the Rattlesnake Lake and Cedar River Falls.

We thank our Mile Marker Sponsors:

- Mile 1 – Tier4 Advisors
- Mile 2 – Edward Jones Financial
- Mile 3 – Seattle Running Club

Join us December 18th 2021 for the 3rd Annual Santa Bear 6k starting promptly at 8 am The flat and fast out and back course with spectacular views of Sammamish River and Chateau St. Michelle Winery starting at Sixty Acres Park Redmond Washington and Sammamish River Trail then head north 1.85 miles then head back. Sign up today at active.com type in 'Santa Bear'. All finishers get a custom designed medallion, Santa Bear authentic T-shirt and hand towel. Fresh hot chili at the finish. Come out and beat the bear, Santa Bear! The 2021 Rattlesnake Lake 6k results and photos can be found at [Sammamish Running.com](https://SammamishRunning.com).

Join us for the race to the top of Poo Poo Point. Be the first to mount Poo Poo and have bragging rights the county over. Get your authentic Mt. Poo Poo T-Shirt!

Food Bank Benefit on Thursday November 18th we hosted Olympians Sean O'Neill and Ken Harnden at our live stream event. Shawn Slevin from Swim Strong Foundation presented on swimming safety and World Champion Swimmer Matt Austin Josa concluded the top speakers for the night. You can catch the recorded version at SammamishRunning.com

Join us for some of our upcoming events:

Race to the Top of Poo Poo Point 8 am Sun January 30
Santa Bear 6k Sixty Acre Park Redmond 8 am 12.18.22
Fall City Classic 6k Saturday March 19, 2022 at 8 am
Red Hawk 6k Newcastle Beach Sat June 18, 2022 8 am
Sam 6k Lake Sammamish Marymoor Park 8am 9.17.22
Ocean Shores USAT Duathlon 12-mile bike 4.9-mile run
Pine Lake ½ mile Swim 6k Run Sammamish WA 6.26.22
Beaver Mile Swim and 4.3 mile Run Beaver Lake WA
Beaver Lake Triathlon Sammamish Aug 28, 2021 8am



First Female Sonja O'Brien at the Rattlesnake Lake 6k
Photos at SammamishRunning.com

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	<u>First</u>	<u>Last</u>	<u>age group</u>	<u>Time</u>	<u>Bib#</u>	<u>pace/mile</u>	<u>AG</u>
1	Kelsey	Wong	F30-39	0:22:18	438	0:05:59	1st
2	Ian	Field	M30-39	0:22:54	464	0:06:09	1st
3	Rachel	Cundy	F20-29	0:24:30	442	0:06:34	1st
4	Nikki	Jensen	F30-39	0:26:41	456	0:07:09	2nd
5	Mic	Brisbois	M50-59	0:27:55	462	0:07:29	1st
6	Hubert	Chew	M60-69	0:28:11	458	0:07:34	1st
7	Tony	Liu	M10-19	0:30:13	447	0:08:06	1st
8	Lana	Doi	F60-69	0:30:41	445	0:08:14	1st
9	Matt	Brown	M30-39	0:31:15	451	0:08:23	2nd
10	Connor	Brown	M10-19	0:31:16	461	0:08:23	2nd
11	Megan	Martin	F20-29	0:31:18	466	0:08:23	2nd
12	Andy	Martin	M50-59	0:33:16	460	0:08:55	2nd
13	Juan	Cabrera	M40-49	0:34:22	450	0:09:13	1st
14	Elva	Williams	F30-39	0:34:26	441	0:09:14	3rd
15	Chelsea	DeWiite	F20-29	0:34:50	440	0:09:21	3rd
16	Aarif	Nakhooda	M50-59	0:35:15	452	0:09:27	3rd
17	Yong	Liu	M40-49	0:35:30	444	0:09:31	2nd
18	Mark	LeMaster	M50-59	0:36:33	453	0:09:48	4th
19	Veronica	Nakhooda	F50-59	0:38:10	463	0:10:14	1st
20	Shawn	Doi	M20-29	0:39:29	439	0:10:35	1st
21	Tiffany	Wong	F30-39	0:39:38	437	0:10:38	4 th
22	Harrison	Min	M10-19	0:40:47	443	0:10:56	3rd
23	Mary	Lanning	F60-69	0:44:00	454	0:11:48	2 nd
24	Beyonda	Wilkerson	F50-59	0:44:00	455	0:11:48	2 nd
25	Gul	SIDDIQI	F40-49	0:44:52	457	0:12:02	1 st
26	Teresa	Joiner	F50-59	0:44:53	459	0:12:02	3 rd
27	Samson	Jiang	M10-19	1:12:20	448	0:19:24	4th

Upcoming events:

Santa Bear 6k Saturday
December 18, 2021 8 am
Race to the Top of Poo
Poo Point 1.30.22 8 am

Beaver Lake Triathlon ¼ S,
13.8B, 4.3R August 28, 2022
at 8am Beaver Lake Park
Sammamish Washington

Meet Greg Billington, Rio
Olympic USA Triathlete at
our Pasta event the day
before the Triathlon as he
speaks on perfecting your
swim, bike and run for peak
performance. You don't
want to miss. Sign up today!



Race Results Red Hawk 6k June 19, 2021 Saturday 8 am Cedar River Trail Ron Regis Park Renton Washington.



Custom Designed Red Hawk 6k Metal

Race Director Meilene on the Cedar River Trail

Sammamish Running connects runners, builds community, and gives back. Support our local restaurants, athletic stores, and community to get us back running safely. Join us for the race to the top of Poo Poo Point. See you at the Santa Bear 6k on Saturday December 18, 2021 at 8 am. Sign Up Today at Active.com Type in 'Santa Bear'. Be safe!

TIER4
IT PROCUREMENT REDEFINED

Edward Jones
MAKING SENSE OF INVESTING