

SR *Sammamish Running*

Connecting Runners. Building Community. Giving Back.

Congratulations to all finishers in the Fall City Classic held on Saturday March 20, 2021! The winner Kelsey Wong finished the course in a blazing time of 22:25 followed closely by Katherine Thompson 22:56. We had a few rain showers at the beginning of the race and it was very temperate for the jaunt down the Snoqualmie Raging River Neil Road with scenic views of rustic farm homes and pumpkin patches.



Congratulations to Kelsey Wong #391 winner of the 2nd Annual Fall City Classic 6k in a time of 22:25

We thank our sponsors for the event:

[Sammamish Running](#)
[Dick's Supporting Goods](#)
[Daniel's Broiler](#)
[Sunset Ale House](#)

***** Just Announced we are moving into Phase 3**

Governors Orders Phase 2 Run: Starting waves of 10 participants or less must be used with no more than one wave starting every minute and no more than 200 total participants starting per hour. No more than 3 consecutive hours of starting waves allowed per day. Waves should be sequenced by pace with faster racers going first, then working towards the slower racers to reduce likelihood for congestion or passing on the course. The starting area is limited to no more than 50 participants at any time awaiting their staggered starts. Participants waiting for their start time must maintain at least six feet of distance from all other people and wear face coverings until their race begins. Additional participants must wait in their vehicles or away from the course until their start time approaches.

Great News! We just met with Mayor of Redmond on Thursday on the State of the Running in the Pacific Northwest THANKS local Food Bank Benefit and her group reported that the Governor has allowed a maximum of 500 runners per race, face coverings are still required and 6 foot distance is mandated. Waves of a maximum of 10 runners each per minute.



Chelsea DeWiite & Shawn Doi finishers at the Fall City Classic 6k

Join us June 19th 2021 for the 3rd Annual Red Hawk 6k starting promptly at 10 am for the first 10 runners in wave 1 followed sequentially each minute with 10 runners per wave. The flat and fast course runs south on the King County Rail Corridor trail with spectacular views of Lake Washington starting just a few hundred feet from Newcastle Beach in Bellevue Washington turning around at the Seahawks Virginia Mason Athletic Complex.

The Fall City Classic 6k results and photos can be found at SammamishRunning.com

SR *Sammamish Running*

Connecting Runners. Building Community. Giving Back.

The State of the Running in the Pacific Northwest Benefits the Local Food Bank. We recently had our Mayor Angela Birney, the USA Olympic Triathletes Tokyo Bound and Girls on the Run Katie Visco on her Run across America and Australia on the program. Watch at SammamishRunning.com. Join us this Thursday when we host Pam Reed two-time winner of the Badwater Ultramarathon in Death Valley CA.

Red Hawk 6k Saturday June 19, 2021 10 am

<https://www.active.com/> and type in Red Hawk

Sam 6k Saturday September 11, 2021 10am

Santa Bear 6k Saturday December 18, 2021 10 am

Beaver Lake Triathlon ¼ S, 13.8B, 4.3R Sunday
September 12, 2021 Beaver Lake Park 8 am
Sammamish Washington



	<u>First</u>	<u>Last</u>	<u>age group</u>	<u>M/F</u>	<u>Time</u>	<u>Bib#</u>	<u>pace/mile</u>	<u>Age Group</u>
1	Kelsey	Wong	30-39	F	0:22:25	391	0:06:03	1st
2	Katherine	Thompson	20-29	F	0:22:56	389	0:06:09	1 st
3	Rachel	Cundy	20-29	F	0:23:54	373	0:06:25	2 nd
4	Nikki	Jensen	30-39	F	0:27:01	381	0:07:16	2 nd
5	Mic	Brisbois	50-59	M	0:27:54	372	0:07:30	1 st
6	Matt	Pawelski	30-39	M	0:28:01	387	0:07:32	1 st
7	Elva	Williams	30-39	F	0:28:54	390	0:07:46	3 rd
8	Carolyn	Holgate	30-39	F	0:30:18	379	0:08:09	4 th
9	Tony	Liu	19-Oct	M	0:32:26	384	0:08:43	1 st
10	Lana	Doi	60-69	F	0:32:48	375	0:08:49	1 st
11	Kamila	Gwiazda	30-39	F	0:32:57	378	0:08:51	5 th
12	Chelsea	DeWiite	20-29	F	0:33:24	374	0:08:59	3 rd
13	Shawn	Doi,	20-29	M	0:33:24	376	0:08:59	1 st
14	Yong	Liu	40-49	M	0:34:28	385	0:09:16	1 st
15	John	Holgate	30-39	M	0:38:42	380	0:10:24	2 nd
16	Harrison	Min	19-Oct	M	0:44:28	386	0:11:57	2 nd
17	Deanna	Slusher	50-59	F	1:09:40	388	0:18:44	1 st

Race Results Fall City Classic 6k March 20, 2021 Saturday 10 am Fall City Community Park.

Sammamish Running connects runners, builds community, and gives back. Let us support our local restaurants, athletic stores, and community to get us back running safely. Join us this Thursday when we host 2-time winner of the Badwater 135-mile uphill ultramarathon Pam Reed. **See you at the Red Hawk 6k on Saturday June 19, 2021 at 10 am. Be safe!**