



## SR Sammamish Running July 2022

Thanks for coming out for the Metaverse 10k Race. We had nearly perfect race conditions with overcast skies in the low 60s. Peter Jaros from Chicago blew the field away in a time of 31:58 (5:09/mile) in the Metaverse 10k Race at the University of Washington Bothell on July 17, 2022, 1 pm. Leading the ladies' group was Emily Stonehouse. Congratulations to both! Join us next month for the Blue Heron 15k starting out at Aldarra ball field in Fall City Washington and running through the quaint country roads with views of cornfields, rustic farmyards, and the Carnation Marsh home to the Blue Heron. The scenic course will take you through the nature preserve up to Tolt Hill. The out and back scenic course at the base of the Cascade Mountains is sure to get you a fast time. All finishers receive a custom designed Blue Heron 15k forged metal Medallion and hot roasted corn on the cob. All age group winners receive ribbons. Top 3 finishers receive a \$50 gift card from the Blue Heron Restaurant for a



*Winner Peter Jaros, 10k Metaverse with Race Director Mic Brisbois*

relaxing brunch after the race overlooking the Carnation Marsh and home to the Blue Heron. Join us next weekend for the USAT Beaver Mile Swim and 4.3 mile run July 31, 2022, 8 am. All participants receive an authentic Beaver Mile Swim T-Shirt, and all finishers receive a customer Beaver Medal. First one out of the water receives a Beaver replica. Mark



this one on your bucket list which is surely going to be a classic! Other races coming up this Summer are the Fastest of the Fastest and the Sam 6k. Top runner takes home the \$200 cash prize and bragging rights for top in region! The event takes place at Marymoor Park Redmond Washington on Saturday September 17, 2022, 9 am in conjunction with our 4<sup>th</sup> Annual Sam 6k. All participants receive a classic Sam 6k racing cap. You don't want to miss! Sign up early



## Fastest of the Fastest

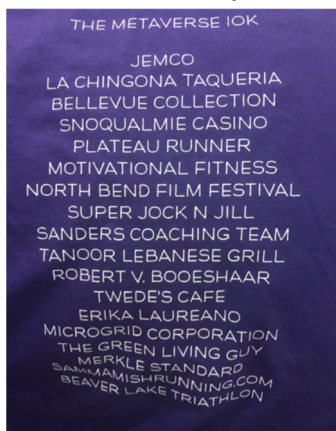
Join us for the Sam 6k  
Winner Take All \$200 cash prize

Join us for the 4<sup>th</sup> Annual Sam 6k along beautiful Lake Sammamish out and back course.  
Sign up at [Active.com](https://www.active.com) type in 'Sam 6k'  
**Saturday September 17, 2022, at 9 am**

because race entrants are capped at 100. Next month we are hosting the Beaver Lake Triathlon: ¼ mile swim, 13.1-mile bike and 4.3-mile run. Come out and be part of history. We will be speaking with

1	Pete	Jaros	M30-39	0:31:58	1	MI	33	0:05:09
2	Wendell	Adducul	M30-39	0:45:06	2	MI	32	0:07:16
3	Jess	Domingo	M20-26	0:50:30	1	MI	26	0:09:51
4	Emily	Stonehouse	F50-59	0:55:11	1	MI	30	0:08:54

**Metaverse 10k, July 17, 2022, University of Washington Bothell Campus**



*Metaverse Racecourse Finisher Minah Kim*

Greg Billington Olympian from the Rio Games in '16 and USA Olympic guide for Brad Snyder who won the Gold medal for USA in the Tokyo Paralympic Games - Triathlon. We will have a special viewing of Silver Medalist Kevin McDowell in Tokyo Triathlon who joined us last year for our pre-race pasta dinner at the Hilton Garden Inn Redmond Town Center. Join us next Friday evening at 5 pm when we host nutrition coach and pre-race instructions for Sunday's Beaver Mile Swim 4.3-mile run event. Sign up at [SammamishRunning.com](https://www.sammamishrunning.com)  
***We thank our sponsors! Please support them.***