



SR Sammamish Running August 2022

Thanks for all the runners that came out this morning for the Blue Heron USATF 15k. We had overcast skies for the start of the race that ran through the Carnation Marsh along rural roads with great views of the Cascade Mountains and Rustic Farm homes. One of our runners did spot a Blue Heron flying overhead. We congratulate Emily Frith from Redmond Washington with a time of 1:06:18 for the 15k winner circle. Top three male and female received gift cards to the Blue Heron Bar and Grill. After the race we were treated to fresh buttered corn on the cob. Top male finisher was Jim Bennett from Seattle Washington. Next up is the Fastest of Fastest Sam 6k with the winner taking it all \$200 cash prize on Saturday September 17, 2022, at 9 am starting at trail head at Marymoor Park Redmond Washington. Slick racing caps for all registered runners. Join us next week for the Beaver Lake Triathlon ¼ mile swim, 13-mile bike, and 4.3-mile run. Cash prizes for top three male and female. First one out of water, top biker and fastest runner receive a beaver replica. The run course goes through residential neighborhoods around the Beaver Lake and the bike goes down Duthie Hill road to SR202 then does a lollipop course and back

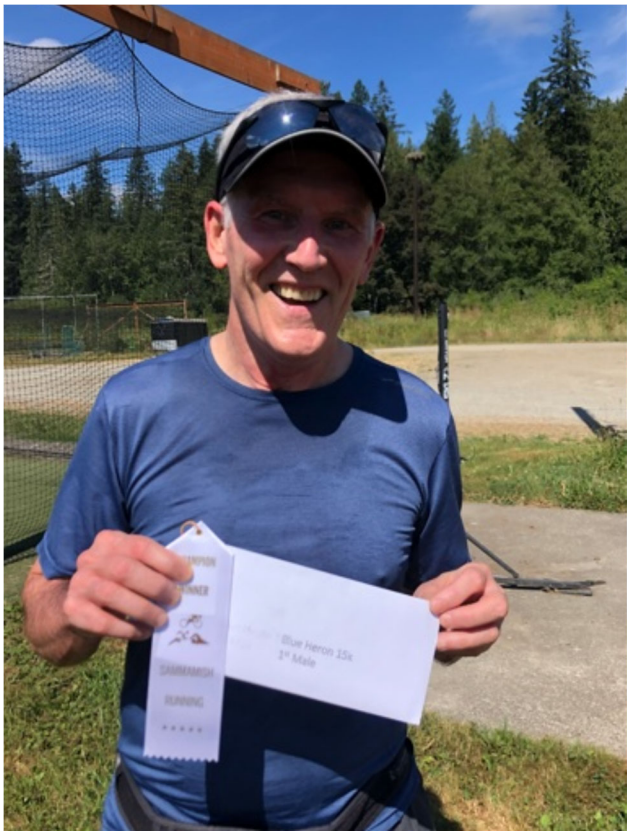
to the finish. All entrants receive swimming cap and timing chip. The corral area will be for register entrants only. Each will receive a timing score for the swim, Swim Bike Transition, Bike, Bike Run transition and Run.



Emily Frith - Winner of the Blue Heron 15k

All finishers receive designer Triathlon Medal, custom designed technical T-Shirt, and finisher certificate. Come out and rub elbows with world

class triathletes. Sign up today at BeaverLakeTriathlon.com



First Male Jim Bennett in the Blue Heron 15k

Did you ever think about racing to the top of Rattlesnake Ledge? Now you can show your

elevation skills on October 16, 2022, 9 am North Bend Washington. Be the first to top of the Ridge and receive the Golden Rattlesnake award and bragging rights. Scale the 2-mile 1160 feet elevation Great tune up for the Seattle Marathon. Sign up today at SammamishRunning.com

Join us Saturday November 12, 2022, for 10k Trail run on Grand Ridge starting at Duthie Hill Park 9 am Start.

We thank our sponsor Verde Solutions.



All finishers were treated to hot buttered corn on the cob at the Blue Heron 15k

| Rank overall | First name | Last name | age group | Gender | Result | Rank division | Distance unit | Bib# | Average Pace |
|--------------|------------|------------|-----------|--------|---------|---------------|---------------|------|--------------|
| 1 | Emily | Frith | F20-29 | F | 1:06:18 | 1st | MI | 100 | 0:07:06 |
| 2 | Kimberly | Maxwell | F30-39 | F | 1:19:30 | 1st | MI | 92 | 0:08:32 |
| 3 | Jim | Bennett | M60-69 | M | 1:42:17 | 1st | MI | 97 | 0:10:58 |
| 4 | Emily | Stonehouse | F50-59 | F | 1:45:23 | 1st | MI | 99 | 0:11:18 |

Blue Heron 15k Results, Carnation Marsh, August 21, 2022

