

# SR *Sammamish Running*

Connecting Runners. Building Community. Giving Back.

Congratulations to all finishers in the Santa Bear 6k held on Saturday December 19, 2020! The winner Rachel Cundy finished the course in a time of 24:40 followed closely by Salvador Monroy 24:54. We had a few snow flurries at the beginning of the race and it was very temperate for the jaunt down the Sammamish River Trail getting great views of Chateau St. Michelle winery and the surrounding forests and calm Sammamish River.



Congratulations to Rachel Cundy #365 winner of the 2<sup>nd</sup> Annual Santa Bear 6k in a time of 24:40

We thank our sponsors for the event:

[Sammamish Running](#)  
[Daniels Broiler](#)

**\*\*\* 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.



*April Porter and Steve Soelberg finishers at the Santa Bear 6k*

Join us this month on the 20<sup>th</sup> when we have the 2<sup>nd</sup> Annual Fall City Classic 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 north on Neil Road along Snoqualmie Ranging River with quaint rustic views of rural farm homes and pumpkin patches starting at the Fall City Community Park at 10 am Saturday March 20, 2021.

The Santa Bear 6k results and photos can be found at [Sammamish Running.com](http://Sammamish Running.com)

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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](http://SammamishRunning.com)

Fall City Classic 6k Saturday March 20, 2021 10am  
<https://www.active.com/> and type in *Fall City*

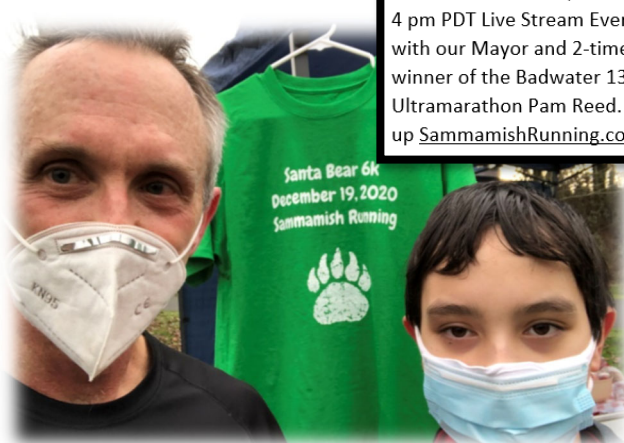
Red Hawk 6k Saturday June 19, 2021 10 am  
 Sam 6k Saturday September 11, 2021 10am  
 Santa Bear 6k Saturday December 18, 2021 10 am

[Beaver Lake Triathlon](#) ¼ S, 13.8B, 4.3R Sunday  
 September 12, 2021 Beaver Lake Park 8 am  
 Sammamish Washington

Join us on March 25, 2021  
 4 pm PDT Live Stream Event  
 with our Mayor and 2-time  
 winner of the Badwater 135 mile  
 Ultramarathon Pam Reed. Sign  
 up [SammamishRunning.com](http://SammamishRunning.com)



Yong and Tony Liu finishers at the Santa Bear 6k on Saturday December 19, 2020 10 am at 60 Acre Park



Race Directors Jiaxing & Mic Brisbois Santa Bear 6k

	<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	Rachel	Cundy	20-29	F	0:24:40	365	0:06:37	1st
2	Salvador	Monroy	40-49	M	0:24:54	367	0:06:41	1st
3	Elva	Houk	30-39	F	0:25:22	364	0:06:48	1st
4	Mic	Brisbois	50-59	M	0:28:49	358	0:07:44	1st
5	Steve	Soelberg	50-59	M	0:34:17	366	0:09:11	2nd
6	April	Porter	20-29	F	0:34:18	368	0:09:12	2nd
7	Yong	Liu	40-49	M	0:37:00	360	0:09:55	1st
8	Tony	Liu	10-19	M	0:40:27	362	0:10:51	1st

## Race Results Santa Bear 6k December 19, 2020 Saturday 10 am – 60 Acre Park Redmond Washington



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. See you all at the Fall City Classic 6k this weekend. Be safe!