



Sammamish Running

February 2024

Adam Chudoba breaks course record in a time of 36:17 almost two minutes off the record time at the Race to the Top of Squak Mountain. Kamila Mazurova won the female honors. Both received the Golden Squak award and \$50 gift card and bonus for breaking record. Congratulations to all finishers! You conquered the Mountain. The times are now posted on our webpage. Next up is the Race to the Top of Rattlesnake Ledge. Race this historical site. Learn about the underwater village at Rattlesnake Lake and claim your medal of accomplishment for your collection. All registered runners receive customer designed Rattlesnake Lake T-Shirt. Mark your calendar for April 27, 2024, as we plan to conquer the Run to the Top of Mount Si.



Winners of the Race to the Top of Squak Mountain Adam Chudoba, (36:17 new course record) and Kamila Mazurova top Female.

Just announced this year we have the Beaver Lake Experience. On August 24, 2024, at 4 pm we will have three live bands, Olympian Greg

Billington, Triathlete Coach Marques Garcia, and Pasta Dinner for packet pick up. You don't want to miss this event. Mark your calendar today. We are excited to bring you some great runs, bikes, and swims this year. Our first major event is the Cedar River Triathlon on May 12, 2024, 8 am Lake Wilderness Maple Valley. The ¼ mile swim starts out on the beach front followed by a 10 mile off road bike along the limestone and asphalt King County Cedar River trails - out and back with majestic views of the Cedar River. Great first-time triathlete event. The third leg concludes with a 6k run along the shores of Lake Wilderness. Don't miss out on all the excitement! This event fills up quickly. Next up is the Ocean Shores Duathlon with a 10-mile bike along the beautiful coast of Ocean Shores on May 19, 2024. The bike leg is followed by a 5-mile Beach run. The event starts promptly at 9 am at Sharky's. Who does not like trail runs? The Soaring Eagle Duathlon is on June 8, 2024, at 8 am. The challenging course is a lollipop 10-mile road bike followed by a somewhat technical run through Soaring Eagle Park where you may encounter owls, cougars, and black bears. Are you up for the Challenge? Cash bonus for breaking Benjamin Anderson's time of 59:24. Finally we close out the month of June with the Pine Lake Duathlon. Great Summer event with a ½ mile swim followed by at 6k run around the Lake. This event has been a local favorite for years. Register today at SammamishRunning.com/tri.



Winner of the Race to the Top of Squak Mountain Adam Chudoba and Race Director Mic Brisbois

Our racing series starts up on March 16, 2024, at 9 am at the Fall City Classic 8k. This year's event will be on a USAT certified course. A certified course is one with exact mile markers and eligible for USAT records to be set. The record for the 8k is 22:03 held by Peter Githuka from Kenya in 1996. Our 2nd event of 4 is the Red Hawk 10k on June 15, 2024, which is out and back on the

Eastrail bike path getting glimpses of the VMAC (Virginia Mason Athletic Center) where the Seahawks train. All events receive a custom design T-Shirt and finisher medals. The 3rd event is the fastest of the fastest Sam 10k starting at the Redmond-East Lake Sammamish trail head. The flat and fast course goes out along the bike path with gorgeous views of Lake Sammamish. Don't miss this late summer event on September 14, 2024, 9 am gun time. Finally, we finish off the year and series with the Santa Bear 10k, along the Sammamish River with beautiful views of St Michelle winery. The event is on December 14, 2024, at 9 am, starting at Sixty Acres Park Redmond Washington. Come out and Beat the Bear - The Santa Bear and win a prize!



Finishers at the Mount Squak Challenge Ashley and Justin Johnson. Congratulations!

Please thank our sponsors. They keep our races affordable while getting them recognized in our community. This month we would like to thank Dr. Youcef Abdelli, Zero to One company and Mansoor Khan LandHeartEnergy.com. Can we get your organization as one of the sponsors? Please visit our sponsor page at <https://www.sammamishrunning.com/sponsors> and support local running!



Come out and be a Rock Star - Conquer your Mountain! Jay Grubb finishing the Squak Mountain Race to the Top