

# SR *Sammamish Running*

March 2020

For all those that joined us for the inaugural running of the Fall City Classic 6k it was an event to remember. Rachel Cundy edged out Elva Houk to win the event in at blazing time of 22:49. Runners were treated with Peaches and Crème Swirl at the finish. The men's winner was Alex Williams with a time of 26:42.



*Winners of the Inaugural Fall City Classic 6k Rachel Cundy and Elva Houk*

We thank our sponsors for the event:

[Schwartz Brothers Daniels Broilers](#)

[Ivar's Seafood Restaurant](#)

[Sammamish Running](#)

Stay healthy, eat well, stretch and come out to race every three months as we continue our race series. Our sponsors keep us going so don't forget to support them. Thanks. Your SR racing team.

The photos of all the runners are at Sammamish Running.com. We thank all our volunteers today. The race day temperature was a brisk 41 degrees and overcast. We also thank our co-race directors Meilene and Mic Brisbois for hosting the event and creating a festive atmosphere for all the athletes.



- 1 **HANDS** Wash them often
- 2 **ELBOW** Cough into it
- 3 **FACE** Don't touch it
- 4 **FEET** Stay more than 3ft apart
- 5 **FEEL** sick? Stay home

General public health information



*Tony and Yong Liu finishers at the Fall City Classic 6k*

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Our next event will be the Red Hawk 6k which will be held on Saturday June 13, 2020 at 10 am starting at the New Castle Beach Park. There will be plenty of parking at the park. The course is out and back along paved and limestone trail King County East Corridor overlooking the beautiful Lake Washington. The turnaround point will have a glimpse of the Seahawks VMAC training Facility in Renton. We expect some fast times at the event. Hope to see you there! To register go to Active.com and type in 'Red Hawk' or SammamishRunning.com. We will have a custom bandana, T-shirt and 16 oz tin cup and gift cards from our sponsors. All finishers will be treated to Red Hawk hot tamales.

See you next time!



**Red Hawk 6k** - Saturday June 13, 2020 10 am  
Bellevue Washington

**Sam 6k** – Sunday September 20, 2020 at 2 pm  
Sammamish Washington

**Santa Bear 6k** – Saturday December 19, 2020 at 10 am  
Redmond Washington

To register for the racing series go to  
<https://www.active.com/> and type in *Red Hawk*



*Rustic Views of Fall City Classic 6k*

**Race Director Mic Brisbois – Fall City Classic 6k**

	First	Last	age group	M/F	Time	Bib#	pace/mile	Age Group
1	Rachel	Cundy	25-29	F	22:49	416	6:08	1st
2	Elva	Houk	35-39	F	23:26	404	6:17	1st
3	Alex	Williams	35-39	M	26:42	415	7:10	1st
4	Makenzie	Herne	25-29	F	32:10	414	8:38	2nd
5	Jiaxing	Brisbois	10-14	M	38:48	402	10:25	1st
6	Tony	Liu	10-14	M	39:32	407	10:37	2nd
7	Yong	Liu	45-49	M	40:05	406	10:46	1st
8	Elizabeth	Nay	15-19	F	52:54	410	14:13	1st

## Race Results Fall City Classic 6k March 14, 2020



Sammamish Running connects runners, builds the local community by having local support and gives back each race to the American Cancer Society.