

# 53rd annual Seaside BEACH RUN



5K runners head south along the ocean in Seaside during the 53rd annual Seaside Beach Run on Saturday, July 20.

Photos by Katherine Lacaze

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For Seaside Signal

Participants couldn't have asked for more ideal weather for savoring the natural appeal of the coast when they headed out to the beach Saturday for the 53rd annual Seaside Beach Run.

Under a cloudless blue sky, about 175 walkers and runners of all ages took part in a longstanding community event that celebrates surf, sand and Seaside.

"It's a big family event," said Michelle Brannon, general manager and fitness director at Sunset Family Fitness. "It has a very mellow, beach vibe."

Sunset Family Fitness' nonprofit affiliate Fit to be Teens Inc. organizes the Seaside Beach Run, which includes a number of different activities suitable for participants of different ages and abilities, from 5K and 10K races on the sand to competitive and untimed walks on the Seaside Promenade and a Kids' Sand Dash and Treasure Hunt. The event also included a picnic and awards ceremony at Goodman Park on Necanicum Drive.

### A reason for participating

Although this Seaside tradition provides all runners, walkers, and dashers the chance to experience the coast in an atmosphere of friendly competition and camaraderie, different groups and individuals who took part this year had their own personal reasons for entering, as well.

Noah Johnson, 15, who placed first overall in the 5K competition with a time of 18 minutes, 28 seconds, was visiting the coast with his father from North Canton, Ohio. They are in the



Young runners participate in the Kids' Dash at the 53rd annual Seaside Beach Run.



The Beach Run brought out roughly 175 participants, along with family members, friends, and other spectators.

long-term process of going to as many baseball stadiums across the country as they can.

Between a stay in Seattle the night

before, touring Oregon destinations, and visiting San Francisco, Johnson decided to fit in the Seaside Beach Run. The son of a track coach, Johnson

had an early opportunity to explore the sport and quickly discovered he "was pretty good at it," he said. His best time for a mile so far has been 4:40.

"I just enjoy finishing, that runner's high," Johnson added.

Devon Frazier, of Beaverton, was another out-of-town participant with a long-term goal: Attending a social activity or event in each county in Oregon before her 30th birthday in June 2020. The timing worked out well for her to make the Seaside Beach Run her Clatsop County event.

Not every activity Frazier pursues is a 5K — she's also done bike rides, trail runs and other activities. The Seaside event was her first time racing on the sand, which was a tough but rewarding experience.

Frazier started pursuing her goal in March 2017 and only has four or five counties left.

"I just want to get more fit and challenge myself," Frazier said. "You only have one body."

Also throughout the morning, individuals donning red shirts could be spotted participating in the various activities and their subcategories. They were part of Heart to Start Seaside, a program powered by Basecamp Prevention and Wellness, a part of the Providence Heart Institute of Oregon.

During the Heart to Start program's 12-week run that culminated with participating in the Seaside Beach Run, 70 members of the public, including several Providence employees, met weekly at the Seaside High School track to exercise together using the Heart to Start routine.

"This was our big goal event," Specialty Clinic Manager Lisa Sampson said, adding they had about 30 people from the Heart to Start program participating in the various beachside events, including the Kids' Dash.



Racers approach the finish line on the Promenade off 12th Avenue during the 53rd annual Seaside Beach Run. The community event includes a 5K and 10K on the beach, as well as competitive and untimed walks on the Promenade.