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**RMRR Records Last updated: 23 Dec 2024**



Club inception = 1959 when the predecessor club, Denver Track Club, was foed by Joe Arrazola.

The Rocky Mountain Road Runners were legally and officially formed Jan. 1, 1971.  That is the date when the club adopted its current bylaws and became uniquely and independently named the RMRR, separate from the Denver Track Club.

Club Founder Joe Arraloza at the 2005 Awards Banquet

**Effective 1/1/2021, RMRR made several changes to the Trophy Series (TS) scoring**

1. Race walkers will now be scored with runners for the TS score.
2. There will be a separate scratch competition for walkers, both race day, ribbons and annual. This was later abolished and walkers are scored with runners – all together.
3. 5 km runners (in the longer races) will receive TS points using their handicap (HCP)
4. Your HCP will be allowed to go up as much as 2 pts per month if you run slower than your predict.
5. Anyone who hasn’t raced in 24 months will be scored as a new member rather than using their old HCP. This was later changed to scoring a runner as new if they haven’t raced in 12 months.

## HANDICAP TROPHY SERIES WINNERS

|  |  |  |  |
| --- | --- | --- | --- |
| Year | Winner & Points | Second Place | Third Place |
| 2024 | John Daniels (749.1/826.72) | David Rothenburger (712.06/803.56) | Adam Feerst (706.06/743.62) |
| 2023 | A person standing in front of a table  Description automatically generatedShane Yommer (752.05/752.05) | A person holding a trophy  Description automatically generatedEric Greene (743.44/845.78) | A person in a red shirt  Description automatically generatedDavid Rothenburger (728.43/802.51) |
| 2022 | Ken Applegate (730.75/756.08) | Jake Atherton (704.89/753.69) | Will Buck (699.85/699.85) |
| 2021 (10 of 11 races) | Ed Yoblonski (819.18/819.18) | Adam Feerst (664.7/701.21) | Eric Greene (662.72/662.72) |
| 2020 -Covid, so 6 races! | John Shea (494.33/545.64) | Travis Mark (453.24/453.24) | Jeff Olson (447.83/494.08) |
| 2019 | Rick Edrich  (821.97/893.97) | Ric Robinette  (783.19/886.89) | Will Buck  (762.29/762.29) |
| 2018 | Travis Mark  (817.26/867.12) | Ric Robinette  (807.84/832.62) | Brad Labarry  (793.02/908.82) |
| 2017 | Deb Cunningham (775.258/883.914) | Rob Sanchez (772.61/870.559) | Rick Edrich (767.389/820.662) |
| 2016 | Joe Mitchell (807.07/864.85) | Harley Look (797.2/857.2) | Ken Applegate (747.62/)838.65 |
| 2015 | Robyn Tibert (809.17/809.17) | Ed Spree (809.08/809.08) | Rick Edrich (762.74/856.46) |
| 2014 | Deb Cunningham  (718.29/778.73) | Ken Shimada  (716.91/809.79) | Scott Newman  (716.89/813.37) |
| 2013 | Ric Robinette (845.20/938.90) | Michael Cosper (843.63/903.63) | Rick Edrich (839.36/890.07) |
| 2012 | Ken Shimada (765.40/874.93) | Mike Knipps (715.21/801.72) | Rich Friedmann (706.99/750.89) |
| 2011 | Link Lubkin (804.50/804.50) | Deb Cunningham (755.46/810.81) | Adam Lee (750.79/750.79) |
| 2010 | Brent Jockers  (737.70/796.27) | Scott Newman  (704.85/704.85) | Theresa Jockers  (685.43/765.53) |
| 2009 | Russell Dion (803.99/803.99) | Rick Edrich (777.60/839.80) | Ken Shimada (773.62/805.26) |
| 2008 | Mike Knipps (780.69/914.59) | Dave Cook (757.89/779.94) | David Rothenburger (747.98/823.22) |
| 2007 | Description: TSDec07_RicRobinetteRic Robinette (825.73/941.51) | Brent Jockers (799.80/799.80) | Theresa Jockers (763.06/763.06) |
| 2006 | Description: TSSept06_DennisDepakakiboDennis Depakakibo (851/895) | Bryon Dathe (807/845) | Rick Voorhees (775/885)  Description: TSSept06_RickVoorhees |
| 2005 | Description: Banquet_NickBenjaminTSWinnerNick  Benjamin  (784/840) | Description: Dc817Mark  Stevens  (747/747) | Description: Dc833Dave  Mayhew  (745/745) |
| 2004 | Mike Knipps (800/932) | Ric Robinette | Joy Knipps |
| 2003 | Scott McFarlane (764/809) | Richard Martinez | Alicia Nix |
| 2002 | Michael Robbert (883/833) | Ric Robinette | Jim Astle |
| 2001 | John Bullock (797/797) | Michael Knipps | Bonnie Keefe |
| 2000 | Rick Edrich (841/992) | Dave Edrich | Carl Steinhauser |
| 1999 | Alice Voorhees (784/861) | Carl Steinhauser | Greg Woskow |
| 1998 | Edward Baker (869) | Greg Woskow | Rick Brito |
| 1997 | Dave Humphrey (914) | Rick Brito | Ric Robinette |
| 1996 | Brent Jockers (898) | Don Rosenberry | Mark Sisun |
| 1995 | Louise Hecht (988) | Robert (Reo) Olson | Ronald Turner |
| 1994 | William Sierra (885) | Douglas Haak | Rick Brito |
| 1993 | Rafel Pacheco (908) | Ric Robinette | Harold Weatherford |
| 1992 | Yelrah Kool (931) | Rick Brito | Don Kinney |
| 1991 | Richard Kinnie (870) | Michael Broccardo | Michael Hoglund |
| 1990 | Michael Blanchard (842) | Ken Applegate | Ray Hammitt |
| 1989 | Patrick Kamins (912) | John Boucher | Rick Edrich |
| 1988 | Robert (Reo) Olson (967) | Dennis Jouett | Frank Jacobs |
| 1987 | Ric Robinette (915) | Rick Swain | Keith Gatti |
| 1986 | Ann Lawson (912) | Carl Steinhauser | James Fuller |
| 1985 | Brian Wrenshall (935) | Maurice Coleman | Paul Suprono |
| 1984 | Wes Carson (976) | Robert Newman | Patricia Haupt |
| 1983 | Anita Culligan ( 902) | Jeff Stimson | Carol Hanes |
| 1982 | Ric Robinette (1019) | Jim Culligan | Allan Carlson |
| 1981 | Frank Clanton (862) | Neil McLaughlin | Mike Mortenson |
| 1980 | Ed Gussie (939) | Jeff Gussie | Jim McDonald |
| 1979 | Wade Biggs (888) | John McIntosh | Robert Newman |
| 1978 | Ken Prince (862) | Rod Butler | Michael Keefe |
| 1977 | Jane Neimeir (865) | Ken Kopp | Tom Neimeir |
| 1976 | Bob King (929) | Randy Roth | Bob Vinton |
| 1975 | Ed Sardella (853) | Ed Gussie | Roger Cisneros |
| 1974 | John Knisvater (829) | Ed Hagerman | Dennis Jouett |
| 1973 | Ed Hagerman (862) | Roger Gerard | Ed Gussie |
| 1972 | Charlie Wood (a) | Bernie Gray | Joel Wingard |
| 1971 | Gerry Vincent (a) | Bob Welleck | Dave Hershey |
| 1970 | Gerry Vincent (a) | Art Caldwell | Sid Arnold |
| 1969 | Norm Silva (a) | Dennis Kavanaugh | Jeff Carson |

(a) Prior to 1972 scoring was done by different formulas and are not comparable to scores after 1972.

(b) From 1999 and forward winners were determined based upon the best 10 of the 12 races scores. Results show the winners and their scores for both all-12/best-10 race results.

From 1972 through 1974 women were scored separate from the men and were given separate awards. The women winners for those years are:

|  |  |  |  |
| --- | --- | --- | --- |
| Year | Winner & Points | Second Place | Third Place |
| 1972 | Marilyn Gay | Marcia LeMire | Betty L’Lear |
| 1973 | Laurie Kearns | Patsy Goodman | Betsy White |
| 1974 | Laurie Kearns | Marilyn Gay | Barbara Martin |

**RACE WALKER TROPHY SERIES WINNERS (starting in 2021, RW scored w/ TS)**

|  |  |  |  |
| --- | --- | --- | --- |
| Year | Winner & Points | Second Place | Third Place |
| 2020 | Mike Blanchard (473.33/473.33) | Janet Fairs (100/100) | Jan Hill (46.67/46.67) |
| 2019 | Mike Blanchard  (880/880) | Jan Hill  (437.33/437.33) | Janet Fairs  (428/428) |
| 2018 | Mike Blanchard (594.67/594.67) | Jan Hill  (450.67/450.67) | Janet Fairs  (405.33/405.33) |
| 2017 | Jan Hill (920/920) | Mike Blanchard (620/620) | Janet Fairs (320/320) |
| 2016 | Michael Blanchard (940/980) | Jan Hill (713.33/713.33) | Janet Fairs (600/600) |
| 2015 | Michael Blanchard  (833.33/885.33) | Jan Hill  (761.33/761.33) | Janet Fairs (490.67/490.67) |
| 2014 | Michael Blanchard  (853.33/953.33) | Ed Gussie  (686.67/686.67) | Janet Fairs (453.33/453.33) |
| 2013 | Michael Blanchard (758.67/794.67) | Ed Guiff (704.00/704.00) | Jan Hill (594.67/594.67) |
| 2012 | Mike Blanchard (686.67/686.67) | Ed Guiff (646.67/646.67) | Janet Fairs (400.00/400.00) |
| 2011 | Mike Blanchard (753.33/753.33) | Ed Guiff (580/580) | Jan Hill (320/320) |
| 2010 | Janet Fairs  (742.67/742.67) | Ed Guiff  (741.33/821.33) | Mike Blanchard  (604/604) |
| 2009 | Mike Blanchard (757.33/757.33) | Ed Guiff (553.33/553.33) | Jan Hill (512.00/512.00) |
| 2008 | Mike Blanchard (824.00/824.00) | John Lyle (805.33/758.67) | Ed Guiff (708.00/674.67) |
| 2007 | Ed Guiff (873.33/873.33)  Description: TSDec07_x_EdGuiff_y | John Lyle (833.33/833.33)  Description: Banquet07_RaceWalk_Top3 | Mike Blanchard (406.67/406.67) |
| 2006 | Mike Blanchard (857/805) | Chuck Thies (868/781) | Ed Guiff (680/680) |
| 2005  Description: sFeb05TS_racewalk | Mike Blanchard (809) | Jan Hill | Ed Guiff |
| 2004 | Mike Blanchard (828) | Ed Guiff | Jan Hallez |
| 2003 | Ray Adams (824) | John Lyle | Ed Guiff |
| 2002 | Michael Blanchard (996) | John Lyle | Ed Guiff |
| 2001 | Michael Blanchard (853) | John Lyle | Barbara Jensen |
| 2000 | Michael Blanchard (837) | John Lyle | Barbara Jensen |
| 1999 | Barbara Jensen (933) | Mike Blanchard | John Lyle |
| 1998 | Barbara Jensen (883) | Mike Blanchard | John Lyle |
| 1997 | John Lyle (517) | Chris Vanoni | Tracey Hooker |
| 1996 | Michael Blanchard (525) | Chris Vanoni | John Lyle |
| 1995 | Michael Blanchard (529) | John Lyle | John Carroll |
| 1994 | Michael Blanchard (533) | John Lyle | Miki Seeley |
| 1993 | Michael Blanchard (600) | John Lyle | Miki Seeley |
| 1992 | Dick Van Wagenen (579) | John Lyle | Dennis Velasques |
| 1991 | John Lyle (564) | Anthony Zamora | Dan Dea |
| 1990 | John Lyle (635) | Bob Carlson | Dan Dea |
| 1989 | Nancy Hardesty (516) | Ray Franks | Anthony Zamora |
| 1988 | Bob DiCarlo (707) | Ray Franks | Bob Carlson |
| 1987 | Vilmars Strautins (460) | Ray Franks | Bob Carlson |

**WOMEN’S SCRATCH TROPHY SERIES WINNERS (b)**

From 1987 through 1997 there were only eight walk races per year. After 1998 there were 12 walk races per year.

|  |  |  |  |
| --- | --- | --- | --- |
| Year | Winner & Points | Second Place | Third Place |
| 2024 | Melissa Menard (995.56/1090.23) | Deb Cunningham (836.89/836.89) | Ruth Serafini (562.95/562.95) |
| A group of women holding cups  Description automatically generated2023 | Deb Cunningham (880.38/950.38) | Melissa Menard (600/600) | Carmen Kitts (507.17/507.17) |
| 2022 | Deb Cunningham (938.45/938.45) | Ruth Serafini (758.35/758.35) | Carmen Kitts (549.74/549.74) |
| 2021 | Deb Cunningham (964.43/964.43) | Emily Finch (535.09/535.09) | Carmen Kitts (517.42/517.42) |
| 2020 | Deb Cunningham (584.31/657.64) | Ruth Serafini (386.12/386.12) | Cori Diekmeier (373.40/373.40) |
| 2019 | Deb Cunningham  (997.84/1093.84) | Beth Sandoval  (936.42/936.42) | Maranke Koster  (873.97/947.30) |
| 2018 | Deb Cunningham (986.89/1080.22) | Elizabeth Sandoval (932.79/932.79) | Maranke Koster (932.66/932.66) |
| 2017 | Deb Cunningham (971.21/1150.61) | Sabine Preisenger (966.88/966.88) | Cori Diekmeier (724.73/771.4) |
| 2016 | Sabine Preisenger (994.57/1091.3) | Maranke Koster (887.25/887.25) | Cori Diekmeier (859.64/859.64) |
| 2015 | Theresa Jockers (948.47/1108.9) | Deb Cunningham (905.37/932.65) | Ruth Serafini (793.42/793.42) |
| 2014 | Deb Cunningham  (983.19/1075.19) | Theresa Jockers  (912.21/1062.15) |  |
| 2013 | Deb Cunningham (987.22/1175.89) | Stacey Totherow (925.03/1086.72) | Theresa Jockers (873.99/873.99) |
| 2012 | Peyton Dailey (977.19/977.19) | Karen Voss (970.03/970.03) | Theresa Jockers (955.71/1046.30) |
| 2011 | Deb Cunningham (962.34/1049.71) | Theresa Jockers (943.36/943.36) | Bonnie Keefe (840.15/840.15) |
| 2010 | Theresa Jockers  (962.93/1139.32) | Karen Voss (792.16/792.16) | Tina Akin  (636.17/636.17) |
| Description: Banquet09_Women2009 | Deb Cunningham (966.35/1137.02) | Bonnie Keefe (781.78/781.78) | Karen Voss (767.97/767.97) |
| 2008 | Theresa Jockers (1036.75/952.75) | Bonnie Keefe (895.06/895.06) | Micol Rothman-Haji (872.88/872.88) |
| 2007  Description: Banquet07_FastWomen | Deb Cunningham (1039.69/952.32) | Theresa Jockers (925.92/925.92) | Denise Glenn (688.63/688.63) |
| 2006  Description: RMRR_Banquet_WomensScratch | Bonnie Keefe (1149/972) | Deb Cunningham | Stephanie Struble |
| 2005  Description: Banquet_Women_winners | Deb Cunningham (1152/975) | Bonnie Keefe | Bethanie Werner |
| 2004 | Deb Cunningham (1173/983) | Bonnie Keefe | Kolene Brown |
| 2003 | Deb Cunningham (1188/1000) | Bonnie Keefe | Kolene Brown |
| 2002 | Deb Cunningham (996/996) | Leslie Mitchell | Bonnie Keefe |
| 2001 | Deb Cunningham (976/976) | Michelle Hancock | Bonnie Keefe |
| 2000 | Carita Hobson | Olga Hnizdil | Kerry Hauger |
| 1999 | Carita Hobson (1190/1000) | Kerry Hauger | Olga Hnizdil |
| 1998 | Carita Hobson (1000) | Janet Hagen | Jill Cook |
| 1997 | Susan Himelstieb (949) | Janet Hagen | Olga Hnizdil |
| 1996 | Susan Himelstieb (1139) | Theresa Chavez Jockers | Janet Pappen-Hughes |
| 1995 | Rae Marie Smilanic (1138) | Susan Himelstieb | Louise Hecht |
| 1994 | Rae Marie Smilanic (1107) | Heidi Schutt | Susan Himelstieb |
| 1993 | Trish Filly (1074) | Olga Hnizdil | Barbara Anders |
| 1992 | Theresa Chavez (1189) | Diane Schloemer | Barbara Anders |
| 1991 | Barb Krosley (1107) | Vonnie Nelson | Olga Hnizdil |
| 1990 | Rae Marie Smilanic (1118) | Barb Krosley | Christine Poplaskie |
| 1989 | Charlotte Aycrigg (986) | Loretta Ulibarri | Martha Cross |
| 1988 | Cheryl Beckwith (1172) | Lynn McEwen | Vonnie Nelson |
| 1987 | Cheryl Beckwith (1145) | Jan Kiehl | Barb Krosley |
| 1986 | Cheryl Beckwith (1155) | Rachella Seeley | Janet Hagen |

From 1999 and forward winners were determined based upon the best 10 of the 12 races scores. Results show the winners and their scores for both all 12/best10 race results.

**MEN’S SCRATCH TROPHY SERIES WINNERS (b)**

|  |  |  |  |
| --- | --- | --- | --- |
| Year | Winner & Points | Second Place | Third Place |
| 2024 | Eric Greene (986.74/1174.63) | Jake Atherton (983.67/1072.24) | Adam Feerst (853.85/853.85) |
| Two men standing in front of a screen  Description automatically generated2023 | Eric Greene (991.31/1185.69) | Jake Atherton (986.22/1174.79) | David Rothenburger (825.77/825.77) |
| 2022 | Eric Greene (996.67/1188.89) | Jake Atherton (980.38/1075.53) | Will Buck (910.05/910.05) |
| 2021 | Eric Greene (998.18/998.18) | Travis Mark (978.2/978.2) | Adam Feerst (935.56/935.56) |
| 2020 | Eric Greene (600/698.43) | Travis Mark (580.66/580.66) | Adam Feerst (575.19/667.19) |
| 2019 | Eric Greene  (1000/1200) | Travis Mark  (976.13/1071.56) | Adam Feerst  (908/984.29) |
| 2018 | Eric Greene (997.3/1193.59) | Travis Mark (970.04/1057.73) | Jackie McCush (887.83/887.83) |
| 2017 | Eric Greene (1000/1198.93) | David Rothenburger (977.63/1060.49) | Scott Dailey (928.58/1015.55) |
| 2016 | Eric Greene (998.43/1077.56) | David Rothenburger (925.66/1065.31) | Matthew Cecere  (912/912) |
| 2015 | Eric Greene (995.25/1089.43) | David Rothenburger (954.54/1131.98) | Scott Newman (874.37/874.37) |
| 2014 | Brian Cheek  (980.52/980.52) | Eric Greene  (978.11/978.11) | David Rothenburger  (97.27/1067.2) |
| 2013 | Eric Greene (983.47/1076.51) | Steven Johnson (955.46/1137.36) | David Rothenburger (936.01/1118.43) |
| 2012 | Eric Greene (995.52/995.52) | David Rothenburger (954.58/1130.32) | Steven Johnson (945.40/945.40) |
| 2011 | Eric Greene (980.31/1072.69) | Scott Kukel (938.53/1021.23) | David Rothenburger (919.10/1087.99) |
| 2010 | Scott Kukel  (963.08/1144.67) | Eric Greene  (941.54/941.54) | David Rothenburger  (936.40/1113.36) |
| Description: Banquet09_Men2009 | Scott Kukel (971.22/1136.67) | Eric Greene (947.89/947.89) | David Rothenburger (930.40/1106.68) |
| 2008 | Scott Kukel (985.86/1162.63) | Adam Feerst (965.92/1057.04) | David Rothenburger  (943.02/1120.52) |
| 2007  Description: Banquet07_FastMen | Tim Gentry (972.26/972.26)  Description: TSDec07_TimGentry | Adam Feerst (968.12/968.12)  Description: Banquet07_AdamFeerst_Leadville | David Rothenburger (907.67/1070.35) |
| 2006  Description: RMRR_Banquet_MensScratch | Tim Gentry (984/1080) | Mike Quispe | Bob Basse  Description: TSSept06_BobBasse |
| 2005  Description: Banquet_Mens_winners | Tim Gentry (987/1174) | Scott Kukel | Devin Croft |
| 2004 | Scott Kukel (981/1164) | David Rothenburger | Rick Edrich |
| 2003 | Adam Feerst (984/1078) | Scott Kukel | Rick Edrich |
| 2002 | Jason Saitta (998/998) | Adam Feerst | Jeff Lynn |
| 2001 | Adam Feerst (976/1069) | Rick Edrich | Jonathan Skripko |
| 2000 | Adam Feerst (980/980) | Rick Edrich | Jonathan Skripko |
| 1999 | Adam Feerst (976/1163) | Jonathan Skripko | Ken Applegate |
| 1998 | Adam Feerst (1151) | John Bullock, Jr. | Jonathan Skripko |
| 1997 | Ken Applegate (1103) | John Bullock, Jr. | Mark Sisun |
| 1996 | Ken Applegate (1130) | Mark Sisun | Don Rosenberry |
| 1995 | Ken Applegate (1126) | Ric Robinette | Rick Edrich |
| 1994 | Devin Croft (1161) | Glenn Erickson | Ray Hammitt |
| 1993 | Glenn Erickson (1172) | Ken Applegate | Rick Edrich |
| 1992 | Ray Hammitt (1196) | Daniel Haney | Glenn Erickson |
| 1991 | Richard Ames (1187) | Daniel Haney | Glenn Erickson |
| 1990 | Andrew Maynard (1167) | Ray Hammitt | Tom Groves |
| 1989 | Tim Diaz (1073) | Keith Gatti | Ken Applegate |
| 1988 | Dale Peterson (1191) | Aubrey Lavizzo | Ed Yoblanski |
| 1987 | Tonny Van Loij (1156) | Michael Whitney | Ed Yoblonski |
| 1986 | Hal Wheatley (1124) | Robert Hannigan | David Morgan |

## RESOLUTE RUNNER WINNERS

|  |  |  |
| --- | --- | --- |
| Year | Winner & Points | Second Place |
| 2024 | Eric Greene (2362.38) | David Rothenburger (2270.17) |
| 2023 | Eric Greene (2712.65) A person holding a trophy  Description automatically generated | A person standing at a podium  Description automatically generatedScott Newman (2592.36) |
| 2022 | Adam Feerst (2678.98) | Rick Edrich (2652.34) |
| 2021 | Ric Robinette (2,716.44) | Adam Feerst (2,665.79) |
| 2020 | Ric Robinette (2,854.997) | Deb Cunningham (2,846.819) |
| 2019 | Ric Robinette |  |
| 2018 | Eric Greene (2992.83) | David Rothenburger (2951.57) |
| 2017 | David Rothenburger (2932.57) | Eric Greene (2912.44) |
| 2016 | Scott Newman (2917.18) | David Rothenburger (2890.82) |
| 2015 | Scott Newman (2981.994) | David Rothenburger(2974.723) |
| 2014 | David Rothenburger (3025.13) | Deb Cunningham (2999.02) |
| 2013 | David Rothenburger (3037.23) | Jeff Olson (2913.82) |
| 2012 | David Rothenburger (3084.59) | Jeff Olson (2871.97) |
| 2011 | David Rothenburger (3176.93) | Scott Kukel (2819.75) |
| 2010 | David Rothenburger (3075.22) | Ken Applegate (2954.51) |
| 2009 | Description: Banquet09_ResoluteRunnerRic Robinette (3123.06) | Ken Applegate (3069.12) |
| 2008 | Mike Knipps (3222.65) | David Rothenburger (2872.16) |
| 2007 | Mike Knipps  (3240.33)  Description: Banquet07_ResoluteRunner_MikeKnipps | Ric Robinette (3113.32) |
| 2006 | Description: TSDec07_MikeKnippsMike Knipps (3284.5) | Deb Cunningham |
| 2005 | Description: Banquet_MikeK_ResoluteRunnerMike Knipps (3170) | Deb Cunningham |
| 2004 | Mike Knipps (3257) | Rick Edrich |
| 2003 | Rick Edrich (3263) | Ric Robinette |
| 2002 | Rick Brito (3005) | Ric Robinette |
| 2001 | Rick Brito (3096) | Jeff Olson |
| 2000 | Rick Brito (3242) | Ric Robinette |
| 1999 | Ric Robinette (3098) | Rick Brito |
| 1998 | Rick Brito (3053) | Ric Robinette |
| 1997 | Rick Brito (3070) | Ric Robinette |
| 1996 | Ric Robinette (3061) | Richard Kinnie |
| 1995 | Ric Robinette (2941) | Richard Kinnie |
| 1994 | Ric Robinette (3061) | Patrick Kamins |
| 1993 | Ric Robinette (3115) | Patrick Kamins |
| 1992 | Ric Robinette (2960) | Ray Hammitt |
| 1991 | Ric Robinette (2955) | Ken Applegate |
| 1990 | Ric Robinette (3102) | Ken Applegate |
| 1989 | Ken Applegate (2886) | Ed Yoblonski |
| 1988 | Richard Kinnie (3026) |  |
| 1987 | Richard Kinnie (2913) |  |

|  |  |
| --- | --- |
| Most Resolute Runner Wins | |
| 13 | Description: Dc805Ric Robinette (2019-2021, 2009, 1999,  1990-1996, 1 earlier) |
| 6 | David Rothenburger (2010, 2011, 2012, 2013, 2014, 2017) |
| 5 | Description: TSMay05_MikeKnippsMike Knipps (2008, 2007,  2006, 2005, 2004) |
| 5 | Rick Brito |
| Most Resolute Runner Points | |
| 3284.5 | Mike Knipps (2006) |
| 3263 | Rick Erich (2003) |
| 3242 | Rick Brito (2000) |
| Largest Margin of victory Resolute Runner | |
| 357.18 | David Rothenburger over Scott Kukel (2011) |
| 350.49 pts | Mike Knipps over David Rothenburger (2008) |
| Smallest Margin of victory Resolute Runner | |
| 7.271 pts | Scott Newman over David Rothenburger (2015) |
| 8.178 pts | Ric Robinette over Deb Cunningham (2020) |

**Joe Arrazola Award Winners – given to a long time member with service to the club.**

|  |  |
| --- | --- |
| 2008 | John Lyle  Description: Banquet07_JoeArrazolaAward_JohnLyle |
| 2007 | Ric Robinette |
| 2006 | Ken Simons |

**TS Full Year Wins**

|  |  |  |
| --- | --- | --- |
| Male Scratch | | |
| 10 consecutive  11 Total | Eric Greene | 2015-2024 |
| 4 consecutive  5 Total | Adam Feerst | 1998-2001, 2003 |
| 3 consecutive  4 total | Scott Kukel | 2008-10, 2004 |
| 3 | Description: TSSept06_KenApplegate2Ken Applegate | 1995-97 |
| 3 | Tim Gentry | 2005-2007 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Description: TSDec06_EricGreen_DebCunninghamFemale Scratch | | | | |
| 7 consecutive  17 total | Deb Cunningham | | 2001-05, 2007, 2009, 2011, 2013, 2014, 2017-2023 | |
| 3 | Theresa Jockers | | 2008, 2010, 2015 | |
| 3 | Carita Hobson | | 1998-2000 | |
| 3 | Cheryl Beckwith | | 1986-88 | |
| 1 | Melissa Menard | | 2024 | |
| TS | | | | |
| 4 | Ric Robinette | | 1982, 1987, 2007, 2013 | |
| 2 Consecutive | Gerry Vincent | 1970-71 | | |
| 2 Consecutive | Laurie Kerns\* | 1973-74 | | |
| 2 | Rick Edrich | | 2000, 2019 | |
| 2 | Deb Cunningham | | 2014, 2017 | |
| 2 | Mike Knipps | | 2008, 2004 | |
| 2 | Jerry Vincent | | 1971, 1972 | |
|  |  | |  | |
| Race Walk | | | | |
| 20 total. 6 consecutive.  2011-2016. | Mike Blanchard  Description: TSSept06_MikeBlanchard | | 1993-96, 2000-02, 2004-06, 2008-09, 2011-2016,2018, 2019 | |
| 3 | John Lyle | | 1997, 1991, 1990 | |
| 2 | Barb Jensen | | 1998-1999 | |
|  |  | |  |  | |

\*Women were scored separately in 1972-1974

# TS Records for best 10 of 12 races

\*Best 10 of 12 Race format started in 1999

|  |  |  |  |
| --- | --- | --- | --- |
| Most points scored by TS 10 race format | | | |
| Male Scratch | | | |
| 1000 | Eric Greene | 2019, 2017 | |
| 998.43 | Eric Greene | 2016 | |
| 998 | Jason Saitta | 2002 | |
| Female Scratch | | | |
| 1000 | Deb Cunningham | Description: TSFeb06_Fast2003 | |
| 1000 | Carita Hobson | 1999 | |
| 997.84 | Deb Cunningham | 2019 | |
| Overall (score for best 10 of 12 races) | | | |
| 851 | Description: TSSept06_DennisDepakakiboDennis Depakakibo | | 2006 |
| 845.20 | Ric Robinette | | 2013 |
| 843.63 | Michael Cosper | | 2013 – 2nd place |

# TS Records for 12 race series\*

\*12 race format started in 1972, ended in 1998. Prior to 1972 there was a 16 race format & misc formats before that.

|  |  |  |  |
| --- | --- | --- | --- |
| Most Points scored by TS 12 race format | | | |
| Male Scratch 12 race format | | | |
| 1196 | Ray Hammitt | 1992 | |
| 1191 | Dale Peterson | 1988 | |
| 1187 | Richard Ames | 1990 | |
| Female Scratch 12 race format | | | |
| 1190 | Theresa Chavez / Jockers | 1992 | |
| 1172 | Cheryl Beckwith | 1988 | |
| 1155 | Cheryl Beckwith | 1986 | |
| Overall | | | |
| 1019 | Ric Robinette | | 1982 |
| 993 | Jim Culligan | | 1982 |
| 992 | Rick Edrich | | 2000 |
| 987 | Louise Hecht | | 1987 |
| 976 | Wes Carlson | | 1984 |
| 967 | Robert (Reo) Olson | | 1988 |
| 964 | Allan Carlson | | 1982 |

|  |  |  |
| --- | --- | --- |
| Smallest Margin of Victory TS winner – full year | | |
| .09 pts | Robyn Tibert over Ed Spree (809.17-809.08) | 2015 |
| .90 pts | Ken Prince over Rob Butler | 1978 |
| 1.38 pts | Description: December 2014 Trophy Series Wash Park and Year-End Results!!!!Deb Cunningham over Ken Shimada. The top 3 finishers (Scott Newman -3rd, Ken Shimada – 2nd & Deb Cunningham – 1st ) were within 1.4 pts of each other. This picture was taken just before the December race. | 2014 |
| 1.57 pts | Ric Robinette over Michael Cosper (845.20-843.63) | 2013 |
| Smallest Margin of Victory Scratch | | |
| Men | | |
| 2.3 pts | Andrew Maynard over Ray Hammitt | 1990 |
| 2.41 pts | Brian Cheek over Eric Greene | 2014 |
| 3.07 pts | Eric Greene over Jake Atherton | 2024 |
| 4.14 pts | Tim Gentry over Adam Feerst | 2007 |
| Women | | |
| .09 pts | Bonnie Keefe over Deb Cunningham | 2006 |
| 4.23 pts | Deb Cunningham over Sabine Preisinger | 2017 |
| 7.16 pts | Peyton Dailey over Karen Voss | 2012 |
| Smallest Margin of Victory Racewalk TS winner | | |
| 1.34 pts | Janet Fairs over Ed Guiff | 2010 |
| 2.66 pts | Description: Banquet_WalkWinnersMike Blanchard  Over  Jan Hill | 2005 |

|  |  |  |
| --- | --- | --- |
| Full year: Largest Margin of Victory TS winner | | |
| 154.48 | Ed Yoblonski | 2021 – 11 races |
| 129.3 | Patrick Kamins | 1989 |
| 65.8 | Robert (Reo) Olson | 1988 |
| 54.9 | Brent Jockers | 1996 |
| Full year: Largest Margin of Victory Male Scratch | | |
| 88.2 | Ken Applegate | 1995 |
| 72.77 | Eric Greene | 2016 |
| 53.8 | Wade Biggs | 1979 |
| Full year: Largest Margin of Victory Female Scratch | | |
| 429.34 | Deb Cunningham | 2021 – 11 races |
| 248.6 | Theresa Jockers | 1992 |
| 185 | Cheryl Beckwith | 1986 |
| Largest Margin of Victory Race walk | | |
| 442.67 pts | Mike Blanchard over Jan Hill | 2019 |
| 373.33 | Mike Blanchard over Janet Fairs | 2020 – Covid shortened |
| 300 pts | Jan Hill over Mike Blanchard | 2017 |

|  |  |  |
| --- | --- | --- |
| Largest decrease in old vs new handicap | | |
| Male | | |
| 75 pts | Jay Holmes | Dec 2015 |
| 70 pts | Nam McCush | Jan 2021 |
| 57 pts | Brian King | Feb 1995 |
| Female | | |
| 140 pts | Kristin Haller | Aug 2000 |
| 80 pts | Paige Dailey | Aug 2018 |
| 57 pts | Lu Shaw | July 2018 |
| Walkers | | |
| 30 pts | Barb Jansen | June 2004 |
| 16 pts | John Lyle | Feb 2007 |
| 14 pts | Sheila Molde | Feb 2005 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Lowest Handicap Ever | | | | | |
|  | Date | Distance | Time | Time/mile | Handicap |
| Male | | | | | |
| Frank Shorter | Apr 1975 | 9.0 miles | 45:15 | 5:01.7 | 13 |
| John Gregorio | June 1974 | 3.0 miles | 14:58 | 4:59.3 | 17 |
| Tom Duits & Bob Lewis\* | May 1981 | 5.0 miles | 24:42 | 4:56.4 | 18 |
| Female | | | | | |
| Liz Brittan (age 17) | July 1984 | 2.2 miles | 12:34 | 5:42.7 | 47 |
| Maureen Custy-Roben | Jan. 1984 | 7.0 miles | 43:28 | 6:12.6 | 48 |
| Sue Oran | May 1978 | 6.2 miles | 38.38 | 6:13.9 | 49 |
| Walkers | | | | | |
| Mike Blanchard | May 1995 | Description: Dc815 |  |  | 83 |
| Ray Franks | June 1988 |  |  |  | 84 |
| Mike Polum | Aug 1989 |  |  |  | 94 |

\*race run in major rain storm and Duits & Lewis finished hand in hand

Handicap Lower than Age

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name | Gender | Age | Handicap | Difference | Date | Distance |
| Frank Shorter | M | 27 | 13 | 14 | Apr 1975 | 9 miles |
| Tom Bailey | M | 55 | 44 | 11 | Mar 1987 | 3 miles |
| Tom Duits | M | 24 yr 11 mo | 18 | 6 | May 1981 | 5 miles |
| Jon Gregorio | M | 23 yr 5 mo | 17 | 6 | Jun 1974 | 3 miles |
| Devin Croft | M | 52 | 48 | 4 | Nov 2005 | 10 miles |

|  |  |  |
| --- | --- | --- |
| Longest TS Scratch Win Streak | | |
| Male | | |
| Eric Greene | 20 | Jan 2019 – Mar 2021 (No Feb Race – bad weather) |
| Eric Greene | 14 | June 2015 – July 2016 |
| Mike Montano | ? | 1980-81 |
| Richard Ames | 7 | 1995 |
| Jason Saitta | 5 | Jan-May 2002 |
| Female | | |
| Carita Hobson | 30 | Jan 1999-June 2000. Had 1000 scratch pts in 2000, so 12 wins: 12+12+6=30 |
| Bette Poppers | 20+ | 1980-81 |
| Deb Cunningham | 18 | April 2002-Sept 2003 |
| Theresa Jockers | ? |  |
| Walker | | |
| Mike Blanchard | ? | 1998-1999 |

|  |  |  |
| --- | --- | --- |
| Oldest Individual Scratch Winners (Individual TS race) | | |
| Male | | |
| 53 | Keith Johnson | August 2014 |
| 52 | Description: Dc569Devin Croft | Sept 2005, Nov 2005 |
| 49 | Tim Gentry | October 2011 |
| 49 | Adam Feerst | November 2009 |
| Female | | |
| 62 years, 20 days | May be an image of 3 people, people standing, outdoors and textDeb Cunningham | 3 Dec 2023 |
| 54 years, 129 days | Description: TSSep08_TheresaJockers_ElizabethTheresa Jockers | 1 Nov 2015 |
| 48 yrs, 217 days | Sabine Preisinger | 3 Sep 2017 |

|  |  |  |
| --- | --- | --- |
| Walkers (Scratch) | | |
| 72 | Rita Sinkovec | Aug 2012 |
| 69 | Description: Dc819John Lyle | Nov 2002 |
| 68 | Ed Guiff | Nov 2012 |
| 68 | Richard Ellis | Oct 2007 |

|  |  |  |
| --- | --- | --- |
| Youngest Individual Scratch Winners (Individual TS race) | | |
| Male | | |
| 16 | Jon Sinclair | July 1974 |
| 16 | Christopher Hammitt | July & Aug 1997 |
| 16 | Joel Jones | Dec 1980 |
| Female | | |
| 11 | Peyton Dailey | July 2011 |
| 14 | Ellie Ross | Mar 2018 |
| 16 | Jacqueline Mariash | Aug 1997 |
| Walkers | | |
| 33 | Mike Blanchard | June 1994 |

|  |  |  |
| --- | --- | --- |
| Oldest Individual TS Winners (Individual TS race) | | |
| Male | | |
| 85 yrs, 206 days | Ross Westley | Mar 2022 |
| 78 yrs, 120 days | Howard Kumpf | Oct 2019 |
| 78 yrs, 82 days | Lee Bengston | Nov 2015 |
| Female | | |
| 64 | Leslie Thompson | Dec 2020 |
| 60 | Lu Shaw | July 2018 |
| 59 | Kathleen Hancock | June 2014 |
| Walkers (TS, non-scratch) | | |
| 77 | Jerry Wischmeyer | December 2018 |
| 76 | Janet Fairs | January 2020 |
| 76 | Richard Ellis | August 2015 |

|  |  |  |
| --- | --- | --- |
| Youngest Individual TS Winners (Individual TS race) | | |
| Male | | |
| 5 | Nick Serafini | Jan 2022 |
| 6 | Jared Carringan | Aug 1992 |
| 8 | Sean Hartley | May 1977 |
| Female | | |
| 3 yrs 338 days | Marie Serafini | Jan 2023 |
| 9 | Savannah Sanchez | June 2013 |
| 11 | Peyton Dailey | July 2011 |
| 11 | Susan Kaspari | June 1986 |
| Walkers | | |
| 27 | George Dyer | April 1995 |

|  |
| --- |
| Best finish by related runners in an individual TS race |
| Kim Gussie (1st), Ed Gussie (2nd), Jeff Gussie (3rd) (Sept 1979) |
| Bob Williams (1st), Karl Williams (11th), Max Williams (12th) (Aug 1982) |
| Kevin & Jan Kiehl (Husband & Wife) 1 & 2 (Dec 1995) |
| Tom & Marcia Lemire (Husband & Wife) 1 & 2 (June 1970) Denver Track Club Race |

|  |  |
| --- | --- |
| Best finish by related runners in TS Season | |
| Joe Mitchell (1st), Harley Look (2nd), Susan Look (6th), Krista Mitchell (7th) | 2016 |
| Ed Gussie (1st), Jeff Gussie (2nd), Kim Gussie (7th) | 1979 |
| Kristin Mott (1st) and Michael Cosper (3rd) (Partners) | 2013 |
| Brent Jockers (1st) and Theresa Jockers (3rd) (Husband & Wife) | 2010 |
| Description: Coflax10_KnippsMike Knipps (1st) and Joy Knipps (3rd) (Husband & Wife) | 2004 |
| Jane Neimeier (1st) and Tom Neimeier (3rd) (Wife & Husband) | 1977 |
| Brent Jockers (2nd) and Theresa Jockers (3rd) (Husband & Wife) | 2007 |
| Bonnie Keefe (5th) and Doug Smith (12th) (Husband & Wife) | 2006 |

|  |  |  |
| --- | --- | --- |
| Youngest Scratch Winners (Full Year Results) | | |
| Male | | |
| 29 | Andrew Maynard | 1990 |
| 30 | Richard Ames | 1991 |
| 30 | Ric Robinette | 1982 |
| Female | | |
| 13 | Peyton Dailey | 2012 |
| 29 | Carita Hobson | 1998 |
| 30 | Charlotte Ayrcrigg | 1989 |

|  |  |  |
| --- | --- | --- |
| Oldest Scratch Winners (Full Year Results) | | |
| Male | | |
| 49 | Description: Dc572Ken  Applegate | 1997 |
| 45 | Tim Gentry | 2007 |
| 44 | Ray Hammitt | 1992 |
| Female | | |
| 62 | Deb Cunningham | 2023 |
| 54 | Theresa Jockers | 2015 |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| Oldest TS Winners (Full Year Results) | | |
| Male | | |
| 76 | Ed Yoblonski | 2021 (11 races) |
| 74 | Ken Applegate | 2022 |
| 63 | John Shea | 2020 (Covid – Shortened) |
| Female | | |
| 56 | Deb Cunningham | 2017 |
| 47 | Alice  Bedard  Voorhees | 1999 |
| 45 | Anne Lawson | 1986 |
| Walkers | | |
| 67 | Ray Adams | 2003 |
| 63 | Ed Guiff | 2007 |
| 62 | Bob Carlson | 1987 |

|  |  |  |  |
| --- | --- | --- | --- |
| Youngest TS Winners (Full Year Results) | | | |
| Male | | | |
| 14 | Wes Carlson | | 1984 |
| 29 | Nick Benjamin | | 2005 |
| 30 | Ric Robinette | | 1982 |
| Female | | | |
|  |  |  | |

Biggest gap between TS wins – scratch

|  |  |  |  |
| --- | --- | --- | --- |
| Time Span | Name | First Win | Latest Win |
| 42 years, 11 months | Mike Blanchard Description: TSSept06_MikeBlanchard | December 1980 (running) | Nov 2023 (race walker). Stopped scoring walkers separately in 2022. |
| 22 years, 9 months | Deb Cunningham | March 2001 | Dec 2023 |
| 19 years, 1 months | Karen Voss | December 1994 | Jan 2013 |

|  |  |  |
| --- | --- | --- |
| Most Scratch wins |  |  |
| Male |  |  |
| 95 | Eric Greene | 6 (2024) + 5(2023)+ 9(2022) + 7(2021) + 6 (2020) + 12 (2019) + 6 (2018) + 11 (2017) +9(2016) + 7(2015) + 2(2014) + 2 (2013) + 8(2012) + 42011) |
| 35 | Mike Montano |  |
| 19 | Lee Courkamp |  |
| 11 | Jake Atherton | 3 (2024) + 6(2023) +2(2022)? |
| Female |  |  |
| 84 | Deb Cunningham  A picture containing outdoor, tree, sky, grass  Description automatically generated | 3(2023) + 6(2022) + 5(2021) + 3(2020) + 9(2019) + 4(2018) + 2(2017) + 3(2015) +5 (2014) + 6(2013) +2(2011) + 3(2009) +2 (2008) +1 (2007) + 4 (2006) + 4 (2005) + 5 (2004) + 10 (2003) + 4 (2002) + 5 (2001) |
| 40 | Karen Voss | 4 (2012) + 3(2011) + 5(2010) + 3(2009) + 8 (2008) + 5 (2007) + 3 (2006) + 3 (2005) + 3 (2004) + 1 (2003) +1 (2001) + 1 (1994) |
| 37 | Bette Poppers |  |
| 27 | Trish Filley |  |
| 18+ | Teresa Jockers | 2(2015) + x (2014) + x (2013) 3(2012) + 2 (2011) + 1(2010) +1(2008) +1(2007) +8 (1996) |
| 15 | Melissa Menard | 9 (2024) + 6(2023) |

|  |  |  |
| --- | --- | --- |
| Description: Dc805 Longest TS streak (consecutive races participated in) | | |
| 372 | Ric Robinette | Streak ended with Mar 2017 TS. |
| 367 | Description: Dc858Jeff Olson | Active - after Dec 2024 TS |
| 242 | David Rothenburger | Active – after Dec 2024 TS |
| 153 | Mike Knipps | Streak ended with Sept 2013 TS. |
| 141 | Chuck Thies  Description: TSSept06_ChuckThies |  |
| 139 | Description: TSMar06_RDsApplegateJanet Gold |  |

Member for the longest time

51 years: Dennis Kavanaugh 1968 - 2019

46 years: Ken Simons 1967-2013. Not a member in December 2014.

42 years: Michael Blanchard Dec1980- 2022

30+ years: Rick Edrich, Ken Applegate, Ric Robinette, Janet Gold, Jeff Olson

Worst Conditions at a TS Race

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Venue | # runners + walkers beating handicap | Reason |
| 12/6/09 | 4.5 mi @ Wash Park | 0/47=0.00% | 15 degrees, wind chill below 0, 3” new snow, 100 yards visibility  Description: TSDec09_PreRace05 |
| 7/4/23 | 4k @ Bible Park | 0/35 = 0.0% | Pouring rain. 55 degrees. Most runners didn’t warm up and took it easy. |
| 1/12/92 | 7 Mi @ Wash Park | 1/117 = .85% | Cold w/ Snow on ground |
| 1/11/11 | 10k @ Twin Lakes | 1/59 = 1.69% | 24 degrees, snowed overnight with snow packed course. A plow came through during the race. |
| 2/14/11 | Platte River path @ Platte River B&G | 1/50 = 2.00% | Snowed overnight and early morning up to race time. |
| 1/7/96 | 7 Mi @ Wash Park | 2/98 = 2.04% |  |
| 1/7/06 | Twin Lakes Park | 1/47 = 2.13% | Icy and snow-drift covered course |
| 10/10/12 | Cottonwood Park | 1/39=2.56% | Cold – mid 30s after 80s prior week. Wind from the north |

Temperature extremes at a TS Race

|  |  |  |
| --- | --- | --- |
| Date | Venue | Temperature |
| March 3, 2019 | 3 mile @ Crown Hill | 2 degrees at race time with a slight breeze from the north. Snowed the night before. Course was plowed, but still had an inch of snow on it. Mass start. Only 39 participants. |
| February 2008 | 3 mile @ Crown Hill | 3 degrees at race time. No wind, but very cold. |
| January 5, 2014 | 10k @ Twin Lakes | 13 degrees at race time, but 9 MPH wind making wind chill below 0. Snow on ground and snowing during race. Two pickup truck snowplows passed us on the course. |
|  |  |  |
| August 1, 2008 | 5k @ deKoevend | Daytime high was 104 |
| August 2, 2024 | 5k @dekoevend | Daytime high was 100. Race time temp in the mid-90s |

Largest # people running a TS

273 May 1978

268 April 1978

232 March 1978

2000 Decade

189 June 2013

159 Apr 2010

157 Mar 2010

Largest # members in RMRR

1988 was peak

Club member deaths while running:

Rich Klassen of a heart attack during 9 Mile TS at Sloan’s Lake on April 16, 1982

Don Kemp of a heart attack on a training run June 1, 1982

Jack Buck died during a ½ Marathon in Phoenix

**5k Accompanying a Longer TS Course Records. 5ks started in 2011.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Time** | **Name** | **Date** | |
| Twin Lakes Park (Jan TS) | | | |
| 20:41 | Scott Dailey | | Jan 2012 |
| 27:00 | Jen Lallier | | Jan 2013 |
| Platte River Trail (Feb 2022 Couse) | | | |
| 22:04 | Daniel Rice | | Feb 2023 |
| 27:54 | Lindsay Fryer | | Feb 2022 |
| Platte River Trail (Feb TS 2020 Course) | | | |
| 22:30 | Nicholas Dunford | | Feb 2020 |
| 20:30 | Brooke Kish | | Feb 2020 |
| Platte River Trail (Feb TS 2019 Course) | | | |
| 19:51 | Eric Greene | | Feb 2019 |
| 27:58 | Caitlyn Truong | | Feb 2019 |
| Platte River Trail (Feb TS – 2018 and Earlier) | | | |
| 19:03 | 19:03 | | 19:03 |
| 21:27 | 21:27 | | 21:27 |
| Stapleton’s Central Park (May TS) | | | |
| 18:38 | Jay Winkelhake | | May 2014 |
| 21:26 | Sabine Preisinger | | May 2014 |
| Riverwalk Ballfields (Thornton) | | | |
| 20:27 | Derek Griffiths | | Sept 2021 |
| 25:06 | Cori Diekmeier | | Sept 2021 |
| Trailhead Park (Sep or Jan TS) | | | |
| 18:02 | Andrew Halverson | | Sep 2016 |
| 23:20 | Annelise Howell | | Jan 2019 |
| Star K Ranch (Oct TS) | | | |
| 21:23 | Chin Go | | Oct 2021 |
| 29:37 | Mary Hoftiezer | | Oct 2024 |
| Beck Rec Center (Oct TS) | | | |
| 21:44 | Richard Malcolm | | Oct 2019 |
| 28:58 | Lisa Wilson | | Oct 2019 |
| Thornton Carpenter Park (Oct TS) | | | |
| 30:43 | Carmen Kitts | | Oct 2016 |
| 20:09 | Mike Quespe | | Nov 2018 |
| Cottonwood Park (Oct TS) | | | |
| 20:36 | Neil McDonagh | | Oct 2014 |
| 23:55 | Sarah Hellman | | Oct 2012 |
| Prairie Gateway Park (Nov 2024 Course) | | | |
| 21:17 | Chin Go | | Nov 2024 |
| 29:23 | Mary Hoftiezer | | Nov 2024 |
| Prairie Gateway Park (Nov TS 2023 and earlier) | | | |
| 17:28 | Tripp Hipple | | Nov 2013 |
| 21:58 | Erin Donnellyo | | Nov 2016 |
| Westminster City Park (Nov TS) | | | |
| 18:50 | Steven Johnson | | Nov 2011 |
| 22:51 | Jennifer Oney | | Nov 2011 |

**Course Records**

|  |  |  |
| --- | --- | --- |
| **Time** | **Name** | **Date** |
| 2 Mile Races | | |
| 2 Mile at Stone House Park (July TS) New Course as of July 2023 | | |
| |  |  |  | | --- | --- | --- | | 11:10 | Jake Atherton | July 2023 | | 14:22 | Melissa Menard | July 2024 | | 21:55 | Jan Hill | July 2023 | | | |
| Mile at Stone House Park (July TS) New Course as of July 2018 | | |
| |  |  |  | | --- | --- | --- | | 11:21 | Eric Greene | July 2022 | | 13:16 | Jayme Brindle | July 2019 | | 22:04 | Michael Blanchard | July 2019 | | | |
| 2 Mile at Stone House Park (July TS) New Course as of July 2018 | | |
| 11:21 | Eric Greene | July 2022 |
| 13:16 | Jayme Brindle | July 2019 |
| 22:04 | Michael Blanchard | July 2019 |
| 2 Mile at Stone House Park (July TS) July 2012-July 2017 | | |
| 10:49 | Eric Greene | July 2012 |
| 12:49 | Jayme Brindle | July 2016 |
| 19:25 | Mike Blanchard | July 2012 |
| 2 Mile at Expo Park (July TS) New Course as of July 2011 | | |
| 10:42 | Mike Irwin | July 2011 |
| 13:54 | Peyton Dailey | July 2011 |
| 24:23 | Ed Guiff | July 2011 |
| 2 Mile at Bible Park (July TS) New Course as of 5/31/09 | | |
| 10:47 | Kiefer Johnson | June 2010 |
| 13:19 | Ginger Knott | June 2010 |
| 18:11 | Mike Blanchard | June 2009 |
| 2 Mile at Bible Park (July TS) original course | | |
| 10:33 | Description: Dc506Jason Saitta | July 2002 |
| 13:31 | Karen Voss | July 2008 |
| 17:44 | Mike Blanchard | July 2004 |
| 2 Mile at Big Dry Creek (Aug TS) | | |
| 11:38 | Rafael Pacheco | Aug 1999 |
| 12:37 | Carita Hobson | Aug 1999 |
| 18:10 | Mike Blanchard | Aug 1999 |
| 2 Mile at Addenbrooke Park (June TS) | | |
| 10:11 | Chad Flynn | June 1998 |
| 12:25 | Theresa Chavez Jockers | June 1996 |
| 15:29 | Mike Blanchard | June 1995 |
| 2 Mile at Rocky Mountain Lake Park (June TS) | | |
| 9:29 | Ronn Smith | Aug 1974 |
| 11:39 | Bette Poppers | June 1983 |
| 16:56 | Ray Franks | June 1987 |
| 2 Mile at Red Rocks Business Park (June TS) | | |
| 10:31 | Mike Cordova | June 1989 |
| 12:38 | Allyson Robbins | June 1989 |
| 18:06 | Ray Franks | June 1988 |
| 2 Mile at Field Street Park (June TS) | | |
| 10:38 | Dale Petersen | June 1988 |
| 12:20 | Rae Marie Smilanic | June 1988 |
| 16:19 | Ray Franks | June 1988 |
| 2 Mile at Berkeley Lake Park (July TS) | | |
| 9:38 | John Lunn | Jun 1972 |
| 12:45 | Pam Young | Jun 1972 |
| 2 Mile at Wash Park (October TS) | | |
| 9:33 | Steve Matthews | Aug 1967 |
| 13:39 | Pam Weigle | Jun 1971 |
| 2.2 Mile Races | | |
| 2.2 Mile at DeKoevend Park (July TS) | | |
| 11:52 | Description: Dc813Mike Montano | July 1985 |
| 13:22 | Barb Early | July 1985 |
| 2.2 Mile at Twin Lakes Park (July TS) | | |
| 11:18 | Dan Haney | July 1994 |
| 13:41 | Theresa Chavez Jockers | July 1996 |
| 17:39 | Mike Blanchard | July 1996 |
| 2.2 Mile at Wash Park (July or Aug TS) | | |
| 10:43 | Lee Courkamp | June 1964 |
| 12:55 | Bette Poppers | July 1984 |
| 17:39 | Mike Blanchard | July 1996 |
| 2.3 & 2.4 Mile Races | | |
| 2.3 Mile at Stone House Park (July TS) | | |
| 12:47 | Chad Flynn | July 1999 |
| 14:07 | Emily Knaub | July 1999 |
| 20:45 | Mike Blanchard | July 1999 |
| 2.4 Mile at Stone House Park (June TS) | | |
| 13:26 | Keith Johnson | June 2009 |
| 16:02 | Karen Voss | June 2004 |
| 21:04 | Mike Blanchard | June 2006 |
| 2.4 Mile at City Park (June TS) | | |
| 13:45 | Tim Gentry | June 2005 |
| 16:01 | Angie Anderson | June 2005 |
| 21:11 | Mike Blanchard | June 2005 |
| 4k Races | | |
| 4k @ Bible Park (June TS) (June 2023 Course with mud bowl) | | |
| 13:56 | Eric Greene | June 2024 |
| 18:09 | Melisa Menard | June 2024 |
| 28:12 | Michael Blanchard | June 2024 |
| 4k @ Bible Park (June TS) | | |
| 13:03 | Brad Lowery | June 2013 |
| 16:44 | Peyton Dailey | June 2012 |
| 23:54 | Mike Blanchard | June 2012 |
| 3 Mile Races | | |
| 3 Mile at Crown Hill Park (March TS) (New course as of 2015) | | |
| 16:39 | Eric Greene | March 2016 |
| 19:57 | Jayme Brindle | March 2016 |
| 31:42 | Mike Blanchard | March 2017 |
| 3 Mile at Crown Hill Park (March TS) | | |
| 15:43 | Richard Ames | March 1994 |
| 19:27 | Amy Barnish | March 1993 |
| 23:54 | Mike Blanchard | March 1995 |
| 3 Mile at Utah Park (March TS) | | |
| 15:41 | John Custy | March 1988 |
| 19:19 | Cheryl Beckwith | March 1988 |
| 28:47 | Bob DiCarlo | March 1988 |
| 3 Mile at Sloans Lake (March or July TS) | | |
| 14:38 | John Hunsaker | March 1978 |
| 18:55 | Bette Poppers  Suzy Tanner | March 1980  April 1978 |
| 26:46 | Dennis Crock | March 1987 |
| 3 Mile at Wash Park (June TS) | | |
| 14:28 | Steve Matthews | Apr 1967 |
| 20:51 | Pam Weigle | Dec 1970 |
| 21:50 | Floyd O’Meara | Feb 1970 (racewalk) |
| 5K Races | | |
| 5k at Johnson Reservoir (March TS) | | |
| 17:27 | Jake Atherton | Mar 2023 |
| 23:54 | Rebecca Burgess | Mar 2024 |
| 33:11 | Jan Hill | Mar 2023 |
| 5k at DeKoevend Park (August 2016 course) | | |
| 16:48 | Tristan Mitchell | Aug 2016 |
| 22:11 | Sabine Preisinger | Aug 2016 |
| 32:44 | Michael Blanchard | Aug 2016 |
| 5k at DeKoevend Park (June or August TS) | | |
| 16:00 | Jonathan Huie | Aug 2011 |
| 20:05 | Emily Knaub | June 1999 |
| 28:18 | Mike Blanchard | June 1999 |

5k at Sloans Lake (July TS)

|  |  |  |
| --- | --- | --- |
| 16:44 | Chad Flynn | July 1998 |
| 20:27 | Carita Hobson | July 1998 |
| 27:05 | Mike Blanchard | July 1998 |
| 5k at Clement Park (July or Aug TS) | |
| 16:45 | Ray Hammitt | Aug 1994 |
| 19:38 | Theresa Chavez Jockers | Aug 1996 |
| 24:44 | Mike Blanchard | Aug 1995 |
| 5k at Twin Lakes Park (Aug TS) | |
| 16:43 | Dan Haney | Aug 1993 |
| 20:44 | Trish Filley | Aug 1993 |
| 24:40 | Mike Blanchard | Aug 1993 |
| 5k at Prospect Park (Aug TS) | |
| 16:58 | Ray Hammitt | Aug 1992 |
| 20:05 | Theresa Chavez | Aug 1992 |
| 28:31 | Dennis Velasquez | Aug 1992 |
| 5k at Lake Arbor (Aug TS) | |
| 16:34 | Tom Donohoue | Aug 1991 |
| 20:05 | Amy Lopina | Aug 1991 |
| 28:53 | Jack Wackwitz | Aug 1991 |
| 5k at Kennedy Golf Course (Aug TS) | |
| 16:55 | Mike Cordova | Aug 1989 |
| 20:05 | Allyson Robbins | Aug 1989 |
| 26:40 | Ray Franks | Aug 1988 |
| 5k at Utah Park (Mar TS) | |
| 15:41 | John Custy | Mar 1988 |
| 19:19 | Cheryl Beckwith | Mar 1988 |
| 28:47 | Bob DiCarlo | Mar 1988 |
| 5k at Berkeley Lake Park (Jul or Aug TS) | |
| 16:08 | Mike Montano | July 1981 |
| 19:29 | Bette Poppers | July 1978 |
| 29:09 | Maurice Coleman | Aug 1987 |
| 5k at Wash Park (Jul TS) | |
| 15:00 | Jeff Norman | July 1976 |
| 19:58 | Barbara Martin | July 1976 |
| 4 Mile Races | |
| 4 Mile at City Park (new course as of April 2024) | | |
| 22:26 | Connor Bohlken | Apr 2024 |
| 33:19 | Ruth Serifini | Apr 2024 |
| 4 Mile at City Park (new course as of April 2023) | | |
| 22:53 | Jake Atherton | Apr 2023 |
| 32:33 | Deb Cunningham | Apr 2023 |
| 4 Mile at City Park (new course as of April 2021) | |  |
| 22:42 | Eric Greene | Apr 2022 |
| 31:11 | Deb Cunningham | Apr 2021 |
| 46:51 | Michael Blanchard | Apr 2021 |
| 4 Mile at City Park (new course as of April 2008) | |
| 21:41 | Chris Knott | Apr 2014 |
| 27:56 | Karen Voss | Apr 2008 |
| 38:15 | Mike Blanchard | Apr 2009 |
| 4 Mile at City Park (new course for April 2006) | |
| 23:56 | Tim Gentry | Apr 2006 |
| 28:05 | Karen Voss | Apr 2006 |
| 35:36 | Mike Blanchard | Apr 2006 |
| 4 Mile at Bear Creek Bike Path (new course as of April 1999) | |
| 21:47 | Jason Saitta | Apr 2002 |
| 25:53 | Carita Hobson | Apr 1999 |
| 35:47 | Mike Blanchard | Apr 2001 |
| 4 Mile at Bear Creek Bike Path - old course (Apr or Oct TS) | |
| 21:01 | John Custy | Oct 1985 |
| 26:00 | Lynn McEwen | Oct 1989 |
| 31:50 | Mike Blanchard | Apr 1995 |
| 4 Mile at Wash Park (Oct TS) | |
| 19:37 | John Gregorio | Nov 1972 |
| 24:50 | Bette Poppers | Oct 1981 |
| 4 Mile at Cheeseman Park (Feb TS) | |
| 20:34 | Steve Acuff | Nov 1974 |
| 27:04 | Bette Poppers | Feb 1979 |
| 4 Mile at Bible Park (Feb TS) | |
| 20:26 | Mike Bordell | Feb 1976 |
| 28:48 | Marsha Heining | Feb 1976 |
| 4.4 Mile Races | |
| 4.4 Mile at Wash Park (Dec TS) | |
| 22:29 | Doug Nelson | Dec 1990 |
| 27:18 | Susan McCabe | Dec 1989 |
| 38:19 | Mike Blanchard | Dec 1995 |
| 4.5 Mile Races | |
| 4.5 Mile at Wash Park (Dec TS) | |
| 24.23 | Lonnie Cruz | Dec 2014 |
| 30:11 | Sharon Gallant-Pierce | Dec 2017 |
| 46:16 | Mike Blanchard | Dec 2012 |
| 4.75 Mile Races | |
| 4.75 Mile at Fed Center (May TS) | |
| 26:29 | Chad Flynn | May 1998 |
| 31:48 | Carita Hobson | May 1998 |
| 45:00 | Sally Richards | May 1998 |
| 5 Mile Races | |
| 5Mile at Beck Rec Center (October TS) | |
| 30:28 | Eric Greene | Oct 2020 |
| 38:52 | Deb Cunningham | Oct 2020 |
| 60:51 | Mike Blanchard | Oct 2020 |
| 5 Mile at Central Park (May TS) | |
| 27:34 | Brad Lowery | May 2013 |
| 34:15 | Ginger Knott | May 2010 |
| 47:56 | Mike Blanchard | May 2012 |
| 5 Mile at Carson Nature Center (on dirt next to South Platte Trail) (May TS) | |
| 27:25 | Jason Saitta | May 2006 |
| 37:13 | Deb Cunningham | May 2006 |
| 44:55 | Mike Blanchard | May 2006 |
| 5 Mile at Carson Nature Center (South Platte Trail) (May TS) | |
| 28:19 | Jason Saitta | May 2003 |
| 35:04 | Karen Voss | May 2004 |
| 44:58 | Mike Blanchard | May 2005 |
| 5 Mile at FRCC/Big Dry Creek Trail (May TS) | |
| 27:36 | Jason Saitta | May 2001 |
| 33:53 | Carita Hobson | May 2000 |
| 48:45 | Mike Blanchard | May 2001 |
| 5 Mile at Federal Center (Apr or May TS) | |
| 26:41 | John Custy | May 1985 |
| 32:29 | Lynn McEwan | Apr 1990 |
| 40:49 | Mike Blanchard | May 1995 |
| 5 Mile at Wash Park (Dec TS) | |
| 24:58 | Steve Matthews | Jun 1968 |
| 31:31 | Bette Poppers | Dec 1981 |
| 43:33 | Ray Franks | Dec 1987 |
| 5 Mile at City Park (May or June TS) | |
| 24:24 | Tom Duits & Bob Lewis | May 1981 |
| 32:41 | Val Ranum | May 1983 |
| 5 Mile at DeKoevend Park (May TS) | |
| 28:02 | Mike Montano | June 1979 |
| 38:06 | Maureen Collar | June 1979 |
| 5 Mile at Arapahoe HS (Jan TS) | |
| 25:49 | Charlie Messenger | Jan 1971 |
| 43:30 | Laurie Kearns | Jan 1973 |
| 6 Mile Races | |
| 6 Mile at Sloans Lake (May TS) | |
| 31:18 | Lee Courkamp | Aug 1971 |
| 41:01 | Donna Messenger | Feb 1973 |
| 6 Mile at Wash Park (May TS) | |
| 30:38 | Steve Matthews | May 1967 |
| 44:53 | Pam Weigle | May 1972 |
| 10K Races | |
| 10K at Riverwalk Ballfields Thornton 2023+ course (Sep TS) | |
| 35:42 | Eric Greene | Sept 2023 |
| 46:16 | Melissa Menard | Sept 2023 |
| 1:22:15 | Michael Blanchard | Sept 2023 |
| 10K at Riverwalk Ballfields Thornton 2022+ course (Sep TS) | |
| 36:52 | Eric Greene | Sept 2022 |
| 52:23 | Deb Cunningham | Sept 2022 |
| 1:15:53 | Michael Blanchard | Sept 2022 |
| 10K at Riverwalk Ballfields Thornton – Pre 2022 course (Sep TS) | |
| 37:32 | Eric Greene | Sept 2021 |
| 1:08:24 | Ha Nguyen  Caitlyn Truong | Sept 2021 |
| 1:14:45 | Michael Blanchard | Sept 2021 |
| 10K at TrailHead Park (Jan TS) | |
| 35:25 | Thomas Robbins | Jan 2024 |
| 44:03 | Theresa Tufaro | Jan 2020 |
| 1:08:28 | Michael Blanchard | Jan 2020 |
| 10K at Twin Lakes (Jan TS) | |
| 35:17 | Tristan Mitchell | Jan 2009 |
| 44:38 | Karen Voss | Jan 2007 |
| 59:35 | Mike Blanchard | Jan 2006 |
| 10K at City Park (Jan or Feb TS) | |
| 33:13 | Richard Ames | Feb 1991 |
| 39:21 | Susan McCabe | Jan 1990 |
| 51:54 | Mike Blanchard | Feb 1995 |
| 10K at Wash Park (Dec TS) | |
| 31:54 | Steve Matthews | Nov 1967 |
| 44:18 | Sandra Garratt | Jan 1979 |
| 10K at DeKoevend Park (May TS) | |
| 34:39 | Henry Barksdale | May 1978 |
| 38:38 | Sue Oran | May 1978 |
| 10K at Sloans Lake (May TS) | |
| 31:31 | Robbert Fitts | May 1976 |
| 43:18 | Carolyn Jarrett | May 1977 |
| 10K in Vail (Sep) | |
| 34:14 | Damien Koch | Sep 1971 |
| 7 Mile Races | |
| 7 Mile on S. Platte River Bike Path (from Reynolds Landing) (Feb 2022) | |
| 41:20 | Jake Atherton | Feb 2023 |
| 50:33 | Jayme Brindle | Feb 2022 |
| 7 Mile on S. Platte River Bike Path (from Platte River Bar & Grill) (Feb 2020 course) – short @ 6.93 Mil | |
| 40:45 | Glen Mays | Feb 2020 |
| 49:48 | Jayme Brindle | Feb 2020 |
| 1:21:05 | Mike Blanchard | Feb 2020 |
| 7 Mile on S. Platte River Bike Path (from Platte River Bar & Grill) (Feb 2019 course) | |
| 42:55 | Eric Greene | Feb 2019 |
| 52:51 | Deb Cunningham | Feb 2019 |
| 1:17:28 | Mike Blanchard | Feb 2019 |
| 7 Mile on S. Platte River Bike Path (from Platte River Bar & Grill) (Feb 2014 course) | |
| 38:50 | Lonnie Cruz | Feb 2015 |
| 48:00 | Jayme Brindle | Feb 2017 |
| 1:17:33 | Mike Blanchard | Feb 2017 |
| 7 Mile on S. Platte River Bike Path (from Platte River Bar & Grill) (Feb 2012 course) | |
| 42:01 | Brian Cheek | Feb 2013 |
| 52:15 | Karen Voss | Feb 2012 |
| 1:12:18 | Mike Blanchard | Feb 2013 |
| 7 Mile on S. Platte River Bike Path (from Platte River Bar & Grill) (2011 Course) | |
| 41:04 | Tristan Mitchell | Feb 2010 |
| 53:30 | Karen Voss | Feb 2010 |
| 1:12:26 | Mike Blanchard | Feb 2010 |
| 7 Mile at Cherry Creek State Park (Feb or Mar TS) Course starting from West lot | |
| 40:27 | Marcus Corbett | Feb 2009 |
| 50:52 | Sarah Szymanski | Feb 2009 |
| 1:11:31 | Mike Blanchard | Feb 2009 |
| 7 Mile at Cherry Creek State Park (Feb or Mar TS) | |
| 35:36 | Derek Griffiths | Feb 2003 |
| 46:54 | Carita Hobson | Mar 2000 |
| 1:07:22 | Mike Blanchard | Mar 2001 |
| 7 Mile at Wash Park (Jan TS) | |
| 36:47 | Frank Mencin | Jan 1976 |
| 43:28 | Maureen Custy | Jan 1982 |
| 1:04:46 | Mike Blanchard | Jan 1999 |
| 12k Races | |
| 12k @ Star K Ranch (Sand Creek) | |
| 44:45 | Eric Greene | Oct 2023 |
| 58:23 | Melissa Menard | Oct 2023 |
| 1:30:03 | Mike Blanchard | Oct 2021 |
| 8 Mile Races | |
| 8 Mile at Beck Rec Center (Oct TS) | |
| 48:58 | Eric Greene | Oct 2019 |
| 1:00:30 | Deb Cunningham | Oct 2019 |
| 1:31:00 | Mike Blanchard | Oct 2019 |
| 8 Mile at Carpenter Park (Oct TS) | |
| 49:25 | Eric Greene | Oct 2018 |
| 1:01:18 | Deb Cunningham | Oct 2018 |
| No race walkers – USATF race held same time |  |  |
| 8 Mile at Trailhead Park (Sept TS) | |
| 46:10 | Eric Greene | Sep 2016 |
| 55:29 | Sabine Preisinger | Sep 2014 |
| 1:21:18 | Mike Blanchard | Sep 2012 |
| 8 Mile at Platte River Bar & Grill (Sept TS) | |
| 46:04 | Tristan Mitchell | Sep 2009 |
| 59:03 | Karen Voss | Sep 2009 |
| 1:19:16 | Mike Blanchard | Sep 2009 |
| 8 Mile at Chatfield – new course as of 10/2004 (Oct TS) | |
| 47:36 | Description: TSSep08_KeithJohnsonKeith Johnson | Sep 2008 |
| 58:59 | Bonnie Keefe | Oct 2006 |
| 1:16:07 | Mike Blanchard | Oct 2005 |
| 8 Mile at Chatfield – old course (Sept or Oct TS) | |
| 43:42 | John Custy | Sept 1985 |
| 55:11 | Bette Poppers | Oct 1983 |
| 1:17:24 | Mike Blanchard | Oct 2001 |
| 8 Mile at Waterton (Sept or Oct TS) | |
| 44:59 | Andrew Maynard | Sept 1989 |
| 53:51 | Allyson Robbins | Sept 1989 |
| 1:14:37 | Mike Blanchard | Oct 1998 |
| 8 Mile at Highline Canal (Sept TS) | |
| 43:50 | Dale Petersen | Sept 1986 |
| 56:49 | Mary Greer | Sept 1986 |
| 8 Mile at Martin Marietta (Sept TS) | |
| 46:39 | Rich Beavers | Sept 1981 |
| 57:23 | Rachella Seeley | Sept 1981 |
| 8 Mile at Viele Lake (Sept TS) | |
| 45:46 | Mike Montano | Sept 1978 |
| 55:01 | Bette Poppers | Sept 1978 |
| 8 Mile at Cherry Creek Reservoir (Sept TS) | |
| 44:40 | Ed Bingham | Sept 1976 |
| 1:08:03 | Bette Poppers | Sept 1976 |
| 8 Mile at Wash Park (Sept TS) | |
| 41:43 | Mike Lohman | Aug 1973 |
| 53:36 | Betsy Harrcrier | Sept 1975 |
| 9 Mile Races | |
| 9 Mile at Thornton’s Carpenter Park – new course as of 9/2016 | |
| 1:08:28 | Deb Cunningham | Nov 2018 |
| 52:21 | Jonathan Huie | Nov 2018 |
| 1:40:17 | Mike Blanchard | Oct 2016 |
| 9 Mile at Prairie Gateway Park (Rocky Mountain Arsenal) – new course as of 11/3/2013 | |
| 54.18 | Eric Greene | Nov 2017 |
| 1:04:35 | Sabine Preisinger | Nov 2014 |
| 1:37:12 | Mike Blanchard | Nov 2011 |
| 9 Mile at Twin Lakes – new course as of 10/2010 | |
| 52:35 | Peter Lucas-Roberts | Oct 2010 |
| 1:05:41 | Suzette Bossart | Oct 2010 |
| 1:41:19 | Ed Guiff | Oct 2010 |
| 9 Mile at Westminster City Park – new course as of 10/2007 – this is 0.1 miles too short | |
| 55:23 | Hector Martinez | Oct 2007 |
| 1:06:06 | Karen Voss | Oct 2007 |
| 1:51:16 | Richard Ellis | Oct 2007 |
| 9 Mile at Westminster City Park – new course as of 9/2005 w/o 1m around park. | |
| 55:27 | Adam Feerst | Nov 2008 |
| 1:01:06 | Nicole Hahn | Nov 2011 |
| 1:25:11 | Mike Blanchard | Sept 2006 Description: TSSept06_MikeBlanchard |
| 9 Mile at Westminster City Park – new course as of 9/2004 – 2003 edition was 0.25 miles too long (Sept TS) | |
| 57:29 | Tim Gentry | Sept 2004 |
| 1:06:45 | Deb Cunningham | Sept 2004 |
| 1:27:49 | Mike Blanchard | Sept 2004 |
| 9 Mile at Carson Nature Center/Platte River Bike Path (Sept or Oct TS) | |
| 50:58 | Jason Saitta | Sept 2002 |
| 1:05:54 | Susan Bellard | Sept 2001 |
| 1:26:02 | Mike Blanchard | Sept 2001 |
| 9 Mile at Cherry Creek Reservoir (Apr TS) | |
| 47:15 | Robert Herdon | Apr 1991 |
| 1:01:56 | Lynn McEwan | Apr 1990 |
| 9 Mile at Clear Creek (Sept or Oct TS) | |
| 50:56 | David Swiderski | Sept 1994 |
| 1:01:56 | Carita Hobson | Oct 1998 |
| 1:25:25 | Mike Blanchard | Oct 1998 |
| 9 Mile at Gates Crescent Park (Apr TS) | |
| 52:55 | Mike Keefe | Apr 1983 |
| 1:04:11 | Val Ranum | Apr 1983 |
| 9 Mile at Sloans Lake (Apr TS) | |
| 53:20 | Don Waller | Apr 1982 |
| 1:01:41 | Marilyn McCarthy | Apr 1982 |
| Rich Klassen died of a heart attack during this race on April 16, 1982 | |
| 9 Mile at Wash Park (Apr TS) | |
| 45:15 | Frank Shorter | Apr 1975 |
| 1:02:26 | Bette Poppers | Apr 1981 |
| 9 Mile at Wheat Ridge Bike Bath | |
| 52:05 | Kurt Nichols | 1995, 96 or 97 |
| 1:06:37 | Susan Himelsteib | 1995, 96 or 97 |
| 9.15 Mile Races | |
| 9.15 Mile at Barr Lake (Sept TS) | |
| 56:14 | Chad Flynn | Sept 1999 |
| 1:02:59 | Carita Hobson | Sept 1999 |
| 1:29:11 | Mike Blanchard | Sept 1999 |
| 15K Races | |
| 15k @ Prairie Gateway Park (New course, Nov 2024) | |
| 57:03 | Jake Atherton | Nov 2024 |
| 1:14:57 | Melissa Menard | Nov 2024 |
| 1:49:51 | Mike Blanchard | Nov 2024 |
| 15K, but long at Prairie Gateway Park (Nov TS) | |
| 56:24 | Eric Greene | Nov 2023 |
| 1:23:18 | Jitka O’Farrell | Nov 2023 |
| 1:58:54 | Mike Blanchard | Nov 2023 |
| 15K at Prairie Gateway Park (Nov TS) | |
| 55:38 | Jake Atherton | Nov 2022 |
| 1:14:54 | Erin Donnelly | Nov 2021 |
| 1:50:07 | Mike Blanchard | Nov 2021 |
| 15K at Barr Lake (Sept TS) |  |  |
| 56:22 | Rob Wright | Sept 2000 |
| 1:08:01 | Michelle Hancock | Sept 2000 |
| 1:33:48 | Mike Blanchard | Sept 2000 |
| 15k at Wash Park |  |  |
| 48:22 | Charlie Messenger | 1967 |
| 10 Mile Races | |
| 10 Mile at Trailhead Park (Sep TS) | |
| 1:04:58 | Eric Greene | Sep 2020 |
| 1:19:11 | Lindsey Gerard | Sep 2020 |
| 2:08:21 | Michael Blanchard | Sep 2020 |
| 10 Mile at Prairie Gateway Park (Nov TS) | |
| 1:06:58 | Josh Pilkington | Nov 2016 |
| 1:17:26 | Sabine Priesinger | Nov 2016 |
| 2:01:19 | Jan Hill | Nov 2016 |
| 10 Mile on Cherry Creek Trail from Cottonwood Park – (Oct TS) | |
| 59:57 | Eric Greene | Oct 2015 |
| 1:15:50 | Peyton Dailey | Oct 2012 |
| 1:46:56 | Mike Blanchard | Oct 2012 |
| 10 Mile at Big Dry Creek – (Nov or Sep TS) | |
| 59:58 | Eric Greene | Oct 2016 |
| 1:12:37 | Shannon Filar | Nov 2010 |
| 1:49:59 | Michael Blanchard | Sep 2019 |
| 10 Mile at Waterton – (Oct or Nov TS) | |
| 56:29 | Jason Siatta | Nov 2006 |
| 1:13:48 | Ginger Knott | Oct 2009 |
| 1:40:40 | Mike Blanchard | Oct 2009 |
| 10 Mile at deKoevend – 11/2005 (Nov TS) | |
| 1:01:53 | Tim Gentry  Description: Dc801 | Nov 2005 |
| 1:13:21 | Karen Voss | Nov 2005 |
| 1:45:42 | Mike Blanchard | Nov 2005 |
| 10 Mile at Twin Lakes (Nov TS) | |
| 1:02:01 | Scott Poston | Nov 2002 |
| 1:11:53 | Susan Bellard | Nov 2001 |
| 2:17:04 | John Lyle  Description: TSSept06_JohnLyle | Nov 2001 |
| 10 Mile Arapahoe High School (Nov TS) | |
| 54:01 | Wes Crist | Nov 197x? |
| 1:05:32 | Pam Allen | Nov 1976 |
| 10 Mile at Bear Creek (Nov TS) | |
| 56:06 | John Custy | Nov 1985 |
| 1:07:24 | Susan McCabe | Nov 1989 |
| 10 Mile at Carson Nature Center (Nov TS) | |
| 56:38 | Ralph Rodriquez | Nov 1994 |
| 1:09:30 | Theresa Chavez | Nov 1992 |
| 1:34:18 | Mike Blanchard | Nov 1998 |
| 10 Mile at DeKoevend Park (Nov TS) | |
| 57:15 | Rick Katz | Nov 1978 |
| 1:14:03 | Bette Poppers | Nov 1978 |
| 10 Mile at Inverness Business Park (Nov TS) | |
| 54:42 | Jim Gusek | Nov 1979 |
| 1:08:23 | Bette Poppers | Nov 1980 |
| 10 Mile at Red Rocks Business Park (Nov TS) | |
| 58:50 | Leroy Archuleta | Nov 1986 |
| 1:15:32 | Cheryl Beckwith | Nov 1986 |
| 10 Mile at Wash Park (Sept TS) | |
| 53:37 | Craig Runyan | May 1967 |
| 12 Mile Races | |
| 12 Miles at Wash Park (Aug ) | |
| 1:06:03 | Lee Courkamp | Aug 1971 |
| 1:29:55 | Pam Weigle | Aug 1971 |
| 20K Races | |
| 20k at Wash Park | |
| 64:51 | Floyd Godwin | Oct 1967 |
| 15 Mile Races | |
| 15 Mile at Arapahoe HS (Mar) | |
| 1:24:46 | Tom Berger | Mar 1972 |
| 1:53:01 | Pam Weigle | Mar 1972 |
| 25K Races | |
| 25k at Wash Park | |
| 81:28 | Steve Matthews | Mar 1968 |
| 30K Races | |
| 30k at Wash Park | |
| 1:42:38 | Steve Matthews | 1969 |
| 20 Mile Races | |
| 20 Mile at Arapahoe HS (Apr) | |
| 1:57:32 | Steve Matthews | Apr 1971 |
| 2:40:18 | Pam Weigle | Apr 1972 |
| Marathon | |
| Marathon at Wash Park | |
| 2:28:56 | Floyd Godwin | Feb 1967 |
| 3:19:11 | Pam Weigle | May 1972 |

Timed Runs

|  |  |  |
| --- | --- | --- |
| 1/2 Hour Run | | |
| 4 miles, 640 Yards | Pam Weigle | 197x? |
| 1 Hour Run | | |
| 10 Miles, 987 Yards | John Landwehr | Jun 1972 |