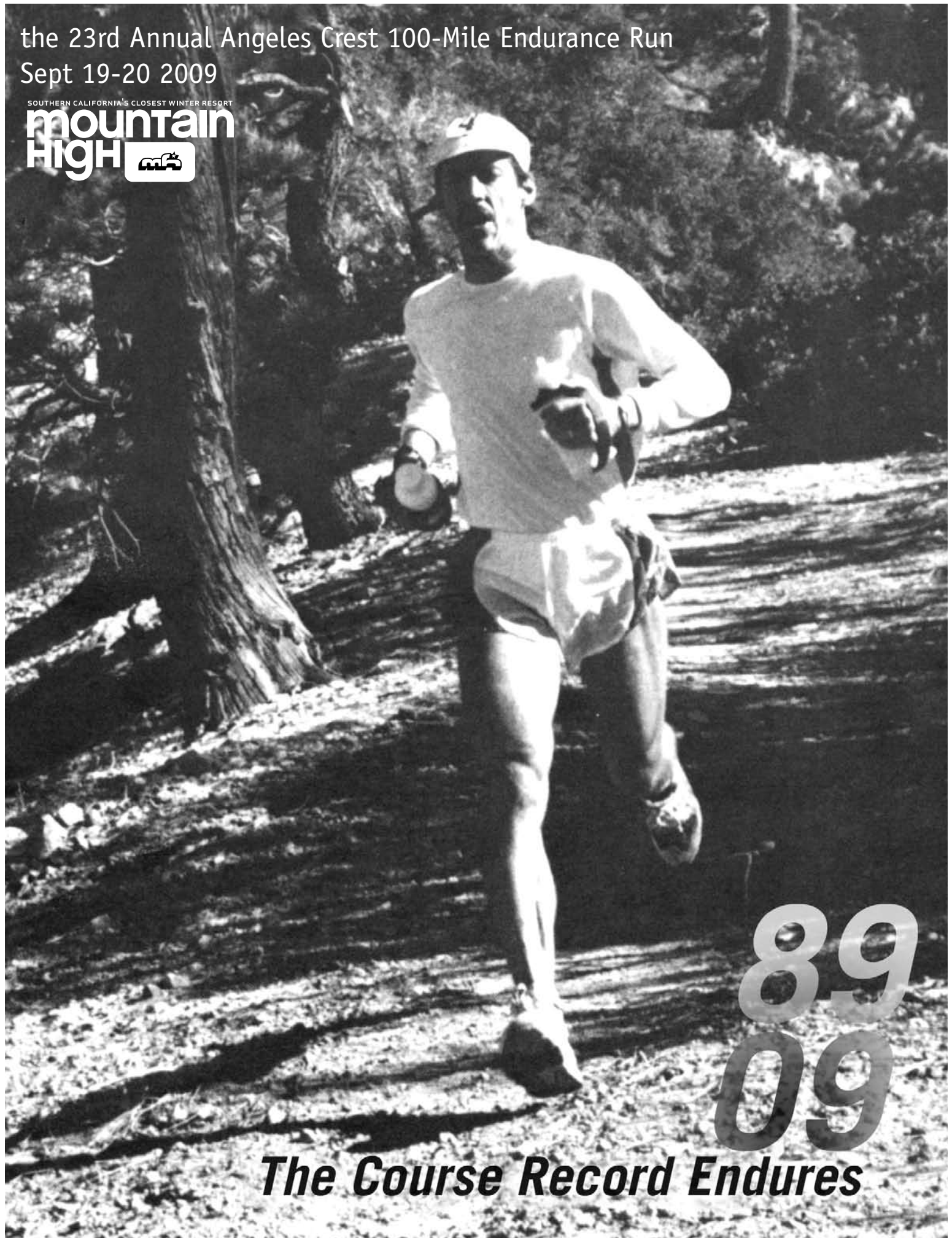


the 23rd Annual Angeles Crest 100-Mile Endurance Run

Sept 19-20 2009

SOUTHERN CALIFORNIA'S CLOSEST WINTER RESORT

**mountain
HIGH** 



89
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The Course Record Endures

Introduction

Invitation

The San Gabriel back country retains much of the natural beauty, if not the primitive wilderness of yesteryear, thanks largely to the foresight and capable supervision of the U. S. Forest Service and hundreds of volunteers. Picnic areas and campgrounds have been constructed with a minimum displacement of the natural setting.

The 490 miles of trails throughout the forest are well marked. Time, increasing use, epic weather, and funding cutbacks have taken their toll.

The Angeles Crest 100 Trail Volunteers have joined in efforts to restore and renew trails in the Angeles National Forest. Without the efforts of these volunteers and hundreds others like them, the trails that make this race would cease to exist.

Those desiring to see much of this primitive wilderness in a single day are invited to participate in the Angeles Crest 100 Mile Endurance Run.

We are proud to host the 22nd Annual Angeles Crest 100 for the fine men and women who have decided to compete in this year's event.

In coordinating an event of this size, problems or unanticipated situations may arise. The Race has developed cooperative and amicable relations with various State and Federal agencies (CalTrans, Dept of Fish & Wildlife, and the US Forest Service for example) which have enabled us to keep moving forward.

We ask your patience as we work towards improving our race every year.

Thank you for your support,



Ken Hamada, Race Director



Hal Winton, Co-Race Director



George Evans, Assistant Race Director



UCLA Department of Astronomy
Sep 01 02 16:55:56



Above: Mt Baden-Powell at sunrise.

Below: The Curve Fire = cancelled 2002 race. As seen from Mt Wilson, 16 miles west of the blaze.

Editor's Notes

The 2009 AC100 Race Book was created with the runner, pacer and crew in mind. Jim O'Brien's 1989 record time invites you, while Suzanna Bon's new women's record shows what you can do with a careful race strategy.

The race finishes again at Loma Alta Park in Altadena. See pages 14 and 52 for details.

Southern California is a dynamic natural environment. Long-term drought conditions are also affecting the forests of the San Gabriels. In September 2002, two major fires ignited within eighteen days of each other. The first fire started fifteen miles south and east of the race start. The second fire, (above) started almost due south of the Islip Checkpoint. The combined destruction of over 160,000 acres, destroyed numerous historic private and public structures. we slid in 2005.

The winter of 2004-2005 brought epic rainfall, with over 33" of rain in the Basin, and some mountain locations getting over

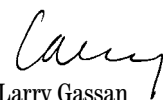
70". The highway closure at Vincent Gap is now open. However the "Plan B" Detour Map is still in the book should conditions warrant.

Trail maps were drawn from the Tom Harrison map series: The Angeles Crest Front Range, and The Angeles Crest High Country. They are the best reference sources available.

Every AC100 finisher is indexed by time and name, and are updated annually. Many of you will see yourselves in these lists. Some of you remember the years when you didn't finish. But you came back the next year and made it right.

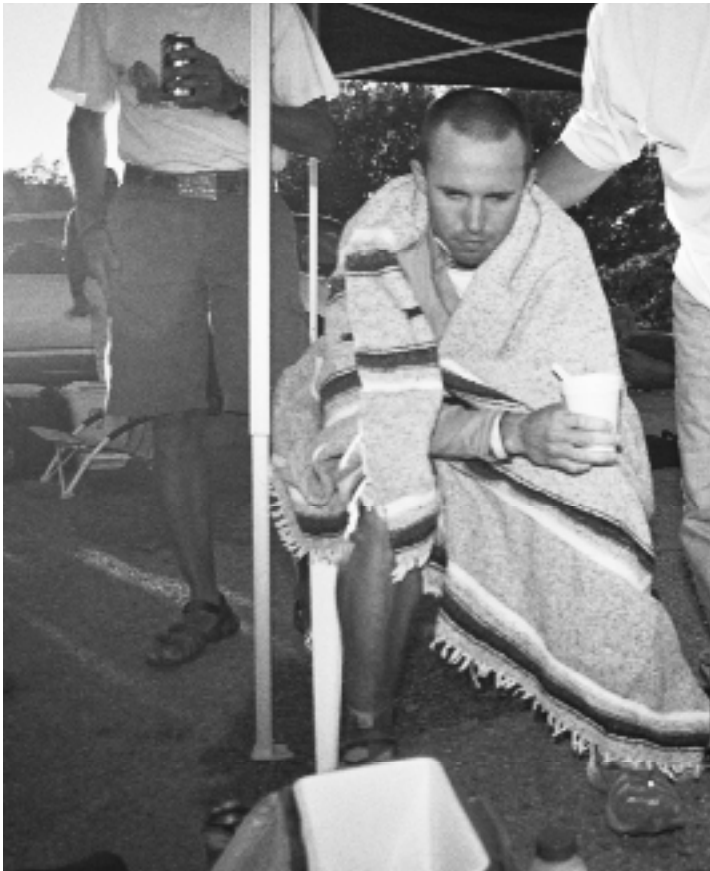
This book is dedicated to you.

Yrs truly,



Larry Gassan
AC100 RaceBook Editor

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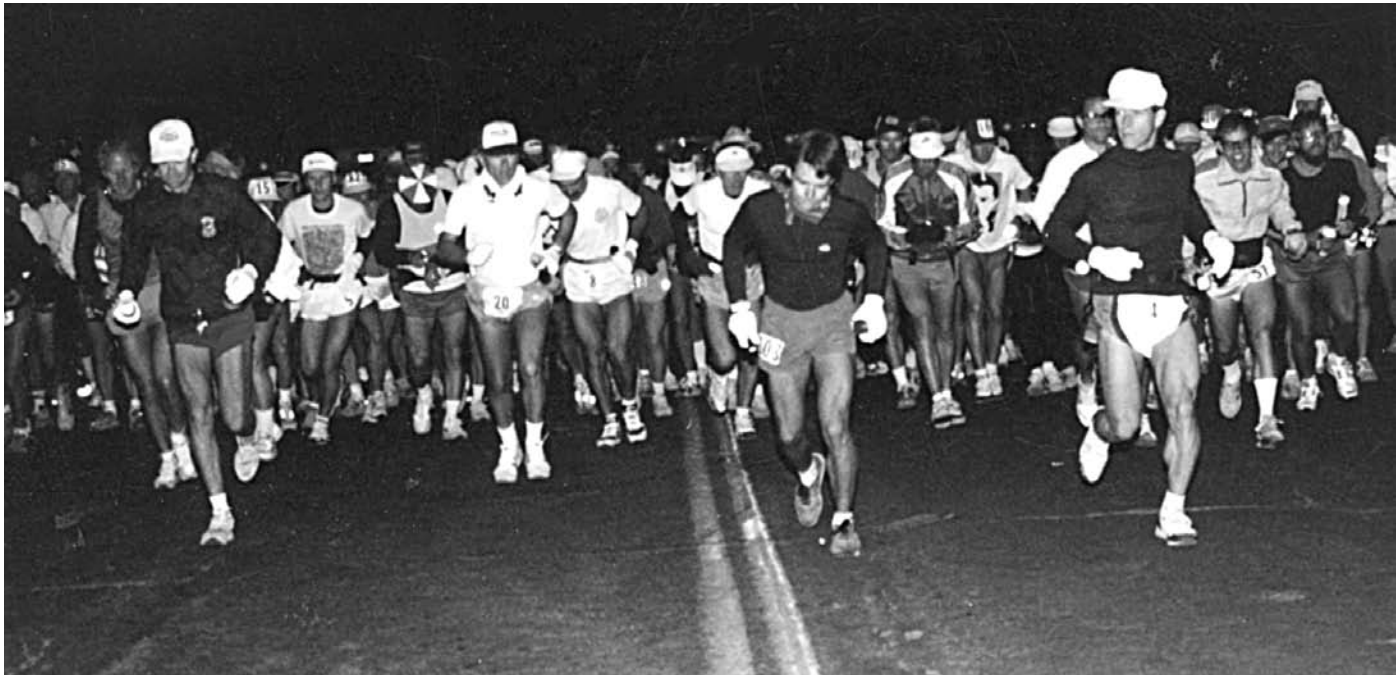
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On Persistence and Determination

“Press On — Nothing in the world can take the place of persistence. Talent will not; Nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; The world is full of educated derelicts. Persistence and determination alone has unlimited potential.”

— *Calvin Coolidge*

1. Race Day Schedule



Off and running, 1993. Fred Shufflebarger (bib #1) sizes up the competition.

Race Weekend Weather

General weather conditions on Race Day have tended towards clear, breezy days in the 70's marked by cool nights in the low 50's. The '01 Race Day had higher than normal temperatures in the high 70's and the nights didn't drop below 65, with Sunday spiking up into the low 90's in Pasadena. Rain and drizzle are not unknown, as seen in 1999 from Shortcut to the finish.

Sunrise/Sunset

Sunrise: 5:16 a.m. on Sept 19
 Sunset: 8:16 p.m. on Sept 19
 Sunrise: 5:17 a.m. on Sept 20
 Sunset: 8:15 p.m. on Sept 20

Lunar Data

Moonrise: 4:14 a.m. on Sept 19
 Moonset: 7:14 p.m. on Sept 19
 Moonrise: 8:48 a.m. on Sept 20
 Moonset: 7:48 p.m. on Sept 20
 Moon Phase: New, with 1.7% illumination.

General Temperature Ranges

Wrightwood average high & low: 40/75
 Record high/lows: 98°F (1950), 34°F (1952)
 Mt Wilson: 76/58
 Record high/lows: 98°F (1950), 34°F (1952)
 Pasadena high & low: 50/85
 Record high/lows: 110°F (1988), 44°F (1948)

Weather Websites

Mt Wilson, CA:
www.weather.com/weather/local/USCA0742
Pasadena CA:
www.weather.com/weather/local/USCA0840

Race Weekend: Schedule of Events

Friday in Wrightwood: Wrightwood Community Building

9:00am - 12:00pm

- Medical checkup.
 - Drop bag collection
- 2:00 pm - 4:30 pm
- Welcome
 - Medical Concerns
 - USFS Concerns
 - Search & Rescue Concerns
 - Trail Briefing/Slide Presentation

Wrightwood Community Building

6:00 pm

There will be a spaghetti dinner at 6pm at the Wrightwood Community Center.

The dinner is sponsored by Snowline Royalty, as a fundraiser to help buy books

for the Snowline Royalty's Reading Program. Various queens and princesses go to elementary school classrooms and read to children. A book is then presented to each child in the classroom as a gift. The cost of the dinner is \$5 and is open to the public.

Saturday, Sept 19 in Wrightwood:

4:00 am

Runner Check-in at the Wrightwood Community Building

5:00 am

Hal Winton presents the Invocation.

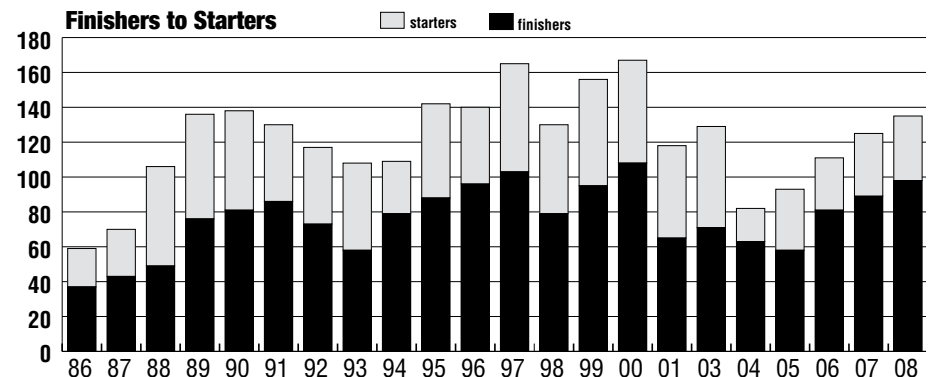
Andy Morehead and the Wrightwood firefighters help start the race. Go!

Sunday, Sept 20 at Loma Alta Park, Altadena:

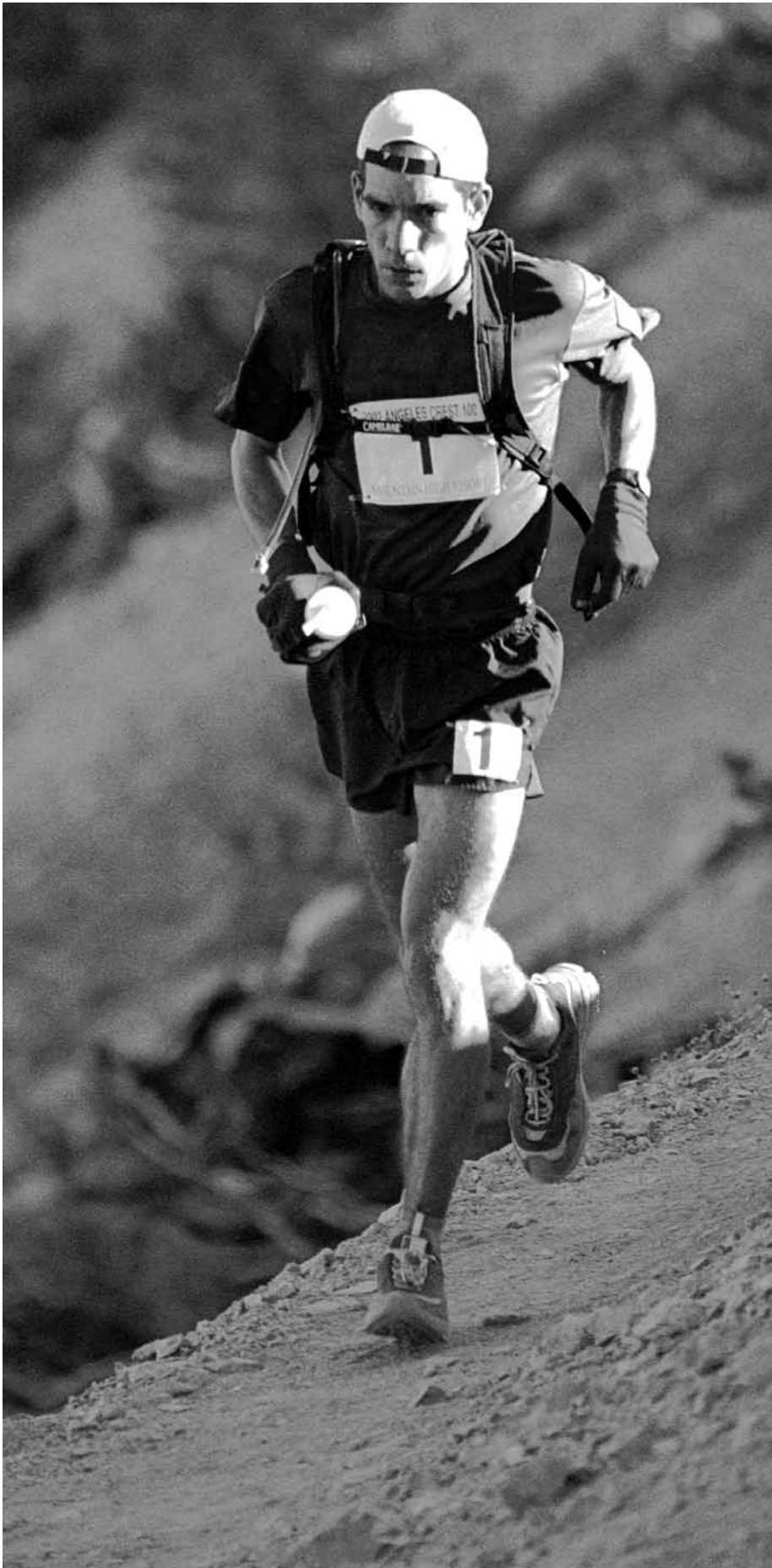
2:00 pm (sharp) Finish of race

2:30 pm - 5:00 pm

Picnic and Award Ceremony



Ratio of starters to finishers.



The Race is remarkably true to the original course laid out by Del Beaudoin in 1986. We now finish at Loma Alta Park, which replaces the Johnson Field location we've used since 1992. The overall distance is still the same. You, lucky runner, get a final trail climb before hitting the blacktop.

The initial Cooper Canyon section has been temporarily replaced by a road section awaiting the outcome of an Environmental Impact Report regarding the Yellow Legged Frog. So far, Froggy is holding all the face cards.

In '96, a scenic PCT trail section replaced the "death-march" road climb out of Cooper Cyn. A short (.85 mile) trail section overlooking Sulfur Springs replaced an asphalt grade. And in '99 the AC100 Trail Volunteers built the "Winton Bypass" below Manzanita Ridge on Mt. Wilson, replacing a 16% grade ridge-run.

Everything else is the same as it was for the first 37 finishers in 1986.

It's all yours—go for it.

Race Distances

1986-91	101.99
1992	101.35
1993, 94	101.08
1995	100.90
1996 & 1997	100.53
1998 on	100.5

0 **100** **101** **102**
*Just so you know: Jim O'Brien set the record on the long course.
 right: Jorge Pacheco, 2003*

2. Rules And Procedures



Tom Nielsen, Cloudburst Summit, 1999

The AC100 Race Rules And Procedures are designed for the safety and well-being of everyone involved in the race; including runners, pacers, crews, volunteers and spectators. Failure to comply with these rules may result in disqualification of the runner.

1) Runner Responsibilities

The runner is responsible for knowing all the rules.

2) Race Packet Pick-up

Only runners entered in the Race will be allowed to pick up their race packet. ID (i.e., drivers license) will be required.

If you do not plan to run the race and want to have a friend pick up your race packet on Friday, please inform Race Management.

3) No “muling”

Runners must carry all of their own fluids, food, clothing and other supplies needed for use between checkpoints.

4) No unauthorized aid, caches or drops.

No one is allowed to cache, drop, or store supplies on the AC100 course before or during the Run. Runners are not allowed aid between checkpoints. Crews are forbidden to leave aid along the trail during the run.

Runners whose crews and friends using the AC100 course and aid stations on race weekend for training runs will be disqualified.

5) No Course-Cutting

Runners must follow the marked course at all times. If the Runner departs from the marked course, the runner must return to the point of departure on foot before continuing. Cutting the course is grounds for immediate disqualification.

6) Checking In/ Checking Out

It is the Runner's responsibility to properly check in and check out of each checkpoint. Bib numbers must be clearly visible.

7) Pacers

Runners may be aided by a Pacer starting at the Chilao Checkpoint (mile 52). Only one Pacer will be allowed to accompany each Runner between each checkpoint. Runners 60 and over will be allowed a pacer from the start in Wrightwood.

Aid will be available for both the Runner and the Pacer. Both runner and pacer must receive their aid at the designated checkpoints. However, if a shortage occurs, Runners have priority.

7a) If you want to pace

If you or your friends are available to pace a runner, please let the Chilao (52 miles), Short Cut (59.3 miles), or Chantry Flats (75 miles) Checkpoint Coordinator know. They will keep a list of available Pacers. Out-of-state Runners who have come the greatest distance have priority

8) Cutoff times

Cutoff times will be enforced at each Checkpoint by the Checkpoint Leaders. Their decisions are final, no exceptions. Cutoffs are listed at the back of this brochure. If you are not clear about cut-offs, ASK!

9) Highway Crossings

The main concern is safe movement of pedestrian and vehicle traffic. Vehicles have right of way at all times.

There will be a Run Official (flagman) at each highway-crossing checkpoint. The Runner is a pedestrian and must obey all Run Official directions; and all laws pertaining to highway pedestrian crossings.

10) If you decide to drop

If any Runner is unable to complete the Run, the Runner must notify a run official. The medical wristband (provided at the pre-race medical check in Wrightwood) must be surrendered. Upon surrendering the medical wristband, the runner is officially out of the race.

If Run Officials do not get the runner's medical wristband and the runner does not show up at the next checkpoint within a reasonable time, Run Officials will assume that the runner is lost and notify Search and Rescue. Leaving the race without informing a Run Official is grounds for disqualification.

11) If you get lost

If you get lost or injured, do not attempt to find your way cross country. **STAY ON THE TRAIL AND WAIT.** Wandering aimlessly, especially at night, will reduce your chances of being found.

12) Do Not Litter

Either carry your trash or leave it at checkpoints.

Support Crews and Other Issues

Support crews are not essential. There is adequate aid station support along the course with water, electrolyte replacement fluids, food and medical aid. In addition, drop bags are allowed at all major check-

points (see Checkpoint Chart, p 67)

If you do have a crew, please note:

- Many checkpoints are close to the Angeles Crest Highway (Hwy 2). Whether on foot or in vehicles, crews must not impede highway traffic.
- Crews should carpool when possible to prevent traffic problems.
- Crews must comply with Run Officials directing traffic. Those who don't could get their runner disqualified.
- Only support crew vehicles are allowed in congested parking areas.
- Crews are NOT allowed at checkpoints marked "NO" in the crew column of the AC100 Checkpoint Table.
- No dogs allowed at any checkpoints or on the course.

Checkpoints Closed to Crews

Mt. Hillyer will be closed to support crews. Absolutely no support vehicles allowed on the road to Hillyer!

Chantry Flats is the last crew access point over the final 25 miles of the course. Newcomb's Saddle, Idlehour Trail, Sam Merrill Trail, and Millard Campground are closed to crew access. Use drop bags for flashlights, batteries and warm clothing.

Drop Bags

We urge runners to take advantage of this service. Besides ensuring you get what you need when you need it, using drop bags instead of crews helps minimize highway traffic.

Drop bags will be collected on Friday morning in front of the Wrightwood Community Building. Indicate your name, run number, and checkpoint on each Drop Bag. Be sure that all bags are securely tied and labeled.

Mt. Hillyer Trail, Newcomb's Pass, Idlehour Trail, Sam Merrill Trail, and Millard Campground Checkpoints are closed to crews but do have drop bag service. Newcomb's Pass, Idlehour and Sam Merrill get cool at night. Warm clothing may be needed for these sections.

All drop bags will be returned to the Finish area. Don't bring your favorite t-shirt or expensive clothing. Drop bags can get lost.

No Shuttle Service

There is no formal shuttle service to bring runners back to Wrightwood. Runners are responsible for making their own arrangements.

Trail Marking

Trails are marked with yellow surveyor ribbon and biodegradable powder. Night sections are marked by fluorescent surveyor ribbon and glow-sticks.

Biodegradable powder will be used to mark the trail near campgrounds, since campers have been known to remove ribbons and glowsticks. Checkpoint Coordinators know about problem areas and will re-mark the trail as necessary.

EMTs and the Volunteer Medical Team

The race is staffed by an all-volunteer medical team, led by the Medical Director H. E. West.

HAM Radio Communication

"HAM" radio operators will be tracking runners' progress at each checkpoint. Arrival, departure, and drop information will be distributed among checkpoints and to a database at the finish area using integrated radio communications and computers. This system not only makes it possible to locate runners' positions throughout the race, it also facilitates emergency response.

Medical Concerns: Dehydration

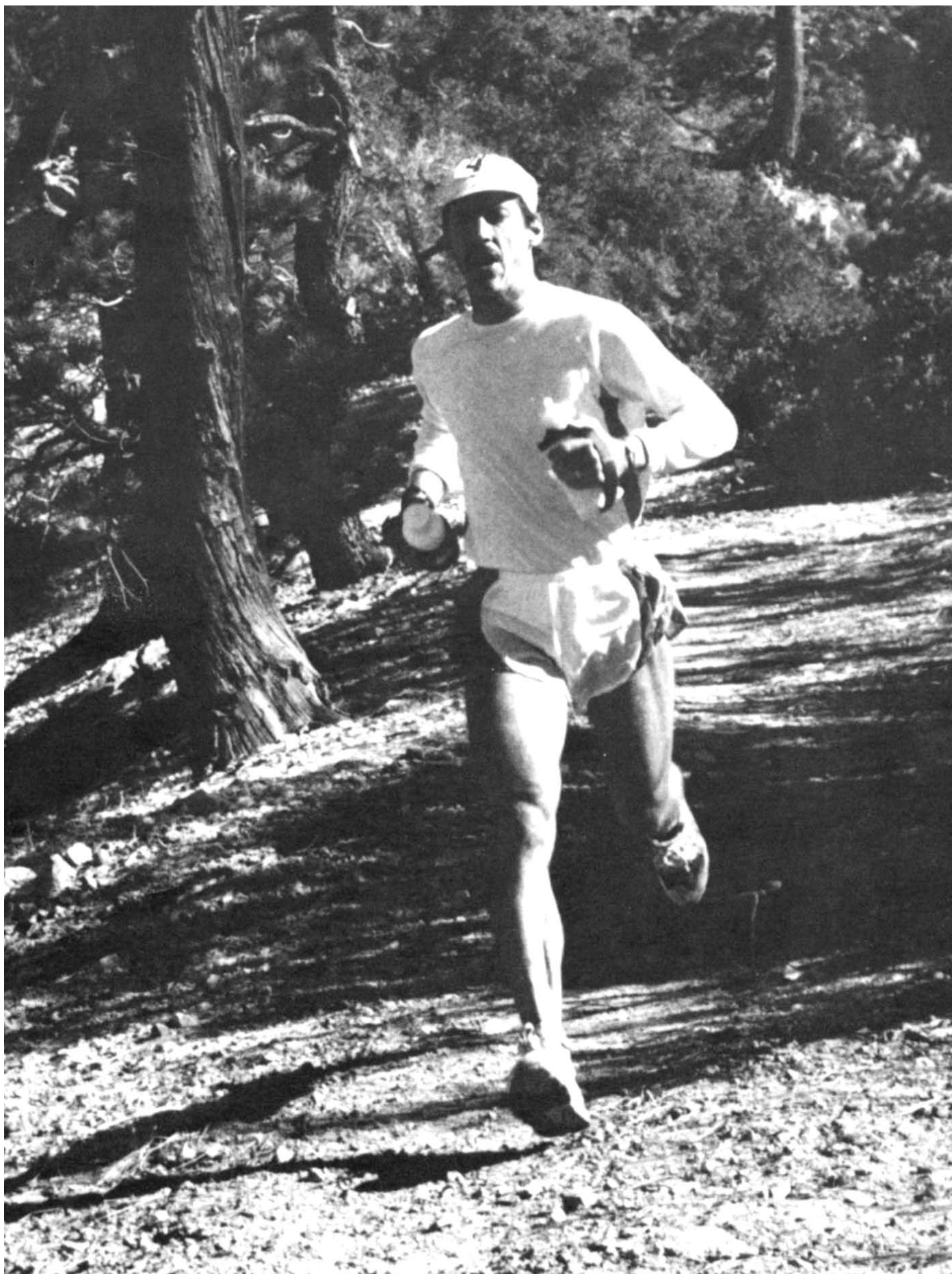
Dehydration is the most common medical problem for endurance runners. To monitor dehydration, runners will be weighed at major medical checkpoints. Weights will be compared to the baseline weight on the runner's medical band.

Weight Loss

- If the weight is 3% below baseline, the runner will be asked to drink more.
- If the weight is more than 5% below baseline, increased fluid intake will be strongly advised. The runner will be re-weighed before leaving the checkpoint. It is the runner's decision to continue the race as long as they are within the cutoff.

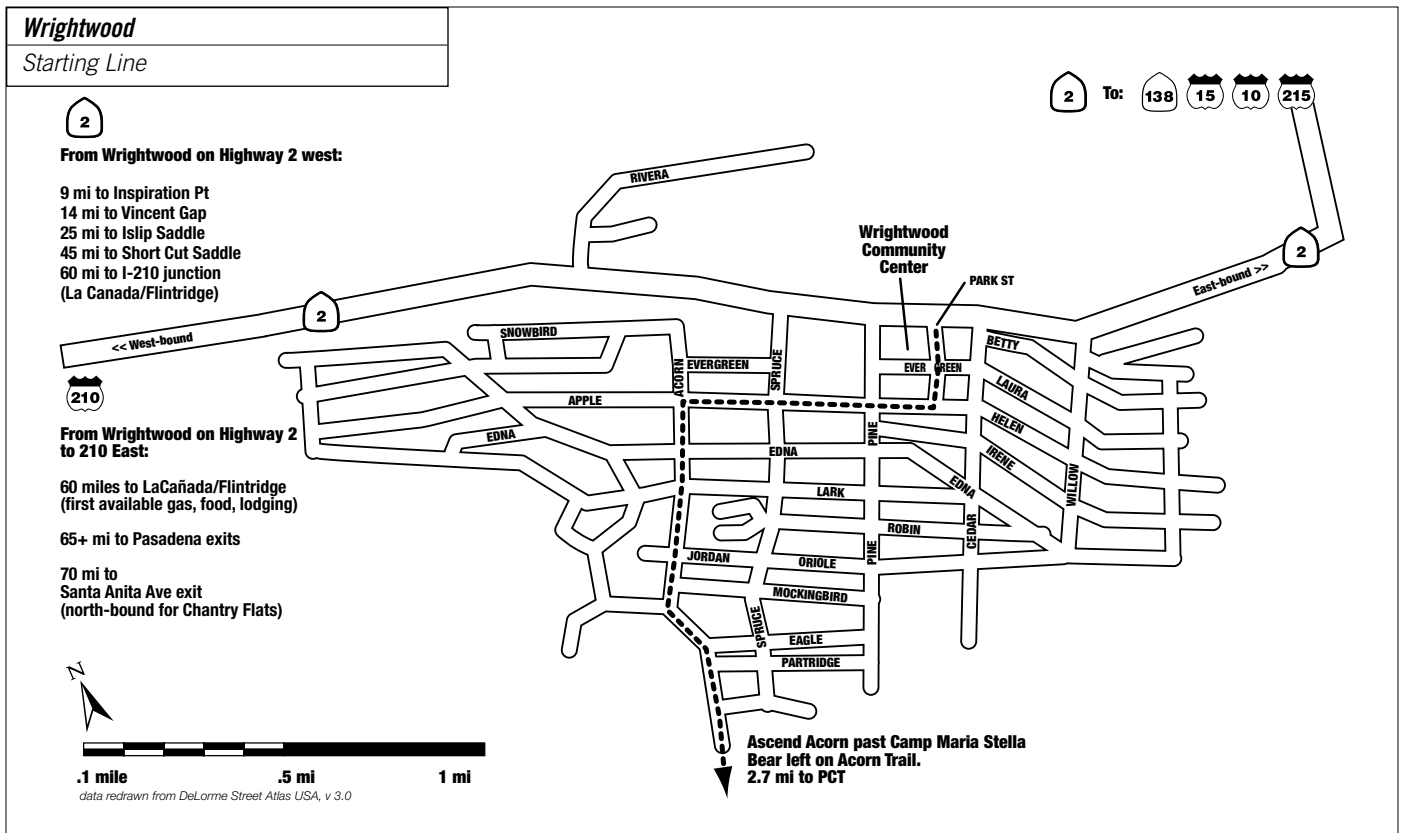
Hypothermia

Hypothermia could be a problem near Mt. Baden-Powell. Wear adequate clothing for the climb. Checkpoints before and after Mt. Baden-Powell (Vincent Gap and Islip Saddle) have crew access and drop bag service. Leave excess clothing with your crew, or in your drop bag that will be returned to the Finish Area.



Jim O'Brien, a mile or so from Islip Saddle, 1989.

3. Race Course Description



Trail Descriptions

The following trail descriptions are designed to acquaint the racer and their crew with the AC100 Race Course. Certain areas that are accessible on training runs will not be available to crews on Race Day. Please make note of this.

Map Sources

The maps used in this book are simplified schematics from The Harrison Maps; Angeles Crest: The High Country and Angeles Crest: The Front Range.

Street and arterial maps are drawn from the Thomas Guide/LA County, which is indispensable for navigation in the Los Angeles Basin. New maps for 2008 were based on Google maps (google.com).

Harrison Maps are available at local outdoor outfitters, and direct. The Thomas Guides are widely available in bookstores and supermarkets.

Wrightwood

The race has its start and pre-race in Wrightwood, the picturesque mountain resort community located in picturesque Swartout Canyon at 6,000 ft. on the north slope of the rugged San Gabriel Mountains, Wrightwood has long been a friendly rest stop for Pacific Crest Trail hikers, runners

and nature lovers; with many interesting shops and excellent restaurants.

The Pacific Crest Trail (PCT) is a National Scenic Trail extending 2,568 miles from Mexico to Canada. The Angeles Forest segment of the PCT extends 170 miles northwest from Wright Mountain above Wrightwood to a point south of Highway 58.

Acorn Trail to the Pacific Crest Trail

The AC100 Trail leaves Wrightwood via Acorn Street, ascending a steep grade, past the MariaStella camp to the left. At road's end, the Acorn Trail is a left turn, where it begins its switchback ascent 2.8 miles up to the Pacific Crest Trail.

At the PCT junction, the Race-course turns right on the PCT. From here the runner is treated to a panorama of Mt Baldy (10,760') on the left to Mt Baden-Powell (9,400') to the right. The trail stays mainly on the Blue Ridge, skirting the Mountain High Ski Areas, until it descends to the notch at Lightning Ridge's Inspiration Point. The first aid-station of the race is set up in the large parking lot.

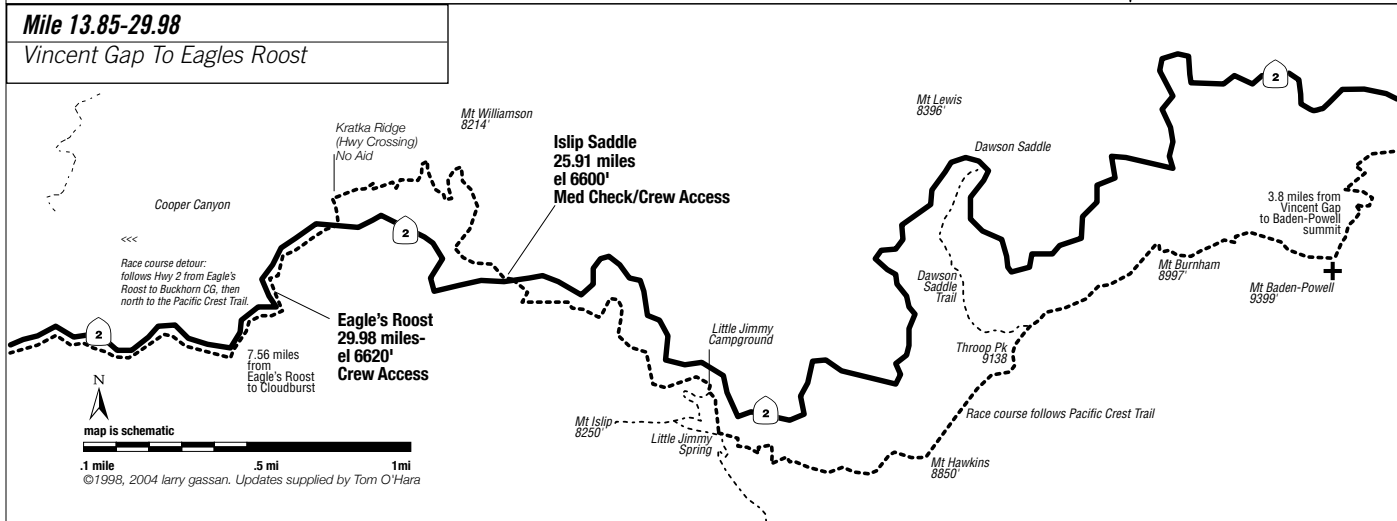
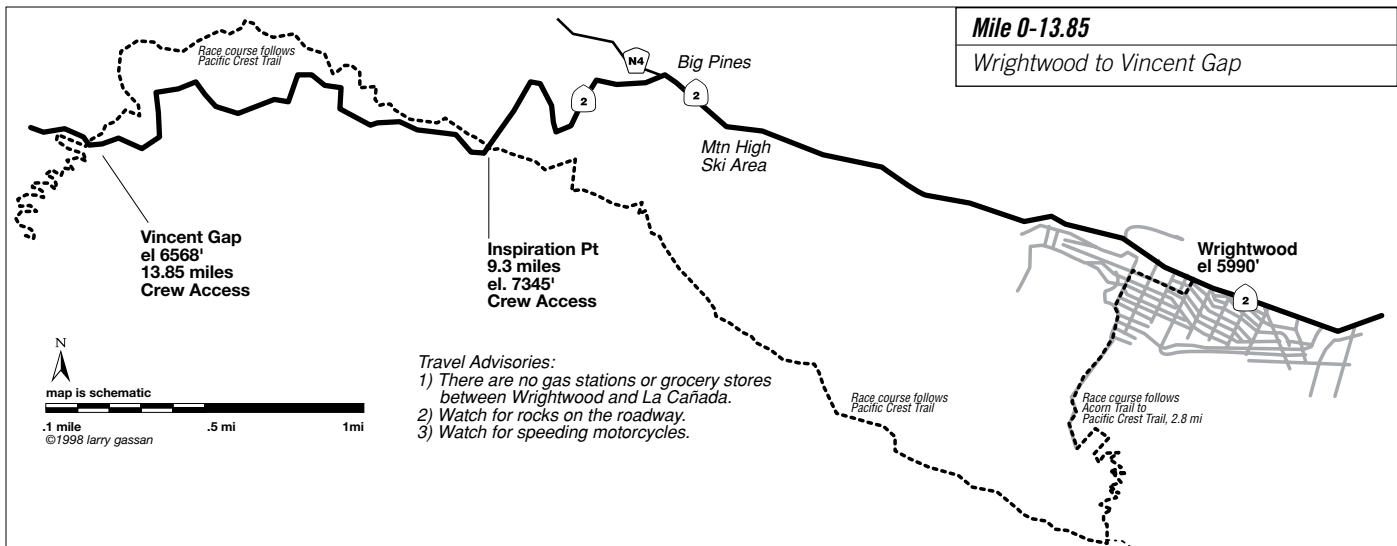
The runner leaves the parking lot on the PCT trail, and soon passes the Grassy Hollow NFS Visitor Center. Water can usually be found there. Keeping to the trails marked

with the white steel posts and the PCT badge, Vincent Gap is 4.5 miles west after Lightning Ridge. Vincent Gap is a PCT Trail head, with a large parking lot and adjacent toilet.

A special feature of the AC100 segment of the PCT is the trail that climbs from Vincent Gap (mile 13) to Mt. Baden-Powell (9,399 feet), the second-highest peak in the San Gabriel Mountains. The trail up Mt. Baden-Powell climbs 2,800 feet in 3.6 miles over 41 switchbacks to a saddle 100 feet below the peak.

One half mile from the 9,000' summit are the first scattering of ancient Limber Pines. Up to 2,000 years old, these trees were identified in 1962 by Angeles National Forest Supervisor Sim Jarvi. Only the great Sequoias and Bristlecone pines are known to be older.

The bottom of the East Fork of the San Gabriel River may be seen more than a mile below the summit of Mt. Baden-Powell. Across this rugged chasm looms the massive peak of Mt. San Antonio ("Old Baldy", 10,064 feet), the highest peak in the San Gabriels. On a clear day, the San Gabriel Valley and other distant mountains are visible, as well as part of the Mojave Desert to the north.



From the signpost at the saddle near Mt. Baden Powell, the PCT section of the AC100 course then descends to Mt. Burnham (8,997'), Throop Peak (8,789'), and Mt. Hawkins (8,850') through Windy Gap and passes Little Jimmy Spring. This perennial spring is not to be missed. Then past Little Jimmy Campground to Islip Saddle (6,640', mile 26), at the base of Mt. Williamson. There is a toilet at Islip Saddle.

Mile 26: Islip Saddle

The course then heads up the trail toward Mt. Williamson (8,214') to a saddle that is within 300 feet of the peak. From the saddle, you can get a nice view of Eagle's Roost and Twin Peak. The trail then heads down Williamson to Eagle's Roost.

At Eagle's Roost the race course follows Hwy 2 to the Buckhorn CG entrance. This is due to a habitat closure of the Yellow Legged Frog.

The race follows the Burkhardt Trail for 1.4 mi back to the PCT in Middle Cooper Canyon, passing by Cooper Campground.

Within the Canyon the AC100 course runs along the Little Rock Creek stream bed, finally leaving Cooper Canyon on a dirt road that connects with a 1.1 mile section of the PCT to Cloudburst Summit (7,018', mile 35).

From Cloudburst Summit the course follows a gentle downhill grade and runs parallel to the Angeles Crest Highway by several springs and past Camp Glenwood (mile 41.25) until Three Points (mile 42.72). From Three Points, the AC100 course leads to a cut-off trail just before Sulfur Springs Campground. Turning leftwards over the ridge, trail contours around the ridge, dropping down to cross the drainage.

The Race-course turns left on the black-top road (5N04) northbound. Follow the road as it winds gently up to Alder Saddle, the intersection of road 3N17. Continue climbing leftwards up the exposed blacktop on Road 3N17.

Mile 49.08: Mt Hillyer

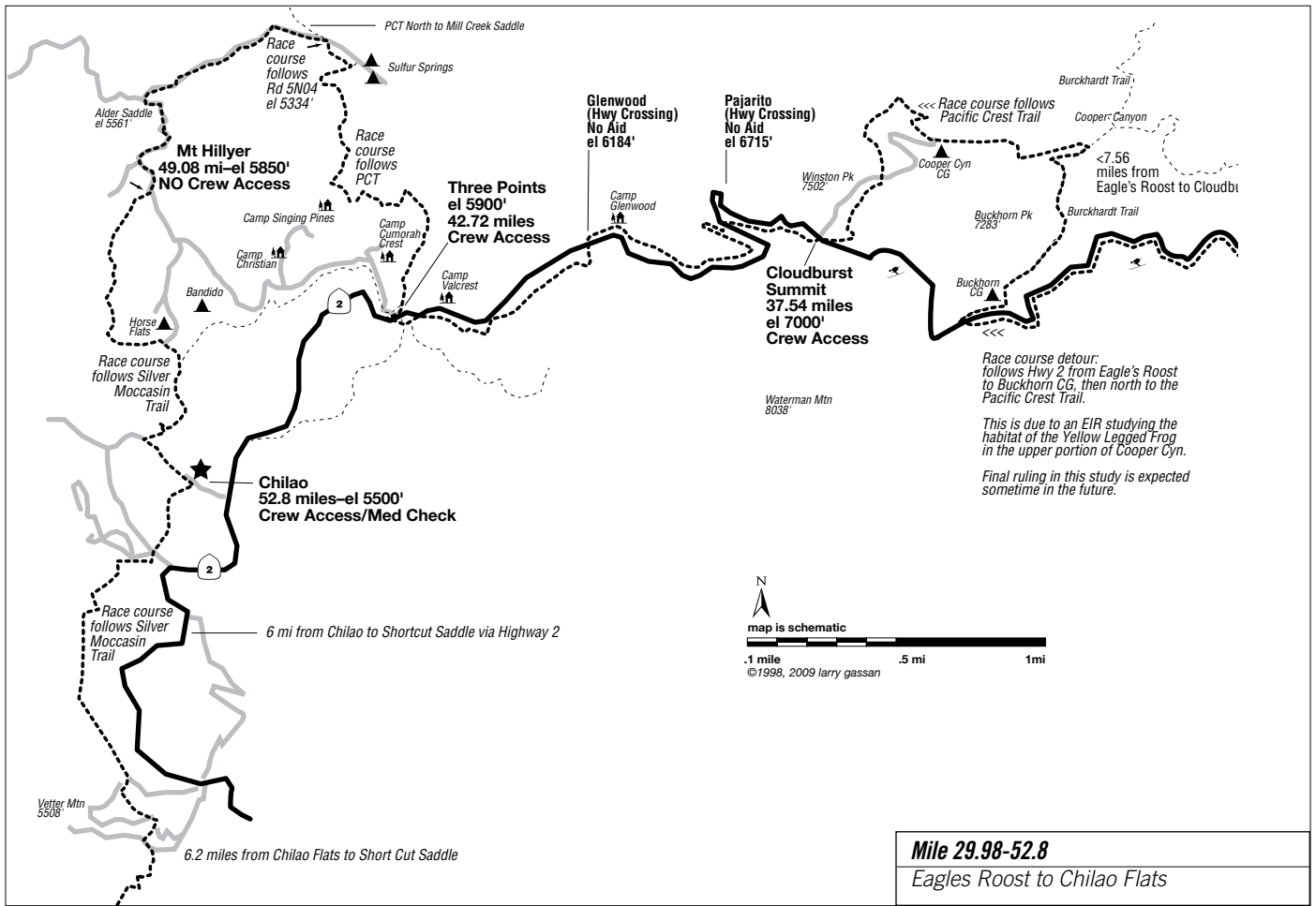
The Mt Hillyer Aid-Station is located at the top of the climb. Bear right between a

set of sawed-off telephone poles set into the ground. The trail travels through trees and shrub over dirt and then open sandy terrain.

The unsigned Mt Hillyer trail ascends a slight grade, then makes a switchback up and over the knoll-like summit. The trail contours through and then descends through large sandstone boulder formations.

This portion of the Race-Course is well marked on race day, but can be tricky for the newcomer on training runs. The trail winds and then descends through large sandstone boulder formations to the Horse Flats Campground on the left side of a ridge. The Silver Moccasin rail is rejoined at the Horse Flats Campgrounds. From there it is about 1.5 miles to the Chilao Visitor Center area.

Turn left when the trail intersects with the single-lane black-top road. Continue .5 mile past the large, tall conifer in the middle of the road. The Chilao Checkpoint will be located at the first "T" intersection to your right. Water is usually available via tap at the picnic area.



Mile 29.98-52.8
Eagles Roost to Chilao Flats

Turn right, staying on the blacktop, and pick up the trail to the right of the rest rooms and picnic areas.

Mile 52.8: Chilao Visitor Center

The Chilao Visitor Center is located within the Charlton-Chilao Recreation Area of the Angeles National Forest on the Angeles Crest Highway. It is also adjacent (1/8 mile) to Chilao Checkpoint (mile 52) at the Chilao Picnic Area. The Center offers an introduction to the forest through a variety of exhibits, trails and activities.

Chilao to Shortcut Saddle

The Race-course continues up over a ridge towards Chilao Campground on the Silver Moccasin Trail. Crossing the blacktop, it skirts the campgrounds to the right.

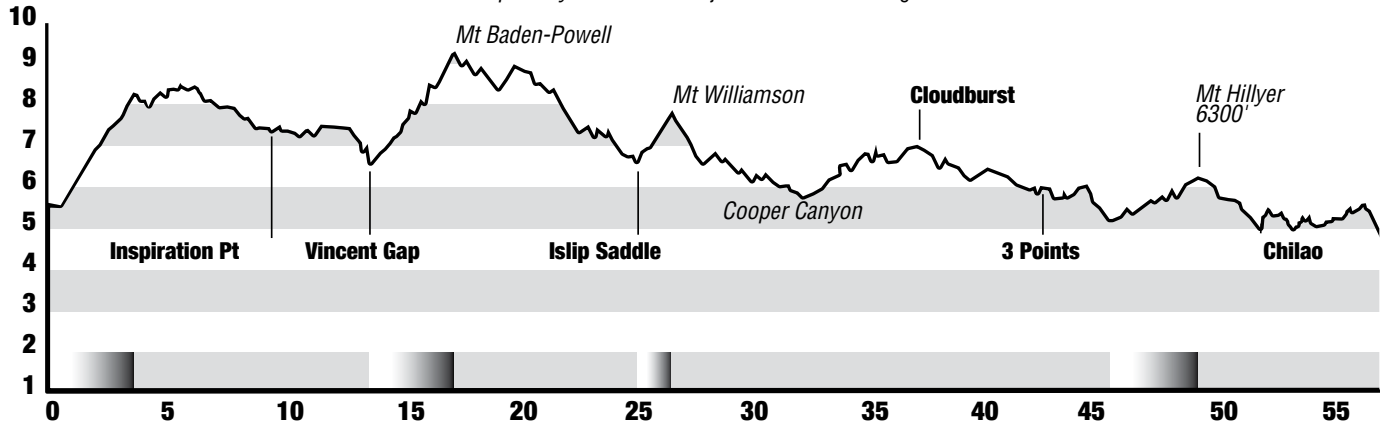
Continue down about 1/2 mile where the trail connects to a dirt road. Bear left. This dirt road is a rolling climb up to the Charlton Flats blacktop access road. Bear left. You will pass through an open wooded area, with a vintage wooden building on the left. At a picnic clearing right after a

USFS pipe-gate, the trail is visible—but not obvious—off to the right.

Contour up the slope. At the Vetter Mtn/ Silver Moccasin trail junction, bear left. The Silver Moccasin trail contours along a wooded slope with picnic tables scattered under the trees. You will pass a non-functioning faucet.

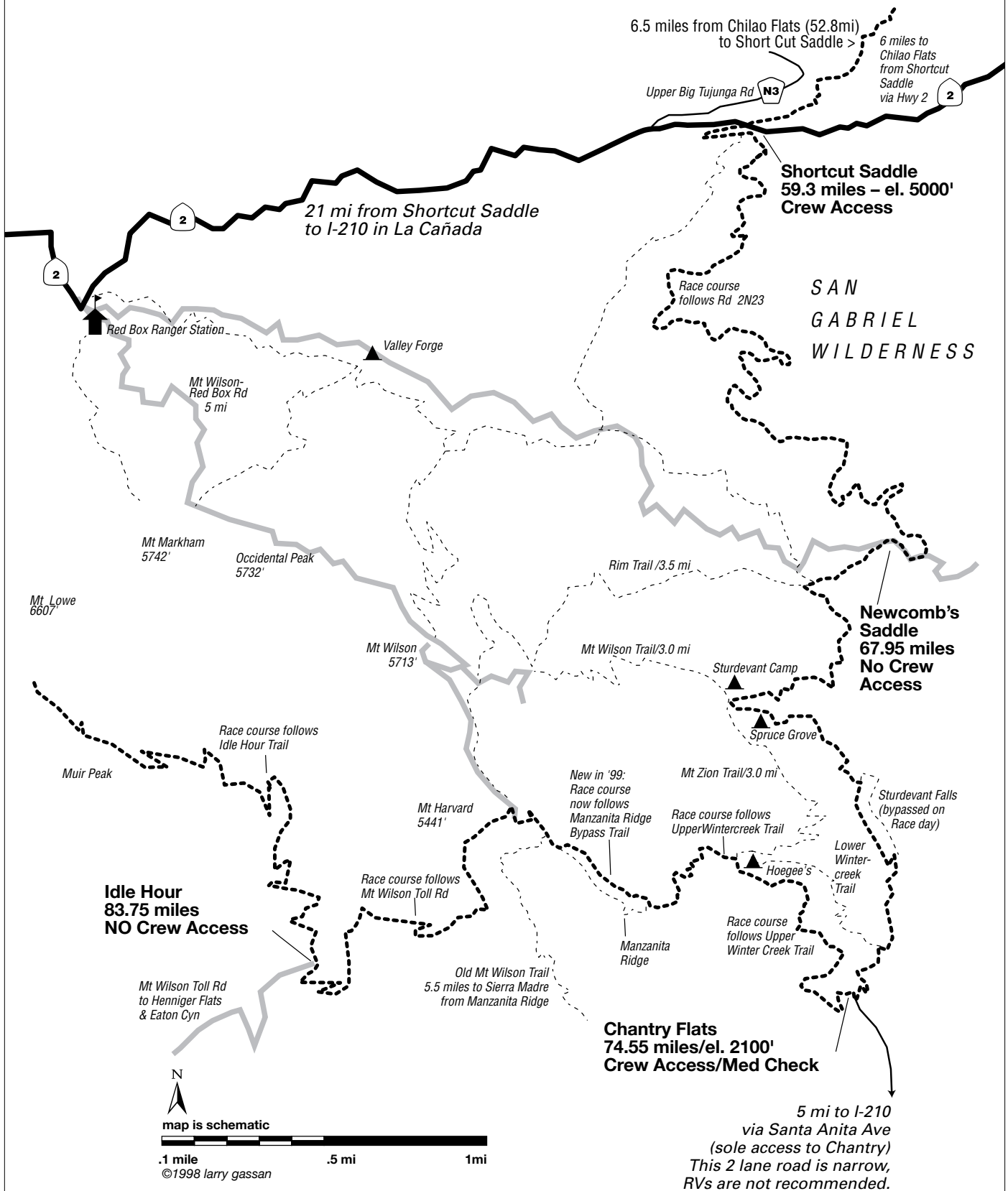
Following the NFS trail-markings, you will be contouring across a blacktop road up to the ridge. From here you can see Shortcut Saddle and Mt Wilson in the distance.

AC100 Race Course Elevation Profile with primary landmarks. Major climbs shown as gradients at base



Mile 59.3-83.75

Shortcut Saddle to Idle Hour



Follow the trail down the SW facing slope, across the dry creek bed and up the other side. This part of the trail is obvious and there are no turnoffs. You will switchback up through manzanita and live oak. Poison oak makes its first appearance on this slope, take care. Shortcut Saddle is about a mile up from the bottom.

Mile 59.3 to 67.95: Shortcut to Newcomb's Saddle.

The Shortcut Checkpoint will be set up in the road-side pull-out area. The trail resumes on the other side of Highway 2. Follow the NFS trail-wands for a short distance, then bear left on the dirt road 2N23. Follow this road down into West Fork. Cross the "concrete bridge", and start the long climb up to Newcomb's Saddle. It is a long 2.5 miles to the top. At the pipe-gate, turn right on Road 2N24. Run for .4 miles, bear left at the next "Y". The aid-station is on the south-facing side of the ridge, and you won't see it until you are right on top of it.

About 100' past the Checkpoint, the trail to Newcomb's Pass is on your left. The Pass is .7 miles further. At the Junction, turn left towards Spruce Grove Campground and the Sturtevant Church Camp in Santa Anita Canyon.

From Newcomb's To Chantry Flats via Big Santa Anita Cyn.

The AC100 runner enters Big Santa Anita Canyon at Newcomb's Saddle, the 68 mile point on the course. Sturtevant Camp, one of the more popular San Gabriel Mountain resorts during the Great Hiking Era (1895-1938), is 2.5 miles from Newcomb's Saddle. During training runs, water is available from a faucet at the camp, about 100 feet off the course. Three trails cross near the camp: the Gabrielino National Recreation Trail (the AC100 course), the Sturtevant Trail to Mt. Wilson, and the Mt. Zion Trail.

One of the big attractions of the Canyon are the 75' high Sturtevant Falls, a two mile hike from Chantry Flats. Although the falls are bypassed during the Run for safety reasons, the runner will be able to hear them.

Emerging from the Canyon the AC runner passes by the Lower Winter Creek trail head, crosses the steel-beamed bridge, then heads .75 mile up the paved road to Chantry Flat (mile 75). Chantry Flat is a popular entry point for San Gabriel Mountain hikers and trail runners. As you cross the bridge looking to your right, you will see a check dam constructed of giant cement "Lincoln logs" built by the Los Angeles County Flood Control District and the Forest Service in the early 1960s. To your left you will see stands of oak, alder, willow and bay.

Mile 74.55: Leaving Chantry Flats via the Upper Winter Creek Trail

After leaving Chantry Flats, the AC100 runner travels uphill .5 mile on a paved road until it meets the Upper Winter Creek Trail head. The Upper Winter Creek Trail rolls uphill for 3 miles to the signed 3-way Hoegee's Junction.

The AC100 course bears left up the Winter Creek Trail towards Manzanita Ridge and the Mt. Wilson Trail for 2 miles. The trail to the right leaves the Race-course and heads down towards Hoegee's Camp.

Manzanita Ridge Bypass Trail to Mt Wilson (79 miles)

The AC100 course bears right on the signed Manzanita Ridge bypass trail for .85 miles until it reaches the original Manzanita Ridge/Sierra Madre Trail Jct. The Mt. Wilson Toll Road is another .5 miles beyond.

Mt Wilson Toll Road to Idle Hour: (83.5 miles)

The Manzanita Ridge trail section ends at the Mt Wilson Toll Road. Turn left. The Toll Road contours down on the "city" side of Mt

Wilson for about 1.5 miles, when it begins its descent on the opposite side of the ridge into Idle Hour Canyon.

The Idle Hour Checkpoint is located at a switchback where the Idle Hour Trail branches right from the Toll Road, across a new wooden bridge built by AC100 Volunteers in 2001. The trail contours to your right up the slope.

Within a half-mile it summits a small saddle and begins to descend on the Idle Hour Canyon Trail. The runner will pass through the Campground and then cross two small creek drainages. The trail then parallels the drainage for a short time before beginning its long rolling climb up and over several ridges and drainages to the Sam Merrill Checkpoint.

Mile 89.25: Sam Merrill Checkpoint

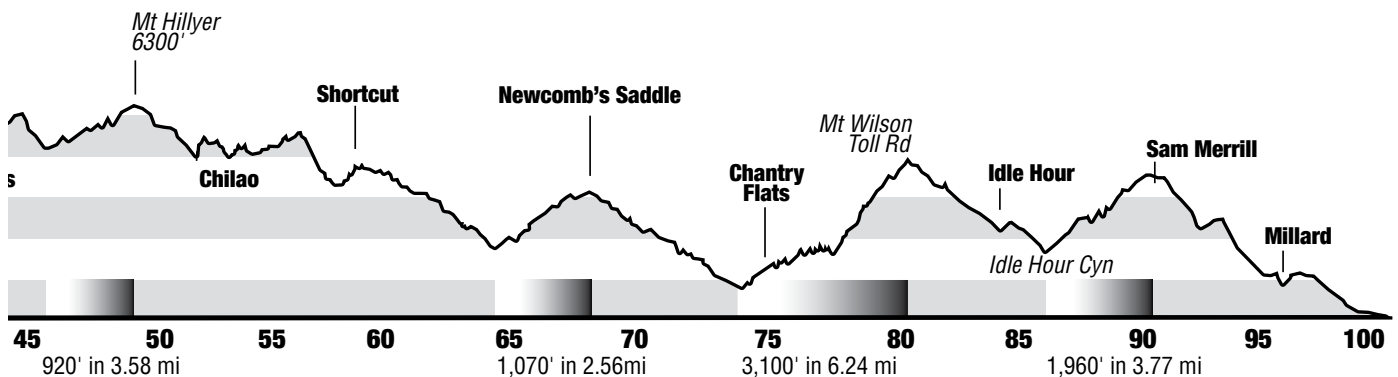
The Sam Merrill Checkpoint is located at the junction of the Mt Lowe Road, Idle-Hour Trail, Inspiration Point Road and the Middle Sam Merrill Trail.

The Middle Sam Merrill Trail bears left from the Idle-Hour Trail. It contours through manzanita, live oaks in decomposing granite formations. Shortly, Pasadena and the San Gabriel Valley vistas are visible again to the right.

The trail descends in switchbacks through exposed red sandstone to the remains of the White City and Mt. Lowe Railway. The Middle Sam Merrill trail ends in a 3-way junction with the abandoned Mt Lowe Railway bed (AC100 Race-course) and the Lower Sam Merrill Trail. Turn right, bearing right! (The Lower Sam Merrill Trail drops straight to Lake St. in Altadena!)

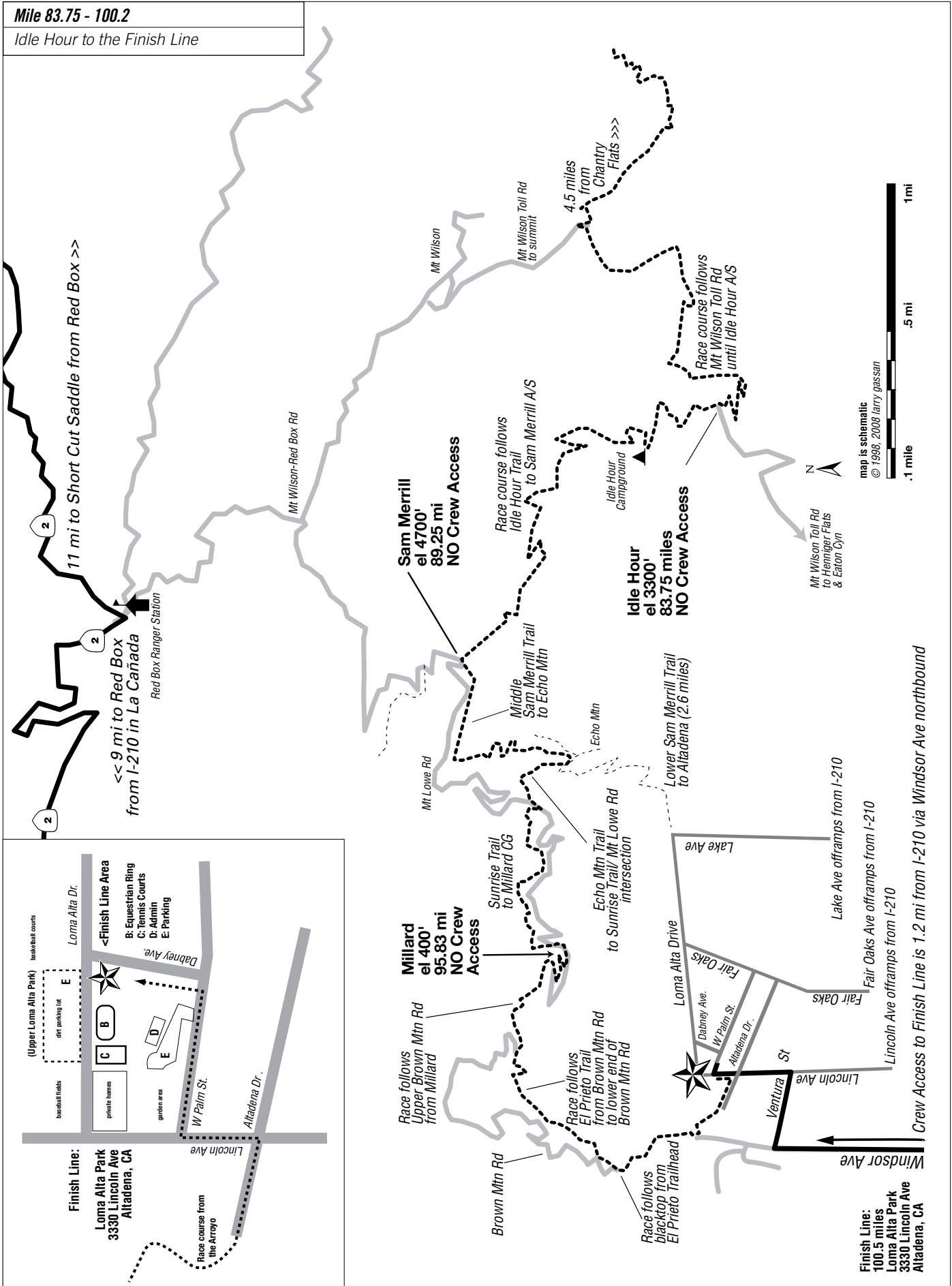
The Mt. Lowe Railway Bed (Echo Mtn) to Sunset Trail Head

Runners follow the old railroad bed at a gentle uphill grade along the Echo Mountain Trail from Echo Mountain to the Sunset



Mile 83.75 - 100.2

Idle Hour to the Finish Line



Trail head (mile 91) for .8 miles.

Sunset Trailhead to Millard (95.5 miles)

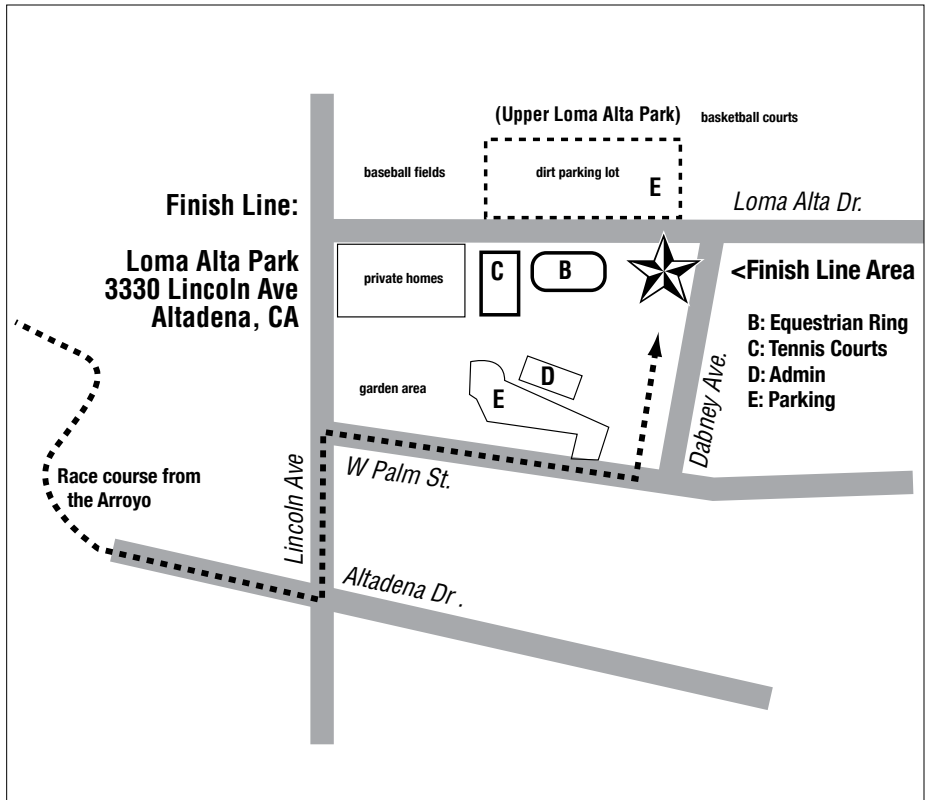
The Sunset Trailhead is less than 100 yards downhill from The Echo Mtn Trail/ Mt Lowe Rd junction. The 2.5 mile trail contours and joins the paved Mt Lowe Road to just above Millard Campground. Continue rightward on the blacktop for about 1/8 mile. Pick up the Millard Trail on your right for the next 1/2 mile down into the Millard Campground. At the bottom turn right and proceed up a shallow grade through the campground and to the Checkpoint.

Mile 95.5 – 100: Millard to the Finish

The runner leaves Millard Campground, crossing the shallow stream and continuing leftward on the main dirt road (Brown Mtn Rd.). This will be your last significant climb of the race. Continue on the road for a little over a mile, where you will pick up the El Prieto Trail on your left. The El Prieto Trail descends through a cactus grove and then into the trees in the El Prieto drainage. It follows a rolling downhill course up and around concrete debris dams. It will cross the creek bottom several times. At it's finish the trail meets Lower Brown Mountain Rd (shown on maps as N2N70).

Proceed down the road for 150 yds, then turn left on the blacktop. From here you will stay on the pavement, crossing several bridges in the process.

About a mile from the finish, there is the last trail section on the left. The trail climbs up 100 yards above a pumping facility, where it intersects the end of W Altadena Drive. Run .3 mile to Lincoln Ave., turn left. Run north on Lincoln Ave for .2 miles. Turn right on W Palm St for .2 miles. Just before Dabney Ave, turn left into park. Run



another 150 yards to the finish line.

Mile 100.2: The Finish, Loma Alta Park.

Loma Alta Park is located at 3330 Lincoln Ave, between W. Palm St and Alta Loma Drive. The Park is accessible from both Lincoln Ave and Windsor/Arroyo exits of the 210 Freeway, the Lincoln exit is a longer drive. Head north on Windsor Ave. Turn right at Ventura Street. Drive .6 miles to Lincoln Ave. Turn left on Lincoln. Drive .7 miles north to W. Palm St. Street parking is available, as the parking lot inside the park may be full.

Finish Line Facilities

The park is generally quiet, shady. Complete with picnic areas and trees, and is generally cooler. There will be a full-service dining area that will be serving food and drink through the night into the day from Saturday night on.

RVs Are Not Recommended.

Loma Alta Park has limited maneuverability and parking. It is also a functioning equestrian center. Street parking is available. Watch for parking restrictions.

Mt Wilson Memories...

The Mt. Wilson Trail in Little Santa Anita Canyon is the oldest trail in the San Gabriel Mountains. During the Great Hiking Era, thousands of Southern Californians rode the Pacific Electric Red Cars to Sierra Madre, disembarked and hiked up this path to the popular trail resort at Orchard Camp.

Prof. Thaddeus Lowe, Civil War balloonist, man of fame and fortune, was the quintessential California dreamer. His dream was to build a railway and resort complex high above Pasadena in the San Gabriel Mountains. In the 1890s, his dream became a reality. During the height of its popularity, millions took Lowe's "Railroad to the Clouds" to fine hotels and spectacular views of Southern California.

Atop Echo Mountain was the White City with a hotel, observatory and a then the world's largest searchlight purchased from the 1893 Chicago World's Fair. From Echo Mountain tourists could board a trolley and ride another few miles to Mount Lowe Tavern at the end of the line. If you are running this section in the daylight, you will be able to see the old railroad ties and some of the concrete structures along the Echo Mountain Trail. One hundred feet to your left at the Castle Canyon Trail Junction on the Echo Mountain Trail, you will be able to see the large iron bull wheel that pulled the cars up the steep incline from Rubio Canyon. A fire swept through Echo Mountain in the early 1900's leveling all of the White City except the observatory. The foundation of Echo Mountain House and the original chalet are all that remains. The Mount Lowe Tavern burned in 1936. The railway was finally decommissioned in December 1937. All that remains of the fabled Mt Lowe tavern is a peaceful spot under old oaks and a big cone spruce next to a picnic table at the Mt Lowe Campground, just below the Mt Lowe-Idle Hour Junction, site of the Sam Merrill Aid Station.

4. Driving the Course

Road Closures & Detours: May 2009

Highway 2 is due to be open at Vincent Gap May 21, 2009. If not, all crew and support will have to detour around as shown on the map. Please refer to map and directions on page 17.

The Chantry Road is open (barring fire, road-bed blockage, or administrative closure). The Adams Pack Station is a good place to buy a cold drink on a hot day.

Gas Up Before You Go!

There are no gas stations or groceries on Highway 2 between La Cañada and Islip Saddle. Newcomb's Ranch serves the only hot meals on Highway 2, and is located between the Three Points and Chilao Checkpoints.

Mile 0 through 56 (detour option)

The first portion of the Race is very straightforward. Every crew-accessible Checkpoint is located either on Highway 2 or very near to it (Chilao). The Mt Hillyer Checkpoint is not accessible. Watch for falling rocks and suddenly-appearing racing motorcycles.

Short Cut Saddle to Chantry: Highway 2 to I-210

Proceed west on Highway 2, following the signs to La Cañada/Flintridge. Highway 2 intersects at the 210. All gas, groceries, and meals are available here.

Get on the 210 Fwy eastbound (towards San Bernardino). You will be driving in south-easterly direction. You will pass the Windsor/Arroyo and Lincoln exits. Follow the signs for the 210 through the 210/134 interchange. Do not exit to the 134.

You are now driving east through Pasadena. Continue for 7.125 miles. Exit at Santa Anita Ave for Chantry Flats.

Exit the 210 at Santa Anita Ave. Turn left (north), under the freeway. After several lights, you will pass out of strip malls etc. into residential neighborhoods. The road to Chantry will be barred by a pipe gate. Depending on conditions, you may not be able to drive up the road.

RVs and Mountain Roads

RVs are discouraged from driving up to Chantry Flats (75mi). The access road is steep and narrow, with no turnarounds. Parking is at a premium.

Race Day Parking At Islip Saddle (25mi)

Parking vehicles on narrow shoulders with vehicles on or over fog lines is against traffic laws and is a safety hazard. Our agreement with the CHP is that we not interfere with traffic in any way. The possibility of traffic accidents due to improper parking along Highway 2 must be avoided.

The following measures are in effect:

- We will place temporary No Parking signs along the narrow shoulders.

- Encourage parking at pullouts a few hundred feet BEFORE Islip Saddle and along the extra-wide shoulders, whose average width is 9 to 17ft.

To The Finish Line From Short-Cut Saddle

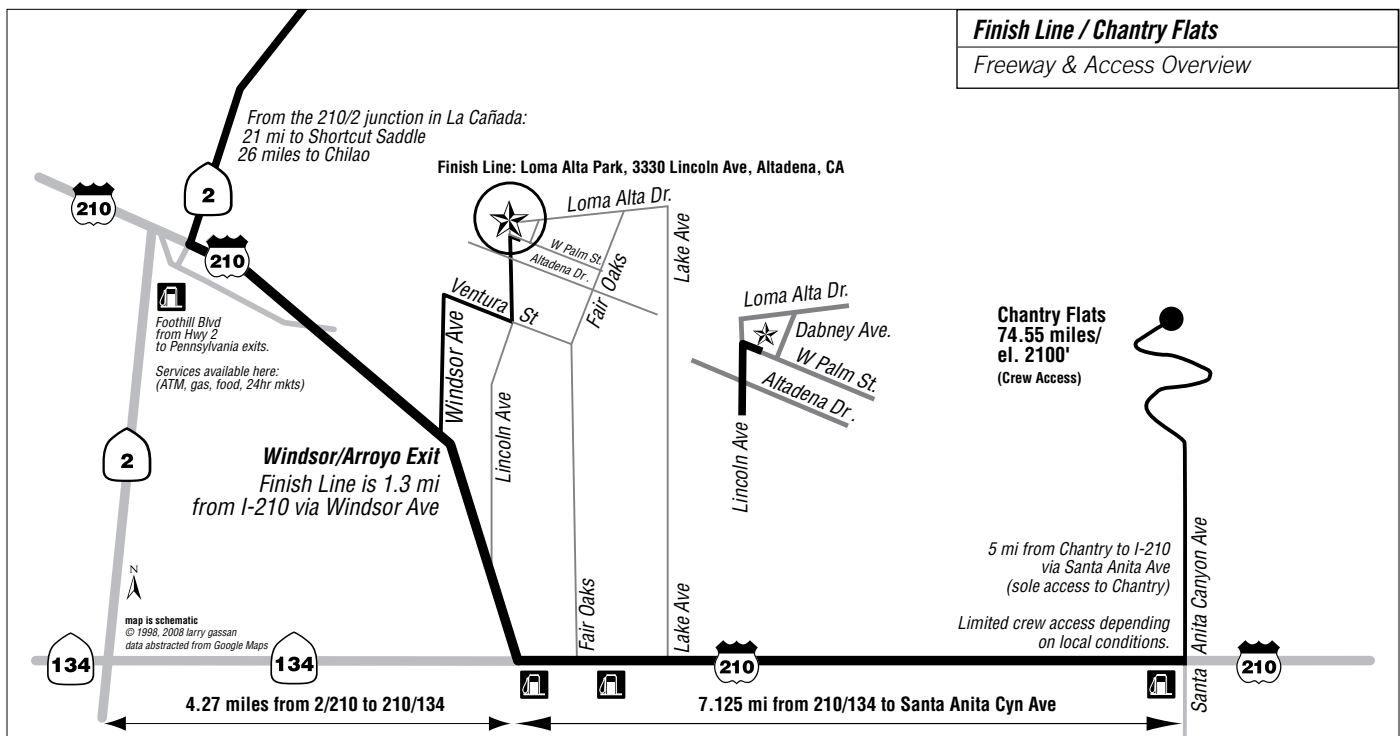
Exit the 210 Freeway at the Arroyo/Windsor exit. Drive north on Windsor about 1 mile, past the Jack-In-The-Box on Woodbury.

Loma Alta Park is located at 3330 Lincoln Ave, between W. Palm St and Alta Loma Drive. The Park is accessible from both Lincoln Ave and Windsor/Arroyo exits of the 210 Freeway, the Lincoln exit is a longer drive. Head north on Windsor Ave. Turn right at Ventura Street. Drive .6 miles to Lincoln Ave. Turn left on Lincoln. Drive .7 miles north to W. Palm St. Street

To The Finish Line From Chantry

Drive down from Chantry on Santa Anita Cyn Rd. You'll drive down the winding road you climbed up. At about 5 miles, you will see signs for the 210 Fwy. Get on the west-bound lane going back to Pasadena. Follow the 210 towards San Fernando. Exit to the right at the Arroyo/Windsor exit, approximately 2.5 miles N of the 210/134 interchange. You will see the Jack-in-The-Box at the top of the offramp.

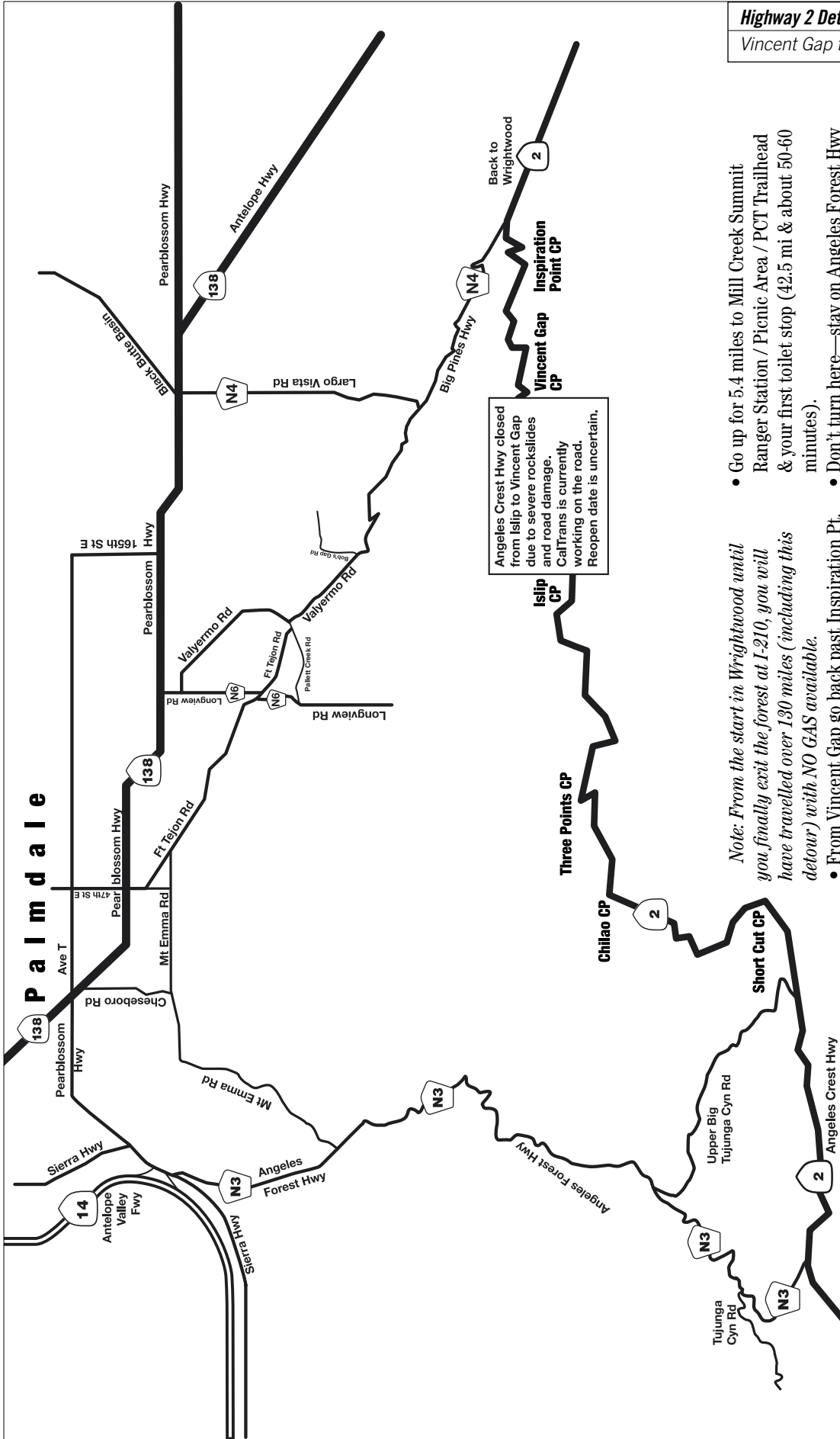
Turn right at the top of the ramp. Drive north 1 mile on Windsor Blvd as described earlier.



Shortcut/Finish Line/Chantry Flat transitions. For Area overview detail, see page 56.

Highway 2 Detour Map (Plan B, if needed)

Vincent Gap to Islip via Palmdale



- Go up for 5.4 miles to Mill Creek Summit Ranger Station / Picnic Area / PCT Trailhead & your first toilet stop (42.5 mi & about 50-60 minutes).
 - Don't turn here—stay on Angeles Forest Hwy for another 6.3 miles to Upper Big Tujunga Canyon Rd (48.8 mi) turn left.
 - Go 9.3 miles to finally return to Angeles Crest Hwy (58.1 mi), turn left.
 - In about 21+ miles you'll be at Islip Saddle at around mile 80 total.
- Mileage data & directions provided by Tom Cheese.*

- Note: From the start in Wrightwood until you finally exit the forest at I-210, you will have travelled over 130 miles (including this detour) with NO GAS available.*
- From Vincent Gap go back past Inspiration Pt. to Big Pines Hwy (5.2 mi) turn left.
 - Follow this winding road down PAST Big Rock Creek Road (16.8 mi) (where the name of Big Pines Hwy changes to Valermo Rd) to Pallet Creek Rd (19.7 mi) turn left. After about 200 FEET, TURN RIGHT on Fort Tejon Rd.
 - Follow Fort Tejon Rd for 7 miles to Mt Emma Rd (26.8 mi) turn left. Follow for 10+ miles to Angeles Forest Hwy (37.1 mi) turn left.

Angeles Crest Hwy closed from Islip to Vincent Gap due to severe rockslides and road damage. CalTrans is currently working on the road. Reopen date is uncertain.

<<9 miles to La Canada from Jct of N3 & 2 (Angeles Forest Hwy/Angeles Crest Hwy)

5. Awards



Hal Koerner: third finish, second win.



The Awards

The awards are presented at Johnson's Field on Sunday during the picnic at the conclusion of the Run. The Awards for the Runners are as follows:

- Bronze Ram Award for first male and female finisher, 18 to 75 years.
- Bronze Ten Point Buck Award for the

2nd overall finisher.

- Bronze Cougar Award for first male and female finisher, 30 to 75 years.
- Bronze Arabian Stallion Award for the first male finisher, 35 to 75 years.
- Bronze Rhino Award for first male and female finisher, 40 to 75 years.
- Bronze Eight Point Buck Award for the

first male, 45 to 75 years.

9 Races within the Overall Race:

The Categories

The Ram, 10 Pt Buck, Cougar, Horse, Rhino, and 8 Pt Buck Awards are not traditional Age-Group Awards. Each award represents a different "Race within the Overall Race." If these were Age-Group Awards the Cougar



Prudence L'Hereaux on her way to the women's title

Award would be available for the first runner who is 35 through 39, not 35 through 75. This unique awards system creates "Nine races within the overall race."

There are two Ram Races, one 10 Pt Buck Race, two Cougar Races, one Horse Race, two Rhino Races, and one 8 Pt Buck Race.

Example: If a 51 year old runner beats all

the 35 year old runners, that runner automatically wins the Cougar Award (which is for 35 to 75) and the fastest 40 year old wins the Rhino Award.

Buckles and Plaques

- Solid Sterling Silver/Solid 14k Gold Buckle for any runner that breaks the course record. Only one buckle per finisher.

- Solid 14k gold buckle for anyone that breaks the overall course record of 17:35:48.
- Silver Belt Buckle: Solid Sterling Silver for all sub-24 hours finishers
- Second Sunrise Ram Buckle: Solid bronze. For all runners crossing the finish line by the Second Sunrise (24:00 to 25:47 hours).

- 33 Hour Ram Buckle: Solid bronze, all Finishers between 25:47 and 33 hours.
- Distinctive engraved acid-etched metal plate mounted on a solid walnut plaque for all finishers.
- 5-color Finisher t-shirt for all finishers.
- Multi-color t-shirt for all participants.

Eagle Award

For any runner who completes 10 consecutive Angeles Crest 100 Endurance Runs.

Elk Award

For any runner who completes 1,000 miles (with no time limit). You will receive credit for either the Eagle or the Elk Award but not both.

California Grizzly Award

For any runner completing 20 straight finishes, we will provide a Bronze Grizzly Award.

Related Races and Awards:

Western United States

Any runner completing the four one hundred mile endurance runs in the Western United States in the same year will be eligible for a distinctive plaque commemorating the accomplishment.

To be eligible, the runner must finish: the Western States 100, the Leadville 100, the Wasatch 100 and the Angeles Crest 100 Mile Endurance Runs.

Last Great Race on Earth

Any runner completing the six designated one hundred mile endurance runs in the United States in the same year will be eligible for a distinctive plaque commemorating the accomplishment.

To be eligible, the runner must finish:

- Two races in the Eastern US: the Old Dominion and Vermont Endurance Runs.
- Two races in the Central West: the Wasatch Front 100 and Leadville 100 Endurance Runs.



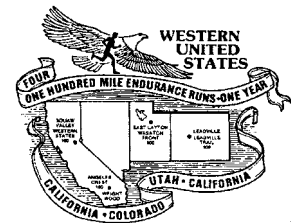
*Arabian Stallion Award: First male finisher, 35 – 75
Elk Award: For 1000 miles finished, no time limit.*



Last Great Race (6 x 100)



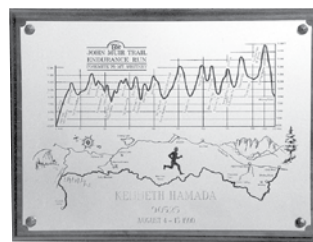
John Muir Trail



Western United States (4 x 100)



Plaque for completion of the Last Great Race (6 x 100)



Plaque for completion of the John Muir Trail



Plaque for completion of the Western United States (4 x 100)

- Two races in the Western US: the Western States 100 and Angeles Crest 100 Endurance Runs.

John Muir Trail

This is not an organized event as the JMT is in a wilderness area where no organized event can be held. Runners completing the trail from Yosemite Valley to Mt. Whitney in ten days will receive a JMT t-shirt. They also may be eligible for a distinctive solid walnut plaque commemorating

the accomplishment. We will maintain information for others who may attempt the run and keep track of finishers.

If you are serious about running the JMT, start planning early. Topographic maps and books are available at backpacking stores.

Send specific questions and concerns regarding the JMT with a SASE to the AC100 Race Management.



- 1) *Ram's Head Trophy awarded to the Sportsmen of the Year.*
- 2) *Rhino Award: Male and Female 40 – 75.*
- 3) *Eagle Award:*

How the Awards Work...

This is the official explanation of the AC100 awards structure. First, discard traditional assumptions about "traditional" age groups.

Angeles Crest 100 Awards Structure

Age Group	Ram 18 – 75 m & f	Buck-10pt 18-75 2nd	Cougar 30 – 75 m & f	Arabian Stallion 35 – 75 male only	Rhino 40 – 75 m & f	Buck-8pt 45 – 75 male only
18 – 75						
30 – 75						
35 – 75						
40 – 75						
45 – 75						

"Nine Overall Races in the Race"

The point of the AC100 award structure is to encourage competition by continually leveling the playing field.

- 1) All runners (18-75) can run the Ram Race.
- 2) The runner must be at least 30 to enter the Cougar Race
- 3) A 51 year old runner can run all of the races.
- 4) If a fast 51 year-old runner beat all of the 40 year-old runners, he wins the Rhino Award. He also vacates the Buck Race, giving other runners an opportunity. Jussi Hamalainen did this in 1997.

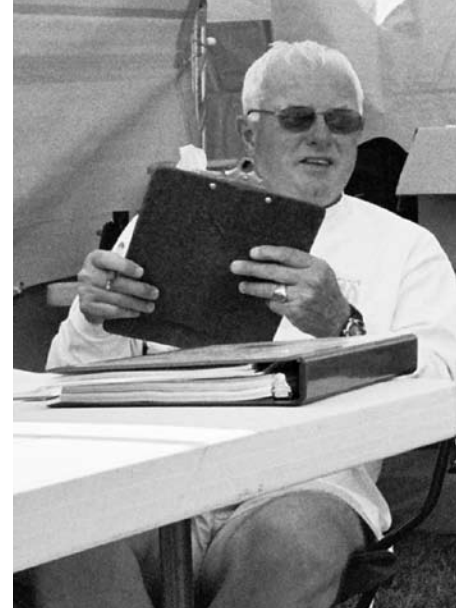
Only the "overall winner" in a "traditional age group" is allowed to "race" out of their "traditional age group". At AC100, everyone is encouraged to "race" out of their age group.

- 5) In the AC100 structure, if a fast senior runner beats the younger runner, then he takes their awards.
- 6) At AC100, we reward performance by continually leveling the playing field.7) If you are are 50 and fast, you will do well here.

6. 2008 Race Team and Volunteers



Montrose Search and Rescue, led by John McKently.



Andy Morehead at the Finish Line

Race Director: Ken Hamada
Co-Race Director: Hal Winton: (AC100 Trail Volunteers Trail-Building Program)
Ass't Race Director: Andy Morehead (Start & Finish Coordinator)
Ass't Race Director: George Evans (Wrightwood Coord)
(Amateur Radio Comm. Coord)
Search & Rescue Coord: John McKently
Ass't Race Director: Gary Hillard, (Trail Building Program)
Medical Director: Mark Giebel
US Forestry Service Coordination & Liaison
Bruce Quintelier
USFS Trail-Building Program
Hal Winton
Training Runs: Hal Winton
thanks also to:
Ham Radio and Packet Coordinator
John Minger
Drop Bag Transportation
Mountain High Ski Resort
Runners and Volunteers Database
Andy Morehead.
Johnson's Field Coordinator:
Phil Auzenne & friends, who built the hot field showers at Johnson's Field.

Race Book

Larry Gassan: editor, design & production
Database Sources and References:
John Davis, Andy Morehead, Fred Pilon & Don Allison of *UltraRunner*, Jeff Robbins, and Dick Sale.

Editors: Original 1998 edition: Renne Gardner, Kathy Hamilton, Geri Kilgariff, Leslie Sowle
Maps and Graphs:
Larry Gassan. Original 1991 course data: Lee Freeman and Larry Blanchard. Revised 1998 profile data: Jeff Robbins. Arterial maps based on Thomas Bros. maps. Course maps based on *Harrison Maps*; *Angeles Crest Front Range*, and *Angeles Crest High Country*.

Checkpoint Coordinators

Inspiration Point CP: Denise Collins
Vincent Gap CPC: Robin & Don Crowell
Islip Saddle CPC: Ted Schultz
Kratka Ridge CPC:
Eagles Roost CPC: Alicia Gross
Cloudburst Summit CPC: Darren Cartagena
Pajarito CPC: Barry Glennan
Glenwood CPC: Andre Slezak
Three Points CPC: Marty Minnich
Mt. Hillyer CPC: Brian Provost
Chilao CPC: Scott Butler
Shortcut Saddle CPC: Bill Ramsey
Newcomb Saddle CPC: Mike Peralez
Chantry Flats CPC: Sharon Spinnler
Idlehour CPC: Joe Franko
Sam Merrill CPC: Eileen Clark
Millard CPC: Jay Grobeson
Finish Line CPC: Andy Morehead
Finish Line Field Coordinator: Phil Auzenne

Finish Line Kitchen Coordinator:

Leonard Klenk

Award Ceremony:

Hal Winton, Andy Morehead and Ken Hamada

Wrightwood Volunteers: Wrightwood FD:

- manned the medical check Friday before the race and at Islip Saddle on race day
- provided the manpower for the Friday night pre-race dinner
- provided the lights and public address system at the race start on Saturday morning
- transported the drop bags to Islip Saddle.

Search and Rescue Coordination

Sierra Madre Search and Rescue:

Dick Sale, Steve Millenbach, Arnold Gaffrey, Lin Kroll and the Team.

Altadena Search and Rescue

Montrose Search and Rescue

John McKently and the Team.

Trail Marking for the 2009 race:

- **Wrightwood to Acorn Trail:** George Evans
- **Acorn Trail to Inspiration Point:** George Evans
- **Inspiration Point to Vincent Gap:** Eric Kajiwarra
- **Vincent Gap: to Islip Saddle:** Eric Kajiwarra



Sam Merrill Crew: Left to right: Ken Rankin, Cindy Rankin, Bret Roberts, Dan Roberts, Ross Clark, Mark Ryne, Eileen Clark, Jeff Su, Sarah Woo (KF6RPS), Steve Woo (KE6ONT), Ron Hanke (KF6VOX), Melody Muzquiz, Jeff White, Bill Westphal (WB6YPF).



Three Points Aid Station, headed by Marty Minnich.

- **Islip Saddle to Eagle's Roost:**
John Marnell
- **Eagle's Roost to Cloudburst Summit:**
Gary Hilliard
- **Cloudburst Summit to Three Points:**
Garry Curry
- **Three Points to Mt. Hillyer:** Brian Provost
- **Hillyer to Chilao:** Liz Hodges
- **Chilao to Shortcut Saddle:** Hal Winton
- **Shortcut to Newcomb's Saddle:**
Mike Peralez
- **Newcomb's Saddle to Chantry Flats:**
Bill Dickey
- **Mt. Wilson Toll Road to
Idlehour Campground:** Joe Franko
- **Idlehour Campground to Sam Merrill Trail:**
Fred Pollard
- **Sunset Trailhead to Millard Campground:**
Jay Grobeson
- **Millard Campground to Finish:**
Brian Provost

7. Course Wildlife

Poison Oak



Poison oak is distinctive by its triple leaf pattern with prominent veins and shiny surface. In the summer, leaves are yellowish-green, pink, or reddish, with small white or tan berries. In the fall, the leaves turn bright red or russet brown.

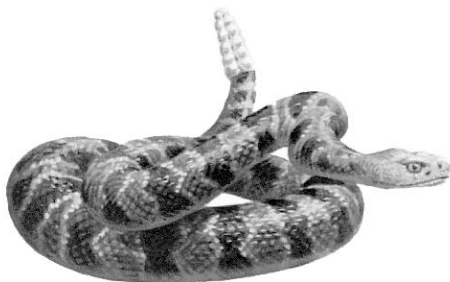
Poison oak is prevalent on the Upper Winter Creek Trail between Chantry Flats and Manzanita Ridge before the Wilson Toll Road. It reappears in Idle Hour Canyon, especially at the bottom. The next occurrences are on the Sunset Trail going into Millard Campground.

If you contact poison oak: wash with Fels-Naptha soap and cold water immediately, or Tecnu solvent, or generous floods of rubbing alcohol in a pinch. These may remove enough of the oil and save you from a major outbreak. Avoiding hot showers for 24 hours after exposure may reduce the degree of irritation.

Rattlesnakes

The Southern Pacific Rattlesnake is the most common rattlesnake inhabiting the San Gabriel Mountains. Average adult size is from 3 to 4 feet, but they may reach 5 feet. The rattlesnake usually announces itself by its distinctive rattle.

Snakes lack means of regulating body temperature, so daily and seasonal temperatures affect their degree of activity. In late fall, the snakes seek shelter in animal burrows or rock crevices. Here they spend



the inter until the temperature rises in the spring. In the summer, the snakes are more active in the evening and morning, avoiding the mid-day heat.

Rattlesnakes have no external ears and have poor eyesight, but they do pick up ground tremors and have a keen sense of smell. This is how they can detect your presence from a distance.

The reaction of a rattlesnake when disturbed depends on the conditions at the moment. Sex, age, species, weather and environmental conditions are important factors in rattlesnake behavior. A rattlesnake will generally withdraw or try to escape when encountered. But if it is cornered, teased or stepped on, it will put up a good fight.

Rattlesnakes are occasionally sighted during the Run. To reduce risk: **STAY ON THE MAINTAINED TRAILS.**

Once you're bitten, rattlesnake venom's primary course is through tissue, not the bloodstream. The venom is quite viscous and elements in the toxin break down tissue as it proceeds. The more venom in the bite, the more the progress. Unless one has been medically trained and knows how to use tourniquets, don't use the suction cup, the tourniquet or the blades to cut the area of the bite.

Fangs are about 3/4" long so the venom is injected quite deeply. Therefore one would need to cut quite deeply to get at the site and in doing so could sever an artery or a vein, ligaments or muscles, and as well introduce harmful bacteria (sucking on a bite, for example, introduces quite a bit of bacteria).

Tourniquets restrict blood flow and can further damage the area already being damaged by the venom—since the venom travels through tissue, those bitten have time to get help.

Hikers and runners are advised to move. Walking out, even with a leg bite, is much better than waiting for a companion to reach civilization and then coming back to get you. The longer you wait to get help, the more tissue can be destroyed.

If you have a cellphone, call 911 and ask for help for transport but keep moving out towards a road or a place where you get signal. If you are bitten on your hand or arm, keep that arm (hand, etc.) in a heart-neutral position. In other words, do not hold you arm above your head or keep your hand below your heart but rather try to hold your

arm so the bite area is level with your heart. This position seems to slow the progress of the venom.

Don't try to catch the snake and kill it. Doctors no longer need to see the type of rattlesnake. The antivenom used (at \$3,000 per vial and most people need at least 6 of these to start with) is a resulting mixture of four different types of snake venom that has been injected into sheep and then the antibodies have been culled to make the antivenom.

If you find yourself suddenly very close to a snake and the snake is moving along and away from you, just stop and do not move at all OR if you cannot stand to do that, take a very large step backwards and away from the snake. Most rattlesnakes are shorter than 3-1/2-4' and a good long step backwards will put you out of range should the snake feel cornered/threatened and turn to strike at you.

Black Bears

Two kinds of black bear inhabit California: the northwestern black bear and the Sierra Nevada black bear. They have not been hunted extensively in the state.

Black bears aren't just black. Their colors range from black and dark brown to cinnamon, light brown, and even yellow and bluish hues. Often cubs of one litter will be different colors.

Black bears eat everything: vegetation, berries, insects, honey, carrion, fish, frogs, fruit and nuts. In overpopulated areas, bears will eat tree bark, damaging second growth timber. While they don't normally prey on game or domestic livestock, they have been known to kill other animals.

The adult bear normally weighs between 200 and 300 pounds. The largest black bear in California on record weighed 498 pounds.

Mating season is in June. That's the only time male bears are with females. Females initially breed at three years of age, then every other year. The gestation period is about 7 1/2 months.

Bears den up and sleep during the winter, living off their stored fat. The young are born during this dormant period, usually in January. They are born blind and weigh only six to eight ounces.

While bears appear clumsy with their flat footed, shuffling gait, they can travel fast and climb trees with ease. Bears tend to be nocturnal and usually aren't active during the day.

The last California Grizzly Bear in southern California was shot in 1903. Large and

ferocious, these animals killed livestock and many early settlers. They even stalked the slopes of Mt. Baden-Powell. Grizzlies were eventually judged too dangerous and exterminated in California. The last grizzly bear in California was killed in 1922 in Tulare County.

Sightings Of Mountain Lions

There have been a significant number of mountain lion sightings in local foothills. A healthy mountain lion population coupled with habitat loss are among the reasons for increased sightings ***Less than forty Americans have been killed by mountain lions, and approximately thirty have been injured. Compare this to an average of 40,000 deaths per year from highway fatalities.***

Throughout the West, mountain lions are now classified as game animals, which means hunting is regulated to prevent excessive "harvest." In addition, in 1989, Californians passed a law that gives the cats full protection from hunting. This law also mandated special funding to protect their habitat.

These measures worked. Most observers agree that there are now more mountain lions in the West than there were 20 or even 50 years ago. One indication is the attacks on humans.

Like other big cats, mountain lions specialize in killing large mammals with hooves, primarily deer and elk. They're also able to live on smaller prey.

A human standing up is not the right shape for a cat's prey. An erect person's head and neck are in the wrong place. Most adult humans are taller than typical lion's prey. The location of the neck is the most important, for that's where the cat bites to kill. When a bear encounters a big cat, it stands up in a defensive mode. A person sitting, squatting or bending over looks a lot like four-legged prey. So standing up, facing the mountain lion, not running away, mak-

ing a lot of noise, and putting on a face, may deter big cat attacks.

Bighorn Sheep

Bighorn sheep, like mountain goats and caribou, are a wilderness species intolerant of human disturbance.

Bighorn sheep are round, thick, and short-bodied. The pelage, similar to that of deer, is darker on rams than ewes. The Nelson bighorn is light steel-gray in color. The California bighorn is light, pearl-gray. The peninsula bighorn is paler than either.

Adult rams usually weigh up to 140 pounds. Prime animals weigh 200 pounds or more. The head and horns alone may be over 30 pounds in large specimens. Ewes are much smaller and lighter.

Male and female bighorn grow horns they never shed. Growth rings on the horns indicate the animal's age. Ewe horns are erect and flat, measuring up to 10 inches long on adults. Mature rams have round, curving horns which may be a half circle, three-quarters, or even a full circle. The horns on a two-year-old ram look like ewe horns. At three years of age, rams are distinguished from ewes by larger, more curled horns.

Bighorns live up to 17 years. Their life span depends on range conditions. For most of the year, bighorns divide into ewe bands and ram bands. During breeding season (October through December), they gather into mixed groups. Females breed at 18 months. The gestation period is about six months. Lambs are born in April and early May, usually as singles—twins are uncommon. Lambs are completely weaned at four to five months of age.

Bighorn sheep can go a long time without water, and may range as far as 20 miles from the closest water source. Adults seldom come to water while on green, succulent feed. Lambs never come to water while nursing.

In the summer, California bighorn scatter in high mountain country above timberline. They migrate down in the fall to spend the winter on lower ranges. Bighorn sheep feed on grass, sedges, forbs and browse. Succulent forage is extremely important during the long, hot, dry periods of the year.

Since 1873, state law has afforded the bighorn year-around protection, but poaching still occurs in remote areas.

There are an estimated 2,000

to 2,500 bighorn in California, throughout the San Gabriel Mountains, Death Valley National Monument, and Joshua Tree National Monument.

Deer in the San Gabriels

There are five kinds of mule deer in California, all considered to be members of the same species, *Odocoileus hemionus*. They are: Columbian black-tailed deer, California mule deer, Rocky Mountain mule deer, Southern mule deer, and the burro mule deer.

Deer are primarily browsing animals. They eat twigs, buds, and leaves of shrubs and trees. They also rely on acorns in some areas. In the spring and fall they will eat grasses, weeds and other green herbaceous plants.

Deer have keen hearing. Air movement governs its sense of smell. Deer have poor vision for stationary objects but are quick to catch motion.

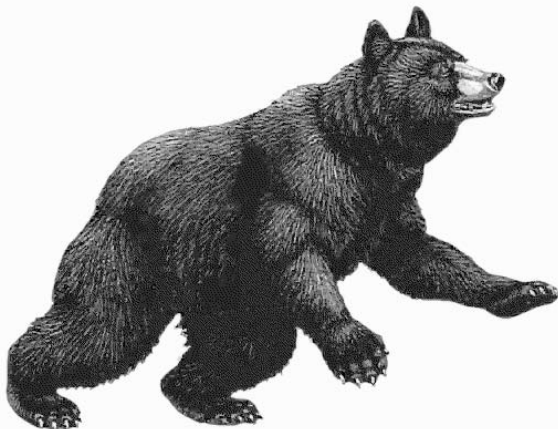
Bucks alone have antlers. Antlers are shed every year in midwinter and the bucks go bare-headed until a new set starts to grow in early spring. They grow anew each year.

Growing antlers are covered with a velvet-like skin until fully developed, at which time the skin is shed. During the growing period the antlers are filled with blood and nerves and are sensitive and easily injured. By the time the mating season begins, the antlers have shrunk and become hard and insensitive and the velvet has been rubbed off.

The size of the antlers and the number of points on each side generally increase as the deer progresses toward maturity, after which the number of points may be less numerous in old age. However, both size and the number of points may vary with the diet, particularly in the first year of life. A yearling on good feed may have three-point antlers and a three-year-old on poor feed may wear only spikes. An adult buck in the prime of life ordinarily has four points on each side. Antlers are unreliable as indicators of age. Age can be determined only by tooth development and wear.

Both bucks and does have reddish coats during the summer, but their colors change to gray in the fall as the long hairs of their coats grow out to form the winter pelage. Fawns are born with spotted coats but lose the spots about 8 to 10 weeks after birth, or about the time they are weaned.

In California, deer seldom breed before they are 16 to 18 months old. The necks of





Sturtevant Falls, winter 2005

the bucks become swollen several weeks before the actual breeding season and remain so until the breeding activity subsides. Does may have as many as three separate breeding periods during the season, spaced about 28 days apart.

If they fail to breed during the first period, they may breed during the second or third period.

Breeding seasons vary with elevation and latitude, but are generally timed so that the young are born during the time of the year when green herbaceous feed is available. The does carry their young for 195-210 days or about seven months and commonly bear single fawns.

The peak of the fawning season varies throughout the State, from early April in parts of coastal California to mid-July in the Sierra Nevada. Some fawns are born earlier and some are born later than the peak periods. Fawns are usually weaned about 60 to 90 days after birth.

The California mule deer is the second most abundant subspecies of deer in the State and is found in abundance in the San Gabriel Mountains.

The animal is migratory except in coastal Southern California and foothill areas

where snow does not cause range shifts. The breeding season occurs in October or November in areas along the coast, but extends as late as mid-December in high mountain ranges in the interior.

Nobody knows how many deer were in California when the early settlers arrived. Historical records indicate that in pioneer times deer may not have been as common in the high mountains as they are now, but they were numerous in the valleys and foothills.

After the gold rush hit California with full impact and the settlers began to crowd in, the deer population began to decline. Although market and hide hunting, as well as the day-by-day take of deer for food by individual settlers, is usually charged with having caused the decline in deer numbers, overgrazing and range depletion also had a major impact. As a result of these factors, the deer population reached a low ebb around the turn of the century.

Today, the deer are the most abundant and most popular big game animal in California.

In the face of phenomenal increases in the human population with its attendant spread of settlement and cultivation of the

soil, mining, logging, livestock grazing, and all the other activities that have changed the primitive aspect of the land, deer have made a big comeback.

The growing deer population is the result of several factors, the most important of which is the ability of deer to live close to humans. Populations of some species of native animals have declined or have disappeared entirely as a result of man's civilization. However, the deer, like the coyote, has adapted itself to and benefited from many of man's activities.

Clearing of foothill and mountain homesteads, timber cutting, and forest fires have created openings and led to the spread of palatable herbs and browses that have actually improved the deer habitat. The establishment of protective laws and enforcement by game wardens gave the adaptable deer enough protection to take advantage of their ability to reproduce and multiply.

Since mountain lions inhabit the same range as the deer and deer make up a large part of its diet, the growing deer population has created an opportunity for its natural predator, the mountain lion, to thrive.



Finish Line 1994: Ben Hian, Joanne Urioste, Evelyn Marshall and Joe Schlereth

Ranking and Index Notes

Finishers are indexed by time and name (starting on page 40). Winners are indicated in boldface.

Awards are listed in full when possible.

Finishers for the Last Great Race(s), the

Western United States, and John Muir Trail are listed after the finisher index.

Awards Abbreviations

G/S Buckle: Gold/Silver Buckle

LGR5: Last Great Race (5 races)

LGR6: Last Great Race (6 Races)

W4: Western United States

Ram's Head: Sportsman of the Year

JMT: John Muir Trail

2nd SR: Second Sunrise

Rank	Name	Home	Time	Year	Award	Rank	Name	Home	Time	Year	Award
1	Jim O'Brien, 36	CA	17:35:48	1989	G/S Buckle	31	Andy Jones-Wilkins, 36	CA	19:53:06	2004	Horse
2	Hal Koerner, 32	OR	18:29:18	2008	Ram	32	Troy Howard, 34	CA	20:00:23	2007	Cougar
3	Hal Koerner, 30	OR	18:37:29	2006	Ram	33	Joe Schlereth, 43	CA	20:04:11	1993	
4	Ben Hian, 25	CA	18:39:48	1994	Ram	34	Andy Jones-Wilkins, 36	CA	20:07:30	2003	Cougar
5	Ben Hian, 27	CA	18:50:24	1996	Ram	35	Justin Angle, 34	WA	20:08:00	2008	
6	Jorge Pacheco, 34	CA	18:52:24	2003	Ram	36	Tom Nielsen, 38	CA	20:09:22	1997	Cougar
7	Jorge Pacheco, 33	CA	19:05:06	2001	Ram	37	Carlos Herrera, 22	MEX	20:10:33	2007	10 Pt Buck
8	Ben Hian, 29	CA	19:05:35	1998	Ram	38	Bill Kissell, 32	CA	20:10:52	1987	
9	Tom Nielsen, 40	CA	19:07:50	1999	Ram	39	Jussi Hamalainen, 45	CA	20:12:56	1991	G/S Buckle
10	Tom Nielsen, 41	CA	19:09:04	2000	Ram	40	Jussi Hamalainen, 41	FIN	20:15:20	1987	
11	Jorge Pacheco, 36	CA	19:10:28	2004	Ram	41	Kaname Sakurai, 35	JPN	20:15:27	2000	Cougar
12	Ben Hian, 26	CA	19:11:11	1995	Ram	42	Joe Schlereth, 45	CA	20:17:25	1995	
13	Scott Jurek, 24	SD	19:15:06	1998		43	Jussi Hamalainen, 46	CA	20:18:05	1992	
14	Fred Shufflebarger, 44	CA	19:22:16	1992	G/S Buckle	44	Hans Put, 39	NY	20:18:13	2000	Arabian Stallion
15	Troy Howard, 35	CA	19:25:00	2008	Cougar	45	Jim Gensichen, 39	CA	20:21:49	1988	G/S Buckle
16	Tom Nielsen, 39	CA	19:26:08	1998	Cougar	46	Tom Nielsen, 37	CA	20:22:22	1996	Cougar
17	Gabriel Flores, 29	CA	19:30:36	1995		47	Tom Nielsen, 47	CA	20:23:07	2006	Cougar
18	Guillermo Medina, 30	CA	19:30:36	2004	Cougar	48	Kevin Sawchuk, 32	VA	20:23:14	1997	
19	Jussi Hamalainen, 44	CA	19:31:24	1990	G/S Buckle	49	Tom Nielsen, 46	CA	20:26:18	2005	Horse
20	Guillermo Medina, 29	CA	19:33:13	2005	Ram	50	Ian Torrence, 27	NV	20:26:19	1999	10 Pt Buck
21	Kevin Dean, 36	CA	19:34:41	2007	Ram	51	Leland Barker, 39	UT	20:30:26	1997	
22	Cirildo Gonzalez, 43	MEX	19:37:03	1997	Ram	52	Jussi Hamalainen, 43	CA	20:31:21	1989	
23	Jim Gensichen, 38	CA	19:37:13	1987	G/S Buckle	53	Jussi Hamalainen, 47	CA	20:33:25	1993	
24	Fred Shufflebarger, 45	CA	19:41:44	1993	Ram	54	Kyle Hoang, 35	CA	20:35:30	2006	Horse
25	Andy Jones-Wilkins, 37	CA	19:43:18	2005	Cougar	55	Lon Freeman, 29	CA	20:38:18	2004	
26	Jim Pellon, 37	CA	19:44:44	1987		56	Justin Angle, 33	WA	20:38:50	2007	
27	Joe Schlereth, 44	CA	19:50:47	1994	Rhino	57	Oswaldo Lopez, 36	CA	20:39:30	2008	Horse
28	Scott Jurek, 25	WA	19:51:19	1999	10 Pt Buck	58	Ian Torrence, 25	NV	20:40:37	1997	
29	Jussi Hamalainen, 49	CA	19:51:26	1995	Rhino, Eagle	59	Stephen Harris, 41	CA	20:43:04	1995	
30	Jim O'Brien, 34	CA	19:51:47	1987		60	Guillermo Medina, 28	CA	20:45:12	2003	10 Pt Buck



Fred Shufflebarger & Hal Winton, 1994



Kelly Solverson, 2005



Honey Albrecht, 2007

Rank	Name	Home	Time	Year	Award	Rank	Name	Home	Time	Year	Award
61	Brian Polley, 36	CA	20:45:17	2007	Horse	123	David Flynt, 39	CA	22:08:17	1995	
62	Joe Schlereth, 46	CA	20:46:34	1996	Rhino	124	Guillermo Medina, 33	CA	22:08:18	2008	
63	Osbaldo Nava Lopez, 35	CA	20:51:16	2007		125	Douglas Spencer, 38	CA	22:08:53	1996	
64	Ian Torrence, 26	NV	20:52:21	1998		126	Guillermo Medina, 27	CA	22:09:30	2001	
65	Juan Herrera, 28	MEX	20:52:29	1997		127	Derrick Carr, 39	VA	22:11:14	2000	10pt Buck
66	Madero Herrera, 25	AZ	20:54:45	1996		128	Tim Seminoff, 38	UT	22:12:07	1996	
67	Patrik Gunnarsson, 33	CA	20:57:53	1998		129	Tom Cheese, 31	CA	22:12:56	1990	
68	Jeff Hines, 36	CA	20:59:04	1996		130	Prudence L'Heureux, 38	OR	22:13:06	2008	Ram
69	Joe Schlereth, 42	CA	20:59:18	1992		131	Ben Hian, 24	CA	22:14:00	1993	
70	Hal Koerner, 28	CO	20:59:24	2004		132	Ashley Nordell, 27	CA	22:14:19	2007	
71	Dale Capewell, 31	CA	21:04:30	1994		133	David Goggins, 32	CA	22:15:19	2007	
72	Guillermo Medina, 31	CA	21:05:15	2006		134	Andy Jones-Wilkins, 33	AZ	22:15:36	2000	
73	Jussi Hamalainen, 42	CA	21:05:22	1988		135	Joseph Kulak, 35	CO	22:16:12	2003	LGR6
74	Hans Put, 37	NY	21:06:08	1998	Horse	136	Jeff Hines, 40	CA	22:16:49	2000	
75	Al Val Verde, 40	CA	21:06:09	1998	Rhino	137	Joseph Franko, 44	CA	22:17:51	1990	
76	Jeff Riley, 37	OR	21:08:33	2006		138	Lou Pals, 50	CDN	22:18:21	1992	
77	Guillermo Medina, 26	CA	21:13:05	2000	10 Pt Buck	139	Dean Dobberteen, 32	CA	22:19:33	2007	
78	Chip Parsons, 38	CA	21:13:05	1992		140	Cirildo Gonzalez, 44	MEX	22:20:05	1998	
79	Rod Bien, 36	OR	21:14:12	2008		141	Heikki Ingstrom, 34	UT	22:21:03	1992	
80	Osbaldo Nava Lopez, 34	MEX	21:14:28	2006		142	Marshall Ulrich, 38	CO	22:22:14	1989	LGR6
81	Stephen Harris, 34	CA	21:17:40	1988		143	David Balsley, 42	NY	22:22:35	1989	
82	Douglas Spencer, 39	CA	21:17:53	1997		144	Kevin Sawchuk, 34	CA	22:23:53	1999	
83	Bill Finkbeiner, 36	CA	21:18:28	1992	W4	145	David Park, 39	CA	22:24:51	1995	
84	Jussi Hamalainen, 48	CA	21:19:46	1994		146	Douglas Spencer, 41	CA	22:25:25	1999	Horse
85	Jack Slater, 42	CA	21:20:17	1989		147	Donald Caldwell, 45	CA	22:27:50	1989	
86	Jussi Hamalainen, 51	CA	21:20:55	1997	Rhino	148	Mark Marcelli, 42	CA	22:29:18	2001	
87	Dean Karnazes, 41	CA	21:21:18	2003	Horse	149	Dennis Huffman, 45	CA	22:29:28	1994	
88	Fred Shufflebarger, 43	CA	21:24:01	1991		150	Dana Taylor, 33	CA	22:29:28	1994	
89	Jonathan Worswick, 34	CA	21:27:32	1997		151	Ruperto Romero, 45	CA	22:30:06	2008	Rhino
90	Joe Schlereth, 39	CA	21:31:58	1989		152	Martyn Greaves,	GB	22:30:20	1987	
91	Dan Barger, 25	CA	21:35:20	1990		153	Alfred Bogenhuber, 48	CA	22:31:05	1988	
92	Ruperto Romero, 42	CA	21:35:26	2007	Rhino	154	Bruce Hoff, 32	CA	22:31:17	1995	
93	Kurt Madden, 39	CA	21:35:53	1994		155	Craig Thornley, 39	OR	22:31:18	2003	
94	Martimiano Cervantes, 46	CA	21:36:59	1998	8pt Buck	156	John Demorest, 38	CA	22:31:54	1989	
95	Joe Schlereth, 41	CA	21:37:27	1991	W4	157	Jussi Hamalainen, 52	CA	22:33:46	1998	Buffalo
96	Jack Slater, 41	CA	21:40:05	1988		158	Kathy Britcliffe, 34	CA	22:36:57	1989	
97	Stephen Harris, 40	CA	21:40:16	1994		159	David Flynt, 38	CA	22:39:30	1994	
98	Adaberto Mendoza, 49	CA	21:41:18	2001	Elk	160	Sherry Kae Johns, 40	AZ	22:39:35	1995	Rhino
99	Stephen Harris, 44	CA	21:42:46	1998		161	Scott Mills, 48	VA	22:40:59	1999	Rhino
100	Stephen Harris, 43	CA	21:43:04	1997		162	Patrik Gunnarsson, 32	CA	22:42:05	1997	
101	Jack Slater, 43	CA	21:45:14	1990		163	Angel Perez, 36	CA	22:42:18	2007	
102	Ron Ehrhard, 28	CA	21:47:14	1998		164	Stephen Harris, 41	CA	22:43:41	1996	
103	Carlos Torres, 20	MEX	21:47:24	2005	Ram's H'd	165	Wayne McGilvery, 31	CA	22:44:26	1999	
104	Stephen Harris, 38	CA	21:49:56	1992		166	Carlos Banderas, 47	CA	22:45:05	1997	8pt Buck
105	Jeff Hines, 35	CA	21:50:36	1995		167	Joe Schlereth, 40	CA	22:46:19	1990	
106	Richard Provost, 40	CA	21:52:00	1986	G/S Buckle	168	Guillermo Medina, 25	CA	22:47:35	1999	
107	Carlos Banderas, 48	CA	21:53:52	1998		169	Angel Perez, 32	CA	22:48:18	2003	
108	David Park, 38	CA	21:54:33	1994		170	Micah White, 38	CA	22:48:24	2001	
109	Adaberto Mendoza, 48	CA	21:55:35	2000	Rhino	171	Jussi Hamalainen, 40	CA	22:49:00	1986	
110	Jussi Hamalainen, 50	CA	21:55:40	1996	Buffalo	172	Rolly Portelance, 47	CA	22:49:06	1990	
111	Dick Brainard, 44	MA	21:56:06	1989		173	Scott Mills, 57	CA	22:49:06	2008	8pt Buck
112	Dave Atlas, 33	MT	21:56:13	1992		174	Dennis Huffman, 42	CA	22:49:56	1991	
113	John-Mark Staude, 26	AZ	21:56:18	1991		175	Blake Wood, 37	NM	22:50:38	1995	
114	Jack Slater, 39	CA	21:59:00	1986		176	Guillermo Medina, 32	CA	22:50:40	2007	
115	Phill Kiddoo, 29	CA	22:00:00	2004		177	John Cave, 32	WA	22:51:55	1992	
116	Suzanna Bon, 43	CA	22:00:15	2007	Ram	178	Roch Horton, 50	UT	22:53:18	2008	Buffalo
117	Ruperto Romero, 42	CA	22:00:23	2006	Rhino	179	Scott McKenzie, 40	CA	22:53:48	1995	
118	Evelyn Marshall, 37	CA	22:01:16	1995	Ram	180	Gabriel Flores, 32	CA	22:53:59	1998	
119	Lance Davis, 33	CA	22:03:10	1993		181	Tom Winter, 45	CA	22:54:40	1994	
120	Ignace Matthys, 32	BEL	22:05:26	1991		182	Ashley Nordell, 28	CA	22:55:30	2008	
121	Carlos Banderas, 50	CA	22:05:48	2000	8pt Buck	183	Kirk Apt, 33	CO	22:55:34	1995	
122	Joseph Franko, 45	CA	22:08:07	1991		184	Jussi Hamalainen, 55	CA	22:56:24	2001	



Evelyn Marshall, 1993



Ben Hian, 1994



Scott Jurek, 1999

Rank	Name	Home Time	Year	Award	Rank	Name	Home Time	Year	Award
185	Pat Whyte, 41	CA 22:57:07	1989		247	Scott Mills, 44	VA 23:33:07	1995	
186	William Ramsey, 44	CA 22:57:14	1997		248	Dana Miller, 42	UT 23:33:24	1993	
187	Carlos Banderas, 43	CA 22:59:25	1994		249	Duke Bartoo, 47	CA 23:34:02	1999	
188	Ralph West,	CA 23:02:04	1987		250	Brent Teal, 33	CA 23:34:08	2007	
189	Monte Mackey, 45	CA 23:03:18	2001		251	John Robinson, 34	OR 23:34:46	2000	
190	Carlos Herrera, 21	MEX 23:04:06	2006		252	Nate McDowell, 28	OR 23:35:29	2000	
191	Marc Gallardo, 31	CA 23:05:46	1996		253	Larry Goodman, 33	CA 23:35:48	1990	
192	Carlos Banderas, 45	CA 23:06:42	1995		254	Blake Wood, 38	NM 23:36:16	1996	
193	Ernesto Henriquez, 39	CA 23:06:42	1995		255	Susan Gimbel, 43	CA 23:37:05	1990	G/S Buckle
194	Adaberto Mendoza, 51	CA 23:07:18	2003	Rhino	256	Denis Trafecanty, 53	CA 23:37:09	1996	
195	Ray Sanchez, 41	CA 23:07:24	2008		257	Bruce Hoff, 29	CA 23:37:15	1992	
196	Dan Barger, 23	CA 23:07:31	1988		258	Angel Perez, 34	CA 23:38:24	2005	
197	Chris Christensen, 35	CA 23:07:48	1992		259	Walter Allison, 35	CA 23:38:34	1990	
198	Suzanne Brana, 41	CA 23:08:47	1999	Cougar	260	Willis McCarthy, 42	CA 23:39:19	1997	
199	John Pearch, 30	WA 23:10:30	2003		261	Eveyln Marshall, 36	CA 23:39:37	1994	Ram
200	Shawn McDonald, 29	CA 23:10:42	1995		262	Tom Nielsen, 35	CA 23:39:37	1994	
201	Lee McKinley, 47	CA 23:11:06	2008		263	Caesar Cepeda, 37	CA 23:39:41	2000	
202	Angel Perez, 35	CA 23:11:16	2006		264	Devin Corcoran, 49	CA 23:40:34	2006	8 Pt Buck
203	Craig Thornley, 42	OR 23:11:28	2006		265	Richard Hillestad, 44	CA 23:41:00	1986	
204	Bill Carlson, 32	CA 23:12:17	1992		266	Ian Torrence, 31	NV 23:41:12	2004	
205	Bill Kee, 40	CA 23:12:24	1997		267	Rob McNair, 54	CA 23:41:12	2008	
206	Mark Marcelli, 36	CA 23:13:18	1995		268	Kaname Sakurai, 34	JPN 23:41:16	1998	Ram's H'd
207	Don Redmond, 22	CA 23:14:11	1990		269	Kevin Lee, 32	CA 23:41:40	1996	
208	Dan Williams, 52	CA 23:14:30	2001		270	Jussi Hamalainen, 60	CA 23:43:11	2006	Buffalo
209	Jai Ralls, 33	OR 23:15:24	2008		271	Thomas Green, 42	MD 23:43:46	1992	
210	Juan Sanchez, 39	CA 23:16:06	2008		272	Barry Condron, 30	CA 23:44:35	1994	
211	Chris Cole, 23	CA 23:17:00	1986		273	Rocky Allen, 30	CA 23:44:44	2007	
212	Ken Gregorich, 42	CA 23:17:06	2001		274	Shawn McDonald, 32	CA 23:44:55	1998	
213	Kyle Hoang, 34	CA 23:17:12	2005		275	David Adams, 41	WY 23:45:10	1993	
214	Sherry Kae Johns, 42	NM 23:18:00	1997	Ram	276	Juan Sanchez, 38	CA 23:45:23	2007	
215	Jay Grobeson, 38	CA 23:18:09	1999		277	Bernard Coudurier, 44	CA 23:45:47	1996	
216	David Lygre, 47	WA 23:18:36	1989		278	Hollis Lenderking, 40	CA 23:46:46	1990	
217	Joe Franiak, 30	CA 23:18:49	1991		279	Vicki DeVita, 38	CA 23:46:56	1991	G/S Buckle
218	Rob McNair, 45	CA 23:19:07	2000		280	Michael Modzelewski, 36	CA 23:47:20	1989	
219	Mark Marcelli, 48	CA 23:20:03	2007	8 Pt Buck	281	Scott Modzelewski, 27	AZ 23:47:20	1989	
220	Scott McKenzie, 41	CA 23:20:37	1996		282	John Cave, 31	CA 23:47:30	1991	
221	Tom Sloan, 41	CA 23:21:08	1989		283	John Demorest, 42	CA 23:47:32	1993	
222	Phil Penna, 42	CA 23:21:26	1990		284	Mike Fiorito, 29	NC 23:48:35	1996	
223	Kent Crites, 37	CA 23:22:58	1988		285	Jamil Coury, 22	AZ 23:49:07	2007	
224	Michael Gregg, 28	CA 23:23:00	1986		286	Nick Coury, 19	AZ 23:49:07	2007	
225	Brent Teal, 34	CA 23:23:06	2008		287	Scott McKenzie, 39	CA 23:49:52	1994	
226	Thomas Winter, 42	CA 23:23:09	1990		288	Larry Gassan, 41	CA 23:50:04	1996	
227	Bill Kee, 38	CA 23:24:12	1995		289	Herb Tanzer, 38	CA 23:51:02	1990	
228	Al Val Verde, 42	CA 23:24:32	2000		290	Louis Paciello, 34	AZ 23:51:19	2000	
229	Peter Gagarin, 44	MA 23:25:11	1989		291	Devy Reinstein, 34	CA 23:51:25	1990	
230	Rob McNair, 44	CA 23:26:11	1998		292	Jack Slater, 44	CA 23:51:26	1991	
231	Ray Bell, 44	FL 23:27:27	1988	W4	293	Noel Hanna, 31	IRE 23:51:29	1998	Ram's H'd
232	Jussi Hamalainen, 54	FIN 23:27:46	2000	Buffalo	294	Stewart Dutfield, 36	WA 23:51:42	1991	
233	Alex Feldman, 40	ID 23:28:07	1997		295	Jennifer Johnston, 35	CA 23:51:57	1999	Cougar
234	Gary Johnson, 38	CA 23:28:09	1991		296	Jamie Williams, 45	CA 23:51:57	1994	
235	Jennifer Johnston, 34	CA 23:28:43	1998	Ram	297	Whit Rambach, 36	CA 23:52:00	2003	
236	Willis McCarthy, 35	CA 23:29:01	1990		298	Micah White, 37	CA 23:52:09	2000	
237	Ashley Idema, 26	OR 23:29:05	2006	Ram	299	Gordon Hardman, 38	CO 23:53:00	1989	LGR6
238	Stu Sherman, 49	CA 23:29:18	2004	Rhino	300	Devin Corcoran, 48	CA 23:53:06	2005	8pt Buck
239	Jay Grobeson, 44	CA 23:29:24	2005	Rhino, Elk	301	Jack Slater, 45	CA 23:53:18	1992	
240	Danny Westergaard, 31	CA 23:29:32	1990		302	Larry Harlan, 37	CA 23:53:44	1996	
241	Jeff Thompson, 39	CA 23:29:54	1990		303	Wendell Robison, 38	WY 23:54:00	1990	
242	Ian Maddieson, 44	CA 23:30:05	1986		304	Jack Slater, 40	CA 23:54:25	1987	
243	Wendell Robison, 37	WY 23:30:34	1989		305	Jeff Pecsar, 38	CA 23:55:15	1988	
244	Jay Grobeson, 36	CA 23:30:43	1997		306	Francisco Fabian, 50	CA 23:55:24	2001	
245	Brian Polley, 35	CA 23:32:08	2006		307	Garry Curry, 33	CA 23:55:25	1987	
246	Jussi Hamalainen, 53	CA 23:32:52	1999	8pt Buck	308	Robert Prado, 34	CA 24:01:16	1988	



Suzanne Brana, 1999

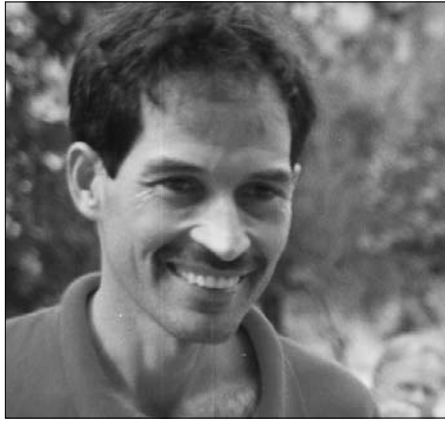


Kevin Sawchuck & Doug Spencer, finish line, 1999

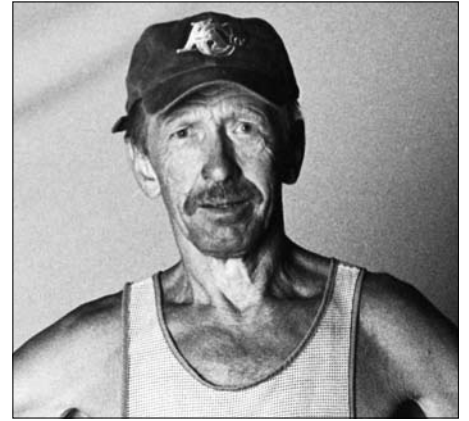
Rank	Name	Home Time	Year	Award	Rank	Name	Home Time	Year	Award
309	John Bandur, 48	WA 24:04	1986		371	Donald Tucker, 32	UT 25:16:14	1989	
310	Stephen Harris, 45	CA 24:06:47	1999		372	David Ruvalcaba, 54	CA 25:16:24	2008	
311	Adalberto Mendoza, 54	CA 24:07:31	2006		373	Sue Johnston, 40	VT 25:16:30	2006	Rhino 2nd S/R
312	Adalberto Mendoza, 56	CA 24:08:18	2008		374	Walter Morrison, 52	CA 25:16:54	1990	
313	Stacey Bunton, 43	OR 24:10:28	2006	Cougar	375	Troy Limb, 43	CA 25:18:18	2004	
314	Caz Scislowicz, 51	CA 24:12:07	2000		376	Peter Gagarin, 41	MA 25:19	1986	
315	Jay Grobeson, 43	CA 24:20	2004	2nd Sunrise	377	Jeff Arndt, 51	AK 25:20:24	2004	
316	Kellen Betts, 22	CA 24:28:06	2004		378	Robert Volkenand, 57	OR 25:21:16	1988	
317	Jennifer Henderson, 37	CA 24:28:27	1996	Ram	379	Mike Malinin, 36	CA 25:22:06	2004	
318	Martin Ramires, 34	AZ 24:28:27	1996		380	Jennifer Johnston, 37	CA 25:23:36	2001	Ram
319	Tracy Moore, 47	CA 24:29:30	2008		381	Edith Bogenhuber, 46	CA 25:23:37	1990	
320	Adalberto Mendoza, 47	CA 24:30:01	1998		382	Barry Condron, 30	CA 25:23:42	1993	
321	Edith Bogenhuber, 47	CA 24:31:04	1991		383	William Ramsey, 43	CA 25:26:11	1996	
322	Gene Thibeault, 49	CA 24:32:14	1995		384	Patrick Stewart, 45	CA 25:31:03	1997	
323	Jennifer Johnston, 40	CA 24:32:24	2004	Ram	385	Dennis Huffman, 44	CA 25:31:56	1993	
324	Vince Pedroia, 52	CA 24:34:09	1999	Buffalo	386	Jay Grobeson, 34	CA 25:32:46	1995	
325	Bill Kee, 42	CA 24:34:17	1999		387	David Capron, 53	CA 25:33:47	1998	
326	Derrick Carr, 38	VA 24:34:34	1999		388	Larry Vandenburg, 46	WA 25:34:42	2000	
327	Rafael Arceo, 35	CA 24:37:18	2003		389	Jeff Arndt, 47	AK 25:34:51	2000	
328	Vince Pedroia, 52	CA 24:37:32	1998		390	Lee McKinley, 47	CA 25:36:19	2007	
329	Diana Finkel, 31	CO 24:39:06	2003	Ram	391	Mike Trevino, 25	CA 25:36:37	2000	
330	Jorge Pacheco, 32	CA 24:39:39	2000		392	Grant Sisler, 30	CA 25:37:11	2007	2ND Sunrise
331	David Flynt, 38	CA 24:40:48	1993		393	Jay Grobeson, 35	CA 25:37:25	1996	
332	Vincent Balch, 41	CA 24:42:02	1997		394	William Stenzel, 26	CA 25:37:31	2000	
333	David Coblentz, 43	NM 24:43:25	2006		395	Jay Grobeson, 37	CA 25:38:51	1998	LGR6
334	Dale Sutton, 47	CA 24:44:30	1987		396	Tracy Bahr, 31	OR 25:41:12	2003	Cougar
335	Mark Flores, 40	CA 24:46:06	2008		397	Mark "PineNut" Kiner, 30	CA 25:41:12	2004	
336	George Beech, 41	CO 24:50:02	1991		398	Curt Ringstad, 41	OR 25:42:36	1993	
337	Gary Hilliard, 49	CA 24:50:16	2004	8 Pt Buck	399	Brandon Sybrowsky, 22	UT 25:44:42	1993	
338	Micheal McCarthy, 42	OR 24:50:16	2006		400	Nancy Tinker, 40	CA 25:44:48	1991	
339	Denis Trafecanty, 54	CA 24:52:48	1997	Buffalo	401	Juan Herrera, 32	MEX 25:45:26	2000	
340	Vince Pedroia, 54	CA 24:52:59	2000		402	Brian Farr, 43	CA 25:47:57	2007	
341	Julie Fingar, 30	CA 24:53:24	2005	Ram	403	Rob Cain, 53	OR 25:48:25	2007	
342	Marc Gallardo, 32	CA 24:53:52	1997		404	Eric Lee, 26	CO 25:49:12	2008	
343	Rob McNair, 52	CA 24:54:20	2006		405	Andrew Heard, 41	AZ 25:49:56	2007	
344	Jussi Hamalainen, 58	CA 24:55:06	2004	Buffalo	406	Raymond Villeneuve, 38	CDN 25:52:30	1992	
345	Monte Mackey, 41	CA 24:55:57	1997		407	Jana Gustman, 34	CA 25:55:24	2001	Cougar
346	Nick Bassett, 50	WY 24:56:49	1995	Buffalo	408	Steve Harvey, 44	CA 25:55:31	1988	
347	Stacey Bunton, 44	OR 24:57:45	2007	Cougar	409	Mark Cosmas, 38	AZ 25:56:30	2005	
348	Wayne Gibbons, 31	CA 24:58:07	1990		410	Jeff Huff, 37	HI 25:56:47	1999	
349	Tom Sloan, 40	CA 24:58:26	1988		411	Stephen Harris, 47	CA 25:57:06	2001	
350	Greg PirkI, 32	HI 24:59:14	2000		412	Jay Grobeson, 40	CA 25:57:18	2001	
351	Jeff Huff, 38	HI 24:59:15	2000		413	Terry Crawford, 42	CA 25:57:25	1990	
352	Edward Boggess, 39	CO 24:59:58	1997		414	Al Val Verde, 39	CA 25:58:11	1997	
353	Perry Petschar, 41	CA 25:00:55	1995		415	Denis Trafecanty, 58	CA 25:58:18	2001	
354	Rob McNair, 43	CA 25:02:18	1997		416	Troy Limb, 44	CA 26:00	2005	
355	Ed Masters, 37	UT 25:04:41	1989		417	Tim Ball, 32	CA 26:02:04	1991	
356	Elaina McMahon, 39	CA 25:05:33	1996	Cougar	418	John Bandur, 51	WA 26:03:20	1989	
357	Martha Swatt, 33	WY 25:06	1995		419	Rene Casteran, 42	OR 26:03:20	1989	W4
358	Dan Barger, 29	CA 25:06:08	1994		420	Jussi Hamalainen, 56	CA 26:04:12	2003	8pt Buck
359	Jeff Arndt, 48	AK 25:06:30	2001		421	Scott Eppelman, 40	TX 26:04:14	2006	
360	Thomas Winter, 39	CA 25:08:37	1987		422	Linda Elam, 45	CA 26:04:16	1991	W4
361	Monte Mackey, 35	CA 25:08:54	1991		423	akabill Molmen, 54	HI 26:04:42	1998	
362	Adalberto Mendoza, 54	CA 25:09:43	2007	Buffalo	424	Ronda Sundermeier, 37	OR 26:06:12	2004	Cougar
363	Donald Welch, 39	CA 25:10:21	2007		425	Tony Ostrom, 45	CA 26:07:56	2000	
364	Bernard Coudurier, 45	CA 25:10:38	1997		426	Gary Ritchie, 58	CA 26:08:18	1998	
365	Jennifer Johnston, 36	MI 25:11:24	2000	Ram	427	David Daly, 40	CA 26:08:30	2001	
366	Peter Palmer, 44	CT 25:14:18	1997		428	Ted Winters, 48	CA 26:09	1986	
367	Rafael Arceo, 38	CA 25:14:28	2006		429	Deborah Askew, 41	CA 26:09:15	1999	Rhino
368	Bill Graney, 46	CA 25:14:28	2006		430	Jonas Hansen, 32	CA 26:10:24	2008	
369	Vince Pedroia, 51	CA 25:14:36	1997		431	Bill Kee, 48	CA 26:11:30	2005	
370	Evelyn Marshall, 35	CA 25:15:09	1993	Ram	432	Jean-Paul Mazaud, 43	CA 26:13:02	1995	



Sherry Kae Johns, 1997



Gabriel Flores, 1998



Jussi Hamalainen, 2004

Rank	Name	Home Time	Year	Award	Rank	Name	Home Time	Year	Award
433	akabill Molmen, 56	HI 26:14:24	2000		495	Steve Harvey, 42	CA 26:48	1986	
434	Garry Curry, 42	CO 26:14:50	1996		496	Bob Ulloa, 47	CA 26:48:33	1996	
435	Jay Grobeson, 33	CA 26:15:33	1994		497	Stephen Harris, 46	CA 26:48:40	2000	
436	Stephanie Ehret, 43	CO 26:16:11	2006		498	James Maynard, 37	CA 26:49:30	2005	
437	Harry Bruell, 37	CO 26:16:11	2006		499	Pamela Reed, 34	AZ 26:49:48	1995	
438	Brandon Adame, 30	CA 26:16:12	2008		500	Dan Brenden, 55	AZ 26:53:16	2006	
439	Dave Robinson, 34	CA 26:16:19	1996		501	Dan Brenden, 57	AZ 26:53:30	2008	
440	Bernard Coudurier, 43	CA 26:16:33	1995		502	Rob Byrne, 43	CA 26:54:06	2001	
441	Nancy Tinker, 42	CA 26:17:59	1993		503	Dan Williams, 54	CA 26:54:18	2003	
442	Tracy Bahr, 32	OR 26:20:30	2005	Cougar	504	Mike Burke, 56	OR 26:54:18	2006	
443	Edward Boggess, 41	CO 26:21:52	1999	LGR6	505	Fred Vance, 43	CA 26:54:20	1995	
444	Phil Galdi, 36	CA 26:23	1986		506	Jim Good, 46	CA 26:55:06	2004	
445	Nick Bassett, 52	WY 26:23:10	1997		507	John Price, 49	OR 26:55:20	2007	
446	Wally Hesselstine, 60	CA 26:23:24	2003	Buffalo	508	Jack Slater, 47	CA 26:55:46	1994	
447	Richard Gates, 35	UT 26:24:18	1992	W4	509	David Capron, 52	CA 26:56:13	1997	
448	Rafael Arceo, 33	CA 26:24:30	2001		510	Joseph Franko, 47	CA 26:56:38	1993	
449	Jack Nosco, 30	CA 26:25:04	1992		511	Byron Melendy, 53	CA 26:56:41	1994	
450	Garry Curry, 35	CA 26:25:20	1989		512	Damon Collier, 40	CA 26:58:13	2006	
451	Elaina McMahon, 38	CA 26:25:54	1995		513	Randy Calvert, 44	NV 26:58:38	1997	
452	Dale Sutton, 46	CA 26:27	1986		514	Eric Priedkalns, 37	CA 26:59:18	2008	
453	David Overstreet, 46	CA 26:27:11	2006		515	Willis McCarthy, 33	CA 26:59:31	1988	
454	Jimmy Freeman, 29	CA 26:27:32	2006		516	Dean Dobberteen, 24	CA 27:00:47	1999	
455	Francisco Fabian, 48	CA 26:28:38	1999		517	Ted McDonald, 43	CA 27:00:53	2007	
456	Edward Lujan, 51	CA 26:30:09	1989		518	Lance Goss, 45	CA 27:01:10	1990	
457	Jeff Hagen, 46	CA 26:30:33	1993		519	Robert DeVelice, 46	AK 27:01:55	2000	
458	Kathy Britcliffe, 33	CA 26:30:55	1988	G/S Buckle	520	Dan Brenden, 54	AZ 27:02:12	2005	LGR6
459	Hoberto Serrano, 40	CA 26:31:07	2006		521	Micah White, 41	CA 27:03:06	2004	
460	Kent Crites, 43	CA 26:31:13	1994		522	Jimmy Fullerton, 52	CA 27:03:17	2006	
461	Russell Moore, 49	CA 26:33:13	1988		523	Maria Lemus, 42	CA 27:03:17	2006	
462	Gabriel Flores, 28	CA 26:33:38	1994		524	Jeff Mailloux, 32	ID 27:04:04	1992	
463	Vince Pedroia, 48	CA 26:33:41	1994		525	Suzanne Brana, 40	CA 27:04:20	1998	Cougar
464	Jack Nosco, 33	CA 26:33:51	1995		526	Garry Curry, 40	CO 27:04:34	1994	
465	Wally Hesselstine, 61	CA 26:34:30	2004		527	Jeffrey Robbins, 45	CA 27:05:32	1997	
466	Jeffrey Robbins, 46	CA 26:34:57	1998		528	Bill Kee, 48	CA 27:05:36	2003	
467	Larry Webster, 56	WA 26:35:55	1989		529	Gary Hilliard, 50	CA 27:06:24	2005	
468	Barbara Frye-Krier, 47	FL 26:38:06	2001	W4, Rhino	530	Luis Escobar, 34	CA 27:06:29	1997	
469	Bobby Keogh, 57	NM 26:38:06	2001		531	Duke Bartoo, 48	CA 27:07:06	2000	
470	Leif Rustvold, 32	OR 26:38:46	2007		532	Bob Ulloa, 51	CA 27:07:07	2000	
471	Leslie Vitale, 42	CA 26:39:08	1995		533	David Van Wicklin, 61	CA 27:07:12	2003	
472	Jussi Hamalainen, 61	CA 26:40:19	2007		534	Donald Welch, 40	CA 27:07:18	2008	
473	Jimmy Fullerton, 50	CA 26:40:23	2004		535	Sean O'Brien, 45	CA 27:07:24	2008	
474	Diane Ridgeway, 47	CO 26:40:35	1996	Rhino	536	Rocky Allen, 29	CA 27:08:12	2006	
475	Moe Beaulieu, 46	CA 26:40:46	1990		537	Nancy Tinker, 35	CA 27:09:17	1989	
476	Bill Lee, 40	CO 26:41:50	1989		538	Devin Corcoran, 34	CA 27:09:36	2001	
477	Jay Anderson, 48	CA 26:42:12	2004		539	David Cepoi, 27	CA 27:12:18	1992	
478	Milan Furin, 45	SVK 26:42:22	1995	Ram's H'd	540	Jack Nosco, 29	CA 27:13:04	1991	
479	Paul Ralyea, 37	VA 26:42:33	2004		541	Rod Bien, 31	OR 27:13:18	2003	
480	Jerry Blinn, 42	CA 26:43:27	1989		542	Paul Braun, 34	CA 27:13:45	1996	
481	Duke Bartoo, 45	CA 26:43:41	1997		543	Jack Nosco, 38	CA 27:14:06	2000	
482	Jose Hernandez, 43	CA 26:44:12	2008		544	Larry Gassan, 38	CA 27:14:20	1993	
483	Joseph Franko, 46	CA 26:44:34	1992		545	Wally Hesselstine, 62	CA 27:14:30	2005	
484	Denis Trafecanty, 60	CA 26:45:12	2003		546	Wendell Robison, 36	WY 27:15:07	1988	LGR5
485	Gary Henslee, 45	CA 26:45:17	1996		547	Kermit Cuff, 49	CA 27:15:22	2007	
486	Francisco Fabian, 49	CA 26:45:27	2000		548	Jimmy Fullerton, 49	CA 27:15:36	2003	
487	Jannifer Heiner, 29	CA 26:46:06	2008		549	Elaina McMahon, 37	CA 27:15:48	1994	
488	Jim Musselman, 39	GA 26:46:29	1999	LGR6	550	Vince Pedroia, 55	CA 27:16:06	2001	
489	William Ramsey, 48	CA 26:46:29	1999		551	Hal Chiasson, 58	CA 27:16:12	2001	
490	Byron Melendy, 47	CA 26:46:30	1990		552	Jussi Hamalainen, 59	CA 27:16:18	2005	
491	Chris Stephenson, 40	CA 26:46:30	2005		553	Ivan Buzik, 56	CA 27:16:47	2000	
492	Larry Castano, 37	CA 26:46:52	1990		554	Stacey Bunton, 40	OR 27:17:06	2003	Rhino
493	Ken Farley, 43	CA 26:47:18	2008		555	Mark Samuelson, 39	CA 27:18:05	1992	
494	Jack Slater, 46	CA 26:47:30	1993		556	Adam Ray, 40	CA 27:18:08	2006	



Cirildo Gonzalez, 1998 Ram



Hal Koerner, 2004



Dixie Madsen, 1997

Rank	Name	Home	Time	Year	Award	Rank	Name	Home	Time	Year	Award
557	James Furnish, 50	CA	27:18:30	1992		620	Kathy Welch, 39	CA	27:44:40	1992	
558	Raymond Greenlaw, 39	GA	27:18:41	2000		621	David Pirogowicz, 44	CA	27:45:46	1996	
559	Todd Hiskey, 43	CA	27:19:12	2008		622	Howard MacNair,	CA	27:45:55	1987	
560	Kenneth Farley, 40	CA	27:20:12	2005		623	Arthur Moore, 57	OH	27:46:17	1994	
561	Gene Joseph, 41	AZ	27:20:51	1993		624	Stephen Fukumoto, 37	CA	27:47:01	1987	
562	Milt Scholl, 30	OR	27:20:51	1987		625	Frank Ives, 49	CA	27:47:29	1991	
563	Kevin Lee, 36	CA	27:21:19	2000		626	Justin Soares, 21	OR	27:47:29	2000	
564	Ofelia Bermudez, 40	CA	27:21:27	1996		627	Thomas Knutson, 49	MN	27:47:43	1999	W4
565	Dennis Huffman, 43	CA	27:21:40	1992		628	Clem LaCava, 52	OR	27:48:14	2000	
566	Richard Buck, 43	CA	27:22:25	1989		629	Lyman Perry, 33	HI	27:48:27	2000	
567	Susan Gimbel, 41	CA	27:22:27	1988		630	Burgess Harmer, 49	NV	27:48:53	1991	W4, LGR5
568	Vince Pedroia, 49	CA	27:22:40	1995		631	Richard Hayes, 49	CA	27:49:16	2000	
569	Joanne Urioste, 43	NV	27:22:40	1995	Rhino	632	Elaina McMahon, 41	CA	27:50:39	1998	Rhino
570	Rick Kelley, 46	AZ	27:22:45	1996		633	Jim Orr,	CA	27:50:41	1987	
571	Larry Castano, 38	CA	27:23:38	1991		634	Keith Richards-Dinger, 36	CA	27:51:30	2004	
572	Ken Ward, 51	OR	27:24:12	2008		635	Christopher Goddard, 38	CA	27:52:06	2008	
573	Eric Hodges, 51	CA	27:24:36	2000	W4	636	Chrissy Weiss, 43	CA	27:53:06	2004	
574	Paul Bonnett-Castillo, 38	AZ	27:24:48	1999		637	akabill Molmen, 55	HI	27:53:17	1999	
575	Jerry Little, 30	CO	27:24:50	1998		638	Jacqueline Odre, 31	HI	27:53:17	1999	
576	Jonathan Kimura, 21	CA	27:25:30	2001		639	Tom Magram, 38	CA	27:54	1986	
577	David Turner, 33	CA	27:25:31	1994		640	Jack Resh, 55	CA	27:54	1986	
578	John Peacock, 51	NV	27:26	1989		641	Dennis Werth, 49	CO	27:54:21	1991	
579	Gabor Kozinc, 41	CA	27:26:30	2004		642	Chris Cole, 27	CA	27:54:57	1990	
580	Chuck Eidenschink, 36	OR	27:27:45	1989		643	Steve McCormick, 46	CA	27:55:55	1990	
581	Wayne Christopherson, 41	MI	27:28:13	1989		644	Tom Waddell, 48	CA	27:56:07	1994	
582	John McComish, 51	CA	27:29:25	1988		645	Randy Isler, 41	NM	27:56:37	1998	
583	Leif Rustvold, 33	OR	27:30:30	2008		646	Richard Gates, 32	UT	27:57:14	1989	
584	Randy Rhodes, 44	CO	27:30:50	1994		647	Kermit Cuff, 50	CA	27:57:18	2008	
585	Michael Lefebvre, 33	CA	27:31:36	1993		648	Toni Stermolle, 39	CA	27:58:11	1991	
586	Paul Garnett, 38	CA	27:32	1986		649	Dan Barger, 21	CA	27:59	1986	
587	Gill Cornell, 42	CA	27:32:42	1992		650	Garry Curry, 32	CA	27:59	1986	
588	William Ramsey, 47	CA	27:32:59	2000		651	Burgess Harmer, 48	NV	27:59:08	1990	W4
589	Thomas Knutson, 50	MN	27:33	2000		652	Scott Willis, 29	CA	27:59:15	1991	
590	Al Solish, 36	CA	27:33	1986		653	Carol O'Hear, 31	WA	27:59:20	2006	
591	Joe Clapper, 38	VA	27:34:28	1997		654	Michael Suter, 50	CA	27:59:22	1997	
592	Frank Earnest, 53	CA	27:34:36	2004	LGR6, W4	655	Marc Andrieux, 45	FRA	28:00:30	2001	
593	Michael Campbell, 54	VA	27:35:24	2004		656	Karl Jensen, 51	CAN	28:01:46	1999	LGR6
594	Cindie Grunt, 41	OR	27:35:49	1991		657	Robert Robak, 39	CA	28:02:12	1991	
595	Danny Westergaard, 35	CA	27:36:03	1994		658	Jason Hodde, 26	IN	28:02:33	1996	
596	David Ruvalcaba, 52	CA	27:36:20	2006		659	Dan Brenden, 56	AZ	28:02:46	2007	LGR6
597	Kelly Solverson, 35	CA	27:38:36	2005		660	Jeff Stein, 40	CA	28:03	2006	
598	Ed Furtaw, 43	NV	27:38:52	1991		661	William Ramsey, 48	CA	28:04:18	2001	
599	Monica Scholz, 33	CAN	27:39:06	2000	Cougar	662	Bob Cowdrey, 50	CA	28:04:42	1994	
600	Honey Albrecht, 48	AZ	27:39:08	2007	Rhino	663	Wendell Robison, 43	WY	28:05:02	1995	
601	Brian MacKenzie, 32	CA	27:39:39	2007		664	Garry Curry, 37	CO	28:05:05	1991	
602	Perry Petschar, 39	CA	27:40:04	1993		665	Jack Murray, 46	CA	28:05:34	2007	
603	Jeff Stevenson, 48	CA	27:40:21	1994		666	Robert Pike,	CA	28:05:47	1987	
604	Rafael Arceo, 31	CA	27:40:37	1999		667	Wendell Doman, 44	CA	28:06:06	2003	
605	Tom Whitaker, 32	CA	27:40:55	2007		668	Hal Chiasson, 61	CA	28:06:18	2004	
606	Robert Robak, 45	CA	27:41:17	1997		669	Whit Rambach, 31	CA	28:06:34	1998	
607	Michael Dimkich, 33	CA	27:42:12	2001		670	Joanne Urioste, 46	NV	28:06:51	1994	
608	Danny Westergaard, 46	CA	27:42:30	2005		671	Bill Walz, 37	CA	28:06:54	2007	
609	Jamshid Khajavi, 51	WA	27:42:36	2004	LGR6, W4	672	Stephen Fukumoto, 38	CA	28:07:01	1988	
610	Kim Gimenez, 40	CA	27:43:06	2004	Rhino	673	Ken Macleod, 41	CDN	28:07:41	1992	
611	John McComish, 50	CA	27:43:12	1987		674	Milt Scholl, 32	OR	28:08:05	1989	
612	Monica Scholz, 34	CAN	27:43:24	2001		675	William Ramsey, 50	CA	28:08:30	2003	
613	Marc Reynolds, 42	CA	27:43:55	1990		676	Garry Curry, 53	CO	28:08:43	2007	
614	Eric Vaughan, 48	CA	27:44:06	2008		677	Randy Wojno, 47	CO	28:08:43	2007	
615	Ted Winter,	CA	27:44:08	1987		678	Lee Kern, 36	MT	28:09:07	1993	
616	Damon Collier, 42	CA	27:44:18	2008		679	Paul Schmidt, 41	CA	28:09:08	1993	
617	Michael Martin, 41	CA	27:44:32	1989		680	Lou Martin, 39	CA	28:09:33	1991	
618	John Mark, 40	CA	27:44:40	1992		681	Loren Fitzwater, 40	CA	28:09:40	1995	
619	Joanie Mork, 38	CA	27:44:40	1992		682	Seth Roberts, 44	MA	28:10:20	1996	



Tracy Bahr (r) and pacer Jay Anderson at Shortcut Saddle, 2005

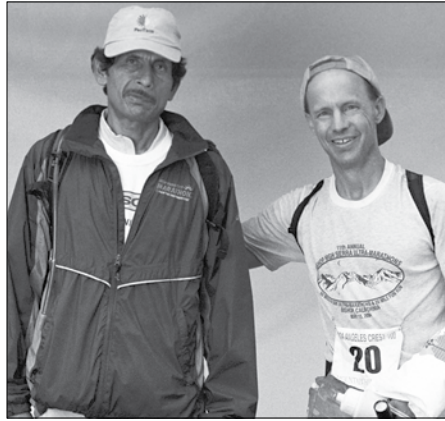


Jay Groberson: Elk Award, ten and done! 2005

Rank	Name	Home	Time	Year	Award	Rank	Name	Home	Time	Year	Award
683	Gary Wang, 27	CA	28:10:20	1995		746	Lee Freeman, 48	CA	28:32:02	1991	
684	Hiroe Sakurai, 35	JPN	28:10:37	2000		747	Jose Wilkie, 33	KY	28:33:20	1996	
685	Paul Akiyama, 51	NV	28:10:56	1995		748	Carl Jess, 41	NM	28:33:21	2000	
686	Maureen McGrath, 36	CA	28:11:31	1998		749	Richard Buck, 42	CA	28:33:43	1988	
687	David Messman, 48	CA	28:12:30	2008		750	Thomas Harry, 51	CA	28:34:26	2006	
688	Eric Robinson, 28	CA	28:12:36	1996		751	William Ramsey, 45	CA	28:34:43	1998	
689	Milton Scholl, 40	OR	28:13:04	1997		752	Pete Sercel, 25	CA	28:34:55	1991	
690	Elaina McMahon, 36	CA	28:13:58	1993		753	Dave Olney, 46	CA	28:34:57	1988	
691	Jack Murray, 43	CA	28:14:18	2004		754	Phil Royalty, 27	NV	28:35:19	1996	
692	Doug Woods, 45	CA	28:14:30	1989		755	Denny Hagele, 44	CA	28:36:37	1988	LGR5
693	Eric Hodges, 49	CA	28:14:52	1998		756	Nancy March, 47	CA	28:37:12	1994	
694	Eric Priedkalns, 35	CA	28:15:16	2006		757	Wendell Robison, 42	WY	28:37:12	1994	
695	Hal Chiasson, 55	CA	28:17	1998		758	Harald Walther, 43	CA	28:37:18	2008	
696	Danny Westergaard, 45	CA	28:17:18	2004		759	Jeff Thompson, 38	CA	28:38:08	1989	
697	Christine Gibbons, 33	NJ	28:17:25	1995		760	Douglas Spencer, 48	CA	28:38:28	2006	
698	Wayne Gibbons, 36	NJ	28:17:25	1995		761	Hal Chiasson, 60	CA	28:38:30	2003	
699	Joe Livak, 51	NV	28:17:42	1992		762	Larry Fambrough, 52	CA	28:38:52	1997	
700	Jeffery LaMora, 26	UT	28:17:57	1999		763	Fred Vance, 44	CA	28:39	1996	
701	Steve McRae, 41	CA	28:18:13	1992		764	Jimmy Fullerton, 54	CA	28:39:24	2008	
702	Eric Dinger, 30	AZ	28:18:18	2004		765	Keith Blom, 52	CA	28:39:30	2008	
703	Kent Holder, 49	CA	28:18:36	1988		766	John Radich, 35	CA	28:39:31	1988	
704	Hal Chiasson, 57	CA	28:19	2000		767	Amelia Valinsky-Fillipow, 38	CA	28:40:31	2007	
705	Lisa Conover, 43	WI	28:20:12	2001		768	Mike Malinin, 38	CA	28:40:33	2006	
706	Jeff Pettigrew, 42	CA	28:20:24	1996		769	Paul Rork, 45	CA	28:40:54	1992	
707	Chris Scott, 47	CA	28:20:24	1996		770	Jack Perrodin, 59	CA	28:41:08	1988	
708	Lisa Conover, 48	WI	28:20:31	2006		771	Richard Adams, 52	CA	28:41:57	1995	
709	John Liebeskind, 46	OR	28:20:53	2007		772	Lorraine Gersitz, 37	CA	28:42:22	1991	
710	Dick Collins, 56	CA	28:21:18	1989		773	Mark Hartinger, 42	WA	28:42:47	1999	
711	Eric Priedkalns, 36	CA	28:21:39	2007		774	Maureen McGrath, 31	CA	28:45:18	1993	
712	Anne Langstaff, 36	CA	28:21:43	1997	Cougar	775	Rick Kelley, 49	AZ	28:45:54	1999	
713	Willard Weston, 47	CA	28:22:06	2008		776	Joseph Franko, 43	CA	28:46:35	1989	
714	Jack Meyer, 44	CA	28:22:45	2007		777	Mike Palmer, 43	CA	28:46:39	1996	
715	Tonya Mauldin, 46	CA	28:22:54	1993		778	Joe Magruder, 46	CA	28:46:43	1992	
716	Jeff Bender, 32	CA	28:23:22	1994		779	Joseph Tennison, 25	CA	28:48:10	2006	
717	Maggie Anderson, 43	NZ	28:23:27	1995		780	Duke Bartoo, 44	CA	28:48:26	1996	
718	Jack Nosco, 38	CA	28:23:46	1990		781	Jeff Bender, 31	CA	28:48:35	1993	
719	Edith Bogenhuber, 48	CA	28:24:05	1992		782	Michael Soltesz, 41	CA	28:48:40	1997	
720	Garry Curry, 52	CO	28:24:10	2006		783	Hans-Dieter Weisshaar, 59	GER	28:48:55	1999	Ram's H'd
721	Dick Collins, 57	CA	28:24:34	1990	W4	784	Mick Donoff, 52	CD	28:48:56	1996	
722	Chris Jensen, 43	CA	28:24:54	2007		785	Mario Flores, 41	CA	28:49:01	1991	
723	Catherine Mather, 42	CAN	28:25	2000	Rhino	786	Josef Luptowicz, 46	CA	28:49:17	1990	
724	Fred Dimmick, 39	NY	28:25:23	1996		787	Robert Adjemian, 46	CA	28:49:28	1993	
725	Carlos Diaz, 45	CA	28:25:36	2001		788	Jeff Parker, 32	NV	28:49:33	1991	
726	Ricardo Ornelas, 35	CA	28:26	2008		789	Fenton Cross, 53	CA	28:49:41	1997	
727	Jaime Ortiz, 47	CA	28:26:06	2008		790	Stephen Harris, 49	CA	28:50	2003	
728	Damon Collier, 37	CA	28:26:12	2005		791	Lee Muchow, 46	CA	28:50:02	1986	
729	Eric Demazure, 44	FRA	28:26:24	2004	SY	792	Gary Zicker, 46	NV	28:50:02	1997	
730	John Peacock, 55	NV	28:26:42	1993		793	Jimmy Fullerton, 51	CA	28:51	2005	
731	Burgess Harmer, 50	NV	28:26:45	1992	W4, LGR5	794	Wendell Robison, 39	WY	28:51:24	1991	LGR5
732	Richard Vander Stucken, 55	CA	28:27:23	1994		795	Leslie Bardessono, 44	CA	28:51:35	2006	
733	Barry Condron, 29	CA	28:27:47	1992		796	Ben Field, 43	CA	28:51:38	2007	
734	Frederico Fuentes, 34	MEX	28:28:12	2004		797	Garry Curry, 41	CO	28:51:47	1995	Eagle
735	Tamara Johnson, 43	CA	28:28:18	2008	Cougar	798	Robert Schipsi, 46	CA	28:51:55	2007	
736	Michael McDonald, 54	CA	28:28:25	1998		799	Bozena Maslanka, 30	CA	28:51:56	1997	
737	Jack Meyer, 43	CA	28:28:32	2006		800	Garry Curry, 43	CO	28:52:12	1997	
738	Leland Kern, 41	MT	28:28:45	1998		801	Mario Flores, 40	CA	28:52:12	1990	
739	Fred Vance, 39	CO	28:28:47	1991		802	Bruce Mauldin, 46	CA	28:52:20	1994	
740	Greg Pirkl, 33	HI	28:29:07	2001		803	Ray Hermanson, 45	CA	28:52:38	1988	
741	Matt Palocsay, 23	CA	28:30:19	2000		804	Ron Lowy, 43	CA	28:54	1986	
742	Richard Tufts, 43	CA	28:30:24	1987		805	Todd Leigh, 48	CA	28:54:07	1990	
743	Howard Cohen, 42	CA	28:31:02	2000		806	James Pepin, 37	CA	28:55	1986	
744	Diane Eastman, 45	CA	28:31:04	1987		807	Arturo Valdez, 44	CA	28:55:06	2008	
745	Eric Kajiwara, 49	CA	28:31:13	1996		808	Janine Duplessis, 45	WA	28:55:16	1999	LGR6



Bill Ramsey, 2005



"Flaco" Mendoza and Jay Anderson, 2004



Tom Nielsen (r) with pacer Jeff Hines, 2005.

Rank	Name	Home Time	Year	Award	Rank	Name	Home Time	Year	Award
809	Charles Park, 49	CA 28:55:18	2003		872	Fenton Cross, 56	CA 29:19:27	2000	
810	Dennis Hoagland, 54	CA 28:56:24	2008		873	Dick Tufts, 45	CA 29:19:35	1989	
811	Eric Hodges, 48	CA 28:56:48	1997		874	Fernand Michaud, 54	NV 29:20:19	1997	
812	Greg Klein, 39	CA 28:57:05	1993		875	Jonathan de St Paer, 34	CA 29:20:28	2007	
813	James Rapp, 38	NV 28:57:34	1995		876	Lisa Conover, 46	WI 29:21	2004	
814	Dave Olney, 48	CA 28:59:06	1990		877	John Price, 47	OR 29:21:12	2005	
815	Bert Meyer, 44	CT 28:59:11	1989		878	Michael Thomas, 35	CO 29:21:40	1997	
816	Fred Zalokar, 29	NV 28:59:14	1989		879	Tracy Thomas, 39	CA 29:21:57	2000	
817	Ryochi Morita, 47	CA 28:59:21	1990		880	Karyn Kroljic, 33	CA 29:22	1992	
818	Michael Andress, 43	CA 28:59:56	1989		881	Wendell Robison, 40	WY 29:22	1992	
819	Rafael Arceo, 37	CA 29:00:06	2005		882	Ronni Ross-Wilde, 36	CA 29:23:58	1996	
820	Scott Parker, 39	AL 29:00:06	2003		883	Bob Givens, 45	TX 29:24:33	1989	
821	Jim U'Ren, 35	CA 29:00:22	1988		884	Scott Willis, 33	CA 29:24:38	1995	
822	Fenton Cross, 59	CA 29:01:06	2003		885	Gary Ritchie, 54	CA 29:25:10	1994	
823	William Ramsey, 42	CA 29:01:56	1995		886	George Velasco, 43	CA 29:25:52	1996	
824	Doug McKeever, 46	WA 29:02:13	1993		887	Don Williams, 34	AZ 29:26:26	1999	
825	Jim Glinn, 47	CA 29:02:23	1991		888	Cindie Grunt, 44	OR 29:27:15	1994	LGR6
826	Ted Harlan, 28	CO 29:03:18	2004		889	Wally Hesseltine, 65	CA 29:28:06	2008	
827	Garry Curry, 45	CO 29:03:19	1999		890	Bud Phillips, 49	CO 29:28:16	1996	
828	Eric Kajiwara, 51	CA 29:03:22	1998		891	Michael Thomas, 33	CO 29:28:54	1995	
829	Maria Calvert, 38	CA 29:04:27	1998		892	Steve Kohler,	CA 29:29:12	1987	
830	Brent Speers, 50	CA 29:05:12	2008		893	Ray Hermanson, 47	CAN 29:29:13	1990	
831	Garry Curry, 54	CO 29:05:12	2008		894	Jim Whaley, 41	CA 29:30:10	1988	
832	Jeff Pettigrew, 32	CA 29:05:18	1995		895	Terry Cammack, 45	CA 29:30:16	1991	
833	Dale Sutton, 56	CA 29:05:24	1995		896	Blakely Hume, 24	NV 29:30:27	1998	
834	Barbara Ann Elia, 50	CA 29:06:14	1995	Buffalo	897	Richard Greenbauer, 37	CA 29:30:30	2004	
835	Jeff Arndt, 46	AK 29:06:33	1999		898	Josef Luptowitz, 48	CA 29:30:30	1991	
836	Robert Develice, 45	AK 29:06:33	1999		899	William Ramsey, 51	CA 29:30:30	2004	
837	Robert Robak, 47	CA 29:06:59	1999		900	Vince Pedroia, 50	CA 29:31:10	1996	
838	akabill Molman, 57	HI 29:07	2001		901	Paul Walczak, 40	NC 29:31:10	1996	
839	Kristina Irvin, 40	CA 29:08:23	1998		902	Jay Anderson, 50	CA 29:31:10	2006	
840	Garry Curry, 50	CO 29:09:24	2004		903	Carl Borg, 34	CA 29:31:10	2008	
841	Lee Schmidt, 55	CA 29:09:30	1994		904	Sabin Snow, 48	AZ 29:31:34	1990	
842	Stephanie Green, 35	CA 29:10:18	2004		905	Doug Taylor, 47	NJ 29:31:34	1990	
843	Robert Thomas, 37	CA 29:10:35	1993		906	Phil Royalty, 23	CA 29:31:36	1992	
844	Perry Petschar, 40	CA 29:10:42	1994		907	Ken Greco, 34	AZ 29:32:12	2001	
845	Bob Ulloa, 45	CA 29:10:42	1994		908	Chris Thornley, 37	AZ 29:32:13	2007	
846	Larry Gassan, 36	CA 29:10:44	1991		909	Garry Curry, 39	CO 29:33:15	1993	
847	Lisa Deaton, 43	CA 29:10:46	1996		910	Ed Humphrey,	CA 29:33:35	1987	
848	John Surdyk,	IL 29:10:51	1987		911	Gary Ruttenberg, 39	CA 29:33:35	1987	
849	Rick Kelley, 47	AZ 29:11	1997		912	Paul Akiyama, 49	CA 29:33:42	1993	
850	Ferdinand deSouza, 36	UT 29:11:11	1989		913	Ivan Buzik, 55	CA 29:34:17	1999	
851	Todd Zaayer, 26	CA 29:11:11	1988		914	Danny Westergaard, 36	CA 29:35:17	1995	
852	Jurgen Teichert, 32	GER 29:11:18	2000		915	Sharlene Cadwallader, 50	CA 29:35:19	1999	Buffalo
853	Michael Suter, 48	CA 29:11:44	1995		916	Paul Schmidt, 39	CA 29:35:25	1991	
854	Todd Leigh, 44	CA 29:12	1986		917	Jeff Stevenson, 50	CA 29:35:45	1996	
855	Richard Lawrence, 35	CA 29:13:11	1997		918	Richard Hayes, 50	CA 29:36:18	2001	
856	Kaoru Takahashi, 32	NY 29:13:13	1999		919	Richard Lawrence, 33	CA 29:36:42	1995	
857	Jack Murray, 42	CA 29:13:18	2003		920	John Quinn, 35	CA 29:37:01	1996	
858	David Capron, 51	CA 29:14:03	1996		921	Richard Bellante, 36	CA 29:37:17	1988	
859	Duke Bartoo, 46	CA 29:14:06	1998		922	Rose Ehman, 34	CA 29:37:26	1993	
860	Scott Sullivan, 42	CA 29:14:12	2001		923	Marc Sager, 43	CA 29:37:35	1996	
861	Sheila Hasham, 44	CA 29:15	1986		924	Mike Stephens, 59	CA 29:38:10	2007	
862	David Hardin, 31	CA 29:15:32	1997		925	Daniel Marcus, 39	IL 29:38:24	2005	
863	David Jones, 29	CA 29:15:33	1997		926	Glen Jaques, 47	BC 29:38:25	1989	
864	Paul Akiyama, 50	NV 29:15:43	1994	W4	927	Dennis Coffee, 38	CA 29:39	1986	
865	Jim Gill, 47	CA 29:16:12	2005		928	Austin Weiss, 30	CO 29:39:04	1993	
866	Burgess Harmer, 52	NV 29:16:50	1994	LGR6	929	Susan Baehre, 42	VA 29:39:18	2001	
867	Dixie Madsen, 60	CA 29:18:01	1997	Rhino	930	Wendell Robison, 44	WY 29:39:27	1996	
868	Julian Jamison, 34	CA 29:19:03	2007		931	Joanne Urioste, 44	NV 29:39:27	1996	
869	Stan Jensen, 46	CA 29:19:09	1999	W4, LGR6	932	William Gilli, 32	AR 29:39:44	1989	
870	Joseph Tennison, 26	CA 29:19:17	2007		933	George Velasco, 41	CA 29:40:04	1994	
871	Fred Dimmick, 38	NY 29:19:19	1995		934	Richard Hayes, 48	CA 29:40:07	1999	

Rank	Name	Home Time	Year	Award	Rank	Name	Home Time	Year	Award
935	Mark Carter, 25	AZ 29:40:27	1999		1019	Hartmut Rutzen, 59	GER 30:06:45	2000	
936	Phil Royalty, 21	CA 29:40:42	1990		1020	Mike Stephens, 45	CA 30:07:24	2003	
937	Bob Bachani, 48	AZ 29:41:06	2003		1021	Cindie Grunt, 43	OR 30:07:53	1993	
938	Jay Grobeson, 32	CA 29:41:06	1993		1022	Bill Antholine, 28	AZ 30:08:20	1997	
939	Andrew Salinger, 36	CA 29:41:06	2004		1023	Larry Grill, 56	CA 30:08:21	2006	
940	Troy Limb, 42	CA 29:41:18	2003		1024	Dan Williams, 59	CA 30:09	2008	
941	Mike Malinin, 33	CA 29:41:18	2001		1025	Lisa Conover, 40	WI 30:09:56	1998	
942	Ted Liao, 46	CA 29:41:19	2007		1026	Jeff Pettigrew, 35	CA 30:09:56	1998	
943	Jeffrey Johnson, 24	UT 29:41:44	1994		1027	Herman Cohen, 53	CA 30:09:59	1992	
944	Fernand Michaud, 53	NV 29:41:50	1996		1028	Linda Dewees, 51	CA 30:10:06	2008	
945	Gene Joseph, 46	AZ 29:42:34	1998		1029	Mark Olson, 48	CA 30:10:10	1995	
946	Norm Albert, 31	CA 29:42:53	1988		1030	Roger Weingaertner, 50	CA 30:10:56	1997	
947	Bill Dickey, 51	CA 29:43:03	1990		1031	Larry Ramaekers, 53	CA 30:12:18	2005	
948	Howie Stern, 33	CA 29:43:12	2003		1032	Rico Ramirez, 49	CA 30:12:21	1993	
949	Scott Wilis, 27	CA 29:43:16	1989		1033	Hal Winton, 61	CA 30:12:32	1992	W4, LGR5
950	Douglas Spencer, 36	CA 29:43:52	1994		1034	Brian Luschwitz, 40	CA 30:13:22	2007	
951	John Radich, 32	CA 29:44	1986		1035	Phil Wright, 47	CA 30:13:33	1991	
952	Marc Sager, 41	CA 29:44:04	1994		1036	Garry Curry, 36	CO 30:13:50	1990	
953	Dixie Madsen, 54	CA 29:44:20	1991		1037	Conn Day, 31	CO 30:13:50	1990	
954	Scott Glogovac, 54	NV 29:45:18	2008		1038	Winston Mitchell, 48	CA 30:14:46	1997	
955	Eric Kajiwara, 57	CA 29:46	2004		1039	Tommy Gallagher, 46	NV 30:15	2003	
956	Howie Stern, 31	CA 29:46:24	2001		1040	Harris S. Goodman, 43	CA 30:15:30	2008	
957	John Holmes, 55	FL 29:46:32	1997		1041	Donald Werth, 47	CO 30:15:48	1989	
958	Jay Norman, 59	TX 29:46:32	1997		1042	Darrell Holm, 38	CA 30:16	1999	
959	Jerry Zatorski, 42	CA 29:46:36	2005		1043	Keith Richards-Dinger, 21	CA 30:16:12	2003	
960	Damon Collier, 30	CA 29:47	1996		1044	Karl Schick, 32	CA 30:16:46	1989	
961	Jussi Hamalainen, 62	CA 29:47:06	2008		1045	Frank Pitts, 62	CA 30:16:54	1993	
962	Laura Spaeth, 28	CA 29:47:24	1990		1046	Ron Cunningham, 50	OR 30:17:08	1998	
963	Brian Luschwitz, 38	ca 29:47:30	2005		1047	Jerry Bloom, 50	CA 30:17:12	2003	
964	Ed Ayres, 48	CT 29:48:32	1990		1048	John Marshall, 53	CA 30:17:20	1990	
965	Bob Beach, 42	CA 29:49	1986		1049	Richard Gillespie, 50	CA 30:17:26	1996	
966	Jerry Lile, 42	CA 29:49:06	2001		1050	Mark Kahler, 37	CA 30:17:26	1996	
967	Richard Senelly, 46	HI 29:49:16	1990		1051	Andy Kumeda, 40	CA 30:17:30	2008	
968	Tom James, 51	CA 29:49:56	1995		1052	John Spykerman, 30	CA 30:17:41	1995	
969	Glen Williams, 28	CA 29:50:37	1989		1053	Victoria Huffman, 37	CA 30:17:43	1990	
970	Jack Perrodin, 61	CA 29:50:39	1990		1054	Dennis Koors, 36	CA 30:18:06	2008	
971	Ruben Cantu, 53	CA 29:50:55	1996		1055	Jerry Bloom, 51	CA 30:18:30	2004	
972	Hap Arnold, 52	CA 29:51	1986		1056	Fenton Cross, 54	CA 30:18:59	1998	
973	Kathy Berry, 41	CA 29:51:24	1991		1057	Sean O'Brien, 43	CA 30:19:02	2006	
974	Todd Leigh, 50	CA 29:51:25	1992		1058	Andy Kumeda, 38	CA 30:19:22	2006	
975	Paul Akiyama, 53	NV 29:51:26	1997		1059	Matthew Moore, 43	CA 30:19:30	1999	
976	Douglas Wilde, 39	CA 29:51:56	1992		1060	Barry Fisher, 58	CA 30:20:06	2003	
977	Hans-Dieter Weisshaar, 60	GER 29:53:37	2000	W4,LGR6	1061	James Hamilton, 54	CA 30:20:07	1997	
978	Phil Wright, 46	CA 29:54:19	1990		1062	Richard Fisher, 48	NV 30:20:17	1997	
979	Steven Patt, 55	CA 29:54:24	2004		1063	Ed Englemann, 51	OR 30:21:42	1993	
980	Jason Lakey, 28	CA 29:54:30	2003		1064	Dan Dempster, 48	CA 30:22:45	1995	
981	Steve McRae, 43	CA 29:54:42	1994		1065	Matthew Dickie, 31	CA 30:23:01	2007	
982	Richard Tufts, 42	CA 29:55	1986		1066	Mike Stephens, 50	CA 30:23:18	2008	
983	Willard Weston, 46	CA 29:55:06	2007		1067	Wendell Robison, 41	WY 30:23:50	1993	
984	Eb Englemann, 51	OR 29:55:08	1993		1068	Curtis B. Davis, 42	CA 30:24:02	2007	
985	Lee Schmidt, 53	CA 29:55:08	1992		1069	Bud Phillips, 48	CA 30:24:19	1995	
986	Robert Tuller, 35	NY 29:55:36	1999	W4,LGR6	1070	Stan Jensen, 42	CA 30:24:31	1995	
987	Karl Jensen, 51	CAN 29:55:52	2000		1071	Fernand Michaud, 57	NV 30:24:36	2000	
988	Kevin Sayers, 41	MD 29:55:53	2000		1072	Tom Gallagher, 43	NV 30:24:37	2000	
989	John Radich, 41	CA 29:55:58	1996		1073	R. C. Pruitt, 42	CA 30:24:43	1994	
990	Mark Olson, 50	CA 29:56:01	1997		1074	Will Uher, 53	CA 30:26:09	1999	
991	Michael Peralez, 34	CA 29:56:01	1997		1075	Gordon Hubbard, 53	CA 30:26:53	1989	
992	Norm Albert, 40	CA 29:56:36	1997		1076	Mike Palmer, 45	CA 30:27:09	1998	
993	Eric Robinson, 29	CA 29:57:04	1997		1077	Scott Rozic, 27	CA 30:27:22	2000	
994	Paul Schmidt, 38	CA 29:57:35	1990		1078	Dixie Madsen, 53	CA 30:28	1990	
995	Gary Wright, 43	WA 29:57:37	1994		1079	Bozena Maslanka, 31	CA 30:28:01	1998	
996	Eric Edmunds,	CA 29:57:49	1987		1080	Ricardo Ornelas, 34	CA 30:28:09	2007	
997	Jim Longwith, 52	CA 29:58	1998		1081	Saralie Liner-Jigamian, 36	CA 30:28:26	1989	
998	Elaina McMahon, 35	CA 29:58:05	1992		1082	Judy Palmer, 32	CA 30:28:26	1989	
999	Russ Gamble, 44	CA 29:58:08	1990		1083	Ferdinand deSouza, 35	UT 30:28:45	1988	
1000	Scott Diamond, 39	OR 29:59:04	2000		1084	Peter Penland, 43	CA 30:28:50	1999	
1001	Fenton Cross, 57	CA 29:59:06	2001		1085	Jose Wilkie, 36	KY 30:29:44	1999	
1002	Nick Klaich, 46	NV 29:59:24	1991	W4	1086	Dan Dempster, 47	CA 30:30:08	1994	
1003	Herb Tanimoto, 45	CA 29:59:34	1994		1087	Bill Dickey, 53	CA 30:30:21	1992	
1004	John Greer, 37	AZ 30:00:31	1996		1088	Robert Adjemian, 45	CA 30:30:45	1992	
1005	Thomas O'Neal, 42	CA 30:02:08	1987		1089	Garry Curry, 46	CO 30:31:23	2000	
1006	Mike Palmer, 44	CA 30:02:11	1997		1090	Rick Kelley, 50	AZ 30:31:23	2000	
1007	Fenton Cross, 62	CA 30:03:06	2006		1091	Tom Chapman, 45	OR 30:31:36	2004	
1008	John Radich, 53	CA 30:03:51	2007		1092	Robert Carswell, 38	CDN 30:32:01	1994	
1009	Ernie Baker, 49	CA 30:04	1986		1093	Debra Melvin, 45	CA 30:32:27	1999	
1010	Joan Szarfinski, 53	CA 30:04	1992		1094	Eric Kajiwara, 48	CA 30:32:32	1995	
1011	John Canby, 22	CA 30:04:18	1996		1095	Frank Pitts, 61	CA 30:32:35	1992	
1012	Clark Hall, 49	VA 30:04:30	1998		1096	Lisa Allen, 33	CO 30:32:49	1997	
1013	Scott Sullivan, 48	CA 30:04:47	2007		1097	Lee Freeman, 43	CA 30:33	1986	
1014	Andy Kumeda, 39	CA 30:04:47	2007		1098	Marc Sager, 39	CA 30:33	1992	
1015	Allen Burse, 40	CA 30:06	2005		1099	Allan Kaplan, 40	CA 30:33:27	1995	
1016	Catra Corbett, 35	CA 30:06:03	2000		1100	Mark Falcone, 48	CA 30:33:30	2005	
1017	West Bourgault, 31	CA 30:06:30	2008		1101	Garrett Ohara, 39	CA 30:34:12	2005	
1018	Rick Cooper, 41	MT 30:06:42	1999		1102	Richard Schuler, 36	NJ 30:34:16	1996	

Rank	Name	Home Time	Year	Award	Rank	Name	Home Time	Year	Award
1103	Hans-Dieter Weisshaar, 67	GER 30:34:45	2007		1187	Hiroe Sakurai, 33	JPN 30:56:06	1998	Ram's Head
1104	William Ramsey, 52	CA 30:35	2005	Eagle	1188	Juergen Heilbock, 41	GER 30:56:07	2006	
1105	Tim Potter, 46	MN 30:35:05	2000		1189	Michael Turon, 51	CA 30:56:24	1998	
1106	Eduardo Robelo, 45	CA 30:35:06	2008		1190	Dixie Madsen, 56	CA 30:56:28	1993	
1107	Mary Kathleen Barry, 40	CA 30:35:14	1999		1191	Mike Hamilton, 43	WA 30:57:11	1996	
1108	Mark Chamley, 42	CA 30:35:31	1995		1192	Catra Corbett, 43	CA 30:57:12	2008	
1109	Jacqueline Odre, 30	HI 30:35:35	1998		1193	Sean Cunniff, 34	NM 30:58:05	2006	
1110	Robert Loyer, 51	CA 30:36:04	1989		1194	Matthias Schoeck, 30	CA 30:58:10	2000	
1111	Bob Ulloa, 48	CA 30:36:26	1997		1195	Kristen Farley, 46	CA 30:58:24	2008	
1112	Mike Rouse, 45	CA 30:37	1998		1196	Sandy Israel, 47	CA 30:58:35	1994	
1113	Scott Guild, 36	NV 30:37:18	2008		1197	Bob Ulloa, 50	CA 30:58:58	1999	
1114	Gabor Kozinc, 43	CA 30:37:28	2006		1198	Carl Yates, 67	CA 30:59:08	1994	
1115	Bill Losey, 34	OH 30:37:28	2006		1199	Joan Risse, 47	CA 30:59:09	1996	
1116	John Metz, 48	CA 30:37:30	1991		1200	Jim Miller, 44	CA 30:59:55	1990	
1117	Lambert Timmermans, 41	CA 30:38:06	2008		1201	Don Lundell, 45	CA 31:00:47	2007	
1118	Alan Cohn, 42	CO 30:38:14	1997		1202	Leif Rustvold, 31	OR 31:01:24	2006	
1119	Scott Willis, 30	CA 30:38:37	1992		1203	Richard Fisher, 47	NV 31:02:58	1996	
1120	Dave Damas, 43	CA 30:38:41	1991		1204	Michael Turon, 52	CA 31:03	1999	
1121	Jose Wilkie, 30	KY 30:38:57	1993		1205	Xy Weiss, 45	CA 31:03:27	2006	
1122	Anstr Davidson, 49	VA 30:39	1994		1206	Thomas Nyce, 41	AZ 31:03:39	2000	
1123	Garry Curry, 47	CO 30:39:06	2001		1207	Tim Sheedy, 51	CA 31:04:08	2000	
1124	Eugene Trahern, 36	WA 30:39:50	1999		1208	Brooks Wade, 51	AK 31:04:46	1996	
1125	Roland Martin, 39	NE 30:40:11	1988	W4	1209	Jeff Stevenson, 49	CA 31:04:48	1995	
1126	Gary Inouye, 50	CA 30:40:12	2003		1210	Sandee Miller, 44	CO 31:05	1997	
1127	Julie Wu, 29	CA 30:40:12	2003		1211	Gary Wright, 39	WA 31:05:01	1990	
1128	George Ruiz, 51	NV 30:40:18	2008		1212	Leland Kern, 39	MT 31:05:09	1996	
1129	Mark McKinney, 32	CA 30:40:22	2000		1213	John Spykerman, 36	CA 31:05:24	2001	
1130	John Spykerman, 35	CA 30:40:37	2000		1214	David Spaulding, 36	HI 31:05:40	1990	
1131	Catra Corbett, 41	CA 30:41:05	2006		1215	Bob Moses, 40	CA 31:06	1986	
1132	Kent Goetz, 34	CA 30:41:31	1994		1216	Richard Adams, 51	CA 31:06:52	1994	
1133	Joe Magruder, 48	CA 30:42:06	1994		1217	Jim Magill, 50	CA 31:07:03	1996	W4,LGR6
1134	John Ingro, 57	CA 30:42:07	1991		1218	Mark Chamley, 39	CA 31:07:29	1992	
1135	Jack Chang, 46	CA 30:42:35	2006		1219	Scott Sullivan, 46	CA 31:07:36	2005	
1136	Dennis Coffee, 39	CA 30:42:48	1987		1220	Bill Harns, 45	CA 31:07:50	1991	
1137	Max Hooper, 43	AR 30:42:51	1989		1221	Bob Moses, 45	CA 31:07:50	1991	
1138	Lauren Cepeda, 33	CA 30:42:58	1998		1222	Eric Kajiwara, 54	CA 31:08:18	2000	
1139	Jay Anderson, 44	CA 30:43:09	2000		1223	Robert Barr, 48	CA 31:08:30	2003	
1140	Michael Kogutek, 49	CA 30:43:47	1998		1224	Doug Greener, 35	CA 31:08:50	1998	
1141	David Saine, 47	CA 30:44:20	1996		1225	Eric Kajiwara, 58	CA 31:09	2005	
1142	Frederick Stafford, 39	WA 30:44:20	1996		1226	Jeff Stevenson, 59	CA 31:09:24	2005	
1143	Bobb Ankeney, 50	CA 30:44:36	2003		1227	John Hopkins, 47	CA 31:09:47	1992	
1144	Jason Dorgan, 38	WI 30:44:36	2004		1228	Howie Stern, 38	CA 31:10:06	2008	
1145	Bill Harns, 49	CA 30:45:06	1995		1229	Todd Leigh, 49	CA 31:10:07	1991	
1146	Dave Remington, 54	CA 30:45:06	1995		1230	Thomas Riley, 45	OR 31:10:24	2008	
1147	Catra Corbett, 40	CA 30:45:24	2005	Rhino	1231	Phil Wright, 48	CA 31:11:03	1992	
1148	Kristina Irvin, 46	CA 30:45:24	2004		1232	Bill Gebbie, 46	CA 31:11:09	1989	
1149	Jorge Pacheco, 37	CA 30:45:24	2005		1233	Mark Olson, 61	CA 31:11:12	2008	
1150	Robert Adjemian, 40	CA 30:45:51	1987		1234	Michael Gleman, 48	FL 31:11:44	1996	
1151	Gary Dudney, 44	CA 30:45:57	1997		1235	Jonathan Gunderson, 29	CA 31:11:52	2007	
1152	Rob Volkenand, 58	OR 30:46:38	1989	W4	1236	Gary Wright, 44	CA 31:11:57	1995	
1153	Steve Harvey, 46	CA 30:46:46	1990		1237	Suzi Thibeault, 42	WA 31:12:28	1989	W4
1154	Ruben Cantu, 54	CA 30:46:52	1997		1238	Frank Pitts, 60	CA 31:12:30	1991	
1155	Mike Palmer, 54	CA 30:46:58	2007		1239	Renne Gardner, 38	CA 31:13:17	1996	
1156	Max Welker, 50	WA 30:47:28	1992		1240	Hiroimi Hatta, 35	JPN 31:13:17	1996	Ram's Head
1157	Scott Sullivan, 47	CA 30:47:33	2006		1241	Katsuyuki Hatta, 32	JPN 31:13:17	1996	Ram's Head
1158	Roger Dike, 63	AK 30:47:48	1990		1242	Scott Sullivan, 40	CA 31:13:32	1999	
1159	Garry Curry, 38	CO 30:48:01	1992		1243	Conrad Daniel, 52	CA 31:14:05	2000	
1160	Ricardo Ornelas, 33	CA 30:48:10	2006		1244	Scott Parker, 37	AL 31:14:06	2001	
1161	Stephen Simmons, 22	WV 30:48:39	1998		1245	Bob Szekeres, 46	CA 31:14:14	1993	
1162	Rafael Covarrubias, 39	CA 30:49	2008		1246	Marty Coffey, 41	CA 31:15:36	1991	
1163	Francisco Fabian, 54	CA 30:49:06	2005		1247	Lou Peyton, 45	AR 31:15:36	1989	W4
1164	Richard Buck, 45	CA 30:49:23	1991		1248	Victoria DeVita, 47	CA 31:16:01	2000	
1165	Robert Tavernini, 33	TX 30:49:39	2000	W4,LGR6	1249	Paul Stofko, 24	AZ 31:16:16	2000	
1166	Robert Tuller, 31	NY 30:50:36	1995		1250	Andrew Foote, 58	CA 31:17:06	2008	
1167	Gordon Hubbard, 48	CA 30:51:43	1987		1251	Scott Sullivan, 49	CA 31:17:06	2008	
1168	John Spykerman, 32	CA 30:52:13	1997		1252	Bozena Maslanka, 32	CA 31:17:12	1999	
1169	Howie Stern, 36	CA 30:52:33	2006		1253	Floyd Whiting, 51	NV 31:17:13	1992	W4, LGR5
1170	Steve Teal, 38	CA 30:52:36	2003		1254	Richard Buck, 41	CA 31:17:21	1987	
1171	Brick Robbins, 32	CA 30:52:39	1991	JMT	1255	Joe Magruder, 55	CA 31:17:24	2001	
1172	Marc Greenberg, 39	WA 30:52:44	1990		1256	Garry Curry, 44	CO 31:17:25	1998	
1173	Earl Preeper, 39	CAN 30:52:44	1996		1257	Ed Demoney, 42	VA 31:17:25	1987	
1174	Jeff Kozak, 29	CA 30:52:45	2003		1258	Gordon Hubbard, 52	CA 31:17:40	1991	
1175	Kevin O'Grady, 31	OH 30:52:50	1990		1259	Thierry Poupard, 45	FRA 31:18:06	1999	
1176	Phil Royalty, 31	NV 30:53:22	2000		1260	Dan Harshburger, 44	CA 31:18:55	1991	
1177	James Hamilton, 56	CA 30:53:29	1999		1261	William Gilli, 38	AR 31:19:03	1995	
1178	Scott Willis, 28	CA 30:53:57	1990		1262	Wayne Mandelbaum, 52	CA 31:19:24	2007	
1179	Gordon Hubbard, 49	CA 30:53:58	1988		1263	Shannon Lyons, 54	CA 31:20:20	1998	Buffalo
1180	John Liebeskind, 40	OR 30:54:12	2001		1264	Howie Stern, 37	CA 31:20:24	2007	
1181	Ken Ward, 44	OR 30:54:12	2001		1265	Kenneth Tannehill, 45	CA 31:20:30	2006	
1182	Cynthia Heaton, 32	CA 30:54:13	1987		1266	Mike Palmer, 47	CA 31:20:39	2000	
1183	Chris Cole, 29	CA 30:54:39	1992	W4	1267	Richard Lawrence, 32	CA 31:21:28	1994	
1184	Kathy Hamilton, 46	CA 30:54:46	1996		1268	Kevin Lutz, 46	CA 31:21:36	2003	
1185	Tom Rowe, 44	MT 30:55:17	1992		1269	Barbara Miller, 46	CA 31:21:55	1991	W4
1186	Duke Bartoo, 43	CA 30:55:19	1995		1270	Dave Damas, 45	CA 31:22	1993	



2004: Keith Richards-Dinger



Stephanie Green, 2004



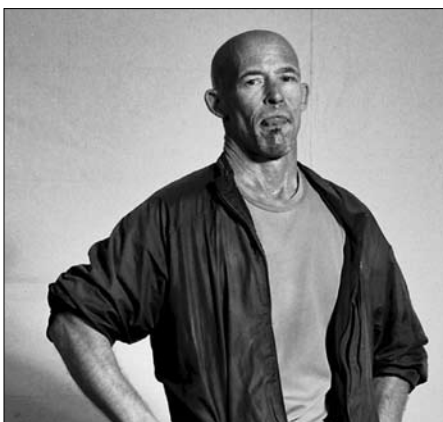
Kevin Sawchuck, Cloudburst 1999.

Rank	Name	Home	Time	Year	Award	Rank	Name	Home	Time	Year	Award
1271	Bob Cox, 47	NV	31:22:03	1989		1333	Elena Sherman, 45	CA	31:33:50	1998	
1272	Burgess Harmer, 47	NV	31:22:03	1989		1334	Bob Ulloa, 52	CA	31:34:24	2001	
1273	David Emmons, 39	CA	31:22:11	1996		1335	Duke Bartoo, 49	CA	31:34:30	2001	
1274	Jason Hodde, 27	IN	31:22:19	1997	W4,LGR6	1336	George Velasco, 42	CA	31:34:42	1995	
1275	Scott Sullivan, 44	CA	31:22:24	2003		1337	David Harris, 45	CA	31:34:44	1998	
1276	Barbara Miller, 49	CA	31:23:15	1993		1338	Brent Speers, 47	CA	31:35:06	2005	
1277	Janice O'Grady, 47	CA	31:23:28	1996		1339	Mitchell Rossman,	MN	31:35:41	1999	
1278	Henry Canales, 44	CA	31:23:31	1990		1340	Larry Kelly, 37	CA	31:35:46	1997	
1279	R. C. Pruitt, 38	CA	31:23:31	1990		1341	Jeff Stevenson, 51	CA	31:36:01	1997	
1280	Jeanine Carlson, 46	MA	31:23:35	2000		1342	Paul Walczak, 43	VA	31:36:39	1999	
1281	Robert Longwell, 57	CA	31:23:46	1996		1343	John Strom, 49	NY	31:36:55	1989	
1282	Helen Klein, 66	CA	31:24:02	1989	W4	1344	Brian Curtiss, 32	CA	31:37	2008	
1283	George Durr, 45	CA	31:24:06	1991		1345	Stuart Gleman, 49	FL	31:37:15	1994	
1284	Robert Harris, 36	CA	31:24:12	2004		1346	Curtis B. Davis, 38	CA	31:37:30	2003	
1285	Mike Ehlerman, 34	AZ	31:24:26	1999		1347	Elijah Liao, 36	CA	31:37:30	2008	
1286	Bill Harns, 50	CA	31:24:48	1996		1348	Catra Corbett, 36	CA	31:37:36	2001	
1287	Joe Magruder, 50	CA	31:24:48	1996		1349	Scott Willis, 26	CA	31:38:07	1988	
1288	Jay Anderson, 43	CA	31:24:50	1999		1350	Adrian Crane, 36	CA	31:38:24	1991	
1289	Stephen Simmons, 21	WV	31:24:55	1997		1351	Karen Powers, 45	WY	31:38:48	1995	
1290	Garry Curry, 49	CO	31:25:06	2003		1352	Gordon Hubbard, 51	CA	31:38:57	1990	
1291	Brent Speers, 45	CA	31:25:06	2003		1353	Stan Zychowski, 52	CO	31:39:11	2000	
1292	Lee Freeman, 46	CA	31:25:21	1989		1354	Scott Parker, 36	AZ	31:39:22	2000	
1293	Patrick Peters, 51	CA	31:25:33	1996		1355	Lorraine Sorensen, 53	CA	31:39:24	2003	Buffalo
1294	Robert Adjemian, 50	CA	31:26:03	1997		1356	Terry Cammack, 43	CA	31:39:25	1989	
1295	Mike Hamilton, 41	WA	31:26:18	1994		1357	Mary Kathleen Barry, 40	CA	31:39:27	1998	
1296	Howard Cohen, 43	CA	31:26:30	2001		1358	Lee Jebian, 57	CA	31:39:39	1998	
1297	Kristina Irvin, 50	CA	31:26:30	2008		1359	Albert Miller, 35	OR	31:39:42	1989	
1298	Ben Novak, 32	CA	31:26:40	2007		1360	Alan Nozaki, 35	HI	31:39:54	1990	
1299	Scott Sullivan, 41	CA	31:26:49	2000		1361	Fernand Michaud, 56	NV	31:40:18	1999	
1300	Louise Elaine Comar, 47	CA	31:27:08	2000		1362	Kevin Cassidy, 33	AUS	31:40:29	1993	
1301	Joan Risse, 46	CA	31:27:20	1995		1363	Catra Corbett-McNeely, 38	CA	31:40:30	2003	
1302	Norm Albert, 42	CA	31:27:22	1999		1364	Bill Roeh, 49	CA	31:40:34	1994	
1303	Blakely Hume, 22	CA	31:28:04	1996		1365	Daniel Wilson, 49	CO	31:40:46	2007	
1304	Douglas Spencer, 37	CA	31:28:04	1995	W4,LGR6	1366	Hans-Dieter Weisshaar, 66	GER	31:41:02	2006	Rams Head
1305	Jeffrey Tincher, 37	IN	31:28:12	1993		1367	Kyong Martin, 49	CA	31:41:18	2004	
1306	Bruce Purdy, 36	MI	31:28:13	1993		1368	Larry Decker, 45	GA	31:41:24	1992	
1307	Rod Barnes, 43	CA	31:28:19	1991		1369	Barbara Ann Elia, 52	CA	31:41:29	1997	Buffalo
1308	Philip Pierce, 53	MA	31:28:50	1994		1370	Thomas Dill, 47	CA	31:41:41	1992	
1309	Ernest Stolen, 58	AK	31:29:08	2007		1371	Joey Ann Kimball, 22	CA	31:42:12	1999	
1310	Todd Leatherwood, 32	TX	31:29:39	2000		1372	Fred Abramowitz, 54	CO	31:42:19	2006	
1311	Vilma Mejia, 40	CA	31:30:05	1991		1373	Mike Palmer, 45	CA	31:43:05	1999	
1312	Robert Adjemian, 52	CA	31:30:08	1999		1374	Terri Hayes, 47	NV	31:43:07	1990	
1313	Bob Szekeresh, 50	CA	31:30:19	1997		1375	Steve Harvey, 49	CA	31:43:10	1993	
1314	Damon Collier, 31	CA	31:30:20	1997		1376	Carrie Burrous, 26	CA	31:43:16	1995	
1315	Mike Palmer, 48	CA	31:30:24	2001		1377	Jess Heroux,	CDN	31:43:54	1992	
1316	Charlie Chandonia, 56	TX	31:30:34	1997		1378	Bill Gebbie, 44	CA	31:44:06	1987	
1317	Jonathan Gunderson, 30	CA	31:30:36	2008		1379	Manuel G. Garcia, 54	CA	31:44:12	2003	
1318	Bert Meyer, 52	CT	31:30:59	1997		1380	Terri Hayes, 48	NV	31:44:25	1991	
1319	Mona Gutierrez, 42	CA	31:31:06	2004		1381	Sarah Spelt, 45	CA	31:44:30	2004	
1320	Skip Bailey, 41	CA	31:31:08	1993		1382	Jack Slater, 48	CA	31:44:58	1995	Eagle
1321	Mike Palmer, 49	CA	31:31:12	2003		1383	Tommy Gallagher, 47	NV	31:45	2004	
1322	Mike Stephens, 41	CA	31:31:23	1999		1384	Georgia Gibbon, 36	CA	31:45	2005	
1323	Bill Sublett, 43	VA	31:31:24	2000		1385	Marc Greenberg, 40	WA	31:45	1991	
1324	Damon Collier, 35	CA	31:31:30	2001		1386	Donald Matthias, 55	CA	31:45:05	1991	
1325	George Velasco, 45	CA	31:31:46	1998		1387	Jonathan Gunderson, 27	CA	31:45:06	2005	
1326	Bill Dickey, 49	CA	31:31:55	1988		1388	Grant Swanson, 56	CA	31:45:06	2008	
1327	Frank Pitts, 57	CA	31:32	1988		1389	Mike Stephens, 45	CA	31:45:12	2005	
1328	Jeff Hagen, 45	CA	31:32:30	1992		1390	Chris Thornley, 38	AZ	31:45:12	2008	
1329	Frederick Riemer, 45	UT	31:32:30	1992	W4	1391	Michael DelaRosa, 44	CA	31:45:31	1991	
1330	Michael Britt, 49	WA	31:32:52	2000		1392	Bill Mack, 40	CA	31:45:41	1993	
1331	Michael Britt, 49	WA	31:32:52	2000		1393	Tom Gallagher, 41	NV	31:45:50	1998	
1332	Elena Sherman, 45	CA	31:33:50	1998		1394	Frank Pitts, 59	CA	31:45:56	1990	

Rank	Name	Home Time	Year	Award	Rank	Name	Home Time	Year	Award
1395	Robert Josephs, 42	CA 31:47:16	1997		1479	David Penny, 32	CA 32:05:04	1995	
1396	Mike Stephens, 43	CA 31:47:24	2001		1480	Mori Hannemann, 36	CA 32:05:12	2001	
1397	Eugene Trahern, 42	OR 31:47:36	2005		1481	Marli Cline, 32	CA 32:05:18	2001	
1398	Xy Weiss, 44	CA 31:47:36	2005		1482	Phil Shattuck, 44	CA 32:06:02	1988	
1399	Bill Matella, 39	CA 31:47:52	1987		1483	Scott Sullivan, 39	CA 32:06:10	1998	
1400	Julia Bramer, 36	CA 31:48:05	2000		1484	Henry Canales, 46	CA 32:06:16	1988	
1401	Stan Zychowski, 46	CA 31:48:07	1994		1485	H.E. Foster, 46	CA 32:06:16	1988	
1402	Marie Boyd, 47	CA 31:48:08	1995		1486	Frank Pitts, 63	CA 32:07	1994	
1403	Charlie Murdach, 34	CA 31:48:30	2003		1487	Robert Kellogg, 53	MN 32:07:09	1996	
1404	Elaina McMahon, 51	CA 31:49	2008		1488	Loren Leonard, 62	CA 32:07:09	1991	
1405	Mark McKinney, 40	CA 31:49	2008		1489	Kathy Maynard, 44	CA 32:07:09	1991	
1406	Eric Kajiwara, 61	CA 31:49	2008		1490	Tom Weigt, 44	MN 32:07:09	1996	
1407	Rick Bearden, 50	CA 31:49:09	2007		1491	Stefan Schlett, 38	GER 32:08:14	2000	
1408	Garry Curry, 51	CO 31:49:12	2005		1492	Blakley Hume, 21	CA 32:08:29	1995	
1409	Carmela Layson, 38	CA 31:49:12	2008		1493	Carl Yates, 64	CA 32:08:30	1991	
1410	David Jones, 51	CA 31:49:17	1999		1494	Eric Kajiwara, 56	CA 32:08:36	2003	
1411	Flora Krivak-Tetley, 27	CA 31:49:24	2008		1495	James Hamilton, 53	CA 32:08:53	1996	
1412	Russ Gamble, 41	CA 31:49:55	1991		1496	Bill Harns, 44	CA 32:09:14	1990	
1413	John Radich, 49	CA 31:50	2003		1497	Ben Gaetos, 50	CA 32:10:10	2007	
1414	Brad Holderman, 36	CA 31:50:02	1998		1498	Charlie Mercer, 33	CA 32:10:30	2003	
1415	Todd Leigh, 58	CA 31:50:04	2000		1499	Dennis Koors, 35	CA 32:10:48	2007	
1416	Elijah Liao, 35	CA 31:50:14	2007		1500	Gordon Hubbard, 47	CA 32:11	1986	
1417	Sarah Spelt, 41	CA 31:50:33	2000		1501	Bob King, 44	CA 32:11	1986	
1418	Gary Holloway, 35	ID 31:50:34	1997	W4	1502	Jack Nosco, 35	CA 32:11:09	1987	
1419	Gary Miller, 60	CA 31:50:34	1997		1503	Carmela Layson, 37	CA 32:11:32	2007	
1420	David Saine, 48	CA 31:50:34	1997		1504	Sandra Sanger, 37	CA 32:11:35	2007	
1421	Raymond Solis, 41	CA 31:51:07	1997		1505	Robert Tuller, 26	CA 32:11:55	1990	
1422	Michael Kogutek, 57	CA 31:51:14	2006		1506	Frederick Davis III, 52	OH 32:12:18	2000	
1423	John Radich, 52	CA 31:52	2006		1507	Ted McDonald, 42	CA 32:12:20	2006	
1424	Scott Willis, 25	CA 31:52:07	1987		1508	Brian Harvey, 32	CA 32:12:30	2008	
1425	Allan Kaplan, 42	CA 31:52:12	1997		1509	Stan Zychowski, 44	CA 32:12:35	1992	
1426	Dick Collins, 58	CA 31:52:29	1991		1510	David Turner, 30	CA 32:12:46	1991	
1427	Gary Waldsmith, 50	CA 31:52:29	1991		1511	Bill Andrews, 46	CA 32:13:11	1998	W4,LGR6
1428	Marc Greenberg, 36	WA 31:52:43	1987		1512	Ana Braga-Levagg, 47	CA 32:13:28	2007	
1429	Rick Van Hoorne,	CA 31:52:43	1987		1513	Michael Vavrin, 24	CA 32:13:30	1997	
1430	Byron Melendy, 48	CA 31:53:04	1989		1514	Scott Sullivan, 45	CA 32:14:24	2004	
1431	David Gribble, 31	NV 31:53:12	2007		1515	Wayne Kocher, 62	NV 32:14:27	1999	
1432	Tom Gallagher, 42	NV 31:53:15	1999		1516	Raymond Solis, 38	CA 32:14:33	1994	
1433	Jeff Swan, 30	CA 31:53:21	2007		1517	Gary Zicker, 45	NV 32:14:54	1996	
1434	Sam Voltaggio, 49	TX 31:53:25	2000		1518	Robert Baird, 44	CA 32:15	2005	
1435	Rick Kelley, 51	AZ 31:53:35	2001		1519	Terry Eckenwiler, 36	CA 32:15:11	1994	
1436	Robert Davidson, 34	AZ 31:53:41	1989		1520	Randy Klassen, 48	CA 32:15:24	2001	
1437	Paul DiMarco, 45	TX 31:54:06	1999		1521	David Emmons, 37	CA 32:15:31	1994	
1438	Phil Wright, 55	CA 31:54:10	1999		1522	Marc Greenberg, 45	WA 32:15:37	1996	
1439	Frank Pitts, 66	CA 31:54:16	1997		1523	Thomas Harry, 49	CA 32:16	2004	
1440	Claudia Newsome, 40	CA 31:54:25	1990		1524	Mike Palmer, 53	CA 32:16:01	2006	
1441	Frank Pitts, 68	CA 31:54:29	1999		1525	Bob Norton, 53	CA 32:16:11	1991	
1442	Matt Palocsay, 22	CA 31:54:34	1999		1526	Mark Ryne, 52	CA 32:16:22	2006	
1443	John Fries, 50	CA 31:55:52	2007		1527	Eric Kajiwara, 52	CA 32:16:31	1999	
1444	Jeannie Wood, 35	CA 31:56	1986		1528	Rick Miller, 44	CA 32:16:31	1999	
1445	William Maida, 37	CA 31:56:04	1988		1529	Patricia Hall, 41	VA 32:17:02	1998	
1446	Jeff Brettler, 44	CA 31:56:18	2005		1530	Larry Mann, 37	CA 32:17:06	2001	
1447	Gerald Reichert, 41	ND 31:56:27	1995		1531	Steve McRae, 47	CA 32:17:20	1998	
1448	Tom Geha, 40	CA 31:56:50	2007		1532	Lora Zagnoli, 38	CA 32:18:23	2000	
1449	Brian Elliott, 42	CA 31:57:12	1995		1533	Gary Wright, 41	WA 32:18:35	1992	
1450	Dan Harshburger, 43	CA 31:58:23	1990		1534	Glen Zirbel, 59	CA 32:18:44	1990	LGR5
1451	Booth Hartley, 45	CA 31:58:43	1987		1535	Mark Wieneke, 54	CA 32:19:18	2005	
1452	Bill Braun, 51	CA 31:59:02	1999		1536	Andy Kumeda, 37	CA 32:19:24	2005	
1453	Rick Bearden, 51	CA 31:59:06	2008		1537	Norman Richardson, 50	MA 32:19:24	2005	
1454	Ben Anella, 52	CA 31:59:16	1997		1538	Peter Louis Goren, 18	CA 32:19:24	2001	
1455	Ronda Sundermeier, 34	OR 31:59:36	2001		1539	Lee Schmidt, 52	CA 32:19:43	1991	
1456	Vilma Mejia, 44	CA 31:59:50	1995		1540	Randy Dewees, 53	CA 32:20	2008	
1457	Gary Wright, 47	WA 32:00:03	1998		1541	Tom Weigt, 48	MN 32:20:13	2000	
1458	Matthew Kavanaugh, 41	CA 32:00:15	1998		1542	Lou Bello, 37	MN 32:20:14	2000	
1459	Nadia Costa, 32	CA 32:00:24	2003		1543	Loren Leonard, 61	CA 32:20:26	1990	
1460	Wendy Young, 47	CA 32:00:24	2003		1544	Milo Lewis, 39	CA 32:20:33	1991	
1461	John Eugster, 49	NV 32:00:59	1999		1545	Steve Cassell, 40	NV 32:20:59	1989	
1462	Larry Davidson, 42	NV 32:01:10	1989		1546	J. R. Young, 44	CA 32:21	2003	
1463	Stan Zychowski, 48	WY 32:01:17	1996		1547	Chuck Haraway, 44	CO 32:21:17	1992	
1464	Rob Hacker, 46	CO 32:01:30	2006		1548	Allan Kaplan, 41	CA 32:21:18	1996	
1465	Mark Jacob, 47	CA 32:01:30	2006		1549	Bertha Marineo, 52	CA 32:21:31	1998	W4
1466	Larry Hall, 49	IL 32:02:12	2003		1550	Julia Bramer, 35	CA 32:22:02	1999	
1467	John Strom, 45	NY 32:02:13	1987		1551	Thomas Murphy, 24	CA 32:22:06	1994	
1468	Saralie Liner-Jigamian, 35	CA 32:02:24	1987		1552	Larry Decker, 44	GA 32:22:52	1991	
1469	Glen Williams, 26	CA 32:02:24	1987		1553	Rick Kelley, 48	AZ 32:22:56	1998	
1470	Jay Dobrowski, 28	CA 32:02:35	2007		1554	Hartmut Frenzel, 37	CA 32:23:18	2005	
1471	Dan Bratches, 35	ME 32:03:24	2003		1555	John Marshall, 52	CA 32:23:28	1989	
1472	PJ Salmonson, 43	HI 32:03:53	1990		1556	Michael Bur, 35	MD 32:23:30	2000	
1473	Stan Zychowski, 43	CA 32:04:04	1991		1557	Hal Chiasson, 64	CA 32:23:50	2007	
1474	Caroline Spencer, 38	WI 32:04:15	2000		1558	Anstr Davidson, 51	VA 32:24:03	1996	
1475	Mark Wood, 44	WI 32:04:16	2000		1559	Robert Adjemian, 47	CA 32:24:04	1994	
1476	Mike Palmer, 54	CA 32:04:30	2008		1560	Clement Choy, 52	CA 32:24:15	1999	
1477	Tracy Thomas, 38	CA 32:04:45	1999		1561	Robert Andrusis, 38	AZ 32:24:19	2006	
1478	Patrick Ackley, 38	WA 32:05	2008		1562	Daniel Lovell, 34	CA 32:24:37	2000	



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Rank	Name	Home Time	Year	Award	Rank	Name	Home Time	Year	Award
1563	Larry Mann, 36	CA 32:24:38	2000		1625	George Velasco, 54	CA 32:37:50	2007	
1564	Ray Gruenewald, 41	WA 32:25:36	2001		1626	Diana Rush, 47	CA 32:38:06	2007	
1565	Margaret Smit, 34	MT 32:25:50	1989		1627	Tom Janzen, 54	CA 32:38:34	2006	
1566	Vicki DeVita, 50	CA 32:26:06	2003		1628	John Squires,	CA 32:38:44	1987	
1567	Joe Sheehy, 52	CA 32:26:11	2000		1629	Robin Hale, 40	CA 32:39:14	1992	
1568	Tommy Gallagher, 48	NV 32:26:16	2005		1630	Raymond Villeneuve, 39	CDN 32:39:16	1993	
1569	Victor Zamudio, Jr., 33	GA 32:26:24	2008		1631	Mike Campbell, 40	CA 32:39:40	1994	
1570	Nancy Shura, 51	CA 32:26:30	2001		1632	Charmella Secrest, 53	CA 32:40:06	2008	
1571	Richard Bellante, 42	CA 32:26:47	1994	Buffalo	1633	Joseph Franko, 42	CA 32:40:23	1988	
1572	Mary Lou Pentasuglio, 41	CA 32:26:52	1995		1634	Suzi Clark, 41	CA 32:40:56	1988	
1573	Robert Karwasky, 31	CA 32:27	1986		1635	Mike Palmer, 42	CA 32:41:30	1995	
1574	Linda Dewees, 49	CA 32:27:15	2006		1636	Bill Matella, 41	CA 32:41:47	1989	
1575	Booth Hartley, 46	CA 32:27:32	1988		1637	Allan Kaplan, 37	CA 32:41:48	1992	
1576	Gary Wright, 46	WA 32:27:34	1997		1638	Ben Benjamin, 60	OR 32:41:48	2007	
1577	Thomas O'Neal, 41	CA 32:27:45	1986		1639	Phil Rosenstein, 37	WI 32:41:53	2007	
1578	A. J. Shaka, 40	CA 32:27:49	1998		1640	George Velasco, 47	CA 32:42:03	2000	
1579	Barry Shaka, 36	CA 32:27:49	1998		1641	Tony Farinella, 50	CA 32:42:16	1991	
1580	Ed Arasim, 54	CA 32:28	1994		1642	Damon Dockstader, 23	TX 32:42:35	1991	
1581	Paul Schmidt, 42	CA 32:28	1994		1643	Dong Ngo, 51	FL 32:42:43	1989	
1582	Bill Harns, 54	CA 32:28:03	2000		1644	Wendell Robison, 45	WY 32:42:55	1997	
1583	Milo Lewis, 35	CA 32:28:08	1988		1645	Tommy Gallagher, 51	NV 32:43:06	2008	
1584	Karlheinz Kobus, 37	GR 32:28:18	2003		1646	Tommy Gallagher, 50	NV 32:43:26	2007	
1585	John Ingro, 55	CA 32:28:51	1989		1647	Jim Ingalls, 47	IN 32:43:29	1992	W4, Eagle
1586	Roy Van Buren, 46	MA 32:29:24	2008		1648	Garry Curry, 34	CA 32:43:35	1988	W4, LGR5
1587	Al Catalano, 55	MA 32:29:24	2008		1649	Conn Allen Day, 29	IN 32:43:35	1988	
1588	Bert Meyer, 49	CT 32:29:53	1994		1650	Ross Zimmerman, 39	AZ 32:44:42	1992	
1589	Tim Sheedy, 54	CA 32:30:06	2003		1651	Kurt Lund, 40	CA 32:45	1991	
1590	Timothy Lyne, 26	CA 32:30:18	2008		1652	Wes Barrett, 55	CA 32:45:12	1991	
1591	Bill Harns, 53	CA 32:30:29	1999		1653	Kenneth Hubbard, 56	VA 32:45:18	2003	
1592	Stuart Sorensen, 56	CA 32:30:30	2001		1654	Jeffery Su, 43	CA 32:45:26	2006	
1593	Greg Minter, 38	CA 32:31:39	1999		1655	Joe Pospichal, 37	CA 32:45:27	2000	
1594	Fred Pollard, 65	CA 32:32:06	2004		1656	Brian Poeppel, 44	MN 32:45:49	1999	
1595	Shannon Farar-Griefer, 44	CA 32:33:06	2005		1657	Leon Draxler, 57	WA 32:45:54	1999	
1596	Hans-Dieter Weisshaar, 65	GER 32:33:06	2005		1658	George Velasco, 40	CA 32:46:10	1993	LGR6
1597	Ted Liao, 47	CA 32:33:06	2008		1659	David Campbell, 52	CA 32:47:18	2008	
1598	Vanessa Jones, 42	CA 32:33:24	2004		1660	Michael Bur, 38	MD 32:50:18	2003	
1599	Wendy Young, 50	CA 32:33:35	2006		1661	Roy Warner, 31	CA 32:50:30	1990	LGR6
1600	Kathy Hamilton, 43	CA 32:33:53	1993		1662	George Velasco, 44	CA 32:50:40	1997	
1601	Lee Schmidt, 54	CA 32:33:54	1993		1663	Dimitri Kieffer, 33	WA 32:50:44	1999	
1602	Joe Florio, 40	CA 32:34:09	2000		1664	Dale Coats, 61	CA 32:51	1999	
1603	Leroy Sena, 43	CA 32:34:16	1997		1665	Jeff Mikesell, 38	AZ 32:51:49	1999	
1604	Robert Andruilis, 37	AZ 32:34:18	2005		1666	Mark Ryne, 50	CA 32:52:18	2004	
1605	Joseph Franko, 50	CA 32:34:18			1667	George Velasco, 46	CA 32:52:22	1999	
1606	Jeff Washburn, 49	MA 32:34:18	1999		1668	Gordon Hubbard, 53	CA 32:52:33	1992	
1607	Dixie Madsen, 58	CA 32:34:21	1995	LGR6	1669	Gary Wright, 37	WA 32:52:46	1988	
1608	Bill Harns, 52	CA 32:34:23	1998		1670	Maureen McGrath, 30	CA 32:53:18	1992	
1609	Tony Jankowski, 44	CA 32:34:31	1997		1671	Michael Siltman, 37	IL 32:57:34	2006	
1610	Bonnelle Murphy, 49	CA 32:34:51	1997						
1611	David Harris, 44	CA 32:35	1997						
1612	John Rhodes, 55	NV 32:35:06	2003						
1613	Terry Rhodes, 47	NV 32:35:06	2003						
1614	Gary Zicker, 40	NV 32:35:12	1991						
1615	Michael Landa, 27	CA 32:35:28	2006						
1616	Ben Gaetos, 51	CA 32:35:30	2008						
1617	Tracie Essick, 34	CA 32:35:49	1995						
1618	Mike Stephens, 48	CA 32:36:22	2006						
1619	Gary Wright, 49	WA 32:36:43	2000						
1620	Fred Holmes, 60	TX 32:36:46	1997						
1621	Joanie Mathieson, 45	CA 32:36:50	1991						
1622	Jerry Armstrong, 30	CA 32:37:02	2007						
1623	Jeffery Su, 41	CA 32:37:18	2004						
1624	Robert Adjemian, 57	CA 32:37:24	2004						

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Cepeda, Lauren, 33	CA	30:42:58	1998	Coudurier, Bernard, 44	CA	23:45:47	1996	Demazure, Eric, 44	FRA	28:26:24	2004 SY
Cepoi, David, 27	CA	27:12:18	1992	Coudurier, Bernard, 45	CA	25:10:38	1997	Demoney, Ed, 42	VA	31:17:25	1987
Cervantes, Martimiano, 46	CA	21:36:59	1998	Coury, Jamil, 22	AZ	23:49:07	2007	Demorest, John, 38	CA	22:31:54	1989
Chamley, Mark, 39	CA	31:07:29	1992	Coury, Nick, 19	AZ	23:49:07	2007	Demorest, John, 42	CA	23:47:32	1993
Chamley, Mark, 42	CA	30:35:31	1995	Covarrubias, Rafael, 39	CA	30:49	2008	Dempster, Dan, 47	CA	30:30:08	1994
Chandonia, Charlie, 56	TX	31:30:34	1997	Cowdrey, Bob, 50	CA	28:04:42	1994	Dempster, Dan, 48	CA	30:22:45	1995
Chang, Jack, 46	CA	30:42:35	2006	Cox, Bob, 47	NV	31:22:03	1989	deSouza, Ferdinand, 35	UT	30:28:45	1988
Chapman, Tom, 45	OR	30:31:36	2004	Crane, Adrian, 36	CA	31:38:24	1991	deSouza, Ferdinand, 36	UT	29:11:11	1989
Cheese, Tom, 31	CA	22:12:56	1990	Crawford, Terry, 42	CA	25:57:25	1990	Develice, Robert, 45	AK	29:06:33	1999
Chiasson, Hal, 55	CA	28:17	1998	Crites, Kent, 37	CA	23:22:58	1988	DeVelice, Robert, 46	AK	27:01:55	2000
Chiasson, Hal, 57	CA	28:19	2000	Crites, Kent, 43	CA	26:31:13	1994	DeVita, Vicki, 38	CA	23:46:56	1991 G/S Buckle
Chiasson, Hal, 58	CA	27:16:12	2001	Cross, Fenton, 53	CA	28:49:41	1997	DeVita, Vicki, 50	CA	32:26:06	2003
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Chiasson, Hal, 64	CA	32:23:50	2007	Cross, Fenton, 56	CA	29:19:27	2000	Deweese, Linda, 49	CA	32:27:15	2006
Chiasson, Hal, 61	CA	28:06:18	2004	Cross, Fenton, 57	CA	29:59:06	2001	Deweese, Linda, 51	CA	30:10:06	2008
Choy, Clement, 52	CA	32:24:15	1999	Cross, Fenton, 59	CA	29:01:06	2003	Deweese, Randy, 53	CA	32:20	2008
Christensen, Chris, 35	CA	23:07:48	1992	Cross, Fenton, 62	CA	30:03:06	2006	Diamond, Scott, 39	OR	29:59:04	2000
Christopherson, Wayne, 41	MI	27:28:13	1989	Cuff, Kermit, 49	CA	27:15:22	2007	Diaz, Carlos, 45	CA	28:25:36	2001
Clapper, Joe, 38	VA	27:34:28	1997	Cuff, Kermit, 50	CA	27:57:18	2008	Dickey, Bill, 49	CA	31:31:55	1988
Clark, Suzi, 41	CA	32:40:56	1988	Cunningham, Sean, 34	NM	30:58:05	2006	Dickey, Bill, 51	CA	29:43:03	1990
Cline, Marli, 32	CA	32:05:18	2001	Cunningham, Ron, 50	OR	30:17:08	1998	Dickey, Bill, 53	CA	30:30:21	1992
Coats, Dale, 61	CA	32:51	1999	Curry, Garry, 32	CA	27:59	1986	Dickie, Matthew, 31	CA	30:23:01	2007
Coblentz, David, 43	NM	12:43:25	2006	Curry, Garry, 33	CA	23:55:25	1987	Dike, Roger, 63	AK	30:47:48	1990
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Cohen, Howard, 42	CA	28:31:02	2000	Curry, Garry, 38	CO	30:48:01	1992	Dimmick, Fred, 39	NY	28:25:23	1996
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Cole, Chris, 29	CA	30:54:39	1992	Curry, Garry, 43	CO	28:52:12	1997	Dockstader, Damon, 23	TX	32:42:35	1991
Collier, Damon, 31	CA	31:30:20	1997	Curry, Garry, 44	CO	31:17:25	1998	Doman, Wendell, 44	CA	28:06:06	2003
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Collier, Damon, 40	CA	26:58:13	2006	Curry, Garry, 47	CO	30:39:06	2001	Draxler, Leon, 57	WA	32:45:54	1999
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Collier, Damon, 30	CA	29:47	1996	Curry, Garry, 51	CO	31:49:12	2005	Duplessis, Janine, 45	WA	28:55:16	1999 LGR6
Collins, Dick, 56	CA	28:21:18	1989	Curry, Garry, 52	CO	28:24:10	2006	Durr, George, 45	CA	31:24:06	1991
Collins, Dick, 57	CA	28:24:34	1990	Curry, Garry, 53	CO	28:08:43	2007	Dutfield, Stewart, 36	WA	23:51:42	1991
Collins, Dick, 58	CA	31:52:29	1991	Curry, Garry, 54	CO	29:05:12	2008	E			
Comar, Louise Elaine, 47	CA	31:27:08	2000	Curry, Garry, 50	CO	29:09:24	2004	Earnest, Frank, 53	CA	27:34:36	2004 LGR6, W4
Condron, Barry, 29	CA	28:27:47	1992	Curtiss, Brian, 32	CA	31:37	2008	Eastman, Diane, 45	CA	28:31:04	1987
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Conover, Lisa, 40	WI	30:09:56	1998	Damas, Dave, 43	CA	30:38:41	1991	Ehlerman, Mike, 34	AZ	31:24:26	1999
Conover, Lisa, 43	WI	28:20:12	2001	Damas, Dave, 45	CA	31:22	1993	Ehman, Rose, 34	CA	29:37:26	1993
Conover, Lisa, 48	WI	28:20:31	2006	Daniel, Conrad, 52	CA	31:14:05	2000	Ehret, Stephanie, 43	CO	26:16:11	2006
Conover, Lisa, 46	WI	29:21	2004	Davidson, Anstr, 49	VA	30:39	1994	Ehrhard, Ron, 28	CA	21:47:14	1998
Cooper, Rick, 41	MT	30:06:42	1999	Davidson, Anstr, 51	VA	32:24:03	1996	Eidenschink, Chuck, 36	OR	27:27:45	1989
Corbett, Catra, 35	CA	30:06:03	2000	Davidson, Larry, 42	NV	32:01:10	1989	Elam, Linda, 45	CA	26:04:16	1991 W4
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Corbett, Catra, 41	CA	30:41:05	2006	Davis, Curtis B., 42	CA	30:24:02	2007	Elliott, Brian, 42	CA	31:57:12	1995
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Corbett-McNeely, Catra, 38	CA	31:40:30	2003	Davis III, Frederick, 52	OH	32:12:18	2000	Emmons, David, 39	CA	31:22:11	1996
Corcoran, Devin, 34	CA	27:09:36	2001	Day, Conn, 31	CO	30:13:50	1990	Englemann, Eb, 51	OR	29:55:08	1993
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Field, Ben, 43	CA	28:51:38	2007
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Galdi, Phil, 36	CA	26:23	1986
Gallagher, Tom, 41	NV	31:45:50	1998
Gallagher, Tom, 42	NV	31:53:15	1999
Gallagher, Tom, 43	NV	30:24:37	2000
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Garcia, Manuel G., 54	CA	31:44:12	2003
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Garnett, Paul, 38	CA	27:32	1986
Gassan, Larry, 36	CA	29:10:44	1991
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Geha, Tom, 40	CA	31:56:50	2007
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Gibbons, Christine, 33	NJ	28:17:25	1995
Gibbons, Wayne, 31	CA	12:58:07	1990
Gibbons, Wayne, 36	NJ	28:17:25	1995
Gill, Jim, 47	CA	29:16:12	2005
Gillespie, Richard, 50	CA	30:17:26	1996
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Gimbel, Susan, 41	CA	27:22:27	1988
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Glinn, Jim, 47	CA	29:02:23	1991
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Goggins, David, 32	CA	22:15:19	2007
Gonzalez, Cirildo, 43	MEX	19:37:03	1997
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Good, Jim , 46	CA	26:55:06	2004
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Goodman, Larry, 33	CA	23:35:48	1990
Goss, Lance, 45	CA	27:01:10	1990
Graney, Bill, 46	CA	25:14:28	2006
Greaves, Marty, 9	GB	22:30:20	1987
Greco, Ken, 34	AZ	29:32:12	2001
Green, Thomas, 42	MD	23:43:46	1992
Green, Stephanie , 35	CA	29:10:18	2004
Greenbauer, Richard , 37	CA	29:30:30	2004
Greenberg, Marc, 36	WA	31:52:43	1987

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Greenberg, Marc, 45	WA	32:15:37	1996
Greener, Doug, 35	CA	31:08:50	1998
Greenlaw, Raymond, 39	GA	27:18:41	2000
Greer, John, 37	AZ	30:00:31	1996
Gregg, Michael, 28	CA	23:23:00	1986
Gregorich, Ken, 42	CA	23:17:06	2001
Gribble, David, 31	NV	31:53:12	2007
Grill, Larry, 56	CA	30:08:21	2006
Grobesson, Jay, 32	CA	29:41:06	1993
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Grobesson, Jay, 34	CA	25:32:46	1995
Grobesson, Jay, 35	CA	25:37:25	1996
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Grobesson, Jay, 43	CA	12:20	2004
Grobesson, Jay, 44	CA	23:29:24	2005
Gruenewald, Ray, 41	WA	32:25:36	2001
Grunt, Cindie, 41	OR	27:35:49	1991
Grunt, Cindie, 43	OR	30:07:53	1993
Grunt, Cindie, 44	OR	29:27:15	1994
Guild, Scott, 36	NV	30:37:18	2008
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Gunnarsson, Patrik, 32	CA	22:42:05	1997
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Gustman, Jana, 34	CA	25:55:24	2001
Gutierrez, Mona , 42	CA	31:31:06	2004

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Hacker, Rob, 46	CO	32:01:30	2006
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Hagen, Jeff, 45	CA	31:32:30	1992
Hagen, Jeff, 46	CA	26:30:33	1993
Hale, Robin, 40	CA	32:39:14	1996
Hall, Clark, 49	VA	30:04:30	1998
Hall, Larry, 49	IL	32:02:12	2003
Hall, Patricia, 41	VA	32:17:02	1998
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Hamalainen, Jussi, 62	CA	29:47:06	2008
Hamilton, James, 53	CA	32:08:53	1996



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Kaplan, Allan, 40	CA	30:33:27	1995	
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Karwasky, Robert, 31	CA	32:27	1986	
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Kee, Bill, 38	CA	23:24:12	1995	
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Kelly, Larry, 37	CA	31:35:46	1997	
Keogh, Bobby, 57	NM	26:38:06	2001	
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Khajavi, Jamshid, 51	WA	27:42:36	2004	LGR6, W4
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Kieffer, Dimitri, 33	WA	32:50:44	1999	
Kimball, Joey Ann, 22	CA	31:42:12	1999	
Kimura, Jonathan, 21	CA	27:25:30	2001	
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Koerner, Hal, 32	OR	18:29:18	2008	Ram
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Krivak-Tetley, Flora, 27	CA	31:49:24	2008	
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LaCava, Clem, 52	OR	27:48:14	2000	
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Langstaff, Anne, 36	CA	28:21:43	1997	Cougar

Lawrence, Richard, 32	CA	31:21:28	1994	
Lawrence, Richard, 33	CA	29:36:42	1995	
Lawrence, Richard, 35	CA	29:13:11	1997	
Layson, Carmela, 37	CA	32:11:32	2007	
Layson, Carmela, 38	CA	31:49:12	2008	
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Lewis, Milo, 35	CA	32:28:08	1988	
Lewis, Milo, 39	CA	32:20:33	1991	
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Little, Jerry, 30	CO	27:24:50	1998	
Livak, Joe, 51	NV	28:17:42	1992	
Longwell, Robert, 57	CA	31:23:46	1996	
Longwith, Jim, 52	CA	29:58	1998	
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Losey, Bill, 34	OH	30:37:28	2006	
Louis Goren, Peter, 18	CA	32:19:24	2001	
Lovell, Daniel, 34	CA	32:24:37	2000	
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Luschwitz, Brian, 40	CA	30:13:22	2007	
Lutz, Kevin, 46	CA	31:21:36	2003	
Lygre, David, 47	WA	23:18:36	1989	
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Lyons, Shannon, 54	CA	31:20:20	1998	Buffalo
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MacLeod, Ken, 41	CDN	28:07:41	1992	
MacNair, Howard,	CA	27:45:55	1987	

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Madsen, Dixie, 60	CA	29:18:01	1997	Rhino
Magill, Jim, 50	CA	31:07:03	1996	W4, LGR6
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Malinin, Mike, 33	CA	29:41:18	2001	
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Mann, Larry, 36	CA	32:24:38	2000	
Mann, Larry, 37	CA	32:17:06	2001	
Marcelli, Mark, 36	CA	23:13:18	1995	
Marcelli, Mark, 42	CA	22:29:18	2001	
Marcelli, Mark, 48	CA	23:20:03	2007	8 Pt Buck
March, Nancy, 47	CA	28:37:12	1994	
Marcus, Daniel, 39	IL	29:38:24	2005	
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Martin, Michael, 41	CA	27:44:32	1989	
Martin, Roland, 39	NE	30:40:11	1988	W4
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Masters, Ed, 37	UT	25:00:41	1989	
Matella, Bill, 39	CA	31:47:52	1987	
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Mather, Catherine, 42	CAN	28:25	2000	Rhino
Mathieson, Joanie, 45	CA	32:36:50	1991	
Matthias, Donald, 55	CA	31:45:05	1991	
Matthys, Ignace, 32	BEL	22:05:26	1991	
Mauldin, Bruce, 42	CA	28:52:20	1994	
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Maynard, Kathy, 44	CA	32:07:09	1991	
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McDonald, Michael, 54	CA	28:28:25	1998	
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McDonald, Ted, 42	CA	32:12:20	2006	
McDonald, Ted, 43	CA	27:00:53	2007	



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Joe Magruder, 2001



Brian Mackenzie, 2007

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Morita, Ryoichi, 47	CA	28:59:21	1990	
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Muchow, Lee, 46	CA	28:50:02	1986	
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Musselman, Jim, 39	GA	26:46:29	1999	LGR6
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Nielsen, Tom, 47	CA	20:23:07	2006	Cougar
Nordell, Ashley, 27	CA	22:14:19	2007	
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Nosco, Jack, 29	CA	27:13:04	1991	
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Ostrom, Tony, 45	CA	26:07:56	2000	
Overstreet, David, 46	CA	26:27:11	2006	
P				
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Pacheco, Jorge, 33	CA	19:05:06	2001	Ram
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Palocsay, Matt, 22	CA	31:54:34	1999	
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Park, Charles, 49	CA	28:55:18	2003	
Park, David, 38	CA	21:54:33	1994	
Park, David, 39	CA	32:24:51	1995	
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Parsons, Chip, 38	CA	21:13:05	1992	
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Pedroia, Vince, 48	CA	26:33:41	1994	
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Norman Richardson, 2005



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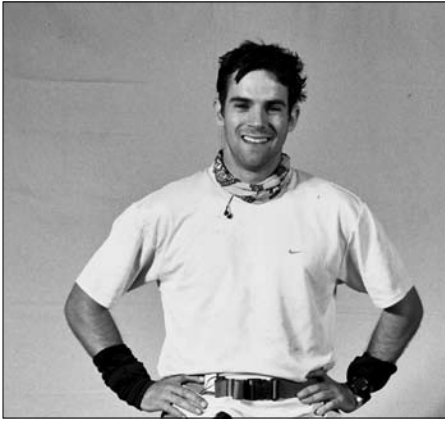


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Penland, Peter, 43	CA	30:28:50	1999
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Perrodin, Jack, 59	CA	28:41:08	1988
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Perry, Lyman, 33	HI	27:48:27	2000
Peters, Patrick, 51	CA	31:25:33	1996
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Peyton, Lou, 45	AR	31:15:36	1989 W4
Phillips, Bud, 48	CA	30:24:19	1995
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Pierce, Philip, 53	MA	31:28:50	1994
Pike, Robert,	CA	28:05:47	1987
Pirkkl, Greg, 32	HI	12:59:14	2000
Pirkkl, Greg, 33	HI	28:29:07	2001
Pirogowicz, David, 44	CA	27:45:46	1996
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Polley, Brian, 35	CA	23:32:08	2006
Polley, Brian, 36	CA	20:45:17	2007 Horse
Portelance, Rolly, 47	CA	22:49:06	1990
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Potter, Tim, 46	MN	30:35:05	2000
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Powers, Karen, 45	WY	31:38:48	1995
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Pruitt, R. C., 38	CA	31:23:31	1990
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Ray, Adam, 40	CA	27:18:08	2006
Redmond, Don, 22	CA	23:14:11	1990
Reed, Pamela, 34	AZ	26:49:48	1995
Reichert, Gerald, 41	ND	31:56:27	1995
Reinstein, Devy, 34	CA	23:51:25	1990
Remington, Dave, 54	CA	30:45:06	1995
Resh, Jack, 55	CA	27:54	1986
Reynolds, Marc, 42	CA	27:43:55	1990
Rhodes, John, 55	NV	32:35:06	2003
Rhodes, Randy, 44	CO	27:30:50	1994
Rhodes, Terry, 47	NV	32:35:06	2003
Richards-Dinger, Keith, 21	CA	30:16:12	2003
Richards-Dinger, Keith, 36	CA	27:51:30	2004
Richardson, Norman, 50	MA	32:19:24	2005
Ridgeway, Diane, 47	CO	26:40:35	1996 Rhino
Riemer, Frederick, 45	UT	31:32:30	1992 W4
Riley, Jeff, 37	OR	21:08:33	2006
Riley, Thomas, 45	OR	31:10:24	2008
Ringstad, Curt, 41	OR	25:42:36	1993
Risse, Joan, 46	CA	31:27:20	1995
Risse, Joan, 47	CA	30:59:09	1996
Ritchie, Gary, 54	CA	29:25:10	1994
Ritchie, Gary, 58	CA	26:08:18	1998
Robak, Robert, 39	CA	28:02:12	1991
Robak, Robert, 45	CA	27:41:17	1997
Robak, Robert, 47	CA	29:06:59	1999
Robbins, Brick, 32	CA	30:52:39	1991 JMT
Robbins, Jeffrey, 45	CA	27:05:32	1997
Robbins, Jeffrey, 46	CA	26:34:57	1998
Robelo, Eduardo, 45	CA	30:35:06	2008
Roberts, Seth, 44	MA	28:10:20	1996
Robinson, Dave, 37	CA	26:16:19	1996
Robinson, Eric, 28	CA	28:12:36	1996
Robinson, Eric, 29	CA	29:57:04	1997
Robinson, John, 34	OR	23:34:46	2000
Robison, Wendell, 36	WY	27:15:07	1988 LGR5
Robison, Wendell, 37	WY	23:30:34	1989
Robison, Wendell, 38	WY	23:54:00	1990
Robison, Wendell, 39	WY	28:51:24	1991 LGR5
Robison, Wendell, 40	WY	29:22	1992
Robison, Wendell, 41	WY	30:23:50	1993
Robison, Wendell, 42	WY	28:37:12	1994

Robison, Wendell, 43	WY	28:05:02	1995
Robison, Wendell, 44	WY	29:39:27	1996
Robison, Wendell, 45	WY	32:42:55	1997
Roeh, Bill, 49	CA	31:40:34	1994
Romero, Ruperto, 42	CA	22:00:23	2006 Rhino
Romero, Ruperto, 42	CA	21:35:26	2007 Rhino
Romero, Ruperto, 45	CA	22:30:06	2008 Rhino
Rork, Paul, 45	CA	28:40:54	1992
Rosenstein, Phil, 37	WI	32:41:53	2007
Ross-Wilde, Ronni, 36	CA	29:23:58	1996
Rossmann, Mitchell,	MN	31:35:41	1999
Rouse, Mike, 45	CA	30:37	1998
Rowe, Tom, 44	MT	30:55:17	1992
Royalty, Phil, 21	CA	29:40:42	1990
Royalty, Phil, 23	CA	29:31:36	1992
Royalty, Phil, 27	NV	28:35:19	1996
Royalty, Phil, 31	NV	30:53:22	2000
Rozic, Scott, 27	CA	30:27:22	2000
Ruiz, George, 51	NV	30:40:18	2008
Rush, Diana, 47	CA	32:38:06	2007
Rustvold, Leif, 31	OR	31:01:24	2006
Rustvold, Leif, 32	OR	26:38:46	2007
Rustvold, Leif, 33	OR	27:30:30	2008
Ruttenberg, Gary, 39	CA	29:33:35	1987
Rutzen, Hartmut, 59	GER	30:06:45	2000
Ruvalcaba, David, 52	CA	27:36:20	2006
Ruvalcaba, David, 54	CA	25:16:24	2008
Ryne, Mark, 50	CA	32:52:18	2004
Ryne, Mark, 52	CA	32:16:22	2006
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Sager, Marc, 39	CA	30:33	1992
Sager, Marc, 41	CA	29:44:04	1994
Sager, Marc, 43	CA	29:37:35	1996
Saine, David, 47	CA	30:44:20	1996
Saine, David, 48	CA	31:50:34	1997
Sakurai, Hiroe, 33	JPN	30:56:06	1998 Ram's H'd
Sakurai, Hiroe, 35	JPN	28:10:37	2000
Sakurai, Kaname, 34	JPN	23:41:16	1998 Ram's H'd
Sakurai, Kaname, 35	JPN	20:15:27	2000 Cougar
Saling, Andrew, 36	CA	29:41:06	2004
Salmonson, PJ, 43	HI	32:03:53	1990
Samuelson, Mark, 39	CA	27:18:05	1992
Sanchez, Juan, 38	CA	23:45:23	2007
Sanchez, Juan, 39	CA	23:16:06	2008
Sanchez, Ray, 41	CA	23:07:24	2008
Sanger, Sandra, 37	CA	32:11:35	2007
Sawchuk, Kevin, 32	VA	20:23:14	1997
Sawchuk, Kevin, 34	CA	22:23:53	1999
Sayers, Kevin, 41	MD	29:55:53	2000
Schick, Karl, 32	CA	30:16:46	1989
Schipsi, Robert, 46	CA	28:51:55	2007
Schlereth, Joe, 39	CA	21:31:58	1989
Schlereth, Joe, 40	CA	22:46:19	1990
Schlereth, Joe, 41	CA	21:37:27	1991 W4
Schlereth, Joe, 42	CA	20:59:18	1992
Schlereth, Joe, 43	CA	20:04:11	1993
Schlereth, Joe, 44	CA	19:50:47	1994 Rhino
Schlereth, Joe, 45	CA	20:17:25	1995
Schlereth, Joe, 46	CA	20:46:34	1996 Rhino
Schlett, Stefan, 38	GER	32:08:14	2000
Schmidt, Lee, 52	CA	32:19:43	1991
Schmidt, Lee, 53	CA	29:55:08	1992
Schmidt, Lee, 54	CA	32:33:54	1993
Schmidt, Lee, 55	CA	29:09:30	1994



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Schmidt, Paul, 38	CA	29:57:35	1990		Spelt, Sarah , 45	CA	31:44:30	2004		Swatt, Martha, 33	WY	25:06	1995	
Schmidt, Paul, 39	CA	29:35:25	1991		Spencer, Caroline, 38	WI	32:04:15	2000		Sybrowsky, Brandon, 22	UT	25:44:42	1993	
Schmidt, Paul, 41	CA	28:09:08	1993		Spencer, Douglas, 36	CA	29:43:52	1994		Szarfinski, Joan, 53	CA	30:04	1992	
Schmidt, Paul, 42	CA	32:28	1994		Spencer, Douglas, 37	CA	31:28:04	1995	W4,LGR6	Szekeresh, Bob, 46	CA	31:14:14	1993	
Schoeck, Matthias, 30	CA	30:58:10	2000		Spencer, Douglas, 38	CA	22:08:53	1996		Szekeresh, Bob, 50	CA	31:30:19	1997	
Scholl, Milt, 30	OR	27:20:51	1987		Spencer, Douglas, 39	CA	21:17:53	1997		T				
Scholl, Milt, 32	OR	28:08:05	1989		Spencer, Douglas, 41	CA	22:25:25	1999	Horse	Takahashi, Kaoru, 32	NY	29:13:13	1999	
Scholl, Milton, 40	OR	28:13:04	1997		Spencer, Douglas, 48	CA	28:38:28	2006		Tanimoto, Herb, 45	CA	29:59:34	1994	
Scholz, Monica, 33	CAN	27:39:06	2000	Cougar	Spencer, Douglas, 39	CA	30:17:41	1995		Tannehill, Kenneth, 45	CA	31:20:30	2006	
Scholz, Monica, 34	CAN	27:43:24	2001		Spykerman, John, 30	CA	30:52:13	1997		Tanzer, Herb, 38	CA	23:51:02	1990	
Schuler, Richard, 36	NJ	30:34:16	1996		Spykerman, John, 35	CA	30:40:37	2000		Tavernini, Robert, 33	TX	30:49:39	2000	W4,LGR6
Scislowicz, Caz, 51	CA	12:12:07	2000		Spykerman, John, 36	CA	31:05:24	2001		Taylor, Dana, 33	CA	22:29:28	1994	
Scott, Chris, 47	CA	28:20:24	1996		Squires, John,	CA	32:38:44	1987		Taylor, Doug, 47	NJ	29:31:34	1990	
Secrest, Charmella, 53	CA	32:40:06	2008		Stafford, Frederick, 39	WA	30:44:20	1996		Teal, Brent, 33	CA	23:34:08	2007	
Seminoff, Tim, 38	UT	22:12:07	1996		Staud, John-Mark, 26	AZ	21:56:18	1991		Teal, Brent, 34	CA	23:23:06	2008	
Sena, Leroy, 43	CA	32:34:16	1997		Stein, Jeff, 40	CA	28:03	2006		Teal, Steve, 38	CA	30:52:36	2003	
Senelly, Richard, 46	HI	29:49:16	1990		Stenzel, William, 26	CA	25:37:31	2000		Teichert, Jurgen, 32	GER	29:11:18	2000	
Serrano, Roberto, 40	CA	28:34:55	1991		Stephens, Mike, 41	CA	31:31:23	1999		Tennison, Joseph, 25	CA	28:48:10	2006	
Shaka, A. J., 40	CA	32:27:49	1998		Stephens, Mike, 43	CA	31:47:24	2001		Tennison, Joseph, 26	CA	29:19:17	2007	
Shaka, Barry, 36	CA	32:27:49	1998		Stephens, Mike, 45	CA	30:07:24	2003		Thibeault, Gene, 49	CA	12:32:14	1995	
Shattuck, Phil, 44	CA	32:06:02	1988		Stephens, Mike, 45	CA	31:45:12	2005		Thibeault, Suzi, 42	CA	31:12:28	1989	W4
Sheedy, Tim, 51	CA	31:04:08	2000		Stephens, Mike, 48	CA	32:36:22	2006		Thomas, Michael, 33	CO	29:28:54	1995	
Sheedy, Tim, 54	CA	32:30:06	2003		Stephens, Mike, 50	CA	30:23:18	2008		Thomas, Michael, 35	CO	29:21:40	1997	
Sheehy, Joe, 52	CA	32:26:11	2000		Stephens, Mike, 59	CA	29:38:10	2007		Thomas, Robert, 37	CA	29:10:35	1993	
Sherman, Elena, 45	CA	31:33:50	1998		Stephenson, Chris, 40	CA	26:46:30	2005		Thomas, Tracy, 38	CA	32:04:45	1999	
Sherman, Elena, 45	CA	31:33:50	1998		Stermolle, Toni, 39	CA	27:58:11	1991		Thomas, Tracy, 39	CA	29:21:57	2000	
Sherman, Stu, 49	CA	23:29:18	2004	Rhino	Stern, Howie, 31	CA	29:46:24	2001		Thompson, Jeff, 38	CA	28:38:08	1989	
Shufflebarger, Fred, 43	CA	21:24:01	1991		Stern, Howie, 33	CA	29:43:12	2003		Thompson, Jeff, 39	CA	23:29:54	1990	
Shufflebarger, Fred, 44	CA	19:22:16	1992	G/S Buckle	Stern, Howie, 36	CA	30:52:33	2006		Thornley, Chris, 37	AZ	29:32:13	2007	
Shufflebarger, Fred, 45	CA	19:41:44	1993	Ram	Stern, Howie, 37	CA	31:20:24	2007		Thornley, Chris, 38	AZ	31:45:12	2008	
Shura, Nancy, 51	CA	32:26:30	2001		Stern, Howie, 38	CA	31:10:06	2008		Thornley, Craig, 39	OR	23:31:18	2003	
Siltman, Michael, 37	IL	32:57:34	2006		Stevenson, Jeff, 48	CA	27:40:21	1994		Thornley, Craig, 42	OR	23:11:28	2006	
Simmons, Stephen, 21	WV	31:24:55	1997		Stevenson, Jeff, 49	CA	31:04:48	1995		Timmermans, Lambert, 41	CA	30:38:06	2008	
Simmons, Stephen, 22	WV	30:48:39	1998		Stevenson, Jeff, 50	CA	29:35:45	1996		Tincher, Jeffrey, 37	IN	31:28:12	1993	
Sisler, Grant, 30	CA	25:37:11	2007	2nd Sunrise	Stevenson, Jeff, 51	CA	31:36:01	1997		Tinker, Nancy, 35	CA	27:09:17	1989	
Slater, Jack, 39	CA	21:59:00	1986		Stevenson, Jeff, 59	CA	31:09:24	2005		Tinker, Nancy, 40	CA	25:44:48	1991	
Slater, Jack, 40	CA	23:54:25	1987		Stewart, Patrick, 35	CA	25:31:03	1997		Tinker, Nancy, 42	CA	26:17:59	1993	
Slater, Jack, 41	CA	21:40:05	1988		Stofko, Paul, 24	AZ	31:16:16	2000		Torrence, Ian, 25	NV	20:40:37	1997	
Slater, Jack, 42	CA	21:20:17	1989		Stolen, Ernest, 58	AK	31:29:08	2007		Torrence, Ian, 26	NV	20:52:21	1998	
Slater, Jack, 43	CA	21:45:14	1990		Strom, John, 45	NY	32:02:13	1987		Torrence, Ian, 27	NV	20:26:19	1999	10 Pt Buck
Slater, Jack, 44	CA	23:51:26	1991		Strom, John, 49	NY	31:36:55	1989		Torrence, Ian, 31	NV	23:41:12	2004	
Slater, Jack, 45	CA	23:53:18	1992		Su, Jeffery, 41	CA	32:37:18	2004		Torres, Carlos, 20	MEX	21:47:24	2005	Ram's H'd
Slater, Jack, 46	CA	26:47:30	1993		Su, Jeffery, 43	CA	32:45:26	2006		Trafecanty, Denis, 53	CA	23:37:09	1996	
Slater, Jack, 47	CA	26:55:46	1994		Sublett, Bill, 43	VA	31:31:24	2000		Trafecanty, Denis, 54	CA	12:52:48	1997	Buffalo
Slater, Jack, 48	CA	31:44:58	1995	Eagle	Sullivan, Scott, 39	CA	32:06:10	1998		Trafecanty, Denis, 58	CA	25:58:18	2001	
Sloan, Tom, 40	CA	12:58:26	1988		Sullivan, Scott, 40	CA	31:13:32	1999		Trafecanty, Denis, 60	CA	26:45:12	2003	
Sloan, Tom, 41	CA	23:21:08	1989		Sullivan, Scott, 41	CA	31:26:49	2000		Trahern, Eugene, 36	WA	30:39:50	1999	
Smit, Margaret, 34	MT	32:25:50	1989		Sullivan, Scott, 42	CA	29:14:12	2001		Trahern, Eugene, 42	OR	31:47:36	2005	
Snow, Sabin, 48	AZ	29:31:34	1990		Sullivan, Scott, 44	CA	31:22:24	2003		Trevino, Mike, 25	CA	25:36:37	2000	
Soares, Justin, 21	OR	27:47:29	2000		Sullivan, Scott, 46	CA	31:07:36	2005		Tucker, Donald, 32	UT	25:16:14	1989	
Solis, Raymond, 38	CA	32:14:33	1994		Sullivan, Scott, 47	CA	30:47:33	2006		Tufts, Dick, 45	CA	29:19:35	1989	
Solis, Raymond, 41	CA	31:51:07	1997		Sullivan, Scott, 48	CA	30:04:47	2007		Tufts, Richard, 42	CA	29:55	1986	
Solish, Al, 36	CA	27:33	1986		Sullivan, Scott, 49	CA	31:17:06	2008		Tufts, Richard, 43	CA	28:30:24	1987	
Soltész, Michael, 41	CA	28:48:40	1997		Sullivan, Scott , 45	CA	32:14:24	2004		Tuller, Robert, 26	CA	32:11:55	1990	
Solverson, Kelly, 35	CA	27:38:36	2005		Sundermeier, Ronda, 34	OR	31:59:36	2004		Tuller, Robert, 31	NY	30:50:36	1995	
Sorensen, Lorraine, 53	CA	31:39:24	2003	Buffalo	Sundermeier, Ronda , 37	OR	26:06:12	2001	Cougar	Tuller, Robert, 35	NY	29:55:36	1999	W4,LGR6
Sorensen, Stuart, 56	CA	32:30:30	2001		Surdyk, John,	IL	29:10:51	1987		Turner, David, 30	CA	32:12:46	1991	
Spaeth, Laura, 28	CA	29:47:24	1990		Suter, Michael, 48	CA	29:11:44	1995		Turner, David, 33	CA	27:25:31	1994	
Spaulding, David, 36	HI	31:05:40	1990		Suter, Michael, 50	CA	27:59:22	1997		Turon, Michael, 51	CA	30:56:24	1998	
Speers, Brent, 45	CA	31:25:06	2003		Sutton, Dale, 46	CA	26:27	1986		Turon, Michael, 52	CA	31:03	1999	
Speers, Brent, 47	CA	31:35:06	2005		Sutton, Dale, 47	CA	12:44:30	1987		U-V				
Speers, Brent, 50	CA	29:05:12	2008		Sutton, Dale, 56	CA	29:05:24	1995		U'Ren, Jim, 35	CA	29:00:22	1988	
Spelt, Sarah, 41	CA	31:50:33	2000		Swan, Jeff, 30	CA	31:53:21	2007		Uher, Will, 53	CA	30:26:09	1999	
					Swanson, Grant, 56	CA	31:45:06	2008		Ulloa, Bob, 45	CA	29:10:42	1994	



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Ulloa, Bob, 47	CA	26:48:33	1996	
Ulloa, Bob, 48	CA	30:36:26	1997	
Ulloa, Bob, 50	CA	30:58:58	1999	
Ulloa, Bob, 51	CA	27:07:07	2000	
Ulloa, Bob, 52	CA	31:34:24	2001	
Ulrich, Marshall, 38	CO	22:22:14	1989	LGR6
Urioste, Joanne, 43	NV	27:22:40	1995	Rhino
Urioste, Joanne, 44	NV	29:39:27	1996	
Urioste, Joanne, 46	NV	28:06:51	1994	
Val Verde, Al, 39	CA	25:58:11	1997	
Val Verde, Al, 40	CA	21:06:09	1998	Rhino
Val Verde, Al, 42	CA	23:24:32	2000	
Valdez, Arturo, 44	CA	28:55:06	2008	
Valinsky-Fillipow, Amelia, 38	CA	28:40:31	2007	
Van Buren, Roy, 46	MA	32:29:24	2008	
Van Hoorne, Rick,	CA	31:52:43	1987	
Van Wicklin, David, 51	CA	27:07:12	2003	
Vance, Fred, 39	CO	28:28:47	1991	
Vance, Fred, 43	CA	26:54:20	1995	
Vance, Fred, 44	CA	28:39	1996	
Vandenburg, Larry, 46	WA	25:34:42	2000	
Vander Stucken, Richard, 55	CA	28:27:23	1994	
Vaughan, Eric, 48	CA	27:44:06	2008	
Vavrin, Michael, 24	CA	32:13:30	1997	
Velasco, George, 40	CA	32:46:10	1993	LGR6
Velasco, George, 41	CA	29:40:04	1994	
Velasco, George, 42	CA	31:34:42	1995	
Velasco, George, 43	CA	29:25:52	1996	
Velasco, George, 44	CA	32:50:40	1997	
Velasco, George, 45	CA	31:31:46	1998	
Velasco, George, 46	CA	32:52:22	1999	
Velasco, George, 47	CA	32:42:03	2000	
Velasco, George, 54	CA	32:37:50	2007	
Villeneuve, Raymond, 38	CDN	25:52:30	1992	
Villeneuve, Raymond, 39	CDN	32:39:16	1993	
Vitale, Leslie, 42	CA	26:39:08	1995	
Volkenand, Rob, 58	OR	30:46:38	1989	W4
Volkenand, Robert, 57	OR	25:21:16	1988	
Voltaggio, Sam, 49	TX	31:53:25	2000	

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Waddell, Tom, 48	CA	27:56:07	1994	
Wade, Brooks, 51	AK	31:04:46	1996	
Walczak, Paul, 40	NC	29:31:10	1996	
Walczak, Paul, 43	VA	31:36:39	1999	
Waldsmith, Gary, 50	CA	31:52:29	1991	
Walther, Harald, 43	CA	28:37:18	2008	
Waiz, Bill, 37	CA	28:06:54	2007	
Wang, Gary, 27	CA	28:10:20	1995	
Ward, Ken, 44	OR	30:54:12	2001	
Ward, Ken, 51	OR	27:24:12	2008	
Warner, Roy, 31	CA	32:50:30	1990	LGR6
Washburn, Jeff, 49	MA	32:34:18	1999	
Webster, Larry, 56	WA	26:35:55	1989	
Weigt, Tom, 44	MN	32:07:09	1996	
Weigt, Tom, 48	MN	32:20:13	2000	
Weingaertner, Roger, 50	CA	30:10:56	1997	
Weiss, Austin, 30	CO	29:39:04	1993	
Weiss, Chrissy, 43	CA	27:53:06	2004	
Weiss, Xy, 44	CA	31:47:36	2005	
Weiss, Xy, 45	CA	31:03:27	2006	
Weisshaar, Hans-Dieter, 59	GER	28:48:55	1999	Ram's H'd
Weisshaar, Hans-Dieter, 60	GER	29:53:37	2000	W4,LGR6
Weisshaar, Hans-Dieter, 65	GER	32:33:06	2005	
Weisshaar, Hans-Dieter, 66	GER	31:41:02	2006	Ram's H'd
Weisshaar, Hans-Dieter, 67	GER	30:34:45	2007	
Welch, Donald, 39	CA	25:10:21	2007	
Welch, Donald, 40	CA	27:07:18	2008	
Welch, Kathy, 39	CA	27:44:40	1992	
Welker, Max, 50	WA	30:47:28	1992	
Werth, Dennis, 49	CO	27:54:21	1991	
Werth, Donald, 47	CO	30:15:48	1989	
West, Ralph,	CA	23:02:04	1987	
Westergaard, Danny, 31	CA	23:29:32	1990	
Westergaard, Danny, 35	CA	27:36:03	1994	
Westergaard, Danny, 36	CA	29:35:17	1995	
Westergaard, Danny, 46	CA	27:42:30	2005	
Westergaard, Danny, 45	CA	28:17:18	2004	
Weston, Willard, 46	CA	29:55:06	2007	
Weston, Willard, 47	CA	28:22:06	2008	
Whaley, Jim, 41	CA	29:30:10	1988	
Whitaker, Tom, 32	CA	27:40:55	2007	
White, Micah, 37	CA	23:52:09	2000	
White, Micah, 38	CA	22:48:24	2001	
White, Micah, 41	CA	27:03:06	2004	
Whiting, Floyd, 51	NV	31:17:13	1992	W4, LGR5
Whyte, Pat, 41	CA	22:57:07	1989	
Wieneke, Mark, 54	CA	32:19:18	2005	
Wilde, Douglas, 39	CA	29:51:56	1992	
Wilis, Scott, 27	CA	29:43:16	1989	
Wilkie, Jose, 30	KY	30:38:57	1993	
Wilkie, Jose, 33	KY	28:33:20	1996	
Wilkie, Jose, 36	KY	30:29:44	1999	
Williams, Dan, 52	CA	23:14:30	2001	
Williams, Dan, 54	CA	26:54:18	2003	
Williams, Dan, 59	CA	30:09	2008	
Williams, Don, 34	AZ	29:26:26	1999	
Williams, Glen, 26	CA	32:02:24	1987	
Williams, Glen, 28	CA	29:50:37	1989	
Williams, Jamie, 45	CA	23:51:57	1994	

Willis, Scott, 25	CA	31:52:07	1987	
Willis, Scott, 26	CA	31:38:07	1988	
Willis, Scott, 28	CA	30:53:57	1990	
Willis, Scott, 29	CA	27:59:15	1991	
Willis, Scott, 30	CA	30:38:37	1992	
Willis, Scott, 33	CA	29:24:38	1995	
Wilson, Daniel, 49	CO	31:40:46	2007	
Winter, Ted,	CA	27:44:08	1987	
Winter, Thomas, 39	CA	25:08:37	1987	
Winter, Thomas, 42	CA	23:23:09	1990	
Winter, Tom, 45	CA	22:54:40	1994	
Winters, Ted, 48	CA	26:09	1986	
Winton, Hal, 61	CA	30:12:32	1992	W4, LGR5
Wojno, Randy, 47	CO	28:08:43	2007	
Wood, Blake, 37	NM	22:50:38	1995	
Wood, Blake, 38	NM	23:36:16	1996	
Wood, Jeannie, 35	CA	31:56	1986	
Wood, Mark, 44	WI	32:04:16	2000	
Woods, Doug, 45	CA	28:14:30	1989	
Worswick, Jonathan, 34	CA	21:27:32	1997	
Wright, Gary, 37	WA	32:52:46	1988	
Wright, Gary, 39	WA	31:05:01	1990	
Wright, Gary, 41	WA	32:18:35	1992	
Wright, Gary, 43	WA	29:57:37	1994	
Wright, Gary, 44	WA	31:11:57	1995	
Wright, Gary, 46	WA	32:27:34	1997	
Wright, Gary, 47	WA	32:00:03	1998	
Wright, Gary, 49	WA	32:36:43	2000	
Wright, Phil, 46	CA	29:54:19	1990	
Wright, Phil, 47	CA	30:13:33	1991	
Wright, Phil, 48	CA	31:11:03	1992	
Wright, Phil, 55	CA	31:54:10	1999	
Wu, Julie, 29	CA	30:40:12	2003	

Y-Z				
Yates, Carl, 64	CA	32:08:30	1991	
Yates, Carl, 67	CA	30:59:08	1994	
Young, J. R., 44	CA	32:21	2003	
Young, Wendy, 47	CA	32:00:24	2003	
Young, Wendy, 50	CA	32:33:35	2006	
Zaayer, Todd, 26	CA	29:11:11	1988	
Zagnoli, Lora, 38	CA	32:18:23	2000	
Zalokar, Fred, 29	NV	28:59:14	1989	
Zamudio, Jr., Victor, 33	GA	32:26:24	2008	
Zatorski, Jerry, 42	CA	29:46:36	2005	
Zicker, Gary, 40	NV	32:35:12	1991	
Zicker, Gary, 45	NV	32:14:54	1996	
Zicker, Gary, 46	NV	28:50:02	1997	
Zimmerman, Ross, 39	AZ	32:44:42	1992	
Zirbel, Glen, 59	CA	32:18:44	1990	LGR5
Zychowski, Stan, 43	CA	32:04:04	1991	
Zychowski, Stan, 44	CA	32:12:35	1992	
Zychowski, Stan, 46	CA	31:48:07	1994	
Zychowski, Stan, 48	WY	32:01:17	1996	
Zychowski, Stan, 52	CO	31:39:11	2000	

I first heard about Jim in 1989. I saw one of his schedules, and blanched. By December 1992 I'd seen the light after a spectacular AC100 DNF. It took four long years to unlearn all the bad habits I'd taught myself to earn my AC100 buckle in 1996. Jim paced me the last 25 miles.

I thought I knew running. Wrong. I got the Master Class that night More on that in a bit.

Let's go to the the beginning of the story.

The Road to the Record

Jim O'Brien set the Angeles Crest course record in 1989, which has yet to be bested. The right man or woman will eventually shatter it, but they'll have to work for it. His 17:35:48 is the benchmark that all of us have measured ourselves against—on a course almost 2 miles longer than it is now.

The lead-in to Angeles Crest

"In '85 I'd moved up from San Diego to Monrovia and got a job at Cal Tech in Pasadena teaching PE. Tried the Mt Wilson Trail Race, an 8-mile uphill grinder from Sierra Madre up the Old Mt Wilson trail to the observatory. I won my age-division."

"I met local ultrarunners like Jack Slater, Ralph West and Judy Milke. At this point I'd run 13 marathons in 12 months, mainly to demystify the marathon process. I raced two and ran 11 as training runs. I'd also heard about Ken Hamada's idea of putting on a 100. 1986 was the inaugural AC100. I set my sights on '87. Tried to get in but Hamada wouldn't let me in—no 50's under my belt, and only a string of sub 2:30 marathons".

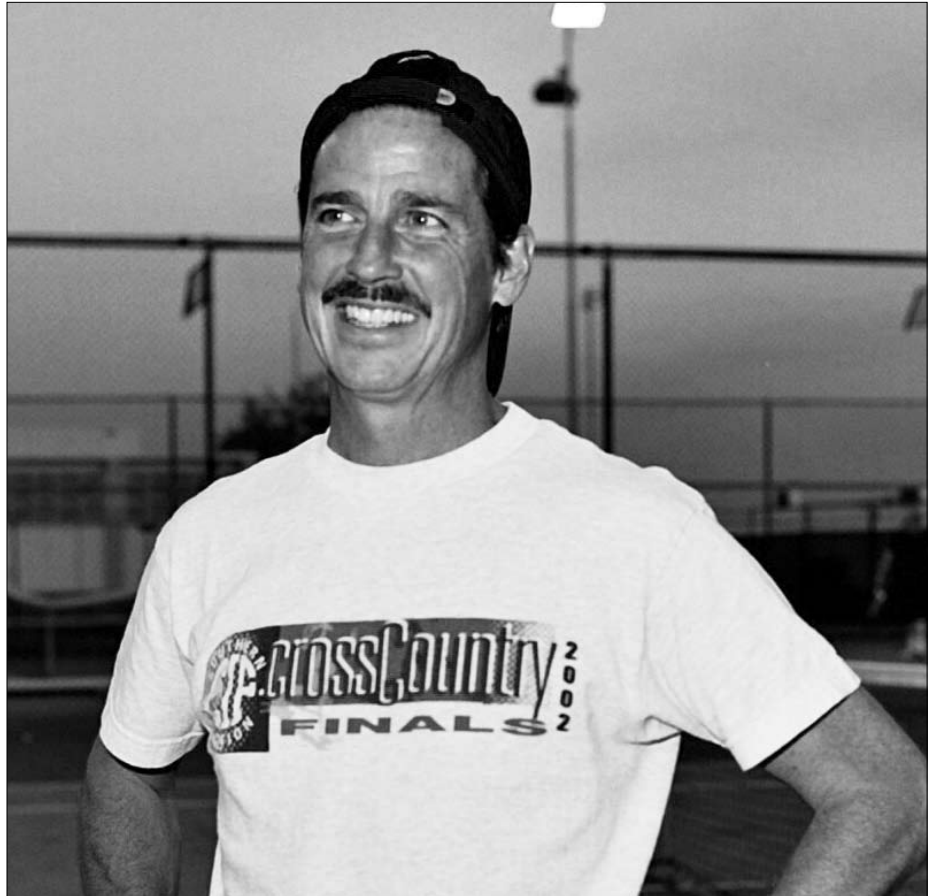
"So for my first 50—I did the Mile Square 50 in Fountain Valley—10 loops. Set goal of 33-35min per loop, sub 6 hr finish. By 26 miles I'd lapped everybody. Won it in 5:58"

"The steady pace was the key to a good performance".

Running 100s: Two Missed Opportunities

"In 1987-I entered AC, ran it with bronchitis, finished 3rd (19:51) behind Jim Gensichen, with Jim Pellon 7minutes in front of me. Afterwards took to bed with pneumonia. What I learned was that solid food in a race is inefficient, but I had done it out of deference to common knowledge. I started to really research liquid nutrition".

"In 1988 I ran Western. Was 2nd past Red Star Ridge, but after a 5-mile wrong turn down Maxwell Canyon I was 25th by Robin-



Jim O'Brien: 2003

son Flat. I wound up 9th by the finish line after working my way back through the field". Jim wasn't going to endure missed opportunities like that again.

AC100 1989: The Record That Still Stands

"I really prepared for Angeles Crest in '89. I sacrificed for 6 months before the race. Meticulous planning. Had crew, pacers, nutrition dialed in. I had three plans. Plan C was to run the record. Plan B was to run conservative, and break the existing record. The secret Plan A was to go under 18 hours. The training began a year before the race".

"My mileage for the six peak weeks before the race, 9 weeks prior to race day was 150-200 miles per week in a continuous build. Tapered downward 200-100-75-50 per week. The Tuesday before the race I did a speed workout to deplete the fast-twitch muscle fibers".

"I got back to basics on what worked. Nutrition was going to be liquid-based, in total defiance of conventional received wisdom. I was using mango nectar mixed with Carboplex, with ProOptimizer as the protein supplement every 25 miles. Water with Potassium tablets for electrolyte absorption.

"After a cool start, the day was warm through Shortcut (Mile 59). I was outracing

most of the aid stations, which had not set up yet. For instance, I beat the crews up to Newcomb's Pass (Mile 68)—the trucks passed me on the way up the road.

After Newcombs, a heavy inversion layer cut visibility down to 3' in through Santa Anita Cyn to Chantry (75miles). However, I knew the way cold. At this time I was running a caloric deficit because my bottles were mixed and still on the trucks, and pacer Bill Kissell couldn't get to them without me waiting around".

"At Chantry there was no scale to weigh in on. I stuck to my plan throughout. I stayed in the chair for the full 10 minutes getting the massage etc before heading up Mt Wilson."

Jim crossed the finish line at the Rose Bowl in 17:35—on a that course measured 102 miles until 1992. He was the first person to finish the race the same day he started.

Best memories of your own ultrarunning career?

"1989 Angeles Crest. The day was magic. Everything came together".

Keep reading for what runners learned from Jim. >>>



Jennifer Johnston & Jim O'Brien, 1998

Jim's Coaching Legacy

Jim's greatest gift was to awaken the potential in each runner who cared to make the effort.

Jennifer Johnston

I was plodding my way through my post-doc at Caltech, running the same 5-6 mile circuit around campus until the fateful day when a friend suggested I go to Jim's track workouts.

That next Monday began a very special relationship with Jim, and changed my life from pushing myself within self-created boundaries, to getting rid of the boundaries and seeing how far I could go.

Jim is the consummate coach—he knows when you have given your all and when you are trying to coast along and will you call you out right then and there. His monthly training schedules, personalized for each person in the Monday group, were always a challenge and you knew if you finished the calendar as directed you would be in the best shape of your life.

Jim's coaching skills were not just about helping you to train to your peak, but also about encouragement and friendship. Jim made time for all of us on the team and I felt that I could go to his office anytime and sit down and talk to him.

While I never dreamed I would run longer than a marathon, Jim just made it seem so fun to run on the trails that it wasn't long before I was running longer and longer. Ever since I joined his group, I wanted to run the AC100 race because he made it sound so fun, and through doing the various training runs of the AC course I fell in love with the San Gabriel mountains.

It took me 5 years to get tired of road racing and finally enter AC. However, in all those 5 years I ran in the San Gabriels every weekend and trained with Jim, Larry Gas-



Jana Gustman and Jennifer Johnston, 2nd and 1st place women, 2001.

san, Bruce Hoff, Bruce Mauldin, Suzanne Brana, Tommy Nielsen, Evelyn Marshall, Mark Marcelli, Jay Groberson, and later on Jana Gustman.

Jim helped me to see that the love of the trails is what you need to enjoy running 100 milers. The training gets you ready for the race, but also becomes a part of what you are, and that there is no where else you would rather spend a weekend than in the beautiful San Gabriel mountains.

When I decided to run AC, Jim prepared the calendars for training for AC100 that I had seen him prepare for everyone else. I trained those calendars to the mile and made sure I prepared everything according to the plan—except the Jim's Mango-plex drink because that made me puke every-time. Even though everyone else seemed to swear by it and Evelyn set the course record for women while drinking it, I could not keep it down.

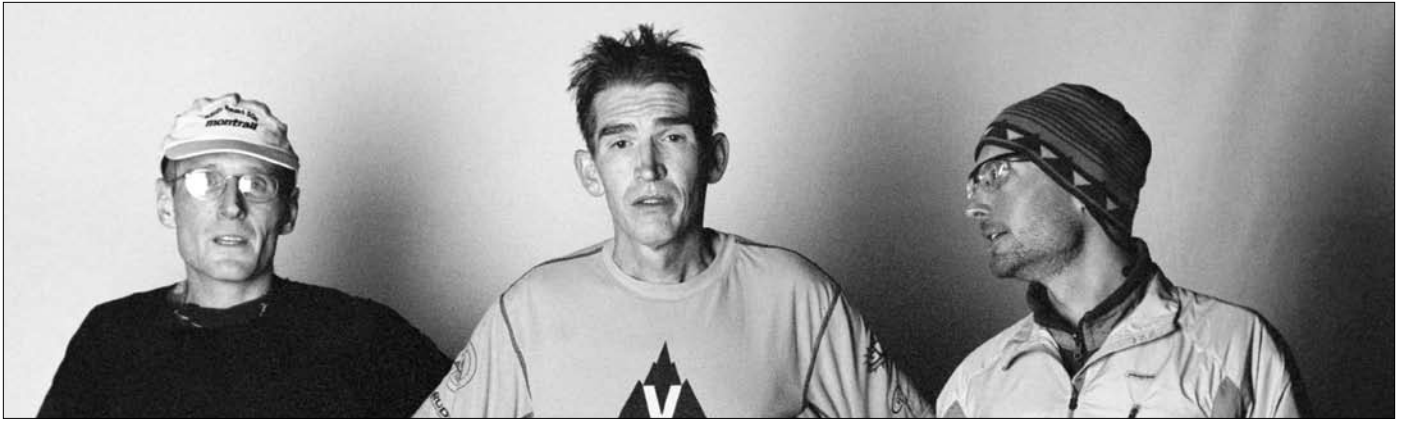
After all those calendars I knew I could not be more prepared for the race than I was, and I think after Jim, I knew every square inch of the AC course almost better than anyone.

I made sure I had Jim lined up to pace me in from Chantry to the finish, because I knew he would be able to squeeze every last bit out of me and help me to have a successful race. Plus, I had seen him haul Larry Gassan and Bruce Hoff's trashed carcasses across the finish line so I knew he could get me there too.

With my bottles of de-fizzed Mountain Dew and Carbo-Plex we took off from Chantry with Jim encouraging me. I have no idea how I did it, but because Jim was pacing me I knew I just had to do whatever he said and it would all work out—which it did.

I submitted this picture for the AC book because it sums up Jim's enthusiasm for his runners—I swear he looks more excited for me winning than I was at the time. Whenever I look at this picture, it reminds me of how Jim changed my life by being not only a great running coach, but by teaching me how to always strive for the best and never, ever give up on something you want.

Thanks Jim, for all the good friends, and exciting and unforgettable times I have experienced because of you.



Bruce Hoff after pacing Andy Jones-Wilkins, flanked by Andy Roth, 2004

Bruce Hoff

By 1994 I had been dabbling in trail ultrarunning for several years and in that year put away a laundry list of 50K and 50M finishes (plus running the JMT, the grand canyon, and other adventures). By the end of the summer I was all upside down in my running: Lots of racing, little training, feeling flat. I entered the AC100 on a whim just a couple weeks before the event. (In retrospect, “100 mile”+ “whim”= Trouble!!) By the time I reached the halfway point at Chilao I had my head between my knees. At Charlton Flats I hitched a ride to Short-cut, where I dropped. As my pacer, Steve Elder drove me back to L.A. he said that at Chilao he'd spoken to his acquaintance Jim O'Brien, who said, “Send him to me. I'll fix his problems.”

Seven months later I sheepishly approached Jim for his guidance. He wrote up a custom training schedule for each runner, four weeks at a time.

I marveled that an early workout for an aspiring 100 mile runner included “24 x 200m” on the track. Normally reserved, he could occasionally burst out a classic comment. When I asked why a weekday included “AM 12mi; PM 8” instead of just a 20 miler, he replied “Anyone can run a hundred miles! The question is who can run the fastest. By breaking it up, your average pace will be quicker.

I also got a new appreciation for just how many miles a runner could log in a week, astounded at how the volume could keep getting higher and higher without injury occurring. One Sunday night in Aug '95 I'd just finished a very long weekend; and was contemplating the next month of assigned training. In mock desperation I fell to my knees and pleaded, “Just drop me off in Wrightwood tonight. I'll start running the 100 miles now. Even after this long week-

end, that would be easier than the next four weeks of training.” (In the years that followed I liked to call a series of 10 consecutive weeks, all over 100 miles, a “Full Blarney.”)

On race day the hard work had paid off. I was amazed to cruise through Chilao in about 10 hours, hardly feeling winded. The fatigue started sometime after Short Cut. I can't say I was super human. I struggled a lot after Winter Creek, yet I finished in the top ten, quite a difference from the previous year's DNF.

I learned a lot about training and racing from Jim in my years with Team Blarney. Within a year of joining I PR'ed in everything from the half marathon to the hundred mile. In the years that followed I got a sub-24 hour Wasatch, a 6:12 50 mile, and a second place at Rocky Raccoon, all following the Blarney plan. Thanks, Jim.

Joe Franko

I'd always wanted to do a really long race and so trained myself to do the Angeles Crest 100 Mile Run. The first time I did it I barely finished in just under 33 hours, blowing out my IT-band in the process. I did it again the next year and took about 5 hours off my time, enough to convince me that I had the potential to “buckle” if I trained well.

I needed a coach. Since I knew that Jim held the course record I called him up and asked him if he would consider coaching me. He told me about his track club at Cal Tech and suggested I come out and check it out.

He said he'd be happy to prepare me a monthly schedule. I think I was one of Jim's first ultra-runner trainees. Everyone else seemed to be training to run marathons. It seemed like Jim had me doing twice what everyone else on the team was doing! There were times I doubted Jim's sanity!

Little did I realize how much commit-

ment Jim's coaching would call for from me. Jim had me running back-to-back long runs every weekend, plus doing speed work on the track every Tuesday night. Within months I was running over 100 miles per week and the running became a part-time job. He had me running marathons as training runs! My mile times on the track came down by 3 minutes a mile! Jim soon had me running twice a day and by the month before my next AC100 my longest weekend was 30 miles on Friday, 40 miles on Saturday, and 30 miles on Sunday. Besides getting much, much stronger, Jim's coaching convinced me that I could run strongly even when I was tired! That idea alone was a break-through for me.

Many folks felt that Jim's training was a killer and it was! But for those of us who could follow it, it made us strong, confident, and fully ready to compete. For the first time in my life, I was a competitive runner. Jim understood that to be competitive you had to push yourself beyond any of your self-imposed limits. He convinced me that my goals were obtainable and his knowledge of me as a runner kept me just this side of injury, always pushing myself each week, each run, a little harder, though sometimes pulling back and running just for the sheer joy of running, a nice easy pace over mountain trails.

After almost a year of training with Jim, I approached the AC100 with confidence. By mile 26 running up Mt Baden-Powell, I passed one of the previous year's front runners, who turned around and said, as I approached, “What are you doing up here, Franko?”

When I hit 50 miles I couldn't believe how strong I felt. Jim and his runners that year were doing the last aid station on the course at Millard. I blew into Millard in 6th place and Jim was ecstatic, clapping me

on the back and congratulating me on a great race. He knew that I was close to not only buckling, but making it in somewhere around 22 hours.

Jim grabbed a water bottle and said, "I'm running you in!" It was fortunate, since I'd lost my pacer up on Mt Wilson when he got frightened of running so fast at that height! Jim took me out of the aid station and pushed my butt when I was really tired. He got the best run out of me he could and we passed 2 runners in the last 5 miles of the race. A week later he sent me a card with a note that talked of how proud he was of my accomplishment. It's a card I still treasure. I know it was my race and that I ran it well, but I couldn't have gotten anywhere near the time without Jim's coaching.

A few years later Jim was preparing me for the Superior Trail 100. I didn't feel well before the race and didn't think I would do well. Unknown to me, Jim talked with my pacer and said to him, "Joe can win this race outright. Be prepared for it." That's exactly what happened! I led the race from mile 55 to the end. Jim had a better assessment of what I could do than I had and that is, after all, one of the reasons one has a coach. To inspire, cajole, push, and assess one to victory and the accomplishment of one's goals.

I always be grateful to Jim for teaching me that I am capable of accomplishing more than I thought I could.

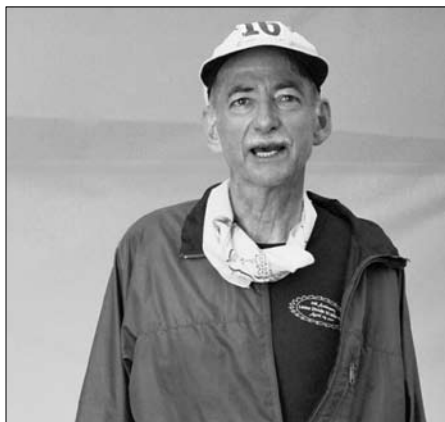
He's a hell of a coach!

Hal Chiasson

I'm 66, and have six AC finishes under my belt, a 7th hundred back East, a number of 50K's, 50 milers, and a 100K, good pacing experiences, and enjoy spreading the knowledge I've gained about the sport with fellow runners.

Jim's adages have stood the test of time. This means putting in the miles, focusing on the goal & not getting side-tracked by trying to run too many races, the liquid diet, eating your last big meal 12-15 hrs before the start of the race, carbo loading, using carbo plex during the race, alternating with water, using pro-optimizer as a recovery drink and/or part way through the run, massages during the training, doing cross-training while injured, training at elevation and preferably on the course, speed work once a week, tempo runs once a week, keep moving, even when the going gets tough, etc.

Thanks, Jim.



Hal Chiasson, 2004

Dave Turner

A few years ago I had the pleasure of being apart of the Team Blarney Experience. For those that don't know about Team Blarney, it was Jim O'Briens' track club/coaching service which met at Cal Tech Pasadena and later Arcadia High school.

It was an enriching experience to be sure. For not only did I learn a great deal about how to properly train for and run ultras, I also met people who became some of my very dearest friends.

I got to soar with eagles.

By the time I got there in 1994 Jimmy had already laid down his mythical AC performance. Now 20 years later despite the best efforts of some of the best ultra talent out there the record still stands. I like that. It shows that it will take a serious, methodical and yes, lucky effort to top it. Mt . Wilson and the Sam Merrill trail have a not-so-subtle way of stripping whatever motivation you may still be holding onto in your sleep deprived, dehydrated, and eggshell psyche on 75-90 mile legs. It's a beautiful thing you'll see.

In my "The older I get the better I was case" I was lucky to have discovered Team Blarney when I did. I had already been running ultras on my own for a few years.

I already had a fair base; of course to be put on a diet of 100 mile weeks for months on end has a way of recalibrating your definition of fatigue.

The other new aspect was to be doing track work. We had a saying: "Hit the line running".

Let's just say if your schedule says you're going to run 24- 200 meter repeats you'll take every advantage you can get. Talk about dividends. In the 9 month period of 1994 I trained with Jimmy I dropped 5 hours off my AC time. This was including a major bonk-fest in the Idlehour where I



Dave Turner & pacer Erin Moran, 1994

probably lost an "Idle-hour" and more at Sam Merrill. More importantly I learned from Jimmy how it feels to be properly trained for the distance and to not settle for less than a truly peak race.

Imagine if you will you want to take a trip to the moon. On your own you may understand the general concept. Get a rocket, fire it at the sky and correct as you go—you'll get there, maybe. On the other hand there are those that have the proper understanding to tune the rocket, fuel it up right, tighten up all the gaskets, give you a map, aim it correctly, correct your trajectory, deploy your retro-rockets and then tell you to look out the window because you are there. All the while you feel like you accomplished your mission. In fact you couldn't have accomplished what you did without them (Jimmy.) And guess what? Now you're stuck on the moon but that's okay because your ground crew can get you back. It was one sweet ride.

Jimmy, thanks!

Caesar Cepeda

While training for AC 100, I went to Jim with my schedule and told him that I didn't think I could do the scheduled mileage for the week-90 miles! He looked at me funny and asked why? I told him that I felt tired all the time now that the mileage had gotten heavier. He said "let me see your schedule, and when you get back from the track workout, I'll modify it for you." At the end of track, I got my schedule and went home. Later when I looked at it he had modified it alright — to 87 miles for the week!

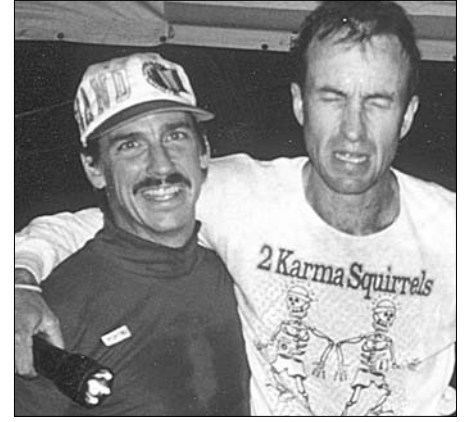
After a long weekend of running 75 miles between Friday and Sunday, I talked to Jim explaining that my knees hurt during my runs. He asked, "what do you mean hurt?" "Well, I feel pain, but I can't pin point it"



Lauren and Caesar Cepeda, 1998



Ian Torrence, 1999



Jim O'Brien with Larry Gassan, 1996.

I said. Jim then went on to explain that there's a big difference between "pain" and "discomfort". And that an ultra runner will have to learn the difference, because there will always be "discomfort". One will cause you to stop, the other will just annoy you. Then he gave me that look that made me feel like I was weak. So I've learned that my discomfort level can be very very high!

Ian Torrence

I never saw Jim the runner, only Jim the RD and coach. An awesome RD. Always organized, cool courses! Good times.

Jim was most hospitable, inviting me back to his races year after year. I owe him huge. He helped inspire me in my younger ultra years. Jim got me to try something new, helped test myself here or there. He was always ready with a quick smile and pat on the shoulder for a job well done.

Thanks Jim!

Julian Jamison

In 1990 I was at Caltech, where Jim was the cross-country coach. I'd run a couple of very slow 10k's many years earlier, and since Caltech is not exactly known for its athletic prowess, he decided I would be perfect for the team. I declined, to concentrate on my studies.

Several good friends did join and they all had a blast. The only running I did was the annual KELROF, a 24-hour relay. But I heard rumors that Coach O'Brien ran 20 mile training runs every morning and participated in ultra-distance mountain races, about which I knew nothing. This appealed to me even then, although I didn't seriously consider following through.

Fast forward to 2006: I'd run a few road marathons without much training, and I'd been hiking/mountaineering for years. I decided I needed to try trail running and do an ultra. I'd heard about WS and Badwater

and Hardrock, but it all led back to Jim, although I still had no idea that he was at all fast. First trail marathon in Oct '06, first 50k in Feb '07, and I signed up for AC in Sep '07. Got the racebook, and wow! there was Coach O'Brien, record-holder and hero!

I'm so glad that that was my first 100-miler, and I'm so glad that he (unknowingly, I'm sure) planted the seed that got me hooked on this wonderful sport.

Larry Gassan

It took me three years of ignorance and a painful DNF to come to my senses and get with Jim. I'd run Wasatch in '92, then started AC six days later. I dropped at Chialao, just after Hal Winton passed me, towing a line of runners in his wake.

I joined the O'Brien program — hard work and no BS. I got to train with remarkable men and women; 5 & 10k bullets, marathoners, and Ultra Bobs-n-Betties.

Jim had a knack for framing a concept. One heinously hot late-summer day in '96, at the track, Jim noted that because of the heat, we could all add a couple of seconds to our 400m repeats. We all guffawed. Jim just smiled and shook his head. We hit the line hard: running.

After four years of O'Brien schooling I was gaining on my goals. Progress was hard-won. All was not rosy—the '95 100-season was a complete shut-out due to injury and 2 DNFs.

I resolved that '96 was my buckle year—and asked Jim to pace me from 75-100. I did not want to waste his time.

That summer I camped out weekends on the AC100 course. Somehow I also managed to stay awake at work. The first five 100+ mile weeks were daunting. By late summer I began to feel the love. Labor Day weekend I ran the course in 3 stages: 40/35/25. I was rehearsing a symphonic score, with a lot of

help from my friends.

Race Day: Fast for the first 30 miles, sagging in the middle, but recovered by 75. On the way up Wilson I puked my guts out, hard. Then we jammed down to IdleHour. We were on the bubble, and I was gasping... "So Jim, howdja meet your wife?"

Even talking he was kicking my ass. We cleared Sam Merrill, on the bubble again. Coming into the Echo Mountain technical switchbacks, my quads blew up.

"Jim! My quads! Got any ibuprofen??"

His reply: "Keep going! There's *nothing* you can do about it!"

I felt like somebody'd thrown an anvil overboard. I was giddy with clarity.

Jim was right. How many races have dissolved from trying to solve a discomfort? He said it, I did it, that settled it. If I had time to argue, I had time to race. That night was the Master Class of Running.

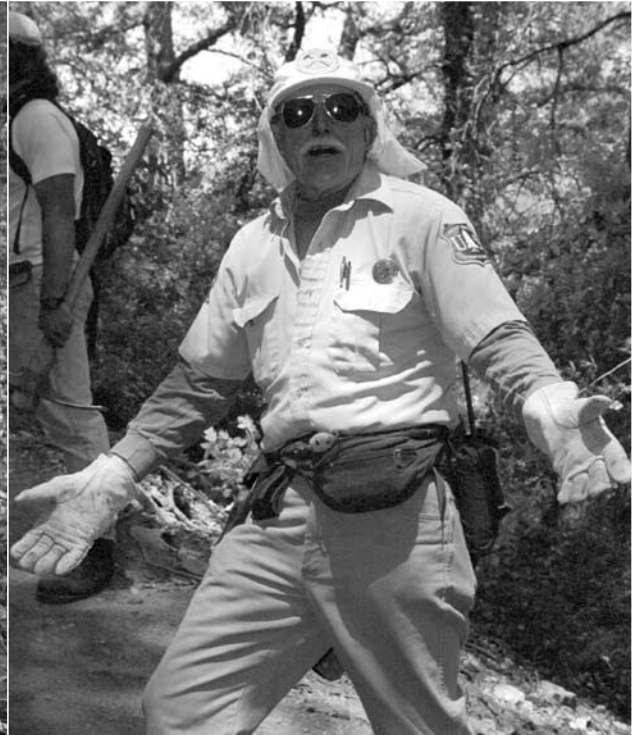
I crossed in 23:50. I only had 6 seconds per mile of leeway.

Since then, my regard for Jim has only grown. As Jennifer Johnston noted earlier, the joy he got from the accomplishments of his runners was enormous. That is why I treasure the picture of me blank-faced and woozy at the finish line.

Jim also set a very high standard for coaching and personal conduct. He never once coached for dubious personal gain or glory. All of his students learned from one another. Nobody was lesser than the other. That was his greatest gift.

The earlier interview first appeared in the September 2003 UltraRunner. You can read it at <http://larrygassan.com/gassan-media/gassan-media.html>

11. AC100 Volunteers and Trail Building



The first trailwork session of 2009 was rewarded by delightfully cool and breezy weather. So much so that Hal Winton began thinking that perhaps he needed a reservation system to make sure he had help later on in the season.

Hal rode herd on the lower reaches of the Upper Winter Creek Trail, while Gary Hilliard (opposite page) exacted precision removals on the upper stretches of the Manzanita Bypass Trail. Enough trip-rocks were removed that it will subtract seconds from your next PR.

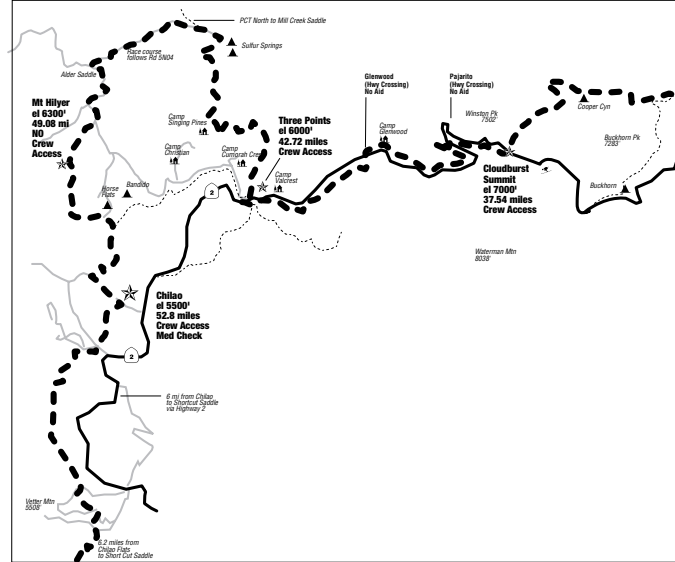
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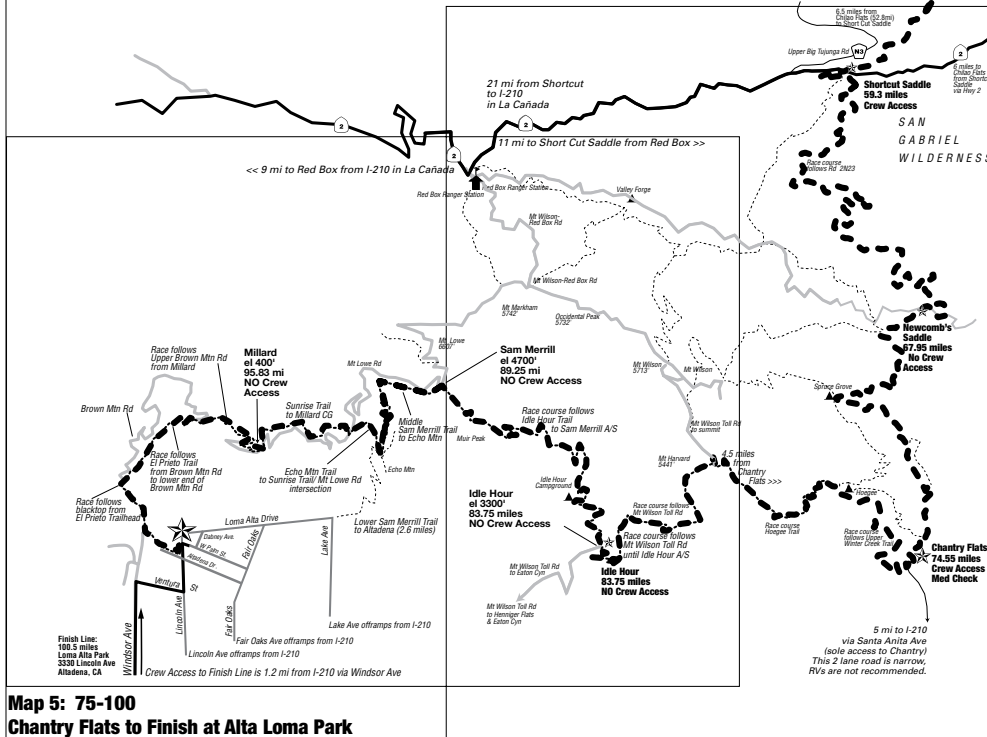


12. Course Maps

Race Course Overview Map

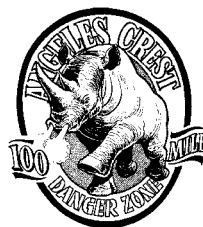


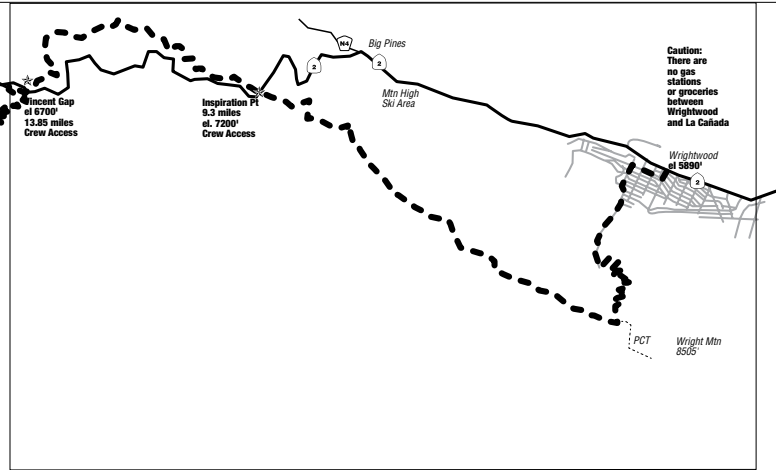
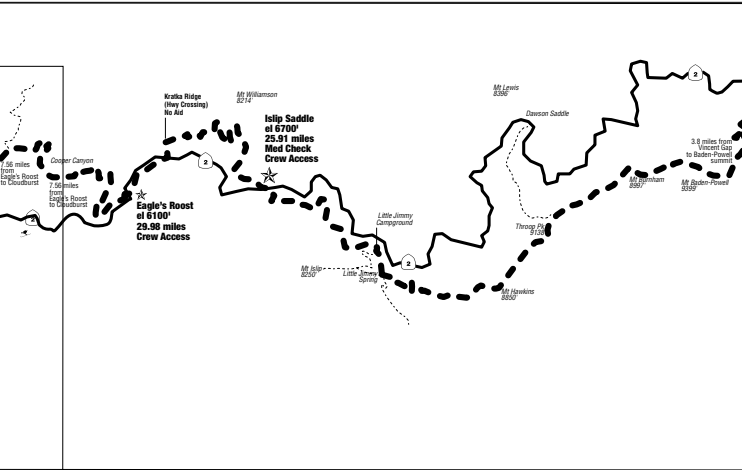
**Map 3: Mile 30-52
Eagle's Roost to Chilao**



**Map 4: Mile 59-75
Shortcut Saddle to Chantry Flats**

**Map 5: 75-100
Chantry Flats to Finish at Alta Loma Park**

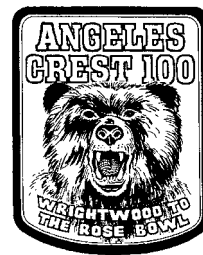
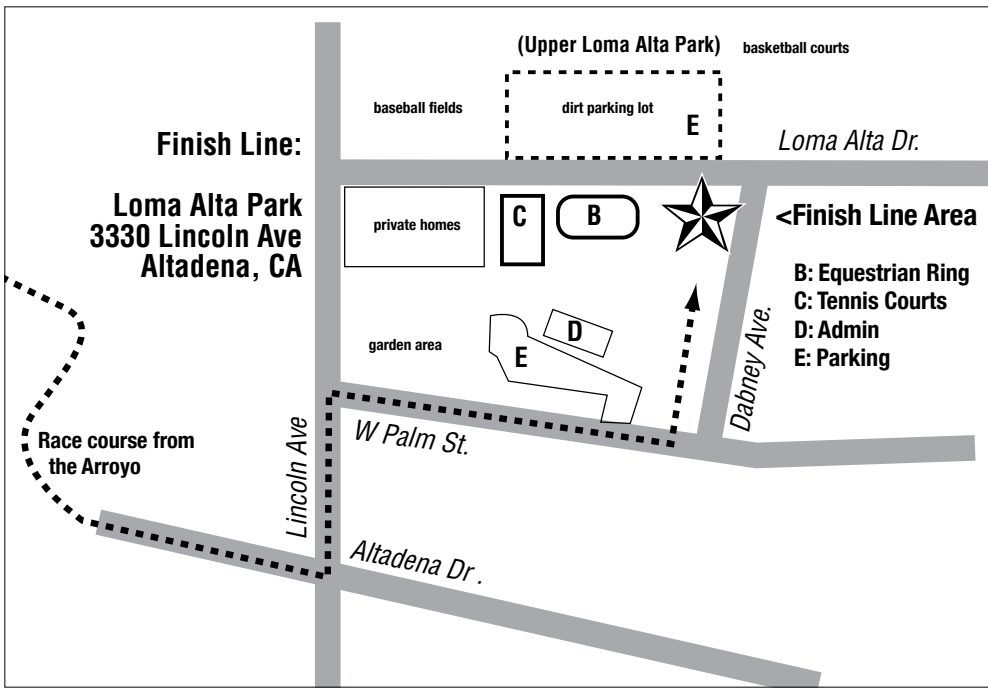




Caution: There are no gas stations or groceries between Wrightwood and La Cañada

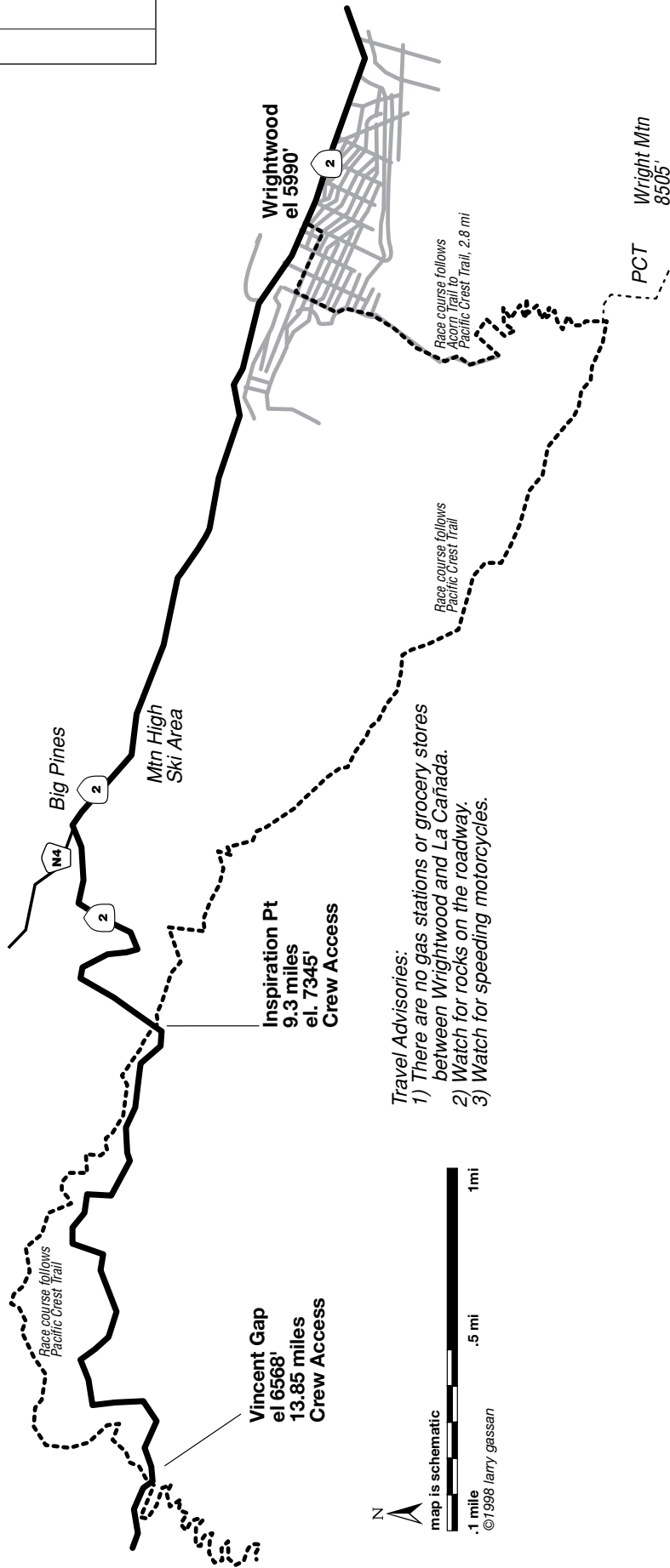
Map 2: Mile 14-30
Vincent Gap to Eagle's Roost

Map 1: Mile 0-14
Wrightwood to Vincent Gap



Mile 0—13.85

Start to Vincent Gap

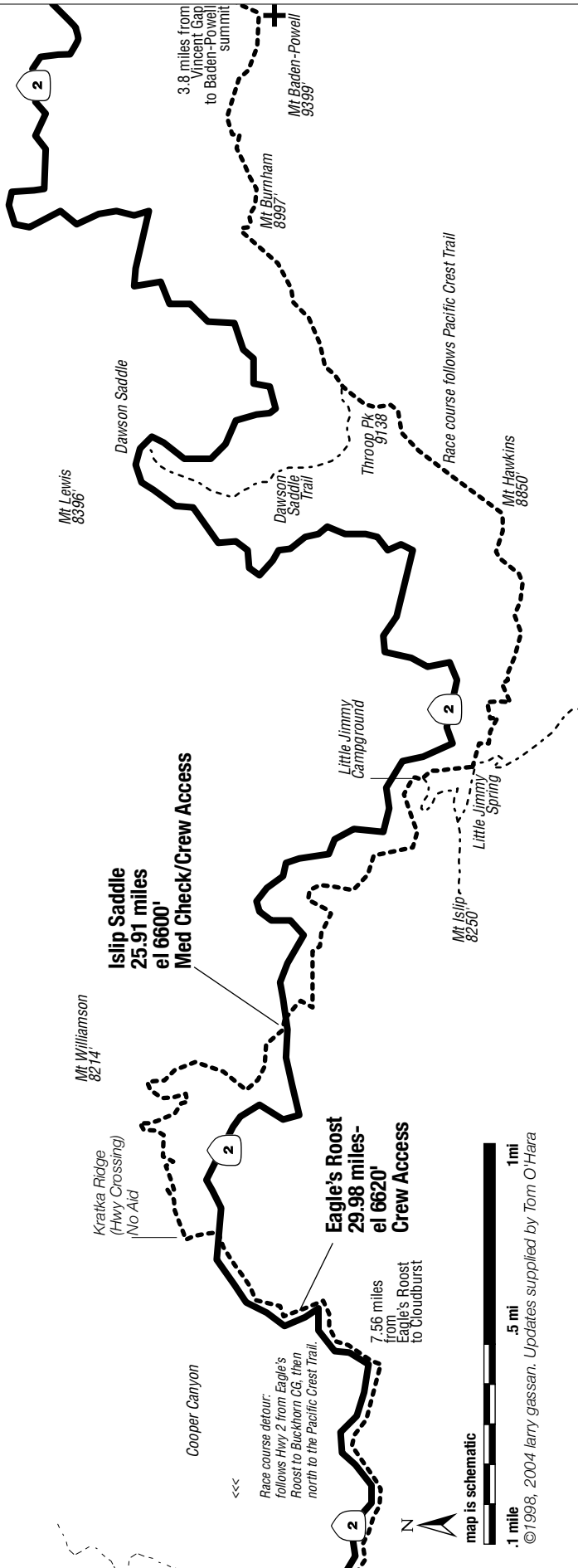


Travel Advisories:

- 1) There are no gas stations or grocery stores between Wrightwood and La Canada.
- 2) Watch for rocks on the roadway.
- 3) Watch for speeding motorcycles.

Checkpoint	DELTA	Distance	Drop Bag	Crew Access	O'Brien	Koerner	Nielsen	Bon	Fabian	Gustman	Scholz	Ward	Miksell	Cutoff
1. Wrightwood	0		NO	YES	17:35	18:29	19:07	22:00	23:55	25:55:00	27:43:00	30:54	32:51	33:00
2. Inspiration Point	9.3	9.3	NO	YES	6:33am	6:33am	6:41am	6:55am	6:57am	7:03am	7:10am	7:14am	7:24am	8:15am
3. Vincent Gap	4.5	13.85	YES	YES	7:12am	7:09am	7:16am	7:43am	7:43am	7:51am	8:05am	8:06am	8:25am	9:20am

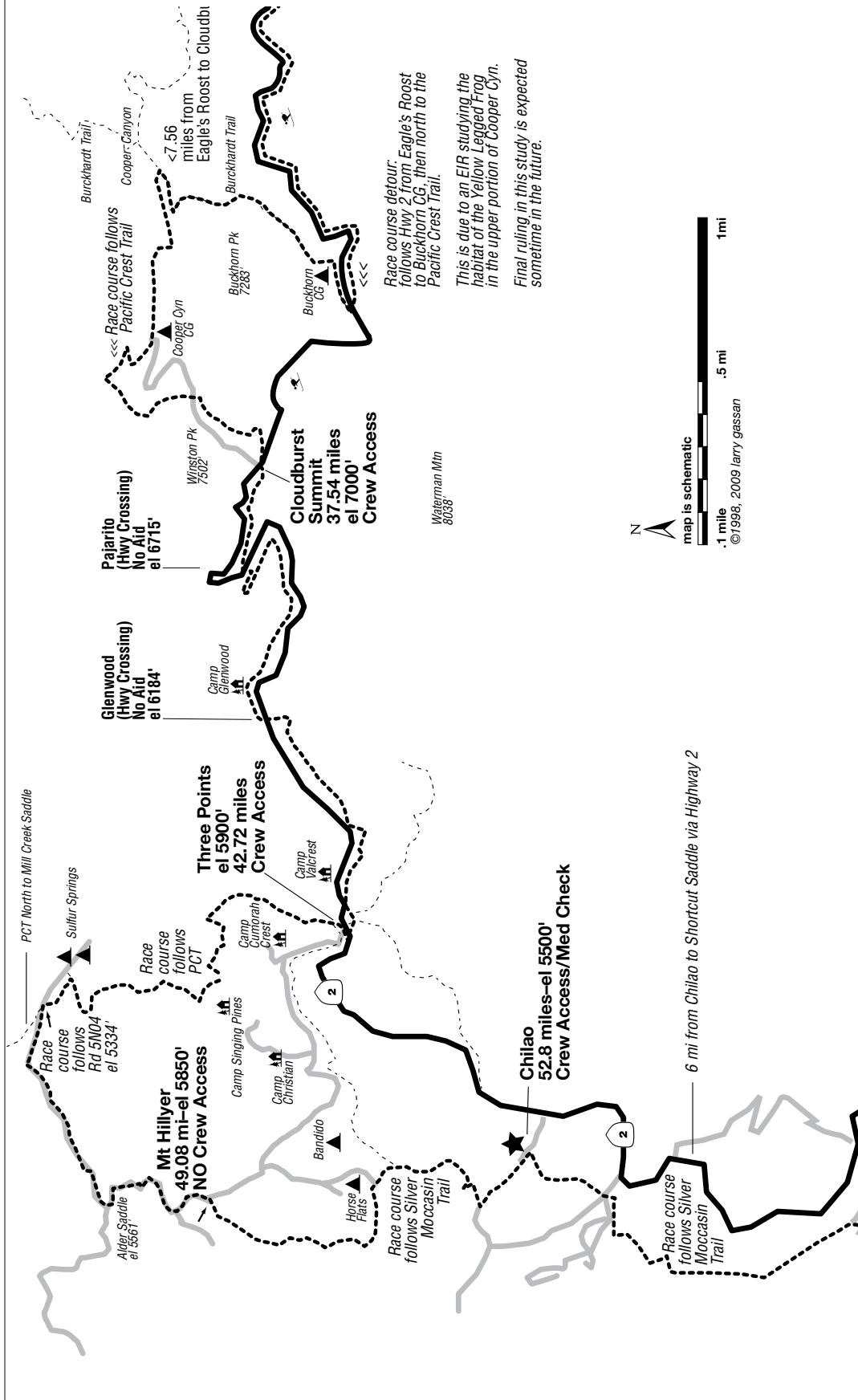
Mile 14 — 29.98
 Vincent Gap to Eagle's Roost



Checkpoint	DELTA	Distance	Drop Bag	Crew Access	O'Brien	Koerner	Nielsen	Bon	Fabian	Gustman	Scholz	Ward	Miksell	Cutoff
3. Vincent Gap	4.5	13.85	YES	YES	17:35	18:29	19:07	22:00	23:55	25:55:00	27:43:00	30:54	32:51	33:00
4. Islip Saddle (Medical)	12.06	25.91	YES	YES	9:21am	9:12am	9:32am	10:16am	10:22am	10:46am	11:10am	11:04am	11:54am	1:05pm
5. Kratka Ridge (Hwy Cross)	3.23	29.05	NO	YES	-	-	-	-	-	-	-	-	-	-
6. Eagle's Roost	0.84	29.98	NO	YES	10:04am	10:00am	10:23am	11:18am	11:29am	11:49am	12:22pm	12:11pm	1:16pm	2:35pm

Mile 29.98 — 52.8

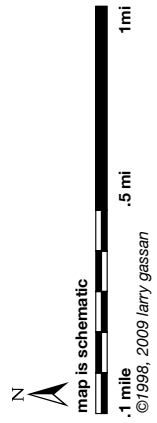
Eagle's Roost to Chiliao



Race course detour:
follows Hwy 2 from Eagle's Roost
to Buckhorn CG, then north to the
Pacific Crest Trail.

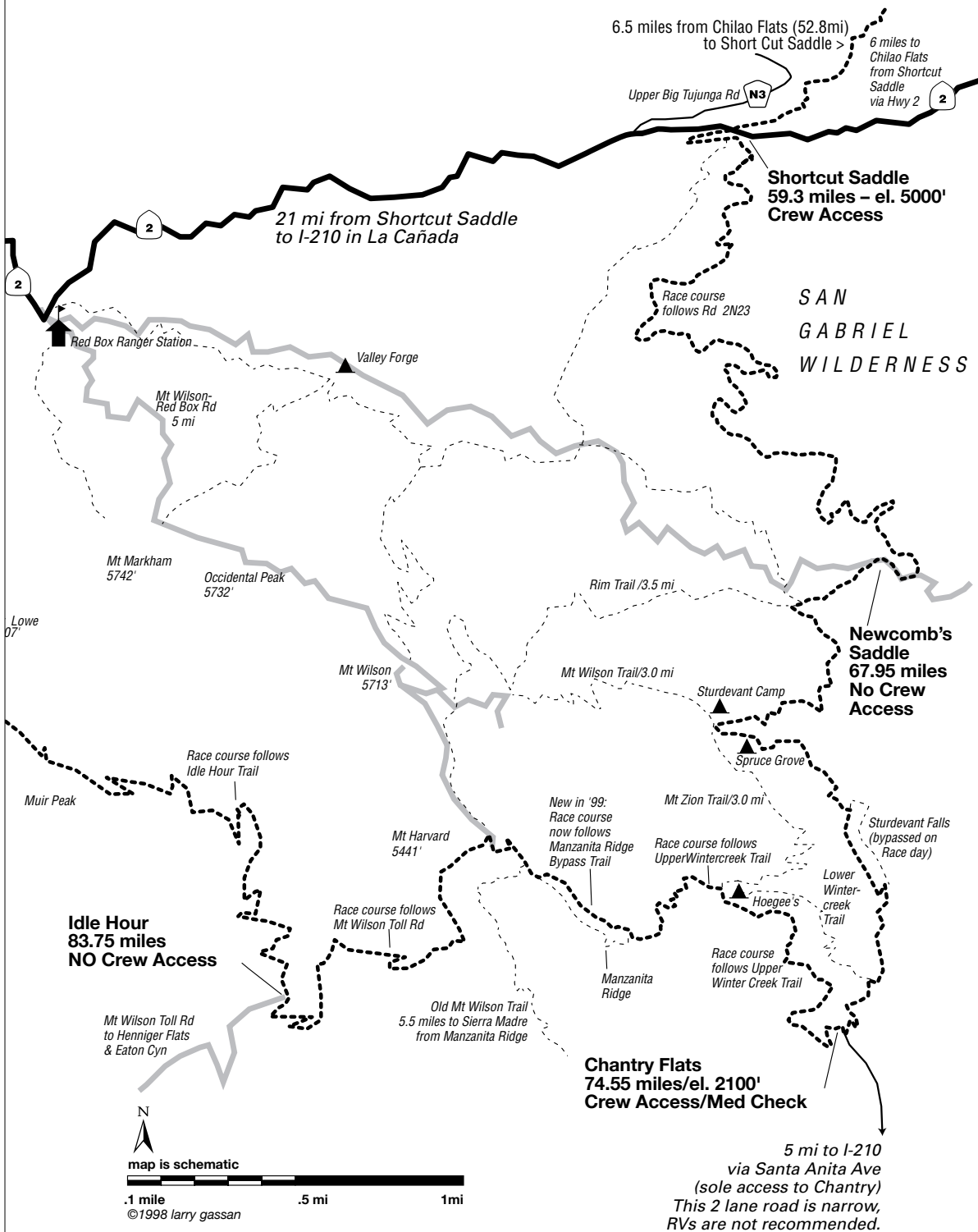
This is due to an EIR studying the
habitat of the Yellow Legged Frog
in the upper portion of Cooper Cyn.

Final ruling in this study is expected
sometime in the future.



Checkpoint	DELTA	Distance	Drop Bag	Crew Access	O'Brien	Koerner	Nielsen	Bon	Fabian	Gustman	Scholz	Ward	Miksell	Cutoff
7. Cloudburst Summit	7.56	37.54	YES	YES	11:12am	11:20am	11:55	12:57pm	1:19pm	1:39pm	2:25pm	2:11pm	3:46pm	4:30pm
8. Pajarito (Hwy Cross)	0.83	38.37	NO	YES	-	-	-	-	-	-	-	-	-	-
9. Glenwood (Hwy Cross)	2.06	40.4	NO	YES	-	-	-	-	-	-	-	-	-	-
10. Three Points	2.29	42.72	YES	YES	11:52am	12:05pm	12:41pm	1:56pm	2:23pm	2:33pm	3:38pm	3:20pm	5:32pm	6:00pm
11. Mt Hillyer	6.36	49.08	YES	NO	12:50pm	1:06pm	13:51pm	3:17pm	3:44pm	4:01pm	5:02pm	4:53pm	7:17pm	8:00pm
12. Chiliao (Medical)	3.72	52.8	YES	YES	1:30pm	1:48pm	2:33pm	4:04pm	4:38pm	4:58pm	5:58pm	6:09pm	8:48pm	9:10pm

Mile 59.3 — 83.75
Shortcut Saddle to Idle Hour



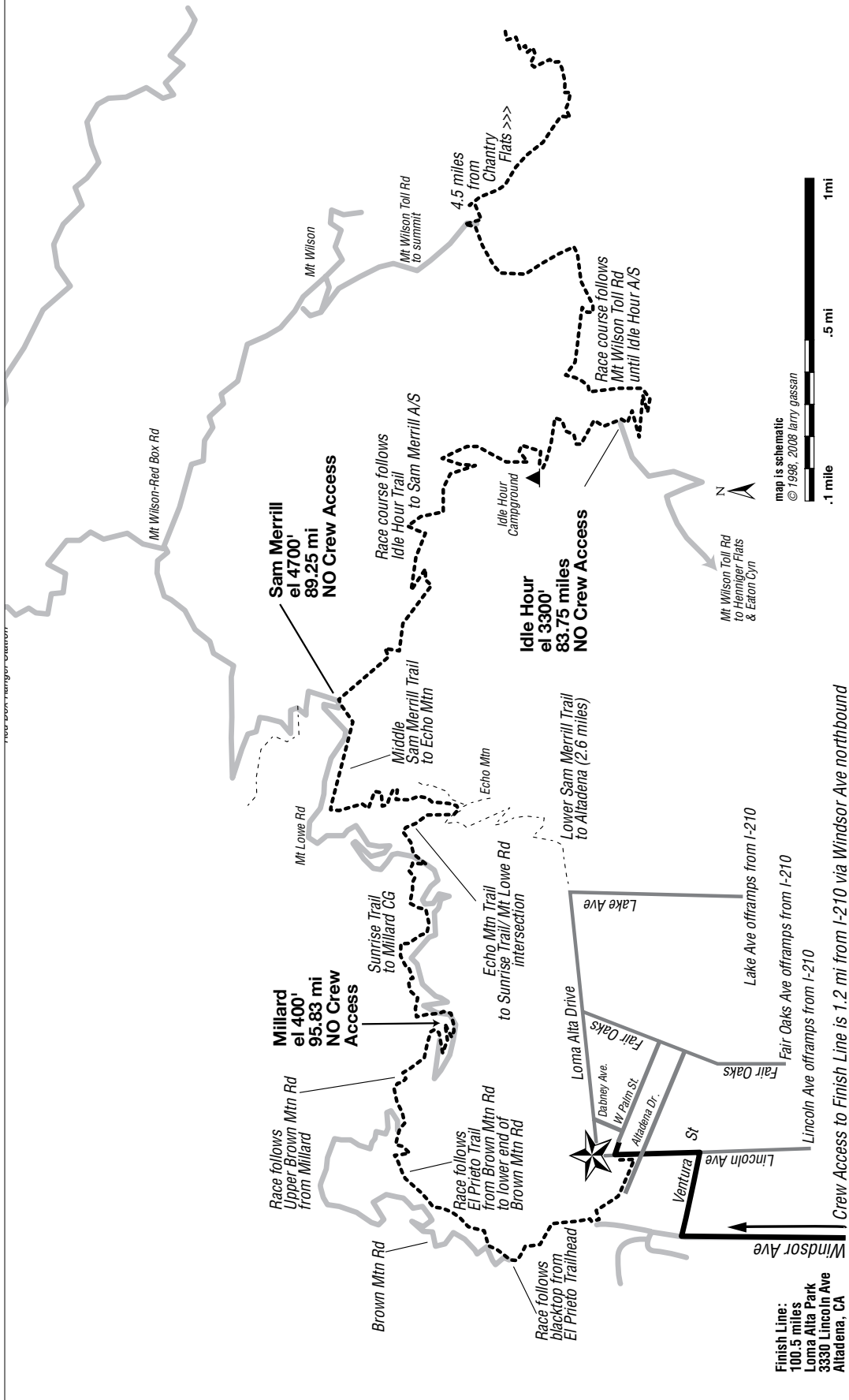
Checkpoint	DELTA	Distance	Drop Bag	Crew Access	O'Brien	Koerner	Nielsen	Bon	Fabian	Gustman	Scholz	Ward	Miksell	Cutoff
13. Shortcut Saddle	6.5	59.3	NO	YES	17:35	18:29	19:07	22:00	23:55	25:55:00	27:43:00	30:54	32:51	33:00
14. Newcomb's Saddle	8.65	67.95	YES	NO	2:34pm	4:43pm	5:29pm	7:11pm	7:53pm	8:52pm	10:15pm	10:47pm	1:47pm	3:00am
15. Chantry Flats (Medical)	6.6	74.55	YES	YES	4:59pm	6:02pm	6:40pm	8:35pm	9:55pm	10:48pm	12:18am	2:13am	4:40am	5:25am

Chantry Flats
74.55 miles/el. 2100'
Crew Access/Med Check

5 mi to I-210
via Santa Anita Ave
(sole access to Chantry)
This 2 lane road is narrow,
RVs are not recommended.

Mile 83.75—100

Idle Hour to Loma Alta Park (Finish)



map is schematic
© 1998, 2008 Larry Gassan

100.5 miles
Loma Alta Park
3330 Lincoln Ave
Altadena, CA

Checkpoint	DELTA	Distance	Drop Bag	Crew Access	O'Brien	Koerner	Nielsen	Bon	Fabian	Gustman	Scholz	Ward	Miksell	Cutoff
15. Chantry Flats (Medical)	6.6	74.55	YES	YES	17:35	18:29	19:07	22:00	23:55	25:55:00	27:43:00	30:54	32:51	33:00
16. Idlehour Trail	9.02	83.75	YES	NO	6:59pm	8:01pm	8:43pm	11:00pm	12:32am	1:46am	3:34am	6:13am	8:23am	8:45am
17. Sam Merrill Trail	5.5	89.25	YES	NO	8:23pm	9:28pm	10:07pm	12:50am	2:22am	3:49am	5:48am	8:34am	10:45am	11:20am
18. Millard Campground	6.58	95.83	YES	NO	9:32pm	10:41pm	11:19pm	2:09am	4:01am	5:50am	7:40am	10:35am	12:38pm	1:20pm
19. Finish Line	4.7	100.53*	YES	YES	10:35pm	11:29pm	12:07am	3:00am	4:55am	6:55am	8:43am	11:54am	1:51pm	2:00pm

Start Line
Wrightwood

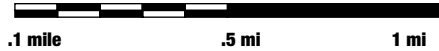


From Wrightwood on Highway 2 west:

- 9 mi to Inspiration Pt
- 14 mi to Vincent Gap
- 25 mi to Islip Saddle
- 45 mi to Short Cut Saddle
- 60 mi to I-210 junction (La Canada/Flintridge)

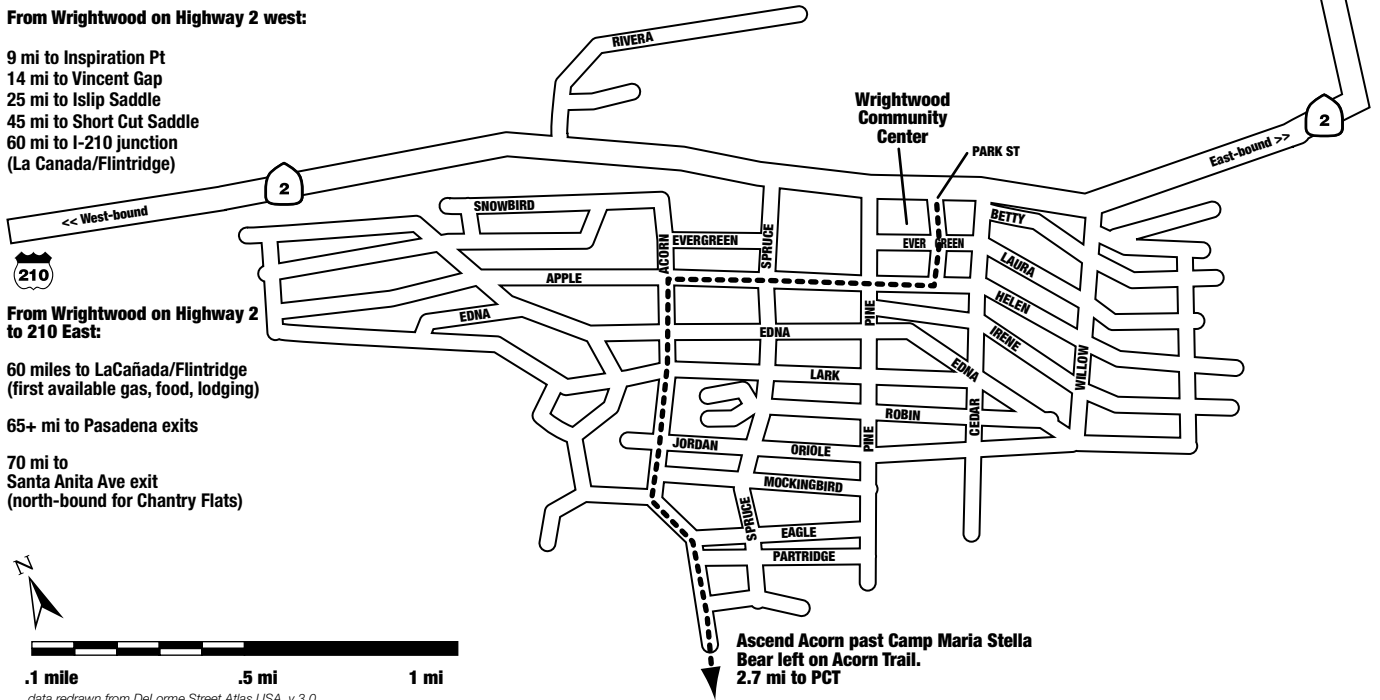
From Wrightwood on Highway 2 to 210 East:

- 60 miles to LaCañada/Flintridge (first available gas, food, lodging)
- 65+ mi to Pasadena exits
- 70 mi to Santa Anita Ave exit (north-bound for Chantry Flats)

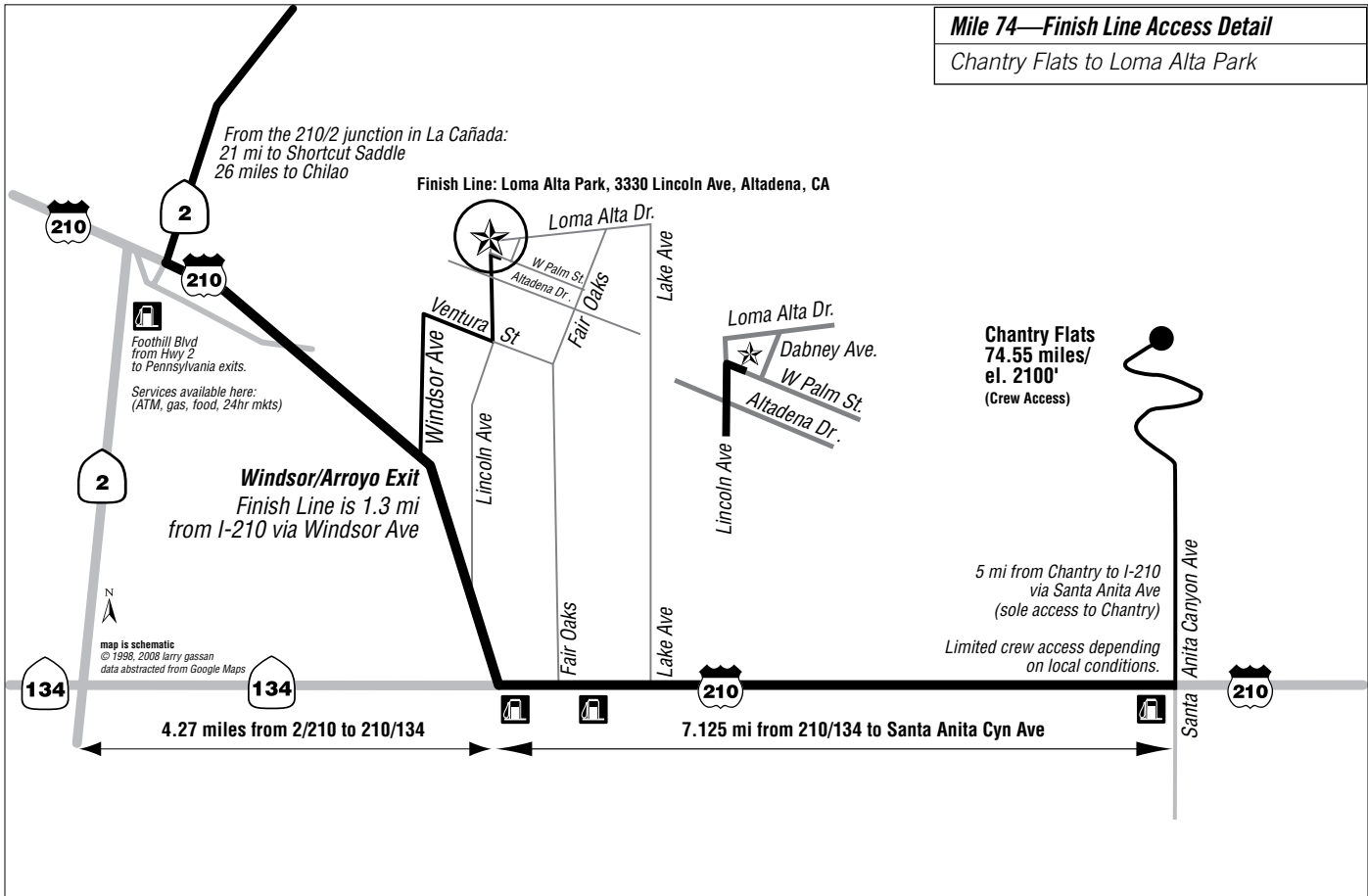


data redrawn from DeLorme Street Atlas USA, v 3.0

2 To: 138 15 10 215



Mile 74—Finish Line Access Detail
Chantry Flats to Loma Alta Park



Wrightwood**Wrightwood Chamber of Commerce**

PO Box 416, Wrightwood, CA 92397
(760) 249-4320.
www.wrightwoodchamber.org

A Rhinestone Rose BnB

5194 Lone Pine Canyon Rd
Wrightwood, Ca.
www.rhinestonerose.com
760.912.3838

Canyon Creek Inn

6059 Pine St., Wrightwood, CA 92397
(760) 249-4800
www.canyoncreekinn.com

The Harrisons

Joyce Harrison
(760) 249-6827
P.O. Box 105
Wrightwood, CA 92397
<http://www.wrightwoodcalif.com/accommodations/harrison.htm>

Mt View Motel

PO Box 458, 1098 Highway 2
Wrightwood, CA 92397.
(760) 249-3553.
9 units that sleep up to 5.

Pines Motel

6045 Pine, Wrightwood, CA 92397
(760) 249-9974.
<http://www.pinescabin.com/>

Wrightwood Sales and Rental

PO Box 951, Wrightwood, CA 92397
(760) 249-3339.
Cajon Pass/Wrightwood adjacent

Victorville/Hesperia**Ambassador Hotel**

15494 Palmdale Rd
Victorville, CA 92392
(760) 245-6565
ambassadorvictorville.com

Best Western

317 US Highway 138
Phelan, California, 92371-4809
(Cajon Pass, approximately 5 miles east of Wrightwood at I-15 and Highway 138.
1-806-BWCAJON
<http://book.bestwestern.com/bestwestern/advSearch.do>

Budget Inn

14153 Kentwood Blvd
Victorville, CA 92392
(760) 241-8010
highdesertbudgetinn.com

Comfort Suites Victorville

12281 Mariposa Rd.
Victorville, CA 92395

(760) 245-6777
comfortsuites.com

Days Inn Victorville

15401 Park Avenue East
Victorville, CA 92392
(760) 241-7516
(760) 887-0931
daysinn.com

Econo Lodge

11976 Mariposa Road
Hesperia, CA 92345
(760) 949-1515
www.econolodge.com

Economy Inn

15822 Mojave Drive, Victorville, CA 92394
(760) 241-0075

Hawthorn Suites Hotel By Hyatt

11750 Dunia Road
Victorville, CA 92392
(760) 949-4700
(760) 963-3475 - Mobile
hawthorn.com

Hilton Garden Inn Victorville

(760) 952-1200
12603 Mariposa Road,
Victorville, CA
hiltongardeninn.com

Holiday Inn Express

9750 Keypointe Ave
Hesperia, CA 92345
(760) 244-7674
www.hiexpress.com

Howard Johnson Victorville

16868 Stoddard Wells Rd.
Victorville, CA 92392
(760) 243-7700
(760) 243-4423 - Fax
hojo.com

Motel 6 Victorville

16901 Stoddard Wells Road
Victorville, CA 92394
(760) 243-0666
(760) 243-2554 - Fax
motel6.com

Quality Inn & Suites Green Tree Victorville

14173 Green Tree Blvd
Victorville, CA 92395
(760) 245-3461
qualityinn.com

Red Roof Inn Victorville, CA

13409 Mariposa Road
Victorville, CA 92392
(760) 553-8010- Fax
(760) 241-1577
(800) 843-9999
redroof.com

Sunset Inns of America

15765 Mojave Drive
Victorville, CA 92394
(760) 243-2342

Travel Inn & Suites

14998 7th street
Victorville, CA 92395
(760) 245-8627
travelvictorville.com

Victorville Travelodge

12175 Mariposa Rd
Victorville, CA 92395
(800) 578-7878
(760) 241-7200
(760) 241-1163 - Fax
travelodge.com

Pasadena**Pasadena Convention & Visitor Center Bureau**

(626) 795-9311.
Chamber of Commerce
117 East Colorado Boulevard
Pasadena, CA 91105
(626) 795-3355 fax: (626) 795-5603
<http://www.pasadenacal.com/>

Artists' Inn

1038 Magnolia Street
South Pasadena, CA 91030
(626) 799-5668
www.artistsinns.com

Bissell House

201 Orange Grove Avenue
South Pasadena, CA 91030
(626) 441-3535
www.bissellhouse.com

Comfort Inn

400 S. Arroyo Pkwy
Pasadena, CA 91105.
(626) 405-0811 fax: (626) 796-0966
(3 miles from the Rose Bowl)
www.comfortinn.com

Doubletree Hotel

191 North Los Robles Avenue
Pasadena, CA 91101
(626) 792-2727
fax: (626) 304-0373
Doubletree.Hilton.com

Hilton

150 South Los Robles Avenue
Pasadena, CA 91101
(626) 577-1000, fax: (626) 584-3148
www.hilton.com

Holiday Inn

303 Cordova Street
Pasadena, CA 91101
(626) 449-4000, fax: (626) 584-1390

Mira-Monte Hotel

127 South El Molino Avenue
Pasadena, CA 91101
(626) 796-2685

Pasadena Hotel Old Towne B & B

76 North Fair Oaks Avenue
Pasadena, CA 91103
(626) 568-8172

Pasadena Inn

400 South Arroyo Pkwy
Pasadena, CA 91105
(626) 795-8401, fax: (626) 577-2629
www.oldpasadenainn.com

Holiday Inn Express-Colorado Boulevard

3500 East Colorado Boulevard
Pasadena, CA 91107
(626) 792-1363, fax: (626) 792-9213

Regal Inn Motel

3800 East Colorado Boulevard
Pasadena, CA 91107
(626) 449-4743
regalinnmotel.com

Ritz-Carlton Huntington Hotel

1401 South Oak Knoll Avenue
Pasadena, CA 91106
(626) 568-3900, fax: (626) 792-4192
langhamhotels.com

Saga Motor Hotel

1633 East Colorado Boulevard
Pasadena, CA 91106
(626) 795-0431
fax: (626) 792-0559
thesagamotorhotel.com

Vagabond Inn (2 locations)

1203 East Colorado Boulevard
Pasadena, CA 91106
(626) 449-3170, fax: (626) 577-8873
vagabondinn-pasadena-hotel.com

Vagabond Inn

2863 East Colorado Boulevard
Pasadena, CA 91107
(626) 449-3020

Glendale**American Motel**

1541 East Colorado Street
Glendale, CA 91205
(818) 242-5572

Bell Motor Hotel

1130 East Colorado Street
Glendale, CA 91205
(818) 956-7179

Best Western Inn

123 West Colorado Street
Glendale, CA 91204
www.bestwestern.com/best.html
(818) 247-0111, fax: (818) 545-9393

Chariot Inn Motel

1118 East Colorado Street
Glendale, CA 91205
(818) 507-9600
chariotinn.com

Days Inn

450 Pioneer Drive
Glendale, CA 91203
(818) 956-0202
fax: (818) 502-0843
daysinn.com

Homestead Studio Suites Hotel

100 West Glenoaks Boulevard
Glendale, CA 91202
(818) 956-5466
fax: (818) 551-4088
homesteadhotels.com

Econo Lodge

1437 East Colorado Street
Glendale, CA 91205
(818) 246-8367
econolodge.com

El Rio Motel

1515 East Colorado Street
Glendale, CA 91205
(818) 243-3157

Glendale Motel

1523 East Colorado Street
Glendale, CA 91205
(818) 243-7126

Manhattan Motel

1523 East Colorado Street
Glendale, CA 91205
(818) 244-8195

Maryland Hotel

202 East Wilson Avenue
Glendale, CA 91206
(818) 241-3121

La Crescenta Motel (May-Lane Motel)

2413 Foothill Boulevard
La Crescenta, CA 91214
(818) 248-1294

Rodeway Inn Regalodge Glendale

200 West Colorado Street
Glendale, CA 91204
(818) 246-7331
rodewayinn.com

Vagabond Inns

120 West Colorado Street
Glendale, CA 91204
(818) 240-1700
fax: (818) 548-8428
<http://www.vagabondinn-glendale-california-hotel.com/>

Map & Book References:

The following maps were used as primary references for the maps in the Race Book.

Trail Map of the Angeles Front Country, Trail Map of the Angeles High Country

Both by Tom Harrison, and are used by USFS and NPS rangers. Simply the best available. <www.tomharrisonmaps.com>

Google Maps

Lost? Must be MapQuest.

Los Angeles County Street Guide & Directory.

Thomas Bros. Maps. The one directory map-guide you'll ever need for LA County and Southern California.

Other Reference Books:

Trails of the Angeles: 100 Hikes in the San Gabriels by John W. Robinson. Colorful text, useless maps.

The Control of Nature, John McPhee.

Anthology of three brilliant essays, the final one illuminating the business of flood control, geology, and firefighting here in the San Gabriels.

Los Angeles: City of Four Ecologies

Rayner Banham. The iconoclastic granddaddy of looking at Los Angeles, and liking it.

AC100 Race Photos Wanted...

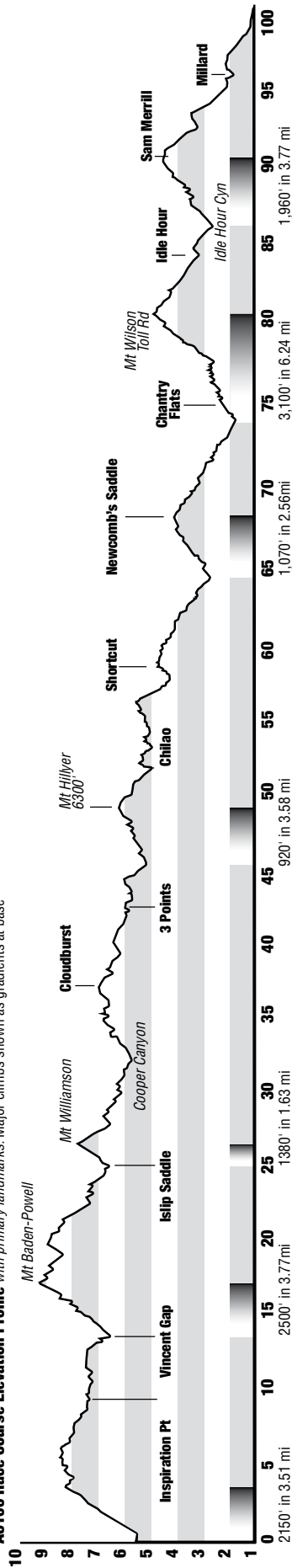
Send your own AC100-race photos to Larry Gassan for inclusion in future Race-Books. Please caption each photo with who, when, & where.

...and text & caption corrections

Send all corrections to Larry Gassan at <larry@larrygassan.com>

14. Checkpoint Chart / Elevation Profile

AC100 Race Course Elevation Profile with primary landmarks. Major climbs shown as gradients at base



Checkpoint	DELTA	Distance	Drop Bag	Crew Access	O'Brien	Koerner	Nielsen	Bon	Fabian	Gustman	Scholz	Ward	Miksell	Cutoff
1. Wrightwood	0		NO	YES	17:35	18:29	19:07	22:00	23:55	25:55:00	27:43:00	30:54	32:51	33:00
2. Inspiration Point	9.3	9.3	NO	YES	6:33am	6:33am	6:41am	6:55am	6:57am	7:03am	7:10am	7:14am	7:24am	8:15am
3. Vincent Gap	4.5	13.85	YES	YES	7:12am	7:09am	7:16am	7:43am	7:43am	7:51am	8:05am	8:06am	8:25am	9:20am
4. Islip Saddle (Medical)	12.06	25.91	YES	YES	9:21am	9:12am	9:32am	10:16am	10:22am	10:46am	11:10am	11:04am	11:54am	1:05pm
5. Kratka Ridge (Hwy Cross)	3.23	29.05	NO	YES	-	-	-	-	-	-	-	-	-	-
6. Eagle's Roost	0.84	29.98	NO	YES	10:04am	10:00am	10:23am	11:18am	11:29am	11:49am	12:22pm	12:11pm	1:16pm	2:35pm
7. Cloudburst Summit	7.56	37.54	YES	YES	11:12am	11:20am	11:55	12:57pm	1:19pm	1:39pm	2:25pm	2:11pm	3:46pm	4:30pm
8. Pajarito (Hwy Cross)	0.83	38.37	NO	YES	-	-	-	-	-	-	-	-	-	-
9. Glenwood (Hwy Cross)	2.06	40.4	NO	YES	-	-	-	-	-	-	-	-	-	-
10. Three Points	2.29	42.72	YES	YES	11:52am	12:05pm	12:41pm	1:56pm	2:23pm	2:33pm	3:38pm	3:20pm	5:32pm	6:00pm
11. Mt Hillyer	6.36	49.08	YES	NO	12:50pm	1:06pm	13:51pm	3:17pm	3:44pm	4:01pm	5:02pm	4:53pm	7:17pm	8:00pm
12. Chiliao (Medical)	3.72	52.8	YES	YES	1:30pm	1:48pm	2:33pm	4:04pm	4:38pm	4:58pm	5:58pm	6:09pm	8:48pm	9:10pm
13. Shortcut Saddle	6.5	59.3	NO	YES	2:34pm	3:03pm	3:50pm	5:31pm	5:59pm	6:41pm	7:46pm	7:58pm	10:58pm	11:40pm
14. Newcomb's Saddle	8.65	67.95	YES	NO	3:52pm	4:43pm	5:29pm	7:11pm	7:53pm	8:52pm	10:15pm	10:47pm	1:47pm	3:00am
15. Chantry Flats (Medical)	6.6	74.55	YES	YES	4:59pm	6:02pm	6:40pm	8:35pm	9:55pm	10:48pm	12:18am	2:13am	4:40am	5:25am
16. Idlehour Trail	9.02	83.75	YES	NO	6:59pm	8:01pm	8:43pm	11:00pm	12:32am	1:46am	3:34am	6:13am	8:23am	8:45am
17. Sam Merrill Trail	5.5	89.25	YES	NO	8:23pm	9:28pm	10:07pm	12:50am	2:22am	3:49am	5:48am	8:34am	10:45am	11:20am
18. Millard Campground	6.58	95.83	YES	NO	9:32pm	10:41pm	11:19pm	2:09am	4:01am	5:50am	7:40am	10:35am	12:38pm	1:20pm
19. Finish Line	4.7	100.53*	YES	YES	10:35pm	11:29pm	12:07am	3:00am	4:55am	6:55am	8:43am	11:54am	1:51pm	2:00pm



Arturo Valdez did twenty-five pushups immediately after crossing the finish line

This race is made possible through the generous assistance of our sponsors:



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 RaceBook designed & produced by larry gassan p/d/p • <http://LarryGassan.com> • Larry@LarryGassan.com