

KENWOOD FOOTRACE HISTORICAL RECORDS

Sonoma County's Finest Running Event

updated August 2026

Please report errors or additions to kenwoodfootrace@empirerunners.org.

Historical Notes

1972	The Kenwood Footrace 10K is co-founded by Tom Rooney and Ken Lane .			
	First Kenwood Footrace 10K winners			
	Men	Doug Rustad	34:14:00	
	Women	Elizabeth Stafford	1:00:09	
1986	3K race is added.			
	First Kenwood Footrace 3K winners			
	Men	Don Nauman	9:34	
	Women	Nika Horn	11:13	
1994	The Empire Runners Club assumes ownership of the Kenwood Footrace from Fred Kenyon , Wine Country Race Service.			
2006	Last year Kenwood hosted World Championship Pillow Fights			
2010	First year of chip timing			
2011	3K course is certified.			
2026	10K course was rerouted at the last minute and measured 6.06 miles			

Note:

To compare fairly with historic records, results used are gun times (not chip times) rounded up to the nearest full second.

Entries in red are new for the current year.

Current Course Record Holders

Open					Masters (40+)			
10K	Men	Michael Crouch	30:51	2013	Men	Jim Bowers	32:39	1982
	Women	Sarah Crouch	36:11	2013	Women	Leslie McMullen	39:16	1992
3K	Men	Chris Gaston	8:36	1993	Men	Bill Bushnell	9:22	2005
	Women	Julia Stamps	9:38	1996	Women	Leslie McMullen	10:49	1994

KENWOOD FOOTRACE 10K CHAMPIONS

MEN

Year	Name	Time
2026	Dante Capone	31:52*
2025	Anthony Cortes	34:48
2024	Jude DeVries	32:19
2023	Nolan Hosbein	33:16
2022	Nolan Hosbein	32:16
2019	Jon Horvath	33:11
2018	Dominic Vogl	34:09
2017	Michael Hiscott	31:58
2016	Kevin Pool	33:01
2015	Erik Oleson	32:00
2014	Brendan Scanlon	32:22
2013	Michael Crouch	30:51
2012	Tommy Greenless	31:33
2011	Jeff Jackson	32:46
2010	Jeff Gardina	33:36
2009	Jeff Jackson	32:27
2008	Jeff Jackson	32:23
2007	K.C. Cody	32:31
2006	K.C. Cody	33:21
2005	Brad Poore	32:38
2004	Steve Laurie	33:10
2003	Jacob Busienei	33:44
2002	Josh Bobiak	33:24
2001	Kenny Brown	33:38
2000	Hector Delgado	32:22
1999	Mike Williams	35:23
1998	Mike Williams	33:13
1997	Eric Walker	32:51
1996	Aaron Pierson	32:24

WOMEN

Year	Name	Time
2026	Nicole Lane Clancy	34:58*
2025	Hanne Thomsen	36:24
2024	Shauna Ewig	39:15
2023	Krista Drechsler	41:54
2022	Nicole Lane	36:27
2019	Nicole Lane	37:42
2018	Angie Law	43:12
2017	Nicole Lane	36:29
2016	Mary Hillis	40:22
2015	Sarah Sumpter	38:50
2014	Theresa Lowry	39:43
2013	Sarah Crouch	36:11
2012	Julia Stamps Mallon	37:41
2011	Julia Stamps Mallon	38:06
2010	Melanie Lovrin Belloumini	40:38
2009	Sarah Sumpter	39:03
2008	Melanie Lovrin	39:40
2007	Cathy DuBay	39:36
2006	Jenny Wong	39:43
2005	Cathy DuBay	40:03
2004	Tanya Fredricks	41:00
2003	Phyllis Blanchard	39:06
2002	Cathy DuBay	38:20
2001	Jenny Aldridge	41:28
2000	Kyra Slade	37:40
1999	Cathy DuBay	37:37
1998	Elizabeth Zaragosa	36:55
1997	Cathy DuBay	37:38
1996	Suzy Jones	37:30

1995	Ken Kyte	32:29
1994	Danny Aldridge	32:34
1993	Tim Minor	32:33
1992	John Morse	31:43
1991	Tim Minor	32:24
1990	John Mumm	33:10
1989	Noel Berkeley	32:02
1988	Werner Sherrer	33:45
1987(tie)	Tim Minor	31:57
1987(tie)	Colin Davidson	31:57
1986	Kevin Jones	31:06
1985	Peter O'Reilly	33:14
1984	Jerry Drew	32:16
1983	John Morse	32:27
1982	David Royal	32:04
1981	David Royal	33:10
1980	Russ Knudsen	32:57
1979	Kevin Jones	32:31
1978	David Royal	33:56
1977	Jim Nuccio	31:13
1976	Tad Woliczko	33:39
1975	Jim Nuccio	31:25
1974(tie)	Jim Nuccio	32:16
1974(tie)	Ron Elijah	32:16
1973	Jim Nuccio	33:45
1972	Doug Rustad	34:14

1995	Cathy DuBay	39:28
1994	Cathy DuBay	38:38
1993	Nancy Vallance	38:40
1992	Cathy DuBay	38:58
1991	Lura Damiano	39:37
1990	Leslie McMullen	39:08
1989	Michelle Tani	39:24
1988	Elizabeth Mosier	39:28
1987	Peggy Smythe	37:43
1986	Lisa Gonzales	38:27
1985	Leslie McMullen	37:31
1984	Leslie McMullen	37:20
1983	Kim Rupert	42:06
1982	Michelle Perry	37:57
1981	Beckie Simi	39:03
1980	Lori Shanoff	40:18
1979	Dana Hooper	41:00
1978	Kathryn Rankin	42:09
1977	Caron Schaumberg	44:09
1976	Cathy Coulman	44:57
1975	Kathy Costella	43:06
1974	Jody Garrard	46:17
1973	Toni Fitzpatrick	1:01
1972	Elizabeth Stafford	1:00

Most 10K Wins

MEN

Jim Nuccio	4
Tim Minor	3

WOMEN

Cathy Dubay	8
Nicole Lane	4

David Royal	3
Jeff Jackson	3
Kevin Jones	2
John Morse	2
Mike Williams	2
KC Cody	2
Nolan Hosbein	2
Everyone Else	1 or 0

Leslie McMullin	3
Melanie Lovrin Belloumini	2
Julia Stamps Mallon	2
Sarah Sumpter	2
Everyone Else	1 or 0

KENWOOD FOOTRACE 10K ALL-TIME TOP 100 RUNNERS

MEN

Place	Time	Name	Year
1	30:51	Michael Crouch	2013
2	31:06	Kevin Jones	1986
3	31:13	Jim Nuccio	1977
4	31:33	Tommy Greenless	2012
5	31:43	John Morse	1992
6 tie	31:57	Colin Davidson	1987
6 tie	31:57	Tim Minor	1987
8	31:58	Michael Hiscott	2017
9	32:01	Erik Oleson	2015
10	32:02	Noel Berkeley	1989
11	32:04	David Royal	1982
12	32:05	Danny Aldridge	1992
13 tie	32:16	Ron Elijah	1974
13 tie	32:16	Jerry Drew	1984
13 tie	32:16	Reese Byers	2012
13 tie	32:16	Nick Spector	2017
13 tie	32:16	Nolan Hosbein	2022
18	32:19	Jude DeVries	2024

WOMEN

Place	Time	Name	Year
1	36:11	Sarah Crouch	2013
2	36:24	Hanne Thomsen	2025
3	36:27	Nicole Lane	2022
4	36:55	Elizabeth Zaragosa	1998
5	37:20	Leslie McMullen	1984
6	37:30	Suzy Jones	1996
7	37:37	Cathy Dubay	1999
8 tie	37:40	Peggy Smythe	1985
8 tie	37:40	Kyra Slade	2000
10	37:41	Julia Stamps Mallon	2012
11	37:57	Michelle Perry	1982
12	38:27	Lisa Gonzales	1986
13	38:40	Nancy Vallance	1993
14	38:45	Valerie Jensen	1987
15	38:48	Seelah Kittlestrom	2025
16	38:50	Sarah Sumpter	2015
17	38:54	Kathy Dalton	1985
18	38:55	Michelle Meyer	2013

19	32:20	Brian Maxwell	1977
20 tie	32:22	Hector Delgado	2000
20 tie	32:22	Brendan Scanlon	2014
22	32:23	Jeff Jackson	2008
23	32:24	Aaron Pierson	1996
24 tie	32:26	Ken Kyte	1996
24 tie	32:26	Ed Bomber	1982
26 tie	32:31	Phil Bellan	1989
26 tie	32:31	K.C. Cody	2007
28 tie	32:34	Kenny Brown	1993
28 tie	32:34	Hugh Dowdy	2017
30	32:38	Brad Poore	2005
31	32:39	Jim Bowers	1982
32	32:41	Don Makela	1974
33 tie	32:51	Ron Wayne	1975
33 tie	32:51	Eric Walker	1997
33 tie	32:51	Dante Capone	2024
36	32:55	Luis Luna	2013
37	32:57	Russ Knudsen	1980
38	32:59	Emery Mitchell	1989
39	33:01	Kevin Pool	2016
40	33:04	Hersh Jenkins	1980
41	33:08	Matthew Duffy	2012
42 tie	33:10	Robert Petersen	2022
42 tie	33:10	John Mumm	1990
42 tie	33:10	Stacy Van Horn	1987
42 tie	33:10	Steve Laurie	2004
46	33:11	Jon Horvath	2019
47 tie	33:13	Jack Bellah	1974
47 tie	33:13	Mike Williams	1998
49	33:14	Peter O'Reilly	1985

19	39:03	Becky Simmie	1981
20	39:06	Phyllis Blanchard	2003
21	39:11	Sara Bei	1998
22	39:15	Shauna Ewig	2024
23	39:18	April Powers	1999
24 tie	39:22	Melanie Lovrin	2009
24 tie	39:22	Nicole Lane	2012
26	39:24	Michelle Tani	1989
27 tie	39:25	Trina Cox	1997
27 tie	39:25	Mary Fagan	2002
29	39:28	Elizabeth Mosier	1988
30	39:37	Lura Damiano	1991
31	39:42	Lisa Geoffrion	1995
32	39:43	Theresa Lowry	2014
33	39:44	Jenny Wong	2006
34	39:47	Alexa Lua	2022
35	39:53	Dana Flint	1981
36 tie	39:54	Shannon Sweeney	1992
36 tie	39:54	Laura Stanfield	1996
38	40:01	Robin Stovall	1991
39	40:10	Keri Nelson	2003
40 tie	40:15	Shawn Ryan	1988
40 tie	40:15	Pat English	1991
42	40:17	Wink Luskin	1989
43	40:18	Lori Shanoff	1980
44	40:22	Mary Hillis	2016
45	40:23	Aimee Armstrong	2019
46 tie	40:27	Ann Fenwick	1981
46 tie	40:27	Katie Fontana	1998
48	40:28	Eileen Vukicevich	1995
49	40:29	Maureen Doyle	1989

50 tie	33:15	Darryl Beardall	1975
50 tie	33:15	Trevor Sybert	1997
52	33:18	John Litzenberg	1998
53	33:19	Dan Brecht	1996
54	33:23	Robert Brunken	1981
55	33:24	Josh Bobiak	2002
56 tie	33:27	Darren George	1977
56 tie	33:27	Ty Strange	1995
58 tie	33:28	Allan Smith	1984
58 tie	33:28	Jim Noonan	1982
60	33:29	Rudi Balli	1982
61	33:30	Chris Turney	1985
62 tie	33:31	Robert Alexander	1984
62 tie	33:31	Bob Grubbs	1974
64	33:35	Tim Wallen	1990
65	33:36	Jeff Gardina	2010
66	33:38	Eric J. Bohn	1995
67 tie	33:39	Tad Woliczko	1976
67 tie	33:39	Todd Rose	2007
69 tie	33:40	Richard Flores	1998
69 tie	33:40	Patrick Loftus	2016
71	33:42	Alex Wolf-Root	2013
72 tie	33:44	Gene Fitzgerald	1975
72 tie	33:44	Jacob Busienei	2003
74	33:45	Werner Scherrer	1988
75 tie	33:50	Butch Alexander	1984
75 tie	33:50	Tim Harvey	1987
75 tie	33:50	Jim Mallory	1997
78 tie	33:51	Kim Schaurer	1980
78 tie	33:51	Ricky Esponda	1995
80 tie	33:52	Scott Piece	1992

50 tie	40:30	Mary Steer	1985
50 tie	40:30	Stephanie Brown	1998
52	40:40	Sydney Rivas	2019
53	40:41	Valerie Sell	2002
54	40:44	Cathy Chesky	1994
55 tie	40:46	Monica Townsend	1993
55 tie	40:46	Maribeth Duffy	1985
57	40:47	Meredith Rogers	2000
58	40:51	Adria Barich	2016
59	40:55	Sarah Gibson	1998
60	40:56	Pam Purcell	1982
61 tie	41:00	Dana Hooper	1979
61 tie	41:00	Tanya Fredericks	2004
63	41:01	Gabrielle Peterson	2017
64	41:02	Sarah Hallas	1997
65	41:03	Eve Pell	1986
66	41:04	Alicia Lueth Wortman	2016
67	41:06	Christie Patterson	1984
68	41:10	Cindi Van Natta	1986
69	41:11	Shelly Lydon	1997
70	41:12	Jenna Lowder	2009
71	41:15	Lisa Youmans	1990
72	41:17	Lisa Gay	1993
73	41:22	Jenny Biddulph	1985
74	41:24	Audrey Schrift	1992
75	41:26	Sally Cataldo	1994
76 tie	41:28	Derry Elijah	1980
76 tie	41:28	Jenny Aldridge	2001
78	41:29	Diana Fitzpatrick	2013
79 tie	41:30	Mary Maloney	1982
79 tie	41:30	Kirsten Kempo	2002

80 tie	33:52	Cristian Nazarek	2014	81 tie	41:33	Sara Jakel	1993
80 tie	33:52	Efren Reyes	2015	81 tie	41:33	Nicole LaFreniere	1997
83	33:53	Noah Forrey	2022	83	41:34	Vicki Chase	1986
84 tie	33:54	Todd Stevens	1993	84	41:36	Sally Mertes-Stone	1987
84 tie	33:54	Ted Pawlak	1987	85	41:39	Hilary Bartels	2005
84 tie	33:54	Jaime Silva	2013	86	41:40	Heather Cupp	1994
87	33:56	Nathan Huckeba	2012	87	41:42	Amy Robinson	2002
88	33:57	Marc Ziblatt	1984	88 tie	41:43	Nika Horn	1985
89	33:59	Weymouth Kirkland	1979	88 tie	41:43	Laura Welch	2013
90	34:00	Rory Ingalis	1984	90	41:46	Leslie Cohen	1983
91	34:03	Eric Allen	1989	91	41:54	Krista Drechsler	2023
92	34:04	Eric Noel	2016	92	41:57	Kelly Ridgway	1997
93	34:05	Gary Towne	1992	93	41:58	Dominique Serrra	1995
94	34:08	Dominic Vogl	2018	94	41:59	Maryann Raymond	2000
95	34:09	Matt Blanchard	2005	95	42:00	Kim Reinking	1982
96 tie	34:10	Andy Clifford	1977	96	42:01	Heidi Helvestine	2002
96 tie	34:10	Steve Guerrini	1995	97 tie	42:06	Kim Rupert	1983
96 tie	34:10	Dylan Peterson	2019	97 tie	42:06	Susan Nehse	1987
99	34:11	Lance Lennier	1988	99	42:07	Bethany Conybean	1997
100 tie	34:12	Bob Darling	1973	100	42:08	Barbara Geringer	1986
100 tie	34:12	Steve Ottaway	1985				
100 tie	34:12	Kevin Girt	1998				

Kenwood Footrace 10K All-Time Top 20 Age Group Runners

MEN				WOMEN			
19 & Under				19 & Under			
Place	Time	Name	Year	Place	Time	Name	Year
1	32:16	Nolan Hosbein	2022	1	36:24	Hanne Thomsen	2025
2	32:19	Jude DeVries	2024	2	38:45	Valerie Jensen	1987
3	32:27	John Morse	1983	3	38:48	Seelah Kittlestrom	2025

4	32:31	Kevin Jones	1979
5	32:52	Reese Byers	2011
6	32:55	Luis Luna	2013
7	33:00	Jeff Jackson	2007
8 tie	33:10	Stacy Van Horn	1987
8 tie	33:10	John Mumm	1990
10	33:19	Dan Brecht	1996
11	33:24	Josh Bobiak	2002
12	33:52	Cristian Nazarek	2014
13	33:54	Jaime Silva	2013
14	33:56	David Royal	1978
15	34:01	Eric Walker	1988
16	34:03	Jim Noonan	1979
17	34:11	Lance Lennier	1988
18	34:14	John Litzenberg	1988
19	34:17	Kelsey Cody	2005
20	34:22	Gary Singer	1974

MEN

40-49

Place	Time	Name	Year
1	32:39	Jim Bowers	1982
2	33:40	Richard Flores	1997
3	33:58	Tim Minor	2003
4	34:33	Darryl Beardall	1978
5	34:42	Kevin Pool	2024
6	34:48	Dan Preston	1982
7	34:58	Ron Smith	1989
8	35:17	Ty Strange	2003
9	35:19	Butch Alexander	1993
10	35:20	Jim Moore	1981

4	38:54	Kathy Dalton	1985
5	39:03	Sarah Sumpter	2009
6	39:06	Phyllis Blanchard	2003
7	39:11	Sara Bei	1998
8	39:22	Nicole Lane	2012
9	39:25	Trina Cox	1997
10	39:53	Dana Flint	1981
11	39:59	Hanne Thomsen	2024
12	40:18	Lori Shanoff	1980
13	40:23	Aimee Armstrong	2019
14	40:37	Seelah Kittlestrom	2024
15	40:40	Sydnie Rivas	2019
16	40:51	Adria Barich	2016
17	41:01	Gabrielle Peterson	2017
18	41:10	Sarah Hallas	1996
19	41:28	Jenny Aldridge	2001
20	41:30	Mary Maloney	1982

WOMEN

40-49

Place	Time	Name	Year
1	39:15	Shauna Ewig	2024
2	39:16	Leslie McMullen	1992
3	39:18	April Powers	1999
4	39:36	Cathy DuBay	2007
5	39:43	Therea Lowry	2014
6	41:03	Eve Pell	1986
7	41:20	Wink Bragdon	1995
8	41:26	Sally Cataldo	1994
9	41:39	Hilary Bartels	2005
10	41:58	Laura Stanfield	2001

11	35:21	Roger Bryan	1980
12	35:22	Tom Kirschner	1981
13	35:27	John Litzenberg	2012
14	35:28	Roger Daniels	1979
15 tie	35:43	George Frazier	1987
15 tie	35:43	Frank Ruona	1989
17	35:46	Alan Carr	1998
18	35:49	Jon Macpherson	1986
19	36:03	Louis Garcia	1998
20	36:04	Keith Krieger	1987

MEN
50-59

Place	Time	Name	Year
1	35:57	Jim Bowers	1992
2	36:15	Craig Roland	1985
3	36:20	Darryl Beardall	1988
4	36:41	Steve Lyons	1992
5	36:59	Dan Preston	1994
6	37:35	Jon Macpherson	1995
7	37:37	Mort Gray	1985
8	37:40	Jerry Lyman	1999
9	37:49	Frank Ruona	1997
10	37:56	Chris Cole	2007
11	37:58	Bob Barber	1989
12	37:59	Russ Kiernan	1988
13	38:12	Jim Gibbons	1998
14	38:15	Alan Reynolds	2014
15	38:25	John Litzenberg III	2023
16	38:31	Tom O'Reilly	2011
17	38:33	Butch Alexander	2003

11 tie	42:23	Ilyce Shugall	2014
11 tie	42:23	Shari Costanzo	2024
13	42:53	Margaret Oakes	1981
14	42:56	Maryann Raymond	2003
15	43:03	Jamie Berns	1999
16 tie	43:05	Nuvit Foster	2006
16 tie	43:05	Karen Frindell Teuscher	2019
18	43:06	Val Sell	2006
19	43:07	Hazel Wood	1992
20	43:12	Susan Mitchell	1980

WOMEN
50-59

Place	Time	Name	Year
1	41:29	Diana Fitzpatrick	2013
2	41:48	Cathy DuBay	2017
3	42:35	Nancy Simmons	2011
4	43:02	Jamie Berns	2002
5	43:12	Anne Marie Von Hoene	1995
6	43:19	Verity Breen	2017
7	43:26	Eve Pell	1988
8	43:27	Jacqueline Komrij	2019
9	44:13	Shari Costanzo	2025
10	44:29	Mimi Willard	2010
11 tie	44:47	Janet Feldman	2009
11 tie	44:47	Cathy Chesky	2011
13	46:10	Deanna Rossini	2022
14	46:15	Edda Stickle	1993
15	46:29	Susan Trott	1987
16	46:36	Holly Wick	2009
17	46:39	Pam Horton	1996

18	38:41	Martin Jones	1993
19	38:46	Jim Williams	1991
20	38:51	Roy Kissin	2007

MEN
60-69

Place	Time	Name	Year
1	40:24	Goitom Gebremicael	2025
2	40:25	Craig Roland	1995
3	41:00	Tom O'Reilly	2017
4	42:05	Bryon Bradford	2019
5	42:06	Russ Kiernan	2000
6	42:34	Darryl Beardall	1997
7	42:49	Dana Henderson	2008
8	42:58	Hans Schmid	2003
9	43:07	Gard Leighton	1999
10	43:21	Jack Burns	2003
11	43:37	Paul Reese	1983
12	43:39	Brendan Hutchinson	2004
13	43:42	Mort Gray	1992
14	43:57	Ralph Harms	1997
15	43:58	Steve Hill	2015
16	44:09	Niels Thomsen	2025
17	44:26	Ken Grebenstein	2013
18 tie	44:34	Lon Wiley	2009
18 tie	44:34	Steve Cryer	2013
20	44:57	Paul Berg	2015

MEN
70-79

Place	Time	Name	Year
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18	46:42	Fiona McCusker	2017
19	46:49	Debbie Beem	2008
20	47:01	Laura Stanfield	2011

WOMEN
60-69

Place	Time	Name	Year
1	43:35	Shirley Matson	2001
2	45:44	Catherine DuBay	2025
3	47:07	Ann Thrupp	2019
4	47:41	Eve Pell	1999
5	49:43	Edda Stickle	2002
6	49:51	Dorothy Dyson	2024
7	49:53	JoAnne Rowland	2015
8	51:08	Holly Wick	2018
9	51:40	Sheila O'Neill	2024
10	52:06	Christie Pastalka	2011
11	53:00	Phyllis Saavedra	2025
12	53:11	Joan Smith	2009
13	53:13	Laurel Collins	2014
14	53:31	Shirley Fee	2006
15	53:37	Nuvit Salz	2023
16	53:39	Doreen Pinelli	2019
17	53:47	Kay Atkinson	1980
18	53:55	Maggie Fillmore	2014
19	54:00	Danielle Herrerias	2025
20	55:55	Libby Fitzgerald	2007

WOMEN
70-79

Place	Time	Name	Year
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1	45:01	Hans Schmid	2012
2	45:51	Russ Kiernan	2008
3	48:13	Craig Roland	2005
4	49:20	Mel Shine	1981
5	49:45	Jim Ray	1997
6	50:37	Mike McGuire	2015
7	51:00	Jon Hermstad	2019
8	51:16	Darryl Beardall	2007
9 tie	51:21	Theodore Jones	2012
9 tie	51:21	Lon Wiley	2024
11	52:16	Robin Schiller	2023
12	52:25	Mort Gray	2002
13	52:45	Brendan Hutchinson	2014
14	53:01	Sam Hirabayashi	2001
15	53:33	Roger Gordon	2007
16	54:52	Mike Neering	2019
17	55:34	Asher Nathan	2019
18	55:55	Gary Otto	2023
19	56:14	Ted Ponsetti	1995
20	56:50	Wolstan Brown	2006

MEN			
80+			
Place	Time	Name	Year
1	59:27	Jim Ray	2007
2	1:09:36	Dale Leyhe	2012
3	1:14:42	John Milne	2015
4	1:24:31	Phil Pythian	2014
5	1:26:46	Louis Menachof	2012
6	1:30:26	Wayne Mehl	2018
7	1:34:41	Sal Citarella	2022

1	0:51:34	Melody-Anne Schultz	2013
2	0:54:53	Jo Anne Rowland	2022
3	0:55:32	Aubrey Maynard	2003
4	0:58:23	Shirley Fee	2011
5	1:00:08	Edda Stickle	2012
6	1:02:57	Donna Eichner	2014
7	1:03:46	Stephanie Leaf	2015
8	1:06:12	Pana Wilder	2023
9	1:07:01	Katie Martin	2011
10	1:09:43	Deborah Cutler	2025
11	1:09:50	Carol Preisig	2025
12	1:11:07	Helen Kuziara	1994
13	1:11:11	Anne O'Donnell	2023
14	1:11:45	Barbara Norreel	2023
15	1:13:49	Sandra Stewart	2022
16	1:15:06	Diana Teeter	2025
17	1:15:31	Winnie Caulkins	2023
18	1:18:07	Robin Brown	2015
19	1:18:39	Nancy Felling	2007
20	1:19:43	Joan Bennett	2014

WOMEN			
80+			
Place	Time	Name	Year
1	1:20:31	Shirley Fee	2025
2	1:25:26	Helen Kuziara	2000
3	1:30:36	Imme Dyson	2023
4	1:57:46	Linda Liscom	2018

MEN			
Wheelchair			
Place	Time	Name	Year
1	1:30:18	James Boucher	84

WOMEN			
Wheelchair			
Place	Time	Name	Year
none			

KENWOOD FOOTRACE 3K CHAMPIONS

MEN		
Year	Name	Time
2026	Sepp Busenitz	9:49
2025	Rory McLeod	10:38
2024	Zachary Passalacqua	10:50
2023	Jack Blanchfield	9:33
2022	Noe Vieyra	10:20
2019	Colton Swinth	9:22
2018	Dylan Peterson	9:23
2017	Vadim Pelavin	10:13
2016	Vojta Ripa	9:51
2015	Cullen McEachern	9:19
2014	Nicholas Rauch	9:29
2013	Mike Wortman	9:21
2012	Mike Wortman	9:35
2011	Kevin Poteracke	9:33
2010	Jeffrey Peterson	9:10
2009	Rory McLeod	9:44
2008	Rory McLeod	9:39
2007	Rory McLeod	9:46
2006	Joe Tonna	9:57
2005	Bill Bushnell	9:22
2004	Jonathan Teeter Jr.	9:47

WOMEN		
Year	Name	Time
2026	Vivienne Finn	12:28
2025	Eliana Silverman	11:08
2024	Ashlin Mallon	11:15
2023	Ashlin Mallon	11:54
2022	Hanne Thomsen	9:58
2019	Hanne Thomsen	11:12
2018	Mary Deeik	10:31
2017	Aileen Cole	10:40
2016	Aimee Holland	11:48
2015	Nicole Lane	11:36
2014	Quinn Jensen	11:19
2013	Eileen Brennan-Erler	11:19
2012	Eileen Brennan-Erler	11:07
2011	Victoria Tomaszewski	11:31
2010	Jacque Taylor	10:44
2009	Jacque Taylor	10:40
2008	Kim Conley	10:06
2007	Kim Conley	10:23
2006	Kim Conley	10:40
2005	Kim Conley	10:59
2004	Kim Conley	11:10

2003	Joe Tonna	9:54
2002	Jordan Kinley	9:19
2001	Alex Daniels	9:06
2000	Chris Gaston	9:12
1999	Peter Egerton	9:16
1998	Chris Gaston	8:45
1997	Peter Egerton	9:13
1996	Steve Guerrini	9:03
1995	Peter Egerton	9:03
1994	Peter Egerton	9:18
1993	Chris Gaston	8:36
1992	Chris Gaston	9:30
1991	Steve Guerrini	9:27
1990	Paul Lacefield	10:10
1989	Jose Maria Lizzarraga	9:08
1988	Don Nauman	9:11
1987	Greg Rivera	8:59
1986	Don Nauman	9:34

2003	Kim Conley	11:14
2002	Kim Conley	11:14
2001	Kim Conley	11:28
2000	Jenny Aldridge	10:35
1999	Toby Warden	10:35
1998	Chris Lundy	10:08
1997	Carol Stubbs	10:39
1996	Julia Stamps	9:38
1995	Julia Stamps	9:39
1994	Julia Stamps	9:54
1993	Julia Stamps	10:00
1992	Eileen Vukicevich	10:26
1991	Nora Doyle	10:14
1990	Nika Horn	11:09
1989	Melanie Hiatt	9:49
1988	Sherri Minkler	10:46
1987	Nora Doyle-Cooney	10:35
1986	Nika Horn	11:13

Most 3K Wins

MEN

Peter Egerton	4
Chris Gaston	4
Rory McLeod	4
Steve Guerrini	2
Dan Nauman	2
Mike Wortman	2
Joe Tonna	2
Everyone Else	1 or 0

WOMEN

Kim Conley	8
Julia Stamps	4
Nora Doyle	2
Nika Horn	2
Jacque Taylor	2
Eileen Brennan-Erler	2
Hanne Thomsen	2
Ashlin Mallon	2

KENWOOD FOOTRACE 3K ALL-TIME TOP 50 RUNNERS

MEN				WOMEN			
Place	Time	Name	Year	Place	Time	Name	Year
1	8:36	Chris Gaston	1993	1	9:38	Julia Stamps	1996
2	8:37	Dan Held	1993	2	9:49	Melanie Hiatt	1989
3	8:44	Danny Aldridge	1993	3	9:50	Nora Doyle	1989
4	8:46	Bill Bushnell	1998	4	9:58	Hanne Thomsen	2022
5	8:52	Steve Guerrini	1993	5	10:06	Kim Conley	2008
6	8:55	Kevin Selby	1998	6	10:08	Chris Lundy	1998
7	8:59	Greg Rivera	1987	7	10:15	Trina Cox	1998
8	9:06	Alex Daniels	2001	8	10:26	Eileen Vukicevich	1992
9 tie	9:08	Jose Lizarraga	1989	9	10:30	Jenny Aldridge	2000
9 tie	9:08	Gary Charbonneau	1989	10	10:31	Mary Deeik	2018
11	9:09	Peter Egerton	1998	11 tie	10:39	Carol Stubbs	1998
12	9:10	Jeffrey Peterson	2010	11 tie	10:39	Lisa Gay	1996
13 tie	9:11	Don Nauman	1988	13 tie	10:40	Jacque Taylor	2009
13 tie	9:11	Jordan Kinley	2001	13 tie	10:40	Aileen Cole	2017
15	9:12	Eric Walker	1996	15	10:41	Kristen Sanzari	2007
16	9:16	Kenny Kane	1996	16	10:44	April Powers	1991
17	9:17	Todd Stevens	1998	17	10:45	Aimee Armstrong	2018
18 tie	9:19	Lance Lennier	1987	18	10:46	Sherri Minkler	1988
18 tie	9:19	Jeff Sorkness	1989	19	10:49	Leslie McMullin	1994
18 tie	9:19	Cullen McEachern	2015	20	10:50	Kathy Dalton	1992
21	9:20	Ian Blair	1994	21	10:53	Jenna Lowder	2008
22 tie	9:21	Mike Wortman	2013	22	11:00	Christi Holligan	1993
22 tie	9:21	Ty Strange	1997	23	11:01	Ashlin Mallon	2022
22 tie	9:21	Steve Laurie	1999	24 tie	11:02	Toby Warden	1999
22 tie	9:21	Matt Laye	2001	24 tie	11:02	Kelly Rogers	2000
26 tie	9:22	Dan Brecht	1994	26 tie	11:07	Nika Horn	1991
26 tie	9:22	Colton Swinth	2019	26 tie	11:07	Robin Stovall	1993

28 tie	9:23	Spencer Hall	2010	26 tie	11:07	Eileen Brennanerler	2012
28 tie	9:23	Dylan Peterson	2018	29	11:08	Eliana Silverman	2025
28 tie	9:23	Rory Smail	2019	30	11:09	Pamela Richardson	1994
31	9:24	Jason Selby	1994	31	11:10	Tori Meredith	1992
32 tie	9:26	Matt Salazar	2013	32	11:11	Sarah Skandera	2017
32 tie	9:26	Mike Tebo	1987	33	11:14	Theresa Nelson-Aldridge	1995
32 tie	9:26	Larry Meredith	1988	34 tie	11:16	Ashlee Drady	2000
32 tie	9:26	Andrew Engel	2018	34 tie	11:16	Angie Law	2017
36 tie	9:28	Matt Vukicevich	1996	36	11:17	Jessica Lemmon	2008
36 tie	9:28	Tyler Harwood	2015	37 tie	11:19	Alesandra Roger	2006
38 tie	9:29	Stan Hockerson	1991	37 tie	11:19	Seelah Kittlestrom	2022
38 tie	9:29	Nicholas Rauch	2014	39	11:20	Kim Handel	2002
40	9:30	Tyler Harwood	2014	40	11:22	Shelly Lydon	2000
41	9:32	Hector Delgado	1995	41 tie	11:29	Julianne Baker	2004
42 tie	9:33	Kevin Poteracke	2011	41 tie	11:29	Madison Denny	2017
42 tie	9:33	Jack Blanchfield	2023	43	11:30	Kristen Fladseth	2002
44	9:34	Mike Schwartz	1992	44 tie	11:31	Victoria Tomaszewski	2011
45 tie	9:35	Alexi Taylor	2011	44 tie	11:31	Cindi Williams	1989
45 tie	9:35	Isaac Methum	2019	44 tie	11:31	Lindsay Johnson	1998
47 tie	9:36	Nat Lopes	1987	47	11:34	Maryetta Blanchard	1992
47 tie	9:36	Mekonnen Fekadu	1996	48	11:36	Nicole Lane	2015
47 tie	9:36	Jim McHampton	1992	49 tie	11:37	Dianne Zarnecki	2000
47 tie	9:36	Cary Mathews	2005	49 tie	11:37	Celeste Berg	2009

KENWOOD FOOTRACE 3K ALL-TIME TOP 10 AGE GROUP RUNNERS

MEN				WOMEN			
19 & Under				19 & Under			
Place	Time	Name	Year	Place	Time	Name	Year
1	8:36	Chris Gaston	1993	1	9:38	Julia Stamps	1996
2	9:11	Jordan Kinley	2001	2	9:49	Melanie Hiatt	1989

3	9:17	Peter Egerton	1996
4 tie	9:19	Lance Lennier	1987
4 tie	9:19	Jeff Sorkness	1989
4 tie	9:19	Cullen McEachern	2015
7 tie	9:21	Dan Brecht	1994
7 tie	9:21	Steve Laurie	1999
8	9:22	Colton Swinth	2019
9 tie	9:23	Spencer Hall	2010
9 tie	9:23	Rory Smail	2019

MEN
40-49

Place	Time	Name	Year
1	9:22	Bill Bushnell	2005
2	9:36	Jim McHampton	1992
3	10:04	Don Nauman	2003
4 tie	10:08	George Frazier	1988
4 tie	10:08	Guy Schott	2011
6	10:17	Jim Hiserman	1991
7	10:24	Mike Fanelli	1996
8	10:28	Lorenzo Ramirez	2018
9	10:35	Jason Selby	2022
10	10:39	Ross Weishaar	1994

MEN
50-59

Place	Time	Name	Year
1	9:56	Steve Lyons	1993
2	10:11	Don Stewart	2011

3	9:58	Hanne Thomsen	2022
4	10:15	Trina Cox	1998
5	10:30	Jennifer Aldridge	2000
6	10:31	Mary Deeik	2018
7	10:40	Jacque Taylor	2009
8	10:41	Kristan Sanzari	2007
9	10:45	Aimee Armstrong	2018
10	10:53	Jenna Lowder	2008

WOMEN
40-49

Place	Time	Name	Year
1	10:49	Leslie McMullen	1994
2	11:23	April Powers	2003
3	11:40	Val Sell	2013
4	11:55	JoAnn Nickel	1997
5	11:58	Caron Schaumberg	1987
6	11:58	Ann Downey	2011
7	12:04	Tamara Gonzalez	2006
8	12:11	Tricia Wallace	2003
9	12:14	Kersay Fanelli	2003
10	12:16	Lori Winkler	2002

WOMEN
50-59

Place	Time	Name	Year
1	11:07	Eileen Brennan-Erler	2012
2	12:48	Diane Larson	2001

3	10:16	Danny Aldridge	2007
4	10:26	Frank Ruona	2000
5	10:27	Mark Richtman	2007
6	10:28	Guy Schott	2015
7	10:36	Dan Shafer	2004
8	10:38	Jonathan Hayden	2011
9 tie	10:39	Jim Williams	1998
9 tie	10:39	Lorenzo Ramirez	2019

MEN
60-69

Place	Time	Name	Year
1	10:48	Steve Lyons	2001
2	11:04	Don Stewart	2022
3	11:27	Bernie Hollander	1997
4	11:35	Michael Holland	2011
5 tie	11:47	Frank Ruona	2006
5 tie	11:47	George Frazier	2007
7	12:00	Bill Bushnell	2026
8	12:05	Robert Holland	2004
9	12:12	Don Lindsay	2015
10 tie	12:15	Lon Wiley	2013
10 tie	12:15	Mort Gray	1996

MEN
70-79

Place	Time	Name	Year
1	13:09	Bernie Hollander	2006
2	12:59	Lon Wiley	2024
3	13:36	Mort Gray	2004
4	13:47	Dan Tuohy	2006

3	12:56	Tori Meredith	2012	2026
4	13:37	AnnMarie VonHoene	1993	
5	13:56	Jennifer Craft		
6	14:04	Sandy Cates	2015	
7	14:15	Edda Stickle	1998	
8	14:17	Kathleen Archer	2001	
9	14:35	Lisa Titus Isabeau	2012	
10	14:39	Millie Merle	1992	

WOMEN
60-69

Place	Time	Name	Year
1	12:02	Eve Pell	1998
2	12:13	Shirley Matson	2002
3	14:19	Lorry Gaidus	2016
4	14:56	Karen Kissick	2024
5	15:22	Carol DuBay	2023
6	15:32	Dara Hill	2016
7	16:07	Sheila Masi	2017
8	16:11	Janet McCann	2019
9	16:34	Marcia Seim-Bossier	2017
10	16:38	Pam Ord	2007

WOMEN
70-79

Place	Time	Name	Year
1	14:47	Eve Pell	2007
2	16:39	Martha Aarons	2026
3	16:51	Dara Hill	2023
4	17:02	Jeanie Kayser-Jones	2006

5	14:12	Michael McNamara	2012
6	14:20	John Ahnberg	2026
7	14:36	Carl Jackson	2004
8	14:40	Ralph Harms	2006
9	14:43	Gil Moreno	2013
10	14:48	John Harmon	2026

MEN
80-89

Place	Time	Name	Year
1	15:52	Sam Hirabayashi	2007
2	17:31	Elmo Shropshire	2019
3	18:12	Michael McNamara	2022
4	19:32	Carl Jackson	2014
5	20:52	Bernie Hollander	2016
6	22:22	Virgil Shrock	2006
7	22:30	Dave Waco	2014
8	22:44	Dan Tuohy	2016
9	22:59	Dennis Tuohy	2018
10	24:50	Roger Gordon	2018

MEN
90+

Place	Time	Name	Year
1	34:53	Dave Waco	2023
2	46:36	Roger Anawalt	2011

5	18:28	Edda Stickle	2016
6	18:31	Donna Norrell	2023
7	18:37	Sandy Menachof	2007
8	19:46	Abbie Stewart	2017
9	20:26	Catherine Charles	2022
10	20:54	Lynn Stevens	2008

WOMEN
80+

Place	Time	Name	Year
1	22:00	Edda Stickle	2025
2	28:09	Nancy Lande	2022
3	30:58	Margaret Curotto (85)	1998
4	31:18	Verna Jasso	2007
5	31:42	Wilma Rolland	2023
6	35:00	Anna Van Raaphorst	2023
7	35:38	Judith McNeill	2025
8	36:37	Linda Liscom	2022
9	39:12	Jackie McCuan	2025
10	73:49	Helen Mehl	2022

WOMEN
90+

Place	Time	Name	Year
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