

RUN/BIKE/SWIM/SKI: BEN =RUBISWSK.BEN

2 Miles

01	01-24-1999	Nu Alpha Phi/Pomona College XXI	24:32	
----	------------	---------------------------------	-------	--

3.1 Miles = 5K

01	01-04-1986	Nu Alpha Phi/Pomona College VIII	22:46	
02	12-06-1986	Sacramento/Jim Ryun	21:58	
03	12-05-1987	Sacramento Celebrity		
04	12-04-1988	Sacramento/Kenny King	24:57	
05	11-04-1989	New York/International Run	30:00	
06	09-29-1990	Berlin Fruhstuchlauf/Olympic Stadium	30:00	
07	04-12-1992	Ontario	27:38	209/280
08	10-30-1994	Westlake village XVI	29:13	
09	10-29-1995	Westlake Village XVII	31:47	
10	10-27-1996	Westlake Village XVIII	34:29	
11	10-31-1999	Westlake Village XIX	36:28	
12	10-29-2000	Westlake Village XX	30:00	
13	10-??-2001	Westlake Village XXI	??:??	
14	10-??-2002	Westlake Village XXII	??:??	

4 Miles = 6.4K

01	06-15-1986	Laguna Lake SLO	30:26	
----	------------	-----------------	-------	--

4.5 Miles

01	04-21-1979	Nu Alpha Phi/Pomona College I	36:28	
0204-28-1984	04-28-1984	Nu Alpha Phi/Pomona College	35:40	

5.0 Miles

01	03-15-1997	Walk for Parks 1997 (DV)	01:01:48	1 st
----	------------	--------------------------	----------	-----------------

6.2 Miles = 10K

01	01-17-1982	Bishop Road Run	00:53:06	
02	11-06-1982	Toiyabe Road Run III	00:51:14	
03	11-20-1983	Bishop Turkey Trot	00:51:03	
04	04-16-1983	Bishop Special Olympics	00:50:37	
05	08-13-1983	Mammoth Lions Road Run	00:54:28	
06	10-02-1983	Mono Lake Run	00:61:14	7 miles
07	11-03-1984	Toiyabe Road Run IV	??:??:??	
08	11-17-1984	Bishop Turkey Trot	00:51:27	
09	03-23-1985	Bishop Hospice/Owens Valley II	00:51:22	
10	08-17-1986	Mono Lake Run	00:53:37	
11	11-01-1986	Webb School Run	??:??:??	
12	08-08-1987	Mammoth Lions	00:55:26.6	150/214
13	07-24-1988	Mammoth Chart House V	00:57:59	158/250
14	07-23-1989	Mammoth Lions	00:58:10	

15	08-05-1989	Mammoth Lions	00:58:47	
16	10-29-1989	Westlake Pumpkin Run	00:51:15	
17	04-07-1990	Bishop Hospice of Owens Valley VII	00:52:38	
18	04-21-1990	Bishop Christian Church	00:52:38	
19	06-04-1990	Carson Valley	00:53:52	
20	07-07-1990	Mammoth Lions	00:57:43	
21	07-22-1990	Mammoth Chart House VII	00:59:47	
22	08-18-1990	Lone Pine/OV Employees Assn	00:50:41	
23	04-06-1991	Bishop Hospice of OV VIII	01:01:19	
24	04-04-1992	Bishop Hospice of OV IX	00:59:38	
25	04-03-1993	Bishop Hospice of OV X	01:00:26	2 nd 60+
26	04-09-1994	Bishop Hospice of OV XI	01:00:27	
27	10-30-1994	Westlake Village XVI	01:06:27	
28	11-05-1994	Toiyabe Road Run XIV	01:07:35	3 rd 60+
29	04-08-1995	Bishop Hospice of OV XII	01:02:16	
30	09-03-1995	Mammoth Ski foundation V	01:15:00	1 st 60+
31	10-29-1995	Westlake Village XVII	01:19:08	
32	11-04-1995	Toiyabe Road Run XV	01:15:24	
33	10-27-1996	Westlake Village XVIII	01:12:00	
34	11-03-1996	Toiyabe Road Run XVI	01:20:07	
35	04-04-1998	Bishop Hospice of OV XV	01:08:36	
36	07-26-1998	Mammoth Chart House XV	01:14:00	3 rd 60+
37	10-31-1998	Rancho Bernardo Goblin Gallop	01:16:50	3 rd 60+
38	03-06-1999	Heidi's Bishop Millpond	01:19:00	1 st 60+
39	03-27-1999	Bishop Hospice of OV XVI	01:20:08	
40	10-31-1999	Westlake Village XXI	01:18:32	
41	10-29-2000	Westlake Village XXII	01:00:00	
42	10-??-2001	Westlake Village XXIII	??:??:??	

7.5 Miles = 12K

01	05-17-1987	San Francisco Bay to Breakers 76 th	01:23:00	
02	05-15-1988	San Francisco Bay to Breakers 77 th	01:19:20	
03	05-21-1989	San Francisco Bay to Breakers 78 th	01:53:01	
04	05-20-1990	San Francisco Bay to Breakers 79 th	01:45:36	

10 Miles = 16.2 K

01	10-08-1983	Big Pine Lions	01:27:43	
02	10-21-1989	San Diegito	01:29:00	
03	10-26-1991	Miramar Lake	01:37:00	
04	11-19-1994	Friendship Students Run LA	01:37:15	

12.4 Miles = 20K

01	09-24-1984	Tioga pass Run Lee Vining IV	02:38:22	Wind!
02	09-15-1985	Tioga pass Run Lee Vining V	02:31:59	
03	09-07-1986	Tioga Pass Run Lee Vining VI	02:30:28	
04	09-11-1988	Tioga Pass Run Lee Vining VII	02:37:35	
05	09-11-1988	Tioga Pass Run Lee Vining VIII	02:46:16	
06	09-10-1989	Tioga Pass Run Lee Vining IX	02:50:48	

07	09-09-1990	Tioga Pass Run Lee Vining X	02:40:50	
08	09-08-1991	Tioga Pass Run Lee Vining XI	02:08:04	Cold!
09	09-13-1992	Tioga Pass Run Lee Vining XII	03:02:35	
10	09-12-1993	Tioga Pass Run Lee Vining XIII	03:02:19	1 st 60+
11	09-11-1994	Tioga Pass Run Lee Vining XIV	03:04:59	2 nd 60+
12	09-02-1995	Tioga Pass Run Lee Vining XV	03:34:48	1 wk early
13	09-13-1998	Tioga Pass Run Lee Vining XVIII	03:27:44	3 rd 60+
14	09-12-1999	Tioga Pass Run Lee Vining XIX	03:25:35	

Half Marathon: 13.1 Miles = 21K

01	10-31-1987	San Pedro Harbor Lite	01:57:31	
02	11-27-1987	Long Beach Shoreline	01:57:43	
03	11-27-1987	Pasadena Tasters Choice	01:57:48	
04	08-19-1989	Pike's Peak Ascent XXXIV	04:49:27	
05	08-25-1990	Pike's Peak Ascent XXXV	05:07:48	
06	09-01-1990	Mono Run-a-Thon/June Lake Junct to Mono Lake	02:15:00	
07	08-31-1991	Mono Run-a-Thon/June Lake Junct to Mono Lake	03:00:00	
08	09-02-1992	Mono Run-a-Thon/Big Pine to Keough's	02:00:00	
09	09-04-1992	June Lake Junction to Mono Lake	02:00:00	
10	09-14-1992	Tortoise & Hare/Ridgecrest III	02:06:35	
11	09-04-1993	Mono Run-a-Thon/June Lake Junct to Mono Lake	02:00:00	
12	10-30-1994	Tortoise & Hare/Ridgecrest IV	02:12:24	
13	01-14-1995	Orange County/Irvine	02:29:25	
14	08-13-1995	Mammoth Mountain V	03:05:35	
15	02-10-1996	Titus Canyon/Death Valley VII	03:00:00	3 miles
16	02-01-1998	Las Vegas Half Marathon	02:57:17	Walk
17	04-30-2000	La Jolla XIX	03:02:55	

18.6 Miles = 30K

01	05-20-1995	Bishop High Sierra II	04:23:42	1 st 60+
02	05-18-1996	Bishop High Sierra III	04:38:11	2 nd 60+
03	05-15-1998	Bishop High Sierra IV	05:15:08	2 ND 60+
04	05-15-1999	Bishop High Sierra V	05:42:08	
05	05-20-2000	Bishop High Sierra VI	06:21:11	2 nd 60+
06	09-09-2000	Bulldog Malibu Creek	08:15:36	
07	05-19-2001	Bishop High Sierra VII	06:23:00	
08	04-20-2002	Eastern Sierra 24-Hour Relay Challenge VI	24:00:00	
09	05-18-2002	Bishop High Sierra VIII	06:09:00	

Marathon 26.2 Miles = 42K

001	05-12-1979	Lone Pine/Wild Wild West I	05:27:48	
002	05-??-1980	Lone Pine/Wild Wild West II	05:30:00	
003	05-??-1981	Lone Pine/Wild Wild West III	??:??:??	
004	05-01-1982	Lone Pine/Wild Wild West IV	05:29:24	
005	05-01-1983	Lone Pine/Wild Wild West V	05:01:44	
006	05-06-1984	Lone Pine/Wild Wild West VI	05:26:00	
007	05-05-1985	Lone Pine/Wild Wild West VII	05:17:44	
008	05-04-1986	Lone Pine/Wild Wild West VIII	05:14:53	

009	12-??-1986	Sacramento California Int'l IV	04:03:35	
010	03-01-1987 II	Los Angeles II	04:16:13	
011	04-26-1987	Big Sur International II	04:28:41	
012	05-03-1987	Lone Pine/Wild Wild West IX	05:29:02	
013	06-13-1987	Palos Verdes XXI	04:25:25	
014	07-19-1987	San Francisco XI	04:25:26	
015	08-30-1987	Santa Monica	04:33:10	
016	09-27-1987	Portland, Oregon	04:28:31	2 nd State
017	10-03-1987	St. George, Utah	04:15:32	3 rd State
018	12-06-1987	Sacramento California Int'l V	05:15:42	Typhoon
019	12-12-1987	San Diego Holiday Bowl	04:41:16	
020	01-09-1988	Phoenix, Arizona	04:59:32	4 th State
021	02-06-1988	Las Vegas, Nevada XXII	04:46:32	5 th State
022	03-06-1988	Los Angeles III	04:56:09.65	
023	04-10-1988	Seattle/Emerald City, Washington	04:57:24	6 th State
024	04-17-1988	Big Sur International	04:46:31	
025	05-01-1988	Lone Pine/Wild Wild West X	05:32:49	
026	06-12-1988	Steam boat Springs, Colorado VII	04:57:40	7 th State
027	06-19-1988	Lompoc Valley of Flowers XII	04:50:55.56	
028	07-13-1988	Crater Lake, Oregon XIII	05:02:03	2 nd Ore
029	08-21-1988	Reykjavik, Iceland International V	05:16:36	2 nd Country 2 nd Continent
030	09-25-1988	Duke City/Albuquerque, New Mexico V	05:04:18	8 th State
031	10-01-1988	St. George, Utah XXII	04:53:42	2 nd Utah
032	11-06-1988	New York City, New York XIX	05:12:03	9 th State
033	12-04-1988	Sacramento California International VI	04:43:00	
034	12-11-1988	San Diego International	05:07:38	
035	03-05-1989	Los Angeles IV	04:57:55	
036	03-12-1989	Napa Valley X	04:47:56	
037	04-02-1989	Modesto	04:42:40	
038	04-17-1989	Boston 93 rd	05:16:00	10 th State
039	04-23-1989	Big Sur International IV	04:52:25	
040	05-07-1989	Lone Pine/Wild Wild West XI	06:12:09	
041	05-27-1989	Copenhagen, Denmark	03:43:30	3 rd Country
042	06-03-1989	Stockholm, Sweden	03:52:19	4 th Country
043	06-18-1989	Lompoc Valley of Flowers XII	04:26:06	
044	07-09-1989	San Francisco I	04:45:41.4	
045	08-20-1989	Pike's Peak, Colorado XXXIV	04:50:45 03:35:45 08:26:29	Ascent Descent Total 2 nd Colorado
046	10-07-1989	St. George, Utah	04:35:17	3 rd Utah
047	11-05-1989	New York City, New York XX	04:46:03	2 nd NY
048	02-03-1990	Las Vegas, Nevada XXIV	04:57:37	2 nd Nevada
049	03-04-1990	Los Angeles V	04:39:59	
050	03-24-1990	Titus Canyon/Death Valley I	05:38:38	
051	04-29-1990	Big Sur International V	04:50:06	
052	05-06-1990	Lone Pine/Wild Wild West XII	06:02:46	
053	06-09-1990	Palos Verdes XXIV	04:41:52	
054	06-17-1990	Lompoc Valley of Flowers	04:29:49	
055	08-26-1990	Pike's Peak, Colorado XXXV	05:18:00 03:46:56	Ascent Descent

			09:04:58	Total
056	09-30-1990	Berlin	04:08:17	5 th Country
057	02-02-1991	Las Vegas XXV	05:18:14	3 rd NV
058	02-23-1991	Titus Canyon/Death Valley II	05:48:48	
059	03-03-1991	Los Angeles VI	04:39:10	
060	03-16-1991	Lake Powell/Utah/Arizona III	05:33:00	
061	04-28-1991	Big Sur International VI	05:05:11	
062	05-05-1991	Lone Pine/Wild Wild West XIII	06:18:28	
063	06-08-1991	Palos Verdes XXV	04:56:04	
064	06-16-1991	Lompoc Valley of Flowers XV	04:45:19	
065	06-23-1991	San Francisco III	04:52:45	
066	08-17-1991	Mammoth Mountain I	06:33:34	
067	10-05-1991	St. George, Utah XV	04:50:35	
068	11-03-1991	Orange County I	05:06:31	
069	11-24-1991	Culver City/Western Hemisphere	05:28:25	
070	12-08-1991	San Diego I	05:14:15	
071	02-01-1992	Las Vegas, Nevada XXVI	05:18:25	
072	02-08-1992	Titus Canyon/Death Valley III	06:14:43	
073	03-01-1992	Los Angeles VII	05:20:41	
074	03-21-1992	Catalina Island XV	05:38:33	
075	04-26-1992	Big Sur International VII	05:18:04	
076	05-03-1992	Lone Pine/Wild Wild West XIV	06:27:00	
077	06-28-1992	Kilimanjaro, Tanzania I	06:16:00	6 th Country 3 rd Continent
078	08-15-1992	Mammoth Mountain II	06:20:00	1771 a/d
079	10-15-1992	Tour of Golden West Supermarathon Green Gate to Auburn Overlook Day #5	06:00:00	
080	10-16-1992	Newark to Los Altos Day #6	05:59:00	
081	10-17-1992	Dipsea to Fort Mason Day #7	05:30:00	
082	01-24-1993	San Diego II	05:24:36	
083	02-06-1993	Las Vegas, Nevada XXVII	05:18:14	
084	03-07-1993	Los Angeles VIII	05:59:00	
085	04-25-1993	Big Sur International VIII	05:16:39	
086	05-02-1993	Lone Pine/Wild Wild West XV	06:22:45	3 rd 60+
087	08-14-1993	Mammoth Mountain III	06:43:27	1 st 60+
088	10-30-1993	India/Sikkim/Nepal, South Asia Sandakphu to Rimbik	08:50:00	7 th Country 4 th Continent
089	01-23-1994	San Diego III	05:39:00	
090	02-05-1994	Las Vegas XXVIII	05:42:00	
091	03-06-1994	Los Angeles IX	05:30:24	10399/14966
092	04-24-1994	Big Sur International	05:43:45	
093	05-01-1994	Lone Pine/Wild Wild West XVI	07:20:24	
094	02-04-1995	Antarctica Last I	07:33:00	8 th Country 5 th Continent
095	03-05-1995	Los Angeles X	05:59:07	Rain!
096	03-26-1995	Disneyland I	05:29:20	Disney & LA
097	04-30-1995	Big Sur International X	05:50:10	
098	05-07-1995	Lone Pine/Wild Wild West XVII	06:38:30	
099	03-04-1996	Los Angeles XII	05:52:36	
100	04-15-1996	Boston Centennial 100th C	06:21:04	Less 5 min
101	07-20-1995	Horseshoe/Lone Pine I	06:54:25	Russell Cheney

102	05-05-1996	Lone Pine/Wild Wild West XVIII	07:10:04	
103	07-05-1996	Death Valley/Badwater I	08:30:00	Hi_Tec
104	03-02-1997	Los Angeles XII	06:30:45	195 th Age 60+
105	05-04-1996	Lone Pine/Wild Wild West XIX	07:50:00	
106	01-18-1998	San Diego VII	05:00:16	(20 mi)
107	03-29-1998	Los Angeles XIII	06:57:32	106/124 Age 60+
108	05-03-1998	Lone Pine/Wild Wild West XX	06:50:01	
109	06-21-1998	San Diego Rock and Roll I	06:51:30	
110	02-07-1999	Las Vegas XXXIII	04:38:00	(modified)
111	03-14-1999	Los Angeles XIV	07:23:00	Angela – walk
112	05-02-1999	Lone Pine/Wild Wild West XXI	07:16:23	
113	05-23-1999	San Diego Rock and Roll II	06:42:46	
114	02-06-2000	Las Vegas XXXIV	04:40:00	
115	03-05-2000	Los Angeles XV	04:56:00	
116	05-07-2000	Lone Pine/Wild Wild West XXII	08:13:00	
117	06-04-2000	San Diego Rock and Roll III	06:20:00	
118	02-04-2001	Las Vegas XXXV	05:50:00	
119	03-04-2001	Los Angeles XVI	05:58:00	
120	05-06-2001	Lone Pine/Wild Wild West XXII	08:30:00	
121	06-03-2001	San Diego Rock and Roll IV	07:03:00	
122	02-03-2002	Las Vegas XXXV	04:58:00	
123	03-03-2002	Los Angeles XVII	06:10:00	
124	05-05-2002	Lone Pine/Wild Wild West XXIII	07:30:00	
125	06-02-2002	San Diego Rock and Roll	06:?:?:??	
126	12-08-2002	Honolulu XXX	07:36:00	

Trail Marathons/Ultras

01	05-12-1979	Lone Pine/Wild Wild West I	05:27:48	
02	05-?-1980	Lone Pine/Wild Wild West II	05:30:00	
03	05-?-1981	Lone Pine/Wild Wild West III	?:?:?:??	
04	05-01-1982	Lone Pine/Wild Wild West IV	05:29:24	
05	05-01-1983	Lone Pine/Wild Wild West V	05:01:44	
06	05-06-1984	Lone Pine/Wild Wild West VI	05:26:00	
07	05-05-1985	Lone Pine/Wild Wild West VII	05:17:44	
08	05-04-1986	Lone Pine/Wild Wild West VIII	05:14:53	
09	05-03-1987	Lone Pine/Wild Wild West IX	05:29:02	
10	09-?-1987	Mono Run-a-Thon Mammoth to Mono Lake	06:00:00	28 miles
11	05-01-1988	Lone Pine/Wild Wild West X	05:32:49	
12	07-13-1988	Crater Lake, Oregon XIII	05:02:03	
13	08-27-1988	Bishop Mule Run V	08:20:21	50K
14	09-01-1988	Mono Run-a-Thon Aberdeen to Bishop	06:00:00	30 miles
15	05-07-1989	Lone Pine/Wild Wild West XI	06:12:09	
16	08-20-1989	Pike's Peak XXXIV	08:26:29	26.8 miles
17	08-26-1989	Bishop Mule Run VI	07:48:56	50K
18	09-01-1989	Mono Run-a-Thon Bishop to Mammoth Junction	10:53:18	42 miles
19	09-24-1989	Isabella Dam tough Run	07:47:58	3 rd age 38.98 miles

20	03-24-1990	Titus Canyon/Death Valley I	05:38:38	26.8 miles
21	05-06-1990	Lone Pine/Wild Wild West XII	06:02:46	
22	07-01-1990	Nanisivik, NWT Midnight Sun	11:43:19	52.4 miles
23	08-26-1990	Pike's Peak XXXV	09:04:58	26.8 miles
24	02-23-1001	Titus Canyon/Death Valley II	05:48:48	26.8 miles
25	05-05-1991	Lone Pine/Wild Wild West XIII	06:18:28	
26	06-01-1991	Yosemite Shadow of Giants	07:21:39	50K 147/163
27	07-24-1991	Hi-Tec Badwater 146 IV		
	07-24-1991	Badwater to Portals	49:50:00	135 miles
	07-27-1991	Portals to Whitney	75:30:00	146 miles
	07-28-1991	Top to Portals	85:30:00	157 miles
28	08-16-1991	Mammoth Mountain I	06:33:30	26.4 miles
29	08-24-1991	Bishop Mule Run VII	08:55:47	50K
30	08-29-1991	Mono Lake Run-a-Thon Lone Pine to Aberdeen	06:00:00	
31		Grand Canyon Endurathon		39-104 deg
	10-19-1991	South rim to North Rim	09:01:04	23 miles
	10-20-1991	North rim to South Rim	10:01:14	23 miles
		North to South to North Rim	19:02:18	46 miles
32	02-08-1992	Titus Canyon/Death Valley III	06:14:43	26.7 miles
33	05-30-1992	Yosemite Shadow of Giants III	08:06:50	50K 3100 a/d
34	06-16-1992	Kilimanjaro, Tanzania I	4 d 5 hrs	52.4 miles
	06-16-1992	Kilimanjaro ascent 12,600 ft	33 hours	26.2 miles
	06-20-1992	Kilimanjaro descent 12,600 ft.	asc/desc	26.2 miles
35	07-22-1992	Hi-Tec Badwater 146 V		
	07-22-1992	Badwater to Portals	51:04:00	135 miles
	07-25-1992	Portals to top of Whitney	72:08:00	146 miles
	07-26-1992	Top of Whitney to Portals	81:03:00	157 miles
36	08-15-1992	Mammoth Mountain II	06:20:10	26.4 miles
37	10-15-1992	Tour of Golden West Supermarathon		
	10-15-1992	Green Gate to Auburn Overlook Day #5	06:00:00	26.2 miles
	10-16-1992	Hayward to Los Altos Day #6	05:59:00	26.2 miles
	10-17-1992	Dipsea to Ft. Mason Day #7	04:30:00	26.2 miles
38	12-12-1993	Ridgecrest OTHTC	06:59:00	50K
39	05-02-1993	Lone Pine/Wild Wild West XV	06:22:45	3 rd 60+
40	06-05-1993	Yosemite Shadow of Giants	06:00:00	Snow!
41	07-14-1993	Hi-Tec Badwater 146 VI		
	07-14-1993	Badwater to Portals	50:14:32	135 miles
	07-18-1993	Portals to top of Whitney	90:30:00	146 miles
	07-18-1993	Top of Whitney to Portals	97:00:00	157 miles
42	08-14-1993	Mammoth Mountain III	06:43:27	1st 60+
43	08-14-1993	Bishop Mule Run Ultra IX	08:06:53	
44		Force Ten Himalaya Run/Trek India		
	10-28-1993	Maneybhanyang to Sandakphu Nepal	10:17:00	23 miles
	10-29-1993	Sandakphu/Sabargram/Sandakphu	07:02:00	20 miles
	10-30-1993	Sandakphu/Rimbik	08:50:00	27 miles
	10-31-1993	Rimbik/Palmajua	03:26:00	17 miles
	11-01-1993	Palmajua/Maneybhanyang	04:48:00	13 miles
45	12-04-1993	Isabella Dam Tough Run	08:06:57	28 miles
46	06-03-1994	Yosemite Shadow of Giants V	07:17:08	50K
47	07-?:1994	Hi-Tec Badwater 146 VII		
	07-?:1994	Badwater to Stovepipe Wells	14:00:00	41 miles

	07:??:??	Portals to top of Whitney	08:00:00	11 miles
	07:??:??	Top of Whitney to Portals	06:00:00	11 miles
48	10-01-1994	Bishop Mule Run X	08:00:15	50K
49	10-22-1994	Cuyamaca-Laguna	08:38:50	50K
50	12-11-1994	Ridgecrest OTHTC	07:21:09	50K
51	02-05-1995	Antarctica Last I	07:33:00	
52	05-07-1995	Lone Pine/Wild wild West XVII	06:38:30	
53	06-03-1995	Yosemite Shadow of Giants	08:20:03	
54	04-07-1996	Galapagos, Equador	08:00:00	50K
55	04-11-1996	Eco Equadorian Equatorial Challenge	08:00:00	50K
56	05-05-1996	Lone Pine/Wild Wild West XVIII	07:10:14	
57		Hi-Tec Badwater 146 IX		
	07-25-1996	Badwater to Emigrant Station	26:00:00	50 miles
58	05-04-1997	Lone Pine/Wild Wild West XIX	07:50:00	
59	05-03-1998	Lone Pine/Wild Wild West XX	06:50:01	
60	10-03-1998	Bishop 24-Hour Relay Challenge III	23:43:00	62 miles 1 st
61	01-09-1999	Catalina Avalon	09:04:00	50K
62	05-02-1999	Lone Pine/Wild Wild West XXI	07:16:23	
63	05-07-2000	Lone Pine/Wild Wild West XXII	08:13:00	
64	05-06-2001	Lone Pine/Wild Wild West XXIII	08:30:00	
65	05-05-2002	Lone Pine/Wild Wild West XXIV	07:30:00	

24-Hour Track Run

01	10--?:?:1998	Eastern Sierra Relay Challenge III	24:00:00	62 miles = 100K
02	10-?:?:00	Eastern Sierra Relay Challenge IV	24:00:00	39.3 miles = 1.5 M
03	10-?:?:00	Eastern Sierra Relay Challenge V	24:00:00	31.1 miles = 50K
04	10-?:?:00	Eastern Sierra Relay Challenge VI	24:00:00	18.6 miles = 30K

Bike

01	05-11-1985	Death Valley to Lone Pine	08:25:00	80 miles
	05-12-1985	Lone Pine to Whitney Portals	03:30:56	20 miles
		Death Valley to Portals	11:55:56	100 miles
02	05-10-1986	Death Valley to Lone Pine		80 miles
	05-11-1986	Lone Pine to Portals		20 miles
		Death Valley to Portals		100 miles
03	05-09-1987	Death Valley to Lone Pine		80 miles
	05-10-1987	Lone Pine to Portals		20 miles
		Death Valley to Portals		100 miles
04	05-07-1988	Death Valley to Lone Pine	08:45:00	80 miles
	05-08-1988	Lone Pine to Portals	03:15:00	20 miles
		Death Valley to Portals	12:00:00	100 miles
05	07-09-1988	Markleeville Death Ride		72 miles
06	07-17-1988	Bakersfield/Sequoia	02:00:00	25 miles
07	05-12-1989	Death Valley to Lone Pine	09:10:00	80 miles
	05-13-1989	Lone Pine to Portals	03:29:49	20 miles
		Death Valley to Portals	12:39:49	100 miles
08	07-15-1989	Markleeville Death Ride		58.87 miles
09	05-12-1990	Death Valley to Lone Pine	10:06:08	80 miles
	05-13-1990	Lone Pine to Portals	03:27:00	20 miles
		Death Valley to Portals	13:33:08	100 miles

10	07-14-1990	Markleeville Death Ride		
10	05-11-1991 05-12-1991	Death Valley to Lone Pine Lone Pine to Portals Death Valley to Portals	08:52:29 03:17:00 12:09:29	80 miles 20 miles 100 miles
11	07-13-1991	Markleeville Death Ride		
12	05-09-1992 05-10-1992	Death Valley to Lone Pine Lone Pine to Portals Death Valley to Portals	05:17:38 03:24:04	32.7 miles 20 miles 52.7 miles
13	07-12-1993	Markleeville Death Ride		
14	05-08-1993 05-09-1993	Death Valley to Lone Pine Lone Pine to Portals Death Valley to Portals	09:00:00 03:49:00 12:49:00	80 miles 20 miles 100 miles

Rollerblade

01	11-03-1991	Orange County I	03:04:32.19	26.2 miles	
02	04-12-1992	Ontario I	01:28:00	13.1 miles	
03	03-21-1993	Ontario II	01:20:47	13.1 miles	3 rd 60+
04	03-21-1993	Ontario II	00:19:35	3.1 miles	
05	03-21-1993	Ontario II	00:37:37	6.2 miles	
06	11-12-2000	Long Beach Marathon	03:05:00	26.2 miles	

Biathlon

01	04-06-1986	Cuesta Run Bike Total	00:48:00 01:36:05 02:25:35	10K 40K 50K	
02	10-12-1986	Cuesta Run/Bike Total	02:08:38	10K/40K 50K	
03	04-05-1987	Cuesta Run/Bike Total	02:14:54	10K/40K 50K	
04	10-09-1988	Cuesta Run Bike Total	00:52:00 xx:xx:xx DNF	10K	Bike broke

Triathlon

01	08-03-1985	Snowcreek Swim Bike Run Total	00:22:00 xx:xx:xx xx:xx:xx DNF	0.8K 40K 10K	Flat tire
02	08-24-1985	June Lake Swim Bike Run Total	500 yd 20 miles 6 miles 26+ miles	00:12:45 01:15:00 01:05:00 02:37:10	174/214
03	08-01-1987	Snowcreek			

		Swim	0.8K	00:20:00	
		Bike	40K	01:36:00	
		Run	10K	01:03:00	
		Total	50K	03:05:00	
04	08-01-1987	Snowcreek			Transition
		Swim	1K	00:26:00	00:04:00
		Bike	40K	01:48:39	13.9 mph
		Run	10K	01:50:00	
		Total	51K	03:28:05	238/252
05	08-23-1987	June Lake			
		Swim	500 yds		
		Bike	20 miles		
		Run	6.2 miles		82/93
		Total	26.2+ miles		1 st 60+
06	06-26-1988	LA/Bonelli			
		Swim	1K	00:30:00	
		Bike	40K	01:45:00	
		Run	8K	01:27:00	Went 12K!
		Total	49K	03:42:00	4 th Age
07	07-30-1988	Snowcreek			
		Swim	1K	00:28:42	
		Bike	40K	01:49:14	
		Run	10K	01:09:23.2	
		Total	51K	03:29:16.2	249/261
08	07-29-1989	Snowcreek			Transition
		Swim	1K	00:30:31	00:06:00
		Bike	40K	01:44:29	14.4mph
		Run	10K	01:14:21	
		Total	51K	03:35:21	219/224
09	09-07-1990	Snowcreek			Transition
		Swim	1.5K	00:45:56	00:04:04
		Bike	40K	01:46:14	14.7 mph
		Run	10K	01:18:45	00:00:59
		Total	51.5K	03:55:17	171/174

Cross Country Ski

01	02-26-1983	Bishop Creek	01:03:17	10K	
02	04-21-1984	Tamarack	02:41:00	20K	
03	04-03-1988	Tamarack XI	04:48:29	42K	
04	12-18-1988	Tamarack	01:57:17	15K	3 rd Age
05	02-12-1989	Tamarack	04:10:00	25K	Slush
06	02-11-1990	Tamarack	01:51:00	15K	34/37 1 st Age
07	04-01-1990	Tamarack XIII	04:41:40	42K	58/59 5 th Age
08	04-05-1992	Tamarack XIV	04:38:45	42K	Slush
09	04-04-1993	Tamarack XV	04:26:00	42K	Storm 3 rd Age
10	04-03-1994	Tamarack XVI	05:02:00	42K	Storm 2 nd Age