

Palmares

2004

Garden of the Gods 10 Miler (1:28:28, 55th/92 Age Group)

Summer Roundup Trail Run 12K (1:15:08, 33rd/46 Age Group)

Pikes Peak Ascent (174th/212 Age Group, too slow to admit my time!)

2002

DCMA Sprint Triathlon (3rd place)

2001

DCMA Sprint Triathlon (3rd place)

1999

Vineman Triathlon (2.4/112/26.2)

Wildflower Triathlon (1.5K/40K/10K)

Y-Bi Classic Duathlon (11.2/5.5)

1998

Pikes Peak Ascent (3:29:20, 165th/993)

Pueblo Marathon

Garden of the Gods 10 Miler

Y-Bi Classic Duathlon (11.2/5.5)

1997

Desert Sun Half-Ironman (1.2/56/13.1)

Y-Bi Classic Duathlon (11.2/5.5)

1996

Glenwood Springs Triathlon (825M/15/5)

1995

Falmouth Triathlon (0.3/9/3.1)

1992

Pikes Peak Ascent (3:33:18, 283rd/1126)

1991

L.A. Marathon

1990

Long Beach Half Marathon

Angeles Crest Century (100 mile bike)

1986

Carroll County Century (100 mile bike)

1985

Carroll County Century (100 mile bike)