

10k				
Year	Male	Time	Female	Time
2021	Francis Reynolds	34.19	Elva Williams	40.27.3
2020	Cancelled		Cancelled	
2019	Greg Leak	29.57	Nicole O'Loughlin	35.56
2018	Johnny Kvietkos	33.3	Erica McElrea	39.36
2017	Ben Mangrum	34.13	Kristi Hook	39.13
2016	James Roach	34.11	Ruth Perkins	36.59
2015	James Roach	34.35	Rachel Lefwich	39.52
2014	Ulie Steidl	31.53.1	Sommer Kreismann	37.16.4
2013	Curtis Surer	32.46	Kirsti Houk	37.26
2012	Riley Campbell	33.12	Kate Brandshaw	37.55
2011	Teddy Besrat	35.16	Allison Maxson	37.22
2010	Korey Krtozer	32.37	Allison Ritchie	39.04
2009	Eric Brill	33.53	Sommer Reynolds	41.30
2008	Casey Campbell	35.47	Courtney Brown	38.28
2007	John Tiemeus	32.23	Susan Empey	37.21
2006	Sean Sundwall	33.03	Rachel Bailey	39.13
2005	Michael Montgor	35.21	Mary Hanna	39.43
2004	Jose Garcia	31.00	Susan Empey	37.16
2003	Glen Weissman	34.02	Jenny Jensen	39.13
2002	Craig Dickson	33.08	Kristy Goodmansee	38.40
2001	John O'Hearn	34.24	Lynda Hymans	40.40
2000	John O'Hearn	34.53	Lynda Huyck	38.11
1999	Todd Pehowski	31.09	Jennifer Tonkin	35.58
1998	Phil Jaspersen	33.34	Tatiana Salazar	38.12
1997	Serg Shalomeyer	32.06	Kathay Kanes	36.57
1996	Adam Leahy	32.35	Chris Udovich	34.41
1995	Carleton Jones	31.39	Elizabeth Riley	36.29
1994	Michael Lynes	31.15	Gail Hall	34.51
1993	Adam Leahy	30.05	Kara Crisfulli	37.00
1992	Jon Solly	29.54	Shauna Guscott	38.29
1991	Jon Solly	29.56	Kimball Dryden	34.16

5k				
Year	Male	Time	Female	Time
2021	Joshua Harrington	17.17	Sarah Paquet	18.46
2020	Cancelled		Cancelled	
2019	Dominic Deady	17.09	Somer Kreisman	18.24
2018	Sam Lingwall	16.37	Somer Kreisman	19.22
2017	Eric Brill	16.00	Katherine Timlin	19.14
2016	Tyler Flannery	15.56	Bridgette Takeochi	18.31
2015	Michael Chinchar	15.27	Nicole O'Loughlin	18.20
2014	Michael Chinchar	16.05.5	Megan Rogers	19.05.2
2013	Riley Campbell	16.27.1	Amber Farthing	18.29
2012	Michael Chinchar	15.53	Daryl Phill	19.38
2011	Riley Campbell	16.57	Daryl Phill	19.41
2010	Joseph Gray	15.05	Daryl Phill	20.09
2009	Keefe Hanson	17.15	Mary Hanna	19.25
2008	James Roach	16.03	Anita Behrbaum	20.17
2007	Lance Docken	16.30	Molly Kline	20.10
2006	Mark VanEycke	16.19	Teresa Lorenz	20.30
2005	Michael Chinchar	16.59	Sally Bergesen	19.41
2004	Hans Otten	15.29	Samantha Manning	18.19
2003	Mark VanEycke	15.46	Ray Bree	18.36
2002	Mark VanEycke	15.47	Trisha Rosenberg	18.29
2001	Mark VanEycke	16.03	Elizabeth Andrew	19.21
2000	Mark VanEycke	15.38	Melinda Leffler	18.02
1999	Mark VanEycke	15.45	Sarah Leonard	20.16
1998	Mark VanEycke	15.39	Trish Hruby	18.39
1997	Mark VanEycke	15.22	Sarna Renfro	17.05
1996	Glen Morgan	16.25	Kathy Kanes	17.41
1995	Glen Morgan	16.01	Chris Udovich	17.10
1994	Carleton Jones	14.12	Sandra Guidotti	16.46
1993	Curt Corvin	15.43	Heather Cusak	17.50
1992	Brian Sepal	16.14	Jana Ellis	17.51
1991	Paul Harshman	14.46	Susan Gregg	16.17

1990	Bill Weidenbach	30.37	Lisa Weidenbach	32.01
1989	Steven James	31.00	Bente Moe	34.42
1988	Curt Corvin	30.13	Gail Hall	34.47
1987	Ken Valasquez	30.36	Bente Moe	33.28
1986	Ken Valasquez	29.55	Susan Gregg	35.30
1985	Mike Layman	30.26	Bente Moe	33.02

1990	Ray McClanahan	15.36	Sherri Hortin	17.39
1989	Keith Eggleston	15.51	Cindy Beck	19.00
1988	Russ Smith	14.51	Susanna Maisen	19.24
1987	Carleton Jones	15.27	Wanda Howlett	17.57
1986	Gordon Bowman	15.48	Genevie Pfueller	17.38