

Marathons and Ultras I've run

Last updated: Monday, October 14, 2013

1. Napa 1995
2. Big Sur 1996
3. Napa 1997
4. Portland 1999
5. Boston 2000
6. Chicago 2001
7. California International (Sacramento) 2003
8. Los Angeles 2004
9. Los Angeles 2005
10. Diablo (first trail) 2005
11. Catalina 2006
12. Golden Hills 2006
13. Napa 2007
14. Redwood 50K (first 50K) 2007
15. Golden Hills 2007 (CR)
16. Mt Diablo "marathon" (29 mi) 2007
17. LA 2008
18. Big Sur 2008
19. Ohlone 50K 2008
20. Rodeo Beach 50K 2008
21. Epiphany Run marathon 2009
22. Napa 2009 PR (3:05:53)
23. Diablo 50K 2009
24. Boston Marathon 2009
25. Ohlone 50K 2009
26. Buenos Aires Marathon 2009
27. Salomon K42 Patagonia 2009
28. Prato (Tuscany) 2010
29. Headlands Marathon 2010
30. Skyline 50K 2010 (50K PR 4:46)
31. Diablo 50K 2010
32. Dick Collins Firetrails 50M 2010
33. Epiphany Run 27 mi 2011
34. Montana de Oro "50K" (33 mi) 2011
35. Oakland Marathon 2011
36. American River 50M
37. Ohlone 50K 2011

38. NFEC 50M San Francisco 2011
39. Rodeo Beach 50K 2011 (overall win)
40. Oakland Marathon 2012
41. Miwok 100K (63 mi) May 2012
42. Marin Ultra Challenge 50K June 2012
43. Skyline 50K August 2012 (pack training run)
44. Grand to Grand Ultra 167-mile, 7-day Sept. 2012
45. NFEC50M Dec 2012
46. Way Too Cool 50K Mar 2013
47. Oakland Marathon Mar 2013
48. Lake Sonoma 50M April 2013
49. Marin Ultra Challenge 50M June 2013
50. Berkeley Tilden/Wildcat Inside Trail 50K Sept 2013

Marathon or longer training runs since fall 2010:

1. Briones Reservoir 27 mi 2010
2. Chabot/Redwood 26 mi 2010
3. Firetrails course minus lake 40 mi 2010
4. Laf-Moraga & Redwood 35 mi 2011
5. Hardrock pacing 30 mi July 2011
6. 50K NFEC training run Oct 2011
7. 33-mi training run solo Berkeley/Oakland hills Nov 2011
8. 30-mi Chabot/Redwood loop Nov 2011
9. 28-mi run on Miwok course Feb 2012
10. 35 mi solo run (Briones Res 2.6x) March 2012
11. 37 mi solo run Chabot & Redwood April 2012
12. 26 mil course check for DCFT50 Oct 2012
13. 34 mi solo on Mt Diablo Mar 2013
14. 26.2 Redwood-Valle Vista-Redwood Sep 2013
15. 33 mi Berkeley – Strawberry Cyn – Tilden Oct 2013