

# *Fun Runs Course Records*

## *Lake Redding Park Pavilion*

2.0M – Cory Coppin – 10:48 – 2006

2.0M – Belle Moran – 12:56 - 2011

4.3M – Ben Keck – 21:58 – 2012

4.3M – Bev Abbs – 25:50 – 2006

## *LEMA Ranch*

2.5M – Cory Coppin – 13:19 – 2006

2.5M – Stephanie Ksenzulak – 15:06 - 2008

4.0M – Ben Keck – 21:12 - 2012

4.0M – Stephanie Ksenzulak – 24:30 - 2006

## *Clover Creek Preserve*

3K – Ben Keck – 9:23 - 2012

3K – Bev Abbs – 11:25 - 2012

6K – Ben Keck – 18:53 - 2012

6K – Joanne Harper – 22:21 - 2011

## *Oak Bottom Marina*

2.6M – Cory Coppin – 15:41 – 2008

2.6M – Lauren Galligan – 18:38 - 2006

5.3M – David Braund – 31.41 – 2011

5.3M – Stephanie Ksenzulak – 36:33 - 2006

## *Bailey Cove Trail*

2.95M – Eric Ghelfi – 17:36 – 2009

2.95M - Dalanne Bartlett – 22:03 - 2008

5.85M – Ryan Matz – 34:54 - 2008

5.85M – Joanne Harper – 39:50 - 2010

## ***Lower Rail Trail (Keswick Launch)***

2.1M – Jacobe Conrad – 11.11 - 2011

2.1M – Heather Saiki – 13.54 - 2010

5M – Andrew Milne – 27.12 - 2010

5M – Joanne Harper – 32.45 – 2009

## ***Mt. View School (Trails Behind)***

2.4M – Michael Cook – 17.06 – 2010

2.4M – Rebekah Green – 18.40 – 2009

4.5M – Ben Keck – 26.56 – 2010

4.5M – Joanne Harper – 31.56 – 2009

## ***East Trail (From Fleet Feet)***

2.0M – Kale Coppin – 11.35 – 2011

2.0M – Rebekah Studebaker – 13:43 – 2012

5.5M – Ben Keck – 29:38 – 2012

5.5M – Joanne Harper – 35.57 - 2011

# Top 10 Times Lake Redding Park

## 2-Mile Men

1. 10:48 - Cory Coppin - 2006 - SST
2. 10:49 - Cory Coppin - 2008 - SST
3. 10:52 - Cory Coppin - 2011 - SST
4. 10:54 - Ramon Rubio - 2006 - SST
5. 10:56 - Michael Cook - 2012 - FFR
6. 10:57 - Kale Coppin - 2011 - SST
7. 10:58 - Eric Ghelfi - 2006 - SST
8. 10:58 - Kale Coppin - 2008 - SST
9. 10:59 - Ramon Rubio - 2006 - FFR
10. 11:00 - Kale Coppin - 2006 - FFR

## 4.3M Men

1. 21:58 - Ben Keck - 2012 - FFR
2. 22:22 - Bryce Lighthall - 2006 - FFR
3. 22:37 - Ben Keck - 2012 - FFR
4. 22:58 - David Braund - 2012 - FFR
5. 23:06 - Ben Keck - 2010 - SST
6. 23:18 - Austin Fritzke - 2007 - FFR
7. 23:19 - Ben Keck - 2010 - SST
8. 23:20 - Nick Rebol - 2008 - SST
9. 23:21 - Ben Keck - 2011 - SST
10. 23:24 - Andrew Milne - 2010 - SST

## Women

- 12:56 - Belle Moran - 2011 - SST
- 13:08 - Maggie Strong - 2007 - FFR
- 13:10 - Lynette Garringer - 2008 - SST
- 13:10 - Katie Garringer - 2008 - SST
- 13:33 - Krystal Ruesch - 2011 - SST
- 13:41 - Rebekah Groen - 2011 - SST
- 13:44 - Rebekah Studebaker - 2008 - SST
- 13:45 - Wendy Hecker - 2009 - SST
- 13:46 - Rachel Johnson - 2008 - FFR
- 13:56 - Belle Moran - 2009 - FFR

## Women

1. 25:50 - Beverley Abbs - 2006 - FFR
2. 25:53 - JoAnne Harper - 2010 - SST
3. 25:57 - Stephanie Ksenzulak - 2006 - FFR
4. 26:22 - Beverley Abbs - 2007 - FFR
5. 26:27 - Stephanie Ksenzulak - 2006 - SST
6. 26:34 - Beverley Abbs - 2008 - FFR
7. 26:37 - JoAnne Harper - 2011 - FFR
8. 26:40 - Stephanie Ksenzulak - 2006 - SST
9. 26:47 - JoAnne Harper - 2012 - FFR
10. 26:51 - JoAnne Harper - 2011 - SST

## Clover Creek Preserve

### Men

#### 3K

1. 9:23 - Ben Keck - 2012 - FFR\*
2. 9:25 - Ben Keck - 2012 - FFR\*
3. 9:35 - Eric Ghelfi - 2011 - FFR
4. 9:41 - David Braund - 2012 - FFR\*
5. 10:05 - Austin Murch - 2012 - FFR\*
6. 10:05 - Blake Zufall - 2012 - FFR\*
7. 10:07 - Brad Clagg - 2007 - FFR
8. 10:08 - Tucker Hoffman - 2012 - FFR
9. 10:11 - Ramon Rubio - 2007 - FFR
10. 10:13 - Cory Coppin - 2007 - FFR

#### 6K

1. 18:53 - Ben Keck - 2012 - FFR
2. 18:57 - Ben Keck - 2012 - FFR
3. 19:27 - David Braund - 2012 - FFR
4. 19:49 - Kris Rolin - 2007 - FFR
5. 20:01 - Antonio Meredith - 2012 - FFR
6. 20:02 - Jacob Goshorn - 2012 - FFR
7. 20:14 - Blake Zufall - 2012 - FFR
8. 20:17 - Austin Murch - 2012 - FFR
9. 20:22 - Eric Ghelfi - 2009 - FFR
10. 20:22 - Blake Zufall - 2012 - FFR

## Clover Creek Preserve

### Women

#### 3K

1. 11:10 - Joanne Harper - 2011 - FFR\*
2. 11:25 - Beverley Abbs - 2012 - FFR\*
3. 11:25 - Beverley Abbs - 2012 - FFR\*
4. 12:00 - Maggie Strong - 2007 - FFR
5. 12:19 - Maggie Strong - 2007 - FFR
6. 12:55 - Tori Parks - 2007 - FFR
7. 12:56 - Rebekah Studebaker - 2011 - FFR
8. 13:09 - Melissa Ulrich - 2011 - FFR
9. 13:10 - Hannah Dooley - 2011 - FFR
10. 13:22 - Rebekah Groen - 2012 - FFR
11. 13:42 - Tori Parks - 2007 - FFR

#### 6K

1. 22:21 - JoAnne Harper - 2011 - FFR
2. 22:35 - JoAnne Harper - 2011 - FFR
3. 22:44 - Beverley Abbs - 2007 - FFR
4. 22:50 - JoAnne Harper - 2009 - FFR
5. 23:09 - Beverley Abbs - 2012 - FFR
6. 23:11 - Beverley Abbs - 2012 - FFR
7. 23:50 - Anna Eicholtz - 2012 - FFR
8. 23:54 - Lizzy Gruber - 2007 - FFR
9. 23:57 - Lizzy Gruber - 2007 - FFR
10. 24:06 - Anna Eicholtz - 2012 - FFR

**East Trail @ Fleet Feet  
Men  
2-Mile**

1. 11:35 - Kale Coppin - 2011 - SST
2. 12:46 - Michael Cook - 2011 - SST
3. 12:46 - Tyler Younkers - 2012 - FFR
4. 13:19 - Joey Belknap - 2011 - SST
5. 13:22 - Miles Bobo - 2011 - SST
6. 13:49 - Michael Cramer - 2011 - SST
7. 14:01 - Shane Swanson - 2012 - FFR
8. 14:11 - Michael Moore - 2011 - SST
9. 14:33 - Aaron Alido - 2011 - SST
10. 14:41 - Kevin Paulich - 2011 - SST

**5.5-Mile**

1. 29:38 - Ben Keck - 2012 - FFR
2. 30:33 - Ben Keck - 2011 - SST
3. 30:49 - Tony Moore - 2012 - FFR
4. 31:13 - Jacob Goshorn - 2012 - FFR
5. 31:45 - Austin Murch - 2012 - FFR
6. 32:08 - David Braund - 2011 - SST
7. 32:18 - Tom Chamberlain - 2012 - FFR
8. 32:25 - Tony Moore - 2011 - SST
9. 32:27 - Magellan Turner - 2012 - FFR
10. 32:46 - Michael Cook - 2012 - FFR

**East Trail @ Fleet Feet  
Women  
2-Mile**

1. 13:43 - Rebekah Studebaker - 2012 - FFR
2. 14:22 - Belle Moran - 2011 - SST
3. 14:44 - Karen Sinderson - 2011 - SST
4. 14:47 - Alyssa Hope - 2012 - FFR
5. 15:11 - Michelle Doll - 2012 - FFR
6. 15:13 - Tonya Geers - 2011 - SST
7. 15:39 - Maite Bradley - 2011 - SST
8. 15:48 - Katerina Knapp - 2011 - SST
9. 16:37 - Margo Moore - 2011 - SST
10. 17:02 - Hannah Dewater - 2012 - FFR

**5.5-Mile**

1. 35:57 - Joanne Harper - 2011 - SST
2. 36:50 - Beverley Abbs - 2011 - SST
3. 37:51 - Kazumi Nigro - 2012 - FFR
4. 38:45 - Pauline Asbill - 2012 - FFR
5. 39:45 - Sheri Richmond - 2012 - FFR
6. 40:42 - Natalie Ulloa - 2012 - FFR
7. 40:48 - Michelle Bryan - 2011 - SST
8. 41:15 - Ellan Sampson - 2012 - FFR
9. 41:22 - Sheri Richmond - 2011 - SST
10. 41:51 - Anna Eicholtz - 2011 - SST

**Oak Bottom Marina  
Men  
2.6-Mile**

1. 15:41 - Cory Coppin - 2008 - SST
2. 15:44 - Cory Coppin - 2009 - SST
3. 15:47 - Cory Coppin - 2010 - SST
4. 15:53 - Kale Coppin - 2008 - SST
5. 16:08 - Eric Ghelfi - 2006 - SST
6. 16:30 - Nick Kennedy - 2008 - SST
7. 16:40 - Brandan Hanley - 2008 - SST
8. 17:20 - Jacobe Conrad - 2011 - SST
9. 17:21 - Kevin Penington - 2006 - SST
10. 17:35 - Kale Coppin - 2009 - SST

**5.3-Mile**

1. 31:41 - David Braund - 2011 - SST
2. 31:58 - Ben Keck - 2010 - SST
3. 32:26 - Ryan Matz - 2008 - SST
4. 32:33 - Ryan Ghelfi - 2008 - SST
5. 32:36 - David Braund - 2009 - SST
6. 33:01 - Ryan Ghelfi - 2007 - SST
7. 33:22 - Magellan Turner - 2011 - SST
8. 33:34 - Scott Tyler - 2011 - SST
9. 33:36 - Juan Estrella - 2009 - SST
10. 33:36 - Tony Moore - 2011 - SST

**Oak Bottom Marina  
Women  
2.6-Mile**

1. 18:30 - Lauren Galligan - 2006 - SST
2. 20:05 - Belle Moran - 2011 - SST
3. 20:30 - Tammy Moran - 2011 - SST
4. 20:39 - Karen Sinderson - 2006 - SST
5. 20:59 - Kate Johnson - 2011 - SST
6. 21:16 - Karen Sinderson - 2011 - SST
7. 21:16 - Karen Bird - 2008 - SST
8. 21:47 - Carri Longnecker - 2008 - SST
9. 21:52 - Debbie Lupeika - 2008 - SST
10. 22:00 - Heather Saiki - 2007 - SST

**5.3-Mile**

1. 36:33 - Stephanie Ksenzulak - 2006 - SST
2. 36:56 - JoAnne Harper - 2010 - SST
3. 37:12 - JoAnne Harper - 2011 - SST
4. 37:19 - Lizzy Gruber - 2008 - SST
5. 37:27 - Liz Tedsen - 2009 - SST
6. 37:43 - JoAnne Harper - 2009 - SST
7. 38:07 - Luanne Park - 2008 - SST
8. 38:09 - Dessa Eagleson - 2010 - SST
9. 38:28 - Roxanne Woodhouse - 2010 - SST
10. 38:28 - Lizzy Gruber - 2006 - SST

**LEMA Ranch  
Men  
4.0M**

1. 21:12 - Ben Keck - 2012 - FFR
2. 21:46 - Ryan Ghelfi - 2008 - SST
3. 21:48 - Kris Rolin - 2006 - SST
4. 21:52 - Dominic D'Aquisto - 2008 - SST
5. 21:53 - Kris Rolin - 2007 - FFR
6. 22:03 - Ben Keck - 2011 - SST
7. 22:07 - Andrew Milne - 2010 - SST
8. 22:09 - David Braund - 2012 - FFR
9. 22:13 - Kris Rolin - 2006 - FFR
10. 22:13 - Ben Keck - 2010 - SST

**2.5M**

1. 13:19 - Cory Coppin - 2006 - SST
2. 13:46 - Eric Ghelfi - 2007 - FFR
3. 13:49 - Kale Coppin - 2006 - FFR
4. 13:55 - Kale Coppin - 2006 - SST
5. 13:57 - Eric Ghelfi - 2006 - SST
6. 14:05 - Cory Coppin - 2007 - SST
7. 14:09 - Cory Coppin - 2007 - FFR
8. 14:18 - Cory Coppin - 2011 - SST
9. 14:20 - Kale Coppin - 2007 - SST
10. 14:26 - Kale Coppin - 2007 - FFR
11. 14:26 - Kale Coppin - 2008 - SST

**LEMA Ranch  
Women  
4.0M**

1. 24:30 - Stephanie Ksenzulak - 2006 - SST
2. 24:56 - Stephanie Ksenzulak - 2006 - SST
3. 25:09 - Stephanie Ksenzulak - 2008 - FFR
4. 25:21 - Joanne Harper - 2011 - FFR
5. 25:24 - Bev Abbs - 2012 - FFR
6. 25:32 - Bev Abbs - 2007 - FFR
7. 25:37 - Joanne Harper - 2009 - FFR
8. 25:49 - Joanne Harper - 2009 - SST
9. 25:52 - Bev Abbs - 2008 - FFR
10. 26:08 - Kazumi Nigro - 2006 - SST

**2.5M**

1. 15:06 - Stephanie Ksenzulak - 2008 - SST
2. 16:07 - Liz Puckett - 2009 - FFR
3. 16:49 - Maggie Strong - 2007 - FFR
4. 16:51 - Dalanne Barlett - 2008 - FFR
5. 16:59 - Rebekah Studebaker - 2012 - FFR
6. 16:59 - Rebekah Groen - 2012 - FFR
7. 17:15 - Karen Sinderson - 2008 - FFR
8. 17:37 - Tonya Geers - 2009 - SST
9. 17:43 - Stacy Yarbrough - 2008 - FFR
10. 17:45 - Tori Parks - 2007 - FFR